JANUARY - MARCH



CULTURAL ARTS CENTER

Home of the Black Box Theater







Where the World Lands and Opportunities Take Off

INTERGENERATIONAL CENTER **QUARTERLY NEWSLETTER**

Inside this Session's issue:

Center Information Registration **Upcoming Events & Classes** Advisory Board, Volunteers, Groups And more...















Center Information

The Flint River Community Center provides an array of classes, programs, and services for multiple generations. Programs are designed for all ages and family groups to engage and participate together.

CENTER AMENITIES

- Multipurpose Rooms
- Fitness Center
- Game Room
- Billiards Room
- Teaching Kitchen
- Auxiliary Basketball Court
- Black Box Theater

CENTER MANAGER

Brittany Brown Office: (770) 347-0371 Email: brittany.brown@claytoncountyga.gov

FLINT RIVER BOYS & GIRLS CLUB

Executive Director - Michael Maxwell

Hours: 2:30pm - 8:00pm

Office: (770) 347-0373

Website: bgcma.org/club/flintriver/

CENTER CLOSURES

Thursday, January 1, 2026 - New Year's Day Monday, January 19, 2026 - MLK Day

HOURS OF OPERATION

Center Hours:

Monday - Friday: 8:00am - 9:00pm

Saturday: 9:00am - 6:00pm

Fitness Center Hours:

Monday - Friday: 8:00am - 8:30pm

Saturday: 9:00am - 5:30pm

Closed Daily from 1:00pm - 2:00pm

Pool & Fitness Orientation Hours:

Wednesday: 1:00pm & 6:00pm

Basketball Open Court Hours:

Please see the attached Basketball Schedule.

*Youth Ages 5 - 12

*Teens Ages 13 - 17

*Adult Ages 18+

*Seniors Ages 55+

Call ahead to confirm the daily schedule for any updates or changes.





Flint River Community Center Basketball Court Hours:



(Effective: JANUARY 2026)

First 20 wristbands will be given during the evening session & weekend open times.

MONDAY	10:00AM - 1:30PM = (Ages 18 & Up) 5:00PM - 6:00PM = (Youth Age: 5 to 12 Yrs.Old) 6:00PM - 8:30PM = (Ages 13 & Up)
TUESDAY	Seniors (55+) Only Session From12:00PMTO 2:00PM Pickleball Session: 5:30PM – 8:30PM
WEDNESDAY	8:00AM - 11:00AM = Pickleball 11:00AM - 1:30PM = (Ages 18 & Up) 5:00PM - 6:00PM = (Youth Age: 5 to 12 Yrs.Old) 6:00PM - 8:30PM = (Ages 13 & Up)
THURSDAY	Seniors (55+) Only SessionFrom12:00PMTO2:00PM
FRIDAY	10:00AM - 1:30PM = (Ages 18 & Up) 5:00PM - 6:00PM = (Youth Age: 5 to 12 Yrs.Old) 6:00PM - 8:30PM = (Ages 13 & Up)
SATURDAY	2:00PM - 3:00PM = (Youth Age: 5 to 12) 3:00PM - 5:30PM = (Ages 13 & Up)

Boys & Girls Club Reservation:

Monday thru Friday......3:00PM TO 5:00PM

SCHEDULE IS SUBJECT TO CHANGE



Welcome

Clayton County Senior Services
Department mission is 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.
Programs emphasize health and
wellness, including screenings,
exercise programs, nutrition,
education, and field trips for
multiple generations.

Flint River Community Center opened its doors in March of 2021. Located on a 21-acre site on Flint River Road, the Flint River Community Center was a collaborative project between the Department of Senior Services and Parks and Recreation.

Flint River Community Center provides recreation and activities for multiple generations. The center features a games room, fitness center, multipurpose gymnasium, and an outdoor splash pad. Flint River Community Center showcases, for the first time in Clayton County, a "Black Box Theater" designed for live performances with flexible staging and seating.

We are honored to have you as a member of the Flint River family! We look forward to your participation in our programs, events, classes, and more! We welcome you!

