

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



An Old Farmer's Advice

**Words that soak into your ears are whispered..... not yelled.*

**It don't take a very big person to carry a grudge.*

**You cannot unsay a cruel word.*

**Every path has a few puddles.*

**The best sermons are lived, not preached.*

**Most of the stuff people worry about ain't never gonna happen anyway.*

**Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.*

**Don't interfere with somethin' that ain't botherin' you none.*

**If you find yourself in a hole, the first thing to do is stop diggin'.*

**Good judgement comes from experience, and a lotta that comes from bad judgement.*

**Don't judge folks by their relatives.*

**Remember that silence is sometimes the best answer.*

**Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.*



**If you get to thinkin' you're a person of some influence - try orderin' somebody else's dog around.*

**Live simply. Love generously. Care deeply. Speak kindly.*

-Author Unknown

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LET THE GAMES BEGIN!

The *Kerr-Tar Regional Senior Games* are set to begin on Friday, March 22 in Vance County. Vance will host the Opening Ceremony events followed by Cornhole at Aycock Recreation Center in Henderson.

Senior Games are open to any adult ages 50 and better in Franklin, Granville, Person, Vance and Warren counties. Events include tennis, horseshoes, shuffleboard, golf, bowling, track and field and much more. All athletic events will be held during the months of March, April and May ending with the Silver Arts showcase and Senior Games awards ceremony at the Person County Office Building in Roxboro on Friday, May 17. This year's Silver Arts showcase will be hosted by Person County.

If you are interested in participating in this year's games, **the registration deadline is Friday, March 8.** Everyone is invited to come out to events and cheer on participants! *Let's go Granville County!*



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 **Granville County Senior Center** in Oxford on Wednesday, March 6 at 11:15 a.m. Mark your calendars and plan to attend.

SENIOR GAMES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the *Good Friday holiday* on Friday, March 29. All three of our senior centers will be closed. There will be no congregate or home delivered meals served on this day. Our senior centers will reopen on Monday, April 1. We wish you a wonderful Easter holiday!

GERMAN CONVERSATION GROUP

Our Creative Lifelong Learning curriculum has offered programs on the German language, history and culture as part of its series of classes for CLL participants. Participants learned so much but when the series of classes ended, they were left with the question "how can I apply what I have learned?" So, with that thought, our German conversation group was born! This group will meet monthly at the **Granville County Senior Center** in Oxford to discuss topics *in German!* This group is interested in hearing from others who speak, or are learning, German. The idea is that native German speakers will get a chance to meet others of the same, and learners will have the chance to learn by hearing and, bit by bit, participating as they feel more comfortable. This group will meet at noon. Come join us, bring a lunch and let's talk – *in German!* All ability levels are welcome and you do not have to be a member of Creative Lifelong Learning to participate. The only rule is we only speak German. A regular meeting time has not been finalized but you can call the Granville County center at (919)693-1930 to get the March meeting date. *Join us!*

NATIONAL NUTRITION MONTH

March is *National Nutrition Month*. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme, *Beyond the Table*, addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmer's markets.

In honor of National Nutrition Month, the **Granville County Senior Center** in Oxford will have a special presentation by *Shannon Vasilinda, MS, RD, LDN* with Maria Parham Hospital on Friday, March 22. This program, *Nutrition for Older Adults*, will begin at 11:00 a.m. Dietary needs change during each stage of life. But as you age, your body and life change. Good nutrition is important, no matter what your age. Nutrition is about eating a healthy and balanced diet, so your body gets the nutrients that it needs. It gives you energy, can help control your weight, and may also help prevent some diseases such as Type 2 Diabetes and heart disease. Join us to learn what you need to stay healthy. This will be great information for all of us – *don't miss out!*

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 fear of falling and improve activity levels among older adults. It uses a variety of activities to teach fall prevention strategies. The **North Granville Senior Center** in Stovall will hold this eight-week 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. Currently there are a few spots still open for this class – please call the senior center at (919)693-3383 to register.

The class 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!*

ST. PATRICK'S CELEBRATION

St. Patrick's Day observes the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, food, music, dancing, drinking and a whole lot of green! So that being said.....*let's have a party with music, dancing, refreshments and FUN!*

The **Granville County Senior Center** in Oxford will hold a *St. Patrick's party* on Friday, March 15 from 2:00 p.m. until 4:00 p.m. DJ Mel Denis will spin tunes to make you want to get up and dance an Irish jig! Join us for food, fun and lots of dancing!

The **South Granville Senior Center** in Creedmoor will hold their St. Patrick's celebration on Monday, March 18th beginning at 10:00 a.m. Join us and learn about the history of St. Patrick's Day. We will have games, light refreshments, and of course a prize for the lucky one to catch the Leprechaun! Please register by calling the senior center at (919)528-0848.

Wear your green and join the fun; *may the luck of the Irish be with you!*

HERE COMES PETER COTTONTAIL.....HOPPING DOWN TO THE NORTH GRANVILLE SENIOR CENTER!

Easter is almost upon us and the Easter Bunny has some fun planned for participants at the **North Granville Senior Center** in Stovall. Hop on down and join us!

On Wednesday, March 27 we will start our Easter festivities with *Easter Bunny Bingo* at 10:00 a.m. All prizes will be Easter and spring themed. Stay for lunch (please register by 11:00 a.m. on Tuesday, March 26) and then join us for *Easter games* at 12:00 p.m. Wear your best *Easter bonnet* for our contest – come to impress our judges with your beautiful hats! We will end our Easter celebration with our annual *Easter party* at 2:00 p.m.

It will be a hopping good time – mark your calendars and make plans to attend!



EASTER EGG GOURD PAINTING

The **South Granville Senior Center** in Creedmoor will hold a fun craft class this month just in time for Easter! Join local artist Rene Pena and paint your very own Easter egg on Wednesday, March 20. This class will begin at 1:30 p.m. All supplies and materials will be furnished. Participants will leave with a beautiful hand painted egg to decorate your home for the Easter holiday. Please call the South Granville center at (919)528-0848 to register.



BEGINNER SEWING CLASS OFFERED

Do you own a sewing machine but are afraid to use it? Do you want to learn how to put that machine to work to make handmade pieces for yourself or family and friends? The **Granville County Senior Center** in Oxford will hold another *Beginner Sewing with Carol* class starting this month. This class will be held on Mondays from 1:00 p.m. until 4:00 p.m. beginning March 4 and will run for six weeks, ending Monday, April 8. The cost will be \$36 per person for the entire six-week series payable to the Granville County Senior Center. A supply list will be available before the first class.

Are you an intermediate or advanced sewer who enjoys being with others who sew? Would you like to share ideas and assistance with others who are working on projects? Do you want a space to work on your project in the company of others? Then join us at the Granville County center each Monday for our *Sassy Sewers group!* We invite sewers of a novice or advanced level to join our sewing group from 10:00 a.m. until 1:00 p.m. Bring your machine, supplies and your projects and join us. *Come sew with us!*

WOMEN'S History MONTH MARCH IS WOMEN'S HISTORY MONTH

We all know that women significantly contribute to society every day. Our mothers, our sisters, our daughters, our friends, contribute something to our lives on a daily basis. Did you know that March is designated as *Women's History Month*? March was designated in 1987 by Congress to recognize the many accomplishments of women throughout history.

In honor of this, the **South Granville Senior Center** in Creedmoor will be having two Women's History Month events during March. On Wednesday, March 6 at 10:00 a.m. we will play *Women's History Bingo!* Come out and enjoy playing Bingo while learning about Women's history. Then join us on Monday, March 25 at 10:00 a.m. for *Women's History Family Feud!* Come participate in this fun interactive game while testing your knowledge of women's history.

For more information or to register, please call the South Granville center at (919)528-0848. You will learn a lot while having a lot of fun!



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 **January 2024**.

Home Delivered Meals

Oxford area: 517 meals delivered to 27 homebound seniors.

North Granville area: 249 meals delivered to 12 homebound seniors.

South Granville area: 466 meals delivered to 24 homebound seniors.

Total meals: 1,232 meals delivered to 63 homebound seniors.

Total amount paid by Senior Services: \$6,320.16

Total amount contributed to program by participants: \$748.00

Congregate Meals

Granville County Senior Center in Oxford: 690 meals served to 64 seniors.

North Granville Senior Center in Stovall: 428 meals served to 48 seniors.

South Granville Senior Center in Creedmoor: 586 meals served to 70 seniors.

Total meals: 1,704 meals served to 182 seniors.

Total amount paid by Senior Services: \$8,741.52

Total amount contributed to program by participants: \$677.21

In-Home Aide Services

541 hours provided for 14 clients.

Transportation

229 trips provided for 29 clients.

MAKING MINTS WITH MONTIE!

Everyone loves those melt-in-your mouth buttery mints you see on the refreshment table at weddings, baby showers or any kind of get-together. Have you ever wished to be able to make them yourself? Well, the **Granville County Senior Center** in Oxford will have just the class for you this month! ***Making mints with Montie*** will be held on Friday, March 15 from 1:00 p.m. until 2:30 p.m. *Montie Wilson*, famous for her mints, will be here to show participants how to make their own delicious mints to share with family and friends or just to have to snack on at home! This will be a hands-on interactive session – everyone will leave with their own container of mints. This will be a *FREE* class and all supplies will be furnished for you. Space is limited so call the Granville County center at (919)693-1930 NOW to reserve your spot!

MEDICARE 101

The *Seniors' Health Insurance Information Program (SHIIP)*, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage Plans, and Medicare Drug Plans. Are you new to Medicare and want more information about your options, how to sign up for Medicare, costs and more? Join us at the **South Granville Senior Center** in Creedmoor on Tuesday, March 19 at 12:00 p.m. as a SHIIP volunteer will hold a ***Medicare 101*** program for interested participants. For more information please contact Christy Southall at (919)528-0848.



Kathy's Korner

..... By: Kathy May

How Do You Store Fruits and Vegetables to Keep Them Fresh Longer? The American Heart Association offers these storage tips:

In general, ALWAYS refrigerate *cut or peeled produce*. Otherwise, you can follow these storage guidelines:

STORE IN PANTRY (or other cool, dark place)

ONIONS, SHALLOTS AND GARLIC

POTATOES AND SWEET POTATOES

Whole WATERMELON

COUNTERTOP (store loose and away from sunlight, heat and moisture)

BANANAS

TOMATOES

CITRUS FRUIT (store lemons, limes, oranges, and grapefruit loose or in a mesh bag; refrigerate for longer storage)

RIPEN AVOCADOS, APRICOTS, NECTARINES, PEACHES, AND PLUMS IN A PAPER BAG, then move to the fridge where they'll last a few more days.

REFRIGERATOR (store in plastic bags with holes, in your produce drawer, unless otherwise noted)

APPLES & PEARS

BEETS & TURNIPS (remove greens and keep loose in the crisper drawer)

BROCCOLI & CAULIFLOWER

CARROTS (remove greens)

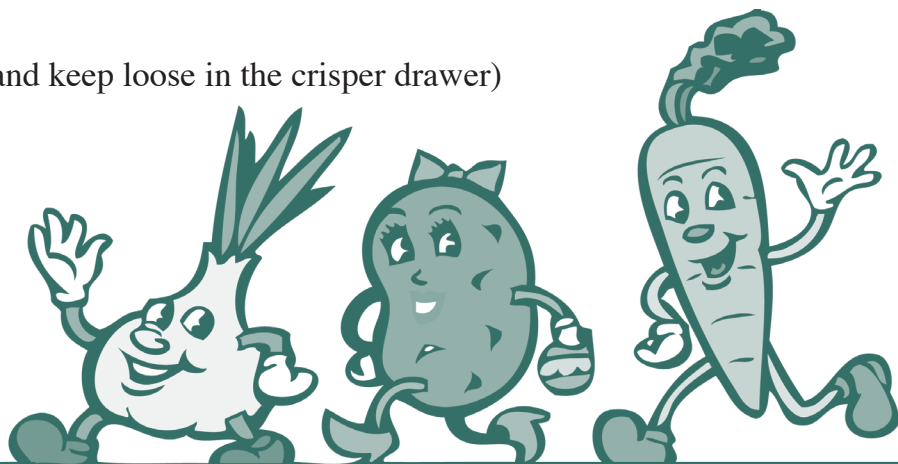
CELERY

CORN (store inside their husks)

GREEN BEANS

PEAS

ZUCCHINI & YELLOW SQUASH



CUCUMBERS, EGGPLANT & PEPPERS (store on the upper shelf, which is the warmer part of fridge)

LETTUCE & LEAFY GREENS (wash, spin or pat dry, wrap loosely in paper towels and place in a plastic bag in vegetable drawer)

BERRIES, CHERRIES & GRAPES (Keep dry in covered containers or plastic bags - they should NOT be airtight; best to store berries in a single layer such as a short, wide storage container to keep the fruit from getting crushed; use paper towels between layers).

MUSHROOMS (keep dry and unwashed in the store container or paper bag)

Granville County Senior Center • 919.693.1930

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

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Rummikub/ Dominoes 4 9:00 Low Impact Aerobics 10:00 Sassy Sewers 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Beginner Sewing Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 5 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 12:00 Pilates 12:30 GC ACBL Bridge Club *No A Matter of Balance today	9:00 Rummikub/ Dominoes 6 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Coffee w/ Kathy 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 7 9:00 Yoga 10:00 Bingo w/ a Badge (GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub 5:00 Tax Assistance (by appt.)	9:00 Rummikub/ Dominoes 8 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Rummikub/ Dominoes 11 9:00 Low Impact Aerobics 10:00 Sassy Sewers 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Beginner Sewing Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 12 9:00 Open Art Studio 9:30 NC Interest Group 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 13 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 14 9:00 Yoga 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub 5:00 Tax Assistance (by appt.)	9:00 Rummikub/ Dominoes 15 9:00 Low Impact Aerobics 10:00 Card Class (Easter Cards) 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 St. Patty's Party
9:00 Rummikub/ Dominoes 18 9:00 Low Impact Aerobics 10:00 Sassy Sewers 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Beginner Sewing Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 19 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 20 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 21 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 22 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Shannon Vasilinda, RD - -"National Nutrition Month" 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 1:00 Movie Matinee
9:00 Rummikub/ Dominoes 25 9:00 Low Impact Aerobics 10:00 Sassy Sewers 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Beginner Sewing Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 26 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 27 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Ox Talks 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 March Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Rummikub/ Dominoes 28 9:00 Yoga 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub *No Tax Assistance today	29 Center Closed for the Good Friday holiday

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
4 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk Off the Pounds	5 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Stretch & Strengthen Exercise Class	6 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Bingo 12:00 March Birthday Celebration 12:30 Puzzle Time 12:30 Walk Off the Pounds	7 9:00 Game Time: Rummikub/Dominoes/ Card Games 10:00 Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class 1:00 Beginner Crochet Class	8 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
11 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds	12 9:00 Game Time: Rummikub/ Dominoes/Card Games 9:30 A Matter of Balance 10:00 Puzzle Time 12:30 Stretch & Strengthen	13 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Bingo 12:30 Puzzle Time 12:30 Walk Off the Pounds	14 9:00 Game Time: Rummikub/Dominoes/ Card Games 10:00 Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class 1:00 Beginner Crochet Class	15 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
18 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk Off the Pounds	19 9:00 Game Time: Rummikub/ Dominoes/Card Games 9:30 A Matter of Balance 10:00 Puzzle Time 12:30 Stretch & Strengthen	20 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Bingo 11:30 Devotion: Rev. Curtis McRae 12:30 Puzzle Time 12:30 Walk Off the Pounds	21 9:00 Game Time: Rummikub/Dominoes/ Card Games 10:00 Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class 1:00 Beginner Crochet Class	22 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds 11:00 Fire Drill
25 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds	26 9:00 Game Time: Rummikub/ Dominoes/Card Games 9:30 A Matter of Balance 10:00 Puzzle Time 12:30 Stretch & Strengthen	27 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Easter Bunny Bingo 12:00 Easter Games & Easter Bonnet Judging 12:30 Puzzle Time 2:00 Easter Party <i>*No Walk Off the Pounds today</i>	28 9:00 Game Time: Rummikub/Dominoes/ Card Games 10:00 Macrame/Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class 1:00 Beginner Crochet Class	29 Center Closed for the Good Friday holiday

South Granville Senior Center • 919.528.0848

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

MARCH 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>1 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Bingocize® 10:30 Pictionary 11:00 Chair Exercise (video)</p>
<p>9:00 Rummikub/4 Cards 9:00 Zumba Gold 9:30 Beginner Crochet Class 10:00 Wii Bowling 10:30 Plastic Canvas 1:00 Diabetes Prevention Program</p>	<p>9:00 Rummikub/5 Cards 9:00 Low Impact Aerobics (BSA) 10:00 Bingocize® 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-person)</p>	<p>9:00 Rummikub/6 Cards 9:30 Walking Video 9:30 Blood Pressure Clinic 10:00 Bingo (Women's History Trivia)</p>	<p>9:00 Rummikub/7 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>8 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Bingocize® 11:00 Chair Exercise (video)</p>
<p>9:00 Rummikub/11 Cards 9:00 Zumba Gold 9:30 Beginner Crochet Class 10:00 Wii Bowling 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell 2:00 Movie Matinee</p>	<p>9:00 Rummikub/12 Cards 9:00 Low Impact Aerobics (BSA) 10:00 Bingocize® 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>9:00 Rummikub/13 Cards 9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.) 9:30 Walking Video 9:30 Blood Pressure Clinic 12:00 March Birthday Celebration</p>	<p>9:00 Rummikub/14 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>15 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Bingocize® 11:00 Chair Exercise (video)</p>
<p>9:00 Rummikub/18 Cards 9:00 Zumba Gold 9:30 Beginner Crochet Class 10:00 St. Patrick's Celebration 10:30 Plastic Canvas</p>	<p>9:00 Rummikub/19 Cards 9:00 Low Impact Aerobics (BSA) 10:00 Bingocize® 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>9:00 Rummikub/20 Cards 9:30 Walking Video 9:30 Blood Pressure Clinic 10:00 Bingo (sponsored by Creedmoor PD) 1:30 Easter Egg Gourd Painting</p>	<p>9:00 Rummikub/21 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>22 9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Bingocize® 11:00 Chair Exercise (video)</p>
<p>9:00 Rummikub/25 Cards 9:00 Zumba Gold 9:30 Beginner Crochet Class 10:00 Women's History Family Feud 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Rummikub/26 Cards 9:00 Low Impact Aerobics (BSA) 10:00 Bingocize® 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)</p>	<p>27 9:00 Rummikub/ Cards 9:30 Walking Video 9:30 Blood Pressure Clinic 10:00 Bingo 2:00 Book Club (In-Person)</p>	<p>9:00 Rummikub/28 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>29 Center Closed for the Good Friday holiday</p>

Granville County Senior Services

107 Lanier Street • Oxford, NC 27565



Return Service Requested

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

GRANVILLE COUNTY SENIOR SERVICES

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



www.granvillecounty.org

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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