

TALK OF THE CENTER

2025

Frank Bailey Senior Center

JULY-SEPTEMBER

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,
Spotlight, Advisory Board,
Volunteers, Groups, Clubs, and
More



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.....Jimecia Barnes
 Health & Fitness Coordinator.....Anton Ford
 Special Program Coordinator.....Carolyn Jones
 Congregate Site Coordinator.....Erika Dixon
 Office Assistant Senior.....Vacant
 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.....Maria Hua
 Maintenance.....Vacant
 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

Friday, July 4, 2025 ~ (Independence Day)

Monday, September 1, 2025 ~ (Labor Day)

CLASS REGISTRATION	Summer I (5 Weeks)	Summer II (5 Weeks)	Fall I (5 Weeks)
Registration Dates	6/16/25 - 6/27/25	7/28/25 - 8/8/25	9/8/25 - 9/19/25
Class Dates	6/30/25 - 8/1/25	8/11/25 - 9/12/25	9/22/25 - 10/24/25
Break Week	8/4/25 - 8/8/25	9/15/25 - 9/19/25	10/27/25 - 10/31/25

ACTIVITIES

Green Cleaning for Seniors	7/15/2025 10:30-11:00am	FREE
Nutritional Health Bingo	7/22/2025 10:30-11:00am	FREE
Chair Stretch w/Forest Park Senior Center	8/4/2025 10:00-11:00am	FREE
Calmness with Aquatics	8/6/2025 11:30-1:00pm	FREE
Eat Your Way to Brain	8/12/2025 10:30-11:00am	FREE
Skin Care Tips for Seniors	8/19/2025 10:30am-11:00am	FREE
Family Feud Face-Off for Seniors	8/21/2025 10:30-11:00am	FREE



ACTIVITIES

Wills and Probate	8/26/2025 10:00-11:00am	FREE
My Kidney Health	9/3/2025 10:30-11:00am	FREE
CPR & Fire Safety Class w/CCFD	9/4/2025 2:00-4:00pm	FREE
Sleep Disorders - How does sleep affect the elderly	9/9/2025 10:30-11:00am	FREE
Gun Control Safety Class	9/11/2025-10/9/2025 2:00-4:00pm	FREE
Sippin & Dippin (Paint Party)	9/25/2025 10:00-11:00am	FREE
A Red Healthy Smoothie Demo	9/26/2025 10:30-11:00am	FREE



February is National Wear Red Day



We encouraged the seniors to don red attire in support of National Wear Red Day, which aims to raise awareness about heart disease.

SENIOR

SPOTLIGHT

Carol Stephenson



Meet Ms. Carol Stephenson, a vibrant member of our community who hails from Panama City and has embraced life in America for 45 enriching years. After spending three decades in the bustling heart of New York City, she made the thoughtful decision to relocate to Georgia in 2009. For the last 15 years, she has been an integral part of Clayton County Senior Services, dedicating her time and energy to the Frank Bailey Senior Center.

Ms. Carol's journey at Frank Bailey began as a volunteer in the cafeteria, where her enthusiasm and passion quickly shone through. Over her remarkable 15-year tenure, she has witnessed the center evolve and grow, becoming a hub of activity and camaraderie. When asked about the aspects of Frank Bailey that resonate with her, she enthusiastically highlights the diverse activities and outstanding meals. The engaging trips not only offer her the chance to explore new destinations but also foster invaluable friendships along the way.

Among her many interests, one of her standout favorites is Martha's Line Dance class. The support and motivation she receives from Ms. Martha Underwood truly elevate her experience. Ms. Carol is not just dedicated to staying active — she actively fosters connections with her friends, embracing each day with a spirit of joy and vitality. Her commitment to a healthy lifestyle and social engagement is truly inspiring, making her an invaluable member of our community.

STAFF

SPOTLIGHT



Debbie Jefferson

Meet Debbie Jefferson, who has been with Clayton County Senior Services and working at Frank Bailey for a year. She is the Office Assistant Aide at the front desk.

What are some of your job responsibilities?

Answering the phone, making copies, helping anyone who needs assistance, and greeting my lovely seniors, making them smile.

How long have you been working for Senior Services?

I started as a volunteer at the beginning of the year, January 2024, and was hired as an Office Assistant Aide on April 27, 2024. So, it has been a year.

Why did you decide to do the work you are doing now?

As a child of God placed me in customer service, my aunt was the secretary of the church I attended, and she would have me come to the offices after school to help her answer phones and greet people.

What do you like the most about your job?

What I like most about my job is interacting with the seniors and staff. They have rubbed off on me, and now I am just as crazy as they are. Just like them.

What is something that most people do not know about you?

Two things that people don't know about me are that I love to sing and I was once a certified massage therapist.

