

Sonna Singleton Gregory Senior Center

TALK OF THE CENTER

2025

JANUARY - MARCH

Amenities

Lap Pool Fitness Center Community Garden Senior Nutrition Program

SONNA SINGLETON GREGORY SENIOR CENTER Quarterly Newsletter

Inside this quarter's issue:

Center Information

Registration

Upcoming Events and Classes

Advisory Board, Volunteers,
Groups, Clubs, and More



3215 Anvil Block Road,
Ellenwood, GA 30294

(770) 347-0340

www.claytonseniors.com



Get The
Click Clayton Mobile App



Where the World Lands
and Opportunities
Take Off

SONNA SINGLETON GREGORY SENIOR CENTER



Welcome

The Clayton County Senior Services Department is changing the face of aging. We are passionately committed to enhancing the lives of our senior community through a wide range of services and programs.

The Sonna Singleton Gregory Senior Center is thrilled to have you here, and we take pride in announcing that we opened our center in June of 2021, naming it after the late Vice-Chairwoman District 1 Commissioner Sonna Singleton Gregory. Our center offers seniors a variety of engaging activities and amenities, including a lap swim pool, fitness center, community garden, and picnic area. Whether you want to stay active, connect with other seniors, or relax and enjoy our beautiful facility, there is something for everyone here at the Sonna Singleton Gregory Senior Center. We also host social events and programs to connect members with similar interests so you can meet new people and make lasting friendships. We are extremely proud to have you as a member of the Sonna Singleton Gregory Senior Center family and we look forward to your participation in our programs, events, classes, and more!



We welcome you!

*"Aging is not lost youth but a new stage of opportunity and strength."
~Betty Friedan*

CENTER INFORMATION

The Sonna Singleton Gregory Senior Center provides a variety of experiences to its members that includes educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

OUR STAFF

Center Manager.....Latunia Terrell
 Program Coordinator.....Toni Brown
 Administrative Secretary.....Yarumey Rose
 Health & Fitness Coordinator.....Nicholas Wilson
 Special Program Coordinator..... Krushetta Chaney
 Congregate Site Coordinator.....Mokita Rials
 Office Assistant Senior.....Vacant
 Office Assistant.....Patricia Sims
 Office Assistant.....Darnell Walters
 Office Assistant.....Deloris Jefferson
 Office Assistant.....Mary Jones
 Program Aide.....Mary Cleveland
 Program Aide..... Cheryl Jacobs
 Program Aide.....Constance Scott
 Maintenance.....Brian Slaw
 Bus DriverHarvey Lovett

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 (New Years Day)
 Monday, January 20, 2025 (Martin Luther King Jr. Day)



HOURS OF OPERATION

Center Hours

Monday, Wednesday, Thursday, Friday:
 8 AM - 5 PM

Tuesday: 8 AM - 8 PM

Pool and Fitness Orientation

Tuesday: 2 PM

Friday: 10 AM

Open Pool and Lap Swim

Varies monthly depending on Aqua classes

Fitness Center

Monday, Wednesday, Thursday, Friday:
 8:30 AM - 4:30 PM

Tuesday: 8:30 AM - 7:30 PM

Registration

Monday, Wednesday, Thursday, Friday:
 8:30 AM - 4:30 PM

Tuesday: 8:30 AM - 7:30 PM



MEMBER SPOTLIGHT



BRUNILDA ROSA SANTIAGO

The Sonna Singleton Gregory Senior Center would like to spotlight Brunilda Rosa Santiago. Brunilda began attending the Sonna Singleton Gregory Senior Center on May 2, 2022, after becoming a member at Griswell.

Brunilda migrated from Puerto Rico in June 2000 with her loving husband, Ethelwaldo Lizasuainsoto. She lived in Pennsylvania for two years and then moved to Georgia in 2002. Brunilda and her husband raised two beautiful daughters. She was a bus driver for Clayton County schools for 8 years before retiring in 2010. Once retired, Brunilda wanted to find a new hobby and a place to continue to make an impact on her community so she joined Clayton County Senior Centers.

Brunilda loves puzzles and volleyball. She loves gardening and planting flowers, fruits, and vegetables. Brunilda also loves to attend Programs and classes such as Aqua Cardio, Aqua Volleyball, and Navigation Technology at the Center. She loves to interact and meet new members.

To Brunilda, the Sonna Singleton Gregory Senior Center is her second home where she has built a family. For those who want to join the Center, she wants them to know that this Senior Center has so many benefits that can impact their lives. If you feel alone or need a place to learn, interact, and have fun, this will be the perfect place for you.





Harvey began working at the Sonna Singleton Gregory Senior Center in March 2024 as a bus driver. What he enjoys most about his job is meeting new people.

Harvey Lovett

One piece of advice Harvey will give his fellow employees is to be patient and remember why they are here; to check your pride and to treat others the way you want to be treated.

Harvey's most challenging moments are driving downtown Atlanta safely to and from trips with the Seniors. His proudest moment is when the Members tell him how much they appreciate him.

In the last week, Harvey has learned to adjust to working (driving for) with other Centers and how different they are.

Three words Harvey uses to describe Senior Services are REWARDING, DEMANDING, and LIFE-CHANGING.

What is the one thing you cannot resist? *Praline pecans*

What is your greatest fear? *Surgery*

Where is your favorite place to be? *Hawaii*

Where is the best place you've traveled and why? *Phillippines - lots of culture and bars.*

What is the weirdest job you've ever had? *Bomb Loader*

What would you do (for a career) if you weren't doing this? *Returning to law enforcement*

Tell us something that might surprise us about you. *Wanted to be a famous singer*

If you could choose anyone, who would you pick as your mentor? *President Obama*

If you could learn to do anything, what would it be? *Playing piano*

If you won the lottery, what is the first thing you would do? *Buy a new home*

How do you pass 30 minutes of free time? *Relaxing*

What's your favorite indoor/outdoor activity? *Landscaping*

What was the first concert you attended? *Luther Vandross*

What music is on your iPhone/Android? *Gospel/Quartet*

What chore do you absolutely hate doing? *Cleaning gutters*

If you could meet anyone living or dead, who would you meet? *Dr. King*

How do you balance your career and family? *By not taking the job home. And by not bringing home to the job.*



CLASS REGISTRATION	Winter I	Winter II	Spring I
Registration Dates	12/16/2024- 1/3/2025	2/3/2025-2/14/2025	3/17/2025- 3/28/2025
Class Dates	1/6/2025-2/7/2025	2/17/2025-/21/2025	3/31/2025- 5/2/2025
Break Week	2/10/2025- 2/14/2025	3/24/2025- 3/28/2025	5/5/2025- 5/9/2025

ACTIVITIES

Benefits of Balance Training	Friday, 1/10/2025 2:00 PM - 3:00 PM	FREE
Active Shooter Training	Monday, 1/13/2025 10:00 AM - 12:00 PM	FREE
Couples Date/Game Day	Monday, 1/27/2025 2:00 PM - 4:00 PM	FREE
Water Safety	Friday, 1/31/2025 1:00 PM - 2:00 PM	FREE
Library Membership Drive	Monday, 2/10/2025 1:00 PM - 2:00 PM	FREE
The 3 C's of Life	Monday, 2/17/2025 10:00 AM - 11:00 AM	FREE
The Benefits of a Healthy Heart	Friday, 2/21/2025 2:00 PM - 3:00 PM	FREE
Legal Rights and Responsibilities	Monday, 2/24/2025 2:00 PM - 3:00 PM	FREE
Living Will/Estate Planning	Monday, 3/10/2025 10:00 AM - 11:00 AM	Free
Holi Festival of Colors	Wednesday, 3/12/2025 2:00 PM - 3:00 PM	FREE

SPECIAL EVENTS

Be My Valentine Dance	Friday 2/7/2025 6:00 PM - 9:00 PM	\$15
Black HIstory Celebration	Friday, 2/28/2025 11:00 AM - 1:00 PM	FREE
Yoga Extravaganza	Friday, 3/7/2025 2:00 PM - 5:00 PM	FREE
A Breakfast at Tiffany's	Friday, 3/21/2025 2:00 PM - 4:00 PM	Free
Sonna's Autism Pep Rally	Friday, 3/28/2025 1:00 PM - 4:00 PM	Free

TRIPS

William Breman Museum	Friday, 1/17/2025 10:00 AM - 3:00 PM	\$8.00
Pappadeaux	Tuesday, 1/28/2025 10:30 AM - 2:30 PM	\$5.00
Savoy Auto Museum	Tuesday, 2/11/2025 9:00 AM - 3:00 PM	\$17.00
SugarLoaf Mill Shopping Mall	Tuesday, 2/25/2025 10:00 AM - 3:00 PM	\$5.00
Alliance Theatre	Thursday, 2/27/2025 9:30 AM - 2:30 PM	\$23.00
B.A.P.S Shri Swaminarayan Mandir	Wednesday, 3/5/2025 8:30 AM - 2:30 PM	\$5.00

AQUATIC CLASSES

Aqua Fit	Tilda Pittman	Mondays 10 AM - 11 AM	\$15
Aqua Fit	Tilda Pittman	Tuesdays 10 AM - 11 AM	\$15
Aqua Fit	Tilda Pittman	Tuesdays 6 PM - 7 PM	\$15
Aqua Sculpting	Beatrice Lynn	Thursdays 11:30 AM - 12:30 PM	\$15
Swim Lessons Beginner	Warren St. James	Tuesdays 1:15 PM - 2:15 PM	\$17.50
Swim Lessons Intermediate	Warren St. James	Tuesdays 2:30 PM - 3:30 PM	\$17.50
Aqua Cardio	Jasmine White	Mondays 1 PM - 2 PM	\$10

EXTRACURRICULAR ACTIVITIES

Expressions with Crafts	Mary Cleveland	Thursdays 1 PM - 2 PM	FREE
Chronic Pain	Rosalene King	Tuesdays 2:30 PM - 5 :00 PM	FREE
Loom Knitting	Zaida Arce	Wednesdays 2:00 PM - 3:00 PM	\$10
Quilting Beginner	Susan Mathieson	Tuesdays 10 AM - 12 :00 PM	\$20
Quilting Intermediate	Susan Mathieson	Tuesdays 1 PM - 3 PM	\$20
Spanish 101	Francis Candida	Mondays 2 PM - 3 PM	FREE
Spanish 2	Francis Candida	Mondays 3:30 PM - 4 :30 PM	FREE

FITNESS CLASSES

Crucial Cardio	Nicholas Wilson	Mondays 2:30 PM - 2:30 PM	\$10
Strength & Power	Nicholas Wilson	Tuesdays 8:30 AM - 9:30 AM	\$10
Strength & Power	Nicholas Wilson	Thursdays 8:30 AM - 9:30 AM	\$10
Line Dance	Paulette Braggs	Mondays 2:30 PM - 3:30 PM	\$15
Line Dance	Paulette Braggs	Wednesdays 8:30 AM - 9:30 AM	\$15
Line Dance	Paulette Braggs	Wednesdays 10 AM - 11 AM	\$15
Core and More	Nicholas Wilson	Thursdays 10 AM - 11 AM	\$10
Tai Chi	Warren St. James	Wednesdays 3:45 PM - 4:45 PM	\$20
Zumba	Charla Armstead	Tuesdays 6 PM - 7 PM	\$15
Cardio Kickboxing	Nicholas Wilson	Mondays 10 AM - 11 AM	\$10
Faith through Fitness	Beatress Lynn	Thursdays 10 AM - 11 AM	\$20
Silver Soul Sliders	Cheryl Jacobs	Tuesdays 5 PM - 6 PM	\$10
Silver Soul Sliders	Cheryl Jacobs	Thursdays 2 PM - 3 PM	\$10
Silver Soul Sliders	Cheryl Jacobs	Fridays 9:30-10:30	\$10
Yoga For Mobility	Nasirah Denisse	Mondays 3 :45 PM - 4 :45 PM	\$20



ADVISORY BOARD

The Advisory Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the Sonna Singleton Gregory 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.



The Advisory Board hosts BINGO on the first Tuesday of each month from 4 PM - 6 PM.

VOLUNTEER PROGRAM

The Sonna Singleton Gregory Senior Center invites you to be part of the Volunteer Program. Our volunteers complete and enhance the services we provide to our community. If you are interested in joining the team, please contact the Volunteer Coordinator at 770-347-0340.



CLUBS & GROUPS

The Sonna Singleton Gregory Senior Center offers a variety of clubs for our members to join. Register online at www.myactivecenter.com to participate.



AVAILABLE CLUBS & GROUPS

Page Turners Book Club
 PositiviTEA
 Red Hatters
 FOCUS Table Talk
 Flash Mob Photography Club
 Ready, Set, Go! Walk/Run Club
 The Singletons: A Singles Social Group
 Men's Focus Group: MAN CAVE
 Sophisticated Ladies, Women's Social Club

EMPOWERMENT AND HOLISTIC HEALTH FAIR



EMPOWERMENT AND HOLISTIC HEALTH FAIR

Sonna's Seniors stepped into a world where their mind, body and spirit were nurtured. It was possible for them to explore the limitless possibilities of holistic healing. Sonna Singleton Gregory Senior Center partnered with holistic professional in the fields of physical health, emotional health, social health, spiritual health and intellectual health.

The day started with sessions like 'How to Start Your Own Home Garden' facilitated by a continued partner UGA Extension. Shannon Bolland, a doctor and one of our prized seniors, did a demo on 'How to Juice for Health'. 'Life is Healing' led us into physical activity, 'Benefits on Qigong', natural Chinese healing by breathing to heal the body. Last but not least 'Holistic Healing Garden' taught us how to stretch to heal the body with 'Simply Stretching'. Vendors such as Atlanta Food Bank, Gateway Health, Piedmont Cancer Institute, and Georgia SHIP graced us and acted as viable parts of our Holistic Health Fair.





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



CLAYTON
COUNTY • GEORGIA
Cc: Clayton connected

Senior Services

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




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



877 Battle Creek Road
Jonesboro, GA 30236

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



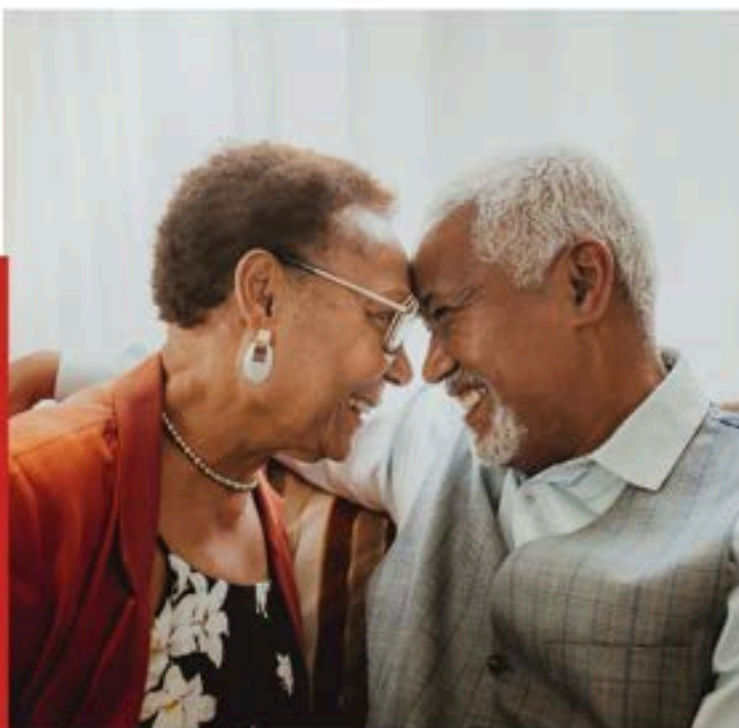
* Every year, Medicare evaluates plans based on a 5-star rating system.

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.



Let us give you **PEACE OF MIND**

We are committed to providing you with a thorough and tailored experience to ensure you are properly insured. At Axxess, we treat our clients like family!



The Axxess Approach

We believe our clients deserve Axxess to great health care, great customer service and great relationships between you and your personal insurance consultant.

We represent multiple insurance companies and will help you find the right plan or policy that fits your unique needs. You will receive one-on-one personal service, even throughout the year whenever you have questions or concerns about your coverage.

Wherever you are we can help.

Scan the QR code to learn more about us.



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



678-264-3918



admin@axxessbenefits.com



www.axxessbenefits.com

CENTERS' INFORMATION

SENIOR SERVICES CENTERS

For Seniors 55+

FRANK BAILEY SENIOR CENTER

J. CHARLEY GRISWELL CENTER

SONNA SINGLETON GREGORY
SENIOR CENTER

OFFICE NUMBER

(678) 479-5505

(770) 477-3499

(770) 347-0340

LOCATION

6213 Riverdale Road, Riverdale

2300 Highway 138, Jonesboro

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

Our mission is to deliver services and programs that promote independence, 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

Assistant Director

Deputy Administrator of Senior Centers

Cultural Arts Administrator

Deputy Administrator of Finance

Office Manager

Administrative Secretary

Administrative Coordinator

Office Administrator, Senior

Signature Events Coordinator

Tori Strawter-Tanks

Melissa Myers-Bristol

Kendra Shepard

Omari Jones

Tonette White

Mai Toussant

Aretha Mattox

Toni Freeman

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