

Sonna Singleton Gregory Senior Center

# TALK OF THE CENTER

2025  
OCTOBER - DECEMBER

## 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

[www.claytonseniors.com](http://www.claytonseniors.com)



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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, and classes, and more!

**WE WELCOME YOU!**

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.....Aundrea Dumas  
 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  
 Maintenance.....Charles Sims  
 Bus Driver.....Harvey Lovett

## DEPUTY ADMINISTRATOR FOR SENIOR CENTERS

Kendra Shepard, Deputy Administrator, oversees the operations for the Clayton County Senior Centers. Please call (678) 479-5519 for any unresolved issues or concerns.

## HOURS OF OPERATION

### Center Hours

Monday, Wednesday, Thursday,  
 Friday: 8:00 AM - 5:00 PM

Tuesday: 8:00 AM - 8:00 PM

### Pool and Fitness Orientation

Tuesdays: 2:00 PM

Thursdays: 10:00 AM

### Open Pool and Lap Swim

Varies monthly depending on aqua classes

### Fitness Center

*Hours are subject to change without notice*

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

## CENTER CLOSURES

**Thanksgiving Day:** Thursday, 11.27.2025

**Thanksgiving Holiday:** Friday, 11.28.2025

**Christmas Holiday:** Wednesday, 12.24.2025

**Christmas Day:** Thursday, 12.25.2025

SONNA SINGLETON GREGORY SENIOR CENTER

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



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.

## MEMBERSHIP

### Are You 55 or Older?

Join Clayton County Senior Services and become part of a vibrant community! Seniors aged 55 and up are invited to apply for membership. To learn about eligibility and membership fees, please speak with the Front Desk or Registration Staff.

## YOUR KEY FOB MATTERS!

When you purchased your membership and completed the Fitness and Pool Orientation, you received a key tag. This key tag allows you to check in for the activities you're participating in at the Center. **Checking in at the kiosk does more than confirm you're in the building**—it helps us track attendance and use that data to plan future classes, activities, and events that best serve you. Each time you visit, please take a moment to **scan your key fob and check in to all of your activities**. If you no longer have your key fob, you can still check in by entering your **first name and the phone number** associated with your membership.

Need a new key fob? **Speak with the Registration Staff for assistance.**



## REFUND POLICY

For any classes, trips, or special events you've paid for, full refunds are available if you cancel at least seven (7) business days before the scheduled date. Cancellations within seven (7) business days are not eligible for a refund.

## PROGRAM REGISTRATION

**Registration is required for all events, programs, activities, trips, and classes.** You may register in person with a staff member or online at MyActiveCenter using your registered key fob. Scan the QR Code to access MyActiveCenter. Payments are accepted by cash, check, or credit card.



## SUGGESTION BOX

### We'd Love to Hear from You!

Share your comments, concerns, and suggestions by dropping them in the suggestion box. All submissions are reviewed by the Center's leadership team and considered for future improvements. Your voice matters!

## 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.

### Want to Learn More?

Discover all that our Center and Clayton County Senior Services have to offer! Visit [www.claytonseniors.com](http://www.claytonseniors.com) or simply scan the QR code for more information.



## 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.

**PRESIDENT:** Gail Morgan  
**VICE-PRESIDENT:** Frances Houston  
**SECRETARY:** Carol Sturdivant  
**TREASURER:** Carliss Towns



The Advisory Board hosts BINGO on the first  
Tuesday of each month from  
4:00 PM - 6:00 PM.

*"The longer I live, the more beautiful  
life becomes." – Frank Lloyd Wright*



### ***Patricia Morris***

Patricia Morris is living proof that new beginnings often arrive disguised as change. Born in Racine, Wisconsin, but later relocated to Minneapolis, MN Patricia made Georgia her home 28 years ago, bringing with her a legacy of strength, grace, and Midwestern warmth. After years of professional dedication—first with Bank of America, then retiring from Georgia United Credit Union with 21 years of service—she entered retirement with a heart full of love and a new calling: caring for her mother.

