

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month! This year's theme is "*Discover Yours*" and that's exactly what we invite you to do this month! Your local senior center provides access to information, opportunities and support to improve the lives of people in our community as they age. Granville County provides three senior centers that support seniors across the county. If you have not checked out your local center – take time this month to visit and see why *life is great when you participate!*

"The senior center is a haven for peaceful and fun-filled interactions with peers. The fun is incomparable! The fact that we have a place to come together five days a week is a treasure."

–Jean Lawson, *North Granville Senior Center*



"Fantastic place for seniors to meet and socialize with people that can easily discuss things with each other and can understand one another. At the center there are things presented to seniors that often they fail to receive in other places."

–James Daniel, *South Granville Senior Center*



"My senior center means fellowship, getting to know new people, playing Bingo, making fun crafts and just having FUN!"

–Beverly Forsyth, *North Granville Senior Center*

What My Senior Center Means to Me...



"A place to relax, meet people and enjoy myself. I live alone and not near my family. Everyone at the center that I have met are kind and friendly."

–Liz Evanko, *South Granville Senior Center*

"When I came to Oxford a year and a half ago, I did not know anyone outside of my family. My daughter encouraged me to come to the Senior Center to just try Bingo. I came and I was so glad that I did. I have met an entire community of people. I've gained friends and a network of community support."

– Jan Siler, *Granville County Senior Center*



"I love coming to the senior center because of the diversity. Come join us!"

–Jenny Koinis, *Granville County Senior Center*

INSIDE THIS ISSUE	
Nifty 90s.....	2
AARP Smart Driver Course	3
Free Rabies Clinic	4
Activity Calendars	9-11

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, September 6 at 11:15 a.m. Mark your calendar and plan to attend.

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** in Oxford 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. 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!*

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the **Labor Day holiday** on Monday, September 4. There will be no congregate or home delivered meals served on this day. Our centers will reopen on Tuesday, September 5 at 8:30 a.m. We hope you have a wonderful holiday!

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. We are full for our vendor spots but if you would like to be put on the waiting list in case of cancellations, please call Diane Williams at (919)693-1930 or email her at diane.williams@granvillecounty.org. We will have hot dogs with all the trimmings for sale too. Mark your calendars and make plans to attend.

MORE NATIONAL SENIOR GAMES WINNERS!

Granville County has more winners from this year's National Senior Games held in July in Pittsburgh, PA! **Elnora Morehead** and **Patricia Penn** won silver medals in the women's doubles bowling event held July 15-16. Elnora and Pat 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 these ladies! *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 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! Please register by calling the senior center at (919)528-0848.

OPEN ENROLLMENT FOR MEDICARE PARTS C & D BEGINS OCTOBER 15

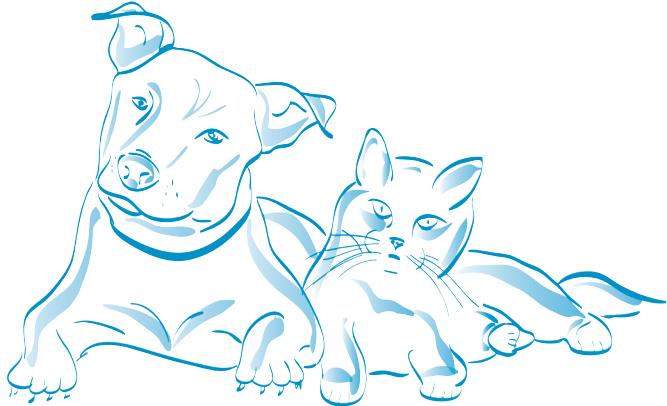
Your health needs change from year to year and the benefits and costs of your health plan may change each year too. That is why it is important to evaluate your Medicare choices every year. The Annual Election Period is the one time of year when all people with Medicare can review and/or change their Medicare Advantage (Part C) or Medicare prescription drug (Part D) plans for 2024. **Open enrollment begins October 15 and ends December 7.** If you want to review your plan for 2024, please call the **Granville County Senior Center** in Oxford at (919)693-1930 to schedule an appointment during open enrollment time. We will also offer appointments at the **South Granville Senior Center** in Creedmoor. To schedule an appointment there, please call (919)528-0848. **We will begin taking appointments September 15.** We have well-trained SHIIP (Senior Health Insurance Information Program) counselors who are able to assist you with changing your plan.



NORTH GRANVILLE CENTER TO HOLD FREE RABIES CLINIC

Granville County Animal Control will at the **North Granville Senior Center** in Stovall this month to administer **free rabies vaccines** for cats and dogs. NC rabies law requires all owned cats and dogs to be vaccinated against rabies by four months of age, and then to remain current. These will be **one year** vaccines.

This rabies clinic will be held on Thursday, September 28 from 12:00 a.m. until 3:00 p.m. Everyone is welcome. **Dogs must be on a leash and cats must be in a carrier.** Please call Phyllis Blackwell at (919)693-3383 for more information.



SEWING WITH CAROL

Have you ever wanted to try your hand at sewing but didn't know where to start? Whether you are a beginner sewer or have never touched a machine, have no fear – the **Granville County Senior Center** in Oxford has a class for you! The next **sewing with Carol** series of classes will begin Monday, September 18. This class will run each Monday for nine weeks, ending Monday, November 13. Two classes will be held – the first from 10:00 a.m. until 1:00 p.m. and the second from 1:00 p.m. until 4:00 p.m. If you want to attend both classes, you will need to register for both when you sign up. The cost will be **\$54 per class** which will be payable to the instructor. There will be a limited number of machines available for use or you can bring your own. Each class is limited to 10 people. You **must preregister** by calling the senior center at (919)693-1930. A supply list will be available when you register. *Join us!*

FREE HEARING SCREENING

Hearing loss is one of the most common conditions affecting older adults. One in three people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing. Hearing loss in an older person can be devastating. Having trouble hearing can make it hard to understand and follow directions. Hearing doorbells and alarms becomes difficult. Having conversations becomes hard. It can be frustrating, embarrassing, and dangerous.

Signs of hearing loss include, thinking people mumble, difficulty hearing soft sounds, difficulty understanding speech in noisy environments, straining to hear and more. There are options to help with hearing loss, but first you need to detect its occurrence. If you have noticed any of the above signs, please join us at the **South Granville Senior Center** in Creedmoor on Friday, September 15 from 9:00 a.m. until 11:00 a.m. for a *free hearing screening*. The **Granville County Senior Center** in Oxford will also hold a free hearing screening on Wednesday, September 27 from 9:00 a.m. until 11:00 a.m. *Dr. Saranne Barker, Audiologist* will be at both senior centers to hold screenings for participants.

Hearing loss can be very serious in older adults. Don't miss out on this free screening!

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.** 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 11:30 a.m. Class dates will be September 5, October 3, November 7 and December 5. 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.

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 *Ageing Unbound*. Both the **North Granville Senior Center** in Stovall and the **South Granville Senior Center** in Creedmoor will hold fun things this month to celebrate!

The North Granville center 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 center will hold a cookout on Tuesday, September 26 beginning at 10:30 a.m. This will be sponsored by the Creedmoor Police Department. Join us for games, good food and a chance to see everything the South Granville center has to offer! Take time this month to check out your local senior center. Join us – *remember life is great when you participate!*

INFORMATIVE PROGRAMS AT OUR SENIOR CENTERS THIS MONTH

All three of our senior centers will have informative speakers this month on topics important to all of us we age. Check out this schedule, mark your calendars and make plans to attend one, or all, of these programs!

Did you know that September is *Peripheral Artery Disease awareness month*? Peripheral artery disease (PAD) is a serious and often silent health problem. It is estimated that 15 percent of the global population over the age of 50 have undiagnosed PAD. Do you want to know more about this disease? *Lisa McGhee, RN*, Director – Cardiovascular Services at Maria Parham Health, will be at the **Granville County Senior Center** in Oxford to talk with participants about what PAD is, the symptoms and how to know if you are at risk. This program will be held on Monday, September 18 beginning at 10:45 a.m. This will be important information for all of us. Please register by calling the senior center at (919)693-1930.

The **North Granville Senior Center** in Stovall will hold several programs this month. On Wednesday, September 13, *Craig Williams*, Stovall Police Chief, will be at the center to talk about *Scams*. It seems every day we are hearing that more and more seniors have been scammed. Scams have become a nationwide problem and we need to know all we can to protect ourselves from becoming a victim. Chief Williams will tell participants *how to protect yourself and your family, red flags for seniors, the warning signs of a scam* and more. This program will begin at 12:00 p.m. Join us for lunch and this informative program. If you would like to have lunch with us, please call the senior center at (919)693-3383 by noon on September 12.

On Tuesday, September 19, *Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences, with the NC Cooperative Extension, will be at the North Granville center to present “*Cancer Basics*.” This program will begin at 10:00 a.m. Participants will receive information and resources about cancer basics, screening and risk factors. Did you know that a healthy diet can reduce your risk of cancer? That alcohol is a carcinogen? That smoking is the leading cause of cancer and not just lung cancer? That certain viruses can increase your risk for cancer? Learn this and more during this informative program!

Finally on Tuesday, September 26, *Attorney Jeff Stovall* will be at the North Granville center to talk to participants about *Estate Planning*. Join us to get your questions answered regarding *long-term care planning, guardianship, conservatorship, and special needs trusts for the disabled, power of attorney, healthcare power of attorney, living wills* and more! This program will begin at 9:30 a.m. Please preregister by calling the senior center at (919)693-3383.

The **South Granville Senior Center** in Creedmoor will have two programs this month. Join us for the following informative programs. Would you like to alleviate daily stressors like housekeeping, yard work or cooking? Have you been thinking about your future living arrangements and wondering if an independent living community would be an option for you? *Scottie Overby*, Area Sales Manager for Granville House Assisted Living and Coventry House Inn Oxford, Independent Living, will present information about these local independent and assisted living communities on Monday, September 11. This program will begin at 10:00 a.m.

Is it a normal part of aging to forget where you put your keys? What are the “normal” signs and not so normal signs of aging? Join our aging workshop with guest speaker *Micheal Patterson*, Family Caregiver Specialist with Kerr Tar Area Agency on Aging on Monday, September 18 at 9:30 a.m. to learn more about the normal signs of aging. Learn to know when it’s not that big a deal or when maybe you need to talk with your doctor. To register or for more information, please call the senior center at (919)528-0848.

Mark your calendars and make plans to join us for one, or all, of these programs!

A MATTER OF BALANCE

Many older adults have a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. Are you concerned about falls? Have you fallen in the past? Do you restrict your activities because of concerns about falling? Are you interested in improving flexibility, balance and strength? If so, the **Granville County Senior Center** in Oxford has a program for you! Join us in October for *A Matter of Balance*.

A Matter of Balance is an evidence-based program specifically designed to reduce the fear of falling and improve activity levels among older adults. It uses a variety of activities to teach fall prevention strategies. The Granville County center will hold this eight-week class each Tuesday beginning October 3 through November 28 (there will be no class on October 31). The class will be held from 10:00 a.m. – 12:00 p.m. Space is limited to 15 participants. **Sign up starts NOW!** If you would like to register, please call the senior center at (919)693-1930. This series will be taught by Susan Tucker, A Matter of Balance Master Trainer.

Participants learn to view falls as controllable, set goals for increasing activity, identify common factors that contribute to falls, make changes to reduce their fall risk at home and exercises to increase strength and balance. Don't miss out – *join us!*

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 **July 2023**.

Home Delivered Meals

Oxford area: 574 meals delivered to 34 homebound seniors.

North Granville area: 281 meals delivered to 15 homebound seniors.

South Granville area: 474 meals delivered to 27 homebound seniors.

Total meals: 1,329 meals delivered to 76 homebound seniors.

Total amount paid by Senior Services: \$6,618.42

Total amount contributed to program by participants: \$644.00

Congregate Meals

Granville County Senior Center in Oxford: 704 meals served to 67 seniors.

North Granville Senior Center in Stovall: 302 meals served to 48 seniors.

South Granville Senior Center in Creedmoor: 563 meals served to 65 seniors.

Total meals: 1,569 meals served to 180 participants.

Total amount paid by Senior Services: \$7,813.62

Total amount contributed to program by participants: \$651.15

In-Home Aide Services

623 hours provided for 19 clients.

Transportation

222 trips provided for 15 clients.



Kathy's Korner

..... By: Kathy May

CREATIVE LIFELONG LEARNING

As we approach the fall season, let's review some information about Granville County Senior Services' *Creative Lifelong Learning Program (CLL)*. The program began in 2017 and is modeled after other Osher Lifelong Learning programs, such as what is offered at Duke and NC State Universities. Our program is designed for seniors 50 years of age or older; however, we do accept younger members.

In its inception, the first people to join CLL were and are considered *charter members*. Certain perks, such as a 10% discount on classes, were afforded charter members; however, during its evolution, which included the COVID pandemic, fees for most classes were eliminated, with the exception being occasional supply or material costs.

The cost to join CLL remains at either \$10 (for those 50 years of age and older and a Granville County resident) or \$12 (for those younger than 50 and/or a resident of another county). Whereas all dues required renewal each fall, now it becomes due one year from the member's last renewal date. If you are unsure of your membership status, call the **Granville County Senior Center** in Oxford at (919)693-1930.

We offer a wide variety of classes and are ALWAYS looking for class ideas, teachers and new members. If you would like more information about CLL, please call Marilyn Howard, Creative Lifelong Learning Coordinator, at (919)693-1930 or email her at marilyn.howard@granvillecounty.org. Consider becoming a member and join a community of lifelong learners.

COMPUTER CLASSES OFFERED AT SOUTH GRANVILLE SENIOR CENTER

The **South Granville Senior Center** in Creedmoor will offer a *beginner computer class* starting Friday, September 8 in the 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. Each class will begin at 10:00 a.m. Class size is limited and registration is required.

The South Granville center will also offer a *Google Apps computer class*. This class will teach individuals about the different applications using Google. This introduction to Google apps class will include *Gmail, Google Drive, Google Docs, Google calendar* and more. All skill levels are encouraged. This four-week class will held on Fridays starting October 6 at 10:00 a.m.

You will need to pre-register for both classes. To register, please call the South Granville center at (919)528-0848.

Granville County Senior Center • 919.693.1930

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

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY LABOR DAY				1
				
4	5	6	7	8
Center Closed for the Labor Day Holiday	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	9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 11:15 Coffee w/ Kathy 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 10:00 Bingo w/ a Badge (GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
11	12	13	14	15
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®	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	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®	9:00 Rummikub/ Dominoes 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 1:00 Movie Matinee
18	19	20	21	22
9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Sewing Class 10:15 Stretch & Wiggle 10:45 Lisa McGhee - PAD Month 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Sewing Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	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	9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Ox Talks 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing® 5:00 Nifty 90's (Expo)	9:00 Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
25	26	27	28	29
9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Sewing Class 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 11:00 Advisory Bd. Mtg. 1:00 Sewing Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	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	9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 9:00 Hearing Screening 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 September Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	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

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY LABOR DAY				1
				9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
4	5	6	7	8
Center Closed for the Labor Day Holiday	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk Off the Pounds	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 11:15 September Birthday Celebration 12:30 Walk Off the Pounds 12:30 Puzzle Time	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	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
11	12	13	14	15
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen Exercise Class 1:00 National Senior Center Month Celebration	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 12:00 Lunch & Learn: "All About Scams" - Stovall Police Chief Craig Williams 12:30 Puzzle Time 1:00 Walk Off the Pounds	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	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
18	19	20	21	22
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	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 "Cancer Basics" - Jennifer Brown, NC Coop. Extension 12:30 Stretch & Strengthen	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Exerise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	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	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
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9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 9:30 Speaker: Attorney Jeff Stovall - "Estate Planning" 10:00 Puzzle Time 12:30 Stretch & Strengthen	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 11:30 Devotion - Rev. Curtis McRae 12:30 Walk Off the Pounds 12:30 Puzzle Time	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 Rabies Clinic 1:00 Quilting Class	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds

South Granville Senior Center • 919.528.0848

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

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*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.</p>				<p>9:00 Rummikub/ Cards 1</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>4</p> <p>Center Closed for the Labor Day Holiday</p>	<p>9:00 Rummikub/Cards 5</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Knitting Group</p> <p>11:00 Bible Study - Minister Ida Black (In-person)</p>	<p>6</p> <p>9:00 Rummikub/Cards</p> <p>9:30 Walking Video</p> <p>10:00 Bingo</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards 7</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards 8</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>10:00 Beginner Computer Class</p> <p>10:30 Pictionary</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 11</p> <p>9:00 Workout w/ Trish</p> <p>10:00 Scotty Overby - Senior Living</p> <p>10:30 Plastic Canvas</p> <p>11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Rummikub/Cards 12</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Knitting Group</p> <p>11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>9:00 Rummikub/Cards 13</p> <p>9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.)</p> <p>9:30 Walking Video</p> <p>10:00 Bingo</p> <p>12:00 September Birthday Celebration</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards 14</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards 15</p> <p>9:00 Hearing Screening</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>10:00 Beginner Computer Class</p> <p>10:30 Pictionary</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 18</p> <p>9:00 Workout w/ Trish</p> <p>9:30 Michael Patterson - "What Are the Normal Signs of Aging?"</p> <p>10:30 Plastic Canvas</p>	<p>9:00 Rummikub/Cards 19</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Knitting Club</p> <p>11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>20</p> <p>9:00 Rummikub/Cards</p> <p>9:30 Walking Video</p> <p>10:00 Bingo (Sponsored by Creedmoor Police Dept.)</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards 21</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards 22</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>10:00 Beginner Computer Class</p> <p>10:30 Pictionary</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 25</p> <p>9:00 Workout w/ Trish</p> <p>10:00 Wii Bowling</p> <p>10:30 Plastic Canvas</p> <p>11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Rummikub/ Cards 26</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Knitting Group</p> <p>10:30 National Senior Center Month Celebration</p> <p>11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>27</p> <p>9:00 Rummikub/Cards</p> <p>9:30 Walking Video</p> <p>10:00 Bingo</p> <p>3:00 Book Club (In-person)</p>	<p>9:00 Rummikub/ Cards 28</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards 29</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>10:00 Beginner Computer Class</p> <p>10:30 Pictionary</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

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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

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