

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

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



## INSPIRING US ALL...OUR VOLUNTEERS

Granville County Senior Services has a host of volunteers across the county who give so freely of themselves to help others. Our wonderful volunteers are our greatest asset. Volunteers help us succeed and we could not provide services, like our home delivered meals, without them. *National Volunteer Week* is April 21st – 27th. During this week, and every week, we salute those of you who continue to dedicate yourselves to helping others. *We love our volunteers!*

*“Service to others is the rent you pay for your room here on Earth.” – Muhammad Ali*

*“Volunteers do not necessarily have the time; they just have the heart.” – Elizabeth Andrew*

*“What is the essence of life? To serve others and to do good.” – Aristotle*

*“We make a living by what we get, but we make a life by what we give.” – Winston Churchill*

*“Only a life lived for others is worth living.” – Albert Einstein*

*“Life’s most persistent and urgent question is, what are you doing for others?” – Martin Luther King, Jr.*

*“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.”*  
– Helen Keller

*“We have to do what we can to help wherever and whenever it is possible for us to help.” – Jackie Chan*

*“If compassion was the motivating factor behind all of our decisions, would our world not be a completely different place?” – Sheryl Crow*

**Valuing everyone you meet. Open hearts. Lifting the spirits of others. Understanding. Noting the difference your efforts make. Touching lives. Earning admiration of those they serve. Encouraging. Respected. Spreading smiles.**



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## YOGA CLASSES AT THE GRANVILLE COUNTY SENIOR CENTER

Our first 12-week yoga series at the **Granville County Senior Center** in Oxford was a big hit! Participants loved the classes led by our instructor Luz Brown. We are excited to announce that we will be holding another 12-week series beginning Thursday, April 11 with Luz! Classes will continue to be held from 9:00 a.m. until 10:00 a.m. This 12-week session will run from Thursday, April 11 until Thursday, June 27. There will be a \$45.00 per person charge for this class which will cover the entire 12-week series. **Payment will be due by the first class.** Please register by calling the Granville County Senior Center at (919)693-1930.

Luz will also offer a special class this month on **Breathwork**. This class will be held on **Tuesday, April 2nd at 1:30 p.m.** There will be a \$25.00 per person charge for this class. Luz describes this class as an incredibly powerful practice that involves consciously controlling your breath to experience relaxation, release emotional blockages, and enhance overall well-being. Many people have powerful breakthroughs after participating in their very first session. People around the world have been practicing conscious breathing for thousands of years – a true testament to its safety and effectiveness! The breathwork benefits and experience varies widely from person to person and time to time. Sometimes it can be purely physical but you experience a change of mindset or mood.

Come and enjoy an afternoon of learning to use your breathing to destress and slow down. If you would like to register for this class please call the senior center at (919)693-1930. Luz is a yoga and meditation instructor; a breathwork facilitator, a Reiki master and a Master practitioner of energy medicine. Join us!



### 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, April 3 at 11:15 a.m. Mark your calendars and plan to attend.

### 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 the third Wednesday of each month at 12:00 noon 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. 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. This month we will meet on Wednesday, April 17 at 12:00 noon. Join us!



## AARP DRIVER SAFETY

The **AARP Smart Driver Course** is the nation's first and largest driver safety course designed especially for drivers 50 and older. The course is intended to help drivers live more independently as they age and remain safe on today's roads.

The Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. Participants learn about current rules of the road and how to operate their vehicles safely in today's increasingly challenging driving environment. Topics include: *maintaining proper following distance; methods of changing lanes and turning at intersections; effects of medications on driving; minimizing the effect of dangerous blind spots; limiting driver distractions such as eating, smoking and cell phone use; properly using safety belts, air bags and anti-lock brakes; maintaining physical flexibility and monitoring the driving skills and capabilities of yourself and others.*

The **North Granville Senior Center** in Stovall will hold this class on Monday, April 22 from 10:00 a.m. until 1:00 p.m. You **must pre-register** for this class by calling the senior center at (919)693-3383. The cost will be \$20.00 for AARP members and \$25.00 for non-members which includes all course materials. Course participants may be eligible to receive a state mandated, multi-year discount on their auto insurance premium. You will need to contact your insurance company or agent for more details. The instructor for this class will be Lynroy Thomas, a certified AARP Smart Driver Course instructor.



## 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 Fit Past 50 fitness program. Classes are held in 12-week sessions. The next 12-week session will begin Tuesday, April 23. Classes will be held on Tuesdays from 10:00 a.m. until 11:30 a.m. Class dates for this session will be April 23 & 30; May 14 & 28 (**no class on May 21**); June 11, 18 & 25; July 9, 16, 23 & 30 and August 13. 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. We do need a minimum of six participants to 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 from 10:00 a.m. until 11:30 a.m. Peter Kay is also the instructor for this class. 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 is also taught at the **South Granville Senior Center** in Creedmoor each Wednesday from 1:00 p.m. until 2:00 p.m. The class is led by Michael Patterson and there is no charge. This session will end June 5th.

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. Sign up today and join us!

## SAVE THE DATE! AGING WITH GUSTO IS RETURNING TO GRANVILLE COUNTY!

Many of you may remember our *Aging with Gusto* program we held many years ago in partnership with the NC Cooperative Extension. It's been about 10 years since our last Aging with Gusto program and we are *very excited* to announce that we are bringing this wonderful program back to Granville County! Aging with Gusto will be held on Tuesday, May 21 at the **Granville County Senior Center** in Oxford and will be held from 8:30 a.m. until 11:30 a.m. Gusto offers a variety of workshops (participants can choose two workshops to attend) that cover topics such as aging well, health and fitness, technology, gardening and more! We are currently working on our workshop presenters and we will announce our workshop sessions soon. Once finalized, information will be published in our May *Senior Connection*, on our Facebook® page and on our website at [www.granvillecounty.org](http://www.granvillecounty.org). This was a tremendously popular program when we offered it before and we expect a large crowd for this year's event. There will be no charge to attend, however, **YOU MUST REGISTER IN ADVANCE**. Registration forms will be available soon. Mark your calendars and be on the lookout for more information coming soon! Join us to learn how to *age with gusto!*

## APRIL IS NATIONAL STRESS AWARENESS MONTH

Since 1992, the month of April has been recognized as *National Stress Awareness Month* to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle.

Everyone knows that you can unwind and destress at your local senior center! What better place to go to relax, have fun and forget all your worries. The **South Granville Senior Center** in Creedmoor will be highlighting two activities to help participants manage stress. The first will be a *coloring fun activity*. Join us April 5 at 10:00 a.m. to learn more about the benefits and fun of coloring. Each participant present will receive coloring pages and a pack of colored pencils. We will also have crayons and markers for use. You will be surprised at how relaxing coloring can be! If this is something you enjoy, please join us each Friday for our regularly scheduled color fun activity!

Our second stress relieving activity will be a *meditation activity* on Friday, April 12 at 10:00 a.m. Participants will learn different styles and the health benefits of meditation. For more information or to register please call the South Granville Senior Center at (919)528-0848. Remember – *Life is great (and stress free!) when you participate!*

## EAT THE MED WAY

The Mediterranean diet is based on the traditional foods of countries bordering the Mediterranean Sea. Some research has suggested that people living in these regions tend to be healthier and have a lower risk of many chronic conditions, compared with people who follow a standard American diet. It typically encourages people to consume **more** *fruits, vegetables, whole grains, and heart-healthy fats*. It encourages you to consume **less** *processed foods, added sugars and refined grains*. Research has shown that the Mediterranean diet can promote weight loss, help prevent heart attacks, stroke and type 2 diabetes and reduce the risk of premature death.

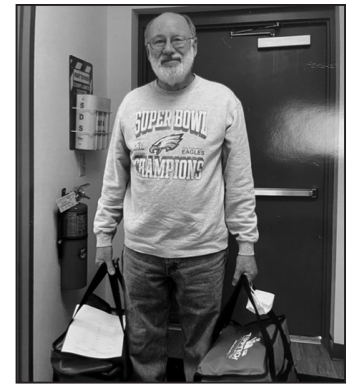
Are you interested in learning more about this diet? *Jennifer Brown*, Family and Consumer Science Agent, with the NC Cooperative Extension, Granville County office, will be at the **South Granville Senior Center** on Monday, April 22 at 10:00 a.m. to present “*Eat the Med Way*.” Instead of using medications and supplements, learn how to use the traditional diet of the Mediterranean region to improve your health. Please call the senior center at (919)528-0848 for more information. This will be good information for all of us, mark your calendars and make plans to attend!

## WE ♥ OUR VOLUNTEERS!

Granville County Senior Services has some of the best volunteers around! Our volunteers go above and beyond to serve the older adults of Granville County. Volunteers serve in a variety of capacities, from home delivered meal drivers, program instructors, advisory board members and more. Our volunteers brighten the days of homebound seniors and senior center participants in many ways, they are truly the sunshine in our programs and services!

Each year, National Volunteer Week (this year held April 21 – 27) is a time to recognize the importance of volunteers in our communities. This year's theme is *Every Moment Matters!* During this week – and every week – we honor our volunteers for all their hard work and dedication to our programs. Senior Services will hold a special volunteer recognition program this month at the **Granville County Senior Center** in Oxford. Volunteers will receive invitations to this event and must RSVP.

We can never thank our volunteers enough for what they do! *We love our volunteers!*



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## 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 **February 2024**.

### Home Delivered Meals

Oxford area: 543 meals delivered to 29 homebound seniors.

North Granville area: 245 meals delivered to 12 homebound seniors.

South Granville area: 497 meals delivered to 26 homebound seniors.

Total meals: 1,285 meals delivered to 67 homebound seniors.

Total amount paid by Senior Services: \$6,592.05

Total amount contributed to program by participants: \$540.00

### Congregate Meals

Granville County Senior Center in Oxford: 688 meals served to 67 seniors.

North Granville Senior Center in Stovall: 425 meals served to 49 seniors.

South Granville Senior Center in Creedmoor: 560 meals served to 69 seniors.

Total meals: 1,673 meals served to 185 seniors.

Total amount paid by Senior Services: \$8,582.49

Total amount contributed to program by participants: \$612.95

### In-Home Aide Services

535 hours provided for 15 clients.

### Transportation

247 trips provided for 32 clients.



# Kathy's Korner

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

## *Let's Talk About Vitamin D*

Vitamin D is an extremely important vitamin that has powerful effects on several systems throughout your body. Every single cell in your body has a receptor for it. According to [www.healthline.com](http://www.healthline.com), the most vital function of Vitamin D is regulating the absorption of calcium and phosphorus in the body. It also makes it easier for your immune system to function normally. Therefore, getting a sufficient amount of Vitamin D is important for your bones and teeth, as well as to help your body fight off certain diseases.

As important as Vitamin D is for a healthy body, having a Vitamin D deficiency is **INCREDIBLY COMMON**, and most people are unaware when their level is low. It is estimated that about 50% of adults in the United States have low blood levels of Vitamin D. Symptoms of low Vitamin D levels can include tiredness, bone and back pain, depression, bone loss or muscle pain. If you think you may have low Vitamin D, speak with your doctor and get a simple blood test. Fortunately, a Vitamin D deficiency is usually easy to fix. You can increase your sun exposure, as your body makes Vitamin D when your skin is exposed to sunlight. It's also naturally found in salmon, sardines, egg yolk and shrimp. In addition, you can find it in fortified milk, cereal, yogurt and orange juice. (Fortified means Vitamin D is added to them, so look at the labels to make sure it says, "fortified with Vitamin D") It can be hard to get enough Vitamin D each day through sun exposure and food alone, so taking Vitamin D supplements can help, and may be necessary for some. Taking Vitamin D in appropriate doses is generally considered safe but, as always, talk to your doctor first.

[www.mayoclinic.org](http://www.mayoclinic.org)



# Granville County Senior Center • 919.693.1930

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

## APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee Club/ Rummikub/ Dominoes <b>1</b> 9:00 Low Impact Aerobics <b>10:00 Sassy Sewers</b> 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 Coffee Club/ Rummikub/ Dominoes <b>2</b> 9:00 Open Art Studio <b>10:00 Seated Tai Chi</b> 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club <b>1:00 A Matter of Balance</b> <b>1:30 Breathwork Class</b>	9:00 Coffee Club/ Rummikub/ Dominoes <b>3</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 Coffee Club/ Rummikub/ Dominoes <b>4</b> <b>10:00 Bingo w/ a Badge (GC Sheriff's Office)</b> 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub <b>5:00 Tax Assistance (by appt.)</b> <i>*No Yoga today</i>	9:00 Coffee Club/ Rummikub/ Dominoes <b>5</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes <b>8</b> 9:00 Low Impact Aerobics <b>10:00 Sassy Sewers</b> 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 Coffee Club/ Rummikub/ Dominoes <b>9</b> 9:00 Open Art Studio <b>9:30 NC Interest Group</b> <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 12.30 GC ACBL Bridge Club	9:00 Coffee Club/ Rummikub/ Dominoes <b>10</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle <b>10:30 Blood Pressure Clinic</b> 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes <b>11</b> <b>9:00 Yoga</b> <b>10:00 Bingo (sponsored by GC Veteran's Support group)</b> 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub <b>5:00 Tax Assistance (by appt.)</b>	9:00 Coffee Club/ Rummikub/ Dominoes <b>12</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub <b>1:00 Movie Matinee</b>
9:00 Coffee Club/ Rummikub/ Dominoes <b>15</b> 9:00 Low Impact Aerobics <b>10:00 Sassy Sewers</b> 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 Coffee Club/ Rummikub/ Dominoes <b>16</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 Coffee Club/ Rummikub/ Dominoes <b>17</b> 9:00 Low Impact Aerobics 10:00 Quilting <b>10:00 Ox Talks</b> 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle <b>12:00 German Conversation Group</b> 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes <b>18</b> <b>9:00 Yoga</b> 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Coffee Club/ Rummikub/ Dominoes <b>19</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle <b>10:30 Mastering Mobile Class</b> 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes <b>22</b> 9:00 Low Impact Aerobics <b>10:00 Sassy Sewers</b> 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 Coffee Club/ Rummikub/ Dominoes <b>23</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 Coffee Club/ Rummikub/ Dominoes <b>24</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle <b>10:30 BP Clinic</b> 11:00 Stretch & Wiggle <b>12:00 April Birthday Celebration</b> 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/Dominoes <b>25</b> <b>9:00 Yoga</b> <b>10:00 Bingo (sponsored by Bingo Helpers)</b> 11:30 Water Aerobics (YMCA) <b>5:00 Volunteer Celebration</b> <i>*No Spades/Rummikub this afternoon</i>	9:00 Coffee Club/ Rummikub/ Dominoes <b>26</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle <b>10:30 Tech Talk</b> 11:00 Stretch & Wiggle 1:00 Spades/Rummikub <b>1:00 Movie Matinee</b>
9:00 Coffee Club/ Rummikub/ Dominoes <b>29</b> 9:00 Low Impact Aerobics <b>10:00 Sassy Sewers</b> 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 Coffee Club/ Rummikub/ Dominoes <b>30</b> 9:00 Open Art Studio <b>10:00 Tai Chi</b> 11:30 Water Aerobics (YMCA) 12.30 GC ACBL Bridge Club			

# North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

## APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Devotional Time w/ Larry &amp; Margaret</p> <p>12:30 Walk Off the Pounds</p>	<p><b>2</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p><b>9:30 A Matter of Balance</b></p> <p>10:00 Puzzle Time</p> <p>12:30 Stretch &amp; Strengthen</p>	<p><b>3</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Bingo</p> <p><b>12:00 April Birthday Celebration</b></p> <p>12:30 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p><b>4</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Macrame/ Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting</p>	<p><b>5</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>
<p><b>8</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>	<p><b>9</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p><b>9:30 A Matter of Balance</b></p> <p>10:00 Puzzle Time</p> <p>12:30 Stretch &amp; Strengthen</p>	<p><b>10</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Bingo</p> <p>12:30 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p><b>11</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Macrame/ Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting</p>	<p><b>12</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>
<p><b>15</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Devotional Time w/ Larry &amp; Margaret</p> <p>12:30 Walk Off the Pounds</p>	<p><b>16</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p><b>9:30 A Matter of Balance</b></p> <p>10:00 Puzzle Time</p> <p>12:30 Stretch &amp; Strengthen</p>	<p><b>17</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Bingo</p> <p>11:30 Devotion: Rev. Curtis McRae</p> <p>12:30 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p><b>18</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Macrame/ Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting</p>	<p><b>19</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>
<p><b>22</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p><b>10:00 AARP Smart Driver Course</b></p> <p>10:00 Puzzle Time</p> <p><i>*No Walk Off the Pounds today</i></p>	<p><b>23</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p><b>9:30 A Matter of Balance</b></p> <p>10:00 Puzzle Time</p> <p>12:30 Stretch &amp; Strengthen</p>	<p><b>24</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Bingo</p> <p>12:30 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p><b>25</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Macrame/ Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch &amp; Strengthen</p> <p>1:00 Quilting</p>	<p><b>26</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>
<p><b>29</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>	<p><b>30</b></p> <p>9:00 Game Time: Rummikub/ Dominoes/Card Games</p> <p><b>9:30 A Matter of Balance</b></p> <p>10:00 Puzzle Time</p> <p>12:30 Stretch &amp; Strengthen</p>			



# South Granville Senior Center • 919.528.0848

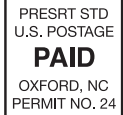
114 DOUGLAS DRIVE • P.O. BOX 766 • CREEDMOOR, NC 27522

## APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:00 Rummikub/ Cards <b>9:00 Zumba Gold</b> <b>9:30 Beginner Crochet Class</b> 10:00 Wii Bowling 10:30 Plastic Canvas</p>	<p><b>2</b></p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black <b>(In-person)</b></p>	<p><b>3</b></p> <p>9:00 Rummikub/ Cards 9:30 Walking Video <b>9:30 Blood Pressure Clinic</b> 10:00 Bingo <b>11:15 Coffee w/ Kathy</b> <b>1:00 Tai Chi</b></p>	<p><b>4</b></p> <p>9:00 Rummikub/ Cards 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>5</b></p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Computer Class</b> <b>11:00 Chair Exercise (video)</b></p>
<p><b>8</b></p> <p>9:00 Rummikub/ Cards <b>9:00 Zumba Gold</b> <b>9:30 Beginner Crochet Class</b> 10:00 Wii Bowling 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell <b>1:00 Diabetes Prevention Program</b> <b>2:00 Movie Matinee</b></p>	<p><b>9</b></p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p>	<p><b>10</b></p> <p>9:00 Rummikub/ Cards <b>9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.)</b> 9:30 Walking Video <b>9:30 Blood Pressure Clinic</b> <b>12:00 April Birthday Celebration</b> <b>1:00 Tai Chi</b></p>	<p><b>11</b></p> <p>9:00 Rummikub/ Cards 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>12</b></p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Computer Class</b> <b>10:00 The Health Benefits of Meditation</b> <b>11:00 Chair Exercise (video)</b></p>
<p><b>15</b></p> <p>9:00 Rummikub/ Cards <b>9:00 Zumba Gold</b> <b>9:30 Beginner Crochet Class</b> 10:30 Plastic Canvas</p>	<p><b>16</b></p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p>	<p><b>17</b></p> <p>9:00 Rummikub/ Cards 9:30 Walking Video <b>9:30 Blood Pressure Clinic</b> <b>10:00 Bingo (sponsored by Creedmoor PD)</b> <b>1:00 Tai Chi</b></p>	<p><b>18</b></p> <p>9:00 Rummikub/ Cards 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>19</b></p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Computer Class</b> <b>11:00 Chair Exercise (video)</b></p>
<p><b>22</b></p> <p>9:00 Rummikub/ Cards <b>9:00 Zumba Gold</b> <b>9:30 Beginner Crochet Class</b> <b>10:00 Jennifer Brown - "Eat the Med Way"</b> 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell</p>	<p><b>23</b></p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p>	<p><b>24</b></p> <p>9:00 Rummikub/ Cards 9:30 Walking Video <b>9:30 Blood Pressure Clinic</b> 10:00 Bingo <b>1:00 Tai Chi</b> <b>2:00 Book Club (In-person)</b></p>	<p><b>25</b></p> <p>9:00 Rummikub/ Cards 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>26</b></p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun <b>10:00 Computer Class</b> 10:30 Pictionary <b>11:00 Chair Exercise (video)</b></p>
<p><b>29</b></p> <p>9:00 Rummikub/ Cards <b>9:00 Zumba Gold</b> <b>9:30 Beginner Crochet Class</b> 10:00 Wii Bowling 10:30 Plastic Canvas</p>	<p><b>30</b></p> <p>9:00 Rummikub/ Cards 9:00 Low Impact Aerobics (BSA) 10:05 Stretch &amp; Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p>	<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>		

# 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

*Funded in part by Granville County United Way*

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Stovall

### Senior Services Advisory Board

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Rev. Leroy Anderson

Bessie Bailey

Ginnie Currin

Carol Jo Harris

Dorothy Lyon

Richard Lyon

Harriett Morton

Hattie Jean Overton

Vickie Smoak

Jimmy Gooch (County  
Commissioner)