When her mother passed away in 2021, Patricia found herself searching for more than just a way to fill her time—she was seeking connection, purpose, and something to help her heal. That same year, she discovered the J. Charley Griswell Senior Center, and later, in February 2024, became an active member of the Sonna Singleton Gregory Senior Center. From the very beginning, the center felt like home. The warm welcome from staff and fellow members created an atmosphere of community that embraced Patricia just when she needed it most. What started as a way to “get out of the house” soon blossomed into a new chapter filled with friendship, laughter, movement, and creativity.

Patricia quickly found joy in a variety of programs, but dancing remains her favorite outlet. Whether she’s grooving through line dancing or floating across the floor in ballroom dance class, her energy is infectious. Her passion for dancing keeps her body active and her spirit uplifted.

Always eager to try something new, Patricia recently took up a creative hobby: making greeting cards using a Cricut cutting machine. It’s just one of the many ways she continues to grow, learn, and inspire those around her.



What Patricia values most about being part of the senior center is the way it helps ease the quiet moments of retirement. The friendships she has formed are genuine blessings, and the center itself has become a place where she feels seen, supported, and truly connected.

For Patricia, the benefits extend far beyond the physical. Each day spent at the center brings with it a sense of motivation, reminding her to get up, get dressed, and fully engage in life. The experience has shifted her perspective on aging—no longer something to fear, but something to embrace. As she puts it, today’s seniors aren’t what they used to be. “We are not our grandparents’ or parents’ seniors. We are as young and active as we want to be.”

The Sonna Singleton Gregory Senior Center continues to shine as a place that not only keeps members busy but also inspires them. It fosters connections, combats loneliness, and opens doors to wellness, joy, and personal growth. And in Patricia’s own words? “We are NOT your average seniors!” Patricia’s journey is a powerful reminder: the best chapters might still be waiting. All you have to do is walk through the door.



Latunia, the Center Manager, began working for Clayton County Senior Services in August 2020 as the Administrative Secretary. She truly enjoys interacting with the Seniors and the Staff. Latunia's advice to each employee is to trust that s/he works with Senior Services for a reason that goes well beyond reasons they can imagine, to be their true organic selves, and look for life lessons in every encounter. The most challenging time for Latunia has been her leaving the Senior Center to work at the Administrative Office. As appreciative as she is to have had the experience and opportunity to learn and grow more in Senior Services, she missed the day-to-day interactions of the Senior Center. Latunia's proudest moments have been witnessing the Seniors' health improve because of their persistence in the aquatic and fitness classes. Latunia has learned that living life does not have an expiration date - the Members prove this to her daily!

The three words Latunia uses to describe Senior Services are  
**FAMILY, EMPOWERING, CREATIVE**

What is the one thing you cannot resist? *Fried chicken and my grandchildren*

What is your greatest fear? *FROGS! Frogs send me running EVERY time!*

Where is your favorite place to be? *Anywhere there is sand and water.*

Where is the best place you've traveled to and why? *Europe – because of the culture and travel opportunities*

What would you do (for a career) if you weren't doing this? *Have a group home for teen moms*

Any favorite line from a movie? *'You is kind. You is smart. You is important.' ~ The Help*

If you could learn to do anything, what would it be? *Speak, read, and write in Spanish fluently*

If you won the lottery, what is the first thing you would do? *First things first....BEACH VACATION!!!! 🤗*

When you have 30 minutes of free time, how do you pass the time? *Playing games on my phone*

What's your favorite indoor/outdoor activity? *Cooking*

What is the first concert you attended? *Janet Jackson concert in '87*

What music is on your iPhone/Android phone? *Fred Hammond, Maverick City Music Hall, Tasha Cobb, Joshua's Troop, Whitney Houston, Anita Baker, Alabama Shakes, Maxwell, Leon Bridges, Teddy Swims*

What chore do you absolutely hate doing? *Sweeping*

**READY TO LEARN SOMETHING NEW?** Register at [www.myactivecenter.com](http://www.myactivecenter.com) or in person with the registration staff. Don't Miss Out – Spots Are Limited!

	Fall I	Fall II	Winter I
<b>Registration Dates</b>	9/10/2025 -9/19/2025	10/22/2025 - 10/30/2025	12/15/2025 - 1/2/2026
<b>Class Dates</b>	9/22/2025 - 10/2/2025	11/3/2025 - 12/12/2025	1/5/2026 - 2/6/2026
<b>Break Week</b>	10/27/2025 - 10/31/2025	12/15/2025 - 1/2/2026	2/9/2026 - 2/13/2026

## ACTIVITIES

**THERE'S SOMETHING FOR EVERYONE!** Discover engaging activities and enriching workshops designed with seniors in mind—connect, learn, and have fun!"

Pet Obesity and Care	Wednesday, 10/8/2025   1:00 PM - 2:00 PM	FREE
Charcuterie Boards from Around the World	Monday, 10/13/2025   2:00 PM - 3:00 PM	FREE
Facts about Aging and Alcohol	Friday, 10/17/2025   2:00 PM - 3:00 PM	FREE
Making Cooking Fun	Monday, 10/27/2025   1:00 PM - 2:00 PM	FREE
Origami	Friday, 11/7/2025   2:00 PM - 4:00 PM	FREE
Eating Well for Diabetes	Monday, 11/10/2025   2:00 PM - 3:00 PM	FREE
The 10 Common Signs of Caregiver's Stress	Tuesday, 11/18/2025   12:30 PM - 1:30 PM	FREE
Nutrition for your Immunity	Friday, 11/21/2025   2:00 PM - 3:00 PM	FREE
Stretch and Paint	Thursday, 12/4/2025   2:00 PM - 4:00 PM	FREE
Aquatic Basketball	Friday, 12/12/2025   2:00 PM - 3:00 PM	FREE
Making a Black Forest Cake	Tuesday, 12/16/2025   2:00 PM - 3:00 PM	FREE

## SPECIAL EVENTS

Engaging, enjoyable, and just for you — don't miss these upcoming special events created especially for YOU!

### SPECIAL EVENTS CALENDAR

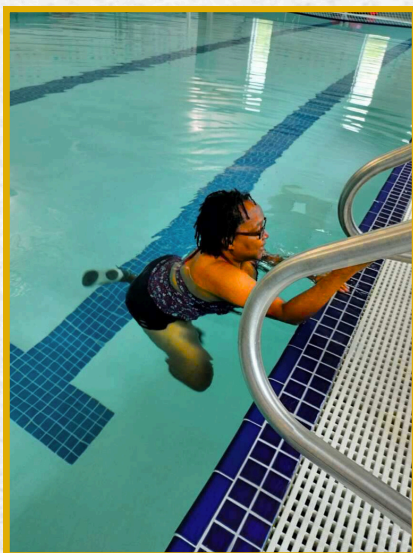
Dance in Pink	Friday, October 10, 2025 2:00 PM - 5:00 PM	FREE
Men's Community Health Fair	Saturday, October 18, 2025 10:00 AM - 1:00 PM	FREE
The Jazz Lounge	Friday, October 24, 2025 6:00 PM - 8:00 PM	FREE
Ghoulish Times	Friday, October 31, 2025 2:00 PM - 5:00 PM	FREE

## TRIPS

**SENIOR ADVENTURE TRIPS!** Come explore, laugh, and make memories! Join us for exciting and affordable day trips and getaways tailored just for YOU!

### TRIPS CALENDAR

Picnic in Stone Mountain Park	Tuesday, 10/7/2025   10:00 AM - 4:00 PM	\$6.00
Mezcalito's Cocina and Tequila Bar	Tuesday, 10/21/2025   10:30 AM - 2:00 PM	\$5.00
Festival and Pow-Wow	Thursday, 10/30/2025   9:00 AM - 3:00 PM	\$16.00
The Sock Shoppe	Wednesday, 11/5/2025   9:00 AM - 3:00 PM	\$5.00
Shop Ashley Park	Tuesday, 11/18/2025   9:00 AM - 3:00 PM	\$5.00
Stepp Stewart's: A Soulful Christmas	Friday, 12/5/2025   9:00 AM - 3:00 PM	\$28.00



Aquatic classes offer numerous benefits for seniors, including improved cardiovascular health, reduced joint pain, enhanced strength and balance, and increased flexibility, making them a valuable addition to their wellness routines. These classes are particularly beneficial for those with mobility issues or arthritis, as the water's buoyancy and resistance provide a gentle, low-impact workout. Select the aqua class that best suits your calendar and join today.

## AQUATIC CLASS SCHEDULE

Aqua Fit	Tilda Pittman	Mondays   10:00 AM - 11:00 AM	\$15
Aqua Fit	Tilda Pittman	Tuesdays   10:00 AM - 11:00 AM	\$15
Aqua Fit	Tilda Pittman	Tuesdays   6:00 PM - 7:00 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   1:00 PM - 2:00 PM	\$10





## Lifelong Learning for Seniors!

Educational classes just for you to keep your mind sharp, active, and inspired!

## EDUCATION CLASSES

Spanish 101	Francis Candida	Mondays   2:00 PM - 3:00 PM	FREE
Spanish 2	Francis Candida	Mondays   3:30 PM - 4:30 PM	FREE
Quilting Beginner	Susan Mathieson	Tuesdays   10:00 AM - 12:00 PM	\$20
Quilting Intermediate	Susan Mathieson	Tuesdays   1:00 PM - 3:00 PM	\$20
Navigating Technology	Nigil Ejike	Thursdays   9:30 AM - 11:00 AM	FREE

**Relax. Create. Connect.** Looking for a fun, social, and creative way to spend your time? Join our Art Classes — designed for you who want to explore your creativity, learn new techniques, and enjoy the joy of making art in a supportive environment.



## ART CLASSES

Expressions with Crafts	Mary Cleveland	Thursdays   1:00 PM - 2:00 PM	FREE
Cricut For Beginners	Sequela Brown	Wednesdays   9:00 AM - 10:00 AM	\$10

*“Crafting is a way to make something out of nothing.” – Anon*

**Stay Active, Stay Healthy!** Fitness classes are essential for seniors, helping to improve strength, flexibility, balance, and heart health. They also provide a safe, supportive space to stay active, reduce the risk of chronic illness, boost mood, and sharpen cognitive function.

## FITNESS CLASSES SCHEDULE

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 Bragg	Mondays   2:30 PM - 3:30 PM	\$15
Line Dance	Paulette Bragg	Wednesdays   8:30 AM - 9:30 AM	\$15
Line Dance	Paulette Bragg	Wednesdays   10:00 AM - 11:00 AM	\$15
Core and More	Nicholas Wilson	Thursdays   10:00 AM - 11:00 AM	\$10
Tai Chi	Warren St. James	Wednesdays   3:45 PM - 4:45 PM	\$20
Zumba	Charla Armstead	Tuesdays   6:00 PM - 7:00 PM	\$15
Cardio Kickboxing	Nicholas Wilson	Mondays   10:00 AM - 11:00 AM	\$10
Faith through Fitness	Beatress Lynn	Thursdays   10:00 AM - 11:00 AM	\$20
Silver Soul Sliders	Cheryl Jacobs	Tuesdays   5:00 PM - 6:00 PM	\$10
Silver Soul Sliders	Cheryl Jacobs	Thursdays   2:00 PM - 3:00 PM	\$10
Silver Soul Sliders	Cheryl Jacobs	Fridays   9:30 AM - 10:30 AM	\$10
Yoga For Mobility	Nasirah Denisse	Mondays   3:45 PM - 4:45 PM	\$20



**YOU'RE NEVER ALONE!!!** The Sonna Singleton Gregory Senior Center offers a variety of clubs and groups for our members to join. Join the fun by registering online at [www.myactivecenter.com](http://www.myactivecenter.com) to participate.

### FLASH MOB PHOTOGRAPHY CLUB

*Wednesdays, Weekly at 2:30 PM*

Join a vibrant community of photography enthusiasts! Whether you're just starting out or are a seasoned pro, the Flash Mob Photography Club is the perfect place to share your passion for photography. We come together to exchange ideas, offer feedback, and inspire one another to grow in our craft. Be part of a supportive environment where creativity thrives and the art of photography is celebrated. **Capture. Create. Connect.**

### POSITIVITEA

*Second Wednesday, Monthly at 10:00 AM*

PositiviTea is a unique class designed to brew optimism and practical solutions for life's challenges. As we gather to sip a variety of calming teas, we delve into diverse topics, collectively exploring ways to reframe difficult situations with a positive spin. This class encourages positive thinking and fosters a collaborative environment to develop good, actionable solutions for even the thorniest of life's predicaments. It's a chance to steep yourself in positivity and leave feeling refreshed and empowered.

