

Sonna Singleton Gregory Senior Center

TALK OF THE CENTER



2025
JULY - SEPTEMBER

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

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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!



"The beauty of caring for seniors is realizing that they are heroes in their own right."

– Karen Clark

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.....Vacant
 Health & Fitness Coordinator.....Nicholas Wilson
 Special Program Coordinator..... Krushetta Mitchell
 Congregate Site Coordinator.....Mokita Rials
 Office Assistant Senior.....Sequela Brown
 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
 Mainenance.....Charles Sims
 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

Friday, July 4, 2025 Independence Day
 Monday, September 1, 2025 Labor 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

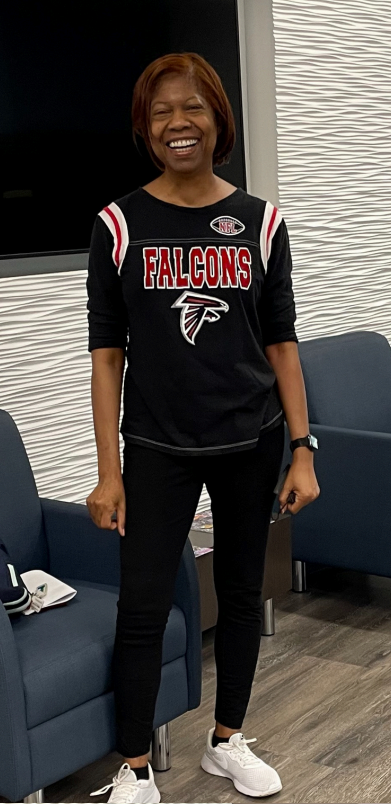
Tuesday: 8:30 AM - 7:30 PM

Registration

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

Tuesday: 8:30 AM - 7:30 PM





Summer Fun Word Search

P	H	H	P	L	L	E	A	K	A	P	I	C	N	I	C	U
D	U	S	A	N	D	C	A	S	T	L	E	Y	U	E	Z	O
L	Y	Y	J	I	Y	W	K	J	I	A	M	Y	B	J	T	B
I	W	T	K	O	N	Z	H	Q	C	T	X	Q	R	I	I	O
F	G	B	M	R	N	K	Z	E	J	K	V	X	Q	M	U	X
E	N	Y	J	P	V	R	H	C	A	E	B	M	B	R	S	V
G	I	M	A	E	R	C	E	C	I	I	R	G	V	W	G	C
U	M	M	J	B	G	V	U	P	V	X	H	U	A	A	N	F
A	M	R	H	C	F	T	G	F	B	M	X	V	C	T	I	V
R	I	P	Q	L	S	D	X	B	V	T	C	S	A	E	H	U
D	W	O	X	O	B	A	R	B	E	Q	U	E	T	R	T	P
U	S	D	M	Z	J	F	N	M	G	D	O	F	I	M	A	Z
S	U	N	S	C	R	E	E	N	O	A	H	U	O	E	B	M
Z	F	R	D	J	W	W	R	W	D	K	E	P	N	L	Y	C
L	E	S	V	X	O	V	M	C	T	D	J	L	T	O	A	O
I	P	J	P	D	T	Q	F	L	O	W	Y	D	D	N	K	O
O	Z	N	L	K	D	F	P	M	H	T	R	Q	X	L	R	S

Bathing Suit
Watermelon

Barbeque

Hot Dog

Sand Castle

Ice Cream

Swimming

Picnic

Life Guard

Sunscreen

Vacation

Beach

Riddle Time

I'm tall when I'm young, and I'm short when I'm old. What am I?

What question can you never answer yes to?

What goes up but never comes down?

I'm tall when I'm young, and I'm short when I'm old. What am I? CANDLE
What question can you never answer yes to? ARE YOU SLEEP?
What goes up but never comes down? AGE

Riddle Time Answers



JOHN SANDERS

Mr. Sanders became a Sonna Singleton Gregory Senior Center member in February 2025, after some loving encouragement from his daughter and speaking with a friend who is also a member. He stated that from the moment he walked in he was met with nothing but "good vibes."

Mr. Sanders is a devoted husband, proud father to one daughter, and grandfather to a grandson currently in graduate school. He attended Henry McNeal Turner High School, then studied at DeKalb College for a year before being drafted into the U.S. Military, where he served from November 1969 to November 1972. After his service, he enjoyed a long and successful 37-year career with the U.S. Postal Service before retiring.

These days, Mr. Sanders in his own words, "is living life". In his free time he enjoys doing yard work. Since becoming a member he has joined the center choir, taken up ballroom dancing, and made wonderful new friends.

What stands out most to him about the center?

He stated, "The staff here truly puts customer service first."

For those thinking about joining, Mr. Sanders offers this advice:

"Talk to current members. They'll tell you how easy it is to sign up for classes and events—and more than that, come in you'll see how welcoming the staff and the atmosphere really is."

Mr. Sanders advised enjoys the variety of events and the welcoming, vibrant atmosphere that fills the building. In fact, when asked to describe his experience at Sonna Singleton Gregory Center Center in one sentence, Mr. Sanders simply said:

"My Paradise"



Toni Brown

Toni began working with Senior Services in June 2021 as a Program Coordinator. She enjoys making senior life better through creative programming. The best piece of advice I would give any employee working for Senior Services is to be yourself. God has given you special gifts and talents that are designed specifically for you. Those designed gifts and talents are what make you unique, and they are a part of who you are. You also use these to serve others like no one else can. Your gifts and talents are your responsibility to use and use wisely. Let no one take these from you because these gifts and talents are an expression of you. Be-you-til-ful.

The position of Program Coordinator comes with many layers to it and can often times become very difficult to manage. Toni has learned to pace herself, do what she can and to remember who she serves. This career requires creativity, innovation, and problem solving skills. She finds herself doing that everyday. Although it is challenging she enjoys what she does.

Toni's proudest moment is knowing day to day that she has a heart for what she does. 'Regardless of the awards, they hold nothing to knowing that you are walking in your God-given purpose. I will rock that until I can't anymore.'

Three words to describe Senior Services is ever-changing, growing and fun.

What is the one thing you cannot resist?
One thing that I cannot resist is great food.

What is your greatest fear?
My greatest fear is not being in the Will of God.

Where is your favorite place to be?
My favorite place to be is under a warm blanket, by a fireplace, with a book or a movie and a glass of wine.

Where is the best place you've traveled to and why?

It was a dream of me and my husband when we were younger to visit a Sandals Resort. We had the opportunity to travel to one in Ochos Rios. We went all out and was able to secure a villa with a butler. We were really spoiled and it was beautiful. I will cherish that forever.

What's the weirdest job you've ever had?
The weirdest job that I had was fresh out of college and going around to doors selling products. It was weird and I am not a great saleswoman.

What would you do (for a career) if you weren't doing this?
I believe that everything that I have done is a stepping stone to what my purpose is. I would be an Artistic Director/owner of my own Performing Arts Center.

How do you balance your career and family?
My family is most important. My mom taught us that when we were young. She was always there and that's something I said that I would do when I grew up. I make sure that I prioritize and plan.

What chore do you absolutely hate doing?
I hate going to the grocery store.

What music is on your iPhone/Android phone?
LOL, all kinds, from Hip Hop, Trap, Gospel, Jazz, Blues, Country, Lo-fi, anything that moves me.

Tell us something that might surprise us about you.
I am a writer.

If you could choose anyone, who would you pick as your mentor?
I would pick Judith Jamison.

CLASS REGISTRATION	Summer I	Summer II	Fall I
Registration Dates	6/18/2025 - 6/27/2025	7/30/2025 - 8/8/2025	9/10/2025 - 9/19/2025
Class Dates	6/30/2025 - 8/1/2025	8/11/2025 - 9/12/2025	9/22/2025 - 10/24/2025
Break Week	8/4/2025 -8/8/2025	9/15/2025 - 9/19/2025	10/27/2025 - 10/31/2025

ACTIVITIES

The Power of Pets	Wednesday, 7/2/2025 1:30 PM - 2:30 PM	FREE
Senior Medicare Patrol	Monday, 7/7/2025 11:30 PM - 12:20 PM	FREE
Cognitive Fitness	Friday, 7/11/2025 2:00 PM - 3:00 PM	FREE
Cooking With Drew	Wednesday, 7/16/2025 2:00 PM - 3:00 PM	FREE
Hawaiian Culture	Friday, 7/18/2025 2:00 PM - 3:00 PM	FREE
Natural Beauty Secrets	Monday, 7/21/2025 2:00 PM - 3:30 PM	FREE
Core Training for Seniors	Friday, 7/25/2025 2:00 PM - 3:00 PM	FREE
Summer Library Services Membership Drive	Monday, 7/28/2025 1:00 PM - 2:00 PM	FREE
Preventative Healthcare Awareness	Monday, 8/11/2025 2:00 PM - 3:00 PM	FREE



National Hunger Month	Wednesday, 9/3/2025 1:00 PM - 2:00 PM	FREE
Vigilance In An Uncertain World	Friday, 9/12/2025 2:00 PM - 3:00 PM	FREE
The History of Quilting	Monday, 9/15/2025 1:00 PM - 2:00 PM	FREE
Caregivers Need Care Too	Monday, 9/22/2025 12:30 PM - 1:30 PM	FREE
You and Your Back	Wednesday, 9/24/2025 10:00 AM - 11:00 AM	FREE

SPECIAL EVENTS

Friendsgiving	Wednesday, 7/30/2025 2:00 PM - 4:00 PM	FREE
Hollywood Swinging	Friday, 8/8/2025 6:00 PM - 9:00 PM	\$15.00
Sonna's Aquatic Block Party	Friday, 8/8/2025 10:00 AM - 1:00 PM	FREE
Grand Parents Celebration	Monday, 9/8/2025 2:00 PM - 4:00 PM	FREE
Eat Well Age Well Health Fair	Saturday, 9/13/2025 10:00 AM - 1:00 PM	FREE
National Senior Center Month	Friday, 9/19/2025 2:00 PM - 4:00 PM	FREE

TRIPS

The Painted Duck	Tuesday, 7/8/2025	\$5.00
Shopping With Cheryl	Tuesday, 7/15/2025	\$5.00

AQUATIC CLASSES

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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
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
Cricut For Beginners	Sequela Brown	Wednesdays 9:00 AM - 10:00 AM	\$10
Basic Jewelry Making	Lea Webster	Wednesdays 11:30 AM - 12:30 PM Fridays 11:30 AM - 12:30 PM	Free

Crucial Cardio	Nicholas Wilson	Mondays 2:30 PM - 3:30 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 770-347-0344.



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

The Singletons: A Singles Social Group

Men's Focus Group: MAN CAVE

Sophisticated Ladies: A Women's Social Club



PROGRAMMING HIGHLIGHT:

GOSPEL FEST



The center celebrated Easter weekend with a gospel festival. The weekend celebrated and promoted faith through music, community and spiritual connection. Members connected with God, had a chance to experience the power of gospel music and deepen their spiritual lives. The event served as a platform for cultural expression and community building. It united members from diverse backgrounds. There were performances by choirs like, non other than our own Sweet Sonna's Graceful Sounds Choir, and Flint River Community Choir. In-Spirit Dance, also from Sonna Singleton Gregory Senior Center, took us higher as they did a celebratory dance to "Joyful, Joyful".

he event provided a space for believers to connect with God through worship and the word. An encouraging word was offered by a Minister of the Word that inspired members to live a more meaningful life. Members lifted their hands, sang songs, and danced about in beautiful sunny weather.

The Gospel Festival allowed individuals to socialize and connect with one another.

Sonna Singleton Gregory Senior Center staff came through again with creativity and originality.



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




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

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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.



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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.

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OUR SERVICES



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CENTERS' INFORMATION

	OFFICE NUMBER	LOCATION
SENIOR SERVICES CENTERS		
<i>For Seniors 55+</i>		
FRANK BAILEY SENIOR CENTER	(678) 479-5505	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		
<i>For Caregivers, Grandparents, and Youth - Teens</i>		
KINSHIP CARE RESOURCE CENTER	(770) 473-5788	849 Battle Creek Road, Jonesboro
FLINT RIVER COMMUNITY CENTER		
Flint River Community Center	(770) 347-0370	153 Flint River Road, Riverdale
<i>For Youth, Teens, Adults, and Seniors</i>		
AGING PROGRAM		
<i>For Seniors 55+</i>		
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.

SONNA SINGLETON GREGORY SENIOR CENTER

The Squad
Staff collectively and strategically
enhancing the quality of Senior living.



6701 Highway 85,
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov