

Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

Life is great when you participate!

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



"We hold these truths to be self evident..."

The Fourth of July celebrates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. The Declaration announced the separation of the 13 North American colonies from Great Britain.

Here are a few fun facts about the signing of the Declaration of Independence:

- Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All others signed later.
- The Declaration of Independence was signed by 56 men from 13 colonies.
- The average age of the Signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr. (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- Seven signers of the Declaration of Independence were educated at Harvard.

Here are a few fun facts about the Fourth of July:

- Congress made Independence Day an official unpaid holiday for federal employees in 1870. In 1938, Congress changed Independence Day to a paid federal holiday.
- The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.
- President John Adams, Thomas Jefferson and James Monroe all died on the Fourth. Adams and Jefferson (both who signed the Declaration) died on the same day within hours of each other in 1826.
- Every Fourth of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.



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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 5 at 11:15 a.m. Mark your calendars and plan 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 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.

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the ***Fourth of July holiday*** on Tuesday, July 4, 2023. There will be no congregate or home delivered meals served on this day. Our centers will reopen on Wednesday, July 5 at 8:30 a.m. We hope you have a wonderful 4th of July!

NIFTY 90'S SCHEDULED

Mark your calendars for the **Granville County Senior Center's annual Nifty 90's event!** This event, for those 90 and over in Granville County, is one of the highlights of our year. This year's program will be held on Wednesday, September 20 at the **Granville County Expo Center** beginning at 5:00 p.m. There will be a catered meal and entertainment. Our 90-plus year olds are free and one guest may attend for \$10.00. If you would like to attend or if you know of a 90 plus year old who would like to attend, please call the senior center at (919)693-1930. *Don't miss out!*

HOLIDAY BAZAAR SCHEDULED

The **Granville County Senior Center** in Oxford will hold their annual *Holiday Bazaar* on Saturday, November 4 from 9:00 a.m. until 2:00 p.m. We always have a great variety of vendors with all kinds of homemade items for sale. If you or someone you know would be interested in being a vendor 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! Mark your calendars and make plans to attend!



SPEAKER PRESENTATIONS PLANNED

One of the main focuses of our senior centers is to keep our older adults active and informed. We try to hold programs that are educational, informative and interesting to keep our seniors abreast and up-to-date with anything going on that can affect them. This month all three of our senior centers will be holding informative programs that will be important information for us all. Check out these presentations!

All three of our senior centers will hold a ***Healthy Homes*** program this month. This program will be presented by *Jennifer Brown*, Area Extension Agent, Family and Consumer Sciences, with the NC Cooperative Extension. Topics will include *moisture issues, keeping it clean, safety hazards, ventilation, how to keep your home pest free, contaminants, and maintenance*. Some of these issues, if not taken care of early, can cause major damage to your home and be very costly. Learn how to keep your home safe and healthy! This will be held at the **Granville County Senior Center** in Oxford on Friday, July 14 at 10:45 a.m.; at the **North Granville Senior Center** in Stovall on Tuesday, July 25 at 10:00 a.m. and at the **South Granville Senior Center** in Creedmoor on Friday, July 7 at 10:00 a.m. This will be great information for everyone!

The **North Granville Senior Center** in Stovall will hold a special program by *Ashby Andrews*, Executive Director of the National Kidney Foundation serving the Carolinas on Tuesday, July 18 beginning at 10:00 a.m. Did you know that one third of all adults in the United States are at risk for kidney disease? ***Your Kidneys and You*** will focus on *what your kidneys do, how to stay healthy and protect your kidneys, how kidney disease impacts people, COVID-19 and kidney health* and much more. She will also cover what you need to know about risk factors for kidney disease and resources available in North Carolina. If you or someone you know is concerned about or dealing with kidney disease, please make plans to attend.

The **South Granville Senior Center** in Creedmoor will hold a ***Medicare Card Scams*** presentation on Wednesday, July 19 beginning at 11:00 a.m. *Christy Southall*, South Granville Senior Center Coordinator and a Senior Health Insurance Information Program (SHIIP) counselor, will present this program. Join us to learn more about the newest scams involving your Medicare card as well as information about the Senior Medicare Patrol and how to prevent Medicare fraud. This will be very important information for everyone – especially concerning the newest Medicare scams. Mark your calendars and make plans to attend!

Join us for one – or all – of these informative programs!

