

# J. CHARLEY GRISWELL CENTER

2300 Highway 138, Jonesboro, GA 30236

2025

July – September

## TALK OF THE *Center*

BILLIARDS ROOM

AQUATICS

FITNESS

AMENITIES

COMPUTER LAB

SENIOR NUTRITION PROGRAM

COMMUNITY GARDEN



**CLAYTON**  
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Senior Services

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and Opportunities  
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## 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!



## CELEBRATING GRISWELL'S SPIRIT

*Griswell is a place where everyone has a story to tell, and the Griswell Senior Center is where those stories come to life. The people here are truly remarkable, and we deeply value our incredible members and the joy they bring to the center. Keep being the amazing Griswell members that you are!*







# 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.....**Jeremy Walton**
- 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

-Independence Day -  
Friday, July 4, 2025

-Labor Day-

Monday, September 1, 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

## SUMMER I

### **REGISTRATION**

*JUNE 17, 2025 – JUNE 27, 2025*

### **CLASSES**

*JUNE 30, 2025 – AUGUST 1, 2025*

### **BREAK WEEK**

*AUGUST 4, 2025 – AUGUST 8, 2025*

## SUMMER II

### **REGISTRATION**

*JULY 29, 2025 – AUGUST 8, 2025*

### **CLASSES**

*AUGUST 11, 2025 – SEPTEMBER 12, 2025*

### **BREAK WEEK**

*AUGUST 4, 2025 – AUGUST 8, 2025*

## FALL I

### **REGISTRATION**

*SEPTEMBER 9, 2025 – SEPTEMBER 19, 2025*

### **CLASSES**

*SEPTEMBER 22, 2025 – OCTOBER 24, 2025*

### **BREAK WEEK**

*OCTOBER 27, 2025 – OCTOBER 31, 2025*





# Special Events

SPECIAL EVENT DATE /TIME	SPECIAL EVENT	SPECIAL EVENT COST	SPECIAL EVENT REGISTRATION
Wednesday, 07/2/2025 2:00pm - 4:00pm	4th of July	Free	6/17/2025
Thursday, 07/17/2025 11:00am-12:00pm	Sound Bowl Meditation	Free	6/17/2025
Thursday, 08/07/2025 2:00pm - 4:00pm	Football Talk	Free	6/17/2025
Tuesday, 08/19/2025 2:00pm - 4:00 pm	Harmony Hangout	Free	7/29/2025
Friday, 08/22/2025 2:00pm - 5:00pm	Friday Afternoon Party!	\$15	7/29/2025
Friday, 08/15/2025 2:00pm - 4:00pm	Griswell Craft Fair	Free	7/29/2025
Thursday, 09/04/2025 9:00am - 10:30am	Serenity & Stretch Soirée!	Free	7/29/2025
Thursday, 09/11/25 2:00pm - 4:00pm	Grandparents Day!	Free	7/29/2025
Monday, 09/15/2025 2:00pm - 4:00pm	National Hispanic Heritage Month	Free	7/29/2025
Friday, 09/26/2025 10:00am - 2:00pm	Griswell Community Health Fair!	Free	7/29/2025
Monday 09/29/2025 12:00pm-5:00pm	8 Ball Tournament	Free	9/09/2025





# Activities



ACTIVITIES DATE /TIME	ACTIVITIES	ACTIVITIES COST	ACTIVITIES REGISTRATION
Monday, 07/21/2025 11:00am - 12:00pm	Blood Pressure: Maintenance	Free	6/17/2025
Friday, 07/25/2025 11:00am-12:00pm	Financial Abuse	Free	6/17/2025
Thursday, 07/31/2025 1:00pm - 2:00pm	The Art of Nail Polishing	Free	6/17/2025
Tuesday, 08/5/2025 1:00pm - 2:00 pm	Photography Workshop	Free	6/17/2025
Monday, 08/11/2025 2:00pm - 3:00pm	Retirement Income	Free	7/29/2025
Friday. 08/15/2025 9:30am - 10:30am	Thread The Needle!	Free	7/29/2025
Thursday, 08/26/2025 1:00pm - 2:00pm	Hand- Building Pottery	Free	7/29/2025
Wednesday, 08/27/25 12:00pm - 1:00pm	Gullah Geechee Culture	Free	7/29/2025
Monday, 09/08/2025 2:00pm - 3:00pm	Estate Planning: Protecting your Assets	Free	7/29/2025
Monday, 09/15/2025 11:00am - 12:00pm	Canadian- American Heritage	Free	7/29/2025





TRIPS DATE	TRIPS DETAILS	TRIPS COST	TRIPS REGISTRATION
Wednesday, 7/16/2025 10:00am-3:00pm	<b>Penelope's Peaches Orchard</b> Members will enjoy a day out to pick peaches and will buy their own lunch.	\$5.00	6/17/2025
Wednesday, 7/23/2025 10:00am-3:00pm	<b>Pappadeaux Seafood Kitchen</b> Members can socialize while enjoying seafood, pasta, and comfort food. Members will pay for their own meals.	\$5.00	6/17/2025
Wednesday, 8/06/2025 10:00am-3:00pm	<b>Governor's Mansion</b> Explore the historic Governor's Mansion and its beautiful architecture. Members will pay for their own lunch at the nearby restaurant.	\$5.00	6/17/2025
Wednesday, 8/20/2025 8:00am-5:00pm	<b>Chattanooga Riverboat Ride</b> Enjoy a sightseeing cruise of the beautiful city of Chattanooga Tennessee. Members will pay for their own lunch.	\$55.00	7/29/2025
Monday, 9/8/2025 10:00am-3:00pm	<b>Porsche Experience Center</b> Members will have an unforgettable adventure at the Porsche Experience Center! Members will pay for their own lunch at the nearby restaurant.	\$20.00	7/29/2025
Wednesday, 9/24/2025 10:00am-3:00pm	<b>Botanical Garden</b> Members will take a trip to one of Atlanta's most beautiful destinations—the Atlanta Botanical Garden. Members will pay for their own lunch at the nearby restaurant.	\$45.00	7/29/2025



# AQUATIC CLASSES

**AVAILABLE**

**ADMISSION**

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



**"The longer I live, the more beautiful life becomes."**

**-Frank Lloyd Wright**





# FITNESS CLASSES

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## AVAILABLE

## ADMISSION

Yoga	Free
Good Time for Good Health	Free
Stay Cool Stay Fit low Impact	Free
Walking Club	Free
Arthritis class	free
Pilates	\$10
Cardio Fitness Class	\$10
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. Tue.	\$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

**"The longer I live, the more beautiful life becomes."**

# EXTRACURRICULAR CLASSES

## AVAILABLE

## ADMISSION

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

**"The longer I live, the more beautiful life becomes."**



## **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**

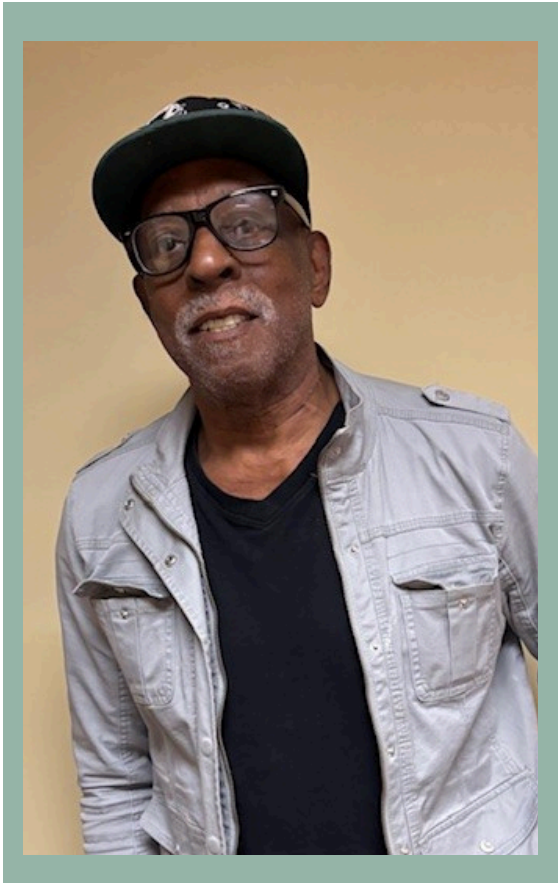
The J. Charley Griswell Senior Center offers a variety of clubs for our members to join. Register online at [www.myactivecenter.com](http://www.myactivecenter.com) to participate.

# Member SPOTLIGHT



## Ameen

Ameen was born in 1945 in Philadelphia and is eagerly anticipating his 80th birthday celebration this year. He is the proud father of two daughters and one son, as well as seven grandchildren. After graduating in 1963, he enlisted in the military in 1964, where he had the opportunity to be stationed in Spain and travel to Italy, Germany, and Belgium.



Recognizing his exceptional vocal talent from an early age, he decided to pursue a career in music after serving six years in the military. Throughout his career, he has worked alongside some of the industry's most esteemed musicians, including Aretha Franklin and the Miracles. Ameen moved to Georgia with one of his daughters and a close friend, which motivated him to join Griswell in October 2022. He enjoys coming to Griswell, where he plays cards, connects with friends, has lunch in the cafeteria, and shares his musical gifts at various events.



# Griswell HIGHLIGHTS

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## 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](http://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

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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](mailto: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.***



**CLAYTON**  
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**Senior Services**



6701 Highway 85,  
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov