

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



Many times over the years we have shared poems or stories written by the **Creative Voices** group at the **Granville County Senior Center** in Oxford. This month we are sharing the following poem written by **Maxine Chauvaux**, who passed away recently. Maxine was the “founder” of this group, story tellers who came together to share their love of writing. She was a true advocate for writing and sharing and we were fortunate to have her instruct many classes and programs for us. Her knowledge and love for storytelling will certainly be missed. Our Creative Voices members will remember Maxine for her generous spirit, seeing the heart in every person and inspiring us to be our best. May we all continue to dance through life.....

I DANCE

In the twilight of my life
I dance
On pained legs I sway
To music of yesteryears

I dance
With arms raised in balance
To an unbalanced anatomy
I dance

Reflecting on the younger me
Who danced like a flitting butterfly
I danced with joy,
I danced with glee
I danced with sure step

And graceful form.
My dances fashioned memories
That I hold within my heart.

As evening turns to dusky shades of blue
And twilight comes to call,
My body sways
To the rhythm of the beat
From my seated space
From the depth of memory
I dance.

Maxine Chauvaux

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OPEN ENROLLMENT FOR MEDICARE PARTS C & D BEGINS OCTOBER 15

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 2023. Open enrollment begins **October 15** and ends **December 7**. If you want to review your plan for 2023, please call the **Granville County Senior Center** in Oxford at (919)693-1930 to schedule an appointment during open enrollment time. **We will begin taking appointments September 15**. We have well-trained SHIIP (Senior Health Insurance Information Program) counselors who are able to assist you with changing your plan.

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the **Labor Day holiday** on Monday, September 5. There will be no congregate or home delivered meals served on this day. Our centers will reopen on Tuesday, September 6 at 8:30 a.m. We hope you have a wonderful holiday!

NIFTY 90'S

Mark your calendars for **Granville County Senior Center's annual Nifty 90's event!** This celebration, for those 90 and over in Granville County, is one of the highlights of our year. Due to the COVID pandemic, this event has been held outside for the past two years, but we are excited to be back indoors this year and can't wait to celebrate with you! Even though this was a drive through event last year we had over 50 ninety-plus year old's attend and we expect an even larger group this year.

This year's program will be held on Tuesday, September 13 at the **Granville County Expo Center**, located at 4185 US 15, Oxford, beginning at 5:00 p.m. There will be a catered meal and entertainment. Our 90-plus year old's are free and one guest may attend for \$8.00. If you would like to attend, please call the senior center at (919)693-1930. **You must register by September 6 to attend. Don't miss out!**



HOLIDAY BAZAAR SCHEDULED

The **Granville County Senior Center** in Oxford will hold their *Holiday Bazaar* on Saturday, November 5 from 9:00 a.m. until 2:00 p.m. COVID cancelled our bazaar in 2020 and 2021 but we are looking forward to another wonderful event this year! We always have a great variety of vendors with all kinds of handmade items for sale. We are currently FULL for vendor spots but if you would like to put your name on a waiting list for any cancellations, please contact Diane Williams at (919)693-1930 or email her at diane.williams@granvillecounty.org. Preference will be given to those with handmade items.

We will have hot dogs with all the trimmings for sale too. Make plans to come out and start your holiday shopping – there will be something for everyone! Mark your calendars and make plans to attend.



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 **Granville County Senior Center** in Oxford on Wednesday, September 7 at 11:15 a.m. Mark your calendars and make plans to attend.

TAI CHI

Granville County Senior Services is excited to announce the addition of *Tai Chi* classes to our list of fitness classes offered. We have been holding Tai Chi classes as part of our Creative Lifelong Learning program for quite some time, but now have decided to open this class to anyone 50 years of age or older in Granville County. **There will be a separate charge for this class – it is NOT included in the \$12.00 per month fitness fees.** Classes will be held on Tuesdays for 12 weeks (**no class the first Tuesday of each month**). Class dates will be September 13, 20 and 27; October 11, 18 and 25; November 8, 15, 22 and 29 and December 13 and 20. We will start another session in January for the winter. The cost will be \$30.00 for the 12 weeks and payment is due to the **Granville County Senior Center** in Oxford **before the first class**. Peter Kay, who has been teaching the Tai Chi class for CLL, will continue as the instructor. All classes, for now, will meet at the Granville Athletic Park (GAP) in Oxford. There will be a *beginner class* at 10:00 a.m. and an *intermediate class* at 11:00 a.m. You may sign up **for one or the other**.

