

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



May is Older Americans Month

A meeting with the National Council of Senior Citizens resulted in President John F. Kennedy designating May 1963 as *Senior Citizens Month*, encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter’s proclamation changed the name to *Older American’s Month*, a time to celebrate those 65 and older through ceremonies, events and public recognition.

The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being – especially as we age. Our **Senior Centers** are **THE** place to form those relationships and connections! Senior Centers help older adults **engage** by providing programs, activities and volunteer opportunities. Senior Centers help older adults **connect** with local services such as transportation that can help them overcome isolation. Senior Centers play a vital role in supporting independence and aging in place by combatting isolation, loneliness and other issues. *We are your source of connection!*

Granville County Senior Services provides many ways to help our older adults *stay connected!* From our *Fit Past 50* exercise program, to classes and workshops to keep you engaged, to our congregate meal program, there is something for everyone at our senior centers. We know that everyone’s needs are unique and we strive to provide a wide variety of programming for all of Granville County’s older adults. If you have not checked out your local senior center, we encourage you to stop by this month and find out why *life is great when you participate!* Come *connect* with us!



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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, May 1 at 11:15 a.m. Mark your calendars and plan to attend.

TECH TIME

Do you get frustrated trying to figure out your smartphone? Do you get stuck on your laptop or tablet and not know how to do what you want to do? All this technology can be so overwhelming and frustrating! The **Granville County Senior Center** in Oxford is now offering *Tech Time with Ashley* to help answer your questions. Ashley Cummings, Digital Agent, with the NC Cooperative Extension, will be at the senior center to meet one on one with individuals needing technology assistance. Beginning at 10:30 a.m. individuals can come in and meet with Ashley to get their questions answered on a first come first served basis. This month's tech time will be held on Monday, May 13th. Join us to get your questions answered!



REGISTER NOW FOR AGING WITH GUSTO!

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. Workshops will include *Container Gardening, Chair Pilates, Five Wishes, Aging in Place, Nutrition for Healthy Aging* and *Mastering Your Mobile*. **YOU MUST REGISTER IN ADVANCE** and workshops are available on a first come first served basis. Registration forms are available at all three of our senior centers or you can register online at www.go.ncsu.edu/gusto. The registration deadline is May 15th. Join us to learn how to *age with gusto!*

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 **North Granville Senior Center** in Stovall on Tuesday, May 14 at 10:00 a.m. to present "*Eat the Med Way*." She will also be at the **Granville County Senior Center** in Oxford on Wednesday, June 26 at 10:45 a.m. to present this program. Instead of using medications and supplements, learn how to use the traditional diet of the Mediterranean region to improve your health. This will be good information for all of us, mark your calendars and make plans to attend one of these programs!

LET'S HAVE A PAINT PARTY!

If you haven't joined us for one of our *paint parties* – you are missing out on all the fun! Tammy Rokose, with *Me Time Painting, LLC*, will be at the **South Granville Senior Center** in Creedmoor on Friday, May 24 from 10:00 a.m. until 12:00 p.m. for another fun class. Join us to paint a beautiful *hummingbird painting* on a 11x14 canvas that you can hang to brighten any room in your home. **You must pre-register** by calling the senior center at (919)528-0848 by Monday, May 20th. The cost will be \$35 per person which includes all supplies. Payment is due when you register.

These classes are beginner friendly and so much fun! Don't miss out – call to reserve your spot today!



CapTel® TELEPHONE PRESENTATION

Do you struggle with hearing well when you are talking on the telephone? For those with hearing loss, it can be difficult to carry on conversations over the phone simply because you can't always clearly understand the person you are talking to. If you struggle with this, then join us at the **North Granville Senior Center** in Stovall on Tuesday, May 21 at 10:00 a.m. to learn more about the *CapTel Telephone system*. Ideal for people with some degree of hearing loss, the Captioned Telephone (or CapTel) works like any other telephone with one important addition – it displays every word the caller says throughout the conversation. Not only can you listen to the caller, but you can read the written captions on the display window. Join us if you are interested in learning more about this system.

NATIONAL STROKE MONTH

National Stroke Awareness Month began in May 1989 after President George H.W. Bush signed Presidential Proclamation 5975. In honor of this, the **Granville County Senior Center** in Oxford will hold a "*Stroke – What to Know*" presentation on Wednesday, May 22 beginning at 10:45 a.m. Kim Reed, RN, Stroke Nurse Coordinator at Maria Parham Hospital, will present this program. She will talk about *stroke risk factors, signs and symptoms of stroke, when to call EMS and the importance of using EMS vs driving, stroke after care and resources for stroke patients and their families*. This will be important information for all of us – mark your calendars and make plans to attend.

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the *Memorial Day holiday* on Monday, May 27. There will be no congregate or home delivered meals served on this day. Our centers will reopen on Tuesday, May 28 at 8:30 a.m.



LET'S GET CRAFTY!

Both the **Granville County Senior Center** in Oxford and the **North Granville Senior Center** in Stovall will hold fun craft classes this month. Do you enjoy crafts and making things for your home or friends? Then join us for the fun!

The **Granville County Senior Center** will hold another fun *card making class* this month. This class will be held on Friday, May 3 at 10:00 a.m. *Tracey Peoples* will be back to help us make *Mother's Day, thank you* and *thinking of you cards*. There is no charge for this class and all materials will be supplied for you. **You will need to register in advance.** Please call the senior center at (919)693-1930 or stop by the front desk to sign up. This is always such a fun class – don't miss out!

The **North Granville Senior Center** will hold a fun wreath making class on Tuesday, May 7 beginning at 10:00 a.m. Phyllis Blackwell, Senior Center Manager, will teach participants how to make a *flag wreath*. This will be a beautiful addition to your front door or any wall in your home for the upcoming 4th of July holiday or just to show your patriotic spirit every day! **Space is limited to five participants** so register NOW to reserve your spot. The cost will be \$22 per person which includes all materials. You can register for this class by calling the senior center at (919)693-3383. Don't miss out!



LET'S CELEBRATE OUR MOMS!

Where would we be without our moms? All three of our senior centers will celebrate our mothers this month. We encourage all of our mothers to come and celebrate this special time with us.

The **Granville County Senior Center** in Oxford will hold their program on Friday, May 10 beginning at 10:00 a.m. *Lorene Allen* will provide a morning of pampering for moms. Come enjoy a special morning with refreshments and a relaxing pampering treatment for your hands. This will be a fun way to have a little “me” time.

The **North Granville Senior Center** in Stovall will hold their program on Wednesday, May 8 beginning at 12:00 p.m. We will recognize our oldest and youngest mothers present and celebrate all of our moms with special snacks after lunch.

The **South Granville Senior Center** in Creedmoor will honor their moms with a special *Mother's Day tea* on Friday, May 10th beginning at 2:00 p.m. We will have light refreshments as well as a variety of teas to sample. Come dressed in your Sunday best – *don't forget your hat!* Space is limited so register NOW by calling the senior center at (919)528-0848 to reserve your spot. *Happy Mother's Day* to all our mothers!

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 **March 2024**.

Home Delivered Meals

Oxford area: 539 meals delivered to 31 homebound seniors.

North Granville area: 232 meals delivered to 12 homebound seniors.

South Granville area: 430 meals delivered to 24 homebound seniors.

Total meals: 1,201 meals delivered to 67 homebound seniors.

Total amount paid by Senior Services: \$6,161.13

Total amount contributed to program by participants: \$573.00

Congregate Meals

Granville County Senior Center in Oxford: 613 meals served to 61 seniors.

North Granville Senior Center in Stovall: 397 meals served to 48 seniors.

South Granville Senior Center in Creedmoor: 584 meals served to 66 seniors.

Total meals: 1,594 meals served to 175 seniors.

Total amount paid by Senior Services: \$8,177.22

Total amount contributed to program by participants: \$831.00

In-Home Aide Services

563 hours provided for 19 clients.

Transportation

271 trips provided for 28 clients.



Kathy's Korner

..... By: Kathy May

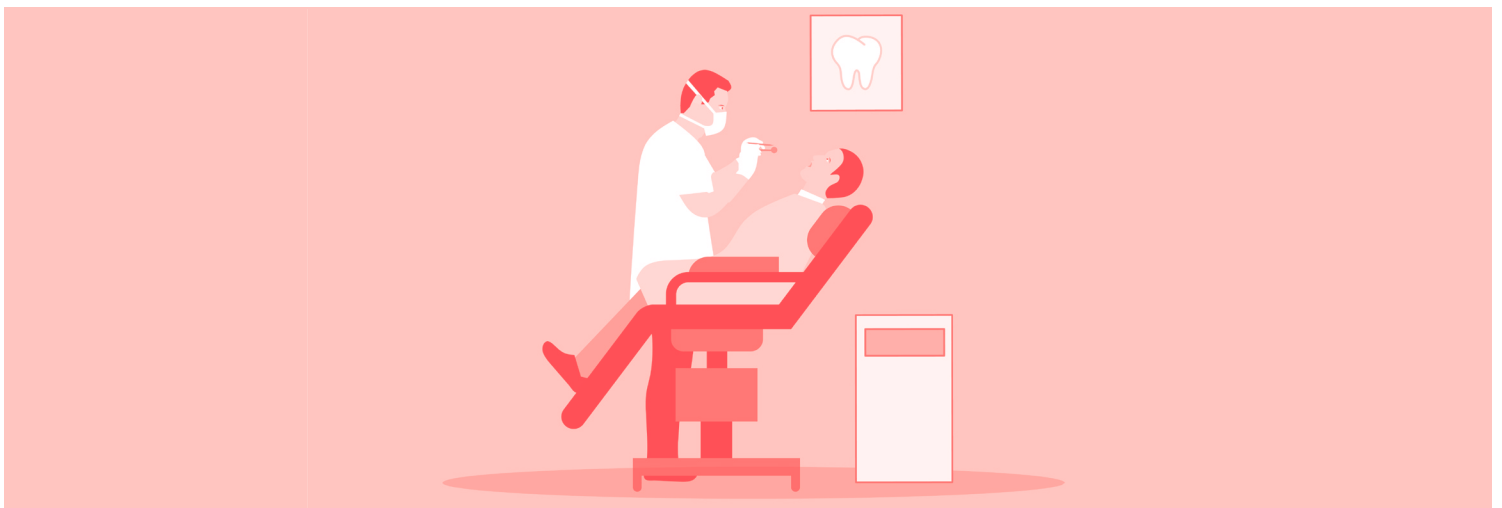
Do I Really Need Dental Insurance?

We have quite a few questions asked on a regular basis regarding dental insurance for seniors, so I want to share a few facts about it. If you don't have dental insurance, you are not alone. As a matter of fact, 76.5 million Americans lack dental coverage. There are a lot of reasons for that, but one reason is because "dental insurance isn't really insurance – It's more like a half-helpful discount plan with a maximum. And once you reach the maximum, you're on your own." (Emily Stewart: The Vox guide)

Dental coverage has mostly been unregulated. Even if you do have dental benefits, they are often less than beneficial. Insurers may cover 100 percent of a cleaning or a checkup, but once you get into other more complicated services, they cover less, so patients have to pick up some or much of the cost. Plans also have annual maximums, usually ranging from \$1,000 to \$2,000. "When you look at the dental insurance model, it doesn't protect the patient from financial risk. It's the opposite," said Maro Vujcic, chief economist and VP of the Health Policy Institute at the American Dental Association. "Once the benefit runs out, all of that financial burden is on the patient. So, it protects the insurance company, because they are limited on their exposure." On the plus side, insurers are often able to get patients better prices for services than patients would get on their own. It's just hard not to look at these dental plans and wonder why they can't be better.

My goal here is to help educate the many people who are no longer employed and are interested in possibly buying dental insurance. A dental plan can be worth it if you make sure that you will save enough money to offset the plan's premiums. The average monthly cost for a 70-year-old is around \$52 per month. *Forbes Advisor* recently published a list of best dental insurance for seniors for 2024. Their top 4 were **Ameritas**, **Guardian**, **Spirit**, and **Anthem**. I don't know anything about these companies. But I suggest that when comparing plans, look closely at the plan's network of participating providers. Check out the deductible, coverage maximum and what exactly the dental plan covers. Look for the highest annual coverage limits. Contact your dentist's office and ask if they are in-network and accept the plan.

All of this is just food for thought, and every person must make their own decision about whether dental insurance would be worth it. Just be sure to do your research.



Granville County Senior Center • 919.693.1930

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

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Coffee Club/ Rummikub/ Dominoes 1 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 2 9:00 Yoga 10:00 Bingo w/ a Badge (GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Coffee Club/ Rummikub/ Dominoes 3 9:00 Low Impact Aerobics 10:00 Card Class 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes 6 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 Coffee Club/ Rummikub/ Dominoes 7 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club	9:00 Coffee Club/ Rummikub/ Dominoes 8 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 10:30 Blood Pressure Clinic 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 9 9:00 Yoga 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Coffee Club/ Rummikub/ Dominoes 10 9:00 Low Impact Aerobics 10:00 Mother's Day Celebration 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes 13 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:30 Tech Time w/ Ashley 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 14 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 Coffee Club/ Rummikub/ Dominoes 15 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Ox Talks 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 16 9:00 Yoga 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Coffee Club/ Rummikub/ Dominoes 17 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub 1:00 Movie Matinee
9:00 Coffee Club/ Rummikub/ Dominoes 20 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 11:00 Advisory Board Meeting 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	8:30 Aging w/ Gusto 21 11:30 Water Aerobics (YMCA) 12.30 GC ACBL Bridge Club <i>*No Rummikub/ Dominoes, Open Art Studio, or Tai Chi today</i>	9:00 Coffee Club/ Rummikub/ Dominoes 22 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 10:45 Stroke - What to Know 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 23 9:00 Yoga 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Coffee Club/ Rummikub/ Dominoes 24 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
27 Center Closed for the Memorial Day Holiday	9:00 Coffee 28 Club/Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12.30 GC ACBL Bridge Club	9:00 Coffee Club/ Rummikub/ Dominoes 29 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 10:30 BP Clinic 11:00 Stretch & Wiggle 12:00 May Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 30 9:00 Yoga 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Coffee Club/ Rummikub/Dominoes 31 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Ashley Cummings - Slam the Scam 11:00 Stretch & Wiggle 1:00 Spades/Rummikub

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Game Time: 1 Rummikub/Dominoes/ Card Games 10:00 Bingo 11:15 Coffee w/ Kathy 12:00 May Birthday Celebration 12:30 Puzzle Time 12:30 Walk Off the Pounds	9:00 Game Time: 2 Rummikub/ Dominoes/Card Games 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen	9:00 Game Time: 3 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
9:00 Game Time: 6 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: 7 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Flag Wreath Class <i>*No Stretch & Strengthen today</i>	9:00 Game Time: 8 Rummikub/ Dominoes/Card Games 10:00 Bingo 12:00 Mother's Recognition 12:30 Puzzle Time <i>*No Walk Off the Pounds today</i>	9:00 Game Time: 9 Rummikub/ Dominoes/Card Games 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen	9:00 Game Time: 10 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
13 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Movie Matinee 12:30 Walk Off the Pounds	9:00 Game Time: 14 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Jennifer Brown - "Eat the Med Way" 12:30 Stretch & Strengthen	9:00 Game Time: 15 Rummikub/ Dominoes/Card Games 10:00 Bingo (sponsored by Tonya Rice) 11:30 Devotion: Rev. Curtis McRae 12:30 Puzzle Time 12:30 Walk Off the Pounds	9:00 Game Time: 16 Rummikub/ Dominoes/Card Games 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen	9:00 Game Time: 17 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
20 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	9:00 Game Time: 21 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 CapTel® of North Carolina 12:30 Stretch & Strengthen	9:00 Game Time: 22 Rummikub/ Dominoes/Card Games 10:00 Bingo 12:30 Puzzle Time 12:30 Walk Off the Pounds	9:00 Game Time: 23 Rummikub/ Dominoes/Card Games 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen	9:00 Game Time: 24 Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds
27 Center Closed for the Memorial Day Holiday	28 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 12:30 Stretch & Strengthen	29 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Bingo 12:30 Puzzle Time 12:30 Walk Off the Pounds	9:00 Game Time: 30 Rummikub/ Dominoes/Card Games 10:00 Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen	31 9:00 Game Time: Rummikub/ Dominoes/Card Games 10:00 Puzzle Time 10:00 Walk Off the Pounds

South Granville Senior Center • 919.528.0848

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

MAY 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 both at the Butner Sports Arena & by video at the South Granville Senior Center in Creedmoor.</p>		1	2	3
		<p>9:00 Rummikub/ Cards 9:30 Walking Video 9:30 Blood Pressure Clinic 10:00 Bingo 1:00 Tai Chi</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 11:00 Wii Bowling</p>	<p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Pictionary 11:00 Chair Exercise (video)</p>
<p>9:00 Rummikub/ Cards 6 9:00 Zumba Gold 9:30 Beginner Crochet Class 9:30 Brain Games 10:00 Wii Bowling 10:30 Plastic Canvas 1:00 Diabetes Prevention Program</p>	<p>9:00 Rummikub/ Cards 7 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-person)</p>	<p>9:00 Rummikub/ Cards 8 9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.) 9:30 Walking Video 9:30 Blood Pressure Clinic 12:00 May Birthday Celebration <i>*No Tai Chi today</i></p>	<p>9:00 Rummikub/ Cards 9 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 11:00 Wii Bowling</p>	<p>9:00 Rummikub/ Cards 10 9:30 Walking Video 10:00 Coloring Fun 11:00 Chair Exercise (video) 2:00 Mother's Day Tea</p>
<p>9:00 Rummikub/ Cards 13 9:00 Zumba Gold 9:30 Beginner Crochet Class 9:30 Brain Games 10:00 Wii Bowling 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell 2:00 Movie Matinee</p>	<p>9:00 Rummikub/ Cards 14 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p>	<p>9:00 Rummikub/ Cards 15 9:30 Walking Video 9:30 Blood Pressure Clinic 10:00 Bingo (sponsored by Creedmoor PD) 1:00 Tai Chi</p>	<p>9:00 Rummikub/ Cards 16 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 11:00 Wii Bowling</p>	<p>9:00 Rummikub/ Cards 17 9:30 Walking Video 10:00 Coloring Fun 10:00 Blindfold Taste Test 11:00 Chair Exercise (video)</p>
<p style="text-align: center;">20</p> <p>9:00 Rummikub/ Cards 9:00 Zumba Gold 9:30 Beginner Crochet Class 9:30 Brain Games 10:00 Wii Bowling 10:30 Plastic Canvas</p>	<p>9:00 Rummikub/ Cards 21 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p>	<p style="text-align: center;">22</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 9:30 Blood Pressure Clinic 10:00 Bingo 1:00 Tai Chi</p>	<p>9:00 Rummikub/ Cards 23 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 11:00 Wii Bowling</p>	<p style="text-align: center;">24</p> <p>9:00 Rummikub/ Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Paint Party 10:30 Pictionary 11:00 Chair Exercise (video)</p>
<p style="text-align: center;">27</p> <p style="text-align: center;">Center Closed for the Memorial Day Holiday</p>	<p>9:00 Rummikub/ Cards 28 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)</p>	<p>9:00 Rummikub/ Cards 29 9:30 Walking Video 9:30 Blood Pressure Clinic 10:00 Bingo 2:00 Book Club (in-person) <i>*No Tai Chi today</i></p>	<p>9:00 Rummikub/ Cards 30 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 11:00 Wii Bowling</p>	<p>9:00 Rummikub/ Cards 31 9:30 Walking Video 10:00 Coloring Fun 10:00 Pictionary 11:00 Chair Exercise (video)</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

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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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Bessie Bailey

Ginnie Currin

Carol Jo Harris

Dorothy Lyon

Richard Lyon

Harriett Morton

Hattie Jean Overton

Vickie Smoak

Jimmy Gooch (County

Commissioner)