

# TALK OF THE

# Center

BILLIARDS ROOM

AMENITIES

SENIOR NUTRITION PROGRAM

FITNESS

AQUATICS

COMPUTER LAB

COMMUNITY GARDEN



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and Opportunities  
Take Off

## SENIOR CENTER QUARTERLY NEWSLETTER

INSIDE THIS SESSION'S ISSUE:

**Center Information**

**Registration**

**Upcoming Events & Classes**

**Advisory Board, Volunteers, Groups**

**And more...**

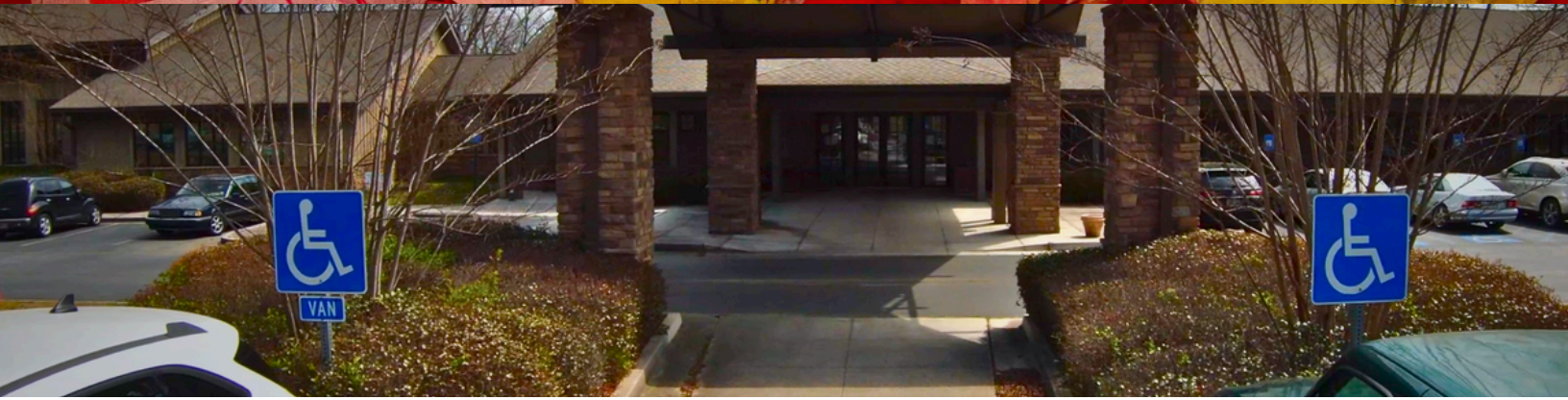


# Reset

# 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!



## HEART OF GRISWELL

*At Griswell Senior Center, every member brings joy, energy, and a fresh perspective! Our staff truly values each person who walks through the door. This isn't just a center—it's a vibrant family, and we can't wait to make even more amazing memories together!*







# 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.....**Ronald Edwards**
- Center Maintenance.....**Vacant**
- Bus Driver.....**Vacant**

**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

- Thanksgiving Day - Thursday, November 27, 2025**
- Thanksgiving Holiday - Friday, November 28, 2025**
- Christmas Break- Wednesday, December 24, 2025**
- Christmas Holiday - Thursday, December 25, 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**

## **FALL I**

### **REGISTRATION**

*SEPTEMBER 9, 2025 – SEPTEMBER 19, 2025*

### **CLASSES**

*SEPTEMBER 22, 2025 – OCTOBER 24, 2025*

### **BREAK WEEK**

*OCTOBER 27, 2025 – OCTOBER 31, 2025*

## **FALL II**

### **REGISTRATION**

*OCTOBER 21, 2025 – OCTOBER 31, 2025*

### **CLASSES**

*NOVEMBER 3, 2025 – DECEMBER 12, 2025*

### **BREAK WEEK**

*DECEMBER 15, 2025 – JANUARY 2, 2026*

## **WINTER I**

### **REGISTRATION**

*DECEMBER 16, 2025 – JANUARY 2, 2026*

### **CLASSES**

*JANUARY 5, 2026 – FEBRUARY 6, 2026*

### **BREAK WEEK**

*FEBRUARY 9, 2026 – FEBRUARY 13, 2026*





# Special Events

ACTIVITIES DATE /TIME	SPECIAL EVENT	SPECIAL EVENT COST	SPECIAL EVENT REGISTRATION
Thursday 10/09/2025 2:00pm -4:00pm	Pumpkin Patch Pool Party	Free	9/09/2025
Thursday 10/16/2025 2:00pm -4:00pm	Breast Cancer	Free	9/09/2025
Friday 10/17/2025 9:00pm -10:30pm	Fall Walk!	Free	9/09/2025
Thursday 11/06/2025 2:00pm -4:00pm	Veterans Day	Free	10/21/2025
Thursday 11/20/2025 11:00am -1:00pm	Huddle Up for Thanksgiving	\$10	10/21/2025
Saturday 12/06/25 6:00pm -10:00pm	Motown Christmas Dance	\$20	10/21/2025
Wednesday 12/17/25 2:00pm -4:00pm	Annual Griswell Christmas Concert!	Free	10/21/2025





