

TALK OF THE CENTER

2025

Frank Bailey Senior Center

JAN - MARCH

Amenities

BILLIARDS ROOM AQUATICS FITNESS CENTER NUTRITION PROGRAM



6213 Riverdale Road,
Riverdale, GA 30274

(678) 479-5505

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FRANK BAILEY SENIOR CENTER

Quarterly Newsletter

Inside of this quarter's issue:

Center Information

Registration

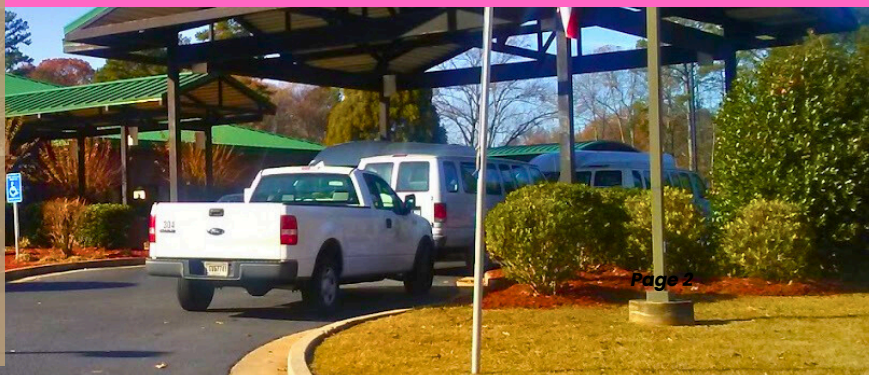
Upcoming Events and Classes

Advisory Board, Volunteers,

Groups, Clubs, and More

2025
HAPPY NEW YEAR

FRANK BAILEY SENIOR CENTER



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WELCOME

Clayton County Senior Services Department enhances the quality of life and dignity of seniors. Programs emphasize health and wellness, including screenings, exercise programs, nutrition education, and field trips.

Located at 6213 Riverdale Road, Riverdale, GA., Frank Bailey Senior Center opened on April 25, 2002, giving senior adults a place for learning, exercising, and interaction in the Riverdale area. Expanded features include aquatic programs, a heated therapy pool, a fitness center with a track, a community garden, a Cafeteria with Piccadilly providing breakfast and lunch, a library, a billiards room, and much more.

We have wonderful staff members who contribute to the senior's daily activities and the special events we have to offer at Frank Bailey Senior Center.

We are extremely proud to have you as a member of the Frank Bailey Senior Center family and we look forward to your participation in our programs, events, classes, and more! We welcome you!



CENTER INFORMATION

The Frank Bailey Senior Center provides a variety of experiences to its members that include educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

OUR STAFF

Center Manager.....Joy Walston
 Program Coordinator.....Angela Walker
 Administrative Secretary.....Vacant
 Health & Fitness Coordinator.....Anton Ford
 Special Program Coordinator.....Vacant
 Congregate Site Coordinator.....Erika Dixon
 Office Assistant Senior.....Mary Butler
 Office Assistant.....Earnestine Spencer
 Office Assistant.....Roxanne Moore
 Office Assistant.....Anita McKinley
 Office Assistant.....Iris Copeland
 Program Aide.....Antionette Freeman
 Program Aide.....Jada Thomas
 Program Aide.....Carolyn Jones
 Maintenance.....Robert Thomas
 Maintenance.....Vacant

HOURS OF OPERATION

Center Hours

Monday, Tuesday, Wednesday, Friday:
8 AM – 5 PM

Thursday: 8 AM – 8 PM

Pool and Fitness Orientation

Thursdays: 1:30 PM and 4:00 PM

Open Pool and Lap Swim

Varies monthly depending, call to confirm times

Fitness Center

Monday, Tuesday, Wednesday, Friday:
8:00 AM – 4:45 PM

Thursday: 8:00 AM – 7:45 PM

Senior Center Deputy Administrator

Kendra Shepard, Deputy Administrator, oversees the operations for the Clayton County Senior Centers. Please call (678) 479-5519 for any unresolved issues or concerns.

