

SPRING 2013



CLAYTON FOREVER YOUNG

A Clayton County Senior Services
Department Publication

MAYFEST 2013





Clayton County Board of Commissioners



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"Clayton Forever Young" is dedicated to the Board of Commissioners for their outstanding leadership and dedication in making Clayton County the best place to live, work, and play!



Letter from the Director

Mayfest 2013 . . . “Unleash the Power of Age”!! This is the national theme for Older Americans Month selected by the Administration on Aging. We invite all senior adults age 55 and older to join us on May 10, 2013 for a day of fun, fitness and fellowship.

This year we will feature a competitive walk with prizes given in both the men and women category. There will be demonstrations of current and new fitness classes. Back by popular demand, KISS 104 DJ Young Blood playing all of the “Oldies but Goodies” music and will feature the famous “Soul Train Line”. We will have over 20 vendors providing information on Health & Wellness in addition to door prizes.

We are committed to our mission of “enhancing the quality of life for Clayton County’s Senior Adult population. Special events, programs, activities, trips, services and volunteer opportunities are designed to empower our senior adults. I see evidence of the difference our programs and services makes in the lives of our members and clients.

Join us at Mayfest 2013 as the Senior Services Department continues to encourage seniors everywhere to “Unleash the Power of Age”!

~Mary Byrd

*“To the world you may be one person;
to one person you may be the world”
(Author Unknown)*



OLDER AMERICANS MONTH 2013



Administration Division



*Tori Strawter-Tanks,
Assistant Director*

FRONT ROW:

Tila Andrews, Administrative Assistant to Director

Adah Silver, Program Coordinator

Marquita Bundrage, Event & Marketing Coordinator

BACK ROW:

Danny Starr, Maintenance Supervisor

Tonette White, Administrative Coordinator

Juan Shumate, Senior Maintenance Worker

Clayton County Senior Services | 877 Battle Creek Road | Jonesboro, GA 30236 | Monday - Friday 8:00 am - 5:00 pm

Phone: 770-603-4050 | Fax: 770-603-4068



Finance Division



*William Souder,
Deputy Administrator*

FROM LEFT:

Patricia Joe, Payroll Manager

Suerence Marcelle, Office Assistant

Tina May, Finance Coordinator

Christopher Blackwell, Senior Office Administrator

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CONTENTS

Letter from the Director	3
Health & Wellness Programs	14
Aging Program	18
Senior Adult Program.....	22
Kinship Care Resource Center Programs	26
Frank Bailey Senior Center Programs	32
Charley Griswell Senior Center Programs	40



*Supporting healthy minds,
bodies, and spirits.*

Our Cover



Warming up for the day during Mayfest 2012. There were over 1200 attendees with over 200 seniors participating in the Soul Train line.

Cover photo by Amoa Tanks

Special Features

Senior Services Correlations	8
Recipe for Success	9
Senior Services Instructors	10
Mayfest 2013 is Coming	12
Workout At Home: Step Aerobics	25
Spring Into Action.....	38

Class Information

SPRING SCHEDULE

Session III (6wks) April 8, 2013 - May 17, 2013

Break Week – May 20, 2013 - May 24, 2013

Session IV (6wks) May 27, 2013 - July 5, 2013

Break Week – July 8, 2013 - July 12, 2013

Facilities will be closed on Monday, May 27, 2013 in observance of Memorial Day and on Thursday, July 4, 2013 in observance of Independence Day. There will be no classes on Friday, May 10, 2013 for Mayfest Event.

Clayton County Senior Services has a no refund policy. Clayton County Senior Services reserves the right to cancel, postpone or combine classes or change instructors. In the event the Department cancels any class, special event, trip, or workshop, a full refund will be issued. Participants may transfer funds to another class, trip, special event, or program in the event he or she is unable to attend.

Membership Fees

Clayton County Residents: \$12 a year

Out-Of-County Residents: \$180 a year or \$15 a month

Daily Passes: \$2

Senior Services Mission Statement

The mission of the Senior Services Department is to enhance the quality of life for Clayton County's senior adult population by promoting healthy aging and relative caregiver programs. The focus is to enable seniors to maintain their independence in the community by addressing the human services and leisure activity need. Services are provided at senior recreation facilities, intergenerational center, in the client's home or over the telephone.

SENIOR SERVICES CORRELATIONS

The Senior Services Department has been doing a lot of different things throughout the year. Here's a quick snap shot of a few of the things we have done and are doing.

Senior Services Included in latest issue of SAGE

Last year, Clayton County Board of Commissioners introduced their first eNewsletter, SAGE (Sustainable, Accountable, Global, Experience) available on the County's website. In the January/February issue, Senior Services member Ms. Annie McDaniel was mentioned regarding her accomplishment of becoming the 2nd official member of the Centenarian Club! Ms. McDaniel turned 100 years old on December 8, 2012 and was celebrated with her members at the Clayton Senior Adult Center in Riverdale. For more information on SAGE, log on to the county's website at www.claytoncountyga.gov.



Ms. McDaniel was featured in Clayton County's SAGE eNewsletter.



Ashley Kittrell of Kinship Care Semi-Finalists in The Dream@50 Art Contest

Ashley Kittrell, a 5th grader at Harper Elementary School, was selected as a semi-finalist in The Dream@50 Art Contest. This contest encourages students to create artwork inspired by a word or phrase from Martin Luther King, Jr's "I Have a Dream" speech. Her artwork was displayed at the High Museum in early February. Ashley and her family attended the Art Contest Awards Ceremony at Morehouse College on January 19, 2013. Congratulations, Ashley!





recipe for success

Arugula Corn Salad with Bacon

Submitted by Elaine Jackson, Health & Wellness Coordinator

Ingredients

- 4 large ears of corn
- 2 cups of chopped arugula (about one bunch)
- 4 strips of bacon, cooked, chopped
- 1/3 cup chopped green onions
- 1 Tbsp olive oil
- 1 Tbsp white wine vinegar
- 1/8 teaspoon ground cumin
- Salt and freshly ground black pepper to taste

Preparation

Cook the corn ears, in their husks, either on the grill for a smokey flavor, or by steaming in a large covered stock pot with an inch of boiling water at the bottom of the pot, for 12-15 minutes. Let the corn cool (can run under cold water to speed up the cooling), remove the husks and silk. I recommend cooking the corn in the husks for the added flavor that the husks impart. If you boil or steam the corn ears after you've already husked them, or if you cook them in the microwave, reduce the cooking time by a few minutes.

To remove the kernels from the cobs, stand a corn cob vertically over a large, shallow bowl. Use a sharp knife to make long, downward strokes, removing the kernels from the cob, as you work your way around the cob. Note: it may help to work over a low table, to be in a better ergonomic position to cut the cobs this way.

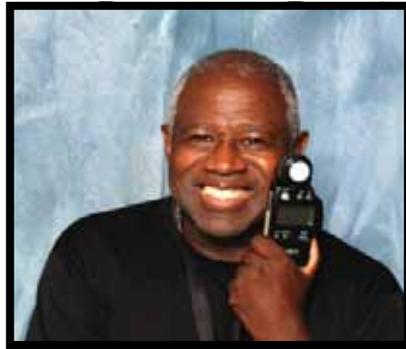
In a medium sized bowl, mix together the corn, chopped arugula, bacon, and onions. In a separate bowl, whisk together the oil, vinegar, salt and pepper, and cumin. Mix dressing into salad just before serving. Taste and add more vinegar if necessary to balance the sweetness of the corn.

The Instructors of Senior Services

EDUCATION INSTRUCTORS



Ramona DeLeon



Stan Coleman



Tony Antoine



Cindy Keen

ARTS INSTRUCTORS



Peggy Burns



Barbara Smalls



Paula Morgan



Geneva Burkett



Gail Humphries

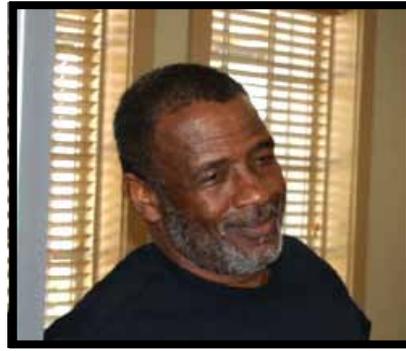


Irma Young

FITNESS INSTRUCTORS



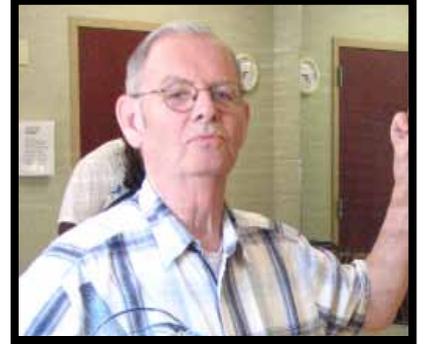
Sammy Reed



Johnny Furlow



Crystal Dickinson



Wayne Evans



Mechelle Davis



Victor DeGruttola



Noreen Rogers



Terronice "TJ" Estell



Katrina Love



Joycelyn Benham



Jackie Fears



Debbie West



Gabriella Dicara-Harden

Mayfest 2013 is Coming

Friday, May 10, 2013 from 10 am - 2 pm

Every year in May, the Senior Services Department hosts our annual Mayfest event in celebration of Older American's Month. Mayfest is a health and wellness event that connects Clayton County's seniors with health vendors as well as live entertainment, give-a-ways, a competitive fitness walk, and dancing for wellness that gets bigger and better each year.

This exciting event will be held May 10, 2013 at the Clayton County International Park (The Beach) in Jonesboro from 10 am until 2 pm. A boxed lunch will be supplied to all participants during the event. Interested seniors may call 770-347-0120 for more information or can contact one of the senior centers directly. This is a free event for senior adults 55 and older; no children are allowed to attend the event. Mayfest souvenir shirts are also available for purchase to wear to the event.



MAYFEST 2013

Clayton County Senior Services Department

Guest DJ: DJ YOUNGBLOOD from KISS 104.1

Competitive Walk

Health Vendors

Fitness Demos

Entertainment

Give-a-ways

Lunch Provided

Friday, May 10, 2013

10:00 am - 2:00 pm

St. Martin's Pavilion
inside

Clayton County International Park



OLDER AMERICANS MONTH 2013

HEALTH & WELLNESS



1. Farmer's Markets are held at each center for your convenience. Check your center for the next date!

2. Members working hard in the Community Garden at the Griswell Senior Center.

3. Yoga Instructor Mechelle Davis warming participants during SPARC event.

4. At SPARC, participants can visit with vendors and obtain important information about different health topics.



Health and Wellness Division | 2300 Highway 138 SE | Jonesboro, GA 30236

Phone: 770-477-3352 | Fax: 770-477-3491 | Monday - Friday 8:00 am - 5:00 pm

The Health and Wellness Division is dedicated to providing programs that promote a healthy lifestyle for the senior patrons of Clayton County through informative, enriched programs and activities that focus on the mind, body and spirit. During the Spring Quarter, we will offer a variety of classes and events on nutrition, fitness and general health information.

Special Events & Activities

OPERATION EYE CARE

Old eyeglasses that have been collected by Clayton County Senior Services from Senior Center members, County employees and other friends of the community will be presented to the Georgia Lions Lighthouse Foundation. The glasses will help to provide vision to underdeveloped nations and uninsured Georgians. It's not too late to donate!

Griswell Senior Center: April 17th from 1:00 pm – 2:00 pm

PARIS IN SPRING/VIRTUAL TOUR OF PARIS

Ever dreamed of visiting Paris? Well, here's an opportunity to experience the sights, sounds and taste of Paris without leaving Georgia. You'll enjoy snacks beginning with the word "French." You'll visit the Famous Eiffel Tower, Cathedral De Paris, Le Pantheon just to name a few. You'll even learn a few French phrases. Oui' Oui'

Griswell Senior Center: April 24th from 10:00 am – 11:30 am

SPARC IN THE SPRING

Join us for this SPARC (Sickness Prevention Achieved Through Regional Collaboration) Event that will be filled with health education, health screenings, vendors and free fruits and vegetables.

Frank Bailey Senior Center: May 15th from 10:00 am – 1:00 pm

SPARC IN THE SUMMER

Join us for this SPARC (Sickness Prevention Achieved Through Regional Collaboration) event that will be filled with health education, health screenings, vendors and free fruits and vegetables.

Griswell Senior Center: June 19th from 10:00 am – 1:00 pm

GET TO STEPPIN/AEROBIC MARATHON

Do you have what it takes to participate in a step marathon? Well, here's your chance. Compete for the bragging rights for being the step team that can perform fun, exciting and interesting step choreography for 20 minutes without stopping. The team still standing will have a Step Challenge. The winner will be crowned King or Queen of STEP!!!

Griswell Senior Center: June 19th from 10:00 am – 11:30 am

Kinship Care: June 21st from 9:30 am – 10:30 am

Classes

FOOD PRESERVATION

With Spring comes lots of fresh fruits and vegetables. Come and learn how to preserve your harvest. Clayton County Extension Services will present "The Basics of Canning, Freezing and Drying Foods." You'll have lots of fun!

Kinship Care: April 19th from 9:30 am – 10:30 am

COOKING FOR HEALTH

Let your taste buds be the test! Come and sample some delicious food. Gail Kefentse from Clayton County Extension Services will show you how to prepare some healthy vegetable burritos.

Clayton Senior Adult Center: April 26th from 12:45 pm – 1:45 pm

DEALING WITH STRESS

Feeling stressed out, then come and hear all about stress and how it can affect your day to day routine. The Clayton Center Community Board will give a brief presentation on how to deal with stress and then answer your questions.

Kinship Care: May 17th from 9:30 am – 10:30 am

MONEY MANAGEMENT

Come and learn everything you ever wanted to know about managing your money. Gail Kefentse from Clayton County Extension Services will spend an hour with you explaining the different ways that you can make your money work for you.

Clayton Senior Adult Center: May 24th from 12:45 pm – 1:45 pm

GARDEN TIPS

Not only does a community garden afford the opportunity for recreation, exercise, therapy and education but it also allows you the opportunity to learn about seasonal planting and various garden tips. Join us in this fun-filled event as we learn all kinds of tips in keeping a healthy garden.

Clayton Senior Adult Center: June 28th from 12:45 pm – 1:45 pm

COLORECTAL CANCER SCREENING PRESENTATION

How much knowledge do you have about colorectal cancer? Join us in this three week session on colorectal screening intervention. These classes will inform you on the importance of colorectal screening and will give you general information about colorectal cancer.

Frank Bailey Senior Center: June 11th from 10:00 am – 11:00 am

Ongoing Classes

EAT SMART, LIVE STRONG

Fruits and Vegetables is the key to a healthier you. Learn how to improve your consumption of fruits and vegetables as you explore the nutritional value in them. Also learn how to jump start your metabolism by eating the right fruits and vegetables.

Kinship Care: April 4, 18, 25 & May 2 from 9:30 am – 10:30 am

Griswell Senior Center: April 1, 8, 15, 22 from 10:00 am – 11:00 am

FITNESS AND NUTRITION WORKSHOP FOR SPRING

Fun, Food and Exercise! It's time for our Spring Fitness and Nutrition Workshop. With winter behind us, you'll enjoy food and exercise specially tailored for the spring months. And oh yes, the winter cookbook with home exercises will be updated to include recipes and exercises for the spring.

Griswell Senior Center: April 26th from 10:00 am – 11:00 am

WEIGH IN – WEIGHT DOWN CHALLENGE PROGRAM

Regardless of what you do to get fit, regular exercise, physical activity and healthy eating are important to health and well-being. Come and join us in the weigh in – weight down program and see how it will make a difference in your life.

**Griswell Senior Center: Weigh In Every 2nd and 4th Friday
from 1:30 pm - 4:30 pm**

LIVING WELL: THE STANFORD UNIVERSITY CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Are you struggling with ongoing symptoms of fatigue, pain, stress, tense muscles, or any other symptoms from a chronic condition. If so, this workshop will teach you:

1. **Techniques to deal with these symptoms**
2. **How to have more control over your health problems and your life**
3. **Improved strength, flexibility and endurance**
4. **Ways to communicate with family, friends, and health professionals**

Frank Bailey Senior Center: March 26th, April 2, 9, 16, 23, 30th from 9:30 am – 12:00 pm

Griswell Senior Center: April 4, 11, 18, 25, May 2, 9th from 9:30 am – 12:00 pm

ZUMBA FITNESS

Zumba is a dance aerobic class fueled by exciting, pulsating Latin and other international music. It creates an awesome cardio-vascular workout. Zumba is a “feel-good” class that leaves you smiling the entire time. Ditch the workout, join the PARTY!!

J. Charley Griswell Center: Every Tuesday from 2:00 pm - 3:00 pm

FIT DANCE/DANCE AEROBICS

This exhilarating class fuses exciting choreography with a wide range of rhythm genres such as R&B, Latin Groove, Hip-Hop, Oldies but Goodies, Swing and Pop. The use of multiple dance genres helps the body stay “fit” inside and out. Dancing improves coordination, balance and strength. No prior dance experience is necessary. All fitness levels are welcome. See you on the dance floor!!!

Frank Bailey Fitness Center: Every Tuesday from 9:00 am - 10:00 am

PILATES

A total body conditioning exercise combining flexibility, balance and strength. This class concentrates on using correct form and breathing while focusing on proper postural and spinal alignment. Pilates helps prevent bone deterioration. There is a warm-up phase to prepare muscles and joints for movement. The conditioning phase increases strength, flexibility, body tone and awareness. The cool-down phase then decreases body temperature while encouraging relaxation.

Frank Bailey Fitness Center: Every Tuesday from 10:00 am - 11:00 am

HAVIN’ A BALL/AEROBIC TONE CLASS

We are Havin’ a Ball!!! In this cardio class, participants will use Stability balls, medicine balls and small exercise balls to challenge their whole body. Each round apparatus will aide in maintaining proper posture, balance and strength. We’ll sit on the exercise ball, stand on the bosu ball, bounce and throw the exercise balls (just not at each other) on our way to total body fitness.

Frank Bailey Fitness Center: Thursdays beginning April 11, 2013 until May 17, 2013 from 10:15 am -11:00 am

Special Clubs

COMMUNITY GARDEN

Griswell Senior Center: April 15th 9:00 am
Frank Bailey Senior Center: April 15th 9:00 am

DRAMA CLUB

Griswell Senior Center: Every Wednesday from 10:00 am – 11:30 am

GIRL FRIEND FRIDAY

Frank Bailey Senior Center: 1st and 3rd Friday from 10:00 am - 11:00 am

PALS

Griswell Senior Center: 2nd and 4th Friday from 10:00 am – 11:00 am

MEDICARE/MEDICAID INFORMATION

Griswell Senior Center: 4th Friday from 10:00 am – 2:00 pm

AGING PROGRAM



1. Meals on Wheels Driver Ken loading the van to deliver meals to homebound seniors.
2. CSAP member Maggie Best shopping during weekly grocery shopping trip.
3. Staff cheering on participants of the Walk Competition during Mayfest 2012.
4. Seniors from all divisions visiting the Governor's Office during Be There For Seniors 2013.



Aging Program | 877 Battle Creek Road | Jonesboro, GA 30236 | Telephone: 770-603-4050 | Fax: 770-603-4068

Monday - Friday 8:00 am - 5:00 pm

Jamie Carlington | Administrator



In Home Services

Information and Assistance is the gateway to community resources in Clayton County. The I&A Specialist is the first point of contact for potential clients. The Specialist refers callers to services both within and outside of Clayton County while responding to direct requests from individuals. Our specialists also assess the individual's long and short-term needs, identifying resources to meet those needs, providing a referral to identified resources, and, when appropriate, following up to ensure that the individual's needs have been met. Referrals include:

DENTAL REFERRALS

Programs that link people who are in need of care that involves the mouth, teeth, gums, or associated structures.

DISABILITY REFERRALS

Programs that maintain information about community resources for the disabled and which link individuals who are in need of specialized services.

MUNICIPALITY REFERRALS

Programs that provide telephone information regarding services offered through City, County, State, and Federal offices.

GENERAL REFERRALS

Programs that maintain information about a variety of human services and resources in the community and link individuals who are in need of a particular service with an appropriate agency or organization.

LEGAL REFERRALS

Programs that maintain lists of attorneys and link people who need legal assistance.

Individuals are given information available through the Aging Program i.e.: In-Home Services, the Senior Adult Program, Transportation Services, and Home Delivered Meals.

CARE MANAGEMENT

A Care Manager conducts an initial screening and assessments for all services to potential clients. The Care Manager coordinates services in the areas of Home Delivered Meals, In-Home Care, and Care Management. The Care Managers monitor clients regularly to determine their current level of need and refers clients to other available community services when necessary.

ALZHEIMER'S RESPITE CARE

Alzheimer's Respite Care is a service available to caregivers of clients who have been physician diagnosed with Alzheimer/Dementia.

TRANSPORTATION SERVICES

Transportation services provide pre-scheduled door-to-door (or curb-to-curb) assistance to seniors 60 years and older residing in Clayton County. Services may include transportation to and from medical appointments and to the nearest pharmacy in Clayton County.

IN-HOME SERVICES, PERSONAL CARE, AND ALZHEIMER'S RESPITE CARE

In-Home Services are services provided by qualified personnel to assist clients with light housekeeping chores on a bi-monthly basis. Personal care is also a service to clients who qualify, providing assistance with bathing, eating, and dressing.

HOME DELIVERED MEALS

The Home Delivered Meals program provides a hot lunch 5 days a week to home-bound individuals who are not able to prepare a balanced meal for themselves to include:

Temporarily-homebound: Recovering from surgery or an injury.

Semi-homebound: Able to get out occasionally when there is assistance available.

Permanently-homebound: Severe impairment; cannot leave his/her house under normal circumstances due to illness, including a terminal illness, incapacitating disability, isolation, and/or lack of transportation.

Lives alone: Physically or mentally unable to obtain food and prepare meals, and there is no one else available to obtain food and prepare meals.

Emergency frozen meals are available to serve those who need immediate temporary assistance with meals. A client recuperating from an illness or injury may temporarily receive meals for up to three months. Frozen meals are delivered weekly in a 5-meal pack.

Clayton County's Centenarian Club

Listed below are the eligibility requirements for consideration into the Centenarian Club. The following information must be submitted to the department of Senior Services, Aging Program:

1. Letter addressed to the County Manager requesting consideration into the Centenarian Club
2. Proof of age (100 years old plus) submitted at time of request (copy only)
3. Proof that nominee permanently resides in Clayton County dwelling (copy only)
 - Private residence
 - Assisted Living facility
 - Proof of residency required

Information can be submitted two ways:

Documentation can be dropped off at any Senior Center and addressed to the attention of the Aging Program.

Frank Bailey Senior Center
6213 Riverdale Road
Riverdale, GA 30274

J. Charley Griswell Senior Center
2300 Hwy 138 S.E.
Jonesboro, GA 30236

Information can also be mailed or dropped off at the Clayton County Aging Office located at:
877 Battle Creek Road
Jonesboro, GA 30236

For additional information visit Senior Services website at: www.claytoncountyga.gov/departments/senior-services

PLEASE DO NOT SEND
ORIGINAL DOCUMENTS



Watkins Funeral Home, Jonesboro

163 North Avenue Jonesboro, Ga. 30236

678-479-0806



Celebrating life is a Ministry for Watkins Jonesboro. Over 25 years my parents taught me how to cherish the life of someone's loved one. As years pass I have found a great love for people especially seniors. I would like to share some key points that have been beneficial in the lives of families we have serviced.

Pre-planning is very vital for all parties concerned. As with all important milestones accomplished over the years, your lifetime should be carefully thought out. During the time of grief your loved ones are making rational and sound decision which can be overwhelming.

Pre-planning protects your loved ones from the stress of making arrangements. By giving you a peace of mind knowing that your wishes are cared out, as well as not over spending by detailing your life. This program is for everyone despite your medical condition. It's

transferable from state to state and from funeral home to funeral home. Your cost is locked in at today's rate and rate will not increase.

Pre-planning is a solid program with solid decisions giving you the options to pay Single to Multi-pay. The most important fact is the plan would be paid in full at the time of death depending on your plan. The time to start is today. Call for a free no-obligation consultation 678-479-0806. We can assist you in writing arrangements as well. Sharing knowledge is why my motto is "Service with Compassion".

Anthony L. Watkins, President

**PROUD SPONSOR OF
SENIOR SERVICES ANNUAL PICNIC 2012**

CLAYTON SENIOR ADULT CENTER



1. Members participating in a nutrition class.
2. Enjoying the sun at the Cherry Blossom Festival.
3. Mr. Bledsoe and Mr. Rogers taking a break at the Botanical Gardens.
4. Mr. Bledsoe getting his blood pressure checked at the center.



Clayton Senior Adult Center | 6701 Highway 85 | Riverdale, GA 30274 | Phone: 770-347-0150 | Fax: 770-603-4068
Monday – Friday 8:00 am – 5:00 pm

This is a program unlike any other in the Atlanta Region! The Aging Division's enhanced Clayton Senior Adult Program provides active seniors with opportunities to become more sociable and independent in a comfortable and safe environment with an emphasis on Health and Wellness. The Clayton Senior Adult Center provides health screenings, exercise programs, and nutritional education. The program also provides shopping assistance twice a month and overnight and day trips.

Clayton Senior Adult Program is available only to residents of Clayton County who are 60 years of age or older, the spouse of a participant 60 years or older, or a disabled relative living in the home of a participant 60 years or older who is able to function independently. A participant must provide adequate information for assessment including medical emergency information. Transportation is available for eligible participants to and from the center. Please call 770-347-0150 for more information.

DENTAL CARE FOR SENIORS

Advancing age puts many seniors at risk for a number of oral health problems, such as: Darkened teeth-caused to some extent by changes in dentin –the bone –like tissue that underlies the tooth enamel and by a lifetime of consuming stain-causing foods and beverages. Dental Hygienist Lynet Colvin will complete a presentation on your teeth and the importance of taking care of them.

Friday, April 12th starting at 10:00 am

SOUTHERN REGIONAL HEALTH SYSTEM

Southern Regional will speak on the topic “10 Tips for Better Digestive Health”. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains.

Friday, May 3th starting at 12:30 pm

THE DYNAMIC MUSIC DUO OF KEITH AND DONNY

Using acoustic guitars, two vocal microphones and two small P.A. systems Keith and Donny balance the sounds to reach out and connect with seniors. Come hear songs you may have not heard in years!