# Activities



ACTIVITIES DATE /TIME	ACTIVITIES	ACTIVITIES COST	ACTIVITIES REGISTRATION
Wednesday 10/01/2025 11:00am-12:00pm	Native American Heritage	Free	9/09/2025
Monday 10/13/25 2:00pm-3:00pm	Medicare Changes for 2026	Free	9/09/2025
Monday 10/20/25 11:00am-12:00pm	Medical Alert Systems	Free	9/09/2025
Thursday 10/23/2025 12:00pm-1:00pm	Healthy Mind/ Healthy Food	Free	9/09/2025
Thursday 10/30/2025 2:00pm-3:00pm	Breast Cancer Bracelets	Free	9/09/2025
Wednesday 11/05/2025 12:00pm-1:00pm	Celebration Indian Cultural	Free	10/21/2025
Friday 11/14/2025 11:00am-12:00pm	Music & Art	Free	10/21/2025
Tuesday 11/18/2025 12:00pm-1:00pm	Youth Language and Seniors	Free	10/21/2025
Tuesday 12/09/2025 1:00pm-2:00pm	Art of Zen!	Free	10/21/2025
Monday 12/15/2025 12:00pm-1:00pm	Christmas Decor	Free	10/21/2025





TRIPS DATE	TRIPS DETAILS	TRIPS COST	TRIPS REGISTRATION
Monday, 10/06/2025 10:00am-3:00pm	Hindu Temple of Atlanta Members will enjoy the culture of the Hindu Temple and the beauty of the community. Lunch Nearby.	\$5.00	9/9/2025
Wednesday, 10/22/2025 10:00am-3:00pm	Medieval Times Members will enjoy a medieval feast with a dynamic tournament.	\$47.00	9/9/2025
Thursday, 11/06/2025 10:00am-3:00pm	North Point Mall Enjoy a fun-filled day of shopping, create lasting memories, and indulge in a delicious lunch at the food court. Members will pay for their own lunch.	\$5.00	10/21/2025
Friday, 11/21/2025 10:00am-3:00pm	Southern Belle Farm - Pumpkin Patch Members can enjoy a charming pumpkin patch, a farm market, and a delightful afternoon lunch. Members will pay for their own lunch.	\$5.00	10/21/2025
Thursday, 12/04/2025 10:00am-3:00pm	Mall of Georgia Members will enjoy a day out to socialize at the mall and pay for their own lunch at the nearby restaurant.	\$5.00	10/21/2025
Tuesday, 12/16/2025 10:00am-3:00pm	Center of Puppetry Arts Members will enjoy an exciting puppet show and have the opportunity to explore the museum at the Center for Puppetry Arts. Members will pay for their own lunch at the nearby restaurant.	\$23	10/21/2025



# 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 glory of the elderly is their insight, their knowledge,  
and their wisdom."**

**-BelleVie Care**





# FITNESS CLASSES



## AVAILABLE

## ADMISSION

Yoga	Free
Good Time for Good Health	Free
Stay Cool Stay Fit low Impact	Free
Walking Club	Free
Arthritis class	Free
Tai Chi	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 glory of the elderly is their insight, their knowledge, and their wisdom."



# EXTRACURRICULAR CLASSES

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## 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 glory of the elderly is their insight, their knowledge, and their wisdom."

-BelleVie Care



## **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.

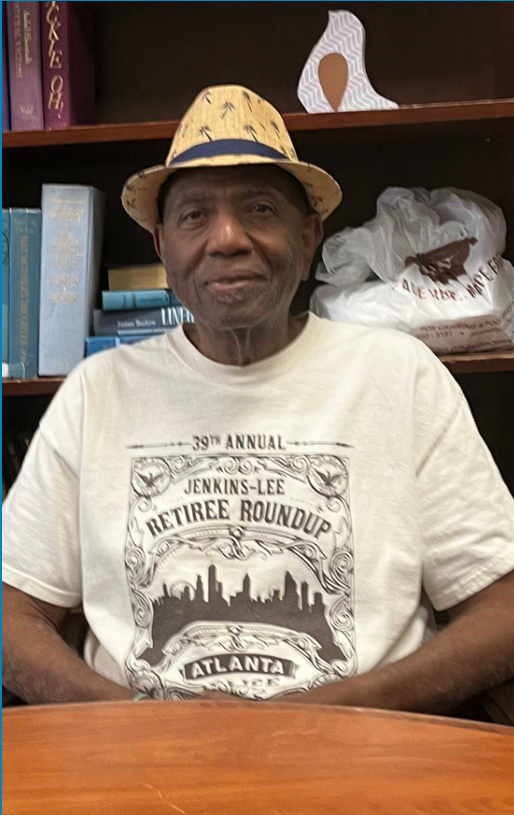


# Member SPOTLIGHT



## Lonnie Hardin

Lonnie Hardin was born in Tuscaloosa, Alabama—home of the University of Alabama’s famous “Roll Tide!” chant. Over the years, he lived in Cincinnati, Ohio, and Detroit, Michigan, before making Atlanta his home in 1980. In 2005, Lonnie joined the Frank Bailey Senior Center, where he quickly found a passion for playing Pinochle every day. When the J. Charley Griswell Center opened, he followed Matthew Talmadge there and has continued his daily Pinochle games ever since.



What keeps Lonnie coming back to the Senior Center is the warm, welcoming atmosphere and the incredible staff. The former manager, Mrs. Linda McKenzie, was especially kind to the Pinochle players, and the entire team has always gone above and beyond to make everyone feel at home. The Griswell Center is truly a special place—a wonderful spot for older adults like Lonnie to stay active and connected. Over the years, Lonnie also took Line Dancing classes and played Bid Whist, though these days, his main focus is Pinochle. It’s not just a game to him—it’s a part of his daily routine and something he genuinely loves. It’s what brings him joy and keeps him coming back day after day.



# Staff SPOTLIGHT



## Jeremy Walton



*Jeremy Walton was born in Newnan, Georgia. As the Health and Fitness Coordinator, he is responsible for overseeing our fitness instructors, leading group exercise classes, and ensuring that the fitness center runs smoothly and safely. His goal is to create an environment where members feel supported, motivated, and empowered to reach their health and wellness goals. One of the aspects he enjoys most about his role is the opportunity to build meaningful connections with our members. He loves being part of their fitness journeys—celebrating their progress, helping them overcome challenges, and encouraging healthy lifestyle changes.*

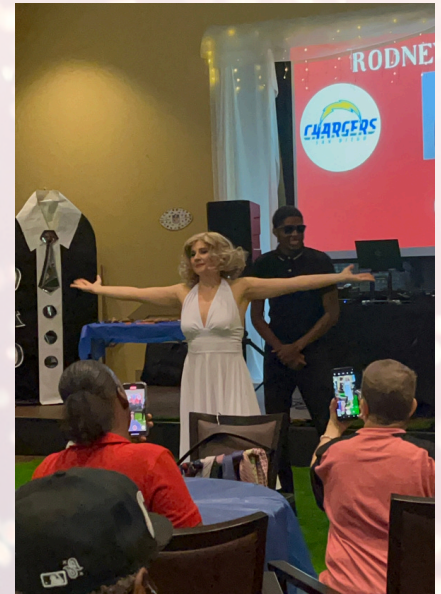
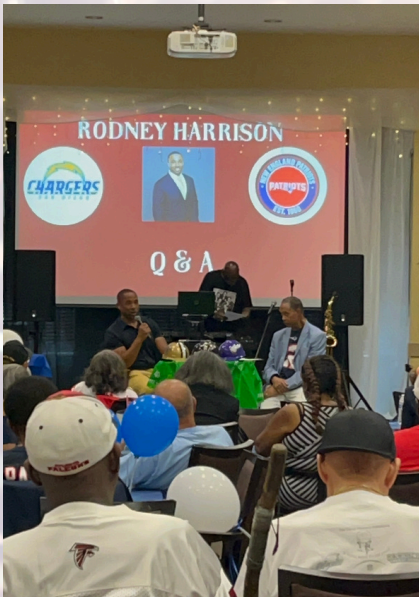
*Something that people may not know about him is that he played baseball in college. Outside of work, he is passionate about art and history. He enjoys painting in his free time and exploring different styles and techniques. Art allows him to express himself creatively and provides an outstanding balance to his active professional life.*

*One tool that helps him succeed in his role is staying engaged with the members. He regularly talks with them to understand what they enjoy, what motivates them, and how he can improve their experience. He also stays up to date on current wellness trends to ensure he is offering relevant and practical programming.*



# Griswell HIGHLIGHTS

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## **SPECIAL GUEST HIGHLIGHTS**



**Rodney  
Harrison**



**NFL  
Football Player**





# 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






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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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



### 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 (INTERIM):	Melissa Myers-Bristol
ASSISTANT DIRECTOR:	Vacant
DEPUTY ADMINISTRATOR OF SENIOR CENTERS	Kendra Shepard
DEPUTY ADMINISTRATOR OF FINANCE	Tonette White
ADMINISTRATIVE SECRETARY	Aretha Mattox
SIGNATURE EVENTS COORDINATOR	Brandi Rocker
OFFICE ADMINISTRATOR, SENIOR	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**  
COUNTY • GEORGIA  
**Cc: Clayton connected**

**Senior Services**



6701 Highway 85,  
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov