

Sonna Singleton Gregory Senior Center

TALK OF THE CENTER

2026
JANUARY - MARCH

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



Get The
Click Clayton Mobile App



Where the World Lands
and Opportunities
Take Off

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.....Vacant
 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

New Year's Day: Thursday, 1.1.2026

MLK, Jr. Holiday: Monday, 1.19.2026

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.**


Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.

REFUND POLICY

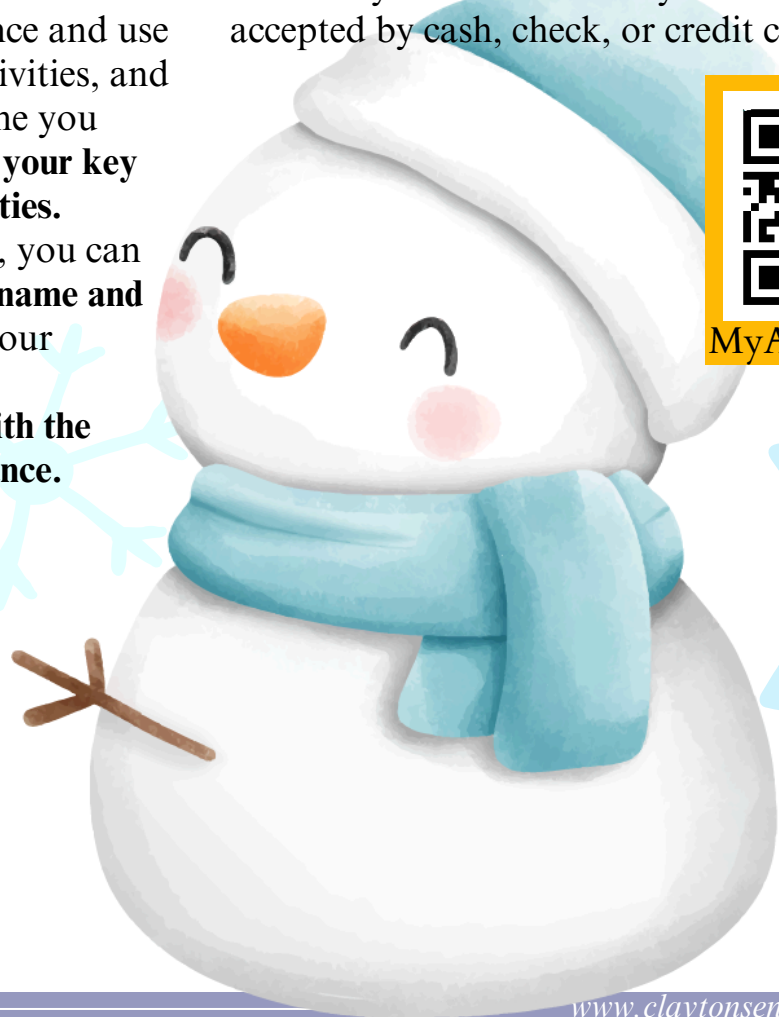
For any classes, trips, or special events you've paid for, full refunds are available if you cancel at least seven (7) business days before the scheduled date. Cancellations within seven (7) business days are not eligible for a refund.

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.



MyActiveCenter



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 Program 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 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 meets the first Monday of the month at 10:00 AM.



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



**Calvin Morse**

With a warm smile and a calm presence, Mr. Calvin Morse embodies the very spirit of community that defines the Sonna Singleton Gregory Senior Center. A native of Washington, D.C., he relocated to Georgia in 2017, bringing with him a lifetime of experience, service, and a steadfast commitment to family.

A former basketball player and proud veteran of the United States Coast Guard, Mr. Morse carries the discipline, teamwork, and resilience of his service into every aspect of daily life. Outside of his time at the center, he enjoys music, puzzles, and spending quality time with family and friends—simple joys that reflect his appreciation for life's meaningful moments.

Mr. Morse and his wife became members of the Senior Center shortly after its opening in 2021. Drawn by curiosity and excitement, they visited to learn about the programs and the facility and immediately felt welcomed by the staff and members. “The staff are kind and engaging,” he recalls. “I look forward to speaking with the staff and friends each morning.” He quickly formed friendships he describes as “priceless.”

Daily exercise has become one of Mr. Morse's favorite activities, providing both physical benefits and the joy of community. “The senior center encourages me to stay active consistently,” he notes. He also values the center's thoughtful attention to members' interests and its commitment to the wider community, including convenient voter access.

Being part of the center has reinforced his belief in the importance of staying active at every stage of life. “Exercise extends your life,” he says, “but the friendships and positive atmosphere make it even more rewarding.”

When asked to sum up his experience, Mr. Morse responds simply: “Sonna Singleton Gregory Senior Center is a blessing.”

Mr. Morse's positive and comedic energy brings warmth and joy to the center each morning. His dedication to staying active, his genuine kindness, and his uplifting spirit inspire those around him, making the Senior Center not just a place to exercise but a true community where friendships flourish. We are proud and grateful to have him as a valued member.





Mokita Rials serves as the Senior Nutrition Program Coordinator at the Sonna Singleton Gregory Senior Center. She began her journey with Clayton County Senior Services in October 2023, starting as a Congregate Site Coordinator before stepping into her current role. From day one, Mokita has been a shining light—ensuring members receive nutritious meals and have access to valuable daily resources. Her dedication and positive spirit earned her the title of “Center Influencer”, a recognition well-deserved by her peers. When asked what she enjoys most about her job, Mokita says, “Seeing the smiles on the seniors’ faces.” Her advice to others in Senior Services is simple yet powerful: “Always lead with compassion.” Though she admits that limited resources can sometimes make it challenging to create “over-the-top” experiences, she takes great pride in launching the Senior Nutrition Program, one of her proudest achievements. Driven by a desire to make a lasting impact, Mokita continues to learn new ways to engage participants during classes and meetings. She finds balance through faith, family, and self-care, while her greatest motivation remains making every moment meaningful.

What are 3 words you would use to describe Senior Services?

Compassionate. Impactful. Grace.

What is one thing you cannot resist? *Shrimp and Lobster.*

What is your greatest fear? *Not making a meaningful impact with the time I have.*

What is your favorite place to be? *Anywhere there is a book and experience of different cuisines.*

Where is the best place you have traveled to and why? *I love Spain - Love eating the food and visiting the museums, and the architecture.*

What’s the weirdest job you’ve ever had? *It’s not weird, but I worked at Six Flags when I was 13 years old, making waffle cones.*

What would you do (for a career) if you weren’t doing this? *I would be a School Teacher making an impact on the next generation.*

Any favorite line from a movie? *When a man loves a woman. Andy Garcia & Meg Ryan.*

If you could choose anyone, who would you pick as your mentor? *Sheri Salata, Executive Producer & David Tuter, Event Planner.*

When you have 30 minutes of free time, how do you pass the time? *I open a good book, explore new ideas.*

What’s your favorite indoor/outdoor activity? *Reading and Food Network.*

What is the first concert you attended? *Michael Jackson when I was 12 years old.*

What music is on your iPhone/Android phone? *A mix of soul and gospel.*

What chore do you absolutely hate doing? *Sweeping and mopping.*

If you could meet anyone, living or dead, who would you meet? *Phyllis Hyman & Whitney Houston.*

How do you balance your career and family? *Setting boundaries and prioritizing quality time and practicing self-care to stay grounded.*

READY TO LEARN SOMETHING NEW? Register at www.myactivecenter.com or in person with the registration staff. Don't Miss Out – Spots Are Limited!

	Winter I	Winter II	Spring I
Registration Dates	12/17/2025 - 1/2/2026	2/4/2026 - 2/13/2026	3/18/2026-3/27/2026
Class Dates	1/5/2026 - 2/6/2026	2/16/2026 - 3/2/2026	3/30/2026-5/1/2026
Break Week	2/9/2026 - 2/13/2026	3/23/2026 - 3/27/2026	5/4/2026-5/8/2026

ACTIVITIES

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

Yoga and Jazz	Friday, 1/16/2025 1:00 PM - 2:00 PM	FREE
Protect Your Identity	Tuesday, 1/20/2025 1:00 PM - 2:00 PM	FREE
Mocktails and Masterpieces	Friday, 1/23/2025 2:00 PM - 4:00 PM	FREE
Library Membership Drive	Monday, 1/26/2025 11:30 AM - 12:30 AM	FREE
Understanding Dementia Series I	Tuesday, 1/27/2025 10:00 AM - 11:00 AM	FREE
Posture and Pain Prevention for Caregivers	Friday, 1/30/2026 2:00 PM - 4:00 PM	FREE
Learn To Play Bidwhist	Tuesday, 2/10/2026 3:00 PM - 4:00 PM	FREE
Water Polo	Friday, 2/20/2026 2:00 PM - 3:00 PM	FREE
Soul Food Journey	Tuesday, 2/24/2026 1:00 PM - 2:00 PM	FREE
Paint and Pot	Monday, 3/2/2026 2:00 PM - 3:00 PM	FREE
Ageless Radiance	Friday, 3/20/2026 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

Sonna Singleton Gregory Day	Wednesday, January 7, 2026 1:00 PM - 3:00 PM	FREE
Boots and Bling Anniversary Line Dance Party	Friday, January 9, 2026 2:00 PM - 5:00 PM	FREE
Love Is In The Air Valentine Day Bash	Saturday, February 7, 2026 6:00 PM - 10:00 PM	\$20
Open Mike Night	Friday, February 20, 2026 6:00 PM - 9:00 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

The Korean Hotspot BBQ	Tuesday, 1/27/2026 11:45 AM - 4:30 PM	\$5.00
Spelman College Museum of Fine Arts	Tuesday, 2/25/2025 11:00 AM - 4:30 PM	\$5.00
Medieval Times	Thursday, 3/26/2026 9:30 AM - 3:30 PM	\$48.00
LIPS	Wednesday, 5/27/2026 9:00 AM - 4:00 PM	\$30.00
Zip Lining	Friday, 4/17/2026 9:00 AM - 3:00 PM	\$53.00
Ashley Park Shopping	Tuesday, 4/21/2025 9:00 AM - 5:00 PM	\$5.00



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

"To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent — that is to triumph over old age," - Thomas B. Aldrich

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 - 23:30 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	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 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.**

LOOM KNITTING

Wednesdays, Weekly at 2:30 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.