MEDICARE 101

When you become Medicare eligible, we know that you can have lots of questions. Are you new to Medicare? If so, the **Granville County Senior Center** in Oxford has a program for you! *Carolyn Keith*, Senior Services Medicare Specialist, will hold a ***Medicare 101*** program on Wednesday, August 16 at 10:00 a.m. at the senior center. Medicare offers different options to choose from for your health coverage. This program will address those options to help you make an informed decision regarding your coverage. Space is limited. Please call the senior center at (919) 693-1930 to register.

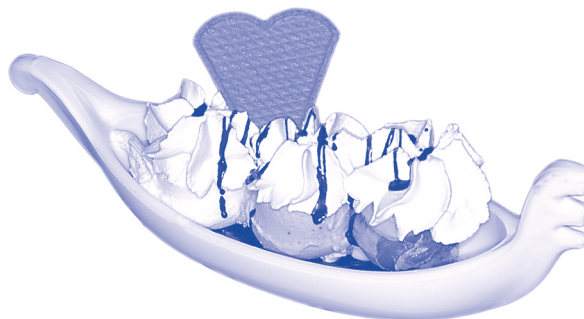


PAINT PARTY

The **South Granville Senior Center** in Creedmoor will be having a **paint party** with Tammy Rokose, with *Me Time Painting, LLC* on Monday, July 17 from 10:00 a.m. – 12:00 p.m. Join us to paint a *Patriotic Barn!* The cost for this class will be \$29.00 per person which includes all supplies. This class is designed for all level painters, especially beginners. All you have to do is show up and join in the fun! The deadline to register is Friday, July 14th. Payment is due at the time of registration. To register contact Christy Southall at the South Granville center at (919)528-0848. Join us!

BEGINNER COMPUTER CLASS

The **South Granville Senior Center** in Creedmoor will offer a **beginner computer class** starting Friday, July 14 in our computer lab. In this four-week class, participants will learn computer skills including the parts of the computer and what each part does. Participants will also learn how to use the internet, including how to stay safe online. **Class size is limited and registration is required.** To register, please call the South Granville Senior Center at (919)528-0848.



BANANA SPLIT PARTY!

It's HOT! We are now in the "dog days of summer" and the temperature is rising! Nothing can cool you down better than ice cream – so what better way to cool off and enjoy these summer days than with a **banana split party!** Join us at the **North Granville Senior Center** in Stovall on Wednesday, July 12 at 12:00 p.m. to make your own banana split. We'll have all the fixings to make your own delicious treat. Get out of the heat and join us! Please call the senior center at (919)693-3383 to register.

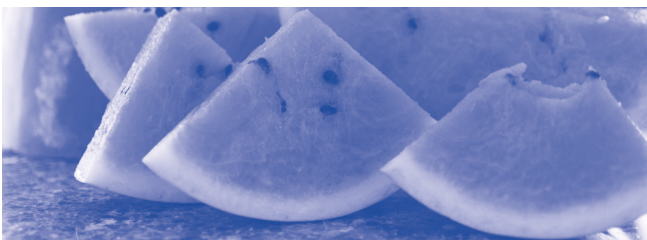


LET'S MAKE CARDS!

Everyone loves to get a card in the mail. Whether it be for your birthday, your anniversary, a get well soon or just a thinking of you, there is nothing like going to your mailbox and pulling out a card that has been sent to you. But not only is it fun to get cards, it's fun to send them! We all know that cards can be expensive – so why not make your own! The **Granville County Senior Center** in Oxford will hold a free *card making class* this month. This will be held on Friday, July 21 at 10:00 a.m. and will be taught by *Tracy Peoples*. All materials will be supplied for participants. This month's class will be making **birthday cards**. We have sample cards displayed at the front desk of the Granville County center. Do you have a special someone's birthday coming up? Join us to make them a one-of-a-kind card from you! Please pre-register by calling the senior center at (919)693-1930 by Friday, July 14. *Don't miss out!*

WATERMELON FUN DAY!

Nothing is better than a cool slice of watermelon in the summer! Join us at the **South Granville Senior Center** in Creedmoor on Friday, July 28 at 10:00 a.m. for a **watermelon fun day!** Participants will enjoy a day of watermelon treats and will learn some fun facts about watermelon. We will learn how to make cool and refreshing watermelon popsicles – a great snack on these hot summer days. And of course, everyone will enjoy watermelon slices! You can register by calling the senior center at (919)528-0848. *Join us!*



ARE YOU CRAFTY?

Are you crafty and enjoy teaching others? The **South Granville Senior Center** in Creedmoor is looking for volunteers to teach craft classes once a month. These would be simple one-day craft projects. The day of the week is flexible; however, the time would be either mid-morning or early afternoon. If you enjoy making simple projects and would like to share that talent with our participants please contact Christy Southall, South Granville Senior Center Coordinator at (919)528-0848.

MOVIE MATINEES

All three of our senior centers are now holding movie matinees and they have quickly become one of our most popular events. Check out the schedule below and join us to relax and enjoy an afternoon movie!

The **Granville County Senior Center** in Oxford will hold their movie matinee on Friday, July 14 beginning at 1:00 p.m. Please call the senior center at (919)693-1930 for the movie title and to register.

The **North Granville Senior Center** in Stovall will hold their movie matinee on Monday, July 3 beginning at 10:00 a.m. Please call the senior center at (919)693-3383 for the movie title and to register.

The **South Granville Senior Center** in Creedmoor holds their movie matinees each second Monday of the month. We are adding an additional show time for our movie matinee. Showtimes are now 10:00 a.m. and 1:00 p.m. Please call the senior center at (919)528-0848 for the movie title and to register.

Beat the heat and join us in our cool air conditioned centers for a relaxing afternoon at the movies!

2023 SENIOR GAMES WINNERS ANNOUNCED

The 2023 Kerr-Tar Regional Senior Games are over and once again it was a fun filled season! It was wonderful to have everyone together from all five counties for friendly competition and fun! Granville County had 65 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 the Granville County Senior Games and Silver Arts winners and the events they placed in within their individual age groups. Those who participated this year are now eligible for the NC State Senior Games to be held across the state in September.

Susan Allersmeyer – Tennis Doubles 1st

Judy Boyd – Horseshoes 2nd, Cycling – 1 mile 2nd, Bocce 4th, Softball Throw 2nd, Football Throw 2nd, Croquet 6th, Bowling Singles 3rd, Miniature Golf 1st, Basketball Shooting 3rd, Shuffleboard 2nd, Silver Striders Fun Walk

Nancy Cardin – Softball Throw 1st, Football Throw 1st, Miniature Golf 1st, Swimming – 50 Yd. Backstroke 1st, Swimming – 50 Yd. Freestyle 1st, Silver Striders Fun Walk

Janice Clayton – Tennis Doubles 1st

Beth Clement – Pickleball Doubles 1st, Pickleball Mixed Doubles 1st

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

Bruce Currin – Pickleball Doubles 1st, Pickleball Mixed Doubles 2nd

Betty Davis – Tennis Doubles 2nd

Claudette Dickerson – Horseshoes 4th, Pickleball Doubles 3rd, Basketball Shooting 2nd, Bowling Singles 4th, Silver Striders Fun Walk

Beverly Fedewa – Tennis Doubles 1st

Ruth Gales – Basketball Shooting 2nd, Silver Striders Fun Walk

Ronald Gillespie – Pickleball Singles 1st, Pickleball Doubles 1st, Pickleball Mixed Doubles 1st

Vanessa Gregory – Bowling Doubles 1st

Colonel Hawley – Table Tennis Singles 1st, Table Tennis Mixed Doubles 1st

Gladys Hawley – Table Tennis Singles 1st, Table Tennis Mixed Doubles 1st

Elsie Henderson – Silver Striders Fun Walk

Mary Henderson – Bowling Singles 4th, Bowling Doubles 1st

Donna Holtaway – Tennis Doubles 1st

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

Booker Howze – Track 50-meter dash 1st, Basketball Shooting 1st, Visual Arts – Acrylics 1st

Hope Howze – Track 50-meter dash 1st, Basketball Shooting 1st, Silver Striders Fun Walk, Heritage Arts – Knitting 2nd

Lenard Hunt – Tennis Mixed Doubles 1st

Ellen Jenkins – Cornhole 1st, Horseshoes 1st, Bocce 1st, Table Tennis Singles 1st, Table Tennis Doubles 1st, Pickleball Singles 1st, Pickleball Doubles 1st, Pickleball Mixed Doubles 2nd, Badminton Singles 1st, Badminton Doubles 1st, Croquet 1st, Shuffleboard 1st, Basketball Shooting 4th, Silver Striders Fun Walk

Maggie Johnson – Pickleball Doubles 1st, Pickleball Mixed Doubles 2nd

Steve Johnson – Pickleball Doubles 1st, Pickleball Mixed Doubles 2nd

James Jones – Croquet 1st

Steven Mann – Track 50-Meter Dash 1st, Track 100-Meter Dash 1st

Liz Matthews – Pickleball Doubles 1st, Pickleball Mixed Doubles 2nd, Table Tennis Singles 1st, Table Tennis Doubles 1st, Table Tennis Mixed Doubles 1st

Patti McDowell – Bowling Singles 2nd

Stephen McMillian – Pickleball Doubles 1st, Tennis Doubles 1st

Lillie Mitchell – Football Throw 2nd, Horseshoes 2nd, Softball Throw 2nd, Croquet 3rd, Bocce 2nd, Shuffleboard 6th, Silver Striders Fun Walk

Octavia Mitchiner – Silver Striders Fun Walk



Elnora Morehead – Cornhole 3rd, Horseshoes 1st, Miniature Golf 2nd, Bowling Singles 2nd, Bowling Doubles 1st, Shuffleboard 2nd, Silver Striders Fun Walk

Jimmy Morton – Horseshoes 1st, Basketball Shooting 2nd, Silver Striders Fun Walk

Allen Murphy – 5K Run 1st

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

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

Ronnie Norwood – Cornhole 1st, Billiards 2nd, Horseshoes 1st, Miniature Golf 1st, Shuffleboard 1st

Ann Ostby – Bowling Singles 2nd

Margaret Parham – Bocce 3rd, Horseshoes 6th, Miniature Golf 1st, Croquet 5th, Shuffleboard 5th, Silver Striders Fun Walk

Angela Parrott – Horseshoes 3rd, Bocce 2nd, Croquet 1st, Table Tennis Doubles 2nd, Badminton Doubles 1st, Golf 1st, Shuffleboard 4th, Basketball Shooting 4th, Silver Striders Fun Walk

Patricia Penn – Cornhole 2nd, Horseshoes 5th, Croquet 2nd, Bocce 1st, Bowling Singles 3rd, Bowling Doubles 1st, Miniature Golf 1st, Shuffleboard 1st, Golf 1st, Silver Striders Fun Walk

Judy Priode – Performing Arts – Vocal Solo 3rd

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

Terri Roberts – Miniature Golf 3rd, Silver Striders Fun Walk

Phyllis Russell – Softball Throw 2nd, Football Throw 2nd, Horseshoes 5th, Table Tennis Singles 1st, Miniature Golf 1st, Silver Striders Fun Walk

Jean Skinner – Pickleball Doubles 4th, Pickleball Mixed Doubles 4th

Christopher Spain – Pickleball Singles 1st, Pickleball Doubles 2nd, Pickleball Mixed Doubles 4th

Paul Spain – Pickleball Doubles 2nd, Pickleball Mixed Doubles 1st

Marlene Spurr – Pickleball Doubles 4th, Tennis Doubles 3rd

Francie Stoll – Croquet 2nd, Miniature Golf 1st, Table Tennis Singles 1st, Heritage Arts Needlework 1st

Betty Stovall – Horseshoes 2nd, Cornhole 3rd, Croquet 3rd, Golf 2nd, Miniature Golf 4th, Shuffleboard 8th, Silver Striders Fun Walk

Nancy Stovall – Tennis Doubles 2nd

Thornton Stovall – Pickleball Doubles 1st, Pickleball Mixed Doubles 1st, Tennis Doubles 1st, Table Tennis Mixed Doubles 1st

Mary Tilley – Basketball Shooting 1st, Silver Striders Fun Walk

Mildred Walke – Horseshoes 5th, Bowling Singles 5th

Kay Weary – Cornhole 1st, Cycling 1 Mile 1st, Horseshoes 5th, Bocce 1st, Table Tennis Singles 2nd, Miniature Golf 2nd, Croquet 2nd, Badminton Singles 1st, Bowling Singles 2nd, Shuffleboard 1st, Silver Striders Fun Walk

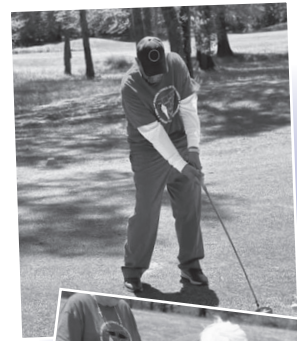
Christine Williams – Bowling Singles 1st, Bowling Doubles 1st

