

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



THE GREATEST SPORTING EVENT IN THE WORLD - IT'S TIME FOR THE OLYMPICS!

The *Summer Olympics* will kick-off July 26 in Paris. Hundreds of athletes from all over the world will compete to be crowned the best in their event. In honor of this, here are a few fun facts about the Olympics! *Go Team USA!*

- 1. The first Olympic Games took place in 776 BC.** The original Olympics began as part of an Ancient Greek festival, which celebrated Zeus, the Greek God of sky and weather. The whole competition lasted up to six months, and included games like wrestling, boxing, long jump, javelin, discus and chariot racing.
- 2. The Olympic torch is a reminder of the Games' Greek origins.** In ancient times, a flame burned throughout the Games as a tribute to the goddess, Hestia. Since 1928, this tradition has continued in the modern Games, but instead of an altar, the flame burns in a special torch. The torch flame is always lit by the sun in Olympia, Greece, as this is where the first Greek Games was held. Then it's passed from torch to torch in an international relay that ends in the host city.
- 3. The first Summer Olympics had just 14 participating countries.** Now more than 200 countries compete in the Olympics each year!
- 4. The Olympic symbol was designed to include everyone.** The Olympic Rings were first produced in 1913, from a design created by the games modern founder – Baron Pierre de Coubertin. Their five colors, along with a white backdrop, reflect colors found on the flags of all participating nations, so everyone is represented. The overlaps also represent international cooperation, and the coming together of athletes from all over the world.
- 5. The first Winter Olympic Games were held in 1924, in a different city than the Summer Olympics.** At first, the Winter Olympics took place in the same year as the Summer games, but organizers soon realized that it made more sense to hold them in different years. The Winter Olympics now occur two years after the Summer Olympics.



INSIDE THIS ISSUE

Operation Heat Relief.....	2	Informative Programs	5
Nifty 90's.....	2	Summary of Services	6
Christmas in July.....	3	Calendar of Events	7-9

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.

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!

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the **Fourth of July holiday** on Thursday, July 4th. There will be no congregate or home delivered meals served on this day. Our senior centers will reopen on Friday, July 5 at 8:30 a.m. We hope you have a wonderful 4th of July!



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.

MOVIE MATINEES PLANNED

It's just too hot to be outside during the day right now. But who wants to stay home! Well both the **Granville County Senior Center** in Oxford and the **South Granville Senior Center** in Creedmoor have a great way to get you out of the house - join us for our *movie matinees!* The Granville County center will hold their movie matinee on Friday, July 12 at 1:00 p.m. The South Granville center will now hold two movie days, one in the morning and one in the afternoon. The morning movie will be held each fourth Friday of the month at 10:00 a.m. The afternoon movie will be held on the second Monday of the month at 2:00 p.m. Movie snacks and drinks will be provided!

For movie titles please call the Granville County Senior Center at (919)693-1930 and the South Granville Senior Center at (919)528-0848. Stay cool and join us!

ATTENTION BOOK LOVERS!

Book lovers met in June at the **Granville County Senior Center** in Oxford to discuss forming a *book club*! We had a good group for our first meeting who had a wide variety of book interests. The group decided to hold their meetings each fourth Thursday of the month at 1:00 p.m. Melanie Baldwin, Adult Services Librarian, at the Richard Thornton Library in Oxford will facilitate this group. Our next meeting will be Thursday, July 25th. If you are interested in being added to the book list, please call the senior center at (919)693-1930 to give us your email address. Join us!



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 **South Granville Senior Center** in Creedmoor on Wednesday, July 3 at 11:15 a.m. Mark your calendars and make plans to attend.

HO HO HO! IT'S CHRISTMAS IN JULY!

