

# TALK OF THE Center

2026

Frank Bailey Senior Center

April - June

## Amenities

BILLIARDS ROOM | AQUATICS | FITNESS CENTER | NUTRITION PROGRAM



6213 Riverdale Road,  
Riverdale, GA 30274

(678) 479-5505

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



Get The  
Click Clayton Mobile App



*Where the World Lands  
and Opportunities  
Take Off*

# FRANK BAILEY SENIOR CENTER

## Quarterly Newsletter

Inside of this quarter's issue:

Center Information

Registration

Upcoming Events and Classes,  
Spotlight, Advisory Board,  
Volunteers, Groups, Clubs, and  
More



# FRANK BAILEY SENIOR CENTER



## WELCOME

Clayton County Senior Services Department enhances the quality of life and dignity of seniors. Programs emphasize health and wellness, including screenings, exercise programs, nutrition education, and field trips.

Located at 6213 Riverdale Road, Riverdale, GA., Frank Bailey Senior Center opened on April 25, 2002, giving senior adults a place for learning, exercising, and interaction in the Riverdale area. Expanded features include aquatic programs, a heated therapy pool, a fitness center with a track, a community garden, a cafeteria with Piccadilly providing breakfast and lunch, a library, a billiards room, and much more.

We have wonderful staff members who contribute to the senior's daily activities and the special events we have to offer at Frank Bailey Senior Center.

We are extremely proud to have you as a member of the Frank Bailey Senior Center family, and we look forward to your participation in our programs, events, classes, and more! We welcome you!



# CENTER INFORMATION

The **Frank Bailey Senior Center** provides a variety of experiences to its members that include educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

## OUR STAFF

Center Manager (Interim).....Christie Essien  
 Program Coordinator.....Angela Walker  
 Administrative Secretary.....Vacant  
 Health & Fitness Coordinator.....Anton Ford  
 Special Program Coordinator.....Carolyn Jones  
 Congregate Site Coordinator.....Erika Dixon  
 Office Assistant Senior.....Vacant  
 Office Assistant.....Earnestine Spencer  
 Office Assistant.....Roxanne Moore  
 Office Assistant.....Anita McKinley  
 Office Assistant.....Iris Copeland  
 Program Aide.....Antionette Freeman  
 Program Aide.....Jada Thomas  
 Program Aide.....Maria Hua  
 Maintenance.....Raymond Armstead  
 Maintenance.....Joaquin Fleth

## HOURS OF OPERATION

### Center Hours

Monday, Tuesday, Wednesday, Friday:  
8 AM - 5 PM

Thursday: 8 AM - 8 PM

### Pool and Fitness Orientation

Thursdays: 1:30 PM and 4:00 PM

### Open Pool and Lap Swim

Varies monthly depending, call to confirm times

### Fitness Center

Monday, Tuesday, Wednesday, Friday: 8:00 AM - 4:45 PM

Thursday: 8:00 AM - 7:45 PM

### Senior Center Deputy Administrator

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 Closure

**Memorial Day** | Monday, **May 25**, 2026

**Juneteenth** | Friday, **June 19**, 2026



<b>CLASS REGISTRATION</b>	<b>Spring I ( 5 Weeks )</b>	<b>Spring II ( 6 Weeks )</b>	<b>Summer I ( 5 Weeks )</b>
<b>Registration Dates</b>	<b>3/16/26 - 3/27/26</b>	<b>4/27/26 - 5/8/26</b>	<b>6/15/26 - 6/26/26</b>
<b>Class Dates</b>	<b>3/30/26 - 5/1/26</b>	<b>5/11/26 - 6/19/26</b>	<b>6/29/26 - 7/31/26</b>
<b>Break Week</b>	<b>5/4/26 - 5/8/26</b>	<b>6/22/26 - 6/26/26</b>	<b>8/3/26 - 8/7/26</b>

## ACTIVITIES

<b>Brew Happiness: Coffee and Wellness</b>	<b>4/7/2026 10:30-11:00am</b>	<b>FREE</b>
<b>Step Up</b>	<b>4/10/2026 10:00-11:30am</b>	<b>FREE</b>
<b>Billiards Tournament</b>	<b>4/23/2026 2:30-4:30pm</b>	<b>FREE</b>
<b>Fitness Test</b>	<b>4/17/2026 10:00-11:00am</b>	<b>FREE</b>
<b>Black Women in Science</b>	<b>4/28/2026 10:30-11:00am</b>	<b>FREE</b>
<b>Pass The Canvas</b>	<b>4/29/2026 10:00-11:00am</b>	<b>FREE</b>
<b>Ping Pong Tournament</b>	<b>5/1/2026 10:30-11:00am</b>	<b>FREE</b>



Craft activities are among the most senior-friendly DIY project that can help keep seniors active and healthy. Studies also reveal that conceptual art can boost the cognitive abilities of an aging brain. That makes arts and crafts helpful for seniors.

# ACTIVITIES

Jeopardy: Black History Edition	5/7/2026 10:00-11:00am	FREE
Sudoku Day	5/8/2026 10:00-11:00am	FREE
The Role of Women in Literature	5/12/2026 10:30-11:00am	FREE
Jewelry Making Party	6/5/2026 10:00-11:30am	FREE
Diamond Art	6/12/2026 10:00-11:30am	FREE
Sickle Cell Awareness	6/16/2026 10:30-11:00am	FREE
Music Around the World	6/30/2026 10:30-11:00am	FREE

# SPECIAL EVENTS

Easter Musical w/ Frank Bailey Choir	Thursday April 2, 2026 2:00-3:30pm	FREE
Mother's Day Brunch	Friday May 15, 2026 9:30-11:30am	FREE
Father's Day Celebration	Thursday June 11, 2026 2:00 pm—4:00 pm	FREE
Juneteenth Celebration	Tuesday June 16, 2026 2:00 pm—4:00 pm	FREE



# Senior Spotlight



## Meet Carolyn Ison



Carolyn Ison moved to Riverdale in 1994 from Griffin, Georgia. She attended Albany State College and brings a wide range of experience and dedication to all that she does. Carolyn sang in the choir for four years, served as President of the Riverdale AARP Chapter 4409 for seven years, and has been an active member of the RSVP Group for the past eight years.

Carolyn is a proud and active member of the Frank Bailey Senior Center, where she has been a dedicated volunteer since 2005. Over the years, she has supported the center in countless ways, including volunteering in the fitness area, assisting at the front desk, and helping with the many special events and parties hosted by the center.

She also served as a Frank Bailey Advisory Board member for 8 years. Then, she became a Frank Bailey Advisory Board Secretary for 4 years.

Helping people is truly Carolyn's passion, and she finds joy in making others feel welcome and supported. Her favorite quote is "Don't sweat the small stuff." Carolyn's dedication, kindness, and commitment makes her a valued part of the Frank Bailey community.

# Staff Spotlight



## Meet **Erika Dixon** Congregate Site Coordinator

“I have been with Clayton County Senior Services for two years, currently working at the Frank Bailey Senior Center as the Congregate Site Coordinator. In my role, I help manage daily operations at the center by supporting staff, assisting members with meals and transportation, coordinating programs and activities, handling communication, and making sure everything runs smoothly and safely.

I decided to do this work because it allows me to support others, build meaningful connections, and make a difference every day. What I enjoy most about my job is seeing our members feel comfortable, valued, and happy. Knowing that I can contribute to their well-being is the most rewarding part of what I do.

Something most people may not know about me is that I enjoy watching throwback movies and classic sitcoms. If I had to describe myself in three words, I would say I am God-fearing, compassionate, and reliable.

I grew up on the east side of Atlanta, and what makes that place special to me is the strong sense of community. Everyone looked out for one another. Neighbors, teachers, and parents all played a role in guiding children, and that environment helped shape who I am today. My role model growing up was my mother because she taught me the importance of hard work, respect, and always showing up for others.

My favorite place to vacation is anywhere near water. Florida is one of my favorite destinations because it is only a couple of hours away, and being near the water brings me peace. Watching the sunrise helps me reset and recharge mentally. The best advice I have ever received is, “Your word is your bond.”

# Spring Word Search



W H M Z A L K R S G U B E C H T Q I  
 F T U L Y I J B E P Q N O P A S D X  
 S J N I B O R H L V M C S U T L E K  
 P E D W G X E K J O A Z R M C Q F B  
 R C Y Q U S A V N T S I E K H R O L  
 O L A M B F D T E U P S W G X T J E  
 U N P H Y G Z R L K D H O V C E N R  
 T B E J D W P Q I S G X L M F P A U  
 V M Z C A I K D H B N U F S E B R T  
 D K Y T L X G O R F P E J Q B W O A  
 E P G L E B S U A M O C H I C K S N  
 B N A R F Y O J T H Z M T D L I P G  
 G R K E N R T S N A I L Q W U S R V  
 A D O N P H E M B J S T C E S N I F  
 K W U F I N L T Q E R M E A Y O N D  
 I B S E C K F X T D V J R H P A G Z  
 N E D R A G M W K U L G S O R C L E  
 H Z M T U L I P V E B A D Y W F X J

BIRDS

CALF

GARDEN

LAMB

SNAIL

BLOSSOM

CATERPILLAR

GRASS

NATURE

SPRING

BUGS

CHICKS

HATCH

NEST

SPROUT

BUNNY

FLOWERS

INSECTS

RABBIT

TULIP

BUTTERFLY

FROG

LADYBUG

ROBIN

WORM

# TRIPS

<p>The Main Event</p>	<p>Wednesday 4/1/2026 11:00am-3:30pm</p>	<p>\$5.00</p>
<p>The Hammonds House Museum (Pay @ Venue)</p>	<p>Wednesday 4/15/2026 11:00am-3:00pm</p>	<p>\$5.00</p>
<p>Picnic @ Morgan Fall Overlook Park</p>	<p>Wednesday 5/20/2026 9:30am-4:00pm</p>	<p>\$5.00</p>
<p>Shopping @ Sugar Loaf Mill</p>	<p>Wednesday 6/3/2026 10:30am-3:00pm</p>	<p>\$ 5.00</p>
<p>Fun Bowl- Fayetteville (Pay @ Venue)</p>	<p>Wednesday 6/17/2026 11:00am-4:00pm</p>	<p>\$5.00</p>

## Highlights

*Jazz on the Lawn*



## AQUATIC CLASSES

Beginning Swim I	Jasmine White	Tues and Thurs   1-1:45 pm	\$10
Intermediate Swim	Jasmine White	Tues and Thurs   11:30-12:15 pm	\$10
Water Walking	Jasmine White	Tuesday   2:45-3:30 pm	Free
Water Fitness I	Bertha King	Mon and Thurs   9-10 am	\$30
Water Fitness II	Bertha King	Mon and Thurs   10:15-11:15 am	\$30
Water Fitness III	Bertha King	Mon and Thurs   2-3 pm	\$30
Aqua Volleyball	Staff	Friday   11-11:45 pm	Free
Water Sculpting I	Beatress Lynn	Wed   10:00-11:00 am	\$15
Water Sculpting II	Beatress Lynn	Friday   1:00-2:00 pm	\$15



## EXTRACURRICULAR ACTIVITIES

Beginner's Paint Class	Jada Thomas	Monday   10:00 am - 11:00 pm	FREE
Sculpting with Clay	Lynda Moore	Tuesday   12:00 - 2:30 pm	\$100
Basic Computers & Keyboarding	Chrissia Belton	Wednesday   2:00 - 3:00 pm	\$30
Jewelry Making	Arlene Benford	Thursday   1:00 - 4:00 pm	\$35
Diamond Painting Class (Bring your own supply.)	Arlene Benford	Tuesday   1:00 - 4:00 pm	FREE