Pauletta Williams – Cornhole 2nd, Horseshoes 1st, Track 5K Powerwalk 1st, Bowling Singles 5th, Bowling Mixed Doubles 2nd, Literary Arts – Poem 2nd, Silver Striders Fun Walk

Montie Wilson – Cornhole 2nd, Football Throw 2nd, Horseshoes 2nd, Softball Throw 1st, Bocce 2nd, Badminton Singles 2nd, Badminton Doubles 1st, Pickleball Singles 2nd, Pickleball Doubles 1st, Croquet 3rd, Table Tennis Singles 2nd, Table Tennis Doubles 1st, Bowling Singles 6th, Basketball Shooting 3rd, Shuffleboard 2nd, Silver Striders Fun Walk

Nancy Wilson – Horseshoes 3rd, Croquet 5th, Shuffleboard 2nd, Silver Striders Fun Walk, Visual Arts – Photography (Digital) 1st

Janet Winebarger – Heritage Arts – General Fiber Arts 1st, Visual Arts – Mixed Media 1st, Visual Arts – Oil 1st, Literary Arts – Poem 1st





Kathy's Korner

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

SCAM ALERT

Pay attention folks!! Calls from scammers are at an all time high. Once again, they are targeting Medicare recipients. Remember.....

MEDICARE WILL NEVER CALL YOU UNINVITED TO REQUEST PRIVATE INFORMATION.... but these scammers are out there in full force. We know because they are already calling Seniors here in Granville County. These are some of the things they may tell you when they call.....

1. They may falsely tell you that Medicare is again issuing new cards - perhaps plastic ones or metal ones. No, they are **NOT**...it's a scam. The scammers may tell you that for them to send your new Medicare card, you need to verify your identity, which may include your Medicare number. If you get a call like this, hang up!
2. They may tell you Medicare needs to "verify" your information and may even threaten to cancel benefits. Again....it's a scam. Hang up!
3. Scammers are calling some people, claiming your doctor asked them to call. They may even spoof the caller ID to look like they are calling from your doctor's office. In these cases, they may tell you your doctor wants you to have cardiac genetic testing, or some kind of back brace, knee brace, etc. If this were true, your doctor would have talked about it during an appointment. If you get a call like this, hang up. You can call your doctor's office if you have a question about whether it was real.

If you do receive a call like these, call the NC Insurance Commissioner's Office at 855-408-1212 and press 2 to report Medicare fraud.

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 2023**.

Home Delivered Meals

Oxford area: 726 meals delivered to 39 homebound seniors.
North Granville area: 308 meals delivered to 15 homebound seniors.
South Granville area: 530 meals delivered to 27 homebound seniors.
Total meals: 1,564 meals delivered to 81 homebound seniors.
Total amount paid by Senior Services: \$7,788.72
Total amount contributed to program by participants: \$486.00

Congregate Meals

Granville County Senior Center in Oxford: 728 meals served to 67 seniors.
North Granville Senior Center in Stovall: 408 meals served to 49 seniors.
South Granville Senior Center in Creedmoor: 633 meals served to 72 seniors.
Total meals: 1,769 meals served to 188 seniors.
Total amount paid by Senior Services: \$8,809.62
Total amount contributed to program by participants: \$780.15

In-Home Aide Services

619 hours provided for 19 clients.

Transportation

256 trips provided for 15 clients.

