

J. CHARLEY GRISWELL CENTER

2300 Highway 138, Jonesboro, GA 30236

2025

January – March

TALK OF THE

Center



BILLIARDS ROOM

AMENITIES

SENIOR NUTRITION PROGRAM

AQUATICS

FITNESS

COMPUTER LAB

COMMUNITY GARDEN



CLAYTON
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Senior Services

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and Opportunities
Take Off

SENIOR CENTER

QUARTERLY NEWSLETTER

INSIDE THIS SESSION'S ISSUE:

Center Information

Registration

Upcoming Events & Classes

Advisory Board, Volunteers, Groups

And more...



Reset

Revamp

Revitalize



Welcome

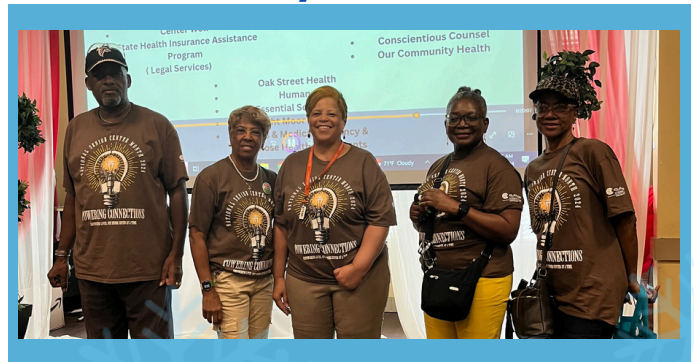
The J. Charley Griswell Senior Center opened its doors August 2006 and is a division of the Clayton County Senior Services Department. Our goal is to deliver services and programs that promote independence and dignity and enhance the quality of life while providing a safe and caring environment for older adults.

We welcome seniors 55 and older to participate in a variety of programs for socialization, learning and entertainment. Many of our programs are designed with an emphasis on health and wellness which include health screenings, exercise programs, nutrition, education, and field trips.

This senior center is a valuable asset to the Senior Services Department. It features advanced programs and services that enhance the lives of our senior community.

We are extremely proud to have you join the J. Charley Griswell Senior Center family and look forward to your participation in our programs, events, classes, and more!

We welcome you!



GRISWELL COMMUNITY

At Griswell, we highly value the active participation of our members in every program, which makes our community so special. We hope you continue to have a great time with your Griswell family.

Center Newsletter



www.claytonseniors.com

CENTER INFORMATION



The J. Charley Griswell Senior Center provides a variety of experiences to its members including educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