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.



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.

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!

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.

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 Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about. For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000. He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll." The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness. "Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?" "Oh," she said. "That's the money I made from selling the dolls."

MEN'S COMMUNITY HEALTH FAIR

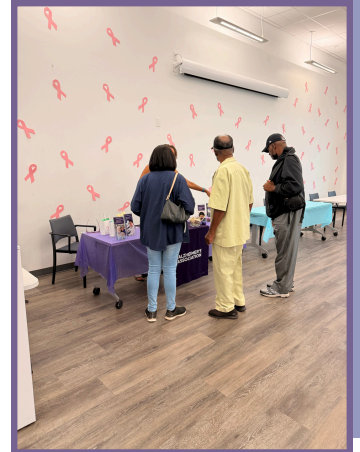
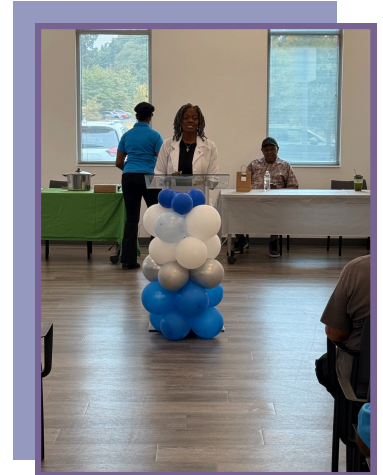
Our recent Men's Community Health Fair was a meaningful and encouraging event dedicated to promoting wellness among men ages 55 and older. While it could be challenging to get men to participate in health-focused programs, this event proved that when given the right space and support, our gentlemen show up with great energy and curiosity.

Attendees had the opportunity to receive valuable health information, take part in non-invasive screenings, and connect directly with healthcare professionals who specialize in senior wellness. Topics included prostate health, fitness, low sodium, and budget-friendly recipes, and mental well-being.

The health fair provided not only education but also fellowship, giving men a chance to talk openly about their health and learn from one another in a comfortable setting. Many shared that they appreciated the event's approachable atmosphere and the chance to address topics that are often overlooked.

We extend our heartfelt thanks to our community partners, sponsors, and staff for helping make this event a success. All efforts truly made a difference in encouraging men to take charge of their health.

We look forward to building on this momentum for next year and continuing to create programs that inspire senior men to stay active, informed, and connected.



WINTER

WORD SCRAMBLE

Can you figure out the winter vocabulary by unscrambling the letters? Be careful! Some of the scrambled terms are two words.

CPRDEPAILE _____

SGTNKEIACI _____

AANHKKHU _____

OGANBOTG _____

IILECC _____

INETWR _____

HLGSIE _____

EHTCOLOAC _____

TSNMITE _____

KIGNSI _____

WDYAONS _____

SRADOOWBN _____

ARBEIEDGRNG _____

NCEPOEIN _____

AINERDG _____

SMSAICTHR _____

SLOLABNW _____

SWANNOM _____

ANLSNWEGO _____

TESEARW _____

AWOFNKLES _____

OYHIALD _____

FPLERIEAC _____

DLSE _____



Ha
Ha
Ha
Ha

"Live your life and forget your age," - Norman Vincent Peale

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
COUNTY • GEORGIA
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

www.claytonseniors.com

info 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

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



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

Flint River Community Center

For Youth, Teens, Adults, and Seniors

Aging Program

For Seniors 55+

770.473.5788	849 Battle Creek Road, Jonesboro
770347.0370	155 Flint River Road, Riverdale
770.603.4050	877 Battle Creek Road, Jonesboro



Snowboard
Pinecone
Reading
Christmas
Snowball
Snowman
Snow Angel
Sweater
Snowflake
Holiday
Fireplace
Sled

Apple Cider
Hanukkah
Icicle
Sleigh
Mittens
Snow Day
Gingerbread
Ice Skating
Toboggan
Winter
Chocolate
Skiing

WINTER
WORD SCRAMBLE

SENIOR SERVICES ADMINISTRATION

Director (*Interim*): Melissa Myers-Bristol

Assistant Director: Vacant

Deputy Administrator for Senior Services: Kendra Shepard

Cultural Arts Administrator: Omari Jones

Deputy Administrator for Finance: Tonette White

Deputy Administrator for Aging: Sharonda Hill

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,
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov