

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

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



## December

In December

The world seems to soften its harshness  
People seem more friendly; more mellow  
The spirit of love and tolerance celebrates  
The mix of holiday traditions held within  
Its wintry days.

*This poem was written by the late Maxine Chauvaux, who for many years facilitated the monthly writing group, Creative Voices, at the Granville County Senior Center in Oxford.*

*Granville County Senior Services wishes you and yours a wonderful holiday season!*



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## LOW INCOME ENERGY ASSISTANCE PROGRAM

The **Low Income Energy Assistance Program (LIEAP)** will begin on December 1, 2023 for those 60 years of age or older or disabled receiving services through the Division of Aging and Adult Services. Some households will receive automated payments and **will not** need to apply for the LIEAP program. A payment will be automatically sent to their heating vendor. These households must meet the following specifications:

- (1) Households with persons aged 60 and older or,
- (2) Households with disabled individuals receiving services through the Division of Aging and Adult Services (DAAS) **AND**
- (3) Received LIEAP payment for 2022-2023 fiscal year **AND**
- (4) Are currently receiving Food and Nutrition Services.

Those eligible for the automated payment should have received a notice in mid-November informing them they are eligible for the automated payment. If there are any changes to your information, such as changes in heating vendor, address, etc. please make the necessary changes on the notice and return it to the Department of Social Services or call DSS at (919)693-1511 to report the changes.

A DSS representative will be at all three of our senior centers this month to take applications for those not receiving an automated payment. The schedule will be as follows:

**\*Granville County Senior Center** in Oxford – Wednesday, December 6 from 9:00 a.m. – 12:00 p.m.

**\*North Granville Senior Center in Stovall** – Tuesday, December 5 from 9:00 p.m. – 12:00 p.m.

**\*South Granville Senior Center** in Creedmoor – Monday, December 4 from 9:00 a.m. – 12:00 p.m.

If you are 60 or older or disabled and receiving services through the Division of Aging and Adult services and you do not meet the specifications above, you may apply by telephone, mail, fax or drop off your application at the Department of Social Services between December 1-31, 2023. **You do not need to make an appointment at Social Services to apply.** Please call the office at (919)693-1511 to apply over the phone, have an application mailed to you or for further information.

## SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the **Christmas holiday** on **Monday, December 25, Tuesday, December 26 and Wednesday, December 27th**. Our senior centers will reopen on Thursday, December 28 at 8:30 a.m. We will also close for the **New Year's holiday** on **Monday, January 1, 2024**. Our senior centers will reopen on Tuesday, January 2 at 8:30 a.m.

There will be no congregate or home delivered meals served on these days. *We wish you and your family a wonderful holiday season!*

## BEGINNER CROCHET CLASS OFFERED

Have you ever wanted to learn to crochet? Then the **North Granville Senior Center** in Stovall has a class for you! Join us each Thursday at 1:00 p.m. to learn the basics of crocheting. Phyllis Patterson will be the instructor. Learn to make washcloths, scarfs and other basic crocheted items. All supplies are furnished for you and there is no cost for the class. Now is the perfect time to learn – this will be a great way to make handmade stocking stuffer gifts for Christmas! For more information, please call Phyllis Blackwell, North Granville Senior Center Manager, at (919)693-3383. Join us!

## 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 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!

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

It is hard to believe that 2023 is nearly over. 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 p.m. until 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.

## SEWING WITH CAROL

Have you ever wanted to try your hand at sewing but didn't know where to start? Whether you are a basic 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, January 22. This class will run each Monday for six weeks, ending Monday, February 26 and will be held from 10:00 a.m. until 1:00 p.m. The cost will be \$36.00 per person

## HOLIDAY GIFTS FROM THE KITCHEN

Are you looking for an inexpensive gift idea that is more personal than just buying something from the store? Then join us at the **North Granville Senior Center** in Stovall for "*Holiday Gifts from the Kitchen*." This program, presented by Jennifer Brown, Family and Consumer Science Agent, with the Granville County Cooperative Extension, will be held on Tuesday, December 5 beginning at 10:00 a.m. Learn how to save money with handmade gifts this holiday season. This session will feature demonstrations on how to make a variety of gifts. What a great way to add a personal touch to this year's gift giving! Join us for this fun program!



## COFFEE WITH KATHY

Kathy May, Senior Services Director, visits one of our three senior centers each month to talk with interested persons about our services or answer any questions you may have. This program is 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, December 6 at 11:15 a.m. Mark your calendars and make plans to attend.

which will be payable to the instructor. There will be a limited number of machines available for use or you can bring your own. You must pre-register by calling the senior center at (919)693-1930. A supply list will be available when you register. Join us!



## TAI CHI

Granville County Senior Services offers *Tai Chi* classes to Granville County residents 50 and older at the **Granville County Senior Center** in Oxford. Tai Chi is **not included** as part of our regular fitness classes. Classes are held in 12-week sessions. The next 12-week session will begin in January. Classes will be held on Tuesdays (**no class the first Tuesday of each month**). Class dates will be January 9, 16, 23 and 30; February 13, 20 and 27; March 12, 19 and 26 and April 9 and 16 and are held from 10:00 a.m. until 11:30 a.m. **The cost for this session will be \$45 for the 12 weeks** and payment is due to the Granville County Senior Center **before the first class**. Peter Kay, will continue as the instructor.

Have you wanted the benefits of *Tai Chi*, but without the requirement of standing? If so, then the **Granville County Senior Center** in Oxford has a class for you! We also offer a *seated Tai Chi* class the first Tuesday of each month at the senior center from 10:00 a.m. until 11:00 a.m. Peter Kay will be the instructor for this class also. This will be open to anyone 50 and over and there is no charge. Even though you remain seated for the 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 that you can practice in your 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. *Join us!*

## HOLIDAY CRAFTS

Both the **Granville County Senior Center** in Oxford and the **North Granville Senior Center** in Stovall will hold *holiday craft classes* this month. Join us to make cute holiday decorations to brighten your home this holiday season.

Diane Williams, our crafty Administrative Assistant at the **Granville County Senior Center** in Oxford, will hold a fun class on Friday, December 1 at 10:00 a.m. We know you want your gifts to look bright and festive at Christmas. Join us for this class as Diane helps you make cute *Christmas gift tags* for this year's gifts. Your gift recipient will love to see their name on one of these cute tags! There will be no charge for this class, but registration is preferred. All materials will be supplied. Sign up now!



Join us at the **North Granville Senior Center** in Stovall on Monday, December 4 at 10:00 a.m. to make a *Santa Hat door hanger*. Santa will surely feel welcome to your home Christmas Eve when he sees this fun hat hanging on your front door. Space will be limited to six participants. The cost will be \$6.00 per person, and **YOU MUST PREREGISTER!** Please call the senior center at (919)693-3383 to reserve your spot.

On Monday, December 11 join us at the North Granville center for a *Christmas card craft!* Participants will make four handmade Christmas cards to send to family and friends during the holidays. The class is free but is limited to six participants. Please call the senior center at (919)693-3383 to reserve your spot.

The **South Granville Senior Center** in Creedmoor will hold another *snowman gourd class* on Monday, December 11 beginning at 10:00 a.m. Local artist Regina Pena will be back to teach this 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.



Join us for the fun!

# CELEBRATE THE HOLIDAYS WITH US!

*The holiday season is in the air* at all three of our senior centers. The season is definitely here and everyone's excitement is contagious! Come and check out our beautifully decorated centers and all the holiday programs we have planned.

The **Granville County Senior Center** in Oxford will hold their annual **holiday party** on Friday, December 15 beginning at 10:00 a.m. We will have refreshments, games and lots of fun! Once again, students in the **Chic-fil-a Leader Academy at Oxford Prep** will be with us to entertain and share their Christmas spirit. There could even be a very special guest! Mark your calendars and make plans to join us.

The Granville County center will hold Friday afternoon holiday movie matinees on Friday, December 1, December 8 and December 22. Movies will begin each Friday at 1:00 p.m. Please call the senior center at (919)693-1930 for movie titles. Refreshments will be provided.

On Friday, December 22 the Granville County center will have a **hot chocolate bar** for participants to enjoy! Our hot chocolate bar will be open all morning - come early for that day's activities and enjoy a cup of hot chocolate with all your favorite toppings.

The Granville County center will have **holiday spirit days** leading up to the center closing for the holidays. On **Wednesday, December 20** wear your favorite **holiday sweater or shirt**. On **Thursday, December 21** wear your **festive hat!** Wear your Santa hat, elf ears, reindeer antlers, or decorate your own hat with tinsel, ornaments or whatever holiday decorations you have! **Friday, December 22 is red and green day.** Wear your Christmas colors as we wind down our activities before we close for the holidays. Bring your holiday spirit and join us!

The **North Granville Senior Center** in Stovall will hold several fun events during December to celebrate the holidays. To kickoff our holiday fun we will have a **Christmas doughnut and coffee social** on Wednesday, December 6 beginning at 8:30 a.m. Come enjoy Christmas music, doughnuts, coffee, hot chocolate or hot apple cider with friends.

On Tuesday, December 12 at the North Granville center we will hold our annual **holiday luncheon**. Join us that morning for fun and games beginning at 10:00 a.m. At 12:00 p.m. we will enjoy a catered meal. **The cost will be \$5.00 per person and YOU MUST PRE-REGISTER by December 5th.** To register for this event please call the North Granville center at (919)693-3383.

On Wednesday, December 13 we'll have a **Christmas card exchange!** Save yourself some postage and bring your Christmas cards to the center to share. Everyone loves getting cards!

To wrap up our holiday celebrations, we'll go on a **Reindeer hunt!** One of Santa's back-up reindeer likes to visit each year and hide in the North Granville center so he won't be chosen to fly Christmas Eve. Help Santa find him by joining our search party at 11:00 a.m. on Tuesday, December 19. Be the first to find him and Santa may just leave you a special gift!

The **South Granville Senior Center** in Creedmoor will also hold special holiday events this month. The **South Granville Rotary Club** will host our annual holiday celebration once again. This will be held on Friday, December 8. Lunch will be provided along with entertainment to help celebrate the season! The fun will begin at 10:30 a.m. Be sure to wear your favorite holiday shirt or sweater. Space is limited and **YOU MUST PRE-REGISTER by Friday, December 1!** Please call the senior center at (919)528-0848 to register.

The South Granville center will hold Monday movie matinees this month. Join us to enjoy some of the Christmas classics on Monday, December 11 and Monday, December 18 at 2:00 p.m. Refreshments will be provided. Call the senior center at (919)528-0848 for movie titles.

Finally, join us on Friday, December 22 at the South Granville center for a morning of fun to wrap up our holiday celebrations. Dress up as an elf or wear your favorite holiday outfit and enjoy reindeer games, Christmas carols, snowball fun and a hot chocolate bar! The fun begins at 10:30 a.m. A prize will be given to the best dressed elf. Register by calling the center at (919)528-0848.

We hope that you will join us at one (or all!) of our fun holiday events! **Granville County Senior Services wishes you and yours a wonderful holiday season!**



# Kathy's Korner

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

## FOR YOUR HEALTH.....DID YOU KNOW???

**Eating roughly 10 servings of fruits and veggies per day could greatly cut your risk of heart disease, stroke, cancer and early death!** But researchers tell us that even a small amount is far better than none. Having 2.5 daily servings (a small piece of fruit or 3 rounded tablespoons of cooked veggies is one serving) could reduce heart disease risk by 16% and stroke risk by 18%. Strive for variety: Researchers found that apples, pears, citrus, leafy greens, broccoli and cauliflower were linked to less heart disease, while green and yellow produce help lower cancer risk. (Source: *International Journal of Epidemiology*, Feb. 23, 2017; shared by *Consumer Reports*, June 2017)

**You could be dehydrated without realizing it!** This could be especially dangerous for older adults. A lack of sufficient fluid in the body can temporarily cause confusion and put you at risk for falls. What causes dehydration in older adults?? 1. Your sense of thirst tends to diminish with time. 2. Medication that causes the kidneys to produce more urine, such as diuretics, (which some people call “water pills”) are often prescribed for high blood pressure. These drugs cause you to urinate more, which can increase water loss. 3. Many older adults don’t drink water because they wish to avoid frequent toilet visits. What can you do? **MAKE SURE YOU GET ENOUGH FLUID EVERY DAY** by doing the following: **1. Drink small amounts throughout the day, even if you don’t feel thirsty.** To make up for that reduced sense of thirst, sip on liquids throughout the day. Carrying a water bottle with you at all times can help remind you to drink. **2. Include other beverages and foods.** All beverages (other than alcoholic drinks) will hydrate you, and that includes caffeinated drinks. Coffee and tea are mild diuretics, so they can cause you to urinate more. But they will add more to your liquid stores than you’ll lose, says Janet Mentes, PhD., a professor at the UCLA School of Nursing. Soup, fruits and vegetables are also good sources of liquid.

**It’s worth seeing an audiologist for hearing aids rather than picking your own.** Up to half of American adults who try out hearing aids end up not wearing them because they are unsatisfied. Audiologists, who usually have a doctoral degree (Au.D.) and more than 1,000 hours of clinical training, can assess your hearing; check for correctable issues such as infections and impacted earwax; fit an appropriate hearing aid; and teach you how to use it. In a recent study, 81% of people whose hearing aids were fitted by an audiologist wanted to buy the devices after a 6-week trial period.

Source: *Consumer Reports “On Health,” June, 2017*

## 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 **October 2023**.

### Home Delivered Meals

- Oxford area: 500 meals delivered to 24 homebound seniors.
- North Granville area: 246 meals delivered to 12 homebound seniors.
- South Granville area: 500 meals delivered to 25 homebound seniors.
- Total meals: 1,246 meals delivered to 61 homebound seniors.
- Total amount paid by Senior Services: \$6,391.98
- Total amount contributed to program by participants: \$647.00

### Congregate Meals

- Granville County Senior Center in Oxford: 760 meals served to 72 seniors.
- North Granville Senior Cener in Stovall: 372 meals served to 48 seniors.
- South Granville Senior Center in Creedmoor: 676 meals served to 70 seniors.
- Total meals: 1,808 meals served to 190 seniors.
- Total amount paid by Senior Services: \$9,275.04
- Total amount contributed to program by participants: \$668.00

### In-Home Aide Services

527 hours provided for 14 clients.

### Transportation

314 trips provided for 19 clients.



# Granville County Senior Center • 919.693.1930

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## DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Rummikub/ Dominoes <b>1</b> 9:00 Low Impact Aerobics <b>10:00 Christmas Gift Tag Craft Class</b> 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub <b>1:00 Movie Matinee</b>
				9:00 Rummikub/ Dominoes <b>4</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®
9:00 Rummikub/ Dominoes <b>11</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>12</b> 9:00 Open Art Studio <b>9:30 NC Interest Group</b> <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) <i>*No GC ACBL Bridge Club today</i>	9:00 Rummikub/ Dominoes <b>13</b> 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 <b>14</b> <b>10:00 Bingo (sponsored by GC Veteran's Support group)</b> 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub <b>1:00 GC ACBL Bridge Club</b>	9:00 Rummikub/ Dominoes <b>15</b> 9:00 Low Impact Aerobics <b>10:00 Christmas Party</b> 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Rummikub/ Dominoes <b>18</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes <b>19</b> 9:00 Open Art Studio <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club	9:00 Rummikub/ Dominoes <b>20</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle <b>12:00 December Birthday Celebration</b> 1:00 Spades/Rummikub 2:00 Rock Steady Boxing® <i>*Holiday sweater/shirt day!</i>	9:00 Rummikub/ Dominoes <b>21</b> 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub <b>*Festive hat day!</b>	<b>8:30 Hot Chocolate Bar</b> <b>22</b> 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub <b>1:00 Movie Matinee</b> <b>*Red &amp; Green day!</b>
<b>25</b>  <b>Closed for the Christmas Holiday</b>	<b>26</b>  <b>Closed for the Christmas Holiday</b>	<b>27</b>  <b>Closed for the Christmas Holiday</b>	<b>28</b> 9:00 Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	<b>29</b> 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle <b>12:00 New Year's Celebration</b> 1:00 Spades/ Rummikub

# DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk Off the Pounds
				<b>4</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) <b>10:00 Santa Hat Craft</b> 10:00 Puzzle Time 12:30 Walk Off the Pounds <i>*No Devotional Time                      today</i>
<b>11</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time <b>10:00 Christmas Card                      Craft Class</b> 12:30 Walk Off the Pounds	<b>12</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) <b>10:00 Christmas Games</b> <b>12:00 Christmas                      Luncheon (must                      register)</b> <i>*No Stretch &amp; Strengthen                      today</i>	<b>13</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo <b>12:00 Christmas Card                      Exchange</b> 12:30 Walk Off the Pounds 12:30 Puzzle Time	<b>14</b> 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen <b>12:00 December Birthday                      Celebration</b> 1:00 Quilting Class <b>1:00 Beginner Crochet                      Class</b>	<b>15</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk Off the Pounds
<b>18</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk Off the Pounds	<b>19</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time <b>11:00 Reindeer Hunt</b> 12:30 Stretch & Strengthen	<b>20</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	<b>21</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class <b>1:00 Beginner Crochet                      Class</b>	<b>22</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk Off the Pounds
<b>25</b> <b>Closed for the                      Christmas                      Holiday</b>	<b>26</b> <b>Closed for the                      Christmas                      Holiday</b>	<b>27</b> <b>Closed for the                      Christmas                      Holiday</b>	<b>28</b> 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class <b>1:00 Beginner Crochet                      Class</b>	<b>29</b> 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

## DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>* Each Tuesday and Thursday 9:00 Low Impact Aerobics is held at the Butner Sports Arena in Butner. The 10:05 Stretch &amp; Wiggle class is held both at the Butner Sports Arena &amp; by video at the South Granville Senior Center in Creedmoor.</b></p>				<p>9:00 Rummikub/ Cards <b>1</b> 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:30 Pictionary <b>11:00 Chair Exercise w/ Carolyn</b></p>
<p>9:00 Rummikub/ Cards <b>4</b> <b>9:00 Zumba Gold</b> <b>9:00 LIEAP Applications</b> 10:00 Wii Bowling 10:30 Plastic Canvas <b>1:00 Diabetes Prevention Program</b></p>	<p>9:00 Rummikub/ Cards <b>5</b> 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-person)</p>	<p><b>6</b> 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards <b>7</b> 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p><b>8</b> 9:00 Rummikub/ Cards 9:30 Walking Video <b>10:30 Christmas Party (sponsored by SG Rotary Club)</b></p>
<p>9:00 Rummikub/ Cards <b>11</b> <b>9:00 Zumba Gold</b> 10:00 Wii Bowling <b>10:00 Snowman Gourd Class</b> 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell <b>2:00 Movie Matinee</b></p>	<p>9:00 Rummikub/ Cards <b>12</b> 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>9:00 Rummikub/ Cards <b>13</b> <b>9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.)</b> 9:30 Walking Video 10:00 Bingo <b>12:00 December Birthday Celebration</b> 3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards <b>14</b> 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p><b>15</b> 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Loom Knitting <b>11:00 Chair Exercise w/ Carolyn</b></p>
<p>9:00 Rummikub/ Cards <b>18</b> <b>9:00 Zumba Gold</b> 10:00 Wii Bowling 10:30 Plastic Canvas <b>1:00 Diabetes Prevention Program</b> <b>2:00 Movie Matinee</b></p>	<p>9:00 Rummikub/ Cards <b>19</b> 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>9:00 Rummikub/ Cards <b>20</b> 9:30 Walking Video <b>10:00 Bingo (Sponsored by Creedmoor Police Dept.)</b> 3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards <b>21</b> 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p><b>22</b> 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Loom Knitting <b>10:30 Elf Games</b> <b>11:00 Chair Exercise w/ Carolyn</b></p>
<p><b>25</b> <b>Closed for the Christmas Holiday</b></p>	<p><b>26</b> <b>Closed for the Christmas Holiday</b></p>	<p><b>27</b> <b>Closed for the Christmas Holiday</b></p>	<p>9:00 Rummikub/ Cards <b>28</b> 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards <b>29</b> 9:30 Walking Video 10:00 Loom Knitting <b>11:00 Chair Exercise w/ Carolyn</b> <b>12:00 New Years Celebration</b></p>

# Granville County Senior Services

107 Lanier Street • Oxford, NC 27565

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

## *Return Service Requested*

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

## GRANVILLE COUNTY SENIOR SERVICES

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



www.granvillecounty.org

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

## Granville County Senior Services

### North Granville Senior Center

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

### Granville County Senior Center

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

### South Granville Senior Center

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

## Programs and Services Offered

- Senior Center Operations
- Home Delivered Meals
- In-Home Aide - Level II & III
- Fitness Program (*Cardiovascular, Strength & Flexibility*)
- Information & Case Assistance
- Housing & Home Improvement
- Coordination with other Agencies
- SHIIP Counseling (*Seniors Health Insurance Information Program*)
- Programs for Growth, Involvement & Enrichment (*i.e., health screenings, music, art, crafts, education, day trips, parties, informative speakers, support groups*)
- Congregate Meals
- Lifeline Assistance
- Care Management
- Tax Assistance
- Monthly Newsletter
- Volunteer Opportunities
- Transportation
- Legal Aide
- Senior Games
- Private Duty List
- Resource Directory
- Notary

*Funded in part by Granville County United Way*

## Senior Services Staff

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Stovall

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LaVerta Cooper

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Harriett Morton

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David Smith

Vickie Smoak

Jimmy Gooch (County

Commissioner)