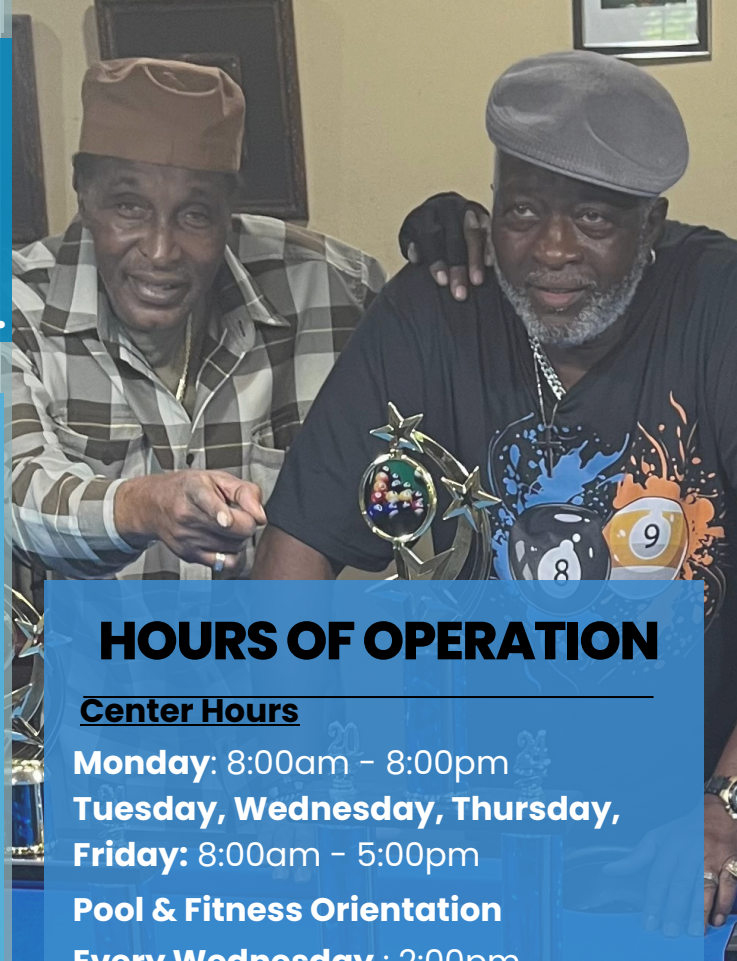
OUR STAFF

Center Manager.....**Wanda McDowell**
 Program Coordinator.....**Gabriella Harden**
 Administrative Secretary.....**Audrey Hill**
 Health & Fitness Coordinator.....**Vacant**
 Special Program Coordinator.....**Princess Miller**
 Congregate Site Coordinator.....**Melanie Williams**
 Office Assistant Senior.....**Jerry Killings**
 Office Assistant.....**Brittany Huff**
 Office Assistant.....**Pamela Baron**
 Office Assistant.....**Yvonne Wyatt**
 Program Aide.....**Pamela Burrell**
 Program Aide.....**Ralph Ward**
 Program Aide.....**Ashra Wallace**
 Center Maintenance.....**Milton Puckett**
 Bus Driver.....**Edward Langston**

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

**-New Year's Day -
 Wednesday, January 1, 2025
 -MLK Jr. Day -
 Monday, January 20, 2025**



HOURS OF OPERATION

Center Hours

Monday: 8:00am - 8:00pm
Tuesday, Wednesday, Thursday, Friday: 8:00am - 5:00pm

Pool & Fitness Orientation

Every Wednesday : 2:00pm
Every Friday: 10:00am

Open Swim & Lap Swim Pool

Varies each month depending on aqua classes

Fitness Center

Monday: 8:00 am - 7:30 pm
Tuesday, Wednesday, Thursday, Friday: 8:00 am - 4:30 pm

Registration Hours

Monday: 8:30am - 7:30pm
Tuesday, Wednesday, Thursday, Friday: 8:30am - 4:30pm

REGISTRATION

WINTER I

REGISTRATION

DECEMBER 16, 2024 – JANUARY 3, 2025

CLASSES

JANUARY 6, 2025 – FEBRUARY 7, 2025

BREAK WEEK

FEBRUARY 10, 2025 – FEBRUARY 14, 2025



WINTER II

REGISTRATION

FEBRUARY 4, 2025 – FEBRUARY 14, 2025

CLASSES

FEBRUARY 17, 2025 – MARCH 21, 2025

BREAK WEEK

MARCH 24, 2025 – MARCH 28, 2025

SPRING I

REGISTRATION

MARCH 17, 2025 – MARCH 28, 2025

CLASSES

MARCH 31, 2025 – MAY 2, 2025

BREAK WEEK

MAY 5, 2025 – MAY 9, 2025





Special Events

SPECIAL EVENT DATE /TIME	SPECIAL EVENT	SPECIAL EVENT COST	SPECIAL EVENT REGISTRATION
Friday, 01/17/25 2:00 pm- 4:00 pm	New year, New Milestone: Celebrating Richard 101	Free	12/17/2024
Saturday, 02/08/2025 6:00 pm- 10:00 pm	Valentine's in Paris	\$20	12/17/2024
Monday, 02/10/2025 12:00 pm - 5:00 pm	8 Ball Tournament	Free	12/17/2024
Thursday, 02/20/2025 2:00 pm- 4:00 pm	Black History Extravaganza	Free	02/04/2025
Wednesday, 03/05/2025 2:00 pm- 4:00 pm	Open Music Jam	Free	02/04/2025
Tuesday, 03/11/2025 2:00 pm- 4:00 pm	Ping Pong: Play and Learn	Free	02/04/2025
Monday, 03/17/2025 2:00 pm - 4:00pm	St. Patrick's Day Celebration	Free	02/04/2025



