

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



In 2024 find out why *life is great when you participate* at your local Senior Center!



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SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the *New Year's holiday* on **Monday, January 1**. Our senior centers will reopen on Tuesday, January 2 at 8:30 a.m. We will also be closed for the *Dr. Martin Luther King, Jr. holiday* on Monday, January 15. Our senior centers will reopen on Tuesday, January 16 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 new year!*

SEVERE WEATHER POLICY

In the event of severe weather, Granville County Senior Services is under the direction of the County of Granville administrative office. Therefore, when it is announced on radio or TV that "*Granville County government offices are closed*" then all three of our senior centers are also closed; the same hold true if there is a delay in opening.

Even in bad weather, we make every effort to send meals out to our homebound seniors. However, the safety of our volunteers is priority. If we believe that our volunteers will be put at risk by making deliveries, then meals will not go out.

If there are questions about activities or services, call your local senior center.

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, January 3 at 11:15 a.m. Mark your calendars and make plans to attend.

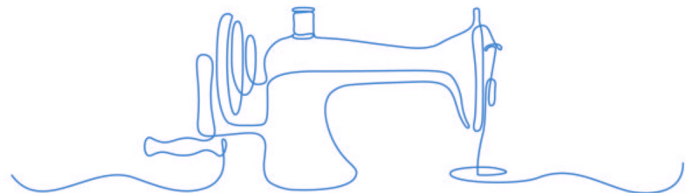
RESOURCE GUIDES AVAILABLE

Granville County Senior Services provides a resource directory for individuals needing information on everything from senior housing, home health, hospice, transportation, etc. Information is provided on local, state, and national services. These guides are available in the front lobby of the **Granville County Senior Center** in Oxford. Feel free to browse through them any time the center is open.

For more information on these resource guides contact the senior center at (919)693-1930.

SEWING WITH CAROL

Have you ever wanted to try your hand at sewing but don'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 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 this month. Classes will be held on Tuesdays (**no classes 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. Classes are held from 10:00 a.m. until 11:30 a.m. **The cost for this session will be \$45 per person for the 12 weeks** and payment is due to the Granville County Senior Center **before the first class**. We are requiring a minimum of six people to register and pay before we can hold this 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 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. *Join us!*

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

It is hard to believe that another year has come and gone. 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. beginning Thursday, February 8 by appointment only. **We will begin taking appointments Monday, January 8.**

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.

INTRODUCTION TO PILATES CLASS OFFERED

It's a new year! Are you ready to try something new? Then join us at the **Granville County Senior Center** in Oxford on Tuesday, January 23 for an *introduction to Pilates* class! We are gauging interest in beginning a Pilates class at the senior center and will be holding an interest class for those who want to learn more about this low impact exercise. This introduction class will be held from 2:00 – 2:45 p.m. and will be led by Julie Yacos.

Pilates is a low impact (no jumping, no running) exercise that builds and tones muscles by using your body weight or light weights. This works arms, legs and abs in a 45 minute class with a nice yoga stretch at the end of the class. Only a yoqa mat is required. Three to five pound weights are helpful but not required. Pilates is great for us as we age to increase bone density and improve our balance by improving our strength.

If you are interested in attending this introduction class, please call the senior center at (919)693-1930 to register. There will be no charge for the introduction class. Once we determine there is enough interest to hold a regular class, we will look at dates and times to schedule. Make this one of your New Year's resolutions – try something new! *Join us!*

SWEETHEART BALL

The *South Granville Rotary Club* will be hosting a *Sweetheart Ball* this year in place of their annual Senior Prom. This will be held on February 17 from 6:00 – 9:00 p.m. at The Barn at Vino in Stem. The price will be \$5.00 per person and **tickets must be purchased in advance**. Tickets will be available for purchase at the **South Granville Senior Center** in Creedmoor. There will be a limited number of tickets available. The deadline to purchase tickets is Friday, February 9. Put on your best outfit, your dancing shoes and bring your Valentine or friends and enjoy a splendid night of dinner and dancing! Please call Christy Southall at the South Granville center at (919)582-0848 for more information. Fun will be had by all – *don't miss out!*

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, join us at the **South Granville Senior Center** in Creedmoor for *Bingocize*®! *Bingocize*® is a ten-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!

INFORMATIONAL PROGRAMS SCHEDULED

Both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor will hold informative programs this month. Check out these speakers and mark your calendars to attend.

Pharmacist Matthew Reavis, with *Medical Arts Pharmacy*, will be at the **Granville County Senior Center** in Oxford to inform us about the services they provide in the community such as pill packing, vaccinations and more. This program will be held on Thursday, January 11 at 11:00 a.m. If you are interested in learning more about their services, make sure to attend.