Have you wanted the benefits of *Tai Chi*, but without the requirement of standing? If so, then the **Granville County Senior Center** in Oxford has a class for you! We now offer a *seated Tai Chi class* the first Tuesday of each month at the senior center from 10:00 a.m. until 11:00 a.m. *Peter Kay* will be the instructor for this class also. This will be open to anyone 50 and over and there is no charge. Even though you remain seated for the class, participants will still benefit from all Tai Chi has to offer. If you have lymphedema, these exercises and moves will help to improve your circulation. While this class will only meet once per month, it will provide you with movements that you can practice in your home.

Tai Chi has proven to decrease stress, anxiety and depression. Other benefits include improved mood, improved aerobic capacity, increased energy and stamina, improved flexibility, balance and agility and improved muscle strength and definition. It promises to be a great class – *join us!*

QUILTING WITH CAROL

Beginning this month, the **Granville County Senior Center** in Oxford will offer *quilting with Carol!* Participants will complete their own quilt (choice of size will be up to the participant). This will be hands-on instruction led by *Carol Montague* who has led previous sewing and quilting classes for our Creative Lifelong Learning program. This class will be for beginner or seasoned quilters. Classes will be held for seven weeks beginning Monday, September 12 through Monday, October 24 from 10:00 a.m. until 1:00 p.m. The charge will be \$42.00 per person for the seven weeks (payable to the instructor). You will need to register in advance for this class by calling the senior center at (919)693-1930. A supply list will be available when you register. If you have a portable sewing machine and can bring it to the class, we encourage you to do so. If not, there are a few sewing machines available for use at the senior center. Please let us know when you register if you will need a sewing machine or if you will be bringing your own. Don't wait – *register now!*

DINING WITH DIABETES

Diabetes is a serious disease, and it affects many older adults. People get diabetes when their blood sugar is too high. Once you are diagnosed with Diabetes, cooking and shopping can be a little challenging. If you are diabetic and are struggling with cooking, then the **North Granville Senior Center** in Stovall has a program for you! *Dining with Diabetes* is a cooking and nutrition education program designed for people with diabetes and their family members or caregivers. In a series of four classes, discussions and demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes learning about healthy foods and discussion with a certified diabetes educator. This series will be led by *Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences with the Granville County Center of the NC Cooperative Extension and will be held the third Tuesday of the month September through December (September 20, October 18, November 15 and December 20) at 10:00 a.m. Please call the North Granville center at (919)693-3383. *Join us!*

INFORMATIVE PROGRAMS AT OUR SENIOR CENTERS THIS MONTH

All three of our senior centers will have informative speakers this month on topics important to all of us as we age. Check out this schedule, mark your calendars and make plans to attend one, or all, of these programs!

How many times have you told yourself that you need to clean out? Many of us have accumulated so much stuff over the years that we have become overwhelmed and have no idea what to do with it all now. If you are overwhelmed by all your “stuff” then the **Granville County Senior Center** in Oxford has a program for you! On Friday, September 23, *Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences with the Granville County Center of the NC Cooperative Extension, will present ***Cut the Clutter***. Getting rid of your clutter means throwing it away, recycling it, donating it or selling it. Come learn tips to help you declutter. This program will begin at 10:00 a.m.

Depression and mood disorders in older adults can be debilitating. Many older adults suffer from depression due to the loss of a spouse or friends, loneliness, sickness, loss of mobility and more. Many suffer in silence, not wanting to be a burden on their family and friends. But there are ways to fight depression and enjoy life as we get older. Join us at the **North Granville Senior Center** in Stovall on Tuesday, September 13 at 10:00 a.m. as *Rhonda Mack*, with Therapeutic Alternatives, presents ***Today I Choose Joy***. She will be talking with interested participants about ways to fight depression, keep our minds active and enjoy life as we grow older. Growing older doesn’t have to be depressing – learn more about how to enjoy life no matter your age!