Flint River Community Center Staff

CENTER MANAGER - BRITTANY BROWN PROGRAM COORDINATOR - RHONDA DILLON PROGRAM COORDINATOR - LARRY RHEM SPECIAL PROGRAM COORDINATOR - CELESTINE ROGERS **ADMINISTRATIVE SECRETARY - SHEILAH GATES BLACK BOX THEATER COORDINATOR - KRYSTAL FARRIS HEALTH & FITNESS COORDINATOR - VACANT** MAINTENANCE - DAVID WILIAMS MAINTENANCE - ANTHONY CARTER **OFFICE ASSISTANT - LOU HOLMES OFFICE ASSISTANT - SONIA MYERS OFFICE ASSISTANT - JOYCE SMITH OFFICE ASSISTANT - VACANT** PROGRAM AIDE - MIMI ROBERTS PROGRAM AIDE - VACANT PROGRAM AIDE - KAREN HANSON **PROGRAM AIDE - VACANT** PROGRAM AIDE - VACANT

BUS DRIVER - KEVIN BULLUCK

Registration

WINTER SESSION I

Registration

DECEMBER 18, 2025 - JANUARY 2, 2025

Classes

JANUARY 5, 2026 - FEBRUARY 6, 2026

Break Week

FEBRUARY 9, 2025 - FEBRUARY 13, 2026

WINTER SESSION II

Registration

FEBRUARY 5, 2026 - OCTOBER 31, 2025

Classes

NOVEMBER 3, 2025 - DECEMBER 12, 2025

Break Week

DECEMBER 15, 2025 - JANUARY 2, 2026



Special Events	Date & Time	Registration Date	Fee
Hearts of Harmony Sneaker Ball Demographic(s): Seniors	Friday, 2/6/2026 6:00p.m. – 9:00p.m.	Dec 18, 2025	\$15.00
Healthy Habits, Healthy Heart Demographic(s): Seniors	Tuesday, 2/17/2026 12:00p.m. – 2:00p.m.	Dec 18, 2025	Free
Celebrating Black History Month: A Legacy of Black Excellence Demographic(s): All Ages	Friday, 2/27/2026 2:00p.m. – 3:30p.m.	Feb 5, 2026	Free
Family St. Patrick's Day Party Demographic(s): All Ages	Saturday, 3/14/2026 1:00p.m. – 3:00p.m.	Feb 5, 2026	Free
Neighborhood Network Resource Fair Demographic(s): Adults & Seniors	Tuesday, 3/31/2026 11:00a.m. – 1:00p.m.	Feb 5, 2026	Free



Fitness Classes

Instructor	Class Name & Cost	Day/ Time
Shenelle Moolenaar	Sweat by Shea (\$15)	Monday 9:00 AM
Nasirah Gains	Yoga (\$20)	Monday 12:30 PM
Rhonda Dillon	Zumba (\$10)	Monday 6:30 PM
Sliver Fox Walking Group	Walking Group (FREE)	Tuesday 8:00 AM
Krystal Farris	Senior Tone (\$10)	Tuesday 9:00 AM
Helen Jordan	Tai Chi (\$15)	Tuesday 1:00PM
Lois Cox	Stretch & Flow (\$20)	Tuesday 5:45 PM
Lois Cox	Stretch & Flow (\$20)	Wednesday 9:00 AM
Helen Jordan	Tai Chi (\$15)	Wednesday 9:30 AM

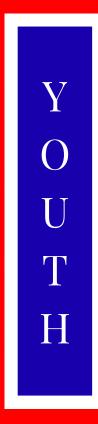
Prices are subject to change depending on the amount of weeks in the class session.

Fitness Classes

Instructor	Class Name & Cost	Day/ Time
Our Community Healthcare System	Good Times For Good Health	Wednesday 10:30 PM
Sliver Fox Walking Group	Walking Group (FREE)	Thursday 8:00 AM
Charlene Culberson- Jones	Chair Bodyworks (\$15)	Thursday 9:00 AM
Lois Cox	Stretch & Flow (\$20)	Thursday 9:00 AM
Martha Underwood	Beginner's Line Dance (\$15)	Thursday 10:30 AM
Martha Underwood	Beginner's Line Dance (\$15)	Thursday 6:00 PM
Rhonda Dillon	Zumba (\$10)	Friday 6:30 PM

Prices are subject to change depending on the amount of weeks in the class session.