Granville County Senior Center • 919.693.1930

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

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Rummikub/ Dominoes 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®	4 Center Closed for the July 4th Holiday	5 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	6 9:00 Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:00 Spades/Rummikub	7 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
10 9:00 Rummikub/ Dominoes 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®	11 9:00 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 1:30 Yoga Class	12 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	13 9:00 Rummikub/ Dominoes 10:00 Bingo (sponsored by GC Veteran's Support group) 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	14 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 10:45 Speaker: Jennifer Brown - "Healthy Homes" 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 1:00 Movie Matinee
17 9:00 Rummikub/ Dominoes 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®	18 9:00 Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	19 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	20 9:00 Rummikub/ Dominoes 10:00 Bingo 11:30 Water Aerobics (YMCA) 1:00 Spades/Rummikub	21 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Card Making Class 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
24 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Devotion 11:00 Advisory Board Mtg. 11:00 Stretch & Wiggle 2:00 GC Veteran's Support Group 2:00 Rock Steady Boxing®	25 9:00 Rummikub/ Dominoes 9:00 Open Art Studio 10:00 Tai Chi 11:30 Water Aerobics (YMCA) 12:30 GC ACBL Bridge Club 1:30 Yoga Class	26 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:00 Quilting 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 12:00 July Birthday Celebration 1:00 Spades/Rummikub 2:00 Rock Steady Boxing®	27 9:00 Rummikub/ Dominoes 10:00 Bingo (sponsored by Bingo Helpers) 11:30 Water Aerobics (YMCA) 1:00 Spades/ Rummikub	28 9:00 Rummikub/ Dominoes 9:00 Low Impact Aerobics 10:15 Stretch & Wiggle 11:00 Stretch & Wiggle 1:00 Spades/Rummikub
31 9:00 Rummikub/ Dominoes 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®				

North Granville Senior Center • 919.693.3383

318 HWY 15 SOUTH • STOVALL, NC 27582

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Movie Matinee 10:00 Puzzle Time 12:30 Walk Off the Pounds	4 Center Closed for the July 4th Holiday	5 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 12:00 July Birthday Celebration 12:30 Walk Off the Pounds 12:30 Puzzle Time	6 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	7 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
10 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	11 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Stretch & Strengthen	12 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 12:00 Jump Into Summer 12:30 Walk Off the Pounds 12:30 Puzzle Time	13 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	14 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
17 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	18 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Speaker: NC Kidney Foundation 12:30 Stretch & Strengthen	19 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Exercise Bingo 12:30 Walk Off the Pounds 12:30 Puzzle Time	20 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	21 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
24 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds	25 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Speaker: Jennifer Brown - "Healthy Homes" 12:30 Stretch & Strengthen	26 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Exercise Bingo 11:30 Devotion - Rev. Curtis McRae 12:30 Walk Off the Pounds 12:30 Puzzle Time	27 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Crochet/Macrame/ Diamond Dotz® 10:00 Puzzle Time 10:30 Stretch & Strengthen 1:00 Quilting Class	28 9:00 Game Time: Rummikub/Dominoes/ Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds
31 9:00 Game Time: Rummikub/ Dominoes/Card Games (2000 & 13) 10:00 Puzzle Time 10:00 Walk off the Pounds				

South Granville Senior Center • 919.528.0848

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

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Rummikub/Cards 9:30 Blood Pressure Clinic 10:30 Plastic Canvas	4 Center Closed for the July 4th Holiday	5 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 11:15 Coffee w/ Kathy 3:00 Book Club (Virtual)	6 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	7 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:00 Speaker: Jennifer Brown - "Healthy Homes" 10:30 Wii Bowling 11:00 Chair Exercise
9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:00 Movie Matinee 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell 1:00 Movie Matinee	11 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (In-person)	12 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 12:00 July Birthday Celebration 3:00 Book Club (Virtual)	13 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	14 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:00 Beginner Computer Class 10:30 Wii Bowling 11:00 Chair Exercise
17 9:00 Rummikub/Cards 9:00 Workout w/ Trish 9:30 Blood Pressure Clinic 10:00 Paint Party 10:30 Plastic Canvas	18 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)	19 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 11:00 Speaker: Christy Southall - "Medicare Card Scams" 3:00 Book Club (Virtual)	20 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	21 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:00 Beginner Computer Class 11:00 Chair Exercise
24 9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:30 Plastic Canvas 11:00 Devotion: Minister Diane Burrell	25 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Blood Pressure Clinic 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 11:00 Bible Study - Minister Ida Black (virtual)	26 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Bingo 3:00 Book Club (In-person)	27 9:00 Rummikub/Cards 9:00 Low Impact Aerobics (BSA) 9:30 Quilting Club 10:00 Tai Chi (virtual) 10:05 Stretch & Wiggle (BSA/Video at SGSC) 10:30 Crochet Club	28 9:00 Rummikub/Cards 9:30 Walking Video 10:00 Coloring Fun 10:00 Loom Knitting 10:00 Beginner Computer Class 10:00 Watermelon Fun Day 11:00 Chair Exercise
31 9:00 Rummikub/Cards 9:00 Workout w/ Trish 10:30 Plastic Canvas	* 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

Funded in part by Granville County United Way

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