

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

www.granvillecounty.org • e-mail address: kathy.may@granvillecounty.org



## You're Never Too Old

Read that again – *you're never too old*. Pictured is Mary, 90 years young, holding a quote by C.S. Lewis that says “*you are never too old to set another goal or to dream a new dream.*” Those words are so true – we are never too old to set goals or fulfill our dreams! Mary is an active participant at the **Granville County Senior Center** in Oxford, coming daily to have lunch, exercise and enjoy fellowship with other participants. She is an avid reader and firmly believes in getting up and moving, moving, moving! Being in her 90’s has never stopped her from getting out and enjoying life – working in the yard, enjoying time with her family and coming to the senior center keep her young at heart.

At our senior centers we see more and more people who are taking control of the “second half” of their life by participating in fitness programs, educational programs or volunteering – getting out of the house, moving and involved. They are speeding up, not slowing down! They have set a goal of staying healthy, continuing to learn and getting involved in their communities – keeping their bodies and minds healthy and active!

We should never say “*I’m too old to do that*” or “*that’s for young folks*” – age is an attitude! If you see a dance class you think would be fun – *take it!* Have you always wanted to learn to play the guitar – find an instructor and *do it!* Do you want to give back to your community – look no further than your senior center and *volunteer!*



Set that goal and dream that dream – no matter your age you CAN do it!

Find something to enjoy about every day. Enjoy the experiences and the journey you are on. Appreciate every day of your life and make it a goal to stay active and involved for as long as you can. If others see you enjoying your life, no matter your age, then they will want to enjoy life too. *Set goals, dream dreams and enjoy the ride!*

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## COFFEE WITH KATHY

Kathy May, Senior Services Director, visits one of our three senior centers each month to talk with participants about our services or answer any questions you may have. This program is typically held the first Wednesday of each month and rotates between our three senior centers. This is a great way to get information about our programs or any aging issue.

This month Kathy will be at the **Granville County Senior Center** in Oxford on Wednesday, June 7 at 11:15 a.m. Mark your calendars and plan to attend.

## OPERATION HEAT RELIEF

Thanks to contributions from Dominion Resources, Duke Energy Carolinas, and Duke Energy Progress through the Division of Aging and Adult Services, Granville County Senior Services has once again received fans to distribute to Granville County residents this summer. You are eligible to receive a fan if:

- (1) You are 60 years of age or older.
- (2) You reside in Granville County.
- (3) You have a disability (proof of disability required).
- (4) You have a heat situation at home that is a threat to your health or well-being.

If you need a fan, please contact the **Granville County Senior Center** in Oxford at (919)693-1930, the **North Granville Senior Center** in Stovall at (919)693-3383 or the **South Granville Senior Center** in Creedmoor at (919)528-0848.

## SUMMER KICKOFF

The weather is heating up and we know what that means – *it's summertime!* We are looking forward to warm (but not too warm!) days, vacations, gardening and just getting outdoors and enjoying the long days of summer. Both the **Granville County Senior Center** in Oxford and the **North Granville Senior Center** in Stovall will hold summer kickoff parties to officially kickoff the best time of year!

The Granville County center will hold their kickoff on Wednesday, June 21 beginning at 10:00 a.m. We'll have a party in the parking lot – complete with *cornhole*, *face painting*, *hot dogs with all the trimmings* and a special visit from *Southern Snow Company!* The Southern Snow Company ice cream truck will be here at 11:00 a.m. serving up refreshing ice cream to our participants. If you want to eat lunch with us, you **MUST PREREGISTER** by calling the Granville County center at (919)693-1930. The rain date for this will be Friday, June 23.

The North Granville center will welcome summer with a **Luau!** This will be held on Tuesday, June 20 at 12:30 p.m. Wear your Hawaiian shirts, your grass skirts, sandals and sunglasses and join us for games with a summer theme. Come try your hand at *pineapple toss*, *flip flop game*, *flamingo ring toss*, and *Hawaiian bingo*. Weather permitting, we'll have *cornhole* in the parking lot. After our games we will enjoy refreshing summer treats. On Wednesday, June 21 join us for **summertime Bingo**. We will welcome the first day of summer with a fun game of Bingo with summer themed prizes.

These events will be fun for all! *Join us as we welcome summer – don't miss out!*

## BEGINNER COMPUTER CLASS

The **South Granville Senior Center** in Creedmoor will offer a **beginner computer class** starting Friday, July 7 in our computer lab. In this four-week class, participants will learn computer skills including the parts of the computer and what each part does. Participants will also learn how to use the internet, including how to stay safe when online. **Class size is limited and registration is required.** To register, please call the South Granville Senior Center at (919)528-0848.

## ELDER ABUSE WALK

This year Granville County Senior Services is excited to partner with the Kerr-Tar Area Agency on Aging and Granville County DSS, to hold the *Region K Elder Abuse Awareness and Prevention Walk*. This *free event* will be held at the **South Granville Senior Center** and the **Creedmoor Community Center** in Creedmoor from 9:00 a.m. until 1:00 p.m. and is open to the public. There will be free T-shirts, refreshments and other goodies available for all who attend.

This event is a way to bring light to the issue of elder abuse and help educate our community about how to recognize and prevent this very serious issue. June 15th is observed internationally as “*World Elder Abuse Awareness Day*.” Thousands of incidents of abuse, neglect, or exploitation of elderly persons are reported every year in North Carolina. Sadly, studies show that many cases of elder abuse are never reported to authorities. If you suspect that someone you know is at risk or is the victim of elder abuse, you must report the suspected abuse to Adult Protective Services at your local Department of Social Services. If you are concerned that an older or disabled adult is in immediate danger, call 911 right away. An elder abuse victim may be your neighbor, friend, or family member. Join us to help bring awareness to this often silent issue. For more information please contact *Christy Southall*, South Granville Senior Center Coordinator at (919)528-0848, *Tyeisha Hewett*, with Granville County Department of Social Services at (919)693-1511 or *Kimberly Hawkins*, with the Kerr-Tar Area Agency on Aging at (252)436-2050.



If you don't take a stand, who will?

## LET'S CELEBRATE DAD!

It will soon be time to celebrate dear old Dad – Father's Day is Sunday, June 18! The nation's first Father's Day was held on June 19, 1910, in the state of Washington. In 1908, a West Virginia church sponsored the nation's first event specifically for fathers, a Sunday sermon in memory of 362 men who had died in an explosion at the Fairmont Coal Company mines in Monongah, West Virginia the previous December. This was a one-time celebration however and was not celebrated annually.

The next year, a Spokane, Washington woman named Sonora Smart Dodd tried to establish an official holiday equivalent to Mother's Day. She went to local churches, stores and government officials trying to get support for her idea. She was successful – Washington State celebrated the first statewide Father's Day on June 19, 1910. However, it was not until 1972 – 58 years after President Woodrow Wilson made Mother's Day official, that a day to honor fathers became a nationwide holiday.

All of our senior centers will honor our dads this month with special activities. The **Granville County Senior Center** in Oxford will hold *Doughnuts for Dads* on Friday, June 16 beginning at 9:00 a.m. We invite our dads to drop by for doughnuts and coffee just for you! The **North Granville Senior Center** in Stovall will hold a special recognition of fathers on Wednesday, June 14 beginning at 12:00 noon. Join us for lunch (please call by June 13 to register for lunch) and stay for a special dessert in honor of our dads. The **South Granville Senior Center** will hold a *breakfast* made just for our dads beginning at 8:30am. The menu will include eggs, sausage, grits and bacon. *You must register by Friday, June 9* if you want to attend. To register please call Christy Southall, South Granville Senior Center Coordinator at (919)528-0848.

We wish all of our Dads a very *Happy Father's Day!*

## STAY INFORMED – JOIN GRANVILLE ALERT

Would you like to know when your area may be affected by natural or manmade disasters, evacuation or shelter in place orders, law enforcement activities or other incidents that require immediate public awareness? Then you need to join **Granville Alert** – a free service that provides emergency notifications for Granville County.

Both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor will hold programs on the new Granville Alert system this month. Join us to learn more, Emergency Management staff will also assist in registering those who would like to receive notifications. The Granville County center will hold their program on Thursday, June 15 at 11:00 a.m. The South Granville center will hold their program on Monday, June 19 at 10:00 a.m. *Join us!*

### LET'S CELEBRATE THE DOUGHNUT!

Each year on the first Friday in June, that tasty treat we all love – *the doughnut* – is celebrated! And not just because they are so tasty, it's actually a day to honor the Salvation Army Lassies. The Salvation Army Lassies were women who served doughnuts to soldiers during World War I. It was during World War I that the Salvation Army Lassies went to the front lines of Europe. Home-cooked items, provided by these brave volunteers, were a morale boost to the troops fighting in the war.

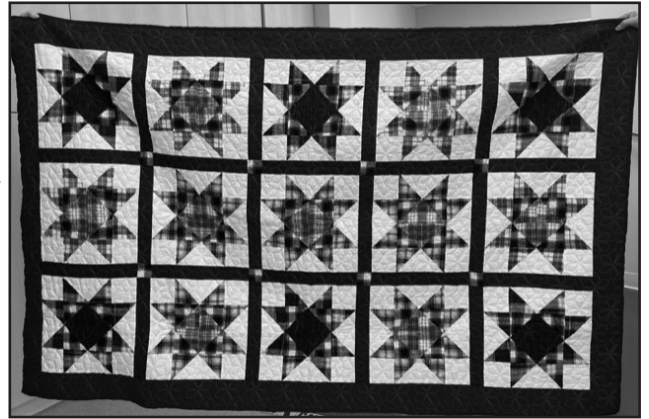
Join us at the **North Granville Senior Center** in Stovall on Wednesday, June 7 for our celebration of this favorite treat beginning at 9:00 a.m. Whether you enjoy glazed or cream-filled, doughnut holes or chocolate glazed, come and treat yourself to a delicious snack! *Join us!*



## QUILT RAFFLE

The *quilting club* at the **South Granville Senior Center** in Creedmoor will be holding a raffle for one of their handmade quilts. The quilt (pictured) is 80"x51". All proceeds from the raffle will be used to purchase material and other supplies to make quilts to donate to the Duke Cancer Center. Tickets are \$1.00 each or six tickets for \$5.00. Tickets can be purchased at the South Granville center or from any quilting club member. The drawing will be held on Thursday, August 17.

This group makes beautiful quilts and has donated many to those being treated at the Duke Cancer Center, bringing lots of smiles to patients and their families. With your support of this raffle, this group will be able to continue to make quilts for those dealing with this horrible disease. *Thank you for your support!*



## MONTHLY SUMMARY OF SERVICES

Granville County Senior Services is hard at work for the citizens of Granville County. The following data reflects the numbers served during **April 2023**.

### Home Delivered Meals

Oxford area: 648 meals delivered to 38 homebound seniors.

North Granville area: 259 meals delivered to 14 homebound seniors.

South Granville area: 500 meals delivered to 29 homebound seniors.

Total meals: 1,407 meals delivered to 81 homebound seniors.

Total amount paid by Senior Services: \$7,006.86

Total amount contributed to program by participants: \$1,076.20

### Congregate Meals

Granville County Senior Center in Oxford: 629 meals served to 64 seniors.

North Granville Senior Center in Stovall: 313 meals served to 44 seniors.

South Granville Senior Center in Creedmoor: 450 meals served to 60 seniors.

Total meals: 1,392 meals served to 168 seniors.

Total amount paid by Senior Services: \$6,932.16

Total amount contributed to program by participants: \$793.45

### In-Home Aide Services

552 hours provided for 18 clients.

### Transportation

217 hours provided for 17 clients.



# Kathy's Korner

..... By: Kathy May .....

## Did you know??

Beginning this year, voters will have to show a **photo ID** when voting in North Carolina.

What is an acceptable photo ID for voting?

1. North Carolina driver's license
2. State ID from the NC Division of Motor Vehicles
3. Driver's license or non-driver ID from another state or U.S. territory (only if voter registered in NC within 90 days of the election)
4. North Carolina voter photo ID card **issued by a county board of elections** (this will be available soon)
5. Military or veterans ID card issued by the US government (regardless of the issue date)
6. ID card issued by an agency of the US government or State of NC for a public assistance program.
7. U. S. Passport or U. S. Passport card

There are some permitted exceptions to the photo ID requirement, including the following: The voter has a reasonable impediment to showing photo ID, such as lack of transportation, lost or stolen ID, disability or illness, family responsibilities, etc. In these cases, an ID Exception Form and a provisional ballot may be used.

