

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



How to Stay Young



****Try everything – twice!***

On one woman’s tombstone she said she wanted this epitaph: “Tried everything twice. Loved it both times!”

****Keep only cheerful friends. The grouches pull you down.***

Keep this in mind if you are one of the grouches!

****Enjoy the simple things.***

****Keep learning.***

Learn more about the computer, crafts, gardening, whatever..... Never let the brain get idle. *What a great reason to check out your local senior center!*

****Laugh often, long and loud.***

Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him/her.

****The tears happen.***

Endure, grieve, and move on. The only person who is with us our entire life is ourselves. LIVE while you are alive.

****Surround yourself with what you love.***

Whether it’s family, pets, keepsakes, music, plants, hobbies, whatever..... Your home is your refuge.

****Cherish your health.***

If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

****Don’t take guilt trips.***

Take a trip to the mall, another state or to a foreign country but NOT to where the guilt is.

****Forgive those who made you cry. And tell the people you love that you love them, at every opportunity.***

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AARP DRIVER SAFETY

The **AARP Smart Driver Course** is the nation's first and largest driver safety course designed specifically for drivers 50 and older. The course is intended to help drivers live more independently as they age and remain safe on today's roads.

The Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. Participants learn about current rules of the road and how to operate their vehicles safely in today's increasingly challenging driving environment. Topics include: *maintaining proper following distance; methods of changing lanes and turning at intersections; effects of medications on driving; minimizing the effect of dangerous blind spots; limiting driver distractions such as eating, smoking and cell phone use; properly using safety belts, air bags and anti-lock brakes; maintaining physical flexibility and monitoring the driving skills and capabilities of yourself and others.*

The **South Granville Senior Center** in Creedmoor will hold this class on Thursday, July 11 from 9:00 a.m. until 1:00 p.m. You **must pre-register** for this class by calling the senior center at (919)528-0848. The cost will be \$20.00 for AARP members and \$25.00 for non-members which includes all course materials. Course participants may be eligible to receive a state mandated, multi-year discount on their auto insurance premium. You will need to contact your insurance company or agent for more details. The instructor for this class will be Lynroy Thomas, a certified AARP Smart Driver Course instructor.



Kathy May and Angela Wright receive donations for home delivered meal clients from SEANC District 21 members.



Donated items from Leadership Granville.

MANY THANKS TO...

Two organizations recently made generous donations to Granville County Senior Services for older adults across Granville County. **Leadership Granville** chose Senior Services as their final group project. They chose to collect cleaning supplies and personal hygiene supplies for us to deliver to older adults across the county. Bins were set up at local businesses and we received tons of supplies to deliver to our seniors. 84 households received these donations!

In honor of Mother's Day, the **State Employees Association of North Carolina District 21 chapter** donated goody bags for all the mothers on the home delivered meal routes at all three of our senior centers. These bags included socks, candy, snacks and more. This was such a sweet treat for our moms!

We greatly appreciate the generosity of both of these groups!

ELDER ABUSE WALK

This year's **Region K Elder Abuse Awareness and Prevention Walk** will be held on Friday, June 14 from 9:00 a.m. until 1:00 p.m. at the Masonic Home for Children in Oxford. This free event, sponsored by the Kerr-Tar Area Agency on Aging and Granville County DSS, brings awareness to the problem of elder abuse and helps educate our community about how to recognize and prevent this very serious issue. There will be free T-shirts, refreshments, and other goodies available for all who attend.

June 15th is observed internationally as **World Elder Abuse Awareness Day**. Thousands of incidents of abuse, neglect or exploitation of elderly persons are reported every year in North Carolina. Sadly, studies show that many cases of elder abuse are never reported to authorities. If you suspect that someone you know is at risk or is the victim of elder abuse, you must report the suspected abuse to Adult Protective Services at your local Department of Social Services. If you are concerned that an older or disabled adult is in immediate danger, call 911 right away. An elder abuse victim may be your neighbor, friend or family member. Join us to help bring awareness to this often silent issue. For more information please contact **Tyeisha Hewett**, with the Granville County Department of Social Services at (919)693-1511 or **Kimberly Hawkins**, with the Kerr-Tar Area Agency on Aging at (252)436-2050.



If you don't take a stand, who will?



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, June 5 at 11:15 a.m. Mark your calendars and make plans to attend.

OPERATION HEAT RELIEF

Thanks to contributions from Dominion Resources, Duke Energy Carolinas, and Duke Energy Progress through the Division of Aging and Adult services, Granville County Senior Services has once again received fans to distribute to Granville County residents this summer. You are eligible to receive a fan if:

- (1) You are 60 years of age or older.
- (2) You reside in Granville County.
- (3) You have a disability (proof of disability required).
- (4) You have a heat situation at home that is a threat to your health or well-being.

If you received a fan last year, **you are not eligible to receive a fan this year.** If you need a fan, please contact the **Granville County Senior Center** in Oxford at (919)693-1930, the **North Granville Senior Center** in Stovall at (919)693-3383 or the **South Granville Senior Center** in Creedmoor at (919)528-0848.

MASTERING YOUR MOBILE

Do you have a smartphone and need help figuring out how to use it? Then the **South Granville Senior Center** in Creedmoor has a class for you! *Mastering Your Mobile* is designed for beginners and will teach you how to use your smartphone. *Ashley Cummings*, GC Cooperative Extension Digital Agent, will show us how to download apps, add contacts, email from your phone, texting and more. This class will be held on Monday, June 10 at 10:00 a.m. Space is limited! To reserve your spot please call the senior center at (919)528-0848. *Don't let your smartphone out smart you!*

SAVE THE DATE FOR NIFTY 90'S!

Our annual *Nifty 90's* event will be held on Wednesday, September 18 at 5:00 p.m. at the Granville County Expo Center. This annual event is for Granville County residents 90 and older and is one of the highlights of our year! If you know of someone who is 90 and older please send us their name and address so that we can be sure to send an invitation to them. This year we would like to collect pictures of each 90 plus year old – if possible, a picture from their childhood, one from their middle-age years and one recent picture. All pictures will need to be turned in to the **Granville County Senior Center** in Oxford by September 1. Pictures will be returned. Mark your calendars for this wonderful event! More information will come in future issues of the *Senior Connection*.

ATTENTION BOOK LOVERS!

The **Granville County Senior Center** in Oxford is looking at possibly forming a **book club** at the senior center. Do you love to read? Do you enjoy reading all types of books – nonfiction, romance, thrillers etc.? Then we invite you to join us on Thursday, June 13 at 11:00 a.m. for a book club interest meeting. We plan to partner with *Melanie Baldwin*, Adult Services Librarian at the Richard Thornton Library in Oxford to facilitate this group. Join us as we discuss your interests and what you would like to see in a group like this. Once we know interest, we will decide dates and times for this group to meet. For more information, please call the senior center at (919)693-1930.



LET'S GO SWIMMING!

Nothing is better than relaxing with a cool dip in the pool on a hot summer day. Would you like to hang out at the pool this summer? Well, we have just the thing for you! The owners of the pool at *Oxford Park* have offered to allow us to use their pool each Wednesday from 11:00 a.m. until 1:45 p.m. for swimming! This will begin Wednesday, June 12 and continue through Wednesday, August 7. There will be a \$6.00 per person charge each week. The pool is staffed with lifeguards that will be on duty while you are there.

To participate, **you must ride the van with us from the Granville County Senior Center in Oxford to Oxford Park.** No exceptions. **You also must register in advance** – our van has limited seating. The van will take participants and pick them up from the pool at 1:45 p.m. Bring your swimsuit, towel, sunscreen, hat and lunch and join us to relax around the pool each week. There is a concession stand at the pool where you can purchase snacks, drinks, water etc. Please call the Granville County center at (919)693-1930 for more information.

LET'S CELEBRATE DAD!

It will soon be time to celebrate dear old Dad – Father's Day is Sunday, June 16! In 1908, a West Virginia church sponsored the nation's first event specifically for fathers, a Sunday sermon in memory of 362 men who had died in an explosion at the Fairmont Coal Company mines in Monongah, West Virginia the previous December. This was a one-time celebration however and was not celebrated annually.

The next year, a Spokane, Washington woman named Sonora Smart Dodd tried to establish an official holiday equivalent to Mother's Day. She went to local churches, stores and government officials trying to get support for her idea. She was successful – Washington State celebrated the first statewide Father's Day on June 19, 1910. However, it was not until 1972 – 58 years after President Woodrow Wilson made Mother's Day official, that a day to honor fathers became a nationwide holiday.

All of our senior centers will honor our dads this month with special activities. The **Granville County Senior Center** in Oxford will hold *Donuts for Dads* on Friday, June 14 beginning at 9:00 a.m. We invite our dads to drop by for doughnuts and coffee just for you! The **North Granville Senior Center** in Stovall will hold a special recognition of fathers on Wednesday, June 12 beginning at 12:00 p.m. Join us for lunch (please call by 11:00 a.m. on June 11 to register for lunch) and stay for a special dessert in honor of our dads. The **South Granville Senior Center** in Creedmoor will hold a *breakfast* just for our dads on Friday, June 14 beginning at 9:00 a.m. The menu will include pancakes, eggs and sausage. *You must register by Monday, June 10* if you plan to attend. To register please call Christy Southall at (919)528-0848.

We wish all of our Dads a very *happy Father's Day!*

INFORMATIVE PROGRAMS PLANNED AT OUR SENIOR CENTERS THIS MONTH!

All three of our senior centers will provide programs this month on a wide range of topics. Check out this schedule and make plans to attend one (or all) of these programs. *Remember* – you are NEVER too old to learn!

The **Granville County Senior Center** in Oxford will hold a *Slam the Scam* program on Friday, June 7, beginning at 10:45 a.m. *Ashley Cummings*, GC Cooperative Extension Digital Agent, will present this program. Come learn more about the common tactics scammers are using, the red flags of a scam, and what steps to take if you are scammed or suspect a scam. Scams change all the time, this is important information to have, mark your calendars and make plans to attend.

In honor of Juneteenth, the **Granville County Senior Center** in Oxford will present *The Intersection of Juneteenth, Alzheimer's and Racial Trauma* on Wednesday, June 12 from 12:00 until 1:30 p.m. This *webinar*, sponsored by the *Alzheimer's Foundation of America*, will cover how health disparities and racial traumatic stress affect the brain and can increase the risk of Alzheimer's disease. Participants will gain an understanding of the disproportionate health outcomes that occur in Black Americans due to intergenerational trauma. The historical perspective of Juneteenth will be the backdrop for this presentation. Please register by calling the senior center at (919)693-1930.

The Mediterranean diet is based on the traditional foods of countries bordering the Mediterranean Sea. It typically encourages people to consume **more** *fruits, vegetables, whole grains, and heart-healthy fats*. It encourages you to consume **less** *processed foods, added sugars and refined grains*. Are you interested in learning more about this diet? *Jennifer Brown*, Family and Consumer Science Agent, with the GC Cooperative Extension, will be at the **Granville County Senior Center** in Oxford on Wednesday, June 26 at 10:45 a.m. to present *Eat the Med Way*. Instead of using medications and supplements, learn how to use the traditional diet of the Mediterranean region to improve your health. Join us!

On Friday, June 28, *Ashley Cummings*, GC Cooperative Extension Digital Agent, will be back at the **Granville County Senior Center** in Oxford to present *Intro to Managing Your Privacy Online*. This program will be held at 10:45 a.m. Are you concerned about online privacy? Unsure about accepting cookies? Come learn essential privacy tips in this introductory lecture. We will review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We will also discuss the key features of password managers and why they are a safe and secure option. If you are concerned about internet privacy this will be a great program for you!

The **North Granville Senior Center** in Stovall will present *Your Kidneys and You* on Tuesday, June 11 at 10:00 a.m. *Ashby Andrews*, Executive Director of the National Kidney Foundation serving the Carolinas, will present this program. This presentation will cover the basics of kidney disease and understanding if you are at risk. Participants will learn what your kidneys do, how to stay healthy and protect your kidneys, how kidney disease impacts people and much more! One third of all adults in the United States are at risk for kidney disease. Learn what to do if you are diagnosed and more information about the National Kidney Foundation and resources in the Carolinas.

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You hear people talk about counting their carbs but what does that really mean? Join us at the **North Granville Senior Center** in Stovall on Tuesday, June 18 at 10:00 a.m. as *Jennifer Brown*, Family and Consumer Science Agent, with the GC Cooperative Extension, will present **Count Your Carbs**. Many individuals are suffering from or working to prevent diabetes. This workshop will provide an introduction to learning how to count your carbohydrates.

The **South Granville Senior Center** in Creedmoor will hold a presentation on **Fire Safety and Disaster Preparedness** on Friday, June 21st at 10:00 a.m. *Ken Reeves*, Granville County Fire Marshal and *Robin Edwards*, Granville County Emergency Management Coordinator will be at the center to educate us on what to do in the event of a fire in our home and how to be prepared for a disaster. Be sure to join us and learn how to be prepared!

Did you know that Granville County has its very own historical museum? Join us at the **South Granville Senior Center** in Creedmoor to learn more about this hidden gem. Guest speaker, *Toni Anne Wheeler*, Associate Museum Director, will be with us on Tuesday, June 25 at 1:00 p.m. to tell us more about the Granville Museum. You will definitely want to visit after hearing this presentation!

Mark your calendar and make plans to attend these great programs this month!

PHYLLIS BLACKWELL, NORTH GRANVILLE SENIOR CENTER COORDINATOR, RETIRES

Phyllis Blackwell, North Granville Senior Center Program Coordinator, retired May 31 after 13 years with the Granville County Department of Senior Services. Phyllis came to work with us as a part-time employee in 2011 and became our full-time Coordinator in 2012. Since that time, she has increased the attendance and programming at the North Granville center to the largest numbers we have had since our opening there. Everyone who walked through the doors of the North Granville center felt welcomed and at home with Phyllis. She truly cares for each and every person who participated in any way at the center. And that feeling was mutual, our seniors love Phyllis and will truly miss her. We hate to see her go but we are excited for this new journey for her and we know that she will enjoy every minute. But she's promised to visit – we already have plans for her to come back and share her many talents with us by teaching craft classes at our centers!



Phyllis thank you for all you did for our department and for the seniors of northern Granville County. Enjoy every minute of your well-deserved retirement!

REIKI SESSIONS AVAILABLE AT THE GC SENIOR CENTER THIS SUMMER!

Reiki is a Japanese energy healing technique that uses our own body's natural healing forces to clear the built-up toxicity. Reiki is now recommended by thousands of doctors as a complementary therapy after surgery, cancer treatments, among other health scenarios. By experiencing the Japanese art of Reiki you will experience less anxiety, lower levels of stress, pain relief, inner peace, balance and so much more.

Reiki promotes emotional healing and spiritual growth – Reiki is becoming widely used in hospitals and clinics as an adjunct to traditional care and/or complementary medicine, as it promotes peace and well-being in patients and curbs negative energy.

Reiki relieves symptoms – Reiki does not claim to be a cure for illness, but it can offer relief from related chronic pain, fatigue and depression.

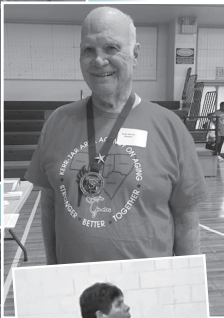
Reiki supports relaxation and stress relief – The energy, or biofield, healing method of Reiki is designed to trigger the body's relaxation response, increase positive energy and reduce stress, which aids the immune system in fighting illness.

Luz Brown, who currently teaches yoga classes at the **Granville County Senior Center** in Oxford, will offer Reiki sessions this summer at the center. These are one-on-one sessions. Book a session with Luz and enjoy the benefits of this ancient healing technique. Luz is offering these sessions at a special price of \$65 per session for our seniors.

Each session will last one full hour. This month sessions may be scheduled at the senior center on Tuesdays from 9:00 – 10:00 a.m. or 10:15 – 11:15 a.m. or on Thursdays from 10:30 a.m. until 11:30 a.m. Please call the senior center at (919)693-1930 to schedule your session. *The last yoga class for this session will be held Thursday, June 27. Luz will take a short break for the summer but don't worry – she will resume yoga classes in late August!*

2024 SENIOR GAMES WINNERS ANNOUNCED

The *Kerr-Tar Regional Senior Games* are over and once again it was a fun filled season! It was wonderful to have participants from all five counties together for friendly competition and fun! Granville County had 56 participants – the most of any of our five counties! Each of these athletes and artists represented Granville County well and we are so proud of them. Below is a list of our Senior Games winners and the events they placed in within their individual age groups. Those placing 1st, 2nd or 3rd in their event are now qualified for the State Senior Games to be held across the state this fall. Congratulations to all our winners!



Judy Boyd – Basketball Shooting 1st, Bowling Singles 3rd, Football Throw 3rd, Bowling Doubles 1st, Softball Throw 2nd, Bocce 5th, Shuffleboard 1st, Table Tennis Doubles 1st, Cornhole 9th, Croquet 2nd, Mini Golf 2nd, Fun Walk

Nancy Cardin – Football Throw 2nd, Swimming 50 yard Freestyle 1st, Swimming 50 yard Backstroke 1st, Mini Golf 2nd, Fun Walk

Mark Chapman – Bowling Singles 3rd, Golf 3rd

Patricia Clark - Heritage Arts (Crocheting) 1st

Beth Clement – Pickleball Doubles 1st

Darlene Cooper – Bowling Doubles 1st, Bowling Singles 3rd

Deborah Daniel – Pickleball Mixed Doubles 1st, Pickleball Doubles 2nd, Table Tennis Singles 1st

Leonard Daniel – Basketball Shooting 1st, Pickleball Mixed Doubles 1st, Cornhole 2nd, Table Tennis Singles 3rd

Betty Lou Davis – Tennis Doubles 2nd, Tennis Mixed Doubles 1st

James (Ronnie) Davis – Tennis Mixed Doubles 1st

Claudette Dickerson – Basketball Shooting 2nd, Pickleball Doubles 2nd, Cornhole 1st, Horseshoes 4th, Fun Walk

Ruth Gales – Cornhole 2nd

Melissa Gillespie – Cycling 10K 1st, Discus Throw 1st, Football Throw 1st, Cycling 5K 1st, Cycling 1 Mile 1st, Softball Throw 1st, 5K Run 1st

Ronald Gillespie – Cycling 10K 1st, Discus Throw 1st, Football Throw 1st, Cycling 5K 1st, Cycling 1 Mile 1st, Shot Put 1st, Badminton Singles 1st, Badminton Doubles 1st, Pickleball Mixed Doubles 1st, Badminton Mixed Doubles 1st, Table Tennis Singles 1st, Pickleball Singles 1st

Cecil Hagwood – Golf 1st

Dusty Harris – Golf 1st

Shirley Harris – Bowling Singles 2nd, Cornhole 4th, Horseshoes 2nd

Larry Hart – Bowling Singles 4th

Barbara Howe – Tennis Doubles 1st, Tennis Mixed Doubles 1st

Lenard Hunt – Tennis Mixed Doubles 1st

Ellen Jenkins – Discus Throw 1st, Football Throw 1st, Softball Throw 1st, Shot Put 1st, Badminton Singles 1st, Shuffleboard 1st, Pickleball Doubles 1st, Cornhole 3rd, Croquet 1st, Horseshoes 1st, Badminton Doubles 1st, Table Tennis Singles 1st, Pickleball Singles 1st, Disc Golf 1st, Mini Golf 1st, Bocce 1st, Fun Walk

James Jones – Shuffleboard 1st, Cornhole 3rd, Bocce 1st

Liz Matthews – Badminton Mixed Doubles 1st

Patti McDowell – Bowling Singles 1st

Stephen McMillian – Pickleball Doubles 1st

Lillie Mitchell – Softball Throw 3rd, Cornhole 7th, Shuffleboard 6th, Croquet 3rd, Horseshoes 6th, Mini Golf 4th, Bocce 5th

Elnora Morehead – Bowling Doubles 1st, Bowling Singles 3rd, Cornhole 2nd

Jimmy Morton – Shuffleboard 2nd, Cornhole 1st, Horseshoes 1st, Track 50 Meter Dash 2nd

Allen Murphy – Distance Run 10K – 1st

Barbara Murphy – Distance Run 10K – 1st

John Norris – Cornhole 1st, Horseshoes 1st, Bocce 1st, Fun Walk

Linda Norris – Basketball Shooting 2nd, Bowling Doubles 3rd, Bowling Singles 6th, Bocce 3rd, Golf 3rd, Badminton Singles 3rd, Shuffleboard 3rd, Badminton Doubles 1st, Table Tennis Singles 4th, Pickleball Doubles 2nd, Cornhole 2nd, Croquet 1st, Horseshoes 7th, Table Tennis Doubles 1st, Fun Walk

Ronnie Norwood – Bowling Singles 1st, Bocce 1st, Shuffleboard 1st, Cornhole 1st, Croquet 1st, Horseshoes 1st

Ann Ostby – Bowling Singles 1st

Angela Parrott – Bocce 2nd, Golf 1st, Shuffleboard 4th, Cornhole 5th, Croquet 4th,

Patricia Penn – Bowling Doubles 1st, Bowling Singles 1st, Bocce 2nd, Mini Golf 2nd, Croquet 2nd