Activities

ACTIVITIES DATE /TIME	ACTIVITIES	ACTIVITIES COST	ACTIVITIES REGISTRATION
Monday, 01/06/2025 11:00am - 12:00pm	How to Use My Active Center	Free	12/17/2024
Friday, 01/15/2025 11:00am-12:00pm	Continuing Education: Life-Long Learner	Free	12/17/2024
Wednesday, 01/22/2025 1:00pm - 2:00pm	Cell Phone Basics	Free	12/17/2024
Friday, 01/24/2025 9:45am-10:45am	Face Drawing Made Easy	Free	12/17/2024
Wednesday, 01/29/2025 10:00pm - 11:00 pm	Multi-culture Outfits	Free	12/17/2024
Friday, 02/14/2025 11:00am - 12:00pm	Valentine Cookies	Free	2/04/2025
Monday, 03/10/2025 10:00am - 11:00am	International Women's Day	Free	2/04/2025
Friday, 03/14/2025 Friday, 03/21/2025 Friday, 03/28/2025 11:00am - 12:00pm	Your Story As Legacy	Free	2/4/2025
Wednesday, 03/26/2025 10:00am - 11:00am	Play Dough for Adults	Free	3/18/2025





Trips



TRIPS DATE	TRIPS DETAILS	TRIPS COST	TRIPS REGISTRATION
Tuesday, January 7th	Mall of Georgia 10:00 am–3:00 pm This is a day trip. Members will pay for their own lunch and enjoy shopping. *Cost is for transportation.	\$5.00	12/17/2024
Tuesday, January 21st	Lunch and Mystery 10:00 am–3:00 pm Members will enjoy a special outing that combines a delightful lunch with an exciting mystery experience.	\$45	12/17/2024
Friday, February 7th	Pin Strikes in Stockbridge 10:00 am–3:00 pm This is a day trip. Members will enjoy playing bowling, and lunch is included.	\$15.00	12/17/2024
Tuesday, February 18th	DeKalb Farmers Market 10:00 am–3:00 pm This is a day trip. Members will pay for their own lunch and enjoy shopping. *Cost is for transportation.	\$5	2/04/2025
Tuesday, March 4th	Dahlonega Chocolate Crawl 10:00 am–3:00 pm This is a day trip. Members will pay for their own lunch.	\$5	2/04/2025
Wednesday, March 19th	Punch Bowl Social 10:00 am–3:00 pm This is a day trip. Members will pay for their own lunch and enjoy various activities. *Cost is for transportation.	\$5.00	2/04/2025



AQUATIC CLASSES

AVAILABLE

ADMISSION

Arthritis Aquatics	\$15 per 5 weeks /\$18 per 6 weeks
Aqua Zumba	\$15 per 5 weeks /\$18 per 6 weeks
H2O works	\$30 per 5 weeks /\$36 per 6 weeks
Begin Swim	\$35 per 5 weeks /\$42 per 6 weeks
Aqua Fit	\$15 per 5 weeks /\$18 per 6 weeks
Aqua Sculpture	\$15 per 5 weeks /\$18 per 6 weeks
Water Walking	Free
Aqua Volleyball	Free



“Aging has a wonderful beauty, and we should have respect for that.”



FITNESS CLASSES

AVAILABLE

ADMISSION

Yoga	Free
Good Time for Good Health	Free
Stay Cool Stay Fit low Impact	Free
Walking Club	Free
Line Dance Beg. Wed.	\$15 per 5 weeks /\$18per 6 weeks
Line Dance Beg. Thur.	\$15 per 5 weeks /\$18per 6 weeks
Line Dance Inter./Adv.	\$15 per 5 weeks /\$18 per 6 weeks
Zumba	\$20 per 5 weeks /\$24per 6 weeks
Zumba Toning	\$20 per 5 weeks /\$24per 6 weeks

**“Aging has a wonderful beauty, and we should
have respect for that.”**

EXTRACURRICULAR CLASSES

AVAILABLE

ADMISSION

Ceramics	\$20 per 5 weeks /\$24per 6 weeks
Jewelry Making	\$10 per 5 weeks /\$12 per 6 weeks
Urban Survival	\$20 per 5 weeks /\$24per 6 weeks
Crochet	Free
Quilting	Free
Knitting	Free
Diamond Art	Free
Griswell Book Club	Free
Creative Crafts	Free

“Aging has a wonderful beauty, and we should have respect for that.”

– Eartha Kitt

ADVISORY BOARD

The Advisory Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the J. Charley Griswell 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.

Your membership must be current to participate.

UPCOMING EVENTS

**MONTHLY BINGO ON THE 4TH
WEDNESDAY OF EVERY MONTH
FROM 2PM TO 4PM**

UPDATES

***Meetings will be held on
the first Wednesday
of the every month.***



VOLUNTEER PROGRAM



The volunteer program at Griswell 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 Administrative Secretary, Audrey, at **770-477-3499**.

AVAILABLE CLUBS & GROUPS

Living Single Social Group

3D Thursday & Birthday Social

Tai Chi Club

Walking Club

Red Hatters

Book club

The J. Charley Griswell Senior Center offers a variety of clubs for our members to join. Register online at www.myactivecenter.com to participate.

Member SPOTLIGHT



Paula Valentine

Originally from Iowa, Paula has called Georgia home since 1982. Her competitive spirit drives her to pursue various physical activities, and she is currently thriving in golf and pickleball. Recently, Paula and her team won gold in both the Gender Doubles and Mixed Doubles categories at the Golden Olympics, showcasing her commitment to excellence.

As a proud member of the Atlanta Lawn Tennis Association (ALTA), Paula's team took first place in the city finals this year. While she is competitive, she remains humble and grateful for her community's support.



After building a successful career as a legal assistant, Paula is now retired and enjoys spending quality time with her beloved mother, whom she affectionately calls "the Queen." They cherish their weekly Diamond Art class at the J. Charley Griswell Senior Center, where Paula joined at her mother's suggestion.

Paula embodies passion, care, and love for those around her. Whether on the court or at the Center, her vibrant energy and competitive spirit inspire everyone she meets. She appreciates the welcoming atmosphere at the Griswell Center and looks forward to their art sessions, where they bring creativity and connection to the class.

Griswell HIGHLIGHTS

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Center Newsletter

www.claytonseniors.com

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

Eat well. live better.



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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Jonesboro, GA 30236

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OUR SERVICES



MEDICARE HEALTH PLANS

For everyone who has a red, white, and blue card. Also known as your Medicare card.



LIFE INSURANCE

For everyone who needs our help with selecting the right life insurance policy for their unique circumstances.



HEALTH INSURANCE

For everyone who does not have Medicare, but needs health insurance.



LONG TERM CARE

For everyone who needs medical and non-medical coverage over an extended period of time.



CRITICAL ILLNESS

For everyone who wants protection and security from a life-changing illness



YOU DON'T HAVE TO WAIT TO SWITCH

to a **5 out of 5-Star** rated
Medicare Health Plan for 2023*



KAISER PERMANENTE MEDICARE HEALTH PLANS

Rated 5 out of 5 Stars in Georgia in 2023* — Medicare's highest possible rating — get great care and great value with Kaiser Permanente Senior Advantage (HMO). Find out how our distinctive services work together to give you more control and convenience — to help you live well and thrive.



Would you like to learn more about Medicare or a Kaiser Permanente Medicare health plan? **Just give me, your local Kaiser Permanente Medicare specialist, a call for more information.**

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.

Senior Services Centers

For Seniors 55+

	Office Number	Location
FRANK BAILEY SENIOR CENTER	(678) 479-5505	6213 Riverdale Road, Riverdale
J. CHARLEY GRISWELL CENTER	(770) 477-3499	2300 Highway 138, Jonesboro
SONNA 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
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Cultural Arts Center

For Youth, Teens, Adults, and Seniors

FLINT RIVER COMMUNITY CENTER	(770) 347-0370	153 Flint River Road, Riverdale
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Aging Program

For Seniors 55+

AGING PROGRAM	(770) 603-4050	877 Battle Creek Road, Jonesboro
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Mission Statement

To deliver services and programs that promote independence and dignity and enhance 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	Tori Strawter-Tanks
ASSISTANT DIRECTOR	Melissa Myers-Bristol
DEPUTY ADMINISTRATOR SENIOR CENTERS	Kendra Shepard
DEPUTY ADMINISTRATOR FINANCE	Tonette White
ADMINISTRATIVE SECRETARY	Aretha Mattox
SIGNATURE EVENTS COORDINATOR	Brandi Rocker
OFFICE ADMINISTRATOR	Christie Essien
OFFICE MANAGER	Mai Toussant
ADMINISTRATIVE COORDINATOR	Toni Freeman
CULTURAL ARTS ADMINISTRATOR	Omari Jones



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 which 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.



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Senior Services



6701 Highway 85,
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov