

TALK OF THE Center



- BILLIARDS ROOM
- AQUATICS
- FITNESS
- AMENITIES
- COMPUTER LAB
- SENIOR NUTRITION PROGRAM
- COMMUNITY GARDEN



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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!



POWERED BY PEOPLE

Griswell Senior Center is a place full of joy, energy, and heart. Our wonderful members and dedicated volunteers create a lively, welcoming atmosphere where fun is shared, connections are strengthened, and every day brings new reasons to smile.



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.....**Vacant**
- Special Program Coordinator.....**Princess Miller**
- Congregate Site Coordinator.....**Melanie Williams**
- Office Assistant Senior.....**Vacant**
- Office Assistant.....**Brittany Huff**
- Office Assistant.....**Pamela Baron**
- Office Assistant.....**Vacant**
- Program Aide..... **Pamela Burrell**
- Program Aide.....**Ralph Ward**
- Program Aide.....**Ashra Wallace**
- Center Maintenance.....**Ronald Edwards**
- Center Maintenance.....**Vacant**
- Bus Driver.....**Shirley Davy**

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

- Memorial Day -
Monday, May 25, 2026
- Juneteenth -
Friday, June 19, 2026



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

SPRING I

REGISTRATION

MARCH 16, 2026 - MARCH 27, 2026

CLASSES

MARCH 30, 2026 - MAY 1, 2026

BREAK WEEK

MAY 4, 2026 - MAY 8, 2026

SPRING II

REGISTRATION

APRIL 27, 2026 - MAY 8, 2026

CLASSES

MAY 11, 2026 - JUNE 19, 2026

BREAK WEEK

JUNE 22, 2026 - JUNE 26, 2026

SUMMER I

REGISTRATION

JUNE 15, 2026 - JUNE 26, 2026

CLASSES

JUNE 29, 2026 - JULY 31, 2026

BREAK WEEK

AUGUST 3, 2026 - AUGUST 7, 2026



Special Events

Special Event date /time	Special Event	Special Event Cost	Special Event Registration
Friday,04/03/2026 2:00pm-5:00pm	Tropical Luau Party	\$15	03/17/2026
Friday,04/10/2026 9:00 am-10:30 am	Health Walk	Free	03/17/2026
Monday,04/13/2026 2:00pm-4:00pm	Global Cuisine	Free	03/17/2026
Thursday,04/23/2026 1:00pm-2:30pm	Vintage Vibes Pool Party!	Free	03/17/2026
Wednesday,05/13/2026 9:30am-11:30am	Mother's Day Brunch	Free	04/28/2026
Thursday,05/21/2026 2:00pm-4:00pm	Day Prom	Free	04/28/2026
Monday, 06/08/2026 2:00pm-4:00pm	Father's Day	Free	04/28/2026
Thursday,06/18/2026 2:00pm-4:00pm	Juneteenth Celebration!	Free	04/28/2026



Activities



DATE /TIME	ACTIVITIES	COST	REGISTRATION
Thursday, 04/02/2026 10:00am-11:00am	Sip and Paint	Free	03/17/2026
Tuesday, 04/07/2026 11:00am-12:00pm	Virtual Dementia Tour	Free	03/17/2026
Friday, 04/17/2026 10:00am-11:00am	Self Defense - A Fighting Chance 2026	Free	03/17/2026
Tuesday, 04/28/2026 11:00am-12:00pm	Crafting Legacies: Telling Your Story through Photos	Free	03/17/2026
Wednesday, 05/06/2026 10:00am-11:00am	Home Owners and Reverse Mortgage	Free	04/28/2026
Monday, 05/11/2026 10:00am-11:00am	Collage Making	Free	04/28/2026
Wednesday, 05/27/2026 10:00am-11:00am	Pacific Island American	Free	04/28/2026



Activities



DATE /TIME	ACTIVITIES	COST	REGISTRATION
Thursday, 05/28/2026 10:00am-11:00am	Basic Charcoal Drawing	Free	04/28/2026
Wednesday, 06/10/2026 11:00am-12:00pm	The Family Trust Blueprint	Free	04/28/2026
Thursday, 06/11/2026 11:00am-12:00pm	Funeral Home Education	Free	04/28/2026
Tuesday, 06/23/2026 10:00 am-11:00am	PTSD	Free	04/28/2026



TRIPS DATE	TRIPS DETAILS	TRIPS COST	TRIPS REGISTRATION
<p>Tuesday 04/14/2026 10:00 am-3:00 pm</p>	<p>Mister 01 Members will enjoy extraordinary pizza and camaraderie with each other. Each member will pay for their own food at the restaurant.</p>	<p>\$5.00</p>	<p>03/17/2026</p>
<p>Wednesday 4/29/2026 10:00 am-3:00 pm</p>	<p>SCAD Fashion Museum Members will enjoy an interesting afternoon exploring fashion and film at the SCAD Fashion Museum. Members will have lunch at Atlantic Station and pay for their meals.</p>	<p>\$5.00</p>	<p>03/17/2026</p>
<p>Monday 05/04/2026 10:00am-3:00pm</p>	<p>Jimmy Carter Museum Members will tour the museum. Members will also have lunch at a nearby restaurant and pay for their own lunch.</p>	<p>\$ 15.00</p>	<p>4/28/2026</p>
<p>Tuesday 05/19/2026 10:00am-3:00pm</p>	<p>Mercedes Benz-Stadium Members will enjoy a guided tour of Mercedes-Benz Stadium. Members will eat at a nearby restaurant, Paschals, and pay for their meals.</p>	<p>\$18.00</p>	<p>4/28/2026</p>
<p>Monday 06/01/2026 10:00am-3:00pm</p>	<p>Sugar Loaf Mills 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.</p>	<p>\$5.00</p>	<p>4/28/2026</p>
<p>Friday 06/26/2026 10:00am-3:00pm</p>	<p>Atlanta Botanical Garden Members will enjoy a day of beauty at the Atlanta Botanical Gardens and have lunch at a nearby restaurant. Members will pay for their own lunch.</p>	<p>\$50.00</p>	<p>04/28/2026</p>

Aquatic Classes

Available

Admission

Arthritis Aquatics	\$15 per 5 weeks /\$18 per 6 weeks
Aqua Zumba	\$15 per 5 weeks /\$18 per 6 weeks
H2O works	\$30 per 5 weeks /\$36 per 6 weeks
Begin Swim	\$35 per 5 weeks /\$42 per 6 weeks
Aqua Fit	\$15 per 5 weeks /\$18 per 6 weeks
Aqua Sculpture	\$15 per 5 weeks /\$18 per 6 weeks
Water Walking	Free
Aqua Volleyball	Free



"Count your age by friends, not years. Count your life by smiles, not tears." – John Lennon



Fitness Classes



Available

Admission

Yoga	Free
Good Time for Good Health	Free
Stay Cool Stay Fit low Impact	Free
Walking Club	Free
Tai Chi	Free
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

"Count your age by friends, not years. Count your life by smiles, not tears." -



Arts/Educational Classes

Available

Admission

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

"Count your age by friends, not years. Count your life by smiles, not tears." - John Lennon

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

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 to participate.

Member SPOTLIGHT

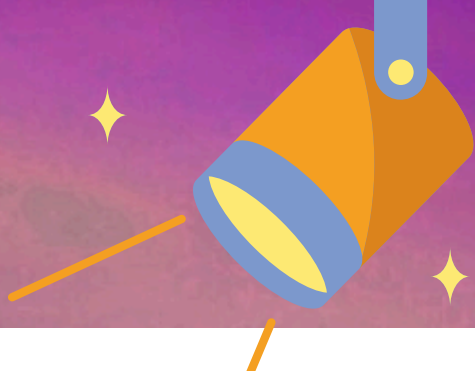


Maurice Mitchell

Maurice is a familiar and inspiring presence at J. Charley Griswell Senior Center, serving as Advisory Council Treasurer and bringing dedication, wisdom, and heart to everything he does. What keeps him engaged is the center's vibrant community: "I love seeing seniors communicate, connect, and bond together," he shares. An active participant, Maurice enjoys pool, bingo, gym activities, and mentoring through his leadership role.

Outside the center, he teaches middle school and works in Drug & Alcohol programs and Mental Health services, demonstrating his lifelong commitment to helping others. Family is central to Maurice's life—he takes pride in raising his four children and credits his parents' example of grace and problem-solving for shaping his values. Known affectionately as the "King of raising money," Maurice uses his skills in relationship-building and community support to benefit Griswell. When asked for life advice, he says, "Don't believe everything you hear. Narrow down your friendships and avoid negativity." Maurice stays motivated by living in alignment with his values, and his love for resilience and purpose is reflected in his favorite movie, *The Greatest*, starring Muhammad Ali. Maurice's leadership, humor, and heart continue to inspire the Griswell community, reminding everyone of the power of connection, positivity, and purpose.

Staff SPOTLIGHT



Pamela Burrell

Pamela Burrell has proudly served at the J. Charley Griswell Senior Center for the past three years, bringing with her a heartfelt passion for people, community, and meaningful connection. With a background in social services, Pamela found her role at Griswell to be a natural fit, allowing her to continue her lifelong commitment to helping others and staying actively engaged in the community. As a Program Aide, Pamela wears many hats at the center.



She facilitates Diamond Art and Living Single classes and serves as a dedicated chaperone for day trips, always ensuring members feel supported, included, and comfortable. Pamela truly enjoys creating welcoming spaces where seniors can connect, learn, and share joyful experiences together. Outside of work, Pamela leads an active and creative life. She enjoys bike riding in the park or along the Atlanta Beltline, participating in outdoor activities during warmer months, attending festivals and concerts, exploring poetry, and playing pickleball. Above all, she treasures spending quality time with her family. Pamela is the proud mother of two, grandmother to three grandchildren, and great-grandmother to one precious great-granddaughter. Pamela finds working at Griswell especially rewarding because of the relationships she builds with members and the opportunity to connect with them on many levels. Her warmth, compassion, and dedication continue to make a positive and lasting impact on the Griswell community every day.

Griswell HIGHLIGHTS



Eat well. live better.

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



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

 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



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Road Jonesboro,
GA 30236



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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.



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For everyone who wants protection and security from a life-changing illness

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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

KAISER PERMANENTE®  thrive

*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+

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 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