### CHESS CLUB

*Fridays, Weekly at 8:30 AM*

Come to learn the amazing game of chess. Learn the theory and gameplay strategies under the guidance of a skilled instructor.



### SOPHISTICATED LADIES: A WOMEN'S SOCIAL CLUB

*Second Wednesday, Weekly at 3:00 PM*

Looking to meet new friends, share laughs, and enjoy uplifting conversations? Join our women's social club—a welcoming space open to women of all backgrounds. Come as you are and connect with kindred spirits in a supportive, fun, and empowering environment!

### INSPIRIT DANCE CLUB

*Thursdays, Weekly at 11:30 AM*

**Nurture Your Spirit, Mind & Body Through Dance.** This engaging class combines gentle warm-up exercises with expressive movements from a variety of dance genres. You'll enhance flexibility, coordination, and creativity while enjoying the mental and emotional benefits of dance. Participants also have the opportunity to collaborate on performances and presentations beyond the classroom. Move with purpose. Dance with joy.

*"I'm at an age where my back goes out more than I do." - Phyllis Diller*

## THE SINGLETONS: A SINGLES SOCIAL GROUP

*First Thursday, Monthly at 2:00 PM*

Calling all singles! Whether you are new to the Center or just looking to expand your social circle, this group is for YOU. Enjoy casual gatherings, lively conversations, and memorable experiences with like-minded singles in a relaxed, no-pressure setting.

## COFFEE FOR THE SOUL

*Second Thursday, Monthly at 10:00 AM*

Coffee for the Soul is a relaxed social gathering where the seniors can connect, share their thoughts on current events, and simply enjoy a good chat over a cup of coffee.

## RED HATTERS

*Second Thursday, Monthly at 12:00 PM*

Elite Glamorous Ladies of Elegance, Red Hat Society, is a worldwide membership society that encourages women in their quest to get the most out of life. We emphasize Fun, Friendship, Freedom, and expressing oneself positively. If you're interested in joining, contact Queen Inez T. Thomas at 678-468-7767.

## MEN'S FOCUS GROUP: MANCAVE

*Third Thursday, Monthly at 2:30 PM*

Connect. Unwind. Build Brotherhood. Join the Men's Social Group – a space to kick back, share good conversation, and form real connections. No pressure—just real people, real talk, and a good time.

## PAGE TURNERS BOOK CLUB

*Fourth Thursday, Monthly at 10:00 AM*

Love a good book and even better conversation? Come be part of a fun, welcoming space where men and women connect over stories that inspire, challenge, and entertain.



## F.O.C.U.S. TABLE TALK

*Fourth Thursday, Monthly at 2:00 PM*

Forming Organized, Collaborative, and Unified Seniors and Staff (F.O.C.U.S) Table Talk is designed for seniors and staff to organize and collaborate on events, activities, clubs, groups, and classes to enhance the Center.



A man and his wife went on vacation to Jerusalem. While they were there, the wife passed away.

The undertaker told the husband, "You can have her shipped home for \$5,000, or you can bury her here, in the Holy Land, for \$150."

The man thought about it and told the undertaker he would just have her shipped home.

The undertaker asked, "Why would you spend \$5,000 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150?"

The man replied, "Long ago a man died here, was buried here, and three days later he rose from the dead. I can't take that risk."

## ANNIVERSARY WEEK CELEBRATIONS

Sonna Singleton Gregory Senior Center marked its 5th year Anniversary Celebration, a joyful milestone, in the first week of June 2025. We celebrated the anniversary with a series of lively and heartwarming events.

The week kicked off with a spirited game of Family Feud, where laughter echoed through the Multipurpose Room as teams of seniors battled out in a friendly competition of quick thinking and trivia. The enthusiasm was contagious, and the sense of camaraderie set the perfect tone for the days ahead.

Midweek, the festivities took a sweet turn with an Ice Cream Social, sponsored by our beloved Kaiser Permanente, with Nakia Vaughn. Everyone had the chance to cool down, chat, and enjoy their favorite flavors topped with sprinkles, syrups, nuts, and plenty of whipped cream from Baskin-Robbins. Smiles were in abundance as seniors gathered to share stories and make new memories over delicious ice cream.

On Friday, creativity and connection took center stage with Selfie Day. Seniors and staff grabbed props, posed with friends, and snapped fun, memorable selfies behind staged backdrops to share and display. Backdrops with festive decorations brought out everyone's playful side, and the walls of the center soon filled with joyful snapshots capturing the spirit of the celebration.

The week wrapped up on a high note with a lively, flirty, whimsical dance, Seer Suckers and Sundresses. Our Advisory Board made the event elegant with special hors d'oeuvres that gave a classic feel as the night started. Tunes filled the rooms, members showed off their best moves, proving once again that age is nothing but a number when it comes to having fun. Couples swayed, friends line danced, and even staff joined in to close out the week of a celebratory high.

It was such a fun and meaningful week. Our goal was to bring people together and honor the incredible and late Commissioner Sonna Singleton Gregory and the great center of seniors and staff that we have built here. The anniversary week celebration was not only a celebration of years past, but a reminder of the vibrant, active, and joyful lives being lived every day at the center.





## EASY SUDOKU

Sudoku is a popular and beneficial game for seniors, offering several cognitive and emotional advantages. It's a great way to promote mental stimulation, improve memory and logical reasoning, reduce stress and anxiety, and provide a sense of accomplishment:

	8	9			5	1	4	
3			8	1	7			6
7	1		6		4	3	8	
	4	3	9					
9	7						1	4
					8	7	3	
	9	6	4		2		7	1
4			1	5	9			2
	2	1	7			4	9	

Ha  
Ha  
Ha  
Ha  
Ha

*I used to know a couple who grew fruit trees together. They lived to a ripe old age.*

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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Cc: Clayton connected

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)


## 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



 call us 770-603-4050

 877 Battle Creek Road  
Jonesboro, GA 30236

# 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**



\* 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.



## 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



678-264-3918



[admin@axxessbenefits.com](mailto:admin@axxessbenefits.com)



[www.axxessbenefits.com](http://www.axxessbenefits.com)

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.

## OFFICE NUMBERS

## LOCATION

## SENIOR SERVICES CENTERS

*For Seniors 55+*

Frank Bailey Senior Center

678.479.5505

6213 River Road, Riverdale

J. Charley Griswell Senior Center

770.477.3499

2300 Highway 138, Jonesboro

Sonna Singleton Gregory Senior Center

770.347.0340

3215 Anvil Block Rd, Ellenwood

## INTERGENERATIONAL CENTERS

Kinship Care Resource Center

*For Caregivers, Grandparents, and Youth-Teens*

770.473.5788

849 Battle Creek Road, Jonesboro

Flint River Community Center

*For Youth, Teens, Adults, and Seniors*

770.347.0370

155 Flint River Road, Riverdale

Aging Program

770.603.4050

877 Battle Creek Road, Jonesboro

*For Seniors 55+*



6	8	9	3	2	5	1	4	7
3	5	4	8	1	7	9	2	6
7	1	2	6	9	4	3	8	5
2	4	3	9	7	1	6	5	8
9	7	8	5	6	3	2	1	4
1	6	5	2	4	8	7	3	9
8	9	6	4	3	2	5	7	1
4	3	7	1	5	9	8	6	2
5	2	1	7	8	6	4	9	3



# SENIOR SERVICES ADMINISTRATION

**Director** (*Interim*): Melissa Myers-Bristol

**Assistant Director:** Vacant

**Deputy Administrator of Senior Services:** Kendra Shepard

**Cultural Arts Administrator:** Omari Jones

**Deputy Administrator of Finance:** Tonette White

**Office Manager:** Mai Toussant

**Administrative Secretary:** Aretha Mattox

**Administrative Coordinator:** Toni Freeman

**Office Administrator, Senior:** Christie Essien

**Signature Events Coordinator:** 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.



6701 Highway 85,  
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