

TALK OF THE CENTER

2026
APRIL - JUNE

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

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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 of 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.....Vacant
 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.

CENTER CLOSURES

Memorial Day: Monday, 05.25.2026
Juneteenth: Friday, 06.19.2026

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

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

1. Clayton County Senior Services reserves the right to cancel, postpone, or combine classes, or to change instructors as needed. If the Department cancels any class, special event, trip, or workshop, a full refund will be issued.
2. If a member chooses to cancel a membership, class, special event, trip, or workshop, they will have seven (7) business days from the date the agreement was signed to receive a full refund.
3. To request a refund, members must mail, e-mail, or hand-deliver a written cancellation request to the Registration Office at the Senior/Community Center where the original transaction occurred.
4. Please note that refunds may take up to four (4) weeks to process, except for credit card payments. Refunds for transactions paid by cash or check will be issued in the form of a check.
5. No refunds will be issued for classes or trips missed by the participant without a written doctor's note.



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.



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.

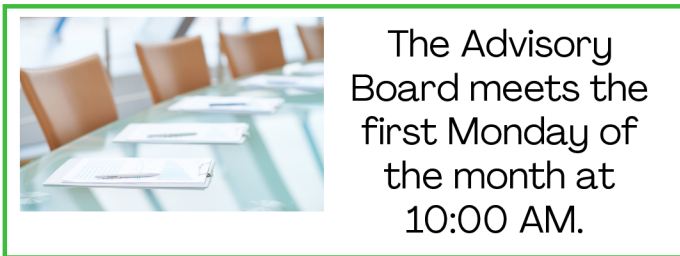


"The longer I live, the more beautiful life becomes." – Frank Lloyd Wright

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.



My grandmother has a bumper sticker on her car that says, 'Sexy Senior Citizen.' It's hard to think of my dear old granny in that way. What is she doing? Out entering wet shawl contests? Wheelchair racing? Teeth swapping? Makes me wonder where she got that ten-dollar bill she gave me for my birthday.





Aisha Alston

Born in Columbus, Georgia, Aisha Alston brings with her a lifetime of service, leadership, and compassion. Her professional career spans roles with AT&T and BellSouth as a Human Resources Specialist, as well as 18 years of service as a Nurse and Trainer for the United States Army. She later retired from DeKalb County Government in 2016. Ms. Alston holds a Bachelor's degree from Mercer University and a Master's degree from Southern New Hampshire University.

What is most fulfilling to Ms. Alston is the work she does for her church. Since retiring, she has dedicated more time to meaningful projects, especially assisting the senior members of the church's Mother Board. Family is also important to her—because her grandson loves the water, learning to swim has become a priority close to her heart.

Ms. Alston became a member of the Sonna Singleton Gregory Senior Center about a year after it opened. After attending a few events and having such a great time, she decided to officially join. From her very first visit, she felt welcomed by the front desk staff and appreciated the respect and consideration shown to her. Her favorite programs include Aqua Sculpting, Flash Mob Photography Club, and volunteering. She also enjoys jewelry making and recently started the Beginner Swimming Class. Working with people bring her joy, especially because of the diverse personalities she encounters.

Most importantly, Ms. Alston values the staff and the peace of mind she feels when she walks through the center's doors. She describes the center as a happy, relaxing place where fun is always guaranteed. One of the most meaningful moments for her was the outpouring of love she received—through prayers, cards, and hugs—after the loss of her sister. “The staff was a shoulder for me to cry on,” she shares. “You always want to go where people make you feel wanted.”

The senior center has had a profoundly positive impact on Ms. Alston's perspective on aging. The environment makes aging enjoyable and empowering—it allows her to feel like a mature adult, embracing life, rather than being defined by age. She believes the staff treats every member with respect, kindness, and dignity, while also listening to concerns with professionalism and care.

Her advice to anyone considering joining is simple and heartfelt: “It's an excellent investment. You'll be glad you did. The Sonna Singleton Gregory Senior Center is my happy place.”



STAFF SPOTLIGHT



Brian Slaw

Brian Slaw serves in the Maintenance role at the Sonna Singleton Gregory Senior Center. He enjoys the sense of empowerment his leadership provides, allowing him to take ownership of his work and contribute meaningfully to the center's operations. One piece of advice Brian would offer to every Senior Services employee is to appreciate open forums and speak candidly with leadership.

Brian shares that the most challenging aspect of working in Senior Services is navigating budget limitations. His proudest moment has been being recognized and acknowledged for his work. One valuable lesson he has learned is how holiday seasons impact his role and the planning required to support center operations during those times.

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

Caring. Thoughtful. Committed.

What is one thing you cannot resist? *A trip to the casino from time to time.*

What is your greatest fear? *Being misunderstood.*

What is your favorite place to be? *With family.*

Where is the best place you have traveled to and why? *San Antonio.*

What's the weirdest job you've ever had? *Personal Assistant.*

What would you do (for a career) if you weren't doing this? *Activist.*

Any favorite line from a movie? *'When a man gets to the end of life, he realizes how important the early decisions were.'*

Tell us something that might surprise us about you. *I dream of being a Activist.*

If you could choose anyone, whom would you choose as your mentor? *Ta-Nehisi Coates.*

If you could learn to do anything, what would it be? *Play the piano.*

If you won the lottery, what is the first thing you would do? *Look into how I could use it for good.*

When you have 30 minutes of free time, how do you pass the time? *Music.*

What is the first concert you attended? *Chaka Kahn.*

What music is on your iPhone/Android phone? *Mowing the lawn.*

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

How do you balance your career and family? *Give them both my best.*

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 - 3/20/2026	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!"

Financial Literacy Workshop	Monday, 4/13/2026 2:00 PM - 4:00 PM	FREE
Spring Gardening	Tuesday, 4/14/2026 10:00 AM - 11:00 AM	FREE
Trivia Challenges	Monday, 4/20/2026 2:00 PM - 3:00 PM	FREE
Library Membership Drive	Tuesday, 4/21/2026 11:30 AM - 12:30 PM	FREE
The Faces of Italy	Friday, 4/24/2026 2:00 PM - 3:00 PM	FREE
T-Shirt Cutting 101	Monday, 4/27/2026 1:00 PM - 3:00 PM	FREE
Understanding Dementia II	Tuesday, 4/28/2026 10:00 AM - 11:00 AM	FREE
Book Tasting and Exchange	Wednesday, 5/6/2026 1:00 PM - 2:00 PM	FREE
Fall Prevention	Friday, 5/8/2026 2:00 PM - 3:00 PM	FREE
Squeeze The Day! Lemonade Celebration	Monday, 5/18/2026 2:00 PM - 3:00 PM	FREE
Burial Preplanning	Tuesday, 5/19/2026 10:00 AM - 11:00 AM	FREE



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

SPECIAL EVENTS CALENDAR		
Sonna's Steps for Autism	Friday, April 18, 2026 10:00 AM - 2:00 PM	FREE
Yoga Extravaganza	Friday, June 5, 2026 1:00 PM - 4:00 PM	FREE
Summer Solstice Celebration	Wednesday, June 17, 2026 1:00 PM - 3:00 PM	FREE
Black and White Live Music Affair	Saturday, June 27, 2026 6:00 PM - 10:00 PM	\$20

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		
Fishing at Indian Springs State Park	Tuesday, 4/28/2026 8:15 AM - 4:00 PM	\$5.00
Pascal's Restaurant	Tuesday, 5/5/2026 2:00 PM - 6:00 PM	\$5.00
Strawberry Picking at Southern Belle's Farms	Tuesday, 5/12/2026 9:30 AM - 2:30 PM	\$5.00
Magnolia Cafeteria	Wednesday, 5/27/2026 11:00 AM - 4:00 PM	\$5.00
Legacy Museum	Tuesday, 6/18/2026 8:00 AM - 8:00 PM	\$62.00
The Shops at River Crossing	Tuesday, 6/30/2026 9:00 AM - 3:00 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
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"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.

SPANISH 2 CLUB

Mondays, Weekly at 3:30 PM

This Spanish Club is for those who have studied Spanish either in high school or college, and/or have a basic knowledge of Spanish. Expect to engage in conversation, culture, and to visit local Hispanic restaurants as club activities.

FINDING YOURSELF MEDITATION

Wednesdays, Weekly at 2:30 PM

Finding Yourself Meditation Club is a guided meditation dedicated to helping individuals connect with their inner selves. Through stillness and focused practice, members learn to embrace mindfulness, and discover the peace that resides within. Our sessions encourage calm reduction, inner balance and a deeper sense of harmony within oneself.

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.



LOOM KNITTING

Wednesdays, Weekly at 2:30 PM

Loom Knitting uses a knitting loom instead of needles. It is fun, easy, and perfect for beginners to make items like scarves, hats, blankets, and even caps. It's an exciting way to see your project grow quickly. It's relaxing yet engaging.

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.

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

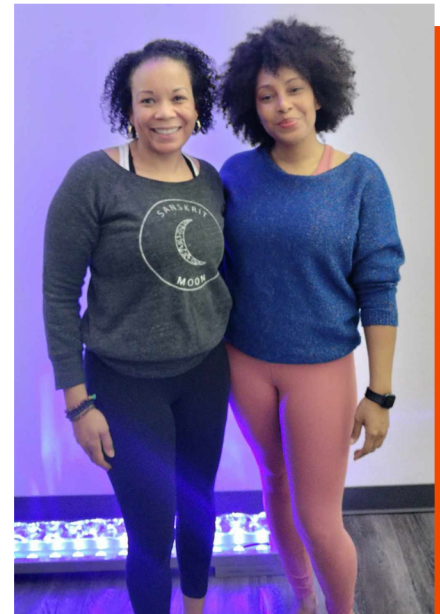
Second Thursday, Monthly at 12:00 PM

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.

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.



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.



GRIEF SUPPORT GROUP

Second Friday at 8:30 AM

The Grief Support Group is a Bible-based fellowship designed to provide members with a safe and compassionate space to express and discuss their experiences with grief.

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.



50 dollars is 50 dollars.

Morris and his wife Esther went to the state fair every year, and every year Morris would say, “Esther, I’d like to ride in that helicopter”. Esther always replied, “I know Morris, but that helicopter ride is 50 dollars — and 50 dollars is 50 dollars”. One year Esther and Morris went to the fair, and Morris said, “Esther, I’m 85 years old. If I don’t ride that helicopter, I might never get another chance.” Esther replied, “Morris, that helicopter is 50 dollars — and 50 dollars is 50 dollars”. The pilot overheard the couple and said, “Folks I’ll make you a deal. I’ll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word I won’t charge you! But if you say one word, it’s 50 dollars.” Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word. When they landed, the pilot turned to Morris and said, “By golly, I did everything I could to get you to yell out, but you didn’t. I’m impressed!”

Morris replied, “Well, to tell you the truth, I almost said something when Esther fell out, but you know —

50 dollars is 50 dollars.”

SONNA SINGLETON GREGORY DAY: HONORING A LEGACY OF LEADERSHIP, ADVOCACY, AND INSPIRATION

The Center proudly celebrated Sonna Singleton Gregory Day, honoring the life and legacy of the late District 1 Commissioner, Sonna Singleton Gregory, on what would have been her birthday. This special day served as both a celebration and a reflection—recognizing a woman whose leadership, compassion, and advocacy left an indelible mark on Clayton County and the lives of so many.

Commissioner Gregory was a dedicated public servant whose passion extended far beyond her title. She was a powerful advocate in the fight against ovarian cancer, using her voice and platform to raise awareness, encourage education, and support those affected by the disease. Her commitment to health advocacy continues to inspire meaningful conversations and action within our community.

Equally impactful was her unwavering belief in the power of literacy and youth engagement. Her vision and dedication led to the creation of the Clayton County Youth Commission, providing young people with opportunities to develop leadership skills and become active participants in shaping their future. This legacy of empowerment continues to influence generations.

For many of the seniors who attend the Center, Sonna Singleton Gregory was more than a leader—she was an inspiration. Her authenticity, service, and care for others resonated deeply, making her presence and impact unforgettable. Sonna Singleton Gregory Day stands as a reminder of the importance of honoring those who paved the way and ensuring their values live on.

The celebration featured uplifting and educational programming that reflected her passions and purpose. Attendees enjoyed moving performances by the Graceful Sounds Choir and InSpirit Dance, whose artistry brought joy and reflection to the day. Representatives from Piedmont Cancer Institute shared vital information about ovarian cancer, continuing Commissioner Gregory's mission of awareness and education. A nutritionist also provided insight into the importance of healthy food choices and the role nutrition plays in supporting cancer prevention and overall wellness.

Sonna Singleton Gregory Day was more than a celebration—it was a tribute to a life of service, a call to continue her work, and a heartfelt reminder that her legacy remains alive here at the Center and throughout the community she so faithfully served.



Spring Cryptogram

To solve the cryptogram, replace one letter with another in each of the encrypted words. Use the key table below to keep track of the letter substitutions.

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

T	P	Z	A	O	I	A	T	O	E	Q	S	Z	J	T	V	E	W	

K	L	T	E	W	A	O	I	H	J	Q	T	P	E	Z	Q	W

T	P	Z	A	O	I	A	T	Q	C	J	T	J	E	T	K	O

K	L	Z	J	M	A	Z	Q	C	E	O	B

Z	J	O	J	V	E	H	T	W	N	M	K	H	A	U	A	O	I

O	J	V	M	J	I	A	O	O	A	O	I	T	E	O	B		

I	Z	K	V	Q	C	A	O	Q	C	J	O	E	Q	S	Z	E	H

V	K	Z	H	B

"Do not regret growing older. It is a privilege denied to many." - Anonymous

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

www.claytonseniors.com

for more 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

For Caregivers, Grandparents, and Youth-Teens

Kinship Care Resource Center

For Youth, Teens, Adults, and Seniors

770.473.5788

849 Battle Creek Road, Jonesboro

Flint River Community Center

For Seniors 55+

770.347.0370

155 Flint River Road, Riverdale

Aging Program

770.603.4050

877 Battle Creek Road, Jonesboro



Solution

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

S P R I N G I S N A T U R E S W A Y

O F S A Y I N G L E T S P A R T Y

S P R I N G I S T H E S E A S O N

O F R E B I R T H A N D

R E N E W A L S Y M B O L I Z I N G

N E W B E G I N N I N G S A N D

G R O W T H I N T H E N A T U R A L

W O R L D



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: Vacant

Administrative Coordinator: Toni Freeman

Office Administrator, Senior: Aretha Mattox

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