

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



LESSONS I LEARNED FROM A SNOWMAN



1. Wearing white is always in style – even after Labor Day.
2. *Getting outside in the winter is good for your health.*
3. It’s fun just to hang out in your front yard.
4. *We’re all made up mostly of water.*
5. Accessories don’t have to be expensive.
6. *Don’t get too much sun!*
7. If you’re a little bottom heavy – *hey, it’s okay!*
8. *It’s okay to be flaky once in a while.*
9. You know you’ve made it when they write a song about you.
10. *The key to life is to be a jolly happy soul.*

Author Unknown

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TAX ASSISTANCE BEGINS THIS MONTH

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 Thursday, February 8. Volunteers will be available from 5:00 p.m. until 8:00 p.m. each Thursday from February 8 until Thursday, April 11.

Each year our tax assistance is offered through the VITA program (Volunteer Income Tax Assistance). This is a **FREE** service and **appointments are required**. Participants will need to bring a valid picture ID, Social Security cards for yourself and any dependents you may be claiming, income information, all forms W-2 and 1099, proof of insurance, and your previous year tax returns. To schedule an appointment please call the senior center at (919)693-1930.

VITA volunteers will also be at the Richard H. Thornton Library in Oxford on Saturdays from 10:30 a.m. until 2:00 p.m. from Saturday, January 27 through Saturday, April 13. This is open to the public and no appointment is necessary. Volunteers will be at the South Granville Branch Library on Mondays from 5:00 p.m. until 8:00 p.m. from Monday, January 29 until Monday, April 15. This is also open to the public and no appointment is necessary.

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 are for Granville County residents only. A few tickets remain! You can purchase your tickets at the **South Granville Senior Center** in Creedmoor – but hurry! 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)528-0848 for more information. Fun will be had by all – *don't miss out!*



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, February 7 at 11:15 a.m. Mark your calendar and plan to attend!

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 from 1:00 – 3:00 p.m. **Currently this class is FULL**, however, if you would like to put your name on the waiting list in case of cancellations, please call the senior center at (919)693-1930. Space is limited to 15 participants.

The **North Granville Senior Center** in Stovall will offer this class **beginning Tuesday, March 12**. Classes at the North Granville center 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!*

LET'S MAKE CARDS!

Receiving a card in the mail always makes you smile. Knowing someone thought of you and wanted to send you a card can mean so much. It's especially meaningful when someone receives a handmade one-of-a-kind card! What better time to send your family or friends a card than *Valentine's Day*? Join us at the **Granville County Senior Center** in Oxford and the **North Granville Senior Center** in Stovall for *card making classes* this month.

The Granville County center will hold their class on Friday, February 9 beginning at 10:00 a.m. Tracey Peoples will be back to help participants make beautiful handmade cards. There is no cost for this class and all supplies will be provided. **Please register by calling the senior center at (919)693-1930.**

The North Granville center will hold their class on Tuesday, February 6 at 10:00 a.m. This class will be led by Edwina Tracey. The cost for this class will be \$5.00 per person and space is limited to eight participants. Participants can make Valentine's Day cards or other special cards. **You must pre-register by calling the senior center at (919)693-3383.**

Join us to make that special family member or friend a handmade card to bring sunshine to their mailbox! Don't miss out!

PILATES CLASS TO BEGIN!

The **Granville County Senior Center** in Oxford is excited to announce that we will begin a six-week *Pilates class* this month! The instructor will be *Julie Yacos*. The class will be held on Tuesdays from 12:00 p.m. until 12:45 p.m. There will be a \$20.00 per person charge for the six-week class payable before the first class. **You must pre-register by calling the senior center at (919)693-1930.**

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 yoga 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.

Don't miss out! Join us!

CHECK OUT THESE INFORMATIVE SPEAKERS

The **Granville County Senior Center** in Oxford will hold two informative programs this month. Join us to learn more about heart health and making healthy decisions while shopping at the grocery store!

What better day to learn more about heart health than *Valentine's Day*? *Kim Reed*, Chest Pain/Stroke Nurse Coordinator with Maria Parham Hospital, will be at the senior center to talk with interested participants about *Heart Healthy Choices*. Learn about small changes that you can make that can increase the quality of your life and keep your heart healthy. The hospital dietician will also be with us to talk about healthy food choices and nutritional intake. Participants will also learn more about early heart attack care and blood pressure management from Maria Parham's chest pain coordinator and cardiovascular director. This program will be held on Wednesday, February 14 beginning at 10:45 a.m. Don't miss this important program!

Jennifer Brown, Area Extension Agent, Family and Consumer Sciences, with the NC Cooperative Extension will be with us on Monday, February 26 to present *Cooking Matters at the Store!* When shopping at the grocery store, it is always good to have a plan in order to reduce costs and make the healthiest decisions. This program will take you on a grocery store "tour" to help you spend less time grocery shopping, teach you how to make the best choices for your family, and help you plan easy and delicious meals while saving money. Please register by calling the senior center at (919)693-1930.

Both of these programs promise to provide great information. Mark your calendars and make plans to attend.



INTRODUCTION TO TAI CHI

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. Have you ever thought about trying Tai Chi? If so, the **South Granville Senior Center** in Creedmoor has just the workshop for you!

Join us on Wednesday, February 28 at 11:00 a.m. for an *introduction to Tai Chi* workshop led by instructor Micheal Patterson. Come and learn more about Tai Chi and the benefits of taking a Tai Chi class. If you are interested in attending this introduction class, please call the senior center at (919)528-0848 to register. There will be no charge for this workshop. Once we determine there is enough interest to hold a regular class, we will look at dates and times to schedule in the Spring.

The **Granville County Senior Center** in Oxford also offers a Tai Chi class each Tuesday from 10:00 a.m. until 11:30 a.m. This class is offered in 12-week sessions and is \$45 for all 12-weeks. This class did begin in January and will end April 16. If you are interested in joining now, we can prorate the cost for you. Please call the senior center at (919)693-1930 for more information.

LOVE IS IN THE AIR.....

February is the month of LOVE (and cold weather but we won't think about that)! Love is shared every day at our senior centers – we love our *participants* and our participants love our *programs*! This month all three of our senior centers will be showing a little extra love with special Valentine themed programs. Bring your sweetie, your bestie or just yourself and join us!

The **Granville County Senior Center** in Oxford will be sharing love this month as we collect items for our furry friends at the *Granville County Animal Shelter*! Our community is so good to us throughout the year and this month we want to return that love to our community. We will begin collecting canned and dry dog and cat food (NO OL' ROY or SPECIAL KITTY), NEW pet toys, dog treats (NO RAWHIDES), cat litter and CLEAN old towels (NO BLANKETS) to donate to the shelter. Please help us help our furry friends in need!

The **North Granville Senior Center** in Stovall will hold *Valentine Bingo* on Wednesday, February 14 beginning at 10:00 a.m. All prizes for the game will be Valentine themed. From 12:00 – 2:00 p.m. we'll play Valentine themed games. At 2:00 p.m. join us for our annual Valentine's Day party! We'll have dancing and refreshments to celebrate the love we have for our friends at the senior center!

Remember back in elementary school when we could have a classroom Valentine exchange? Remember the fun of getting cute little valentine cards from your friends and maybe that little boy or girl you thought was a real "cutie pie"? Well the South Granville center in Creedmoor will hold their version of a *Valentine exchange* on Wednesday, February 14 at 10:30 a.m. Bring in a small Valentine card or individual store-bought treat to exchange with your friends at the center. Please sign up in advance if you would like to participate in the exchange. A small bag to collect your treats in will be provided for the exchange. To sign up stop by the front desk or call the senior center at (919)528-0848.



BLACK HISTORY MONTH PROGRAMS

Recognized each February, *Black History Month* (also known as African American History Month), is a celebration of achievements by African Americans. This recognition grew from *Negro History Week*, which was first started by historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. President has officially designated February as Black History Month. All three of our senior centers will have programs in celebration of Black History Month. Mark your calendars and make plans to join us for these special events.