Friday, April 19th starting at 12:00 pm

THE NOT SO NEWLYWEDS GAME

This game is fun and entertaining that couples of all ages can play. We will have fabulous prizes for the participants! Come join us

Thursday, May 28th starting at 10:00 am

GOOD HANDS HANDYMAN NONPROFIT

The Clayton County Housing Rehabilitation Program is a federally-assisted, community development program which provides financial assistance to make home repairs for homeowners who qualify for the program. Examples of what the homeowner housing rehabilitation program could do for you: Repair electrical wiring, replace rotted wood or siding repair damaged walls, and replace roof, faulty plumbing and much more.

Thursday, June 6th starting at 12:30 pm

YOU'RE NEVER TOO OLD FOR A MORTGAGE

People of all ages can apply for and get new mortgages. Ms. Briggs with Better Homes and Garden will provide members with information on purchasing or even refinancing in today's market. Presentation will last approximately 30 minutes.

June 14th starting at 12:30 pm

Classes

LIFESTYLE MANAGEMENT

Keep your body healthy and beautiful by having your blood pressure checked and your nails painted.

Tues. & Thurs. from 9:00 am - 2:00 pm

MOVIE MONDAYS

LIGHTS! CAMERA! ACTION! Feel like you're at the movies at Clayton Adult Center and watch a film provided with popcorn and a drink. Movies shown range from classic to drama, action and romance.

Mondays from 9:00 am - 11:00 am

EDUCATIONAL CLASSES

Join us in discussing current event topics of the week and relieve stress with Painting Therapy through watercolors.

Tues., Thurs., & Fri. from 9:00 am - 11:00 am

ART ACTIVITY/THERAPEUTIC CRAFTS

Express yourself in art. Make art projects such as painting sun catchers and coasters, put together a bird house and outdoor thermometers.

Tuesdays from 12:45 pm - 1:15 pm

PHYSICAL ACTIVITIES

Complete a 30-minute to one hour workout weekly in Weight Training, Chair Aerobics/Yoga, and/or Chair Pilates.

Every Tues., Thurs., & Fri. from 12:45 pm - 1:45 pm

HEALTH AND NUTRITION CLASSES

Educators, volunteers and staff conduct classes once a month to discuss health topics demonstrating alternative ways to stay healthy.

1st Tuesday and 4th Friday of each month at 9:30 am

Trips

GROCERY SHOPPING

Essential shopping is provided for Senior Adult Program members twice a month.

2nd and 4th Wednesdays of each month at 9:30 am

FRANK BAILEY SENIOR CENTER/ GRISWELL SENIOR CENTER

Bi-Monthly Wednesdays from 8:00 am - 2:00 pm

THE SOCK SHOPPE

Shop your socks off at the Sock Shoppe in Griffin. Shop for name brand clothing for a fraction of what you might pay somewhere else. Later, enjoy lunch at the Southern Pitt Barbecue Restaurant.

April 9th from 9:30 am - 4:30 pm

AMELIA ISLAND, SAINT AUGUSTINE AND JACKSONVILLE FLORIDA

Pack your swimsuits and come aboard our 4 day/3 night trip to explore Amelia Island, Saint Augustine and Jacksonville Florida. You will travel in a spacious motor coach, enjoy a continental breakfast each morning and visit sites such as Fernandina Beach, Fountain of Youth and historic shops in Saint Augustine.

April 15, 2013 - April 18, 2013

TANGER OUTLET MALL

If you like to shop at a variety of stores come and join us on a trip to Tanger Outlet Mall located in Locust Grove, Georgia. Afterwards, enjoy lunch at Buckner's Family Restaurant.

June 6th from 9:30 am - 4:30 pm

STEP AEROBICS

Workout At Home

Wondering what you can do to bring a little change to your exercise routine? Why not try step aerobics? There is no better way to build cardiovascular endurance and muscular strength. You'll tone your body at the same time. This creative choreographed class involves stepping up and down on a platform. It is a low-impact class, so one foot remains on the floor at all times. Step Aerobics choreography involves basic to moderate movements set to fun and exhilarating music.

Step Aerobics offers many health benefits which include: increases the good cholesterol levels, decreases the overall cholesterol level, burns calories and fat, it can be performed at home adhering to a video or in the gym with an instructor, and it stresses the joints less than running or jogging.

Basic Right/Basic Left

A basic right starts in front of the step. This move is done in 4 counts:

Count 1: Step up on the step with right foot

Count 2: Step up on the step with left foot

Count 3: Step down backwards to the floor with right foot.

Count 4: Step down backwards to the floor with left foot.

(You may alternate to start on the Left)



Tap Up

Tap Up—simply a basic move but instead of stepping all the way up, just tap your foot on the bench. This move is done in 4 counts:

Count 1: Step up on the bench with the right foot.

Count 2: Step up and tap the bench with your left foot

Count 3: Step back down with your left foot.

Count 4: Step down with your right foot.



Dione L. Carroll is an Aerobics and Fitness Association of America certified Group Fitness Instructor, Certified with Zumba, Qi Dance and QiForze Instructor. She teaches classes at the J. Charley Griswell Center, Frank Bailey Fitness Center, Kinship Care and Senior Adult Center. Her classes include: Low-Impact Aerobics, Step Aerobics, Zumba, Practical Pilates, Chair Pilates, Dance Fit and Strength Training.

KINSHIP CARE



1. Kinship youth taking a break on the lawn.
2. Everyday at Camp Kinship is fun, fun, fun!
3. Congressman David Scott with Marian Tucker and great-grandson Joshua Moton at the Presidential Inauguration.
4. Kinship youth and Counselor enjoying the tacky day program during Camp Kinship 2012.
5. Camp Kinship youth participating in a Young Audiences performance.



Kinship Care Resource Center | 849 Battle Creek Road | Jonesboro, GA 30236 | Phone: 770-473-5788 | Fax: 770-477-3421
Monday – Thursday 8:00 am – 7:00 pm | Fridays 8:00 am – 5:00 pm

During this Spring Quarter, we will be focusing on expanding knowledge for the adults, youth and teens. This quarter we have many activities that center around learning of history, arts, self improvement, and fitness. We will also be preparing for summer camp for the youth and teens in the Kinship program. Summer camp is always a huge event for Kinship and this year, we want to make it bigger and better than ever.

Adult/Family Programs (Childcare is provided during Adult Only programs)

NEW CLIENT INTAKES/ORIENTATION

Enrollment for Kinship Care Services is open to all Clayton County grandparents raising grandchildren and other relative caregivers in parent absent homes. Applicant must bring proof of residency, custody/guardianship papers, and social security cards for children in their care.

Adults: Wednesdays and Thursdays from 9:00 am – 11:00 am

BREAKFAST TALK SUPPORT GROUP

**All Ages: 2nd and 4th Friday of each month
from 8:30 am – 11:00 am**

EVENING SUPPORT GROUP

All Ages: 3rd Thursday of each month at 6:00 pm

THE BUTTERFLY PROJECT

Adults: Tuesdays from 9:00 am – 10:00 am

KINSHIP BOOK CLUB

**Adults: 3rd Wednesday evening of each month
from 4:30 pm – 5:30 pm**

QUILTING

Adults: Tuesdays of each month from 10:00 am - 12:00 pm

BOWLING

**Adults: 2nd and 4th Monday of each month
from 10:00 am - 1:00 pm**

HOME GROWN GARDENING

One thing that you need year-round is food, and growing your own can shave dollars off of your monthly grocery bill. If we have peaked your interest, then dig into this informative class on home gardening. You will learn everything from composting to harvesting fresh fruits and vegetables. Be there!

Adults: Thursdays from 11:00 am - 12:00 pm

ADULT EXERCISE & FITNESS

Exercise is necessary to maintain optimal health. Work out with Dione each week to increase flexibility, shape, tone, and build muscle.

Adults: Mondays & Wednesdays from 9:00 am - 10:00 am

ONLINE SHOPPING & AUCTIONS COMPUTER CLASSES

This series is geared specifically for grandparents who want to learn how to buy and sell online. Internet safety, payment protection, recognizing red flags, and buying with confidence will be covered.

Adults: Tuesdays in April from 10:30 am - 11:30 am

MONEY MATTERS

This financial management class will help families better manage their funds. See where your money is really going and explore ways to keep more in your pockets. This class is required for any family who has received financial aid and it benefits all.

Adults: Tuesday, April 2nd from 5:30 pm - 6:30 pm

IT'S ALL ABOUT ME – LEGACY WRITING

Learn effective writing tools to help record your personal history. Guided lessons, designed record your life in your words, are used to document your legacy for yourself and your kin.

Adults: Thursdays in April from 10:00 am - 11:00 am

EAT SMART, LIVE STRONG

Kinship grandparents will receive instruction on how eating right can not only improve quality of life but help you live longer. Eating fresh fruits and vegetables is always the best choice.

Adults: 3rd Friday of each month from 10:00 am - 11:00 am

LAUGHTER THERAPY

Adults: Wednesday, April 17th from 11:00 am - Noon

SOUP & SALAD SUPPER

“Lettuce” eat of the earth’s bounty and from the work of our friends. This meal will feature a soup and salad bar that includes some items from our home grown gardens. Nutritional information will also be shared.

All Ages: Tuesday, April 23rd from 5:00 pm - 6:30 pm

POWERFUL TOOLS FOR CAREGIVERS

We’re proud to present Powerful Tools for Caregivers, a 6-week educational program that is designed to teach family caregivers how to take better care of themselves as they care for others. Each Caregiver will receive a free copy of the Caregiver Helpbook developed specifically for this class.

**Adults: Thursdays April 25th, May 2nd, 9th, 16th, 23rd, & 30th
from 9:00 am - 11:00 am**

GRANDPARENT SUMMER CAMP ORIENTATION

Summer camp is just around the corner and grandparents wishing to enroll their grandchildren in Camp Kinship must attend one of the orientation classes offered prior to camp registration. Classes are offered both day and evening.

**Adults: Wednesdays in May from 10:00 am - 11:00 am
or 5:30 pm - 6:30 pm**

THROUGH THE EYES OF A CHILD PARENTING CLASSES

This amazing five week course explores relative care families from a child's view. It is designed to help grandparents raising grandchildren and other relative caregivers have a better understanding of how to effectively help the children in their care and the problems they face.

Adults: Wednesdays in May from 9:00 am – 10:30 am

AMERICAN SIGN LANGUAGE CLASSES FOR FAMILIES

Over 1 million people in America use American Sign Language or ASL for short. ASL uses “facial grammar” to enhance the learning and understanding manual signing. Learn this new language together as a family. After all, signing is a “handy” skill.

All Ages: Thursdays in May from 5:30 pm – 6:30 pm

CUPCAKE CONSTRUCTION

Come get your sweet tooth on at this delectable class. Let your top chef out when you mix and match different flavors to fill and frost cupcakes to create one of a kind desserts.

All Ages: Tuesday, May 21st from 5:30 pm - 6:30 pm

SUMMER CAMP REGISTRATION

Camp Kinship will be June 3rd –August 2nd for enrolled participants ages 5 – 15 as of June 1st. Registration is open to the first 100 campers. Caregivers must complete the grandparent orientation class in order to enroll children in summer camp.

Ages: 5 – 15, Tuesday, May 28th – Friday, May 31st from 9:00 am - 6:00 pm

FAMILY FIT DAY

Family Fit Day is a great time to begin your fitness journey. Travel from station to station performing fun fitness activities with your family. Complete all ten stations to be entered into a drawing for a \$50 gift/gas card.

All Ages: Thursday, May 30th from 2:30 pm - 4:30 pm

KINSHIP GRADUATION CELEBRATION

The annual Kinship Graduation Celebration is the time of the year that we recognize all the Kinship students who have graduated in the last year. We recognize those who have graduated from high school or college during 2013. Join us as we honor their great achievements.

All Ages: Thursday, June 6th from 2:00 pm – 3:30 pm

THE ART OF DIGITAL PHOTOGRAPHY

Digital cameras are everywhere. Learn how to take the best pictures, capture interesting angles, and use lighting to your advantage.

Adults: Monday, June 17th from 9:00 am - 10:00 pm

PROTECT YOURSELF

The world just isn't as safe as it used to be. Learn how to protect yourself from being a victim of crime.

Adults: Wednesday, June 19th from 9:00 am - 10:00 am

Teen/Youth Programs

YOUTH RAP/TEEN RAP

Youth and Teens: 3rd Thursday of each month at 6:00 pm

INDIVIDUAL TUTORING

All Ages: By appointment only

YOUTH COMPUTER CLASS

Ages 5 and up: Mondays from 3:00 pm – 4:00 pm

CREATE A CHILD'S BOOK

From the bottom of the ocean to scorching hot desert sands, use your imagination and create a book anyone would want to read. This class is in celebration of International Children's Book Day!

Ages 4 and up: Tuesday, April 2nd from 5:30 pm - 6:30 pm

BOOT CAMP FOR KIDS

Kinship Youth are invited to work out at Kinship in this one time fitness boot camp. Exercises are tailored for ages 4 – 11. Are you up to the challenge?

Youth: Thursday, April 4th from 5:30 pm – 6:30 pm

SPRING FLING

Spring has sprung and we are going to celebrate spring with activities from around the world. Delicious food and family fun is in store at this special outdoor event.

All Ages: Tuesday, April 16th from 5:00 pm - 6:30 pm

FAMILY KICKBALL

Join us for an evening filled with great family fun as we play kickball on the lawn. Round the bases and score one for the team. Don't miss it!

All Ages: Thursday, April 25th from 5:30 pm - 6:30 pm

WEIRD SCIENCE COLOR FUN

Yes, you "red" right! It's all about the rainbow in this edition of weird science. You won't leave this class "blue" or "green" with envy. You will definitely pass with flying colors!

Ages 5 and up: Tuesday, April 30th from 5:00 pm - 6:30 pm

GO FLY A KITE

Put your creativity in action as we make handmade kites. Build, decorate, and fly your own kite. The sky's the limit! Materials provided.

All Ages: Tuesday, May 7th from 5:30 pm - 6:30 pm

CAMP KINSHIP SUMMER CAMP

Camp Kinship is a day camp for enrolled participants ages 5 – 15 as of June 1st. Registration is open to the first 100 campers. Swimming, field trips, crafts, arts, education, fitness, and fun, fun, fun are all part of the Camp Kinship experience.

Ages 5 – 15: June 3rd – August 2nd from 9:00 am - 4:00 pm daily

Trips

SPRING BREAK RETREAT TO ST. AUGUSTINE & JACKSONVILLE, FL

This year Kinship families will head to the beach. Spend 3 days and 2 nights in St. Augustine, FL, America's oldest city. See buildings built in the 1500's and learn of Florida's rich history. Tours, attractions and museums are on the agenda in both St. Augustine, and Jacksonville.

All ages: Tuesday through Thursday, April 9th – 11th

MEN'S TRIP TO THE MIGHTY 8TH AIR FORCE MUSEUM IN POOLER, GA

Join the men of Kinship as they explore the legacy of the Mighty 8th Air Force Museum in Pooler, GA. Hailed as one of the most powerful museum experiences in the world, the museum depicts events leading up to WWII and even houses actual bomber planes under restoration. Lunch is on your own.

Men Only: Saturday, April 27th from 8:00 am - 7:00 pm

LUNCHTIME IN THE STUDIO

Get up close and personal with the dancers of CORE as the company performs new dance routines. With audience participation and feedback about the choreography, the performance evolves through this unique collaboration. Lunch is included.

Adults: Thursday, May 9th from 10:00 am – 2:00 pm

YOUTH/TEEN RESPITE TRIP TO THE COCA COLA SPACE CENTER IN COLUMBUS, GA

Kinship Youth/Teens will travel Coca Cola Space Center in Columbus, GA. They will experience a show in the planetarium, interactive exhibits, and a flight simulator. Lunch is included.

Ages 5 and up: Friday, May 31st from 9:00 am – 4:00 pm

LADIES TRIP TO HISTORIC CARTERSVILLE, GA

The ladies of Kinship will be visiting the north Georgia town of Cartersville. Enjoy a guided tour of the historic district, the Noble Hill-Wheeler Memorial Center, and lunch at LaVette's Diner. No guys allowed!

Women: Thursday, June 27th from 8:30 am - 5:00 pm

MUSIC IN THE PARK AT CENTENNIAL OLYMPIC PARK

Music in the park is the perfect lunchtime getaway. Get outdoors for a time filled with sunny skies and great entertainment. Enjoy a live performance by local artists. Lunch is on your own.

Adults: Thursday, July 11th from 10:00 am - 2:00 pm



Register for classes online!
webtrac.claytoncountyga.gov/seniors.html

GRANDPARENT ORIENTATION FOR SUMMER CAMP

**MANDATORY CLASS TO ENROLL GRANDKIDS IN CAMP KINSHIP
CAREGIVERS ARE REQUIRED TO ATTEND ONE ORIENTATION SESSION**

WEDNESDAYS IN MAY @ 10:00 AM - 11:00 AM & 5:30 PM - 6:30 PM

Camp Kinship is just around the corner. Registration for summer camp begins Tuesday, May 28th at 9:00 am. Be sure you've met the orientation requirement before then. Camp spaces fill up fast. Grandparents and other relative caregivers wishing to enroll their kin must attend a one hour class about camp rules and expectations.



Call Kinship Care at 770-477-3417
for additional information & details

FRANK BAILEY SENIOR/FITNESS CENTER



1. Members posing for a group photo on Coca-Cola Space Station trip.

2. Joyful member taking photo during trip to Helen, GA.

3. Outdoor Fitness participants sweating it out!

4. Members compete while staff cheered them on during Super Bowl Tailgating Party 2013.



Frank Bailey Senior Center | 6213 Riverdale Road | Riverdale, GA 30274 | Phone: 678-479-5505 | Fax: 678-479-5522
 Monday – Friday 8:00 am – 5:00 pm | Thursdays 8:00 am – 8:00 pm

Mindy French | Manager



The Senior Center is helping to put some spring in your step with our Cinco De Mayo celebration. We are honoring Moms with an awesome spa event. And of course we have the Dad's covered with a cookout and Radio Controlled Car Race. We are crafting with the grandkids and celebrating Earth Day with a recycling program and special event. Join us for the Earl Link Billiards Tournament or travel with us to cheer on our Atlanta Braves. Join us for a wonderful spring!

Special Events & Activities

THROUGH THE EYES OF A WRITER

Hear inspiring words from our own Linda J. Davis, co-author of the Best Seller Unbreakable Spirit.

Wednesday, April 3rd from 2:00 pm - 3:00 pm

CRAFTS WITH THE GRANDKIDS

Enjoy crafting with the grandkids. Bring old t-shirts and learn to make rag rugs.

Wednesday, April 10th from 9:00 am - 2:00 pm

EARTH DAY RECYCLING

Learn some new and interesting facts on recycling that will improve the quality of life and help heal our planet.

Friday, March 1st - Tuesday, April 23th

EARTH DAY CELEBRATION

Join us in our effort to recycle, reduce, reuse and then celebrate our achievements on this Special Day!

Tuesday, April 23rd from 12:00 pm - 2:00 pm

APRIL SPRING FLING

Bring in the sun and warmth of spring with fun games, music, colorful food and beverages.

Friday, April 26th from 1:00 pm - 3:00 pm

SENIOR CALLING SERVICE

Learn how a calling service can help you notify your family in an emergency.

Tuesday, April 30th from 1:30 pm - 3:00 pm

CINCO DE MAYO

Celebrate Cinco De Mayo with Mexican style food and dancing.

Thursday, May 2nd

MOTHER'S DAY SPA EVENT

Moms, let us pamper you! Select two spa sessions and enjoy a brunch along with some entertainment. Be a queen mother for the day!

Tuesday, May 7th from 10:00 am - 3:30 pm

BATTLE OF THE SENIOR CENTERS SOFTBALL GAME

Darnell Senior Center (Fulton County) and Frank Bailey Senior/Fitness Center will battle each other in a softball game at Clayton County's Rum Creek Park.

Friday, June 7th from 2:00 pm - 3:30 pm

THE EARL LINK BILLIARDS TOURNAMENT

Join our single elimination billiards tournament in remembrance of Earl Link, a long time Senior Services Employee and dedicated billiards player.

Thursday, June 13th from 10:00 am - 4:00 pm

FATHER'S DAY COOKOUT

Let's honor our dads! A cookout for the men, followed by card games, dominoes and RC Radio Controlled "Toy" vehicle race. So bring your favorite RC car and compete for a prize. A fun time to be had by our dads!

Friday, June 14th from 1:00 pm - 4:00 pm

EXPRESS YOURSELF

Got program ideas? Is there an event you would like to see or a place you want to go? Join us for Express Yourself and sound off on trips, events and classes here at the center.

See front desk for dates.

Classes

BILLIARDS

Come join us for a review of all the UPA rules, ball in hand foul and penalties. Let's make this learning experience fun!

Wednesdays from 10:00 am - 10:30 am

20/20 STRENGTH AND TONE

Energizing and Unique class that combines 20 minutes of strength training and 20 minutes of core strength. We will target all muscle groups by using free weights, resistance tubing as well as stability balls. This class is a perfect complement to your cardiovascular workout!

Thursdays from 10:15 am - 11:00 am

ABS

This class is a mixture of exercises that will help to strengthen, tone, and stretch core muscle of abs and lower back.

Mondays from 11:15 am - 11:45 am

AFTER LUNCH WALK

Walk the pounds away with a mid-day after lunch walk.

Tuesdays & Thursdays from 1:00 pm - 1:30 pm

ARTHRITIS FOUNDATION LAND EXERCISE

Reduces joint stiffness and increases flexibility, strength, and endurance for people with arthritis.

Wednesdays from 11:00 am - 11:45 am

BEGINNING YOGA

Join this meditative class that uses breathing with movement to awaken the body with various postures to build strength and balance.

Wednesdays from 11:30 pm – 12:30 pm

BODY TONING

Participate in a total body workout combining cardio drills with dance and exercises centered around chairs.

Mondays & Wednesdays from 9:00 am – 9:45 am

DECOUPAGE

Learn to decoupage and decorate flower pots just in time for spring planting.

Thursday, April 11th from 5:00 pm - 6:00 pm

CARDIO YOGA

Brisk flowing yoga practice that taps into fat-burning capabilities, as it blends balance, strength and flexibility.

Mondays & Wednesdays from 1:00 pm – 2:00 pm

FIT DANCE

Join this dance class that includes various dance styles where instruction offers repetition in order to balance fun and fitness.

Tuesdays from 9:00 am – 10:00 am

FITNESS SAMPLER

Members can participate in our fitness sampler and experience several classes over their selected time period. Members can choose from a 5 day, 10 day or 15 day sampler and classes include 20/20 Strength & Tone, Body Toning, Fit Dance, Pilates, Step Aerobics, Fitness Therapy, Personal Fitness and Cardio Yoga.

FITNESS THERAPY

Improve range of motion and balance while strengthening and conditioning muscles.

Mondays & Wednesdays from 10:00 am – 11:00 am

GOLF

Learn the basic fundamentals of golfing.

Mondays & Wednesdays from 10:00 am - 11:00 am

LINE DANCE

A dance class with repeated steps in which a group of people dance in one or more lines or rows of all facing the same direction and executing the steps at the same time.

Thursdays from 11:00 am – 12:00 pm

PERSONAL FITNESS

This is a low impact workout that mainly focuses on muscle strengthen and toning while improving cardio strength and stamina.

Tuesdays & Thursdays from 11:00 am - 12:00 pm

PILATES

Learn correct form and breathing all while engaging your core. Pilates is a body conditioning routine that may help build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips, and back.

Tuesdays from 10:00 am – 11:00 am

SPIN

This aerobics class takes place on a specially designed stationary bicycle and burns calories as well as offers a great aerobic workout for your heart rate.

Wednesdays from 9:00 am – 9:30 am

STEP AEROBICS

Join this predominantly low impact class, which involves stepping up and down on a platform while performing creative choreographic movements to music.

Thursdays from 11:15 am – 12:00 pm

WEIGHT TRAINING FIT CAMP

Learn proper lifting, band exercises and boxing techniques to achieve proper body symmetry and fitness.

Mondays & Wednesdays from 11:00 am – 11:45 am

ZUMBA GOLD

Dance your way to fitness with Zumba Gold inspired by Latin Dance. Zumba mixes effective body sculpting and toning with easy to follow dance steps.

Tuesdays & Thursdays from 1:00 pm – 2:00 pm

Games

- Bocce Ball

Monday 9:30 am - 10:00 am

- Horseshoes

Tuesday 9:30 am - 10:00 am

- Shuffleboard

Wednesday 9:30 am - 10:00 am

- Wii Fit

Wednesday 2:00 pm - 3:00 pm

Special Clubs

- Studio 55 –Drama Club
- FBSC Choir
- Babettes Red Hat Society
- Walking Club
- Tai Chi Club
- Bid Whist
- AARP (Riverdale Chapter)
- Pinochle
- Wii Interactive Game
- The Bailey Bunch Bookers
- Crochet Club
- XYZ Club
- Bailey Brain Stormers

Battle of the Senior Centers Ladies Softball Game

Frank Bailey Senior Center

VS

Darnell Senior Center



Come cheer on the Bailey Silver Foxes as they battle Fulton County's Darnell Senior Center on Friday, June 7th at Rum Creek Park in Jonesboro. The game starts at 2:00 pm so come out and support the Bailey Silver Foxes! Play ball!

Trips

PANOLA PARK & STONECREST MALL

Enjoy a one mile hike at Panola Park in Lithonia. Afterwards, shop and eat lunch at Stonecrest Mall.

Friday, May 17th from 8:30 am - 5:00 pm

AMICALOLA FALLS

Join us for a picturesque hike on the various walking trails up Amicalola Falls. Lunch will be provided at our reserved picnic area.

Friday, May 24th from 9:00 am - 4:00 pm

WEST POINT FISHING TRIP

Join this all male fishing trip to West Point Lake, GA. An overnight excursion so you can get up before sunrise to fish this beautiful lake and grill out for lunch later that day. We will spend the night in one of West Point's rustic 3-bedroom cabins and enjoy the wonderful sounds of nature.

Thursday, April 4th to Friday, April 5th from 8:00 am - 4:00 pm

DELTA HERITAGE AIRPORT HANGER

The Spirit of Delta has exhibits that explore the story of the aircraft and Delta's jet age since 1959. The museum offers interior tours of the dc-3. ID is required to visit the museum. Lunch is at the airport view restaurant.

Thursday, April 11th 10:30 am - 2:30 pm

BRAVES GAME

Let's Go Braves! It's that time of year to cheer on our Atlanta Braves.

Wednesday, April 17th from 11:00 am - 3:00 pm

JIMMY CARTER LIBRARY

Learn about President Carter's life and view a replica of the Oval Office during his tenure.

Thursday, April 18th from 9:00 am - 3:00 pm

ADAMS FARM

Join us for some strawberry picking at Adams Farm. We will also shop at the farm's indoor market and visit the Italian Oven for lunch.

Thursday, May 3rd from 9:00 am - 4:30 pm

MADISON, GA

Back by popular demand! Travel back in time as you tour the lovely town of Madison, Georgia and take in the beautiful architecture and landscape.

Tuesday, May 14th from 8:00 am - 5:00 pm

COLUMBUS, SC

Learn the secrets of the Mayans. This trip includes a visit to the South Carolina State Museum and two nights stay in the lovely Columbia area. Plenty of time to tour the museum, listen to some jazz in the park and tour downtown exploring local establishments and architecture.

Monday, June 3rd to Wednesday, June 5th from 8:00 am - 5:00 pm

BOTANICAL GARDENS

The Botanical Gardens is thirty acres of plant collections, lush gardens and flowers. Meander through lush topiary, beautiful blooms and living sculptures and enjoy a bite to eat at the Metro Café.

Tuesday, May 28th from 8:30 am - 4:00 pm

WAFFLE HOUSE HISTORIC SITE

Come learn all about Waffle House, what started the concept, as well as a look over the 45 years of history.

Thursday, June 20th from 9:00 am - 2:00 pm

LANES PACKING

Tour the Lane Packing Company in Fort Valley in a Bluebird Bus and learn about processing fruit.

Tuesday, June 25th from 8:30 am - 4:00 pm

Spring Info Action



Frank Bailey Staff at Riverdale Place Rehabilitation Center.



Griswell Staff preparing to donate toys to Kinship Care Resource Center.

**Get Active This Spring
with Community Service**

Spring Into Action

Refresh yourself this spring by volunteering your time in your community.

Throughout the year, each division of the Senior Services Department made efforts to give back to the community of Clayton County.

The employees of the Kinship Care Program, which hosts the Grandparents Raising Grandchildren program, decided to collect small toys and goodies to donate to The Rainbow House, the county's children's shelter. Wanting to bring a smile to the faces of these children, they gave toys, stuffed animals, and bubbles to help brighten their day.

The Frank Bailey Senior Center staff visited the Riverdale Place Rehabilitation Center bringing gifts of fruit baskets and music by the Frank Bailey Senior Center Staff Choir. They delivered and visited with 30 residents of the center in their Activity Room. The residents enjoyed the visit and had the staff sing their songs through the hallways of the facility for the other residents that couldn't get out.

During the month of December, the staff of the Charley Griswell Senior Center adopted a family of the Kinship Care Resource Center's Angel Tree Program. This program encourages people to help provide a Christmas to the families of the Grandparents Raising Grandchildren program who need assistance in providing gifts for the children they are raising. The gifts included dolls, sporting equipment, and a gift card.

The Health and Wellness Division, through their women's support groups, collect toiletries throughout the

year to donate to homeless shelters in our community. They collect these items at each senior center, separate and bag them, and hand deliver them to the shelters. Homeless shelters can use items like bath towels, washcloths, sheets, deodorant, toothpaste and brushes, feminine hygiene products, and toilet paper. If you would like to make a donation to this cause, contact the Health and Wellness Division at 770-477-3471 for more information.

Volunteer this spring. Spring is a great time to refresh, renew, and replenish yourself. Why not try volunteering for your community? On the HelpGuide.org website, you can find many benefits of volunteering. They report that "older adults...who volunteer have a lower mortality rate than those who do not" (Saisan, Smith, and Kemp, 2012). They go on to say that volunteering can help ease symptoms of chronic pain or heart disease. Read this article at http://www.helpguide.org/life/volunteer_opportunities_benefits_volunteering.htm to learn more ways volunteering can be beneficial to you.

Source: Saison, Joanna, Smith, Melinda, and Kemp, Gina (December 2012) "Volunteering and its surprising benefits" Help Guide.org Retrieved February 15, 2013 from http://www.helpguide.org/life/volunteer_opportunities_benefits_volunteering.htm

- Marquita Bundrage, Event & Marketing Coordinator

Clayton County Senior Services Department

J CHARLEY GRISWELL SENIOR CENTER



1. Griswell Staff Nechelle Underwood styling a member's nails during Spa Day for Mother's Day.
2. Participants awaiting the fashion show during our Tea and Fashion Show event last year.
3. Fitness Instructor Sammy Reed warming up crowd for Fitness Walk at Mayfest 2013.
4. Community Garden at our center will be starting up soon!



J. Charley Griswell Senior Center | 2300 Hwy 138 S.E. | Jonesboro, GA 30236 | Phone: 770-477-3499 | Fax: 770-477-3491
 Mondays 8:00 am - 8:00 pm | Tuesday - Friday 8:00 am - 5:00 pm

Linda McKenzie | Manager



Peel off your hats, coats, gloves and scarves and come out of hibernation. Let's celebrate this spring season by taking a fitness, water and educational class or participate in Griswell's special events. Enjoy our new and exciting trips we're offering this quarter. Get up, get out and get busy doing good and great things for you and your body.

Special Events & Activities

POST EASTER SCAVENGER HUNT

Come and let's have some fun during the Griswell Center's Post Easter Scavenger Hunt. Enjoy an afternoon of games, trivia, giveaways and a time of fellowship.

Monday, April 1st from 1:00 pm - 3:00 pm

GRISWELL POOL AND FITNESS BLOCK PARTY

Join us for a fitness and pool block party to remember as we celebrate the re-opening of the Griswell pool. Let's party the morning away with music, games, prizes, exercises and refreshments.

Friday, April 5th from 10:00 am - 12:00 pm

SPRING TEA AND FASHION SHOW

Get a preview of the latest spring and summer fashions. Join us and watch the Griswell members and staff as they light up the runway in the latest fashions. Before the fashion show enjoy the sampling of teas and delectable desserts.

Saturday, April 27th from 5:00 pm - 8:00 pm

POST MOTHER'S DAY AT THE SPA

It is that time again! It is a time for us to celebrate the ladies of Griswell during our 3rd Annual Spa Day event. The ladies will enjoy spa services to include; Manicures, Massages, Facials, Foot care, Reiki Room, Eye Brow arching, Hand Massages and much more. Light refreshments will also be available for the ladies to enjoy.

Thursday, May 23rd from 1:00 pm - 5:00 pm

ADVISORY COUNCIL BINGO BASH

Join the Griswell Advisory Council for a spirited afternoon of bingo. Come and try your luck at winning. Cards are \$1.00 for 3 and refreshments will be sold.

Thursday, June 6th from 2:00 pm - 4:00 pm

CELEBRATING OUR FATHERS

Men, it is time to celebrate you! Come out for an afternoon of games, sports trivia, prizes and a delicious barbeque meal.

Friday, June 14th from 2:00 pm - 4:00 pm

Classes

Due to the overwhelming response and participation in signing up for free water classes, you are only allowed to register for one free water class a session.

ARTHRITIS AQUATICS

Arthritis got you stiff? Try our Arthritis Aquatic Class. This class is a 45 minute workout consisting of safe and approved Arthritis foundation exercises, stretching and aerobic exercise for increase flexibility and decrease of pain. The class uses movements approved by the Arthritis Foundation.

Tuesdays and Thursdays

from 11:30 am – 12:15 pm

Fridays from 9:00 am – 9:45 am

BEGINNERS SWIM

Do you have a fear of water? We have an excellent instructor who will teach you how to swim and ease your fear of water.

Mondays and Wednesdays

from 9:00 am - 10:00 am

CELL PHONES 101

2nd and 4th Friday of each month

from 11:30 am - 12:30 pm

AQUA BOOT CAMP

Come and enjoy an advanced aqua sculpting class which builds muscular strength and endurance in a fast pace.

Mondays and Wednesdays

from 2:00 pm – 3:00 pm

H2O WORKS

Experience one hour of cardio water workout with resistance exercises using hand buoys, tubing, and medicine balls to work upper and lower body.

Mondays and Wednesdays

from 10:00 am – 11:00 am

Tuesdays and Thursdays

from 9:30 am – 10:30 am

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Mondays and Wednesdays

from 2:00 pm – 3:00 pm

AQUA SCULPTING

Experience building muscular strength and endurance in this fast paced class. Use resistance equipments such as tubing, hand buyos, and medicine balls for upper and lower body.

Mondays and Wednesdays

from 3:00 pm – 4:00 pm

WATER WALKING

Join us for this great lower body and light cardio workout that incorporates different walking exercises in the pool.

Wednesdays from 1:00 pm – 1:30 pm

PLYOMETRIC CARDIO CIRCUIT

Join us for thirty minutes of deep cardio and strength training exercises in the water.

Fridays from 2:00 pm – 2:30 pm

CARDIO FITNESS

Come and experience an aerobic exercise workout for total body fitness.

