

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



SMILE



A smile cost nothing but gives much. It enriches those who receive, without making poorer those who give.

It takes but a moment, but the memory of it sometimes lasts forever.



It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone unless it is given away.



None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it.

A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship.



Some people are too tired to give you a smile. Give them one of yours, as no one needs a smile so much as he who has no more to give.

-Dale Carnegie

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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 **North Granville Senior Center** in Stovall on Wednesday, August 2 at 11:15 a.m. Mark your calendar and plan to attend.

MEDICARE 101

When you become Medicare eligible, we know that you can have lots of questions. Are you new to Medicare? If so, the **Granville County Senior Center** in Oxford has a program for you! *Carolyn Keith*, Senior Services Medicare Specialist, will hold a **Medicare 101** program on Wednesday, August 16 at 10:00 a.m. at the senior center. Medicare offers different options to choose from for your health coverage. This program will address those options to help you make an informed decision regarding your coverage. Space is limited. Please call the senior center at (919)693-1930 to register.

COFFEE WITH A COP

The **South Granville Senior Center** in Creedmoor has partnered with the **Creedmoor Police Department** to begin *Coffee with a Cop!* Join us at the senior center on the second Wednesday of each month from 9:00 a.m. until 10:00 a.m. The mission of this program is to break down barriers between police officers and the citizens they serve by removing agendas and allowing opportunities to ask questions, voice concerns and get to know the officers in your neighborhood. Mark your calendar for Wednesday, August 9 and make plans to attend!

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

National Senior Center month is held each September and is a time to recognize the incredible work senior centers do to enrich and extend the lives of older adults in our community. This year's theme is *Aging Unbound*. Our senior centers are planning fun things in September to showcase our senior centers. Be on the lookout for more information regarding these events in our September *Senior Connection*.

The **North Granville Senior Center** in Stovall will hold an afternoon of fun activities on Tuesday, September 12 beginning at 1:00 p.m. Join us for *horseshoes, cornhole, card games, Rummikub, dominoes* and *more!* Pizza with salad and dessert will be served at 4:30 p.m. Come and check out our North Granville center and all the fun things offered! You must pre-register by calling the senior center at (919)693-3383.

The **South Granville Senior Center** in Creedmoor is planning a cookout at the end of September. Dates and times will be announced later. The **Granville County Senior Center** in Oxford will also hold special events.

Make sure to check out the September issue of the *Senior Connection* for more information or follow us on Facebook® at Granville County Senior Services to be the first to know about all the fun! Join us – remember *life is great when you participate!*

NATIONAL SENIOR GAMES WINNER BRINGS THE GOLD BACK TO GRANVILLE COUNTY!

We are so excited to announce that one of our very own brought home a **gold medal** in this year's *National Senior Games* Cornhole tournament held July 8 in Pittsburgh, PA! **Ronnie Norwood**, of Oxford, beat out 20 other participants from across the United States for first place in his age group. Ronnie qualified for this year's National games by winning in the Kerr-Tar Regional Senior Games and then winning at the NC State Senior Games in 2022. We are so proud of Ronnie! Way to represent Granville County and North Carolina!



AARP SMART DRIVER COURSE

Cars have changed and so have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills. The **AARP Smart Driver Course** is the nation's first and largest driver safety course designed especially for drivers 50 and older. The course is intended to help drivers live more independently as they age and remain safe on today's roads.

The Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. Participants learn about current rules of the road and how to operate their vehicles safely in today's increasingly challenging driving environment. Topics include: *maintaining proper following distance; methods of changing lanes and turning at intersections; effects of medications on driving; minimizing the effect of dangerous blind spots; limiting driver distractions such as eating, smoking and cell phone use; properly using safety belts, air bags and anti-lock brakes; maintaining physical flexibility and monitoring the driving skills and capabilities of yourself and others.*

The **South Granville Senior Center** in Creedmoor will hold this class in September. This will be held on Monday, September 25 from 9:00 a.m. until 1:00 p.m. The classroom course costs \$20 for AARP members and \$25 for non-members. Course participants may be eligible to receive a state mandated, multi-year discount on their auto insurance premium. You will need to contact your insurance company or agent for details. The instructor for this class will be Lynroy Thomas, a certified AARP Smart Driver program instructor. Space is limited! You can register NOW by calling the senior center at (919)528-0848.

IT'S NATIONAL WHAT DAY??

It seems like every day is a *national day of something day!* There is always something to celebrate and another reason to have fun. August has several days to celebrate favorite treats and our senior centers are going to take full advantage of them! Join us on these *national days* and enjoy some fun summer snacks!