Students from the *Christian Faith Center Academy* in Creedmoor will visit both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor this month. Students will take us through a portrayal of historical black figures through speaking presentations and songs. This promises to be a fun and interactive program – we encourage you to join us at the center closest to you. The program at the South Granville center will be held on Monday, February 12 at 10:00 a.m. The program at the Granville County center will be held on Wednesday, February 21 at 10:45 a.m. Don't miss it!

The **South Granville Senior Center** in Creedmoor will also hold a special program on Monday, February 26 beginning at 10:00 a.m. The theme for this program is *African Americans and the Arts* and we are looking for performers and artists to share your talents with us! If you would like to sign up to perform or have an exhibit in the program, please contact Christy Southall at (919)528-0848. Performances and exhibits may include the following: acting out a monologue, singing a song, playing a musical instrument, poetry reading, dancing, photography, artwork such as sculptures, paintings, drawings, quilting, sewing etc. All performances and exhibits should reflect some part of Black History. Join us for your chance to shine! For more information, please call the senior center.

The **North Granville Senior Center** in Stovall will hold a special movie matinee on Tuesday, February 20 beginning at 10:00 a.m. The movie will be focused on Black History. For the movie title please call the senior center at (919)693-3383.

Join us as we celebrate and honor Black History Month.

JOIN US TO LEARN A NEW CRAFT!

The winter months can be kind of boring. It gets dark early, you can't really be outside - do you wish you had something new to do? Well the **South Granville Senior Center** in Creedmoor and the **North Granville Senior Center** in Stovall have fun classes this month to teach you new ways to occupy your time and stay busy!

Have you ever wanted to learn how to crochet? If so, here's your chance! The **South Granville Senior Center** in Creedmoor will offer a *beginner crochet class* starting this month. This class will be held on Mondays beginning February 5 at 9:30 a.m. In this class you will learn basic techniques and simple stitches. Once you learn the basics you can enjoy making baby blankets, scarves, and more! This will be a fun way to occupy those long cold evenings this winter.

The **North Granville Senior Center** in Stovall will offer a *bow making class* on Tuesday, February 27 at 10:00 a.m. Learn to make beautiful bows you can use to decorate wreaths, your mailbox and more! Space is limited to eight participants and **you must pre-register** by calling the senior center at (919)693-3383. There will be a \$5.00 per person charge for this class. All materials will be provided.

Join us at one or both of these classes to learn new ways to beat the winter blues!



Kathy's Korner

..... By: Kathy May

I thought I would use this space this month to provide some specific information about some of our services rendered during the first part of our fiscal year. We are now a little more than half-way through our fiscal year (July 1 – June 30) and while this space can't reflect all those we serve, let me just show you some of it.

- **CONGREGATE MEALS** (served to participants in our three senior centers):
 - 9,645 meals were served to 252 unduplicated participants. Of these 252 participants, we served:
 - 71 Male and 181 Female
 - 157 African American, 93 Caucasian, and 2 Other
- **HOME DELIVERED MEALS** (served to homebound over age 60)
 - 7,679 meals were delivered to 86 unduplicated participants. Of these 86 individuals, we served:
 - 32 Male and 54 Female
 - 41 African American, 42 Caucasian, and 3 Other
- **In-Home Aid Services** (personal care services provided in the home)
 - 3,429 hours of care provided to 26 unduplicated individuals
 - 6 Male and 20 Female
 - 15 African American, 10 Caucasian, 1 Other
- **“Oxford Loop” Transportation** (This is a fixed bus route within the city limits of Oxford that has 16 stops per hour)
 - During the first half of the fiscal year, this service provided 5,604 trips to citizens.
- **MEDICARE (SHIIP counseling):** During the 36 working days of open enrollment for Medicare Part D, our team assisted 615 Medicare beneficiaries and saved those beneficiaries \$380,112.
- **Ramp Construction** (provided through our Home Improvement program)
 - 12 ramps have been constructed this fiscal year and currently have a waiting list of 4
- **Community Aging Fund** (funded by citizens who make private donations)
 - 12 utility bills totaling \$3,730.46 have been paid for lower income seniors who were unable to pay an invoice for heat, water or electricity.

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 **December 2023**.

Home Delivered Meals

Oxford area: 434 meals delivered to 26 homebound seniors.
 North Granville area: 210 meals delivered to 12 homebound seniors.
 South Granville area: 404 meals delivered to 25 homebound seniors.
 Total meals: 1,048 meals delivered to 63 homebound seniors.
 Total amount paid by Senior Services: \$5,376.24
 Total amount contributed to program by participants: \$887.00

Congregate Meals

Granville County Senior Center in Oxford: 612 meals served to 70 seniors.
 North Granville Senior Center in Stovall: 279 meals served to 38 seniors.
 South Granville Senior Center in Creedmoor: 449 meals served to 63 seniors.
 Total meals: 1,340 meals served to 171 seniors.
 Total amount paid by Senior Services: \$6,874.20
 Total amount contributed to program by participants: \$489.15

In-Home Aide Services

527 hours provided for 14 clients.

Transportation

222 trips provided for 18 clients.

Granville County Senior Center • 919.693.1930

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FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Rummikub/ Dominoes 1 9:00 Yoga 10:00 Bingo w/ a Badge (GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:30 Spades/ Rummikub	9:00 Rummikub/ Dominoes 2 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
			9:00 Rummikub/ Dominoes 5 9:00 Low Impact Aerobics 9:00 Sewing w/ Carol 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 6 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:00 A Matter of Balance
9:00 Rummikub/ Dominoes 12 9:00 Low Impact Aerobics 9:00 Sewing w/ Carol 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 13 9:00 Open Art Studio 9:30 NC Interest Group 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:00 A Matter of Balance	9:00 Rummikub/ Dominoes 14 9:00 Cupid Hot Chocolate Bar 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 10:45 Kim Reed, RN - "Heart Health" 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 15 9:00 Yoga 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub 5:00 Tax Assistance (by appt.)	9:00 Rummikub/ Dominoes 16 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Rummikub/ Dominoes 19 9:00 Low Impact Aerobics 9:00 Sewing w/ Carol 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 20 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 12:00 Pilates 1:00 A Matter of Balance	9:00 Rummikub/ Dominoes 21 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Ox Talks 10:15 Stretch & Wiggle 10:45 Christian Faith Center Academy - Black History Month program 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 22 9:00 Yoga 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:30 Spades/Rummikub 5:00 Tax Assistance (by appt.)	9:00 Rummikub/ Dominoes 23 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Movie Matinee 1:30 Spades/ Rummikub
9:00 Rummikub/ Dominoes 26 9:00 Low Impact Aerobics 9:00 Sewing w/ Carol 10:15 Stretch & Wiggle 10:45 Cooking Matters at the Store 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 27 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:00 Pilates 12:30 GC ACBL Bridge Club 1:00 A Matter of Balance	9:00 Rummikub/ Dominoes 28 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 February Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 29 9:00 Yoga 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub 5:00 Tax Assistance (by appt.)	

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Game Time: 1 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen Exercise Class 1:00 Quilting 1:00 Beginner Crochet Class	9:00 Game Time: 2 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
			9:00 Game Time: 5 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk Off the Pounds	9:00 Game Time: 6 Rummikub/ Dominoes/Card Games 10:00 Card Class w/ Edwina 10:00 Puzzle Time <i>*No Stretch & Strengthen class today</i>
9:00 Game Time: 12 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds	9:00 Game Time: 13 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Stretch & Strengthen Exercise Class	9:00 Game Time: 14 Rummikub/Dominoes/ Card Games 10:00 Valentine Bingo 12:00 Valentine Games 12:30 Puzzle Time 2:00 Valentine Party 3:00 Line Dancing <i>*No Walk Off the Pounds today</i>	9:00 Game Time: 15 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen Exercise Class 1:00 Quilting 1:00 Beginner Crochet Class	9:00 Game Time: 16 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
9:00 Game Time: 19 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk Off the Pounds	9:00 Game Time: 20 Rummikub/ Dominoes/Card Games 10:00 Movie Matinee (Black History Month theme) 10:00 Puzzle Time 12:30 Stretch & Strengthen Exercise Class	9:00 Game Time: 21 Rummikub/ Dominoes/Card Games 10:00 Bingo 11:30 Devotion - Rev. Curtis McRae 12:30 Puzzle Time 12:30 Walk Off the Pounds	9:00 Game Time: 22 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen Exercise Class 1:00 Quilting 1:00 Beginner Crochet Class	9:00 Game Time: 23 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
9:00 Game Time: 26 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds	9:00 Game Time: 27 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Bow Making Class 12:30 Stretch & Strengthen Exercise Class	9:00 Game Time: 28 Rummikub/ Dominoes/Card Games 10:00 Bingo 11:30 Devotion - Rev. Curtis McRae 12:30 Puzzle Time 12:30 Walk Off the Pounds	9:00 Game Time: 29 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen Exercise Class 1:00 Quilting 1:00 Beginner Crochet Class	

South Granville Senior Center • 919.528.0848

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FEBRUARY 2024

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 at the Butner Sports Arena & by video at the South Granville Senior Center in Creedmoor.</p>			<p>9:00 Rummikub/ Cards 1</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards 2</p> <p>9:30 Walking Video</p> <p>10:00 Computer Class (Microsoft Word)</p> <p>10:00 Bingocize®</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 5</p> <p>9:00 Zumba Gold</p> <p>9:30 Beginner Crochet Class</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 6</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:00 Bingocize®</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>11:00 Bible Study - Minister Ida Black (In-person)</p>	<p>9:00 Rummikub/ Cards 7</p> <p>9:30 Walking Video</p> <p>10:00 Bingo (Black History Trivia)</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards 8</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards 9</p> <p>9:30 Walking Video</p> <p>10:00 Computer Class (Microsoft Word)</p> <p>10:00 Bingocize®</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 12</p> <p>9:00 Zumba Gold</p> <p>9:30 Beginner Crochet Class</p> <p>10:00 Black History Month w/ Christian Faith Center Academy</p> <p>10:30 Plastic Canvas</p> <p>11:00 Devotion: Minister Diane Burrell</p> <p>2:00 Movie Matinee</p>	<p>9:00 Rummikub/ Cards 13</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:00 Bingocize®</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 14</p> <p>9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.)</p> <p>9:30 Walking Video</p> <p>10:30 Valentine Exchange</p> <p>12:00 February Birthday Celebration</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards 15</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards 16</p> <p>9:30 Walking Video</p> <p>10:00 Computer Class (Microsoft Word)</p> <p>10:00 Bingocize®</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>9:00 Rummikub/ Cards 19</p> <p>9:00 Zumba Gold</p> <p>9:30 Beginner Crochet Class</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 20</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:00 Bingocize®</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 21</p> <p>9:30 Walking Video</p> <p>10:00 Bingo (Sponsored by Creedmoor Police Dept.)</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Rummikub/ Cards 22</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>10:30 Crochet Club</p>	<p>9:00 Rummikub/ Cards 23</p> <p>9:30 Walking Video</p> <p>10:00 Computer Class (Microsoft Word)</p> <p>10:00 Bingocize®</p> <p>11:00 Chair Exercise w/ Carolyn</p>
<p>26</p> <p>9:00 Rummikub/ Cards</p> <p>9:00 Zumba Gold</p> <p>9:30 Beginner Crochet Class</p> <p>10:00 Black History Month program</p> <p>10:30 Plastic Canvas</p>	<p>9:00 Rummikub/ Cards 27</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:00 Bingocize®</p> <p>10:05 Stretch & Wiggle (BSA/Video at SGSC)</p> <p>11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>28</p> <p>9:00 Rummikub/ Cards</p> <p>9:30 Walking Video</p> <p>10:00 Bingo</p> <p>11:00 Intro to Tai Chi</p> <p>2:00 Book Club (In-Person)</p>	<p>9:00 Rummikub/ Cards 29</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>	

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

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