CENTER CLOSURES

Wednesday, January 1, 2025

Monday, January 20, 2025




Frank Bailey's
Health Fair



CLASS REGISTRATION	Winter I (5 Weeks)	Winter II (5 Weeks)	Spring I (5 Weeks)
Registration Dates	12/16/24 - 1/3/25	2/3/25 - 2/14/25	3/17//25 - 3/28/25
Class Dates	1/6/2025 - 2/7/25	2/17/25 - 3/21/25	3/31/25 - 5/2/25
Break Week	2/10/25 - 2/14/25	3/24/25 - 3/28/25	5/5/25 - 5/9/25

ACTIVITIES

New Year, New You Vision Board	1/7/2025 10:00-11:00am	FREE
Medicare 101	1/14/2025 10:30-11:00am	FREE
A Green Healthy Smoothie	1/16/2025 10:30-11:00am	FREE
Workout w/Staff	1/30/2025 9:30-10:00am	FREE
Breathe Deeply	2/18/2025 10:30-11:00am	FREE
The Delta's Lunch & Learn	2/21/2025 10:30-11:00am	FREE
National Wear Red Day (Heart Health Awareness)	2/27/2025 10:30-11:00am	FREE



Craft activities are among the most senior-friendly DIY project that can help keep seniors active and healthy. Studies also reveal that conceptual art can boost the cognitive abilities of an aging brain. That makes arts and crafts helpful for seniors.

ACTIVITIES

Black Jeopardy (Black History Edition)	2/28/2025 10:00-11:00am	FREE
Step Class	3/7/2025 9:30-10:30am	FREE
Let's Spill The Tea	3/11/2025 10:00-11:00am	FREE
Women's Day Talk Show	3/13/2025 10:00-11:00am	FREE
Stress Relief Tips for Seniors	3/18/2025 10:30-11:00pm	FREE
Walk to the Beat	3/19/2025 1:30-2:30pm	FREE
Bid Whist Tournament	3/20/2025 3:30-5:30pm	FREE
Kickboxing	3/21/2025 9:00-10:00am	FREE



Spotlight

Hi, my name is Birdie, but I prefer to be called Lady Bird. I'm new at the Frank Bailey Senior Center, and everyone I have encountered has been very welcoming. I started coming a couple of weeks ago and was pleasantly surprised to join Mr. Ford's morning exercise class after having breakfast. I love it and now look forward to attending on Tuesdays and Thursdays. As I familiarize myself with the center and everything it has to offer, I plan to get more involved and visit more frequently.

SPECIAL EVENTS

Tail Gate Party	Friday February 7, 2025 2:00 pm-3:30 pm	FREE
Black History Month “A Step Show & Bring a Dish”	Thursday February 20, 2025 2:00 pm—3:30 pm	FREE
Valentine’s Day Dance “Love & Passion”	Saturday February 22, 2025 6:00 pm—10:00 pm	\$ 15
Easter Musical w/The Frank Bailey Choir	Thursday April 17, 2025 2:00 pm—3:30 pm	FREE
Spring Dance “A Black & White Dance”	Saturday April 26, 2025 6:00 pm– 10:00 pm	\$ 15



TRIPS

Mercedes Benz Stadium Tour	Wednesday 1/08/2025 9:00am—3:30pm	\$ 15
Je Ju Spa & Sauna Seniors pay @ venue	Friday 1/24/2025 8:30 am– 3:30 pm	\$ 5.00 for bus
Andretti's Indoor Carting & Games Seniors pay @ venue	Wednesday 1/29/2025 10:00 am—4:00 pm	\$ 5.00 for bus
Museum of Illusions Seniors pay @ venue	Wednesday 2/05/2025 9:30am-3:30pm	\$ 5.00 for bus
Alliance Theatre	Thursday 2/13/2025 3:00 am– 11:00pm	\$ 21.33
Jim Huie Recreation Center	Friday 2/14/2025 8:30 am—12:00 pm	\$ 5.00 for bus
The Pink Lion Jazz club Seniors pay @ venue	Wednesday 3/05/2025 11:00am-3:00pm	\$ 5.00 for bus
The Sock Shoppe	Wednesday 3/12/2025 8:30 am— 4:00 pm	\$ 5.00 for bus
Water Aerobics @ LA Fitness	Wednesday 3/27/2025 8:30am-12:00pm	\$ 5.00 for bus
Titanic: An Immersive Voyage Seniors pay @ venue	Wednesday 4/16/2025 9:30 am-3:30 pm	\$ 5.00 for bus

AQUATIC CLASSES

Beginning Swim I	Staff	Tues and Thurs 1-1:45 pm	\$10
Intermediate Swim	Staff	Tues and Thurs 11:30-12:15 pm	\$10
Water Fitness I	Bertha	Mon and Thurs 9-10 am	\$30
Water Fitness II	Bertha	Mon and Thurs 10:15-11:15 am	\$30
Water Fitness III	Bertha	Mon and Thurs 2-3 pm	\$30
Aqua Volleyball	Staff	Friday 11-11:45 pm	Free
Water Walking	Staff	Friday 2:45-3:30 pm	Free
Men's Boot Camp	Staff	Friday 1-1:45 pm	Free
Water Sculpting	Beatress Lynn	Wed 10:00-11:00 am	\$20

EXTRACURRICULAR ACTIVITIES

Beginner's Arts and Craft Class	Jada Thomas	Monday 10:00 am - 11:00 pm	FREE
Sculpting with Clay	Lynda Moore	Tuesday 12:00 - 2:30 pm	\$100
Basic Computers & Keyboarding	Chrissia Belton	Wednesday 2:00 - 3:00 pm	\$30
Jewelry Making	Arlene Benford	Thursday 1:00 - 4:00 pm	\$35

FITNESS CLASSES

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Chair Stretch Workout	Anton Ford	Monday 9-9:30 am	FREE
Advanced Tai Chi	Harvey Robbins	Mon and Wed 10-11:00 am	FREE
Weight Training	Anton Ford	Mon and Wed 11-11:45 am	\$10
Zumba	Tv Alice	Mon and Wed 11-11:45 am	FREE
Abs Class	Anton Ford	Monday 1-1:30 pm	FREE
Beginning Tai Chi	Harvey Robbins	Mon and Wed 1:30-3 pm	FREE
Yoga for Mobility	Denisse	Monday 2-3 pm	\$20
Breakfast with Ford	Anton Ford	Tues and Thurs 9:30-10:00 am	FREE
Low Impact Tai Chi	Harvey Robbins	Tues and Thurs 1-1:30 pm	FREE
Personal Fitness	Anton Ford	Tues and Thurs 11:00-11:45 am	\$10
Floor Stretch Workout	Anton Ford	Wed 9-9:30 am	FREE
Line Dancing	Martha Underwood	Wed 2:30-3:30 pm Fri 10- 11 am 11:30-12:30 pm	\$15
Land Arthritis	Anton Ford	Thursday 1-1:30 pm	FREE

"Breakfast with Mr. Ford is my favorite class at Frank Bailey Senior Center. The class is very good for seniors with mobility problems. The class helps all of us to keep our limbs moving. We all enjoy the classes every Tuesday and Thursday. We are thankful to Mr. Ford and all of Frank Bailey Staff." -Alice Hawes

ADVISORY BOARD

The Advisory Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the Frank Bailey Senior Center. They offer valuable advice, make key recommendations, plan engaging programs, spearhead fundraising efforts, and provide ongoing support to ensure our center continues to thrive.

Advisory Board Officers

Jesse Harris, President
Onesimus B. Marcus, Vice President
Joyce Lawrence, Secretary
Marvin Henderson, Treasurer



VOLUNTEER PROGRAM

The volunteer program at Frank Bailey supports members in sharing their talents, learning new skills, and enhancing their quality of life. We understand the challenges of stress, loneliness, social isolation, and depression, but by joining our program, they can also connect with new people and feel genuinely valued.

If you would like to be a volunteer and help carry out our mission at our center, please contact our Office Assistant Senior, Mary Butler, at 770-347-0240



Meeting Dates: January 14, 2025, February 11, 2025 and March 11, 2025
Meeting Times: 2:00 PM - 3:00 PM

CLUBS & GROUPS



AVAILABLE CLUBS & GROUPS

Jim Jones Bicycle Club
Caregiver Support Group
Book Club
Garden Club
Crochet Club
The Red Hat Society
Men's Advisory Group
Beautification Club
FBSC Choir

Eat well. live better.

CLAYTON COUNTY SENIOR SERVICES DEPARTMENT

SENIOR NUTRITION PROGRAM



Free. Nutritious Meals. Socialization. Education.

The Senior Nutrition Program (SNP) is funded through the Older Americans Act. (OAA). This program works to reduce food insecurity, hunger, and malnutrition; enhance socialization; and the promote health and well-being of older adults.

Interested participants must meet the following requirements:

- Clayton County resident age 60 years and older.
- Must participate in at least 15 minutes per month of Nutrition Education at the Senior Center.
- Must be ambulatory
- Must be cognizant, if not caregiver required.
- Voluntary contributions encouraged.
- Meals provided by Piccadilly.
- **Transportation is NOT provided.**

For more information, contact the Senior Nutrition Program Coordinator at your local senior center.

Frank Bailey Senior Center
6213 Riverdale Rd.
Riverdale, GA 30274
678.479.5505

J. Charley Griswell Senior Center
2300 Highway 138
Jonesboro, GA 30236
770.477.3499



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Senior Services

Sonna Singleton Gregory Senior Center
3215 Anvilblock Rd.
Ellenwood, GA 30294
770. 347. 0340

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Nakia Vaughn

Kaiser Permanente Medicare specialist

470-352-7929 (TTY 711)

Nakia.R.Vaughn@kp.org



* Every year, Medicare evaluates plans based on a 5-star rating system.

Kaiser Permanente is an HMO and HMO-POS plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305.




Clayton County Aging Program

We Care Like Family

Clayton County Aging is funded through a Federal grant administered through the Atlanta Regional Commission. (ARC). Congress passed the Older Americans Act (OAA) in 1965 in response to a concern by policymakers about a lack of community social services for older persons. The law also established the Administration on Aging (AoA) to administer newly created grant programs to address the special needs of older Americans

for more info
www.claytonseniors.com

 call us 770-603-4050

Our Services

We are the Gateway to Community Resources!

- * Information & Assistance Specialists
- * Case Managers
- * Transportation Services
- * Home Delivered Meals (Meals on Wheels)
- * In-Home Services



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CENTERS' INFORMATION

SENIOR SERVICES CENTERS

For Seniors 55+

FRANK BAILEY SENIOR CENTER

OFFICE NUMBER

(678) 479-5505

LOCATION

6213 Riverdale Road, Riverdale

J. CHARLEY GRISWELL CENTER

(770) 477-3499

2300 Highway 138, Jonesboro

SONNA SINGLETON GREGORY SENIOR CENTER

(770) 347-0340

3215 Anvil Block Road, Ellenwood

INTERGENERATIONAL CENTER

For Caregivers, Grandparents, and Youth - Teens

KINSHIP CARE RESOURCE CENTER

(770) 473-5788

849 Battle Creek Road, Jonesboro

FLINT RIVER COMMUNITY CENTER

Flint River Community Center

For Youth, Teens, Adults, and Seniors

(770) 347-0370

153 Flint River Road, Riverdale

AGING PROGRAM

For Seniors 55+

Aging Program

(770) 603-4050

877 Battle Creek Road, Jonesboro

To deliver services and programs that promote independence, dignity and enhances the quality of life while providing a safe and caring environment for older adults, relative caregivers, youth, teens, adults and families.



SENIOR SERVICES ADMINISTRATION

Director

Assistant Director

Deputy Administrator of Senior Centers

Deputy Administrator of Finance

Office Manager

Administrative Secretary

Administrative Coordinator

Cultural Arts Administrator

Office Administrator, Senior

Signature Events Coordinator

Tori Strawter-Tanks

Melissa Myers-Bristol

Kendra Shepard

Tonette White

Mai Toussant

Aretha Mattox

Toni Freeman

Omari Jones

Christie Essien

Brandi Rocker



The Director and Assistant Director of Clayton County Senior Services Department are responsible for ensuring the Clayton County Aging Program, Senior Centers and Intergenerational Centers are operating effectively and efficiently. We accomplish this goal by hiring passionate, competent, and dedicated leaders to directly oversee facilities, services, and programs.

If you have any issues or concerns while participating in our services or programs please reach out to the Center Manager or Administrators whose contact information is included in the staffing section of this newsletter.

In the event your issues or concerns are not resolved please reach out to the Assistant Director of Clayton County Senior Services Department who oversees the Aging, Cultural Arts, and Senior Center Deputy Administrators.

The Director of Senior Services has an open-door policy that encourages open communication, feedback, and discussion about any matter of importance to members and clients. Therefore, if your issues or concerns are not resolved on the aforementioned levels please feel free to reach out to the Director who is ultimately responsible for the entire Department.



6701 Highway 85,
Riverdale, GA 30274

(770) 347-0150 | SeniorServices@claytoncountyga.gov