

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

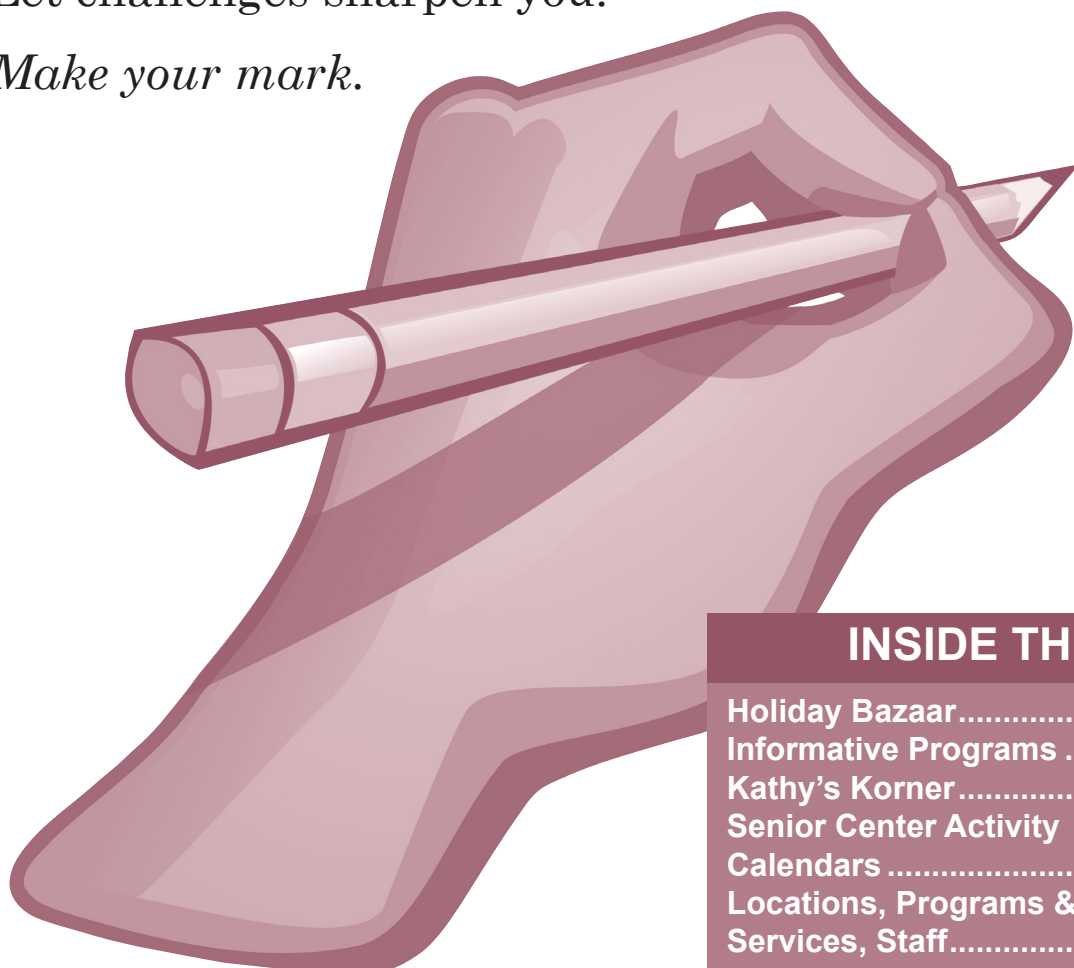
Life is great when you participate!

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



TAKE IT FROM A PENCIL.....

- **Tell your story.*
- *Take note of what's important.
- **Keep your word.*
- *You will make mistakes but you can correct them.
- **What's important is what's inside you.*
- *Let challenges sharpen you.
- **Make your mark.*



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IT'S TIME FOR OUR ANNUAL HOLIDAY BAZAAR!

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 handmade items for sale. 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!

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, November 1 at 11:00 a.m. Mark your calendar and plan to attend!



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.

Due to the high interest in our first hearing screening, the **South Granville Senior Center** in Creedmoor will hold another *free hearing screening* on Monday, November 20 from 9:30 a.m. until 10:30 a.m. *Dr. Saranne Barker, Audiologist* will return to hold this screening for participants.

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

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the *Veterans Day* holiday on Friday, November 10. Our senior centers will reopen on Monday, November 13 at 8:30 a.m.

We will also close for the *Thanksgiving holiday* on Thursday, November 23 and Friday, November 24. Our centers will reopen on Monday, November 27 at 8:30 a.m.

There will be no congregate or home delivered meals served on the days our centers are closed. *We wish you a wonderful holiday!*

IT'S ALMOST TAX SEASON! THE VITA PROGRAM NEEDS YOU!

It is hard to believe that we are close to the end of 2023. We all know what that means – it will be **tax season** before we know it! The **Granville County Senior Center** in Oxford will once again offer free tax assistance for Granville County residents 60 years of age and older beginning in February. This will be held on Thursday evenings from 5:00 – 8:00 p.m. by appointment only. **We will begin taking appointments in January.** There will be more information about tax assistance in future issues of the *Senior Connection*.

Each year our tax assistance is offered through the VITA program (Volunteer Income Tax Assistance). Have you ever considered volunteering in your community? Become a VITA volunteer! Learn to prepare tax returns and make a difference at the same time. This program offers free tax service to seniors and low-to-moderate income families who need assistance with preparing their Federal and NC State tax returns. Volunteer positions are available as tax preparers, greeters and reviewers. Hours are flexible. As a tax preparer or reviewer, you will receive free specialized training. If you are interested, please call the senior center for more details. Become a volunteer today! It is a rewarding way to give back to your community.

OPEN ENROLLMENT FOR MEDICARE PARTS C & D IS NOW!

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 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 (we have limited appointments left!). We 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 you plan.

BISCUITS FOR BRAVERY VETERAN RECOGNITION PLANNED

Granville County Senior Services will hold a **veteran's recognition program** on Tuesday, November 14 at 8:30 a.m. at the **Granville County Senior Center** in Oxford. **Biscuits for Bravery** will honor veterans from all branches of the military and will be sponsored by *Amedisys Home Health*. Veterans will also learn more about the nationwide Green Light a Vet program. Space is limited so call NOW to reserve your spot. Please call the senior center at (919)693-1930 by November 8th to register. *Many thanks to our veterans for your service!*



SNOWMAN GOURD CLASS

Local artist Regina Pena will be at the **South Granville Senior Center** in Creedmoor on Thursday, November 16 at 3:30 p.m. to teach a *snowman gourd class*. These will be perfect to decorate for the holidays and to bring you cheer during the cold winter months that are coming. To register please call the South Granville center at (919)528-0848. Don't miss out!



INFORMATIVE PROGRAMS AT OUR SENIOR CENTERS THIS MONTH

All three of our senior centers will have informative speakers this month on topics important to 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 presentation on the ***Five Wishes program*** on Friday, November 17 beginning at 10:45 a.m. Five Wishes covers personal, spiritual, medical and legal wishes all in one document and allows your family or caregiver to know exactly what you want, so they don't have to guess. In addition to medical and legal issues, Five Wishes covers matters of comfort and dignity, as well as the many personal, family and spiritual concerns people say matter most. This will be presented by *Tangela Herring*, Regional Hospice Volunteer Manager with Liberty Hospice Services and will begin at 10:45 a.m.

The **North Granville Senior Center** in Stovall will present "*Your Kidneys and You*" on Tuesday, November 14 beginning at 10:00 a.m. Ashby Andrews, Executive Director of the National Kidney Foundation serving the Carolinas, will present this program. This presentation will cover the basics of kidney disease and understanding if you are at risk for the disease. Participants will learn what your kidneys do, how to stay healthy and protect your kidneys, how kidney disease impacts people and much more! One third of all adults in the United States are at risk for kidney disease. Learn what to do if you are diagnosed and more information about the National Kidney Foundation and resources in the Carolinas. This promises to be a great program!

Pharmacist Matthew Reavis, with *Medical Arts Pharmacy*, will be at the **South Granville Senior Center** in Creedmoor to inform us about the services they provide in the community such as pill packing services, vaccinations and more. This program will be held on Friday, November 17 beginning at 10:00 a.m. If you are interested in learning more about their services, make sure to attend.

Mark your calendars and 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 **September 2023**.

Home Delivered Meals

Oxford area: 435 meals delivered to 26 homebound seniors.
North Granville area: 272 meals delivered to 17 homebound seniors.
South Granville area: 430 meals delivered to 23 homebound seniors.
Total meals: 1,137 meals delivered to 66 homebound seniors.
Total amount paid by Senior Services: \$5,662.26
Total amount contributed to program by participants: \$907.00

Congregate Meals

Granville County Senior Center in Oxford: 679 meals served to 73 seniors.
North Granville Senior Center in Stovall: 337 meals served to 52 seniors.
South Granville Senior Center in Creedmoor: 531 meals served to 63 seniors.
Total meals: 1,547 meals served to 188 seniors.
Total amount paid by Senior Services: \$7,704.06
Total amount contributed to program by participants: \$590.87

In-Home Aide Services

579 hours provided for 18 clients.

Transportation

320 trips provided for 17 clients.

LOW INCOME ENERGY ASSISTANCE PROGRAM

A representative with the Granville County Department of Social Services will be at all three of our senior centers in December to take applications for the ***Low Income Energy Assistance Program***. If you would like to learn more about this program, please join us for an informational program at any of our senior centers on the following dates this month – **Granville County Senior Center** in Oxford on Wednesday, November 15 at 11:15 a.m.; the **North Granville Senior Center** in Stovall on Tuesday, November 21 at 11:00 a.m. and the **South Granville Senior Center** in Creedmoor on Monday, November 13 at 10:00 a.m. During these programs interested persons will learn more about how the program works, how individuals can qualify and how to apply.

A Granville County DSS representative will return to all three centers in December to take applications. They will be at the Granville County center on Wednesday, December 6 from 9:00 a.m. until 12:00 p.m.; the North Granville center on Tuesday, December 5 from 9:00 a.m. until 12:00 p.m. and at the South Granville center on Monday, December 4 from 9:00 a.m. until 12:00 p.m.

If you think you may qualify, join us for one of these information sessions in November or come by your local senior center on the designated day to apply in December. Applications will be taken on a first come first served basis – there will be no appointments.



Kathy's Korner

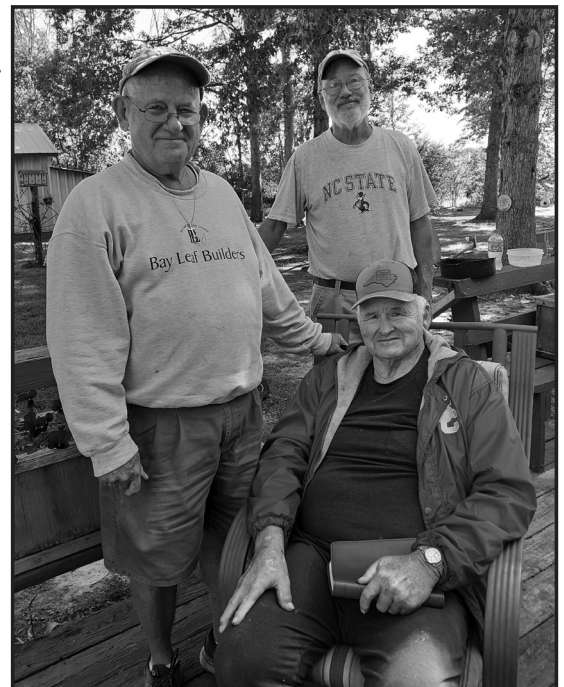
..... By: Kathy May.....

As you may know, Granville County Senior Services has many special volunteers who spend countless hours serving our community. I want to devote my "korner" this month to telling you about our ramp program, two of our most faithful volunteers who head up this program, and a recent encounter that unexpectedly reconnected old friends.

Our ramp program through Senior Services would not exist without the amazing husband & wife team of Garman and Teresa Troup. This active, selfless couple serve our community in numerous ways, not the least of which is coordinating teams of volunteers to build ramps for Granville County seniors. This is one story, *as told by Teresa Troup*:

"We know that ramps set people free, but we discovered a special story today when building a ramp for Robert "Tommy" Englebright. Seven volunteers convened to transform the stack of lumber so Mr. Englebright could safely enter and exit his home. Four of the seven volunteers traveled from Wake County because they knew we needed extra hands to complete the project more quickly. After four hours of laughter, practicing old and new skills, and working together to build a ramp, one of the volunteers came forward to "reintroduce" himself to Robert. As it turns out, the Wake County volunteer, Dick Wilkinson, grew up in Granville County and knew Tommy Englebright from their school years. In fact, they played baseball and basketball together. It had been over 60 years since they had seen each other. The two former classmates were reunited and shared a flood of memories because someone was willing to ask for a ramp and others volunteered to respond."

Tommy's daughter, Cathy, said "Thank you from the bottom of our hearts for building my dad's ramp today! It's absolutely beautiful! He literally cried as he walked down the ramp for the first time! We don't have to worry about him falling down the steps now."



Pictured are Dick Wilkinson, Robert "Tommy" Englebright (seated) and Garman Troup.


BINGOCIZE IS COMING TO THE SOUTH GRANVILLE SENIOR CENTER!

Are you looking for a fun, new way to be more active? Maybe one of your New Year's resolutions will be to get out and have fun! If so, the **South Granville Senior Center** in Creedmoor will begin a ten-week **Bingocize**® program in January. Bingocize® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise and nutrition education. Come play bingo and meet new people while learning about health and wellness. The fun will be had on Tuesdays and Fridays beginning January 9th at 10:00 a.m. Classes will run until March 15th. Space is limited so call the senior center now at (919)528-0848 to reserve your spot. Join us for the fun!

Granville County Senior Center • 919.693.1930

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

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Saturday, November 4th 9:00 a.m. - 2:00 p.m. Holiday Bazaar</p>		<p>9:00 Rummikub/ Dominoes 1 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®</p>	<p>9:00 Rummikub/ Dominoes 2 10:00 Bingo w/ a Badge (GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub</p>	<p>9:00 Rummikub/ Dominoes 3 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle <i>*No Afternoon Spades/ Rummikub today!</i></p>
<p>9:00 Rummikub/ Dominoes 6 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®</p>	<p>9:00 Rummikub/ Dominoes 7 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</p>	<p>9:00 Rummikub/ Dominoes 8 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®</p>	<p>9:00 Rummikub/ Dominoes 9 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub 1:00 Christmas Barn Quilt</p>	<p>10 Closed for the Veterans Day Holiday</p>
<p>9:00 Rummikub/ Dominoes 13 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®</p>	<p>8:30 Biscuits for Bravery 14 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 <i>*No morning Rummikub/ Dominoes</i></p>	<p>9:00 Rummikub/ Dominoes 15 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Ox talks 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 11:15 Low Income Energy Asst. Program 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®</p>	<p>16 9:00 Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub</p>	<p>9:00 Rummikub/ Dominoes 17 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Speaker: Tangela Herring - "Five Wishes" 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 1:00 Movie Matinee</p>
<p>9:00 Rummikub/ Dominoes 20 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®</p>	<p>9:00 Rummikub/ Dominoes 21 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</p>	<p>9:00 Rummikub/ Dominoes 22 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®</p>	<p>23 Closed for the Thanksgiving Holiday</p>	<p>24 Closed for the Thanksgiving Holiday</p>
<p>9:00 Rummikub/ Dominoes 27 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®</p>	<p>9:00 Rummikub/ Dominoes 28 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</p>	<p>9:00 Rummikub/ Dominoes 29 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 November Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®</p>	<p>9:00 Rummikub/ Dominoes 30 10:00 Bingo 10:00 Card Making Class (Christmas Cards) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub</p>	

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Game Time: 1 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 11:00 Coffee w/ Kathy 12:00 November Birthday Celebration 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: 2 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: 3 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
9:00 Game Time: 6 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk off the Pounds	9:00 Game Time: 7 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	9:00 Game Time: 8 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: 9 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Crochet/ Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	10 Closed for the Veterans Day Holiday
9:00 Game Time: 13 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: 14 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 National Kidney Foundation Presentation: "Your Kidneys and You" 10:00 Puzzle Time 12:30 Stretch & Strengthen	9:00 Game Time: 15 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: 16 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: 17 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
9:00 Game Time: 20 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk off the Pounds	9:00 Game Time: 21 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen 10:00 Turkey Hunt 11:00 Low Income Energy Asst. Program	9:00 Game Time: 22 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	23 Closed for the Thanksgiving Holiday	24 Closed for the Thanksgiving Holiday
9:00 Game Time: 27 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	9:00 Game Time: 28 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	9:00 Game Time: 29 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: 30 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Crochet/ Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	

South Granville Senior Center • 919.528.0848

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

NOVEMBER 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 class is held both at the Butner Sports Arena & by video at the South Granville Senior Center in Creedmoor.</p>		<p>1 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)</p>	<p>2 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p>3 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:00 Computer Class (E-Commerce) 10:30 Pictionary 11:00 Chair Exercise w/ Carolyn</p>
<p>6 9:00 Rummikub/ Cards 9:00 Zumba Gold 10:00 Low Income Energy Asst. Program 10:30 Plastic Canvas 11:00 Devotional: Minister Diane Burrell 1:00 Diabetes Prevention Program</p>	<p>7 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-person)</p>	<p>8 9:00 Rummikub/ Cards 9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.) 9:30 Walking Video 10:00 Bingo 12:00 November Birthday Celebration 3:00 Book Club (Virtual)</p>	<p>9 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p>10 Closed for the Veterans Day Holiday</p>
<p>13 9:00 Rummikub/ Cards 9:00 Zumba Gold 10:00 Low Income Energy Asst. Program 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell 1:00 Diabetes Prevention Program 2:00 Movie Matinee</p>	<p>14 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>15 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo (Sponsored by Creedmoor Police Dept.) 3:00 Book Club (Virtual)</p>	<p>16 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 3:30 Snowman Gourd Class</p>	<p>17 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Loom Knitting 10:00 Computer Class (E-Commerce) 10:00 Medical Arts Pharmacy Presentation 11:00 Chair Exercise w/ Carolyn</p>
<p>20 9:00 Rummikub/ Cards 9:00 Zumba Gold 9:30 Hearing Screening 10:00 Wii Bowling 10:30 Plastic Canvas 1:00 Diabetes Prevention Program</p>	<p>21 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>22 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)</p>	<p>23 Closed for the Thanksgiving Holiday</p>	<p>24 Closed for the Thanksgiving Holiday</p>
<p>27 9:00 Rummikub/ Cards 9:00 Zumba Gold 10:00 Wii Bowling 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell 1:00 Diabetes Prevention Program</p>	<p>28 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>29 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo 2:00 Book Club (In-person)</p>	<p>30 9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</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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