

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



8 Special GIFTS

Some gifts cost nothing to give but can bring lots of happiness. These eight gifts can mean the world to someone.

****The gift of listening.....***

But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.

****The gift of affection.....***

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

****The gift of laughter.....***

Clip cartoons, share articles and funny stories. Your gift will say "I love to laugh with you."

****The gift of a written note.....***

It can be a simple "thanks for the help" note or a full letter. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

****The gift of a compliment.....***

A simple and sincere, "you look great in that color,," "you did a super job," or "that was a wonderful meal" can make someone's day.

****The gift of a favor.....***

Every day go out of your way to do something kind.

****The gift of solitude.....***

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

****The gift of a cheerful disposition.....***

The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say "hello" or "thank you."

Author Unknown



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AARP DRIVER SAFETY CLASS

Unfortunately, the *AARP Driver Safety Program* scheduled for October 14 at the **Granville County Senior Center** in Oxford has been cancelled. This was a decision made from the national AARP office. AARP hopes to resume in-person events in January 2022. **There is an online course that you can take.** This course can be found by going to www.aarpdriversafety.org. They are offering a 25% discount for this course. Participants can use the promo code DRIVINGSKILLS when they register to receive the discount.

We are so sorry to have to cancel this program once again. We hope to reschedule an in-person session in early 2022. Thank you for your understanding!

FLU SHOT CLINICS TO BE HELD

Granville County Senior Services will once again offer free flu shot clinics for seniors at our senior centers in October. The Granville County Health Department will be sponsoring these clinics. The schedule will be as follows:

***Granville County Senior Center**
in Oxford:
Wednesday, October 13
9:00 a.m. until 11:00 a.m.

***North Granville Senior Center** in Stovall:
Tuesday, October 12
8:30 a.m. until 10:30 a.m.

***South Granville Senior Center**
in Creedmoor:
Friday, October 15
9:00 a.m. until 11:00 a.m.

The Health Department will accept Medicare, Medicaid, BCBS, United Healthcare, Humana, Blue Medicare and Coventry. **Masks are required and temperatures will be taken.**

More than ever, it is important for people of all ages to be protected. The CDC and the NC Division of Public Health recommend everyone over six months of age get a yearly flu vaccine. Children younger than six months are too young to be vaccinated, so those who care for them should be vaccinated instead. Although the best way to avoid getting Influenza is to receive the flu vaccine, frequent hand washing and covering the mouth when coughing are also ways to reduce the spread of flu. Everyone needs to take the necessary steps to stay healthy during flu season – *get the shot!*

POWERFUL TOOLS FOR CAREGIVERS

The **Granville County Senior Center** in Oxford will host the *Powerful Tools for Caregivers* series beginning in November. This six-week series gives caregivers the skills they need to take care of themselves while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Participants will learn how to *manage emotions, reduce stress and cope with caregiving issues and demands.* Sessions will begin Tuesday, November 2 and will be held each Tuesday through December 7. This free series will be offered both in-person and virtually. In-person sessions will be held from 10:00 a.m. – 11:30 a.m. and the virtual option will be held from 1:00 p.m. until 2:30 p.m. on these days. Sessions will be led by Austin Caton, Family Caregiver Specialist and Susan Tucker, Aging Assistant with the Kerr-Tar Area Agency on Aging.

If you or someone you know is caring for a friend or loved one, you do not want to miss this workshop. Join us to learn ways to care for yourself so that you can be the best caregiver you can be for those who need you the most. To register, please call the senior center at (919)693-1930.

