

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



8 Special GIFTS



Some gifts cost nothing to give but can bring lots of happiness. These eight gifts can mean the world to someone.

****The gift of listening.....***

But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.

****The gift of affection.....***

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

****The gift of laughter.....***

Clip cartoons, share articles and funny stories. Your gift will say “I love to laugh with you.”

****The gift of a written note.....***

It can be a simple “thanks for the help” note or a full letter. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

****The gift of a compliment.....***

A simple and sincere, “you look great in that color,” “you did a super job,” or “that was a wonderful meal” can make someone’s day.

****The gift of a favor.....***

Every day go out of your way to do something kind.

****The gift of solitude.....***

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

****The gift of a cheerful disposition.....***

The easiest way to feel good is to extend a kind word to someone, really it’s not that hard to say “hello” or “thank you.”

Author Unknown

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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 have well-trained SHIIP (Senior Health Insurance Information Program) counselors who are able to assist you with changing your plan.

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. Make plans to come out and start your holiday shopping – there will be something for everyone!

DIABETES PREVENTION PROGRAM

The **South Granville Senior Center** in Creedmoor will begin a *Diabetes prevention program* this month. This program, sponsored by the Granville Vance District Public Health Department, is a 12-month program to keep people who are at risk for prediabetes from developing type 2 diabetes and other health problems. This lifestyle change program can help you lose weight, become more physically active and reduce stress. Over the year, topics will include *eating to support your health, managing stress, eating well away from home, managing triggers, staying motivated* and more. This series will begin Monday, October 2 and will be held each Monday from 1:00 p.m. until 2:00 p.m. For more information or to register please call (252)492-7915 extension 147 or email rkenny@gvdhd.org.

FLU SHOT CLINICS TO BE HELD

Granville County Senior Services will once again offer flu shot clinics for seniors at our senior centers this month. The Granville County Health Department will be sponsoring these clinics. The schedule will be as follows:

- **Granville County Senior Center in Oxford:**
Wednesday, October 18
9:00 a.m. – 11:00 a.m.
- **North Granville Senior Center in Stovall:**
Monday, October 23
9:00 a.m. – 11:00 a.m.
- **South Granville Senior Center in Creedmoor:**
Friday, October 6
9:00 a.m. – 11:00 a.m.

The Health Department will accept Medicare, Medicaid, BCBS, United Healthcare, Humana, Blue Medicare and Coventry. More than ever, it is important for people of all ages to be protected. The CDC and the NC Division of Public Health recommend everyone over the age of six months of age get a yearly flu vaccine. Children younger than six months are too young to be vaccinated, so those who care for them should be vaccinated instead. Everyone needs to take the necessary steps to stay healthy during flu season – get the shot!

GOOGLE APPS COMPUTER CLASS OFFERED AT SOUTH GRANVILLE SENIOR CENTER

The **South Granville Senior Center** in Creedmoor will offer a *Google Apps class* this month. 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 be held on Fridays starting October 6 at 10:00 a.m.

You will need to pre-register for this class. To reserve your spot, please call the **South Granville center** at (919)528-0848.



LET'S GO TO THE FAIR!

October means it is time for the *NC State Fair!* All three of our senior centers will be traveling to the State Fair this month. It's been awhile since we traveled so please remember the following:

- **Trips are only open to those Granville County residents 60 and older.**
- **Sign-ups begin one week before the trip.**
- **You may register for yourself and one other person only.**
- **Granville County Senior Center** in Oxford:
Wednesday, October 18
Sign-up date: Wednesday, October 11
Departure Time: 8:00 a.m.
Cost of transportation: \$6.00 per person
Admission to Fair: \$5.00 for anyone 65 and older, \$13 per person under 65
- **North Granville Senior Center** in Stovall:
Monday, October 16
Sign-up date: Monday, October 9
Departure Time: 8:00 a.m.
Cost of Transportation: \$6.00 per person
Admission to Fair: \$5.00 for anyone 65 and older, \$13 per person under 65
- **South Granville Senior Center** in Creedmoor:
Thursday, October 19
Sign-up date: Thursday, October 12
Departure Time: 8:00 a.m. (Oxford) 8:30 a.m. (Creedmoor)
Cost of Transportation: \$6.00 per person
Admission to Fair: \$5.00 for anyone 65 and older, \$13 per person under 65