Youth Activities	Date & Time	Registration Date	Fee
Sketch & Guess Demographic(s): Youth	Thursday, 2/5/2026 3:00p.m 4:00p.m.	Dec 18, 2025	Free
Splatter & Sizzle Demographic(s): Youth	Friday, 2/20/2026 3:00p.m 4:00p.m.	Feb 5, 2026	Free
Charades Demographic(s): Youth	Tuesday, 3/10/2025 3:00p.m 4:00pm.	Feb 5, 2026	Free
Kickball Tournament Demographic(s): Youth	Tuesday, 3/21/2026 3:00p.m 4:00pm.	Feb 5, 2026	Free



/	
/	Т
/	E
/	E
	ът
/	N
/	C
/	S
/	

Teen Activities	Date & Time	Registration Date	Fee
Build Self Esteem Demographic(s): Teens	Wednesday, 1/7/2026 3:00p.m 4:00p.m	Dec 18, 2025	Free
Recycled Paper Art Demographic(s): Teens	Wednesday, 2/18/2026 4:00pm – 5:00p.m.	Feb 5, 2026	Free
3 Vs 3 Basketball Tournament Demographic(s): Teens	Wednesday, 3/16/2026 6:00pm – 8:00p.m.	Feb 5, 2026	Free
All About China Demographic(s): Teens	Wednesday, 3/18/2026 4:00pm – 5:00p.m.	Feb 5, 2026	Free

Adult Activities	Date & Time	Registration Date	Fee
Eating Vegan Can Be Fun Demographic(s): Adults	Thursday, 1/15/2026 3:00p.m 4:00p.m.	Dec 18, 2025	Free
Lose the Love Handles Demographic(s): Adults	Tuesday, 2/12/2026 5:00p.m 6:00p.m.	Feb 5, 2026	Free
Paint and Punch Art Gathering Demographic(s): Adults	Thursday, 3/12/2026 11:00a.m. – 12:00p.m.	Feb 5, 2026	Free
Movie Night Demographic(s): Adults	Thursday, 3/19/2026 5:00p.m. – 6:00p.m.	Feb 5, 2026	Free
Senior Activities	Date & Time	Registration	Fee
Senior Activities	Date & Time	Registration Date	Fee
Senior Activities Senior Volleyball Demographic(s): Seniors	Date & Time Monday, 2/9/2026 11:00a.m 12:00p.m.		Fee Free
Senior Volleyball	Monday, 2/9/2026	Date	
Senior Volleyball Demographic(s): Seniors Back Pain	Monday, 2/9/2026 11:00a.m 12:00p.m. Monday, 2/23/2026	Date Dec 18, 2025	Free
Senior Volleyball Demographic(s): Seniors Back Pain Demographic(s): Seniors Bingo and Bagels w/ Jencare	Monday, 2/9/2026 11:00a.m 12:00p.m. Monday, 2/23/2026 1:00p.m 2:00p.m.	Date Dec 18, 2025 Feb 5, 2026	Free Free

Senior Activities	Date & Time	Registration Date	Fee
Navigating Technology w/ Office of Digital Equity Demographic(s): Seniors	Wednesdays 10:00a.m. – 12:00p.m.	On-Going	Free
Cellphone 101 Demographic(s): Seniors	Every 2nd Monday of the Month 10:00a.m. – 11:00a.m.	On-Going	Free
Monday Madness Bingo Demographic(s): Seniors	Every 4th Monday of the Month 2:00p.m. – 3:30p.m.	On-Going	Free
Craft Creations Demographic(s): Seniors	Every 1st Wednesday of the Month 11:00a.m. – 1:00p.m.	On-Going	Free
Chat & Chew Health Education Demographic(s): Seniors	Every 3rd Monday of the Month 12:00p.m. – 1:00p.m.	On-Going	Free
Paint with Me Demographic(s): Seniors	Every 3rd Tuesday of the Month 10:00a.m. – 11:00a.m.	On-Going	Free



Intergenerational Activities	Date & Time	Registration Date	Fee
Acting 101 with Larry Demographic(s): Adults & Seniors	Thursdays 12:00p.m 2:00p.m.	Dec 18, 2025	\$10.00/ 5weeks
Craft Your Own Crown Demographic(s): Intergenerational	Thursday, 1/8//2026 1:00p.m 2:00p.m.	Dec 18, 2025	Free
Career Readiness & Workplace Skills Demographic(s): Intergenerational	Tuesday, 1/24/2028 4:00p.m 5:00p.m.	Dec 18, 2025	Free
Caligraphy - An Ancient Art Form Demographic(s): Intergenerational	Thursday, 1/29/2026 11:00a.m. – 12:00p.m.	Dec 18, 2025	Free
Creating V-Day Cards Demographic(s): Intergenerational	Friday, 2/6/2026 3:00p.m 4:00p.m.	Dec 18, 2025	Free
All About the Netherlands Demographic(s): Intergenerational	Tuesday, 2/17/2026 4:00p.m 5:00p.m.	Feb 5, 2026	Free
Folding Paper to Create Art Demographic(s): Intergenerational	Thursday, 2/19/2026 11:00a.m 12:00p.m.	Feb 5, 2026	Free





"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved." – Mattie Stepanek

Family Activities	Date & Time	Registration Date	Fee
Substance Abuse Prevention Demographic(s): Family	Tuesday, 1/20/2026 1:00p.m 2:00p.m	Dec 18, 2025	Free
Hotdog Social Demographic(s): Family	Thursday, 1/22/2026 12:00p.m 1:00p.m.	Dec 18, 2025	Free
Unsung Heroes Demographic(s): Family	Thursday, 2/26/2026 3:00p.m 4:00p.m.	Feb 5, 2026	Free
Women Inventors Demographic(s): Family	Thursday, 3/5/2026 11:00a.m 12:00p.m.	Feb 5, 2026	Free
Paper Bag Fairy House Demographic(s): Family	Thursday, 3/5/2026 4:00p.m 5:00p.m.	Feb 5, 2026	Free
Cultural Coloring Pages Demographic(s): Family	Tuesday, 3/23/2026 4:00p.m 5:00p.m.	Feb 5, 2026	Free





"Family is not an important thing, it's everything." - Michael J. Fox

Advisory Board

PURPOSE

The purpose of the Advisory Board is to act on behalf of Flint River Community Center by providing advice, making recommendations and assisting the center staff in planning, developing, and implementing programs.

Advisory Board Officers

Tira Jones, President Barbara Jackson, Vice President Barbara Wilson, Secretary Valerie Cobb, Treasurer

Volunteer Program

ABOUT

The mission of the volunteer program is to assist Senior Services to deliver services and programs that promote independence, dignity, and enhances the quality of life while providing a safe and caring environment. If you would like to be a volunteer at our center, please contact our Administrative Secretary at 770-347-0372.

Meeting Dates

January 22, 2026 February 26, 2026 March 26, 2026

Meetings are held monthly on the third Monday at 6:00pm.

Clubs & Groups

AVAILABLE CLUBS	MEETING DATES	TIME
FRCC Choir	Mondays	12:00pm & 6:00pm
Silver Fox Walker's	Tuesdays & Thursdays	9:00am - 10:00am
Men's Focus Group	2 nd Tuesday of Every Month	6:00pm - 7:00pm
Red Hatter's	1st Thursday of Every Month	12:00pm - 1:00pm
Teen Girl's Group	2 nd Thursday of Every Month	6:00pm - 7:00pm
Advisory Board	4 th Thursday of Every Month	12:00pm - 1:00pm —www.claytonseniors.com

Т	rip Date		Trip Name		Cost			Registration Date
Tuesday, 1/6/2026 He		Hel	ll's Kitchen Play @The Fox Theater		\$70.00		Thursday, 12/18/2025	
Tuesday, 1/13/2026			Regal Georgia Cinema		\$5.00		00	Thursday, 12/18/2025
Tuesday, 2/3/2026			Culturistic Kitchen		\$5.00			Thursday, 12/18/2025
Thursday, 2/17/2026			Pin Strikes	Pin Strikes \$5		\$5.00		Thursday, 12/18/2025
Monday, 3/9/2026			Tubman Museum		\$12.00			Thursday, 2/5/2026
	Tuesday, 3/31/2026	Ī	The Tanger Outlets			\$5.00		Thursday, 2/5/2026



Flint River Community Center Black Box Theater



RENT THE BLACK BOX THEATER FOR YOUR UPCOMING EVENTS

Theatrical Performances
Concerts
Musical Performance
Dance Recital
Auditions
Photo Shoot
Art Exhibits
Filming/Video Shoot
Wedding Ceremony

ABOUT

The Flint River Community Center Black Box Theater is a small-size community theater where we provide seasons of family friendly, and though provoking shows for all ages, race, and gender. The theater can host up to 150 seated guests and 160 standing.





CONTACT

For a tour or more information, call (770)347-0370 or email BlackBoxTheater@claytoncountyga.gov

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, acall 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,

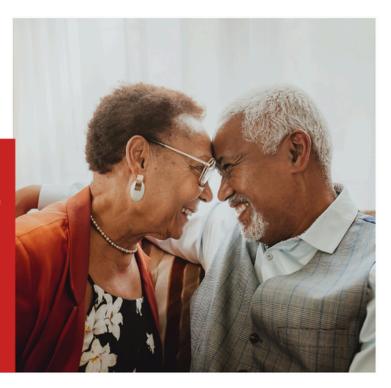
Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305.

941918793-NV_A 09/22



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







2026 Staff Spotlight



SONIA MYERS

Staff Member at Flint River Community Center

Originally from the vibrant city of West Palm Beach, Florida, Sonia Myers has proudly called Clayton County home for the past 30 years. Known for her warm spirit, natural leadership, and impeccable style, Sonia brings joy, elegance, and inspiration everywhere she goes. For the last 3½ years, Sonia has been a shining light at Flint River Community Center, where she not only serves the community, but uplifts it. She has had the honor of working alongside incredible colleagues who have become like family. It's no surprise they crowned her with the well-deserved nickname "Flint Fashionista" — a title that perfectly captures her love for fashion, creativity, and flair.

Outside of work, Sonia enjoys watching football, gardening, and home décor, embracing all things that bring beauty, comfort, and excitement to life. Sonia is often described as a natural leader — someone who listens, guides, supports, and motivates others with wisdom and grace.

As she continues her journey at Flint River Community Center and in everyday life, Sonia remains devoted to growth, service, and positivity. Her goal is simple yet powerful: to be her best self for her community, her team, and everyone she encounters. She leads with heart, style, and purpose — and her impact continues to shine brightly.

Flint River is not just where Sonia works — it's where she inspires.



Thank you for being an essential part of the team!



- College Tours: Fall, Spring, and Summer.
- Individual career exploration
 - Scholarship & Internship Opportunities
 - Job/Career certifications

- Participate in at least 5 special events or workshops per semester.
- Provide a most recent transcript.

ACHEVENTS: • CareerBound members graduate from high school on time at a rate of 97%.

• Over 90% of CareerBound members enroll into a two or four year institution of higher learning, join one of the armed forces, recieve job placement, or obtain program certifications.

> CareerBound Seniors were awarded over \$1,000,000 in scholarships and grants last year.

•Over 65% of our members recieve external scholarships which includes Posse scholars and various school/corporate based scholarships.

For more information about how to enroll at Flint River Boys & Girls Club call us at: (770)-347-0373

For more information about CareerBound email Caitlyn Beatty at: Cbeatty@bgcma.org



BOYS & GIRLS CLUBS OF METRO ATLANTA





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

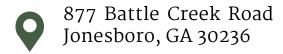
OUR SERVICES

We are the Gateway to Community Resources!

- Information & Assistance Specialists
- Case Managers
- * Transportation Services
- * Home Delivered Meals (Meals on Wheels)
- * In-Home Services







Centers Information

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								
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								

Mission Statement

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 Services Administration

SENIOR SERVICES ADMIN

Director Deputy Administrator - Senior Centers Deputy Administrator - Finance Cultural Arts Administrator - Senior Services Administrative Coordinator Administrative Secretary Office Administrator, Senior Office Manager Signature Event Coordinator

Melissa MyersBristol Kendra Shepard **Tonette White** Omari Jones Toni Freeman Aretha Mattox Christie Essien Mai Toussant 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 who's 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.