Chris Reid – Cycling 5K 1st, Cycling 10K 1st

Shaaron Reynolds – Bocce 2nd, Basketball Shooting 1st, Football Throw 1st, Softball Throw 1st, Billiards 2nd, Golf 2nd, Badminton Singles 1st, Cornhole 6th, Shuffleboard 1st, Croquet 4th, Horseshoes 2nd, Table Tennis Singles 3rd, Mini Golf 1st, Fun Walk

Natale Rivers – Pickleball Mixed Doubles 2nd, Pickleball Doubles 2nd

Robert Rivers – Pickleball Mixed Doubles 2nd

Carl Roberts – Bowling Singles 1st, Mini Golf 1st

Terri Roberts – Mini Golf 1st

Julia Robinson – Basketball Shooting 3rd, Bowling Singles 4th, Cornhole 6th, Croquet 3rd, Horseshoes 3rd, Fun Walk

Phyllis Russell – Football Throw 3rd, Bocce 7th, Table Tennis Singles 2nd, Mini Golf 2nd, Horseshoes 8th, Fun Walk

Cindy Smith – Tennis Doubles 1st

Christopher Spain – Pickleball Mixed Doubles 1st, Badminton Doubles 1st, Pickleball Doubles 1st, Pickleball Singles 2nd

Betty Jane Stovall – Softball Throw 4th, Billiards 1st, Bocce 1st, Football Throw 2nd, Golf 1st, Cornhole 3rd, Shuffleboard 4th, Mini Golf 3rd, Croquet 5th, Horseshoes 3rd, Fun Walk

Nancy Stovall – Tennis Doubles 2nd

Thornton Stovall – Pickleball Singles 1st, Pickleball Doubles 1st, Pickleball Mixed Doubles 1st

Judy (Darlene) Tarlton – Basketball Shooting 1st, Mini Golf 3rd, Tennis Doubles 1st

Walter Thorpe – Basketball Shooting 1st, Bowling Singles 1st, Mini Golf 1st

Kay Weary – Cycling 5K 1st, Bowling Doubles 3rd, Cycling 1 Mile 1st, Bowling Singles 6th, Softball Throw 3rd, Bocce 2nd, Badminton Doubles 1st, Mini Golf 1st, Croquet 1st, Horseshoes 2nd, Table Tennis 1st, Fun Walk

Pauletta Williams – Bowling Singles 5th, Bowling Mixed Doubles 3rd, Discus Throw 2nd, Football Throw 2nd, Shot Put 2nd, Softball Throw 4th, Bocce 3rd, Mini Golf 4th, Cornhole 4th, Horseshoes 3rd

Montie Wilson – Basketball Shooting 1st, Softball Throw 1st, Discus Throw 1st, Shot Put 1st, Bocce 1st, Football Throw 1st, Badminton Singles 2nd, Bowling Singles 4th, Shuffleboard 2nd, Badminton Doubles 1st, Table Tennis Singles 1st, Pickleball Doubles 1st, Cornhole 1st, Croquet 3rd, Horseshoes 1st, Pickleball Singles 1st, Disc Golf 1st, Fun Walk

Nancy Wilson – Bocce 4th, Croquet 2nd, Visual Arts (Digital Photography) 3rd

Janet Wineberger - Visual Arts (Oil) 2nd, Heritage (General Fiber Arts) 2nd, Literary Arts (Poem) 2nd, Literary Arts (Poem) 3rd





Kathy's Korner

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

Creative Lifelong Learning Update

Year seven is almost behind us with the Creative Lifelong Learning Program and we are gearing up for another great year. Our current steering committee exists to assist and guide the direction of programming and accountability for the program and is busy planning to further promote our mission. If you don't know, the mission is to *"inspire learning that enhances the mental, physical, and emotional well-being of citizens in our community."* Our current steering committee members are *Annette Myers, Larry Patrick, Toni Anne Wheeler, Jennifer Brown, Rose Jackson, Terry Hobgood*, and new members, *Paul Wilson, Joe Williams, and Sharon Cannon*. With the establishment of goals and initiatives for the upcoming year, the committee has voted to go back to annual membership (still just \$10/yr.) that is renewable each late summer for the fall. We will continue to accept new members at any time during the year with a pro-rated fee, based on when you join. We will be planning several dates mid to late summer for membership renewal. More information will come later regarding the specifics. We invite everyone to come join us for our CLL events, classes, and opportunities as well as all of the programs offered through Senior Services. Because *"Life is Great When you Participate!"*

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 **April 2024**.

