

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

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



## We Give Thanks



With the Thanksgiving holiday celebrated this month, November is typically a time when most of us stop and give thanks for the things in our lives that we treasure. Our families, our friends, our homes, our pets, good health – whatever we have in our lives that make us happy. Here at Granville County Senior Services we are thankful for many things – first and foremost.....each one of **YOU** that have become a part of our senior center family.

*\*We thank you for the time you spend with us at each of our senior centers – learning, laughing and sharing.*

*\*We thank you for the trust you have in us to care for your homebound family members – through our home delivered meal and in-home aide programs.*

*\*We thank you for the time you take away from your busy lives to volunteer to help with our many programs and services.*

*\*We thank you for the joy, the smiles, the laughs, and the knowledge each of you continuously share with us.*

We hope you can enjoy time with family this month. If you feel safe to do so, take time to visit with neighbors and friends, especially because we have all been apart for so long. And most of all, remember we are open and we want you to continue to visit with us at any of our three senior centers. Remember *life is great when you participate!* **Thank you** for making our jobs fun and so rewarding. **Happy Thanksgiving to each of YOU!**

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## 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 Meyers**, will be at the **North Granville Senior Center** in Stovall on Wednesday, November 10 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. Join us to learn how your Senior Tar Heel delegates are working for you!

## POWERFUL TOOLS FOR CAREGIVERS

The **Granville County Senior Center** in Oxford will host the ***Powerful Tools for Caregivers*** series beginning this month. 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 virtually 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.

## WATERCOLOR ART CLASS SCHEDULED

The **Granville County Senior Center** in Oxford is excited to offer a ***watercolor painting class*** beginning this month. *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. 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! We only have a few spaces left – *don't miss out!*

## 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. For more information, please call the Granville County Senior Center at (919)693-1930. *We look forward to seeing you!*



## HOLIDAY CRAFT CLASSES PLANNED

Both the **North Granville Senior Center** in Stovall and the **South Granville Senior Center** in Creedmoor will hold fun holiday themed craft classes this month. *Check these out!*

Phyllis Blackwell, Senior Center Manager at the North Granville center, will be showing participants how to make a festive Christmas decoration you can use on your door or any wall in your home. This ribbon wrapped “frame” will add just the right Christmas touch to any spot during the holidays. The charge for this class will be \$22.00 per person which includes all supplies. This class will be held on **Tuesday, November 16** at 10:00 a.m. and space will be limited to six people – so sign up early!

Teresa Walker will be at the South Granville center on **Friday, November 12** to show participants how to make a cute *fabric pumpkin* to use to decorate your table or anywhere in your home for the upcoming Thanksgiving holiday. This class will begin at 10:00 a.m. There will be a \$2.00 per person charge for this class and all supplies are included. You **must preregister** by calling the senior center at (919)5258-0848.

Join us as we get ready for the holidays!



Join us at the **North Granville Senior Center** to make this festive Christmas decoration.



Join us to make this cute fabric pumpkin at the **South Granville Senior Center** this month.



## COFFEE WITH KATHY

Kathy May, Senior Services Director, visits one of our three senior centers each month to talk with interested persons about our services or answer any questions you may have.

This program is 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, November 3 beginning at 11:15 a.m. Mark your calendars and make plans to attend!

## MILITARY SERVICE MEMBER PANEL DISCUSSION

Join Granville County Veterans from all branches of service on Friday, November 19 as they discuss parts of their experience and service to our country. This will be held at the **Granville County Senior Center** in Oxford from 1:00 p.m. – 3:00 p.m. Men and women from several branches and eras will be represented and will share their own unique perspective on service and the return to civilian life.

Learn about resources available to veterans and family members, along with discussion on how the community can assist and support returning service members. A question and answer period will follow.

For more information, please contact Marilyn Howard at (919)693-1930 or email at Marilyn.howard@granvillecounty.org.

## LOW INCOME ENERGY ASSISTANCE PROGRAM

A representative with the Granville County Department of Social Services will be at all three of our senior centers in December to take applications for the **Low Income Energy Assistance Program**. If you would like to learn more about this program, please join us for an informational program at any of our senior centers on the following dates this month – **Granville County Senior Center** in Oxford on Thursday, November 4 at 11:15 a.m.; the **North Granville Senior Center** in Stovall on Tuesday, November 23 at 10:00 a.m. and the **South Granville Senior Center** in Creedmoor on Monday, November 22 at 10:30 a.m. During these programs interested persons will learn more about how the program works, how individuals can qualify and how to apply.

A Granville County DSS representative will return to all three centers in December to take applications. They will be at the Granville County center on Thursday, December 2 from 9:00 a.m. until 12:00 noon; the North Granville center on Wednesday, December 1 from 9:30 a.m. until 11:30 a.m. and the South Granville center on Friday, December 3 from 9:30 a.m. until 12:00 noon.

If you think you may qualify, join us for one of these information sessions in November or come by your local senior center on the designated day to apply in December. Applications will be taken on a first come first served basis- there will be no appointments.

## SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the **Veterans Day** holiday on Thursday, November 11. Our senior centers will reopen on Friday, November 12 at 8:30 a.m.

We will also close for the **Thanksgiving holiday** on Thursday, November 25 and Friday, November 26. Our centers will reopen on Monday, November 29 at 8:30 a.m.

There will be no congregate or home delivered meals served on the days our centers are closed. *We wish you a wonderful holiday!*

## BRIDGE PLAYERS WANTED!

The **South Granville Senior Center** in Creedmoor is looking for Bridge players! Bridge is played at the senior center each Tuesday at 1:00 p.m. and we welcome players to join us! We are also looking for an instructor to teach a beginning Bridge class for us. If you play and would like to join a fun group or if you would be interested in teaching a class, please call Cheryl Carrier, South Granville Senior Center Coordinator, at (919)528-0848.



Hello NOVEMBER!

## 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 **September 2021**.

### Home Delivered Meals

Oxford area: 550 meals delivered to 32 homebound seniors.

Northern Granville area: 101 meals delivered to 5 homebound seniors.

Southern Granville area: 459 meals delivered to 26 homebound seniors.

Total meals: 1,110 meals delivered to 63 homebound seniors.

Total contributed to program by participants: \$832.00

### Congregate Meals

Granville County Senior Center in Oxford: 932 meals served to 65 seniors.

North Granville Senior Center in Stovall: 688 meals served to 50 seniors.

South Granville Senior Center in Creedmoor: 1,246 meals served to 105 seniors.

Total meals: 2,866 meals served to 220 seniors.

Total contributed to program by participants: \$1,772.36

### In-Home Aide Services

639 hours provided for 24 clients.

Amount contributed to program by participants: \$325.00

### Transportation

311 trips provided for 32 seniors.

Amount contributed to program by participants: \$158.00

## UPCOMING HOLIDAY FUN & GAMES

Both the **North Granville Senior Center** in Stovall and the **South Granville Senior Center** in Creedmoor have fun events planned for the upcoming holidays. Join us for fun games as we celebrate Thanksgiving and get ready for the Christmas holiday!

Participants at the North Granville center will go on a *turkey hunt* on Tuesday, November 23. Somewhere in the center a turkey is hiding out, hoping not to become Thanksgiving dinner! Be the first to find him and win a special prize. The fun will begin at 11:00 a.m. We'll also have a few games set up – *join us!*

The South Granville center will hold their popular *Holiday Family Feud – Senior Center edition* on Friday, November 19 beginning at 10:00 a.m. Please register in advance to play – teams will be formed by the senior center. This is always a fun game – *don't miss out!*

The South Granville center is also looking for volunteers to help decorate our newly remolded center for the Christmas holiday. Join us on Monday, November 22 at 2:00 p.m. for eggnog, refreshments and decorating! *Help us get our center ready for the holidays!*



# Kathy's Korner

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

## FOR YOUR HEALTH.....DID YOU KNOW?

**Eating roughly 10 servings of fruits and veggies per day could greatly cut your risk of heart disease, stroke, cancer and early death!** But researchers tell us that even a small amount is far better than none. Having 2.5 daily servings (a small piece of fruit or 3 rounded tablespoons of cooked veggies is one serving) could reduce heart disease risk by 16% and stroke risk by 18%.

Strive for variety: researchers found that apples, pears, citrus, leafy greens, broccoli and cauliflower were linked to less heart disease, while green and yellow produce help lower cancer risk. (Source: *International Journal of Epidemiology*, Feb. 23, 2017; shared by *Consumer Reports*, June 2017)

**You could be dehydrated without realizing it!** This could be especially dangerous for older adults. A lack of sufficient fluid in the body can temporarily cause confusion and put you at risk for falls. What causes dehydration in older adults? (1) Your sense of thirst tends to diminish with time. (2) Medication that causes the kidneys to produce more urine, such as diuretics, (which some people call “fluid pills”) are often prescribed for high blood pressure. These drugs cause you to urinate more, which can increase water loss. (3) Many older adults don’t drink water because they wish to avoid frequent toilet visits. What can you do? **MAKE SURE YOU GET ENOUGH FLUID EVERY DAY** by doing the following: (1) **Drink small amounts throughout the day, even if you don’t feel thirsty.** To make up for that reduced sense of thirst, sip on liquids throughout the day. Carrying a water bottle with you at all times can help remind you to drink. (2) **Include other beverages and foods.** All beverages (other than alcoholic drinks) will hydrate you, and that includes caffeinated drinks. Coffee and tea are mild diuretics, so they can cause you to urinate more. But they will add more to your liquid stores than you will lose, says Janet Mentes, PhD., a professor at the UCLA School of Nursing. Soup, fruits and vegetables are also good sources of liquid.


*\*Source: Consumer Reports “On Health,” June, 2017*



# Granville County Senior Center • 919.693.1930

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


## NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:30 Walking for Wellness <b>1</b> 9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/Dominoes <b>2</b> 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club <b>1:00 Watercolor Painting Class</b> <b>1:00 Powerful Tools for Caregivers (Virtual)</b>	9:00 Game Time: Rummikub/Dominoes <b>3</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/Dominoes <b>4</b> <b>10:00 Bingo w/ a Badge (sponsored by GC Sheriff's Dept.)</b> <b>11:15 Speaker: GC DSS - "Low Income Energy Assist. Program"</b> 11:30 Water Aerobics 1:30 Spades	9:00 Game Time: Rummikub/Dominoes <b>5</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades	
8:30 Walking for Wellness <b>8</b> 9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/Dominoes <b>9</b> 9:00 Open Art Studio <b>9:30 NC Interest Group</b> 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club <b>1:00 Watercolor Painting Class</b> <b>1:00 Powerful Tools for Caregivers (Virtual)</b> <b>1:30 Creative Voices</b>	9:00 Game Time: Rummikub/Dominoes <b>10</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades 2:00 Rock Steady Boxing® <b>2:00 Veteran's Recognition Drive Thru</b>	<b>11</b> <b>Closed for the Veterans Day Holiday</b>		9:00 Game Time: Rummikub/Dominoes <b>12</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades
8:30 Walking for Wellness <b>15</b> 9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/Dominoes <b>16</b> 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club <b>1:00 Watercolor Painting Class</b> <b>1:00 Powerful Tools for Caregivers (Virtual)</b>	9:00 Game Time: Rummikub/Dominoes <b>17</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/Dominoes <b>18</b> <b>10:00 Bingo w/ a Badge (sponsored by GC Sheriff's Dept.)</b> 11:30 Water Aerobics 1:30 Spades	9:00 Game Time: Rummikub/Dominoes <b>19</b> 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle <b>1:00 Military Service Panel</b> 1:30 Spades	
8:30 Walking for Wellness <b>22</b> 9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle <b>11:00 Advisory Board Mtg.</b> 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/Dominoes <b>23</b> 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club <b>1:00 Watercolor Painting Class</b> <b>1:00 Powerful Tools for Caregivers (Virtual)</b> <b>1:30 Creative Voices</b>	9:00 Game Time: Rummikub/Dominoes <b>24</b> 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades 2:00 Rock Steady Boxing®	<b>25</b> <b>Closed for the Thanksgiving Holiday</b>		9:00 Game Time: Rummikub/Dominoes <b>26</b> <b>Closed for the Thanksgiving Holiday</b>
8:30 Walking for Wellness <b>29</b> 9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: Rummikub/Dominoes <b>30</b> 9:00 Open Art Studio 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club <b>1:00 Powerful Tools for Caregivers (Virtual)</b>				

# North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

# NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocize <b>11:15 Coffee with Kathy</b>	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch/ Crochet/Diamond Dotz® 1:00 Quilting Class	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) <b>11:00 What is Veteran's Day?</b>	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocize <b>11:00 Speaker - Annette Myers - "Senior Tarheel Legislature"</b> <b>12:00 November Birthday Celebration</b>	<b>Closed for the Veterans Day Holiday</b>	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) <b>10:00 Craft Class - Christmas Picture Frame</b>	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocize	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Pretty Punch/ Crochet/Diamond Dotz® 1:00 Quilting Class	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) <b>10:00 GC DSS - "Low Income Energy Assistance Program"</b> <b>11:00 Turkey Hunt &amp; Thanksgiving Games</b>	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Bingocize	<b>Closed for the Thanksgiving Holiday</b>	<b>Closed for the Thanksgiving Holiday</b>
<b>29</b>	<b>30</b>			
9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)	9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)			



# South Granville Senior Center • 919.528.0848

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

# NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Game Time: <b>1</b> Rummikub/ Dominoes/ Scrabble</p> <p>10:00 Painting with Alma Burke</p> <p>10:00 Coffee &amp; Coloring</p> <p>11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Game Time: <b>2</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch &amp; Wiggle</p> <p>11:00 Bible Study - Minister Ida Black (Virtual)</p> <p>1:00 Bridge</p>	<p>9:00 Game Time: <b>3</b> Rummikub/ Dominoes/ Scrabble</p> <p>10:00 Bingo</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Game Time: <b>4</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch &amp; Wiggle</p> <p>10:30 Crochet Club</p>	<p>9:00 Game Time: <b>5</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:30 Quilting Club</p>
<p>9:00 Game Time: <b>8</b> Rummikub/ Dominoes/ Scrabble</p> <p>10:00 Painting with Alma Burke</p> <p>10:00 Coffee &amp; Coloring</p> <p>11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Game Time: <b>9</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch &amp; Wiggle</p> <p>11:00 Bible Study - Minister Ida Black (Virtual)</p> <p>1:00 Bridge</p>	<p>9:00 Game Time: <b>10</b> Rummikub/ Dominoes/ Scrabble</p> <p>10:00 Bingo</p> <p><b>12:00 November Birthday Celebration</b></p> <p>3:00 Book Club (Virtual)</p>	<p><b>11</b> <b>Closed for the Veterans Day Holiday</b></p>	<p>9:00 Game Time: <b>12</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:30 Quilting Club</p> <p><b>10:00 Show &amp; Pop</b></p> <p><b>10:00 Craft Class - Fabric Pumpkin</b></p>
<p>9:00 Game Time: <b>15</b> Rummikub/ Dominoes/ Scrabble</p> <p>10:00 Painting with Alma Burke</p> <p>10:00 Coffee &amp; Coloring</p> <p>11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Game Time: <b>16</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch &amp; Wiggle</p> <p>11:00 Bible Study - Minister Ida Black (Virtual)</p> <p>1:00 Bridge</p>	<p>9:00 Game Time: <b>17</b> Rummikub/ Dominoes/ Scrabble</p> <p>10:00 Bingo</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Game Time: <b>18</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch &amp; Wiggle</p> <p>10:30 Crochet Club</p>	<p>9:00 Game Time: <b>19</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:30 Quilting Club</p> <p><b>10:00 Holiday Family Feud</b></p>
<p>9:00 Game Time: <b>22</b> Rummikub/ Dominoes/Scrabble</p> <p>10:00 Painting with Alma Burke</p> <p>10:00 Coffee &amp; Coloring</p> <p><b>10:30 GC DSS - "Low Income Energy Assistance Program"</b></p> <p>11:00 Devotion: Minister Diane Burrell</p> <p><b>2:00 Christmas Decorating</b></p>	<p>9:00 Game Time: <b>23</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch &amp; Wiggle</p> <p>11:00 Bible Study - Minister Ida Black (Virtual)</p> <p>1:00 Bridge</p>	<p>9:00 Game Time: <b>24</b> Rummikub/ Dominoes/ Scrabble</p> <p>10:00 Bingo</p> <p>3:00 Book Club (Virtual)</p>	<p><b>25</b> <b>Closed for the Thanksgiving Holiday</b></p>	<p><b>26</b> <b>Closed for the Thanksgiving Holiday</b></p>
<p>9:00 Game Time: <b>29</b> Rummikub/ Dominoes/ Scrabble</p> <p>10:00 Painting with Alma Burke</p> <p>10:00 Coffee &amp; Coloring</p> <p>11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Game Time: <b>30</b> Rummikub/ Dominoes/ Scrabble</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch &amp; Wiggle</p> <p>11:00 Bible Study - Minister Ida Black (Virtual)</p> <p>1:00 Bridge</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

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*

## Senior Services Staff

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