The **Granville County Senior Center** in Oxford will celebrate *National S'mores Day* on Thursday, August 10. This day celebrates the most favorite campfire treat. This ooey gooey toasted treat is a favorite summer snack, for adults and children alike. Join us at 11:45 a.m. and make your own s'more – trust us you will want *some more!*

What can be more refreshing than a cold slice of watermelon in the summertime? Of course, there is a *National Watermelon Day* – what better way to celebrate this summer staple! Join us at the **North Granville Senior Center** in Stovall on Thursday, August 3 as we enjoy the “sweet taste of summer” with slices of watermelon after lunch. Come cool down with us!

We will wrap the month up on Friday, August 25 at the **South Granville Senior Center** in Creedmoor as we *go bananas* for *National Banana Split day!* Join us at 12:00 p.m. and build your own banana split. You must register by Friday, August 18. To reserve your spot please call the senior center at (919)528-0848.

National day or not, every day is a celebration at your local senior center – join us for the fun!

NIFTY 90'S

Mark your calendars for the **Granville County Senior Center's annual Nifty 90's event!** This event, for those 90 and over in Granville County, is one of the highlights of our year. This year's program will be held on Wednesday, September 20 at the **Granville County Expo Center** beginning at 5:00 p.m. There will be a catered meal and entertainment. Our 90-plus year olds are free and one guest may attend for \$10.00. If you would like to attend or if you know of a 90 plus year old who would like to attend, please call the senior center at (919)693-1930. *Don't miss out!*

HOLIDAY BAZAAR SCHEDULED

The **Granville County Senior Center** in Oxford will hold their annual *Holiday Bazaar* on Saturday, November 4 from 9:00 a.m. until 2:00 p.m. We always have a great variety of vendors with all kinds of homemade items for sale. If you or someone you know would be interested in being a vendor please contact Diane Williams at (919)693-1930 or email her at diane.williams@granvillecounty.org. Preference will be given to those with handmade items. We will have hot dogs with all the trimmings for sale too. Mark your calendars and make plans to attend.

LET'S MAKE CARDS!

Everyone loves to get a card in the mail. Whether it be for your birthday, your anniversary, a get well soon or just a thinking of you, there is nothing like going to your mailbox and pulling out a card that has been sent to you. But not only is it fun to get cards, it's fun to send them! We all know that cards can be expensive – so why not make your own! Both the **Granville County Senior Center** in Oxford and the **North Granville Senior Center** in Stovall will hold card making classes this month. Join us for the fun!

Tracey Peoples will be back at the Granville County center on Friday, August 25 at 10:00 a.m. to hold another card making class. If you joined us for her class in July, you know how much fun was had so don't miss this one! This month's class will make a *thinking of you card*. Join us to make your own cards to send to family or friends to bring a smile to their faces and a little sunshine to their mailbox! The class is free, and all materials will be supplied. Please pre-register by calling the senior center at (919)693-1930 by Friday, August 18.

Phyllis Blackwell, North Granville Senior Center Manager, will hold a card making class at the North Granville center on Tuesday, August 15 beginning at 10:00 a.m. Participants will be making *birthday cards*. Do you have a special someone's birthday coming up? Join us to make them a one-of-a-kind card from you! This is a free class, and all materials will be supplied. Each participant will make four cards to take home. Space is limited to eight participants so call early to reserve your spot. Please call the senior center at (919)693-3383 to register.

Don't miss out!

SPEAKER PRESENTATIONS PLANNED

One of the main focuses of our senior centers is to keep our older adults active and informed. We try to hold programs that are educational, informative and interesting to keep our seniors abreast and up-to-date with anything going on that can affect them. This month both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor will be holding informative programs that will be good information for us all. Check out these presentations!

We all want to make sure we are buying healthy foods but doing so can sometimes be very expensive. Do you want to know how to become a smart, fearless shopper? Then the Granville County center in Oxford has a program for you. *Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences, with the NC Cooperative Extension, will be at the center on Friday, August 11 to give us *tips for heart-healthy grocery shopping, purchasing cost-effective meals and how to compare unit prices*. This program will begin at 10:45 a.m. Learn more about how to enjoy what's in season but keep your purchases budget friendly!

Would you like to alleviate daily stressors like housekeeping, yard work or cooking? Have you been thinking about your future living arrangements and if an independent living community would be an option for you? Join us at the Granville County center on Thursday, August 17 at 11:00 a.m. as *Cassandra Hamilton*, Executive Director of Coventry House Inn in Oxford, will be talking with us about our local independent living community. Join us to learn more about what Coventry House offers.

Are you at risk for Type 2 Diabetes? Did you know that over one in three adults have prediabetes? The Granville-Vance District Health Department now has a minority diabetes prevention program. The Region 7 Minority Diabetes Program Coordinator, *Wendy Ji*, will be at the South Granville center on Monday, August 14 at 10:00 a.m. to talk about this program with interested participants. Join us for this informative presentation to see how you can lower your risk of type two diabetes. For more information or to register, please call the senior center at (919)528-0848.

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 **June 2023**.

Home Delivered Meals

Oxford area: 754 meals delivered to 37 homebound seniors.

North Granville area: 315 meals delivered to 15 homebound seniors.

South Granville area: 508 meals delivered to 27 homebound seniors.

Total meals: 1,577 meals delivered to 79 homebound seniors.

Total amount paid by Senior Services: \$7,853.46

Total amount contributed to program by participants: \$1,346.00

Congregate Meals

Granville County Senior Center in Oxford: 665 meals served to 70 seniors.

North Granville Senior Center in Stovall: 372 meals served to 49 seniors.

South Granville Senior Center in Creedmoor: 552 meals served to 61 seniors.

Total meals: 1,589 meals served to 180 participants.

Total amount paid by Senior Services: \$7,913.22

Total amount contributed to program by participants: \$737.62

In-Home Aide Services

640 hours provided for 19 clients.

\$120 contributed by those who receive the service.

Transportation

246 trips provided for 16 clients.

TAI CHI

Did you know that Granville County Senior Services has *Tai Chi classes*? This class is offered to anyone 50 years of age or older in Granville County. **There is a separate charge for this class – it is NOT included in the \$12 per month fitness fees.** Our current 12-week session will end this month, but we will hold another 12-week session beginning Tuesday, September 12 at the **Granville County Senior Center** in Oxford. Classes will be held on Tuesdays (**no class the first Tuesday of each month**). Classes are held from 10:00 a.m. until 11:30 a.m. Class dates will be September 12, 19 and 26; October 10, 17, 24 and 31; November 14, 21 and 28 and December 12 and 19. The cost will be \$30 for the 12 weeks and payment is due **before the first class**. Peter Kay will continue as the instructor.

Have you wanted the benefits of Tai Chi, but without the requirement of standing? If so, then the **Granville County Senior Center** in Oxford has a class for you! We also offer a *seated Tai Chi class* the first Tuesday of each month at the senior center from 10:00 a.m. until 11:00 a.m. Peter Kay will be the instructor for this class also. This is open to anyone 50 and over and there is no charge. Even though you remain seated for this class, participants will still benefit from all Tai Chi has to offer. If you have lymphedema, these exercises and moves will help to improve your circulation. While this class will only meet once per month, it will provide you with movements you can practice at home.

Tai Chi has proven to decrease stress, anxiety, and depression. Other benefits include improved mood, improved aerobic capacity, increased energy and stamina, improved flexibility, balance and agility and improved muscle strength and definition. Please call the Granville County center at (919)693-1930 to register.



Kathy's Korner

..... By: Kathy May

Let's talk about SHINGLES!! (But not the kind you put on your roof)

If you have never had the medical condition known as “shingles,” you may not understand just how serious it can be. The pain from shingles has been compared to childbirth or passing a kidney stone. But the worst part is that it can last for months or years after the rash goes away. Did you know.....

- 1- About 1 out of every 3 people in the United States will develop shingles during their lifetime
- 2- If you have had chickenpox, you are at risk for shingles. More than 99% of Americans born before 1980 have had chickenpox, even if they don't remember it.
- 3- Your risk of getting shingles and having serious complications increases as you get older.
- 4- Shingles may lead to other serious complications involving the eye, including blindness.

My purpose of talking about shingles and how serious it can be, is to make sure everyone understands that there is now a shingles vaccine that offers strong protection from shingles AND it is now (as of January 1, 2023) covered by Medicare at a \$0 co-pay for those who are covered under Medicare. This vaccine is known as **Shingrix**. You can get Shingrix at your doctor's office or pharmacy. This is a 2-dose vaccine, so plan to get your second dose of Shingrix 2 to 6 months after your first dose. Shingrix is more than 90% effective at preventing shingles and long-term nerve pain.

Shingrix was approved by the FDA in 2017. Prior to that, there was a different vaccine called Zostavax that was used to help prevent shingles, but it was not very effective and is no longer used in the U. S. Even if you received the Zostavax vaccine in the past, getting Shingrix is highly recommended by the medical community due to its strong protection that Zostavax did not offer. So, talk with your doctor to see if he/she believes that this newer shingles vaccine is right for you. I received it last year after discussing it with my doctor, and I know many others who have done the same. I don't mean to sound like a commercial for this vaccine, but I have seen how horrible a bad case of shingles can be. Being able to prevent it in the first place can make a huge difference in your life!

JOIN US FOR AN INTRODUCTION TO DRUMMING!



The **South Granville Senior Center** in Creedmoor will be bringing the beat this month! Percussionist *Ernest McHenry* will be at the senior center to teach interested persons the basics of beats and percussion. Mr. McHenry will provide small hand drums and other percussion instruments to teach participants the fun drumming can provide. But did you know that drumming is not just fun - studies have shown that drum circles for seniors have been known to help reduce tension, anxiety, depression and stress. Drumming can actually boost your immune system, increase your energy and control chronic pain. Participants can release negative feelings, make social interactions and have an overall sense of community.

This class promises to be so much fun! Join us on Thursday, August 17 at 10:30 a.m. Please call the senior center at (919)528-0848 to register. *Don't miss out!*

Granville County Senior Center • 919.693.1930

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AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 9:00 Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	1 9:00 Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	2 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	3 9:00 Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	4 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes 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®	7 9:00 Rummikub/Dominoes 9:00 Open Art Studio 9:30 NC Interest Group 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	8 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9 9:00 Rummikub/ Dominoes 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 11:45 National S/mores Day Celebration 1:00 Spades/Rummikub	10 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Speaker: Jennifer Brown - "Healthy Homes" 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 1:00 Movie Matinee
9:00 Rummikub/ Dominoes 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®	14 9:00 Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	15 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Medicare 101 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	16 9:00 Rummikub/ Dominoes 10:00 Bingo 11:00 Speaker: Cassandra Hamilton - "Coventry House Inn" 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	17 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes 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®	21 9:00 Rummikub/ Dominoes 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class *No Tai Chi class today	22 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	23 9:00 Rummikub/ Dominoes 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	24 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Card Making Class 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 1:00 Movie Matinee
9:00 Rummikub/ Dominoes 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®	28 9:00 Rummikub/ Dominoes 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class *No Tai Chi class today	29 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 August Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	30 9:00 Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	31 

North Granville Senior Center • 919.693.3383

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AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	2 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 11:15 Coffee w/ Kathy 12:30 Walk Off the Pounds 12:30 Puzzle Time	3 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 12:00 National Watermelon Day Celebration 1:00 Quilting Class	4 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
7 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Bible Study w/ Larry Hart 12:30 Walk off the Pounds	8 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	9 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingo 12:00 August Birthday Celebration 12:30 Walk Off the Pounds 12:30 Puzzle Time	10 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	11 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
14 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Movie Matinee 12:30 Walk off the Pounds	15 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Card Making Class - Birthday Cards 12:30 Stretch & Strengthen	16 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	17 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	18 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
21 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Bible Study w/ Larry Hart 12:30 Walk off the Pounds	22 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	23 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingo 11:30 Devotion - Rev. Curtis McRae 12:30 Walk Off the Pounds 12:30 Puzzle Time	24 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	25 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
28 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	29 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	30 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	31 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	

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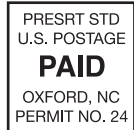
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AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-person)	2 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)	3 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	4 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:30 Charades 11:00 Chair Exercise w/ Carolyn
7 9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:00 Wii Bowling 10:30 Plastic Canvas	8 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)	9 9:00 Rummikub/Cards 9:00 Coffee w/ a Cop 9:30 Walking Video 10:00 Bingo 12:00 August Birthday Celebration 3:00 Book Club (Virtual)	10 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	11 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:30 Charades 11:00 Chair Exercise w/ Carolyn
14 9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:00 Diabetes Prevention Program 11:00 Devotion: Minister Diane Burrell 10:30 Plastic Canvas	15 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)	16 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo (Sponsored by Creedmoor Police Dept.) 3:00 Book Club (Virtual)	17 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 10:30 Intro to Drumming	18 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:30 Charades 11:00 Chair Exercise w/ Carolyn
21 9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:30 Plastic Canvas	22 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)	23 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)	24 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	25 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:30 Charades 11:00 Chair Exercise w/ Carolyn 12:00 Banana Split Day
28 9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell	29 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)	30 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (In-person)	31 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	*Each Tuesday and Thursday 9:00 Low Impact Aerobics is held at the Butner Sports Arena in Butner. The 10:05 Stretch & Wiggle is held both at the Butner Sports Arena & by video at the South Granville Senior Center in Creedmoor.

Granville County Senior Services

107 Lanier Street • Oxford, NC 27565



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
- SHIP 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

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