**\*A voter over the age of 65 may use an expired driver's license or other expired form of acceptable ID if the ID was not expired on their 65th birthday.**

*Information in this article contains information released on May 17, 2023 by Patrick Gannon, Public Information Director for the NC State Board of Elections. Only parts of his release are included here, as I attempted to simplify the release and include the parts that would be most important to older adults.*



# Granville County Senior Center • 919.693.1930

107 LANIER STREET • P.O. BOX 1287 • OXFORD, NC 27565 • "A Certified Center of Excellence"

# JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Rummikub/ Dominoes <b>1</b> <b>10:00 Bingo w/a Badge</b> (sponsored by the <b>GC Sheriff's Office</b> ) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes <b>2</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes <b>5</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>6</b> 9:00 Open Art Studio <b>10:00 Seated Tai Chi</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes <b>7</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle <b>11:15 Coffee w/ Kathy</b> 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>8</b> <b>10:00 Bingo (sponsored</b> <b>by GC Veteran's</b> <b>Support group)</b> 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes <b>9</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes <b>12</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>13</b> 9:00 Open Art Studio <b>9:30 NC Interest Group</b> <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes <b>14</b> 9:00 Low Impact Aerobics <b>10:00 Ox Talks</b> 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle <b>11:00 Fire Drill</b> 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>15</b> 10:00 Bingo <b>11:00 Robin Edwards:</b> <b>"Granville Alert"</b> 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes <b>16</b> <b>9:00 Doughnuts for</b> <b>Dads</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub <b>1:00 Movie Matinee</b>
9:00 Rummikub/ Dominoes <b>19</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>20</b> 9:00 Open Art Studio <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes <b>21</b> 9:00 Low Impact Aerobics 10:00 Quilting <b>10:00 Summer Kickoff</b> 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>22</b> <b>10:00 Bingo</b> (sponsored by <b>Bingo Helpers</b> ) 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Rummikub/ Dominoes <b>23</b> 9:00 Low Impact Aerobics <b>10:00 Plastic Canvas</b> <b>Class - Firecracker</b> 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes <b>26</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>27</b> 9:00 Open Art Studio <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes <b>28</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle <b>12:00 June Birthday</b> <b>Celebration</b> 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>29</b> 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes <b>30</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub

# North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

# JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>9:00 Game Time: <b>1</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting Class</p>	<p><b>2</b></p> <p>9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>
<p><b>5</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>	<p>9:00 Game Time: <b>6</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p><b>10:00 Jennifer Brown - "Eat Smart, Move More"</b></p> <p>10:00 Puzzle Time</p> <p>12:30 Stretch &amp; Strengthen</p>	<p>9:00 Game Time: <b>7</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p><b>9:00 Doughnut Celebration</b></p> <p>10:00 Exercise Bingo</p> <p>12:30 Walk Off the Pounds</p> <p>12:30 Puzzle Time</p>	<p>9:00 Game Time: <b>8</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting Class</p>	<p><b>9</b></p> <p>9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>
<p>9:00 Game Time: <b>12</b> Rummikub/ Dominoes/Card Games (2000 &amp; 13)</p> <p><b>10:00 Movie Matinee</b></p> <p>10:00 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p><b>13</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch &amp; Strengthen</p>	<p>9:00 Game Time: <b>14</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Exercise Bingo</p> <p><b>12:00 Father's Day Recognition</b></p> <p>12:30 Walk Off the Pounds</p> <p>12:30 Puzzle Time</p>	<p>9:00 Game Time: <b>15</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting Class</p>	<p><b>16</b></p> <p>9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p> <p><b>11:00 Fire Drill</b></p>
<p><b>19</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>	<p>9:00 Game Time: <b>20</b> Rummikub/ Dominoes/Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch &amp; Strengthen</p> <p><b>12:30 Summer Luau</b></p>	<p>9:00 Game Time: <b>21</b> Rummikub/ Dominoes/Card Games (2000 &amp; 13)</p> <p><b>10:00 Summer Bingo</b></p> <p>10:00 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p>9:00 Game Time: <b>22</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting Class</p>	<p><b>23</b></p> <p>9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>
<p><b>26</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>	<p><b>27</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch &amp; Strengthen</p>	<p>9:00 Game Time: <b>28</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Exercise Bingo</p> <p>11:15 Devotion: Rev. Curtis McRae</p> <p>12:30 Walk Off the Pounds</p> <p>12:30 Puzzle Time</p>	<p>9:00 Game Time: <b>29</b> Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting Class</p>	<p><b>30</b></p> <p>9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 &amp; 13)</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk off the Pounds</p>