Cell phones are as common today as the clothes we wear. It seems everyone has some type of cell phone. But today’s so called “smartphones” can make many of us feel not so smart. Do you have questions about your cell phone? Do you want to know more about how your phone works? Then the **North Granville Senior Center** in Stovall invites you to join us for ***How to Work Your Cellphone*** on Tuesday, September 13 at 11:00 a.m. *Cindy Fickle*, will be at the senior center to answer your cell phone questions. Don’t let your smartphone make you feel not so smart any longer!

Did you know that there is a new *Social Services office* in the Butner-Creedmoor area? Representatives from Granville County Social Services will be at the **South Granville Senior Center** in Creedmoor on Thursday, September 8 at 10:00 a.m. to tell us all about the new office located in Creedmoor and what services are available. The new DSS Butner-Creedmoor location will serve as a true satellite office for the Granville County Department of Social Services and will be a convenient resource for those living in southern Granville County.

Events going on in the world around us make many of us concerned about our personal safety when we are out and about. Would you know what to do if a dangerous situation occurred while you were out in public? Are you concerned about your personal safety while out in public? *Detective Tiffany Smith*, with the Creedmoor Police Department, will be at the **South Granville Senior Center** in Creedmoor to talk with us about staying safe and what to be aware of while you are out and about. Join us on Monday, September 19 at 10:00 a.m. for this important information.

Don’t miss out on these informative programs!

JOIN US FOR OX TALKS

Are you interested in joining a group that values ongoing learning, friendship and support around a variety of shared interests? Then the **Granville County Senior Center** in Oxford has a group for you! Join *Ox (Oxford) Talks!* This group meets the third Wednesday of each month to discuss topics of interest to one another. Upcoming meetings dates will be September 21, October 19 and November 16 from 10:00 a.m. to 11:00 a.m. The facilitator for these group meetings will be *Lydia Powell*. Videos, podcasts and more may be shared and then discussed among the group. Come listen, learn, share, grow and ENJOY informal discussions. *Join us!*

END OF SUMMER ICE CREAM PARTY

Labor Day typically signifies the end of summer. We start looking forward to fall decorations and cooler temperatures (even though we know the temperatures will stay hot for a while!). Join us at the **Granville County Senior Center** in Oxford for an end of summer ice cream party on Friday, September 9 beginning at 12:00 noon. We will say goodbye to summer with tasty ice cream with all your favorite toppings. Join us for lunch and stay for the party! If you would like to join us for lunch please call by 12:00 noon on September 8. Goodbye summer – hello Fall!

FALL CRAFT CLASS SCHEDULED

It's time to start bringing out those Fall decorations! Join us at the **Granville County Senior Center** in Oxford to make a *leaf lantern* to use anywhere in your home with all your fall décor! These are so simple but will add just the right touch to a centerpiece or spot on your shelf that just needs a little something. This class will be held on Friday, September 30 beginning at 10:00 a.m. Our crafty instructor will be *Diane Williams*. All materials will be supplied for you. Please register in advance by calling the senior center at (919)693-1930. *Join the fun!*



BINGOCIZE

Do you like to play Bingo? Want to get a little fun exercise while you play? If so, the **South Granville Senior Center** in Creedmoor has the program for you! Join us for **Bingocize®**, a 10-week health promotion program that combines the game of Bingo with fall prevention exercises. Come and play Bingo and meet new people while learning about techniques to reduce falls. Classes will be held on Tuesdays and Thursdays starting Tuesday, September 6 at 2:00 p.m. For more information or to register please call the senior center at (919)528-0848.

NATIONAL SENIOR CENTER MONTH

According to the National Council on Aging (NCOA) and the National Institute of Senior Centers, the month of September is *National Senior Center month*. Senior Center Month is a time to shine a light on senior centers, showing how vital they are to the health and well-being of a community. Senior centers, ours included, have proven how vital they are to our communities over the past two years. Centers provide countless hours of support and encouragement to older adults and have become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to participants. And we have all played a role in addressing an issue that we all knew was important even before the pandemic – social isolation.

The 2022 theme for Senior Center Month is *Strengthening Community Connections*. Our senior centers provide our communities access to information, opportunities for growth and enrichment, and support to improve the lives of people in our communities as they age. Our goal is to be the focal point for all of Granville County's older adults – a place where we connect people to the programs, services and opportunities they need to age well. We believe in our motto – *life is great when you participate!*

In honor of National Senior Center month, the **North Granville Senior Center** in Stovall will have a fun game day on Tuesday, September 27 beginning at 11:00 a.m. Join us and see why senior centers are the place to be for active older adults!



Kathy's Korner

..... By: Kathy May

New CLL Class Offerings Are Revealed

Our Creative Lifelong Learning program that we began in 2017 took a big hit because of COVID, just as many other things did. As you may remember, CLL is a unique educational opportunity for older adults who want to expand their knowledge or renew their interest about certain subjects. Through this program, we bring highly qualified, interesting instructors who will share their knowledge and passion about subjects that we think will interest our citizens. Our goal is to provide opportunities to engage the mind, elevate the spirit, and foster the well-being of adult learners through a wide range of educational programs and special events.

With the new Fall session approaching, we have a great lay-out of opportunities available to you. Call the senior center at 919/693-1930 for additional information, including a complete list of offerings as well as dates and times of classes. You must be a CLL member to take part in classes, which includes a \$10 per year membership fee.

Just to highlight a few of the scheduled classes for the fall: An **Overview of German History** taught by former educator Tim Farley; **The Templars & The Crusades**, taught by our long-time popular instructor, George Robinson; **The Holocaust: It Didn't Start with Gas Chambers** with Instructor Sheldon Bleiweiss. In addition to these classes, Mark Pace will hold three one-hour programs in December, including: **1) The Man Who Put Humans on the Moon: the life of Granville native James E. Webb**; **2) The History of Kerr Lake and Its Impact**; and **3) an in-person appearance by Granville resident John Penn** (played by Mark), who will discuss the **Signing of the Declaration of Independence**.

We are beyond excited to be getting this popular program back on track!!

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 **July 2022**.

Home Delivered Meals

Oxford area: 813 meals delivered to 46 homebound seniors.

Northern Granville area: 204 meals delivered to 11 homebound seniors.

Southern Granville area: 513 meals delivered to 30 homebound seniors.

Total meals: 1,530 meals delivered to 87 homebound seniors.

Total amount paid by Senior Services: \$7,389.90

Total contributed to program by participants: \$827.00

Congregate Meals

Granville County Senior Center in Oxford: 640 meals served to 63 seniors.

North Granville Senior Center in Stovall: 326 meals served to 38 seniors.

South Granville Senior Center in Creedmoor: 522 meals served to 62 seniors.

Total meals: 1,488 meals served to 163.

Total amount paid by Senior Services: \$7,187.04.

Total contributed to program by participants: \$686.39

In-Home Aide Services

576 hours provided for 21 clients.

Transportation

247 trips provided for 21 clients.

Amount contributed by participants: \$144.00

Granville County Senior Center • 919.693.1930

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SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Game Time: 1 Rummikub/ Dominoes 10:00 Bingo (sponsored by GC Sheriff's Dept.) 11:30 Water Aerobics (YMCA) 1:30 Spades	2 9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades
5 Center Closed for the Labor Day Holiday	6 9:00 Game Time: Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	7 9:00 Game Time: Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:15 Coffee w/ Kathy 1:30 Spades 2:00 Rock Steady Boxing®	8 9:00 Game Time: Rummikub/ Dominoes 10:00 Bingo (sponsored by GC Veteran's Support Group) 11:30 Water Aerobics (YMCA) 1:30 Spades	9 9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 12:00 End of Summer Ice Cream Party 1:30 Spades
9:00 Game Time: 12 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: 13 Rummikub/ Dominoes 9:00 Open Art Studio 9:30 NC Interest Group 10:00 Beginner Tai Chi (GAP) 11:00 Intermediate Tai Chi (GAP) 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices 5:00 Nifty 90's	9:00 Game Time: 14 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 1:30 Spades 2:00 Rock Steady Boxing®	15 9:00 Game Time: Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:30 Spades	16 9:00 Game Time: Rummikub/Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 1:30 Spades
9:00 Game Time: 19 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: 20 Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Beginner Tai Chi (GAP) 11:00 Intermediate Tai Chi (GAP) 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club	9:00 Game Time: 21 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Ox Talks 10:15 Stretch & Wiggle 1:30 Spades 2:00 Rock Steady Boxing®	9:00 Game Time: 22 Rummikub/ Dominoes 10:00 Bingo (sponsored by PEP Helpers) 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Game Time: 23 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Speaker: Jennifer Brown - "Cut the Clutter" 10:15 Stretch & Wiggle 1:30 Spades
9:00 Game Time: 26 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting w/ Carol 10:15 Stretch & Wiggle 11:00 Devotion 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Game Time: 27 Rummikub/ Dominoes 9:00 Open Art Studio 9:30 NC Interest Group 10:00 Beginner Tai Chi (GAP) 11:00 Intermediate Tai Chi (GAP) 11:30 Water Aerobics (YMCA) 1:00 GC ACBL Bridge Club 1:30 Creative Voices	9:00 Game Time: 28 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:30 September Birthday Celebration 1:30 Spades 2:00 Rock Steady Boxing®	29 9:00 Game Time: Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:30 Spades	9:00 Game Time: 30 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Craft Class - Leaf Lanterns 10:15 Stretch & Wiggle 1:30 Spades

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>9:00 Game Time: 1 Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Pretty Punch/ Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time 10:00 Stretch & Strengthen</p> <p><i>*No quilting class today</i></p>	<p>9:00 Game Time: 2 Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Walk off the Pounds</p>
5	6	7	8	9
<p>Center Closed for the Labor Day Holiday</p>	<p>9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Stretch & Strengthen</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Bingo 12:00 September Birthday Celebration</p> <p>1:00 Puzzle Time 1:30 Walk off the Pounds</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Pretty Punch/ Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time 10:00 Stretch & Strengthen</p> <p>1:00 Quilting Class</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Walk off the Pounds</p>
12	13	14	15	16
<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Walk off the Pounds</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Speaker - Therapeutic Alternatives: "Today I Choose Joy"</p> <p>11:00 Cell Phone Assistance</p> <p>1:00 Stretch & Strengthen</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Bingo 1:00 Puzzle Time 1:30 Walk off the Pounds</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Pretty Punch/ Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time 10:00 Stretch & Strengthen</p> <p>1:00 Quilting Class</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Walk off the Pounds</p> <p>11:00 Fire Drill</p>
19	20	21	22	23
<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Walk off the Pounds</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Speaker: Jennifer Brown - "Dining with Diabetes"</p> <p>1:00 Stretch & Strengthen</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Bingo 1:00 Puzzle Time 1:30 Walk off the Pounds</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Pretty Punch/ Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time 10:00 Stretch & Strengthen</p> <p>1:00 Quilting Class</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Walk off the Pounds</p>
26	27	28	29	30
<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Walk off the Pounds</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Stretch & Strengthen</p> <p>11:00 National Senior Center Month Celebration</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Bingo 11:15 Devotion: Rev. Curtis McCrae</p> <p>1:00 Puzzle Time 1:30 Walk off the Pounds</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Pretty Punch/ Crochet/Diamond Dotz®</p> <p>10:00 Puzzle Time 10:00 Stretch & Strengthen</p> <p>1:00 Quilting Class</p>	<p>9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13)</p> <p>10:00 Puzzle Time 10:00 Walk off the Pounds</p>