Did you make a New Year's resolution to be better about budgeting your money each month? Maybe to stop spending money on things you don't really need? If so, make plans to join us at either the Granville County center in Oxford or the **South Granville Senior Center** in Creedmoor this month for *"Budgeting 101."* Jennifer Brown, Family and Consumer Science Agent, with the NC Cooperative Extension, will present both programs. In this class you will learn more about *determining needs vs wants, steps to creating a budget, food assistance resources* and *how to become financially prepared for unexpected expenses*. This program will be held at the Granville County Senior Center in Oxford on Wednesday, January 24 at 10:00 a.m. and at the South Granville Senior Center in Creedmoor on Thursday, January 25 at 10:00 a.m. This will be a great program – to register call the Granville County center at (919)693-1930 or the South Granville center at (919)528-0848. Join us!



A MATTER OF BALANCE CLASS SCHEDULED

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, we have a program for you! Join us 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 Senior Center in Oxford will hold this eight-week class each Tuesday beginning February 6 through April 2.** The class will be held from 1:00 – 3:00 p.m. Space is limited to 15 participants. **Register now by calling the senior center at (919)693-1930.**

The **North Granville Senior Center** in Stovall will offer this class **beginning Tuesday, March 12.** Classes at the **North Granville Senior Center** in Stovall will run through April 30 and will be held from 9:30 a.m. until 11:30 a.m. If you are interested in registering for that class, please call the senior center at (919)693-3383.

Both classes will be taught by Susan Tucker, A Matter of Balance Master Trainer. Participants in A Matter of Balance learn how 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 **November 2023.**

Home Delivered Meals

Oxford area: 458 meals delivered to 28 homebound seniors.
North Granville area: 221 meals delivered to 12 homebound seniors.
South Granville area: 450 meals delivered to 25 homebound seniors.
Total meals: 1,129 meals delivered to 65 homebound seniors.
Total amount paid by Senior Services: \$5,791.77
Total amount contributed to program by participants: \$581.00

Congregate Meals

Granville County Senior Center in Oxford: 629 meals served to 66 seniors.
North Granville Senior Center in Stovall: 347 meals served to 43 seniors.
South Granville Senior Center in Creedmoor: 565 meals served to 70 seniors.
Total meals: 1,541 meals served to 179 seniors.
Total amount paid by Senior Services: \$7,905.33
Total amount contributed to program by participants: \$556.76

In-Home Aid Services

501 hours provided for 14 clients.

Transportation

269 trips provided for 17 seniors.



Kathy's Korner

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

How many times have you received information in the mail designed to look like official government Medicare documents urging you to call.... OR have you been sitting in front of the television when commercials come on featuring celebrities who encourage people to "CALL THE NUMBER ON THE SCREEN SO YOU DON'T MISS OUT ON BENEFITS YOU ARE ENTITLED TO?" Most of this information is put out by private insurance companies and the information is somewhat deceptive. These plans they are trying to sell you are *MEDICARE ADVANTAGE PLANS* (also known as Medicare Part C). So, what happens when a viewer calls in and is assured, he or she is talking to an objective insurance agent looking out for the caller's interest? First, the information given during these calls is incomplete. The reason it is incomplete is that these people you talk with over the phone are *insurance brokers* and their main goal is to sell you a plan from a private insurer in order to get a commission. Their commissions can range from \$50 to \$762 per sign-up to push certain plans. Brokers and agents are not legally required to present clients with all the available options there are. Nor do they have any incentive to tell you the complete truth about some of these plans. They are not interested in finding the best plan for YOU...they are interested in finding the plan that will pay them the most commission.

Keep these things in mind:

1. When you sign up with a Medicare Advantage plan, the medical providers you can use are **LIMITED TO THE DOCTORS AND HOSPITALS IN THAT PLAN'S NETWORK**. Never sign up for a Medicare Advantage plan before you call your doctors and hospitals you use to ask if they accept that plan.
2. Please understand that **you cannot have more than one plan**. Over the past few months, we have had individuals come in the senior center who were retired State employees with the State of North Carolina's retiree insurance plan. But somewhere along the line they "called the number on the screen" or answered a phone call from an agent, and also signed up for a Medicare Advantage plan. Guess what?? This sign-up with a private plan automatically removed them from the State Health Plan.
3. While most of these Medicare Advantage plans have little to no premium up front, your cost comes when you use the plan in the way of co-pays and deductibles. You could potentially have thousands of dollars in out-of-pocket costs in a year's time.

It is our desire to protect you and give you complete information related to Medicare and it's options. What is a good option for your sister or your friend may not be the best option for you. We are happy to help guide you.

YOGA RETURNS TO THE GRANVILLE COUNTY SENIOR CENTER!

We are very excited to announce that *yoga classes* will resume at the **Granville County Senior Center** in Oxford this month! *Luz Brown* will be the instructor. Classes will be held in a 12-week series on Thursdays from 9:00 a.m. until 10:00 a.m. The first 12-week series will run from Thursday, January 11 until Thursday, March 21. There will be a \$45.00 per person charge for this class which will cover the entire 12-week series. Payment will be due at the first class. Please register by calling the Granville County center at (919)693-1930.

Luz will be teaching *Prana Shunya yoga*, a series of practices that help you reconnect with your body in four rooms: physical, emotional, mental and spiritual. Her practices and techniques focus on three pillars: (1)Asana (physical), (2)Pranayama (breathing), and (3) Shunyata (emptiness). Luz is a yoga and meditation instructor; a breathwork facilitator, a Reiki master and a Master practitioner of energy medicine. Start your new year by joining us – we know you will love this class!

Granville County Senior Center • 919.693.1930

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JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Closed for the New Year's 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	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 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
8	9	10	11	12
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	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 9:00 Yoga 10:00 Bingo (sponsored by GC Veteran's Support group) 11:00 Speaker: Matthew Reavis - "Medical Arts Pharmacy" 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
15	16	17	18	19
Closed for the Dr. Martin Luther King Jr. Holiday	9:00 Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club	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 9:00 Yoga 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
22	23	24	25	26
9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Sewing w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Adv. Board Mtg. 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 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 2:00 Intro to Pilates	9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Ox Talks 10:00 Budgeting 101 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 9:00 Yoga 10:00 Bingo (sponsored by The Helpers) 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
29	30	31		
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North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Closed for the New Year's Holiday	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen Exercise Class	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:00 January Birthday Celebration 12:30 Puzzle Time 12:30 Walk Off the Pounds	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen Exercise Class 1:00 Quilting Class 1:00 Beginner Crochet Class	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk Off the Pounds
8	9	10	11	12
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	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Movie Matinee 10:00 Puzzle Time 12:30 Stretch & Strengthen Exercise Class	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen Exercise Class 1:00 Quilting Class 1:00 Beginner Crochet Class	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk Off the Pounds
15	16	17	18	19
Closed for the Dr. Martin Luther King, Jr. Holiday	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen Exercise Class	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen Exercise Class 1:00 Quilting Class 1:00 Beginner Crochet Class	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk Off the Pounds
22	23	24	25	26
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South Granville Senior Center • 919.528.0848

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

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Closed for the New Year's Holiday</p>	<p>2</p> <p>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>3</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo 11:15 Coffee w/ Kathy 3:00 Book Club (Virtual)</p>	<p>4</p> <p>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>5</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Computer Class (E-Commerce) 10:30 Pictionary 11:00 Chair Exercise w/ Carolyn</p>
<p>8</p> <p>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>9</p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Bingocize® 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>10</p> <p>9:00 Rummikub/ Cards 9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.) 9:30 Walking Video 10:00 Bingo (Martin Luther King Jr. Trivia) 12:00 January Birthday Celebration 3:00 Book Club (Virtual)</p>	<p>11</p> <p>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>12</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Computer Class (E-Commerce) 10:00 Bingocize® 10:30 Pictionary 11:00 Chair Exercise w/ Carolyn</p>
<p>15</p> <p>Closed for the Dr. Martin Luther King, Jr. Holiday</p>	<p>16</p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Bingocize® 10:00 Computer Class (E-Commerce) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>17</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo (Sponsored by Creedmoor Police Dept.) 3:00 Book Club (Virtual)</p>	<p>18</p> <p>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>19</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Computer Class (E-Commerce) 10:00 Bingocize® 10:30 Pictionary 11:00 Chair Exercise w/ Carolyn</p>
<p>22</p> <p>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>23</p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Bingocize® 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>24</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (Virtual)</p>	<p>25</p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Speaker: Jennifer Brown - "Budgeting 101" 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club</p>	<p>26</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Computer Class (E-Commerce) 10:00 Bingocize® 10:30 Pictionary 11:00 Chair Exercise w/ Carolyn</p>
<p>29</p> <p>9:00 Rummikub/ Cards 9:00 Zumba Gold 10:00 Wii Bowling 10:30 Plastic Canvas</p>	<p>30</p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Bingocize® 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>31</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Bingo 2:00 Book Club (In-Person)</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 class 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

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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

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