## FITNESS CLASSES

Chair Stretch Workout	Anton Ford	Monday   9-9:30 am	FREE
Advanced Tai Chi	Arlene Benford & Carole Lumley	Mon and Wed   10-11:00 am	FREE
Senior Tone	Anton Ford	Mon and Wed   11-11:45 am	\$10
Abs Class	Anton Ford	Monday   1-1:30 pm	FREE
Beginning Tai Chi	Arlene Benford & Carole Lumley	Mon and Wed   1:30-3 pm	FREE
Yoga for Mobility	Denisse Gaines	Monday   2-3:00 pm	\$20
Breakfast with Ford	Anton Ford	Tues and Thurs   9:30-10:00am	FREE
Personal Fitness	Anton Ford	Tues and Thurs   11:00-11:45 am	\$10
Low Impact Tai Chi	Carole Lumley	Tues and Thurs   1-1:30 pm	FREE
Bea's Praise 2 Fitness	Beatress Lynn	Tues and Thurs   1-2:00pm	\$20
Floor Stretch Workout	Anton Ford	Wed   9-9:30 am	FREE
Land Arthritis	Anton Ford	Thursday   1-1:30 pm	FREE
Beginner Line Dancing	Martha Underwood	Fri   11:30-12:30 pm	\$15
Intermediate Line Dance	Martha Underwood	Wed   2:30-3:30 pm Fri   10:00-11:00 am	\$15
In-Motion	Rosamary Rawls	Fri   11:00-11:45 pm	FREE
Marching Drill Team	Iris Copeland	Tues and Thurs   1-2:00pm	FREE

## ADVISORY BOARD



The Advisory Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the Frank Bailey 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.

### Advisory Board Officers

Jesse Harris, President  
Onesimus B. Marcus, Vice President  
Joyce Lawrence, Secretary  
Marvin Henderson, Treasurer

## VOLUNTEER PROGRAM

The volunteer program at Frank Bailey 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 Office at [678-479-5505](tel:678-479-5505).

**Meeting Dates: April 14, 2026, May 12, 2026, and June 9, 2026**  
**Meeting Times: 2:00 PM - 3:00 PM**



## CLUBS & GROUPS



### AVAILABLE CLUBS & GROUPS

Jim Jones Bicycle Club  
Senior Support Group  
Book Club  
Garden Club  
Crochet Club  
The Red Hat Society  
Men's Advisory Group  
FBSC Choir

**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

# 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**

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.




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



## 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

# CENTERS' INFORMATION

	OFFICE NUMBER	LOCATION
<b>SENIOR SERVICES CENTER</b> FOR SENIORS 55+ <b>Frank Bailey Senior Center</b> <b>J. Charley Griswell Center</b> <b>Sonna singleton Gregory Senior Center</b>	<b>(678) 479-5505</b> <b>(770) 477-3499</b> <b>(770) 347-0340</b>	<b>6213 Riverdale Road, Riverdale</b> <b>2300 Highway 138, Jonesboro</b> <b>3215 Anvil Block Road, Ellenwood</b>
<b>INTERGENERATIONAL CENTER</b> FOR CAREGIVERS, GRANDPARENTS, AND YOUTH—TEENS <b>Kinship Care Resource Center</b>	<b>(770) 473-5788</b>	<b>849 Battle Creek Road, Jonesboro</b>
<b>CULTURAL ARTS CENTER</b> FOR YOUTH, TEENS, ADULTS, AND SENIORS <b>Flint River Community Center</b>	<b>(770) 347-0370</b>	<b>153 Flint River Road, Riverdale</b>
<b>AGING PROGRAM</b> FOR SENIORS 55+ <b>Aging Program</b>	<b>(770) 603-4050</b>	<b>877 Battle Creek Road, Jonesboro</b>

To deliver services and programs that promote independence, dignity and enhances the quality of life while providing a safe and caring environment for older adults, relative caregivers, youth, teens, adults and families.



# SENIOR SERVICE ADMINISTRATION

**Director (Interim)**  
**Assistant Director**  
**Deputy Administrator of Senior Centers**  
**Deputy Administrator of Finance**  
**Office Manager**  
**Administrative Secretary**  
**Administrative Coordinator**  
**Cultural Arts Administrator**  
**Office Administrator, Senior**  
**Signature Events Coordinator**

**Melissa Myers-Bristol**  
**Vacant**  
**Kendra Shepard**  
**Tonette White**  
**Mai Toussant**  
**Aretha Mattox**  
**Toni Freeman**  
**Omari Jones**  
**Christie Essien**  
**Brandi Rucker**



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.

