

# TALK OF THE CENTER

2026

**Frank Bailey Senior Center**

**JANUARY-MARCH**

## 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



Page 2

## 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.....Vacant  
 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.....Raymond Armstead  
 Maintenance.....Joaquin Fleth

## 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 Closure

**New Year's Day** | Thursday, **January 1, 2026**

**Martin Luther King Jr. Day** | Monday, **January 19, 2026**





<b>CLASS REGISTRATION</b>	<b>Winter I ( 5 Weeks )</b>	<b>Winter II ( 5 Weeks )</b>	<b>Spring I ( 5 Weeks )</b>
<b>Registration Dates</b>	<b>12/15/25 - 1/2/26</b>	<b>2/2/26 - 2/13/26</b>	<b>3/16/26 - 3/27/26</b>
<b>Class Dates</b>	<b>1/5/26 - 2/6/26</b>	<b>2/16/26 - 3/20/26</b>	<b>3/30/26 - 5/1/26</b>
<b>Break Week</b>	<b>2/9/26 - 2/13/26</b>	<b>3/23/26 - 3/27/26</b>	<b>5/4/26 - 5/8/26</b>

## ACTIVITIES

<b>Vitamins in Me</b>	<b>1/6/2026 10:30-11:00am</b>	<b>FREE</b>
<b>Aquatic Escapades</b>	<b>1/9/2026 1:00-2:00pm</b>	<b>FREE</b>
<b>Old School Step Bench Workout</b>	<b>1/16/2026 10:00-11:00am</b>	<b>FREE</b>
<b>The Scattergories Experience</b>	<b>1/20/2026 10:30-11:00am</b>	<b>FREE</b>
<b>Senior Kickboxing</b>	<b>1/23/2026 10:00-11:00am</b>	<b>FREE</b>
<b>Veganism</b>	<b>2/3/2026 10:30-11:00am</b>	<b>FREE</b>
<b>Recognizing &amp; Preventing Scams</b>	<b>2/18/2026 10:30-11:00am</b>	<b>FREE</b>



Craft activities are among the most senior-friendly DIY project that can help keep seniors active and healthy. Studies also reveal that conceptual art can boost the cognitive abilities of an aging brain. That makes arts and crafts helpful for seniors.



# ACTIVITIES

Read Before You Eat	2/24/2026 10:30-11:00am	FREE
GLS for the Blind & Disable	2/27/2026 10:30-11:00am	FREE
Crossword Connection	3/3/2026 10:30-11:00am	FREE
Senior Boxing	3/6/2026 10:00-11:00am	FREE
Prostate Awareness (Men Only Program)	3/17/2026 10:30-11:00am	FREE
Bid Whist Tournament	3/19/2026 3:30-5:30pm	FREE
Family Feud	3/26/2026 10:00-11:00am	FREE

# SPECIAL EVENTS

Black History Month	Friday January 16, 2026 2:00-3:30pm	FREE
Be My Valentine Pool Party	Friday February 6, 2026 1:30-3:30pm	FREE
Mardi-Gras Party	Saturday February 21, 2026 6:00 pm—10:00 pm	\$20





# Senior Spotlight

## Meet *Alice Hawes*



*Ms. Alice Hawes is a retired Durham County employee that had been employed for 20 years. In 2017, she relocated to Riverdale, Georgia, to be closer to her son, daughter-in-law, and beloved grandson.*

*Born in Virginia in 1953 as the youngest of eight children, Ms. Hawes grew up on her family's farm. After the passing of her father when she was just 12 years old, she and her mother moved first to New York and later to North Carolina in search of new opportunities. In North Carolina, Ms. Hawes attended North Carolina Central College. After graduating, she married her husband, and together they welcomed their only son.*

*Since moving to Clayton County, she has been an active member of the Frank Bailey Senior Center and has enjoyed every moment of it. She participates in a variety of classes offered by the instructors, always eager to learn and stay active. In addition to swimming on her own, she also attends Zumba classes every Monday and Wednesday, which have become a fun and energetic part of her weekly routine. She also gives back to the community by volunteering at the center, always willing to lend a hand whenever needed. Her enthusiasm and commitment make her a valued part of the Frank Bailey family.*



# Staff Spotlight



## Meet Maria Hua

Program Aide

*"I've been working at the center for seven months now as a Program Aide. I'm responsible for creating programs and activities for our seniors to enjoy. I also design and produce flyers, booklets, newsletters, and monthly calendars to keep everyone informed and excited about what's happening throughout the center."*

*What I love most about my job are the seniors themselves. Seeing them smile, laugh, and have fun during the programs my team and I plan makes all the effort worthwhile. Their joy reminds me why I love what I do."*

*My passion for working with seniors began in college, when I interned at an adult daycare center for seniors with Alzheimer's/dementia. As a program coordinator intern, I discovered how meaningful it was to create activities that brought comfort, joy, and connection to the residents. That experience deepened my appreciation for this kind of work and inspired me to keep making a positive impact in seniors' lives.*

*Something most people don't know about me is that I'm actually a terrible speller, even with the simplest words! Thankfully, spell check has been my saving grace since college, keeping me from embarrassment one red squiggly line at a time.*

*I was born and raised in Clayton County, and it has always been a big part of who I am. I've spent my whole life here! My friends and family live nearby, making memories special to me.*

*My dad was my role model growing up and still is. He was a prisoner of war in the Vietnam War. As a child, he told me stories about his capture, the hardships he endured, and the strength it took to survive. Through his faith in God, he made it out alive and eventually came to America. Listening to his story makes me grateful for the life I have now. It motivates me to be strong in the face of adversity, to work hard for what I want, and to carry forward his courage, resilience, and faith in everything I do.*

*The best advice my dad ever gave me was, "Only God can judge." Those words have stayed with me, reminding me not to let others' opinions define who I am and to stay true to myself."*



# Winter Word Search

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



blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
flannel	holidays	mitts	snowballs	toboggan
flurries	hot chocolate	scarf	snowboarding	whiteout
frigid	icicle	shovel	snowflakes	wintertime



# TRIPS

Northwest Library	Wednesday 1/21/2026 10:00am-3:30pm	\$5.00
Fox Theater- MJ The Musical	Wednesday 1/28/2026 3:30pm-11:00pm	\$60.80
CMX CineBistro Movies	Wednesday 2/4/2026 12:00pm-4:00pm	\$5.00
Pin Strikes (Stockbridge)	Wednesday 2/18/2026 10:30am-4:00pm	\$ 5.00
Trilith Studio Tour	Wednesday 3/18/2026 9:30am-3:30pm	\$35.64
Jeju Sauna & Spa Seniors pay @ venue	Wednesday 3/18/2026 9:30am-3:30pm	\$5.00

## Highlights

### Frank Bailey Health Fair





## AQUATIC CLASSES

Beginning Swim I	Jasmine White	Tues and Thurs   1-1:45 pm	\$10
Intermediate Swim	Jasmine White	Tues and Thurs   11:30-12:15 pm	\$10
Water Walking	Jasmine White	Tuesday   2:45-3:30 pm	Free
Water Fitness I	Bertha King	Mon and Thurs   9-10 am	\$30
Water Fitness II	Bertha King	Mon and Thurs   10:15-11:15 am	\$30
Water Fitness III	Bertha King	Mon and Thurs   2-3 pm	\$30
Aqua Volleyball	Staff	Friday   11-11:45 pm	Free
Water Sculpting	Beatress Lynn	Wed   10:00-11:00 am	\$20
Bea's Water Boot Camp	Beatress Lynn	Friday   1:00-2:00 pm	\$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
Diamond Painting Class (Bring your own supply.)	Arlene Benford	Tuesday   1:00 - 4:00 pm	FREE



# FITNESS CLASSES

Chair Stretch Workout	Anton Ford	Monday   9-9:30 am	FREE
Advanced Tai Chi	Arlene Benford & Carole Lumley	Mon and Wed   10-11:00 am	FREE
Senior Tone	Anton Ford	Mon and Wed   11-11:45 am	\$10
Abs Class	Anton Ford	Monday   1-1:30 pm	FREE
Beginning Tai Chi	Arlene Benford & Carole Lumley	Mon and Wed   1:30-3 pm	FREE
Yoga for Mobility	Denisse Gaines	Monday   2-3:00 pm	\$20
Breakfast with Ford	Anton Ford	Tues and Thurs   9:30-10:00 am	FREE
Personal Fitness	Anton Ford	Tues and Thurs   11:00-11:45 am	\$10
Low Impact Tai Chi	Carole Lumley	Tues and Thurs   1-1:30 pm	FREE
Bea's Praise 2 Fitness	Beatress Lynn	Tues and Thurs   1-2:00pm	\$20
Floor Stretch Workout	Anton Ford	Wed   9-9:30 am	FREE
Land Arthritis	Anton Ford	Thursday   1-1:30 pm	FREE
Beginner Line Dancing	Martha Underwood	Fri   11:30-12:30 pm	\$15
Intermediate Line Dance	Martha Underwood	Wed   2:30-3:30 pm Fri   10:00-11:00 am	\$15
In-Motion	Rosamary Rawls	Fri   11:00-11:45 pm	FREE
Marching Drill Team	Iris Copeland	Tues and Thurs   1-2:00pm	FREE



## 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



**CLAYTON**  
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Senior Services

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



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## KAISER PERMANENTE MEDICARE HEALTH PLANS

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**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.






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



Senior Services



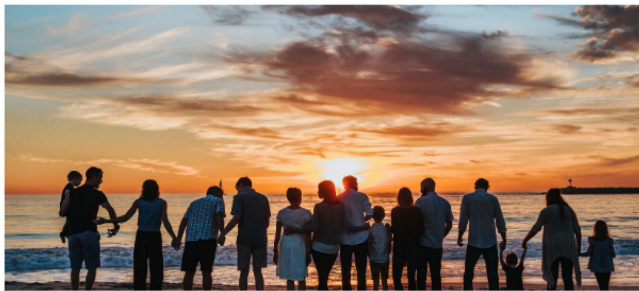
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## OUR SERVICES



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### LIFE INSURANCE

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



### HEALTH INSURANCE

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### LONG TERM CARE

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# CENTERS' INFORMATION

## OFFICE NUMBER

## LOCATION

### SENIOR SERVICES CENTER

FOR SENIORS 55+

**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

FOR CAREGIVERS, GRANDPARENTS, AND YOUTH—TEENS

**Kinship Care Resource Center**

**(770) 473-5788**

**849 Battle Creek Road, Jonesboro**

### CULTURAL ARTS CENTER

FOR YOUTH, TEENS, ADULTS, AND SENIORS

**Flint River Community Center**

**(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.





# SENIOR SERVICE ADMINISTRATION

**Director (Interim)**  
**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**

**Melissa Myers-Bristol**  
**Vacant**  
**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.