South Granville Senior Center • 919.528.0848

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SEPTEMBER 2022

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 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/ Dominoes</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA)/Video at SGSC</p> <p>10:30 Crochet Club</p>	<p>9:00 Game Time: 2</p> <p>9:00 Game Time: Rummikub/ Dominoes</p> <p>10:00 Coloring Club</p>
<p>5</p> <p>Center Closed for the Labor Day Holiday</p>	<p>9:00 Game Time: 6 Rummikub/ Dominoes</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:05 Stretch & Wiggle (BSA) Video at SGSC</p> <p>11:00 Bible Study - Minister Ida Black (In-person)</p> <p>1:00 Contract Bridge</p> <p>2:00 Bingocize ®</p>	<p>7</p> <p>9:00 Game Time: Rummikub/ Dominoes</p> <p>10:00 Bingo</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Game Time: 8 Rummikub/Dominoes</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:00 Speaker: GC Dept. of Social Services</p> <p>10:05 Stretch & Wiggle (BSA)</p> <p>10:30 Crochet Club</p> <p>11:05 Stretch & Wiggle (Video at Sr. Ctr.)</p> <p>2:00 Bingocize ®</p>	<p>9</p> <p>9:00 Game Time: Rummikub/ Dominoes/ 10:00 Coloring Club</p> <p>10:30 Wii Bowling</p>
<p>12</p> <p>9:00 Game Time: Rummikub/ Dominoes</p> <p>10:00 Painting w/ Alma Burke</p> <p>10:00 Wii Bowling</p>	<p>9:00 Game Time: 13 Rummikub/Dominoes</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:05 Stretch & Wiggle (BSA)/Video at SGSC</p> <p>11:00 Bible Study - Minister Ida Black (Virtual)</p> <p>1:00 Contract Bridge</p> <p>2:00 Bingocize ®</p>	<p>9:00 Game Time: 14 Rummikub/ Dominoes</p> <p>10:00 Bingo</p> <p>12:00 September Birthday Celebration</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Game Time: 15 Rummikub/ Dominoes</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA)/Video at SGSC</p> <p>10:30 Crochet Club</p> <p>2:00 Bingocize ®</p>	<p>16</p> <p>9:00 Game Time: Rummikub/ Dominoes/ 10:00 Coloring Club</p> <p>10:30 Wii Bowling</p>
<p>9:00 Game Time: 19 Rummikub/ Dominoes</p> <p>10:00 Painting w/ Alma Burke</p> <p>10:00 Safety Presentation w/ Creedmoor Police Department</p> <p>11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Game Time: 20 Rummikub/Dominoes</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Blood Pressure Clinic</p> <p>10:05 Stretch & Wiggle (BSA)/Video at SGSC</p> <p>11:00 Bible Study - Minister Ida Black (Virtual)</p> <p>1:00 Contract Bridge</p> <p>2:00 Bingocize ®</p>	<p>21</p> <p>9:00 Game Time: Rummikub/ Dominoes</p> <p>10:00 Bingo</p> <p>3:00 Book Club (Virtual)</p>	<p>9:00 Game Time: 22 Rummikub/ Dominoes</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA)/Video at SGSC</p> <p>10:30 Crochet Club</p> <p>2:00 Bingocize ®</p>	<p>23</p> <p>9:00 Game Time: Rummikub/ Dominoes/ 10:00 Coloring Club</p> <p>10:30 Wii Bowling</p>
<p>9:00 Game Time: 26 Rummikub/ Dominoes</p> <p>10:00 Painting w/ Alma Burke</p> <p>10:00 Wii Bowling</p> <p>11:00 Devotion: Minister Diane Burrell</p>	<p>9:00 Game Time: 27 Rummikub/ Dominoes</p> <p>9:00 Low Impact Aerobics</p> <p>10:05 Stretch & Wiggle (BSA)/Video at SGSC</p> <p>11:00 Bible Study - Minister Ida Black (Virtual)</p> <p>1:00 Contract Bridge</p> <p>2:00 Bingocize ®</p>	<p>28</p> <p>9:00 Game Time: Rummikub/ Dominoes/Scrabble</p> <p>10:00 Bingo</p> <p>3:00 Book Club (Meet at Senior Center)</p>	<p>9:00 Game Time: 29 Rummikub/ Dominoes</p> <p>9:00 Low Impact Aerobics (BSA)</p> <p>9:30 Quilting Club</p> <p>10:05 Stretch & Wiggle (BSA)/Video at SGSC</p> <p>10:30 Crochet Club</p> <p>2:00 Bingocize ®</p>	<p>30</p> <p>9:00 Game Time: Rummikub/ Dominoes/ 10:00 Coloring Club</p> <p>10:30 Wii Bowling</p>

Granville County Senior Services

107 Lanier Street • Oxford, NC 27565

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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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