Break out the Christmas tree and Christmas music! We are over half-way through 2024 and it's time to get into the Christmas spirit! Join us at the **South Granville Senior Center** in Creedmoor for Christmas in July on Thursday, July 25 beginning at 10:00 a.m. Join us for reindeer games, cookie decorating and a hot chocolate bar. Unfortunately, Santa will not be able to attend but you may find a few elves checking to see if you've been naughty or nice! Find your Santa hat or your elf ears and join us for the fun!

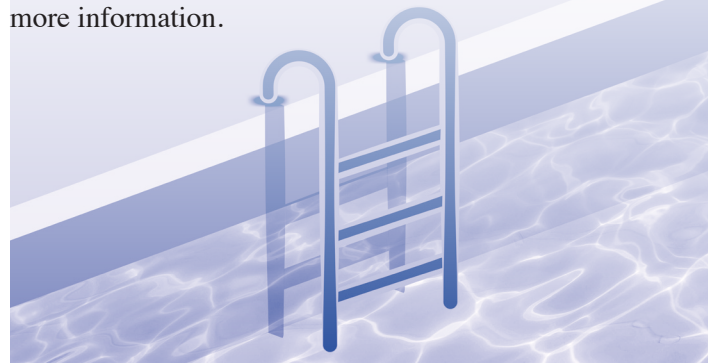
GO FOR THE GOLD! SUMMER OLYMPICS KICK-OFF PARTY

It's time for the greatest sporting event in the world – the *summer Olympics*! As you may have heard, the summer Olympics kicks off July 26 in Paris. In honor of this year's games, the **North Granville Senior Center** in Stovall will hold a *Go For the Gold Summer Olympics kickoff party* on Friday, July 26 beginning at 12:00 p.m. Join us for Olympic games, a guest speaker, Olympic themed snacks and even our own medal ceremony! What a fun way to cheer on our USA team and all the nations competing in this year's events. Don't miss the fun – wear your red, white and blue and join us!

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 continue each Wednesday through 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 must also 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.



MINORITY DIABETES PREVENTION PROGRAM

Are you at risk for type 2 Diabetes? Over 1 in 3 adults have prediabetes. Did you know that 8 out of 10 don't know they have it? The *Minority Diabetes Prevention Program* is a statewide effort between local health departments to keep North Carolinians with prediabetes from developing type 2 diabetes and other health problems. Trained lifestyle coaches lead classes to help you lose weight, become more physically active and reduce stress. This is a **FREE** year-long program with weekly meetings for the first 6 months, then once or twice a month for the second six months.

Granville Vance Public Health manages this program in Granville County. They will begin a new session in September at the **South Granville Senior Center** in Creedmoor. For more information or to register for the class please contact *Wendy Ji*, MDPP Regional Coordinator, at (252)492-7915 ext. 125 or *Beryle Lewis*, MDPP Support Specialist, at (252)492-7915 ext. 147. *Join us!*

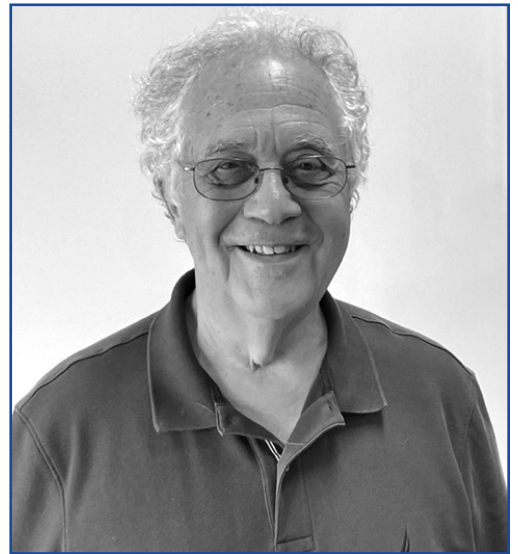
GOODBYE MARILYN...