Describe yourself in three words.

Early bird, fun, and faithful.

Where did you grow up, and what is the one thing that makes that place special?

I grew up in Indianapolis, Indiana. We were all one big happy family in our neighborhood, church, and school. My family had very little, but we were rich in love.

Who was your role model growing up, and why?

My role model was my mother; she was very strong in spirit and a very hard worker. I didn't understand her as a child, but since I have walked that path, I look back and see how she trusted in God for all things.

Where is your favorite place to vacation, and why?

Florida is the place for me to vacation, and one of my daughters lives there. When I'm there, I get to relax and enjoy being Queen for the day.

What is the best advice someone gave you?

The best advice I received, do unto others as you would have them do unto you, everything you do, do it as unto the Lord and not just man. Put your trust and faith in the Lord only.

SPECIAL EVENTS

Summer Fashion Show	Friday July 18, 2025 2:00 pm-3:30 pm	FREE
End of the Summer Party "Boogie Nights"	Friday August 29, 2025 6:00 pm-10:00 pm	\$20
National Senior Center Month	Wednesday (s) September 3-24, 2025 11:00 pm-12:00 pm	FREE



TRIPS

Dickey Farms	Wednesday 7/9/25 8:30 am —4:00 pm	\$ 5.00
Fun Bowl- Fayetteville Seniors pay @ venue	Wednesday 7/30/2025 11:00 am—4:00 pm	\$ 5.00
The 57th Fighter Group Restaurant	Wednesday 8/13/2025 10:30am-3:00pm	\$ 5.00
Tanger Outlet	Wednesday 8/27/2025 10:00 am—11:00pm	\$ 5.00
Jeju Sauna & Spa Seniors pay @ venue	Wednesday 9/10/2025 9:30 am– 3:00 pm	\$ 5.00
CMX CineBistro Peachtree Corners Seniors pay @ venue	Tuesday 9/16/2025 10:00am– 3:00pm	\$5.00
Museum of Illusion Atlanta Seniors pay @ venue	Wednesday 9/24/2025 9:30 am– 3:30 pm	\$5.00



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 Zumba	Janice Rodriguez	Mon 11:30-12:30 pm	\$15
Aqua Volleyball	Staff	Friday 11-11:45 pm	Free
Water Walking	Staff	Friday 2:45-3:30 pm	Free
Water Sculpting	Beatress Lynn	Wed 10:00-11:00 am	\$20



EXTRACURRICULAR ACTIVITIES

Beginner's Paint 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
Land Zumba	Janice Rodriguez	Mon and Tues 10-11 am Wed 10-11:00 am	\$15
Weight Training	Anton Ford	Mon and Wed 11-11:45 am	\$10
Aqua Zumba	Janice Rodriguez	Mon 11:30 am-12:30 pm	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
Center Newsletter		www.claytonseniors.com	



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 at 678-479-5505.



Meeting Dates: July 8, 2025, August 12, 2025 and September 9, 2025
Meeting Times: 2:00 PM - 3:00 PM

CLUBS & GROUPS



AVAILABLE CLUBS & GROUPS

Jim Jones Bicycle Club
 Senior Support Group
 Book Club
 Garden Club
 Crochet Club
 The Red Hat Society
 Men's Advisory Group
 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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Cc: Clayton connected

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



Senior Services



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Jonesboro, GA 30236



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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

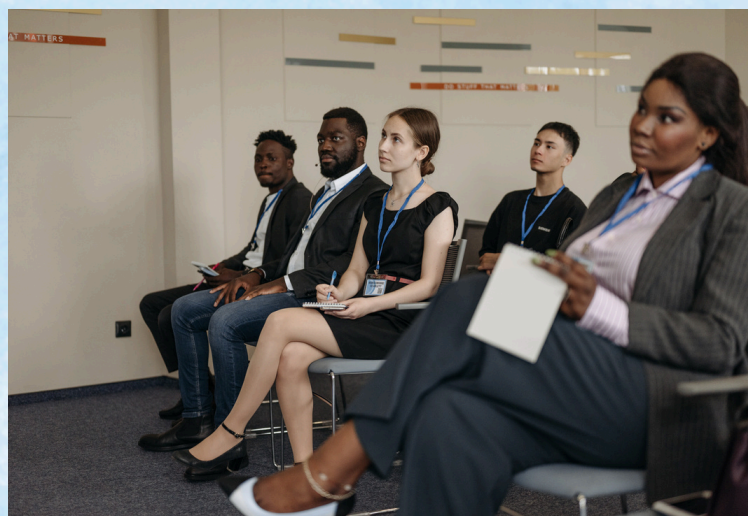
For Seniors 55+

Aging Program

(770) 603-4050

877 Battle Creek Road, Jonesboro

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.



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.

