

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



HAPPY ♥ DAYS ARE HERE AGAIN!

Our senior centers are open and we love seeing all the smiles and waves each day as you return to our programs and activities. Our dining rooms open this month and we can't wait to see even more of you – *happy days are definitely here again!*



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NIFTY 90'S

Mark your calendars for **Granville County Senior Center's** annual *Nifty 90's event!* This event, for those 90 and over in Granville County, is one of the highlights of our year and we can't wait to celebrate again with you! COVID tried to take this event away from us last year but we showed COVID that would not happen! Last year's program, a drive through event, was attended by nearly 50 ninety-plus year olds even though it had to be held outdoors. We hope to see even more of you this year.

This year's program will be held on Tuesday, September 21 beginning at 5:00 p.m. At this time we have not decided if this will be an indoor or drive through event. If you are interested in attending, please call the senior center at (919)693-1930 to register. *Don't miss out!*

WATERCOLOR ART CLASS SCHEDULED

The **Granville County Senior Center** in Oxford is excited to announce that we will offer a ***watercolor painting class*** this fall! *Carolyn DeBrand*, an artist from Henderson, will teach this class for us. Ms. DeBrand, a watercolor and acrylics artist, has a degree in Art from the University of Corpus Christi in Texas. She is passionate about art and is excited to bring us this series of classes.

Classes will be held on Tuesdays for four weeks beginning Tuesday, September 14 from 1:00 p.m. until 3:00 p.m. and will go through Tuesday, October 5. A supply list will be provided for participants prior to beginning the class. The charge for this class will be \$80 per person for the four-week series and will be due to the instructor at the first class. Please call the senior center at (919)693-1930 to register.

If you enjoy art and have ever wanted to try watercolors, this is the class for you! Don't miss out!

HOLIDAY BAZAAR SCHEDULED

The **Granville County Senior Center** in Oxford will hold their 11th annual *Holiday Bazaar* on Saturday, November 6 from 9:00 a.m. until 2:00 p.m. COVID cancelled this event in 2020 but we are looking forward to another great event this year! We always have a wide variety of vendors with all kinds of handmade items for sale. We are currently full for our vendor spots, but if you have handmade goods and would like to be put on a waiting list in case of a vendor cancellation, please call Diane Williams at (919)693-1930 or email her at diane.williams@granvillecounty.org. We'll have hotdogs with all the trimmings for sale that day too! Mark your calendars and make plans to attend!

PICKLEBALL

Pickleball has fast become one of the most favorite events of our local Senior Games. People young and old are enjoying this fun game! The new *Creedmoor Community Center* next door to the **South Granville Senior Center** in Creedmoor has drop-in pickleball each Wednesday for beginners from 9:00 a.m. until 10:00 a.m. and those at all levels from 10:00 a.m. until 12:00 noon. (Participants will need to join the Community Center for a membership.) If you enjoy playing and would like to join, please see Christopher Horrigan at the Community Center for more information.

The City of Oxford Parks and Recreation Department also offers Pickleball play time. Beginning Monday, August 9, Pickleball will be open Monday through Friday from 9:00 a.m. until 12:00 noon at the Hix gym in Oxford. You do not need to register in advance to play.

This is a great way to practice for Senior Games! More information regarding the 2022 Kerr-Tar Senior Games will be available in the months to come.

ATTENTION BRIDGE PLAYERS

Do you enjoy playing Bridge? Are you looking for a group to play with? Beginning Tuesday, August 3rd the **South Granville Senior Center** in Creedmoor will begin holding *Bridge* each Tuesday at 1:00 p.m. Experienced players are welcome to join. This will not be a teaching group; however, if you are interested in learning more about the game you are welcome to come and observe while the group plays. For more information or to register, please call Cheryl Carrier at (919)528-0848. *Join us!*



Kathy's Korner

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

Vitamin D is an extremely important vitamin that has powerful effects on several systems throughout your body. It functions like a hormone, which means every single cell in your body has a receptor for it. Perhaps the most vital part of vitamin D is regulating the absorption of calcium and phosphorus and facilitating normal function of the immune system. Therefore, getting a sufficient amount of vitamin D is important for your bones and teeth, as well as for improved resistance against certain diseases.

Did you know that having a Vitamin D deficiency is incredibly common, and most people are unaware when they are deficient? This is because the symptoms are subtle and nonspecific, meaning that it's hard to know if they are caused by low vitamin D levels or other factors. Symptoms of low Vitamin D levels can include fatigue and tiredness, bone and back pain, depression, bone loss or muscle pain. It is estimated that about 50% of adults in the United States have low blood levels of vitamin D.

Fortunately, a vitamin D deficiency is usually easy to fix. If you think you may have a deficiency, it's important that you speak with your doctor and get a simple blood test. You can also increase your sun exposure, as your body makes vitamin D when your skin is exposed to sunlight. It's also naturally found in certain foods such as 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, "calcium added," or "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. Taking vitamin D in appropriate doses is generally considered safe, but talk to your doctor first.

www.healthline.com; mayoclinic.org;

CRAFTS AT THE NORTH GRANVILLE SENIOR CENTER

Crafts are very popular at our **North Granville Senior Center** and participants there have certainly missed these classes. We are excited to hold our first in-person craft class this month! Join us to make a beautiful *sunflower wreath*! This wreath, using three small grapevine wreaths, will surely brighten your front door this summer and even into the fall months. **The class will be limited to six people** so register NOW if you want to attend! Please call Phyllis Blackwell at (919)693-3383 to sign up. The cost per person will be \$15.00 which includes all materials. *Don't miss out!*



Our *pretty punch* and *crochet* groups have also returned to the North Granville center. We also have a few people doing *Diamond Dotz*®. In this craft, designs are created with tiny "diamond" like facets placed on sticky fabric using a stylus. The "dotz" are very similar to rhinestones in their look. Kits are needed for this craft – if you are interested in a kit, please let Phyllis Blackwell, North Granville Senior Center Manager, know.

The *quilting class* has also resumed at the North Granville center. Quilting is taught for all levels, from beginner quilters to those with more experience. Classes are held each Thursday beginning at 1:00 p.m. Please call Phyllis Blackwell at (919)693-3383 for more information.

For those who don't need a class but would like to join a group of fellow quilters to work on your individual project and share ideas with one another, both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor have quilting groups that meet at their centers. The Granville County group is resuming this month each Wednesday at 10:00 a.m. and the South Granville group meets each Friday at 9:30 a.m. The South Granville center also has a crochet group that meets each Thursday at 10:30 a.m. to work on their individual projects and share ideas. *Join us!*

BINGO WITH A BADGE

Many thanks to the *Granville County Sheriff's Department* for partnering with the **Granville County Senior Center** in Oxford for *Bingo with a Badge!* The Sheriff's Department will be at the senior center each first and third Thursday to call Bingo for us. This gives our seniors the chance to interact with our law enforcement friends in a fun and laid back environment. We are so excited about this partnership and look forward to a lot of fun with our Sheriff's Department. *Join us!*



LUNCH & LEARN SCHEDULED

The **South Granville Senior Center** in Creedmoor will hold a *Lunch and Learn* on Tuesday, August 17 beginning at 11:00 a.m. Jennifer Brown, Area Extension Agent, Family and Consumer Sciences, with the Granville County Cooperative Extension office, will present **“No More Mealtime Madness.”** Do you need help planning your meals? Are you tired of trying to decide what's for dinner? Learn how to maintain a basic pantry, plan weekly menus, and involve your family in meal planning to create more buy-in at mealtime and less madness! Please pre-register by calling the center at (919)528-0848.

NC INTEREST GROUP NC INTEREST GROUP

We are very lucky to call North Carolina home. Our beautiful state is home to some of the best beaches and mountains in the United States. From Murphy to Manteo and everywhere in between, there are places of interest around every bend in the road. The **Granville County Senior Center** in Oxford has a group that meets to learn all they can about our great state! The *NC Interest Group* meets each second Tuesday of the month to talk about and “explore” areas of interest around our state. This group has even taken day trips to see and learn more about the fun places our state has to offer. If you would like to learn more about our great state, we invite you to join this fun group on Tuesday, August 10 at 9:30 a.m. Come learn more about why North Carolina is a great place to call home!

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 **June 2021**.

Home Delivered Meals

Oxford area: 800 meals delivered to 40 homebound seniors.
Northern Granville area: 89 meals delivered to 5 homebound seniors.
Southern Granville area: 498 meals delivered to 23 homebound seniors.
Total meals: 1,387 meals delivered to 68 homebound seniors.
Total contributed to program by participants: \$995.75
Total amount paid by Senior Services: \$6,505.03

Congregate Meals

Granville County Senior Center in Oxford: 1,049 meals to 72 seniors.
North Granville Senior Center in Stovall: 750 meals to 54 seniors.
South Granville Senior Center in Creedmoor: 1,258 meals to 93 seniors.
Total meals: 3,057 meals to 219 seniors.
Total contributed to program by participants: \$1,198.50

In-Home Aide Services

795 hours provided for 28 clients.
Amount contributed to program by participants: \$25.00

Lifeline Assistance

Monthly bills paid for 15 limited income seniors to have an emergency response system. Amount paid by Senior Services: \$375.00

Granville County Senior Center • 919.693.1930

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

AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Walking for Wellness 2 9:00 Rummikub & Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 12:00 National Ice Cream Sandwich Day Celebration 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 3 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	9:00 Rummikub & Dominoes 4 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 5 10:00 Bingo w/a Badge (sponsored by GC Sheriff's Dept.) 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Rummikub & Dominoes 6 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades
9:00 Walking for Wellness 9 9:00 Rummikub & Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 10 9:00 Open Art Studio 9:30 NC Interest Group Mtg. 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Writer's Group	9:00 Rummikub & Dominoes 11 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 12 10:00 Bingo (sponsored by GC Veteran's Support Group) 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Rummikub & Dominoes 13 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades
9:00 Walking for Wellness 16 9:00 Rummikub & Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 17 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	9:00 Rummikub & Dominoes 18 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 19 10:00 Bingo w/a Badge (sponsored by GC Sheriff's Dept.) 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Rummikub & Dominoes 20 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades
9:00 Walking for Wellness 23 9:00 Rummikub & Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 24 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:30 Writer's Group *NO GC ACBL Bridge Group today	9:00 Rummikub & Dominoes 25 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 26 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Rummikub & Dominoes 27 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades
9:00 Walking for Wellness 30 9:00 Rummikub & Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Rummikub & Dominoes 31 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	 <p>AUGUST</p>		

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Game Time: 2 Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: 3 Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: 4 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocise	9:00 Game Time: 5 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class	9:00 Game Time: 6 Rummikub/ Dominoes/Card Games (2000 & 13)
9:00 Game Time: 9 Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: 10 Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: 11 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocise 12:00 August Birthday Celebration	9:00 Game Time: 12 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class	9:00 Game Time: 13 Rummikub/ Dominoes/Card Games (2000 & 13)
9:00 Game Time: 16 Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: 17 Rummikub/ Dominoes/Card Games (2000 & 13) 1:00 Bible Study w/Rev. Jeanne Jones	9:00 Game Time: 18 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocise	9:00 Game Time: 19 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class	9:00 Game Time: 20 Rummikub/ Dominoes/Card Games (2000 & 13)
9:00 Game Time: 23 Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: 24 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Craft – Grapevine Wreath w/ Sunflowers	9:00 Game Time: 25 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocise	9:00 Game Time: 26 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch /Crochet/ Diamond Dotz® 1:00 Quilting Class	9:00 Game Time: 27 Rummikub/ Dominoes/Card Games (2000 & 13)
9:00 Game Time: 30 Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: 31 Rummikub/ Dominoes/Card Games (2000 & 13)	 <h2 style="font-size: 4em; margin: 0;">AUGUST</h2>		

South Granville Senior Center • 919.528.0848

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

AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Game Time 2 10:00 Painting w/ Alma Burke 11:00 National Coloring Book Day Contest 12:00 National Ice Cream Sandwich Day Celebration 2:00 Spades	9:00 Game Time 3 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Bible Study w/ Minister Ida Black (Virtual) 11:30 Water Aerobics – YMCA 12:00 National Watermelon Day 1:00 Bridge	9:00 Game Time 4 9:00 Pickleball – Beginners (CCC Gym) 10:00 Pickleball – All levels 10:00 Bingo 12:00 August Birthday Celebration *No Book Club today	9:00 Game Time 5 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Crochet Club 11:30 Water Aerobics (YMCA) 2:00 Spades	9:00 Game Time 6 9:30 Quilting Club
9:00 Game Time 9 10:00 Painting w/ Alma Burke 2:00 Spades	9:00 Game Time 10 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Bible Study w/ Minister Ida Black (Virtual) 11:30 Water Aerobics (YMCA) 1:00 Bridge	9:00 Game Time 11 9:00 Pickleball – Beginners (CCC Gym) 10:00 Pickleball – All levels 10:00 Bingo *No Book Club today	9:00 Game Time 12 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Crochet Club 11:30 Water Aerobics (YMCA) 2:00 Spades	9:00 Game Time 13 9:30 Quilting Club
9:00 Game Time 16 10:00 Painting w/ Alma Burke 2:00 Spades	9:00 Game Time 17 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Bible Study w/ Minister Ida Black (Virtual) 11:00 Lunch & Learn – “No More Mealtime Madness” 11:30 Water Aerobics (YMCA) 1:00 Bridge	9:00 Game Time 18 9:00 Pickleball – Beginners (CCC Gym) 10:00 Pickleball – All levels 10:00 Bingo *No Book Club today	9:00 Game Time 19 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Crochet Club 11:30 Water Aerobics (YMCA) 2:00 Spades	9:00 Game Time 20 9:30 Quilting Club
9:00 Game Time 23 10:00 Painting w/ Alma Burke 2:00 Spades	9:00 Game Time 24 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Bible Study w/ Minister Ida Black (Virtual) 11:30 Water Aerobics (YMCA) 1:00 Bridge	9:00 Game Time 25 9:00 Pickleball – Beginners (CCC Gym) 10:00 Pickleball – All levels 10:00 Bingo *No Book Club today	9:00 Game Time 26 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Crochet Club 11:30 Water Aerobics (YMCA) 2:00 Spades	9:00 Game Time 27 9:30 Quilting Club
9:00 Game Time 30 10:00 Painting w/ Alma Burke 2:00 Spades	9:00 Game Time 31 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Bible Study w/ Minister Ida Black (Virtual) 11:30 Water Aerobics (YMCA) 1:00 Bridge	*Each Tuesday and Thursday 9:00 Low Impact Aerobics is held at the Butner Sports Arena in Butner. The 10:05 Stretch & Wiggle is held both at the Butner Sports Arena & by video at the South Granville Senior Center in Creedmoor.		

Granville County Senior Services

107 Lanier Street • Oxford, NC 27565

PRESRT STD
U.S. POSTAGE
PAID
OXFORD, NC
PERMIT NO. 24

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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