DRIVE THROUGH VETERAN'S RECOGNITION EVENT PLANNED

Granville County Senior Services will once again hold a *drive through veteran's recognition event* at the **Granville County Senior Center** in Oxford. This will be held on Wednesday, November 10 from 2:00 p.m. until 3:00 p.m. Co-sponsored by *Amedisys Home Health and Hospice*, we'll have goody bags and a pinning "ceremony" for each veteran – you'll never have to leave your car! All branches are welcome. If you would like to attend, please call the Granville County Senior Center in Oxford at (919)693-1930. *We look forward to seeing you!*

NORTH GRANVILLE CENTER TO HOLD FREE RABIES CLINIC

Granville County Animal Control will be at the **North Granville Senior Center** in Stovall this month to administer *free rabies vaccines* for cats and dogs. NC rabies law requires all owned dogs and cats to be vaccinated against rabies by four months of age, and then to remain current. These will be **one year** vaccines.

This rabies clinic will be held on Thursday, October 14 from 1:00 p.m. until 3:00 p.m. Everyone is welcome. **Dogs must be on a leash and cats must be in a carrier.** Please call Phyllis Blackwell at (919)693-3383 for more information.



Kathy's Korner

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

Get Ready for Open Enrollment: October 15th Through December 7th

Your health needs change from year to year and the benefits and costs of your health plan may change each year too. That is why it is important to evaluate your Medicare choices every year. The Annual Election Period is the one time of year when all people with Medicare can review and/or change their Medicare Advantage (Part C) or Medicare prescription drug (Part D) plans for 2022. Open enrollment begins **October 15** and ends **December 7**.

If you would like assistance from one of our award winning SHIIP counselors during this open enrollment time, please call the **Granville County Senior Center** in Oxford at (919)693-1930 to make an appointment. Your appointment can be in person or we can schedule a telephone appointment. IF you choose to come in person, you will be asked to wear a mask.

WHEN YOU COME OR CALL IN FOR YOUR APPOINTMENT, please have your Medicare card and **all of the prescription drugs** that you take on a regular basis with you. We don't need to know about your vitamins or other over-the-counter drugs.

Reminder about extra help paying for prescriptions: Extra help is available for Medicare beneficiaries with limited income and resources. If you qualify, you can take advantage of a program where your premiums are lower (or free), you have lower co-pays, and lower annual deductibles. Currently, the qualifications to receive extra help with your drug plan are:

*For an **individual**: A monthly income below \$1,610 and *resources no greater than \$14,790.

*For a **married couple** living together: A monthly income limit of \$2,178 and *resources no greater than \$29,500.

*Examples of resources that are NOT counted include: your primary residence, your personal possessions, your vehicle(s), life insurance policies, burial expenses and property essential to your self-support. If you have any questions regarding whether you qualify for extra help, contact us at (919)693-1930.



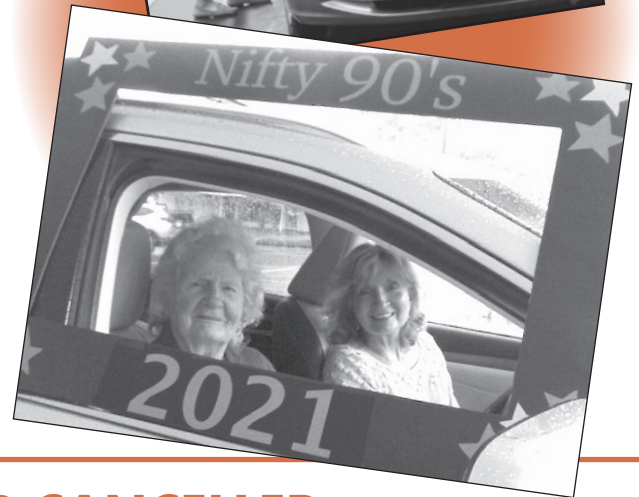
VOLUNTEERS RECOGNIZED

Home delivered meal volunteers from the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor were recognized by the Granville County Board of Commissioners during their August meeting. These were volunteers who had stepped in during the COVID-19 pandemic to help us deliver meals to approximately 100 homebound seniors across Granville County. Not only did these volunteers deliver a meal; they brought smiles, conversation and a friendly visit to many who were not seeing family members or friends during COVID, all while diligently following COVID safety protocols. We owe so much to these extraordinary individuals and we greatly appreciate our commissioners recognizing their dedication to our services.

NIFTY 90'S – DRIVE THROUGH CELEBRATION

On September 21, the **Granville County Senior Center** in Oxford held their annual *Nifty 90's celebration*. Once again this was held as a drive through event due to the COVID numbers in Granville County. It was a rainy night but that did not stop 43 ninety plus year olds and their guests from coming out! Participants drove through different “stations” to receive goody bags and other items. We even had a photo “booth” where our special guests had their pictures taken from their car! Participants enjoyed live music from *Jonathan Abbott* of Oxford.

Many thanks to Sheriff Charles Noblin and Jessica Laws of the Granville County Sheriff's office and Granville County Commissioners Russ May and Zelodis Jay for helping during our celebration. Thanks also to CapTel, the South Granville Rotary Club, the Granville County Extension Volunteer Association and the Kerr-Tar Area Agency on Aging for their donations for our goody bags. It was a great event – even if we had to celebrate our guests from their cars!



HOLIDAY BAZAAR CANCELLED

Due to the current COVID numbers across Granville County we have unfortunately once again decided to cancel our upcoming Holiday Bazaar. We were so hoping to be able to hold this event, but as we can only do this inside the Granville County Senior Center, we do not feel that we can adequately provide a safe event for our vendors and attendees. Thank you to everyone who had signed up to be a part of this year's bazaar. We sincerely apologize to all our vendors and hope you will plan to join us next year!"

COFFEE WITH KATHY

Coffee with Kathy is back! During COVID, we had to stop these monthly programs but beginning this month our Senior Services Director, Kathy May, will return to the **South Granville Senior Center** in Creedmoor to talk with interested persons about our services or answer any questions you may have.

This program rotates between our three senior centers. This is a great way to get information about our programs or any aging issue. This month, **Carolyn Keith**, *Medicare Specialist* for Granville County Senior Services, will be with Kathy to talk about the upcoming open enrollment period for Medicare Part D.

This will be held at the South Granville center on Wednesday, October 13 beginning at 11:15 a.m. Kathy will be at the **North Granville Senior Center** on Wednesday, November 3 beginning at 11:15 a.m. Mark your calendars and make plans to attend.

WATERCOLOR ART CLASS SCHEDULED

The **Granville County Senior Center** in Oxford is excited to announce that we will offer a **watercolor painting class** beginning in November. **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, November 2** and will go through **Tuesday, November 23** from 1:00 p.m. until 3:00 p.m. 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!

SENIOR TARHEEL LEGISLATURE UPDATE

The North Carolina Senior Tar Heel Legislature was created by the North Carolina General Assembly in July 1993. The purpose of the Senior Tar Heel Legislature is to *provide information to senior citizens on the legislative process and matters being considered by the NC General Assembly; promote citizen involvement and advocacy concerning aging issues before the NC General Assembly; assess the legislative needs of older citizens by convening a forum modeled after the NC General Assembly and advise and inform the NC General Assembly regarding issues impacting the lives of persons aged 60 and over in North Carolina.*

Delegates come from all 100 counties in North Carolina. Granville County's delegate **Annette Myers** will be at the **Granville County Senior Center** in Oxford on Thursday, October 14 at 11:00 a.m. to update us on what the Senior Tar Heel Legislature is working on and what is before the General Assembly that could impact older adults. If you can't join us in-person that day, this presentation will also be live streamed on Facebook live from our Granville County Senior Services Facebook page. Join us to learn how your Senior Tarheel delegates are working for you!

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 **August 2021**.

Home Delivered Meals

Oxford area: 675 meals delivered to 35 homebound seniors.

Northern Granville area: 108 meals served to 5 homebound seniors.

Southern Granville area: 500 meals served to 26 homebound seniors.