**Thursday, October 19 is Smithfield Foods Hunger Relief Day at the State Fair. We ENCOURAGE anyone going on the 20th to bring six cans of food to donate to the Food Bank of Central and Eastern NC. You can exchange your six cans for a free admission ticket. Bring your cans and help those less fortunate.*

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 **South Granville Senior Center** in Creedmoor on Wednesday, October 4 at 11:15 a.m. Mark your calendar and plan to attend.

NIFTY 90'S – ANOTHER GREAT EVENT!

On Wednesday, September 20, the **Granville County Senior Center** in Oxford held their 15th annual *Nifty 90's celebration* at the Granville County Expo Center. This year we celebrated with 43 ninety plus year olds – ranging in age from 90 to 103 years young! We were betting that everyone would have a wonderful time with our casino theme, participants were treated to a photo booth, a catered dinner and a casino themed Bingo game. It was a wonderful evening full of good food, good music and good times.

Many thanks to everyone who helped to make this event special – *Don Murray BBQ of Creedmoor* for the delicious meal, *Cornerstone Christian Community Church, the South Granville Rotary Club* and *Angela Allen*, with *Granville County Tourism* for their donation of prizes for our Bingo game - with their donations each 90+ year old was able to leave with a prize! And thank you to *Granville County Commissioners Sue Hinman, Robert Williford, Zelodis Jay* and *Tim Karan* for being our fabulous escorts! It was a wonderful evening!



INFORMATIVE PROGRAMS AT OUR SENIOR CENTERS THIS MONTH

Both the **Granville County Senior Center** in Oxford and the **North Granville Senior Center** in Stovall will have informative speakers this month on topics important to all of us as we age. Check out this schedule, mark your calendars and make plans to attend one, or all, of these programs!

The Granville County Senior Center in Oxford will hold a program on *Peripheral Artery Disease* this month. September was peripheral artery disease (PAD) awareness month. 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 center 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, October 16 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.

On Wednesday, October 25 *Lori Murphy, PT* with Maria Parham Health, will present a program on *Falls Prevention*. This program will begin at 10:45 a.m. Falling among older adults aged 65 and over is common, costly and preventable. Each year, there are about 37 million older adult falls and 3 million emergency department visits due to falls. However, falling is NOT a natural part of aging. Join us for this program to learn how to prevent falls, risk factors for falls and more. Please register by calling the center at (919)693-1930.

The North Granville Senior Center in Stovall will hold several informative programs this month. The first program will be held on Tuesday, October 17 at 10:00 a.m. *Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences, with the NC Cooperative Extension, will present “*Money Smarts for Older Adults.*” This workshop will raise awareness among older adults and their caregivers on how to prevent fraud, scams and other elder financial exploitation. The material encourages advanced planning and informed financial decision-making. Join us for this important information.

On Wednesday, October 18, *Michael Patterson*, Family Caregiver Specialist with the Kerr-Tar Area Agency on Aging, will present a program on the AAA’s *Family Caregiver Support program*. Join us to learn more about caregiver resources and how you may qualify for assistance through their caregiver voucher program. This program will begin at 11:00 a.m. Join us for Bingo at 10:00 a.m. and stay for this program!

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 Tuesday, October 24. This program will begin at 10:00 a.m.

Join us for one, or all, of these important programs!

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 **North Granville Senior Center** in Stovall on Tuesday, October 10 from 10:00 a.m. until 12:00 p.m. for a **free hearing screening**. *Dr. Saranne Barker, Audiologist* will be at the senior center to hold screenings for participants.

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

CRAFT CLASSES OFFERED THIS MONTH

Both the **Granville County Senior Center** and the **North Granville Senior Center** in Stovall will hold fun craft classes this month to get you ready for the upcoming holidays. Join us for these fun classes!

The Granville County center will hold a *Christmas tree barn quilt class* on Thursday, November 9 from 1:00 p.m. until 3:00 p.m. Join us to make an 18" 3D wood cut out tree complete with a stand. These are so pretty – you will definitely want one to decorate your home for the upcoming Christmas holiday! This class, led by Tammy Rokose, with *Me Time Painting, LLC*, will be \$45 which includes all supplies. **Payment is due when you register! The registration deadline is October 31** – please call the senior center at (919)693-1930 to reserve your spot!

The North Granville center will hold a craft class this month to get you ready for Halloween! Phyllis Blackwell, Senior Center Manager, will be teaching participants how to make a *witch's hat door hanger!* This cute door hanger will be a fun way to welcome friends and goblins to your home on Halloween! Space is limited to six participants so reserve your seat NOW by calling the senior center at (919)693-3383. The cost for this class will be \$10 per person which includes all supplies.

Don't miss out – join us for these classes to get ready for the holidays!



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 **North Granville Senior Center** in Stovall will hold this class on Monday, October 9 from 10:00 a.m. until 2:00 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)693-3383.

TRICKS & TREATS PLANNED FOR HALLOWEEN!

Both the **North Granville Senior Center** in Stovall and the **South Granville Senior Center** in Creedmoor will have fun programs to celebrate Halloween this month. Join us for *tricks and treats!*

The North Granville center will hold their annual *Halloween party* on Tuesday, October 31 beginning at 10:00 a.m. Join us for Halloween games and costume judging. We'll also go on a *pumpkin hunt* – the Great Pumpkin has left a friend somewhere hidden inside the senior center. Be the first to find it and win a great prize! After lunch we will enjoy fun Halloween themed snacks.

The South Granville center will hold their annual *Halloween party* on Tuesday, October 31 beginning at 10:30 a.m. Wear your best costume and join us for the fun!

Join us for a *spooktacular good time!*



Kathy's Korner

..... By: Kathy May

Happy Fall Everyone!! I want to use this space this month to touch on several different things that I want to bring to your attention.

1. Just a reminder about our **Rock Steady Boxing® Granville** program for individuals with Parkinson's Disease that we began in 2019. This is a unique program that helps improve the quality of life through a non-contact boxing-based fitness curriculum. It is offered free of charge to anyone in our community with a Parkinson's diagnosis. (www.rocklsteadyboxing.org/about). Contact our fitness program coordinator, Adrian Villasana, for more details.
2. **Open enrollment for Medicare Parts C & D begins October 15th and runs through December 7th.** Schedule an appointment with one of our SHIIP counselors if you would like to review your plan for 2024. To schedule an appointment at the **Granville County Senior Center** in Oxford, call 919/693-1930. To schedule an appointment at our **South Granville Senior Center** in Creedmoor, call Christy at 919/528-0848. **If you are a retired State of NC employee, please do not schedule an appointment with one of our SHIIP counselors during open enrollment. You will need to make any changes to your plans by contacting the State Health Plan.**
3. Our **Creative Lifelong Learning (CLL)** is starting back in full swing this Fall.
 - Join us on Thursdays, October 5 – November 16 from 10 a.m. – 11 a.m. for **Beginners Belly Dancing Classes** taught by Ellie Shinham Haines. Free of charge to CLL members.
 - In November, the locally famous **MARK PACE** from the Richard Thornton library will do a series of free programs at the Granville County Senior Center in Oxford:
 - a) November 2 - HISTORY OF TOBACCO IN GRANVILLE COUNTY
 - b) November 9 – WWI and GRANVILLE COUNTY
 - c) November 16 – QUEEN OF DENVER: Louise Hill Sneed, Granville County native
 - d) December 7 – WWII and GRANVILLE COUNTY
 - On Mondays, November 6 – December 1 from 10 – 11:30 a.m. Instructor Sheldon Bleiweiss will return to hold another series (6 classes) entitled **WHY THE JEWS? Anti-Semitism, The Holocaust & Isreal.**

Call us at 919/693-1930 to register OR for more information about any of these classes.

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 **August 2023.**

Home Delivered Meals

Oxford area: 576 meals delivered to 28 homebound seniors.
 North Granville area: 319 meals delivered to 14 homebound seniors.
 South Granville area: 512 meals delivered to 25 homebound seniors.
 Total meals: 1,407 meals delivered to 67 homebound seniors.
 Total amount paid by Senior Services: \$7,073.86
 Total amount contributed to program by participants: \$855.00

Congregate Meals

Granville County Senior Center in Oxford: 779 meals served to 69 seniors.
 North Granville Senior Center in Stovall: 371 meals served to 51 seniors.
 South Granville Senior Center in Creedmoor: 640 meals served to 72 seniors.
 Total meals: 1,790 meals served to 192 participants.
 Total amount paid by Senior Services: \$8,914.20
 Total amount contributed to program by participants: \$732.73

In-Home Aide Services

672 hours provided for 18 clients.

Transportation

279 trips provided for 16 clients.

Granville County Senior Center • 919.693.1930

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OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Rummikub/ Dominoes 2 9:00 Low Impact Aerobics 10:00 Sewing Class 10:15 Stretch & Wiggle 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 3 9:00 Open Art Studio 10:00 Seated Tai Chi 10:00 A Matter of Balance 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes 4 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 5 10:00 Bingo w/ a Badge (GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 6 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes 9 9:00 Low Impact Aerobics 10:00 Sewing Class 10:15 Stretch & Wiggle 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 10 9:00 Open Art Studio 9:30 NC Interest Group 10:00 Tai Chi 10:00 A Matter of Balance 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	9:00 Rummikub/ Dominoes 11 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 12 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 13 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes 16 9:00 Low Impact Aerobics 10:00 Sewing Class 10:15 Stretch & Wiggle 10:45 Lisa McGhee - "PAD Awareness" 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 17 9:00 Open Art Studio 10:00 Tai Chi 10:00 A Matter of Balance 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	8:00 TRIP: NC State Fair 9:00 Rummikub/Dominoes 9:00 Low Impact Aerobics 9:00 Flu Shot Clinic 10:00 Quilting 10:00 Ox talks 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 19 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Rummikub/ Dominoes 20 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes 23 9:00 Low Impact Aerobics 10:00 Sewing Class 10:15 Stretch & Wiggle 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 24 9:00 Open Art Studio 10:00 Tai Chi 10:00 A Matter of Balance 11:30 Water Aerobics (YMCA) <i>*No Yoga Class or GC ACBL Bridge Club today</i>	9:00 Rummikub/ Dominoes 25 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 10:45 Lori Murphy - "Falls Prevention" 11:00 Stretch & Wiggle 12:00 October Birthday Celebration 12:30 GC ACBL Bridge Club 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 26 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Rummikub/ Dominoes 27 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub 1:00 Movie Matinee
9:00 Rummikub/ Dominoes 30 9:00 Low Impact Aerobics 10:00 Sewing Class 10:15 Stretch & Wiggle 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 31 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club <i>*No Yoga Class or A Matter of Balance Class today</i>			

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Game Time: 2 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Bible Study w/ Larry Hart 12:30 Walk off the Pounds</p>	<p>9:00 Game Time: 3 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Craft Class - Witches Hat 10:00 Puzzle Time 12:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 4 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingo 12:00 October Birthday Celebration 12:30 Walk Off the Pounds 12:30 Puzzle Time</p>	<p>9:00 Game Time: 5 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class</p>	<p>9:00 Game Time: 6 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds</p>
<p>9:00 Game Time: 9 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 AARP Smart Driver Course 10:00 Puzzle Time <i>*No Walk Off the Pounds today</i></p>	<p>9:00 Game Time: 10 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Hearing Screening 10:00 Puzzle Time 12:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 11 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time</p>	<p>9:00 Game Time: 12 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class</p>	<p>9:00 Game Time: 13 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds</p>
<p>8:00 TRIP: NC State Fair 16 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time <i>*No Bible Study or Walk Off the Pounds today</i></p>	<p>9:00 Game Time: 17 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Speaker: Jennifer Brown - "Money Smarts for Older Adults" 12:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 18 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingo (sponsored by Kerr Tar AAA) 11:00 Speaker Michael Patterson - "Caregiver Respite Voucher Program" 12:30 Puzzle Time 12:30 Walk Off the Pounds</p>	<p>9:00 Game Time: 19 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class</p>	<p>9:00 Game Time: 20 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds</p>
<p>9:00 Game Time: 23 Rummikub/ Dominoes/Card Games (2000 & 13) 9:00 Flu Shot Clinic - GV Heath Dept. 10:00 Puzzle Time 12:30 Walk off the Pounds</p>	<p>9:00 Game Time: 24 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Speaker: Scott Overby - "Coventry House Inn" 10:00 Puzzle Time 12:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 25 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</p>	<p>9:00 Game Time: 26 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class</p>	<p>9:00 Game Time: 27 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds</p>
<p>9:00 Game Time: 30 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time <i>*No Walk Off the Pounds today</i></p>	<p>9:00 Game Time: 31 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Halloween Games/ Pumpkin Hunt 12:00 Halloween Party <i>*No Stretch and Strengthen Excercise Class today</i></p>			

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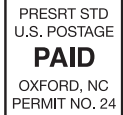
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OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Rummikub/ Cards 2</p> <p>9:00 Workout w/ Trish</p> <p>10:00 Wii Bowling</p> <p>10:30 Plastic Canvas</p> <p>1:00 Diabetes Prevention Program</p>	<p>9:00 Rummikub/Cards 3</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>11:00 Bible Study - Minister Ida Black (In-person)</p>	<p>4</p> <p>9:00 Rummikub/Cards</p> <p>9:30 Walking Video</p> <p>10:00 Bingo</p> <p>11:15 Coffee w/ Kathy</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards 5</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>1:00 Zumba Gold (Video)</p>	<p>9:00 Rummikub/ Cards 6</p> <p>9:00 Flu Shot Clinic</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>10:00 Google App Class</p> <p>10:30 Pictionary</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 9</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>1:00 Diabetes Prevention Program</p>	<p>10</p> <p>9:00 Rummikub/Cards</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>11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>9:00 Rummikub/Cards 11</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 October Birthday Celebration</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards 12</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>1:00 Zumba Gold (Video)</p>	<p>9:00 Rummikub/ Cards 13</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>10:00 Google App Class</p> <p>10:30 Pictionary</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 16</p> <p>9:00 Workout w/ Trish</p> <p>10:00 Wii Bowling</p> <p>10:30 Plastic Canvas</p> <p>1:00 Diabetes Prevention Program</p>	<p>17</p> <p>9:00 Rummikub/Cards</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>9:00 Rummikub/ Cards 18</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>8:30 TRIP: NC State Fair 19</p> <p>9:00 Rummikub/ Cards</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>1:00 Zumba Gold (Video)</p>	<p>9:00 Rummikub/ Cards 20</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>10:00 Google App Class</p> <p>10:30 Pictionary</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 23</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>1:00 Diabetes Prevention Program</p>	<p>24</p> <p>9:00 Rummikub/ Cards</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>11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>25</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 26</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>1:00 Zumba Gold (Video)</p>	<p>9:00 Rummikub/ Cards 27</p> <p>9:30 Walking Video</p> <p>10:00 Coloring Fun</p> <p>10:00 Loom Knitting</p> <p>10:00 Google App Class</p> <p>10:30 Pictionary</p>
<p>9:00 Rummikub/ Cards 30</p> <p>9:00 Workout w/ Trish</p> <p>10:00 Wii Bowling</p> <p>10:30 Plastic Canvas</p> <p>1:00 Diabetes Prevention Program</p>	<p>31</p> <p>9:00 Rummikub/ Cards</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 Halloween Party</p>	<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>		

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

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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

Funded in part by Granville County United Way

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