# South Granville Senior Center • 919.528.0848

114 DOUGLAS DRIVE • P.O. BOX 766 • CREEDMOOR, NC 27522

# JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>* Each Tuesday and Thursday 9:00 Low Impact Aerobics is held at the Butner Sports Arena in Butner. The 10:05 Stretch &amp; Wiggle class is held both at the Butner Sports Arena &amp; by video at the South Granville Senior Center in Creedmoor.</b></p>			<p><b>1</b></p> <p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p><b>2</b></p> <p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p>
<p><b>5</b></p> <p>9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> 10:30 Plastic Canvas Class</p>	<p><b>6</b></p> <p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-person)</p>	<p><b>7</b></p> <p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)</p>	<p><b>8</b></p> <p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p><b>9</b></p> <p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p>
<p>9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> 10:30 Plastic Canvas Class 11:00 Devotion: Minister Diane Burrell <b>1:00 Movie Matinee</b></p> <p><b>12</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p> <p><b>13</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo <b>12:00 June Birthday Celebration</b> 3:00 Book Club (Virtual)</p> <p><b>14</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p> <p><b>15</b></p>	<p><b>8:30 Father's Day Breakfast</b> 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p> <p><b>16</b></p>
<p>9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> <b>10:00 Robin Edwards - "Granville Alert"</b> 10:30 Plastic Canvas Class</p> <p><b>19</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p> <p><b>20</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (In-person)</p> <p><b>21</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p> <p><b>22</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p> <p><b>23</b></p>
<p>9:00 Rummikub/Cards <b>9:00 Workout w/ Trish</b> 10:30 Plastic Canvas Class 11:00 Devotion: Minister Diane Burrell</p> <p><b>26</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p> <p><b>27</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (In-person)</p> <p><b>28</b></p>	<p>9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p> <p><b>29</b></p>	<p>9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Loom Knitting</b> 10:30 Wii Bowling</p> <p><b>30</b></p>

# Granville County Senior Services

107 Lanier Street • Oxford, NC 27565

PRESRT STD  
U.S. POSTAGE  
**PAID**  
OXFORD, NC  
PERMIT NO. 24

## Return Service Requested

*The mission of Granville County Senior Services is to provide a sense of community, overall health, and independence for senior adults. We strive to be accessible and responsive through programs, services, and advocacy, enhancing the quality of life for our aging population.*

## GRANVILLE COUNTY SENIOR SERVICES

*Life is great ...  
when you participate!*



www.granvillecounty.org

e-mail address: kathy.may@granvillecounty.org

## Granville County Senior Services

### North Granville Senior Center

PO Box 362 • 318 Hwy. 15 South  
Stovall, NC 27582  
919-693-3383

### Granville County Senior Center

*"A Certified Center of Excellence"*  
PO Box 1287 • 107 Lanier Street  
Oxford, NC 27565  
919-693-1930

### South Granville Senior Center

PO Box 766 • 114 Douglas Drive  
Creedmoor, NC 27522  
919-528-0848

## Programs and Services Offered

- Senior Center Operations
- Home Delivered Meals
- In-Home Aide - Level II & III
- Fitness Program (*Cardiovascular, Strength & Flexibility*)
- Information & Case Assistance
- Housing & Home Improvement
- Coordination with other Agencies

- SHIIP Counseling (*Seniors Health Insurance Information Program*)
- Programs for Growth, Involvement & Enrichment (*i.e., health screenings, music, art, crafts, education, day trips, parties, informative speakers, support groups*)

- Congregate Meals
- Lifeline Assistance
- Care Management
- Tax Assistance
- Monthly Newsletter
- Volunteer Opportunities

- Transportation
- Legal Aide
- Senior Games
- Private Duty List
- Resource Directory
- Notary

*Funded in part by Granville County United Way*

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Hattie Jean Overton

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Commissioner)