Home Delivered Meals

Oxford area: 670 meals delivered to 35 homebound seniors.

North Granville area: 259 meals delivered to 12 homebound seniors.

South Granville area: 479 meals delivered to 25 homebound seniors.

Total meals: 1,408 meals delivered to 72 homebound seniors.

Total amount paid by Senior Services: \$7,223.04

Total amount contributed to program by participants: \$859.00

Congregate Meals

Granville County Senior Center in Oxford: 715 meals served to 70 seniors.

North Granville Senior Center in Stovall: 441 meals served to 52 seniors.

South Granville Senior Center in Creedmoor: 603 meals served to 61 seniors.

Total meals: 1,759 meals served to 183 seniors.

Total amount paid by Senior Services: \$9,023.67

Total amount contributed to program by participants: \$734.00

In-Home Aide Services

496 hours provided for 13 clients.

Transportation

261 trips provided for 33 clients.

Granville County Senior Center • 919.693.1930

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

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee Club/ Rummikub/ Dominoes 3 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Old Time TV 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 4 9:00 Open Art Studio 10:00 Seated Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club	9:00 Coffee Club/ Rummikub/Dominoes 5 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 11:15 Coffee w/ Kathy 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 6 9:00 Yoga 10:00 Bingo w/ a Badge (GC Sheriff's Office) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Coffee Club/ Rummikub/ Dominoes 7 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Ashley Cummings - "Slam the Scam" 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes 10 9:00 Low Impact Aerobics 10:00 Tech Time 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Old Time TV 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 11 9:00 Open Art Studio 9:30 NC Interest Group 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club	9:00 Coffee Club/ Rummikub/ Dominoes 12 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 10:30 BP Clinic 11:00 Stretch & Wiggle 12:00 Juneteenth Webinar 12:00 Swimming 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 13 9:00 Yoga 10:00 Bingo (sponsored by GC Veteran's Support group) 11:00 Book Club Interest Meeting 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Coffee Club/ Rummikub/Dominoes 14 9:00 Low Impact Aerobics 9:00 Donuts for Dads 10:00 Card Class 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 1:00 Movie Matinee
9:00 Coffee Club/ Rummikub/ Dominoes 17 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Old Time TV 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee Club/Rummikub/ Dominoes 18 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club	9:00 Coffee Club/ Rummikub/ Dominoes 19 9:00 Low Impact Aerobics 10:00 Quilting 10:00 Ox Talks 10:00 Tech Time 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 Swimming 12:00 German Conversation Group 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 20 9:00 Yoga 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Coffee Club/ Rummikub/ Dominoes 21 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes 24 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 1:00 Old Time TV 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee Club/Rummikub/ Dominoes 25 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club	9:00 Coffee Club/ Rummikub/ Dominoes 26 9:00 Low Impact Aerobics 10:00 Quilting 10:00 BP Clinic 10:15 Stretch & Wiggle 10:45 Eat the Med Way 11:00 Stretch & Wiggle 12:00 June Birthday Celebration 12:00 Swimming 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ Rummikub/ Dominoes 27 9:00 Yoga 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Coffee Club/ Rummikub/ Dominoes 28 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Intro to Managing Your Privacy Online 11:00 Stretch & Wiggle 1:00 Spades/Rummikub



North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Game Time: 3 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Devotional Time w/ Larry & Margaret</p> <p>12:30 Walk Off the Pounds</p>	<p>9:00 Game Time: 4 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p>	<p>9:00 Game Time: 5 Rummikub/ Dominoes/Card Games</p> <p>10:00 Bingo</p> <p>12:00 June Birthday Celebration</p> <p>12:30 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p>9:00 Game Time: 6 Rummikub/ Dominoes/Card Games</p> <p>10:00 Macrame/ Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 7 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>
<p>9:00 Game Time: 10 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p>9:00 Game Time: 11 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 National Kidney Foundation - "Your Kidneys & You"</p> <p>12:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 12 Rummikub/ Dominoes/Card Games</p> <p>10:00 Bingo</p> <p>12:00 Father's Day Celebration</p> <p>12:30 Puzzle Time</p> <p><i>*No Walk Off the Pounds today</i></p>	<p>9:00 Game Time: 13 Rummikub/ Dominoes/Card Games</p> <p>10:00 Macrame/ Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 14 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p> <p>11:00 Fire Drill</p>
<p>9:00 Game Time: 17 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Devotional Time w/ Larry & Margaret</p> <p>12:30 Walk Off the Pounds</p>	<p>9:00 Game Time: 18 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Jennifer Brown - "Count Your Carbs"</p> <p>12:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 19 Rummikub/ Dominoes/Card Games</p> <p>10:00 Bingo</p> <p>11:30 Devotion: Rev. Curtis McRae</p> <p>12:30 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p>9:00 Game Time: 20 Rummikub/ Dominoes/Card Games</p> <p>10:00 Macrame/ Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 21 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>
<p>9:00 Game Time: 24 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>	<p>9:00 Game Time: 25 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Stretch & Strengthen</p>	<p>9:00 Game Time: 26 Rummikub/ Dominoes/Card Games</p> <p>10:00 Bingo</p> <p>12:30 Puzzle Time</p> <p>12:30 Walk Off the Pounds</p>	<p>9:00 Game Time: 27 Rummikub/ Dominoes/Card Games</p> <p>10:00 Macrame/ Diamond Dotz®</p> <p>10:00 Puzzle Time</p> <p>10:30 Stretch & Strengthen</p>	<p>9:00 Game Time: 28 Rummikub/ Dominoes/Card Games</p> <p>10:00 Puzzle Time</p> <p>10:00 Walk Off the Pounds</p>



South Granville Senior Center • 919.528.0848

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

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Rummikub/ Cards 3 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:00 Wii Bowling 10:30 Plastic Canvas 1:00 Diabetes Prevention Program	9:00 Rummikub/ Cards 4 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-person)	9:00 Rummikub/ Cards 5 9:30 Walking Video 9:30 Blood Pressure Clinic 10:00 Bingo 1:00 Tai Chi	9:00 Rummikub/ Cards 6 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 12:30 Wii Bowling	9:00 Rummikub/ Cards 7 9:30 Walking Video 10:00 Coloring Fun 10:00 Pictionary 11:00 Chair Exercise (video)
9:00 Rummikub/ Cards 10 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:00 Mastering Mobile Class 10:00 Wii Bowling 10:30 Plastic Canvas 11:00 Devotion - Minister Diane Burrell 2:00 Movie Matinee	9:00 Rummikub/ Cards 11 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)	9:00 Rummikub/ Cards 12 9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.) 9:00 Blood Pressure Clinic 9:30 Walking Video 12:00 June Birthday Celebration 1:00 Tai Chi	9:00 Rummikub/ Cards 13 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 12:30 Wii Bowling	9:00 Rummikub/ Cards 14 9:00 Father's Day Breakfast 9:30 Walking Video 10:00 Coloring Fun 11:00 Chair Exercise (video)
9:00 Rummikub/ Cards 17 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:00 Wii Bowling 10:30 Plastic Canvas	9:00 Rummikub/ Cards 18 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual) 11:00 Rock Painting	9:00 Rummikub/ Cards 19 9:00 Blood Pressure Clinic 9:30 Walking Video 10:00 Bingo 10:00 Bingo (sponsored by Creedmoor PD) <i>*No Tai Chi today</i>	9:00 Rummikub/ Cards 20 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 12:30 Wii Bowling	9:00 Rummikub/ Cards 21 9:30 Walking Video 10:00 Coloring Fun 10:00 GC Emergency Management - "Emergency Preparedness" 11:00 Chair Exercise (video)
9:00 Rummikub/ Cards 24 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:00 Wii Bowling 10:30 Plastic Canvas 11:00 Devotion - Minister Diane Burrell	9:00 Rummikub/ Cards 25 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual) 1:00 Granville Museum Presentation	9:00 Rummikub/ Cards 26 9:30 Walking Video 9:00 Blood Pressure Clinic 10:00 Bingo 2:00 Book Club (In-person) <i>*No Tai Chi today</i>	9:00 Rummikub/ Cards 27 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 12:30 Wii Bowling	9:00 Rummikub/ Cards 28 9:30 Walking Video 10:00 Coloring Fun 11:00 Chair Exercise (video)

*** 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.**

Granville County Senior Services

107 Lanier Street • Oxford, NC 27565

PRESRT STD
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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

Funded in part by Granville County United Way

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