We are so sad to say goodbye to our *Creative Lifelong Learning Coordinator Marilyn Howard*. Since the start of CLL in 2017, Marilyn has led this program and taken it to levels we could have never dreamed of. She has worked tirelessly to provide the best courses we could offer and has provided CLL members with quality programs that have continually kept members coming back for more! Under her guidance membership grew, the number of programs increased each year and quality instructors from across the state (and beyond!) came to be a part of Creative Lifelong Learning. Not only did she contribute to CLL, she quickly became a vital part of our staff, helping out when and wherever she could. Her big smile and always positive personality will be greatly missed. But, she can't stay away too long – once Open Enrollment for Medicare Part D rolls around this year, Marilyn, who is also a trained SHIP Counselor, will be back with us to counsel our SHIP clients. Marilyn, you will be greatly missed but we hope you enjoy every minute of your now “full-time” retirement! Thank you for all you have done for Creative Lifelong Learning and our department!



WELCOME RUSS!

Granville County Senior Services is excited to announce the hiring of **Russ Barberio** as our new *Creative Lifelong Learning Coordinator*! For many years, Russ worked as a computer software consultant. Since retirement, he and his wife have been very involved with genealogy technology. He's created many online and in person genealogy seminars and is a part of the North Carolina Genealogy Society and often represents them at local and regional events. He and his wife are members of Creative Lifelong Learning and he felt like he couldn't pass up the opportunity to take on this role once Marilyn Howard announced her departure. Russ's goal is to share his life knowledge and experiences to help others live a healthy and interesting life. He has hit the ground running – he already has great ideas and plans for this fall's CLL curriculum and welcomes your ideas and thoughts! He can be reached by calling (919)693-1930 or by email at russ.barberio@granvillecounty.org. We are excited to see where he takes CLL! We encourage you to stop by the **Granville County Senior Center** in Oxford to meet him. *Welcome Russ!*



WELCOME SUSAN!

We are excited to announce that **Susan Tucker** has been hired as our new *North Granville Senior Center Coordinator*! Susan comes to us with a wealth of senior center experience having worked at the Vance County Senior Center in Henderson. There Susan provided programming and activities for seniors and staff. She also oversaw their two successful Senior Center of Excellence certifications. Most recently, she worked with the Kerr-Tar Area Agency on Aging managing regional evidence-based health promotion programming, provided operational support, guidance and partnership to all area Senior Centers and was the lead monitor of all regional senior center services and operations. She also has extensive experience with Senior Games. She has hit the ground running! She has already incorporated new programs and has great ideas for future programming. We know under her leadership the North Granville center will continue to grow and we can't wait to see the exciting things she will bring to our seniors in northern Granville – especially with our new senior center in the works! If you have not stopped by to meet her, we encourage you to drop by and say hello! She can be reached at (919)693-3383 or by email at susan.tucker@granvillecounty.org.



LET'S CELEBRATE THE FOURTH!

While the 4th of July obviously has historical significance it also marks a time of summer celebrations, family get togethers and overall *fun!* All three of our senior centers will celebrate the Fourth of July with fun events this month. Join us!

The **Granville County Senior Center** in Oxford will have an ice cream party on Wednesday, July 3 at 11:30 a.m. The *Southern Snow Company* ice cream truck will be at the senior center dishing up ice cream to participants. They'll have a variety of flavors available to help cool us off – join us!

Join us at the **North Granville Senior Center** in Stovall for *FourthFest!* We'll ring in the 4th with Bingo and other games on Wednesday, July 3rd beginning at 10:00 a.m. We'll also celebrate our July birthdays. Don't miss out!

The **South Granville Senior Center** in Creedmoor will celebrate a little after the Fourth with a *summer cookout* sponsored by the *Creedmoor Police Department*. This will be held on Monday, July 8, beginning at 10:00 a.m. Join us for games and good food! **You must register in advance by calling the senior center at (919)528-0848 by Friday, July 5.**

However you celebrate the Fourth, we hope you have a fun and safe holiday!

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 to old to learn!

The **Granville County Senior Center** in Oxford will hold an Intro to A.I. program on Monday, July 22 beginning at 10:45 a.m. *Ashley Cummings*, GC Cooperative Extension Digital Agent, will present this program. Are you curious about A.I.? Would you like to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how A.I. is being used today, what its current limitations are, and how it will shape the future.

On Wednesday, July 24 a representative from the Public Protection Section of the *NC Department of Justice* will be at the **Granville County Senior Center** in Oxford to talk to us about *Avoiding Scams and Frauds*. There are so many ways people are being targeted now, join us for this important conversation on keeping yourself and your information safe, how to identify prevalent scams and frauds and what to do if you think you have been scammed! This program will begin at 10:45 a.m.

You hear people talk about counting their carbs but what does that really mean? Join us at the **Granville County Senior Center** in Oxford on Friday, July 26 at 10:45 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 carbs.

Ashley Cummings will be back at the **Granville County Senior Center** in Oxford on Monday, July 29 to present *Is it A.I.?* This program will begin at 10:45 a.m. With the advances in artificial intelligence technology, AI programs can now create ultra-realistic images and videos. At first sight, it may be hard to tell if what you see was created or altered by AI. We'll show you how to do a reverse image search to find out the internet history of any image you find online. While we can't definitively tell whether an image is AI, these tools will make you a tech savvy internet user!

Jennifer Brown, will also be at the **North Granville Senior Center** in Stovall this month to present *Talking With Your Doctor*. This program will be held on Tuesday, July 23 at 10:00 a.m. As you age, you want to make sure your doctor is really listening to you. Learn how to talk to your doctor to make sure they are really hearing your questions and concerns.

On Wednesday, July 24 join us at the **North Granville Senior Center** in Stovall for a *Lunch and Learn* with *Stovall Police Chief Craig Williams* at 12:00 p.m. Chief Williams will be talking about *Safety for Seniors*. Learn ways to stay safe in your home and when you are on the go. This will be good reminders for all of us.

Are you curious about Facebook? Then join us on Friday, July 12 at 10:00 a.m. at the **South Granville Senior Center** in Creedmoor as *Ashley Cummings* will talk to us about *Facebook*. Are you curious about Facebook but concerned about privacy? Are you interested in learning how to set up a profile or a page? Want to learn more about Facebook Live? This lecture will offer an overview of Facebook's evolution, its most popular features and tips for getting in on the action! It will also cover privacy settings as well as the role of advertising on Facebook. It's a great way to connect with old friends, share life updates, and join social groups. *And then* – if you are ready to get in on the fun, join us August 2 to sign up for your own Facebook page! During this hands-on workshop, you will sign up for your own Facebook page and begin building your profile. You'll also learn how to find friends and will get a brief introduction to Facebook's privacy settings. If you are ready to join Facebook, then this workshop is for you!

Looking for ways to save money at the grocery store? Aren't we all! *Michelle Fletcher*, Program Assistant, at the **South Granville Senior Center** in Creedmoor will provide us with tips on saving money when we shop. Join us on Friday, July 19 at 10:00 a.m. to learn how you can cut costs at the grocery store.

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



Kathy's Korner

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

Did you KNOW??

DEPRESSION can affect anyone at any point in life, but depression impacts older people differently than younger people. According to WebMD, depression in older adults often occurs with other medical issues and tends to last longer. It is important that you understand depression is NOT a weakness; it is an illness and should be treated as such. Everyone feels sad from time to time, but the clinical depression that I'm referring to doesn't go away on its own. Depression doubles an older person's risk of cardiac diseases and reduces their ability to rehabilitate. Depression also increases the risk of suicide, especially in elderly white men. The National Institute of Mental Health considers depression in people aged 65 and older to be a major public health problem.

Advancing age is often accompanied by loss of social support systems due to the death of a spouse or siblings, retirement or relocation of residence, and can contribute to depression in a big way. It is important to talk to your health care provider if you suspect depression in yourself or in a loved one. There are several treatment options available that can help, so don't suffer in silence.

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 **May 2024**.

Home Delivered Meals

Oxford area: 608 meals delivered to 34 homebound seniors.

North Granville area: 244 meals delivered to 12 homebound seniors.

South Granville area: 520 meals delivered to 27 homebound seniors.

Total meals: 1,372 meals delivered to 73 homebound seniors.

Total amount paid by Senior Services: \$7,038.36

Total amount contributed to program by participants: \$409.00

Congregate Meals

Granville County Senior Center in Oxford: 708 meals served to 67 seniors.

North Granville Senior Center in Stovall: 437 meals served to 48 seniors.

South Granville Senior Center in Creedmoor: 605 meals served to 65 seniors.

Total meals: 1,750 meals served to 180 seniors.

Total amount paid by Senior Services: \$8,977.50

Total amount contributed to program by participants: \$743.44

In-Home Aide Services

535 hours provided for 17 clients.

Transportation

262 trips provided for 29 clients.

Granville County Senior Center • 919.693.1930

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JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee Club/ Rummikub/ Dominoes 1 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee Club/ 2 Rummikub/ Dominoes 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/ 3 Rummikub/Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 11:30 Ice Cream Party 12:00 Swimming 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	4 Center Closed for the July 4th Holiday	9:00 Coffee Club/ 5 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes 8 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee Club/ 9 Rummikub/ Dominoes 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/ 10 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 10:30 BP Clinic 11:00 Stretch & Wiggle 12:00 Swimming 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ 11 Rummikub/ Dominoes 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	9:00 Coffee Club/ 12 Rummikub/Dominoes 9:00 Low Impact Aerobics 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 15 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:30 Tech Time w/ Ashley 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee 16 Club/Rummikub/ Dominoes 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 17 9:00 Low Impact Aerobics 10:00 Quilting 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/ 18 Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	9:00 Coffee Club/ 19 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/ Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes 22 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Intro to AI 11:00 Devotion 11:00 Stretch & Wiggle 11:00 Advisory Board Meeting 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee 23 Club/Rummikub/ Dominoes 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 24 9:00 Low Impact Aerobics 10:00 Quilting 10:00 BP Clinic 10:15 Stretch & Wiggle 10:45 Avoiding Scams/ Frauds 11:00 Stretch & Wiggle 12:00 Swimming 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	9:00 Coffee Club/ 25 Rummikub/ Dominoes 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub 1:00 Book Club	9:00 Coffee Club/ 26 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Jennifer Brown - Count the Carbs 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
9:00 Coffee Club/ Rummikub/ Dominoes 29 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Is it AI? 11:00 Devotion 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	9:00 Coffee 30 Club/Rummikub/ Dominoes 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 31 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 Swimming 12:00 July Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®		

North Granville Senior Center • 919.693.3383

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JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Game Time 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk Off the Pounds	2 9:00 Game Time 10:00 Puzzle Time 12:30 Wii Bowling	3 9:00 Game Time 10:00 FourthFest! (Bingo, Games & July Birthday Celebration)	4 Center Closed for the July 4th Holiday	5 9:00 Game Time 10:00 Puzzle Time 12:30 Stretch & Strengthen
8 9:00 Game Time 10:00 Puzzle Time 12:30 Walk Off the Pounds	9 9:00 Game Time 10:00 Puzzle Time 12:30 Wii Bowling	10 9:00 Game Time 10:00 Bingo 12:30 Puzzle Time 12:30 Walk Off the Pounds	11 9:00 Game Time 10:00 Puzzle Time 10:30 Chair Exercise	12 9:00 Game Time 10:00 Puzzle Time 12:00 National Ice Cream Day Celebration 12:30 Stretch & Strengthen
15 9:00 Game Time 10:00 Puzzle Time 10:00 Devotional Time w/ Larry & Margaret 12:30 Walk Off the Pounds	16 9:00 Game Time 10:00 Puzzle Time 12:30 Wii Bowling	17 9:00 Game Time 10:00 Bingo 11:00 Devotion: Rev. Curtis McRae 12:30 Puzzle Time 12:30 Walk Off the Pounds	18 9:00 Game Time 10:00 Puzzle Time 10:30 Chair Exercise	19 9:00 Game Time 10:00 Puzzle Time 12:30 Stretch & Strengthen
22 9:00 Game Time 10:00 Puzzle Time 12:30 Walk Off the Pounds	23 9:00 Game Time 10:00 Jennifer Brown - "Talking w/ Your Doctor" 12:30 Wii Bowling	24 9:00 Game Time 10:00 Bingo 12:00 Lunch & Learn: "Safety for Seniors" w/ Stovall Police Chief Craig Williams 12:30 Puzzle Time 12:30 Walk Off the Pounds	25 9:00 Game Time 10:00 Puzzle Time 10:30 Chair Exercise	26 9:00 Game Time 10:00 Puzzle Time 12:00 Go for the Gold Olympics Party
29 9:00 Game Time 10:00 Puzzle Time 12:30 Walk Off the Pounds	30 9:00 Game Time 12:30 Wii Bowling	31 9:00 Game Time 10:00 Bingo 12:30 Puzzle Time 12:30 Walk Off the Pounds		

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

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Game Time 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:30 Plastic Canvas 10:30 Violin Performance 1:00 Diabetes Prevention Program 1:00 Party Bridge	9:00 Game Time 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 Game Time 9:30 Walking Video 10:00 Bingo 11:15 Coffee w/ Kathy 1:00 Cornhole	Center Closed for the July 4th Holiday	9:00 Game Time 9:30 Walking Video 10:00 Coloring Fun 10:00 Pictionary 11:00 Chair Exercise (video)
9:00 Game Time 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:00 Summer Cookout (sponsored by Creedmoor PD) 10:30 Plastic Canvas 11:00 Devotion - Minister Diane Burrell 2:00 Movie Matinee	9:00 Game Time 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)	9:00 Game Time 9:00 Coffee w/ a Cop (sponsored by the Creedmoor Police Dept.) 9:30 Walking Video 12:00 July Birthday Celebration 1:00 Cornhole	9:00 Game Time 9:00 Low Impact Aerobics (BSA) 9:00 AARP Driver Safety Course 9:30 Quilting Club 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 12:30 Wii Bowling	9:00 Game Time 9:30 Walking Video 10:00 Coloring Fun 10:00 Ashley Cummings - Intro to Facebook 11:00 Chair Exercise (video)
9:00 Game Time 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:00 Wii Bowling 10:30 Plastic Canvas	9:00 Game Time 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual) 11:00 Diamond Dot Craft	9:00 Game Time 9:30 Walking Video 10:00 Bingo (sponsored by Creedmoor PD) 1:00 Cornhole	9:00 Game Time 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 Game Time 9:30 Walking Video 10:00 Coloring Fun 10:00 Saving at the Grocery Store 11:00 Chair Exercise (video)
9:00 Game Time 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:30 Plastic Canvas 10:30 Violin Performance 11:00 Devotion - Minister Diane Burrell	9:00 Game Time 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)	9:00 Game Time 9:30 Walking Video 10:00 Bingo 1:00 Cornhole	9:00 Game Time 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Christmas in July 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club 12:30 Wii Bowling	9:00 Game Time 9:30 Walking Video 10:00 Coloring Fun 10:00 Morning Movie 11:00 Chair Exercise (video)
9:00 Game Time 9:00 Zumba Gold 9:30 Beginner Crochet 9:30 Brain Games 10:00 Wii Bowling 10:30 Plastic Canvas	9:00 Game Time 9:00 Low Impact Aerobics (BSA) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (Virtual)	9:00 Game Time 9:30 Walking Video 10:00 Bingo 2:00 Book Club (In-Person)	* 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

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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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