Total meals: 1,283 meals delivered to 66 homebound seniors.

Total contributed to program by participants: \$1,130.95

Total amount paid by Senior Services: \$6,196.89

Congregate Meals

Granville County Senior Center in Oxford: 1,056 served to 76 seniors.

North Granville Senior Center in Stovall: 628 meals served to 47 seniors.

South Granville Senior Center in Creedmoor: 1,448 meals served to 119 seniors.

Total meals: 3,132 meals to 242 seniors.

Total contributed to program by participants: \$1,810.53

Total paid by Senior Services: \$15,127.56

In-Home Aide Services

699 hours provided for 27 clients.

Amount contributed to program by participants: \$525.00

Transportation

296 trips provided for 25 seniors.

Amount contributed to program by participants: \$161.00

Amount paid by Senior Services: \$7,097.82





FALL FUN AT THE NORTH GRANVILLE SENIOR CENTER

The **North Granville Senior Center** in Stovall is planning fun fall and Halloween programs this month. Don't be *spooked* – sign up today!

Do you need new fall décor to decorate your front porch or a bare corner in your home? Then our crafty senior center Manager, Phyllis Blackwell, has just the project for you! Join us to make a **harvest rake decoration!** Rakes are not just for cleaning up those falling leaves – you'll use this everyday piece of yard equipment to make a cute fall decoration for your home! Who knew using a rake could be so fun! This class will be held on **Tuesday, October 19** at 10:00 a.m. and space is limited to six people so sign up early! The cost will be \$25.00 per person, which includes all supplies. Call the senior center at (919)693-3383 to register.

On Tuesday, October 26 the North Granville center will hold their annual **Halloween party!** There will be Halloween games, costume judging, tricks, treats and more! Join us for all the *spooktacular* fun!

CREATIVE LIFELONG LEARNING PLANS A BUSY FALL

The **Creative Lifelong Learning** classes through Granville County Senior Services are ramping up for a very busy fall schedule. Classes are going on now and more are being added to the schedule. **If you are a current member of CLL, it is time to renew your membership.** Membership fees are \$10.00 per year for Granville County residents 50 and over and \$12.00 for those under 50 and outside of Granville County. Check out the list below of some of our upcoming classes – there is something for everyone! Unless noted all classes will be held at the **Granville County Senior Center** in Oxford.

***The History of Granville County** – Taught by Mark Pace, we invite you to explore and learn the history of one of North Carolina's oldest counties. What better time to learn of its history than in Granville County's 275th year anniversary!

~Thursdays, October 7 – 28 (4 sessions) 10:00 a.m. – 11:30 a.m.

***Moundbuilders & the Beginning of Archaeology in the US** – 18th and 19th century settlers in the Ohio Valley were struck by the presence of earthen mounds standing tall as 70 feet and earthen circles, squares and octagons covering areas up to four square miles. Professor Jack Bernhardt will share his experiences in Moundbuilder Archaeology.

~Wednesday, October 13 1:00 p.m. – 3:00 p.m.

***The French Revolution & Napoleonic Wars** – Students will learn the causes and impacts of the French Revolution and Napoleonic Wars.

~Fridays, November 5 – December 17 (6 classes) 10:30 a.m. – 12:00 noon

***Barn Quilt Painting** - Come create your very own barn quilt.

~Friday, November 12 9:00 a.m. – 2:00 p.m.

***Deep Roots & Sturdy Branches of Country Music, Then & Now** – We'll travel from the British Isles and Africa to hear how the fiddle of European origin blended with the banjo brought by African slaves, along with songs of faith catalyzed by the spiritual revivals of the 18th and 19th centuries, and are still heard in Southern music today.

~Wednesday, November 17 1:00 p.m. – 3:00 p.m.

This is just a sample of our upcoming classes. **You must be a member of CLL to join these classes.** For more information about classes please contact Marilyn Howard at (919)693-1930 or Marilyn.howard@granvillecounty.org. You can register by calling the **Granville County Senior Center** in Oxford or on our website www.granvillecounty.org, click on the Community tab to find Senior Services. There is a link there to register for classes.

Granville County Senior Center • 919.693.1930

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


OCTOBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
|  | | | | 9:00 Rummikub & Dominoes 1 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades |
| 8:30 Walking for Wellness 4 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 5 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club | 9:00 Rummikub & Dominoes 6 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 11:00 Fire Drill 1:30 Spades 2:00 Rock Steady Boxing® | 9:00 Rummikub & Dominoes 7 10:00 Bingo w/a Badge (sponsored by GC Sheriff's Dept.) 11:30 Water Aerobics (YMCA) 1:30 Spades | 9:00 Rummikub & Dominoes 8 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades |
| 8:30 Walking for Wellness 11 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 12 9:00 Open Art Studio 9:30 NC Interest Group 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices | 9:00 Rummikub & Dominoes 13 9:00 Low Impact Aerobics 9:00 Flu Shot Clinic 10:00 Quilting 10:15 Stretch & Wiggle Exercise Class 1:30 Spades 2:00 Rock Steady Boxing® | 9:00 Rummikub & Dominoes 14 10:00 Bingo (sponsored by GC Veteran's Support Group) 11:00 Speaker – Annette Myers "Senior Tarheel Legislature" 11:30 Water Aerobics (YMCA) 1:30 Spades | 9:00 Rummikub & Dominoes 15 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades |
| 8:30 Walking for Wellness 18 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 19 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club | 9:00 Rummikub & Dominoes 20 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 21 10:00 Bingo w/a Badge (sponsored by GC Sheriff's Dept.) 11:30 Water Aerobics (YMCA) 1:30 Spades | 9:00 Rummikub & Dominoes 22 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades |
| 8:30 Walking for Wellness 25 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 26 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices | 9:00 Rummikub & Dominoes 27 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 28 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:30 Spades | 9:00 Rummikub & Dominoes 29 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle Exercise Class 1:30 Spades |

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

OCTOBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
|  | | | | 9:00 Game Time: 1 Rummikub/ Dominoes/Card Games (2000 & 13) |
| 9:00 Game Time: 4 Rummikub/ Dominoes/Card Games (2000 & 13) | 9:00 Game Time: 5 Rummikub/ Dominoes/Card Games (2000 & 13) | 9:00 Game Time: 6 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingocize 12:00 October Birthday Celebration | 9:00 Game Time: 7 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch/Crochet/ Diamond Dotz® 1:00 Quilting Class | 9:00 Game Time: 8 Rummikub/ Dominoes/Card Games (2000 & 13) |
| 9:00 Game Time: 11 Rummikub/ Dominoes/Card Games (2000 & 13) | 8:30 Flu Shot 12 Clinic 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) | 9:00 Game Time: 13 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingocize | 9:00 Game Time: 14 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch/Crochet/ Diamond Dotz® 1:00 Quilting Class 1:00 GC Animal Shelter Rabies Clinic | 9:00 Game Time: 15 Rummikub/ Dominoes/Card Games (2000 & 13) |
| 9:00 Game Time: 18 Rummikub/ Dominoes/Card Games (2000 & 13) | 9:00 Game Time: 19 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Craft Class – Harvest Rake | 9:00 Game Time: 20 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingocize | 9:00 Game Time: 21 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch/Crochet/ Diamond Dotz® 1:00 Quilting Class | 9:00 Game Time: 22 Rummikub/ Dominoes/Card Games (2000 & 13) |
| 9:00 Game Time: 25 Rummikub/ Dominoes/Card Games (2000 & 13) | 10:00 Halloween 26 Party – Games & Costume Judging | 9:00 Game Time: 27 Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Bingocize | 9:00 Game Time: 28 Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch/Crochet/ Diamond Dotz® 1:00 Quilting Class | 9:00 Game Time: 29 Rummikub/ Dominoes/Card Games (2000 & 13) |

South Granville Senior Center • 919.528.0848

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

OCTOBER 2021

| 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> | | | | <p>9:00 Game Time: 1 (Rummikub/Dominos Scrabble) 9:30 Quilting Club</p> |
| <p>9:00 Game Time: 4 (Rummikub/Dominos Scrabble) 10:00 Painting w/ Alma Burke 10:00 Coffee & Coloring</p> | <p>9:00 Game Time: 5 (Rummikub/Dominos Scrabble) 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 11:00 Bible Study w/Minister Ida Black (Virtual) 1:00 Bridge</p> | <p>9:00 Game Time: 6 (Rummikub/Dominos Scrabble) 10:00 Bingo 3:00 Book Club (Virtual)</p> | <p>9:00 Game Time: 7 (Rummikub/Dominos Scrabble) 10:05 Stretch & Wiggle (only by video at senior center) 10:30 Crochet Club * No Low Impact Aerobics today</p> | <p>9:00 Game Time: 8 (Rummikub/Dominos Scrabble) 9:30 Quilting Club</p> |
| <p>9:00 Game Time: 11 (Rummikub/Dominos Scrabble) 10:00 Painting w/ Alma Burke 10:00 Coffee & Coloring 11:00 Devotion w/ Minister Diane Burrell</p> | <p>9:00 Game Time: 12 (Rummikub/Dominos Scrabble) 10:05 Stretch & Wiggle (only by video at senior center) 11:00 Bible Study w/Minister Ida Black (Virtual) 1:00 Bridge * No Low Impact Aerobics today</p> | <p>9:00 Game Time: 13 (Rummikub/Dominos Scrabble) 11:15 Coffee w/Kathy 10:00 Bingo 12:00 October Birthday Celebration 3:00 Book Club (Virtual)</p> | <p>9:00 Game Time: 14 (Rummikub/Dominos Scrabble) 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle (only at Sports Arena) 10:30 Crochet Club</p> | <p>9:00 Game Time: 15 (Rummikub/Dominos Scrabble) 9:00 Flu Shot Clinic 9:30 Quilting Club 10:00 Show & Pop</p> |
| <p>9:00 Game Time: 18 (Rummikub/Dominos Scrabble) 10:00 Painting w/ Alma Burke 10:00 Coffee & Coloring</p> | <p>9:00 Game Time: 19 (Rummikub/Dominos Scrabble) 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 11:00 Bible Study w/Minister Ida Black (Virtual) 1:00 Bridge</p> | <p>9:00 Game Time: 20 (Rummikub/Dominos Scrabble) 10:00 Bingo 3:00 Book Club (Virtual)</p> | <p>9:00 Game Time: 21 (Rummikub/Dominos Scrabble) 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 10:30 Crochet Club</p> | <p>9:00 Game Time: 22 (Rummikub/Dominos Scrabble) 9:30 Quilting Club</p> |
| <p>9:00 Game Time: 25 (Rummikub/Dominos Scrabble) 10:00 Painting w/ Alma Burke 10:00 Coffee & Coloring 11:00 Devotion w/ Minister Diane Burrell</p> | <p>9:00 Game Time: 26 (Rummikub/Dominos Scrabble) 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle 11:00 Bible Study w/Minister Ida Black (Virtual) 1:00 Bridge</p> | <p>9:00 Game Time: 27 (Rummikub/Dominos Scrabble) 10:00 Bingo 3:00 Book Club (Virtual)</p> | <p>9:00 Game Time: 28 (Rummikub/Dominos Scrabble) 9:00 Low Impact Aerobics 10:05 Stretch & Wiggle</p> | <p>9:00 Game Time: 29 (Rummikub/Dominos Scrabble) 9:30 Quilting Club</p> |

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

Funded in part by Granville County United Way

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