Mondays from 5:00 pm - 6:00 pm

Fridays from 4:00 pm - 5:00 pm

PERSONAL FITNESS

Come let our personal trainer determine the type of exercise you need to get your body in shape. Meal plans are offered upon request.

Tuesdays and Thursdays

from 12:15 pm – 1:15 pm

Wednesdays from 12:15 pm – 1:15 pm

DANCERCISE

Enjoy a full body workout while you dance and exercise to oldies but goodies and learn the latest dances.

Wednesdays from 10:00 am- 10:45 am

ZUMBA

Experience an energetic combination of salsa, meringue and many other international dance steps delivered as a Latin- inspired fitness class.

Mondays from 12:00 pm - 1:00 pm

Tuesdays from 2:00 pm - 2:00 pm

YOGA THERAPY

Renew, restore and refresh your body with yoga postures, meditation and breathing techniques that are specific to your needs and goals.

Wednesdays from 9:00 am – 10:00 am

Fridays from 9:00 am – 10:00 am

EVENING TAI CHI

A slow moving form of martial arts and meditation that reduces stress, increase energy, agility and muscle strength.

Mondays from 6:00 pm - 7:00 pm

ADVANCED HATHA YOGA

Enjoy a class that helps to improve balance, circulation, and gives stress relief.

Fridays from 10:00 am – 11:00 am

PILATES WITH GABRIELLA

Come and enjoy a class that offers a system of exercises using smooth, flowing movements to tone and stretch the body. It also increases strength and flexibility in the joints and muscle.

**Mondays and Wednesdays
from 4:00 pm – 5:00 pm**

CHICAGO STYLE STEPPING/ SOUL LINE DANCING

Mondays from 6:15 pm - 7:15 pm

AQUA YOGA

Fridays from 11:00 am - 12:00 pm

YOGALATES

Wednesdays from 10:00 am – 11:00 am

GOURMET COOKING CLUB

**2nd and 4th Fridays of each Month from
1:00 pm - 3:00 pm**

BASIC COMPUTER CLASS

Learn the basic computer skills from turning on the computer, how to control the mouse and more.

Mondays from 10:00 am - 11:00 am

INTERMEDIATE COMPUTER

Come and learn how to apply the knowledge gained in the basic computer class.

Tuesdays from 9:00 am - 10:00 am

BASIC DIGITAL PHOTOGRAPHY

Do you ever wonder how you can show all of your photos? This class will teach you how to make a digital film using your treasured photos.

Wednesdays from 10:00 am - 11:30 am

CERAMICS

Learn how to design, paint and personalize your own piece.

Mondays from 9:30 am - 11:30 am

JEWELRY MAKING CLASS

Learn how to design, make and personalize your own jewelry including earrings, necklace and bracelets.

Thursdays 10:00 am - 11:30 am

LINE DANCE

Enjoy learning different moves and combining them into routines.

Mondays from 2:00 pm - 4:00 pm

BEGINNING SPANISH

Learn the basic of speaking Spanish, including vocabulary and everyday phrases.

Tuesdays from 11:00 am - 12:00 pm

QUILTING

Mondays from 4:00 pm - 7:00 pm

**Tuesdays – Thursdays
from 10:00 am - 12:00 pm or
1:00 pm - 3:00 pm**

SKETCHING

Tuesdays from 10:00 am – 11:00 am

ONE STROKE PAINTING

Come and learn how to blend shades and highlights all in one stroke.

Fridays from 1:00 pm – 3:30 pm

LAND ARTHRITIS EXERCISE

Increase your range of motion, strength and endurance in this class designed according to the Arthritis Association Foundation.

Tuesdays from 10:00 am - 11:00 am

Thursdays from 11:00 am – 12:00 pm

KNITTING

Enjoy learning basic knitting skills along with your peers.

Thursdays from 1:30 pm - 2:30 pm

CROCHETING

Learn basic stitches, how to read a pattern and make simple decorative items.

Wednesdays from 9:00 am - 10:00 am

CREATIVE CRAFTERS

Wednesdays from 10:00 am - 11:30 am

BRIDGE

Tuesdays starting at 1:00 pm

TEXAS HOLD'EM

Mondays & Thursdays starting at 9:30 am

PINOCHLE

Wednesdays starting at 1:00 pm

BUNCO

Tuesdays from 2:00 pm – 4:00 pm

MONDAY FUN NIGHTS

Every Monday, the Griswell Center is opened until 8:00 pm offering various card and board games and classes. Refreshments are sold by the Griswell Advisory Board.

Mondays from 5:00 pm - 8:00 pm

THREE (D) THURSDAY (DISCUSS, DECIDE, DANCE)

This meeting gives members an opportunity to discuss and decide upcoming and future events, classes, trips and center activities. Members will have an opportunity to dance, mingle and enjoy lite refreshments.

**2nd Thursday of each month
from 2:00 pm - 3:00 pm**

THE VOICES OF GRISWELL

Love to sing and have a good time? Well come join a group who loves to do just that. We'll sing all type of music, jazz, gospel, you name it. All you need to do is come with a joy for singing or a willingness to try.

Call the Griswell center for furthers details

MONTHLY BIRTHDAY SOCIAL

It's your birthday, let's Celebrate! Come join other members who are celebrating their birthday during the same month. We will play games, dance and enjoy ice cream and cake.

**2nd Thursday of each month
from 3:00 pm - 4:00 pm**

AARP JONESBORO CHAPTER

Come find out the latest with AARP.

**2nd Wednesday of each month
from 12:15 pm**

Please call the Griswell center for further details.

Special Clubs

Please call the center (770-477-3499) for details on the following clubs.

- Book Club
- Garden Club
- Red Hatters Club
- Jump (Griswell Drama Club)
- Scrabble Club
- P.A.L. (Positive Attitude Ladies)
- Blood Pressure Screenings

Trips

NORTH GEORGIA PREMIUM OUTLETS

Take a tour, and then shop til you drop at North Georgia Premium Outlets. You'll find impressive savings at the 140 upscale outlet stores! Have lunch on your own at the outlet center.

**Wednesday, April 3rd
from 8:00 am – 4:00 pm**

LUNCH AT BENIHANA'S RESTAURANT

Travel with us to Benihana where the food is not only cooked, it is choreographed. The chefs will entertain you as they cook your favorites, such as steak, chicken, seafood and fresh vegetables in traditional Japanese style on a hibachi table.

**Wednesday, April 10th
from 11:30 am - 3:00 pm**

ATLANTA CYCLORAMA AND 6 FEET UNDER RESTAURANT

Take a stirring journey through time in Atlanta's Cyclorama. Sit at the center of a sweeping panorama of the Battle of Atlanta, fought during the American Civil War. You'll also see artifacts of the war displayed in the Civil War Museum. Have lunch on your own at 6 Feet Under Restaurant.

Tuesday, April 16th from 9:30 am - 3:00 pm

“SISTER ACT” AT THE FOX THEATRE

Broadway is back in Atlanta with its hilariously amazing musical Sister Act! The musical follows the adventures of Deloris Van Cartier, from her high rolling life as a nightclub star to her transformative life in the convent while hiding and evading the suspects of a crime of which she was the main witness. Before the play enjoy dinner on your own at a nearby restaurant.

**Tuesday, April 23rd
from 4:30 pm – 10:30 pm**

TURNER FIELD TOUR

Take a tour of Turner Field with your virtual hosts Bobby Cox and John Smoltz. You'll see the Braves Museum & Hall of Fame, Coca-Cola Sky Field, Scouts Alley, Broadcast Booth, Luxury Suite, Press Box, Clubhouse, Plaza, Dugout and Museum Store. Have lunch on your own at a nearby restaurant.

**Wednesday, May 1st
from 10:00 am – 3:00 pm**

HIGH MUSEUM OF ART

You are invited to the High Museum of Art, the leading art museum in the Southeastern United States. View the classic and contemporary art and special exhibitions. Have lunch on your own at a nearby restaurant.

**Wednesday, May 8th
from 10:00 am – 4:00 pm**

INCLINE RAILWAY & RUBY FALLS

Sit back, relax and enjoy the scenic view as you take a ride on the steepest passenger railway in the world -Lookout Mountain's Incline Railway, known as America's Most "Amazing Mile." Next we'll be on Lookout Mountain gasping at the remarkable beauty of Ruby Falls and enjoying the many geological wonders of this magnificent cave! Have lunch on your own at a nearby restaurant.

Thursday, May 16th from 8:00 am – 8:30 pm

CHAMBERLAIN'S CHOCOLATE FACTORY

Release your inner child with a unique chocolate making experience filled with laughs and make your very own chocolate creations to bring home! Have lunch on your own at a nearby restaurant!

Tuesday, May 21st from 8:30 am – 3:00 pm

WILD ANIMAL SAFARI

Take a walk on the wild side at Pine Mountain's Wild Animal Safari. Ride through the safari and have the tour guide tell you all about the different animals from around the world. Help feed the animals in the petting zoo. After the tour, enjoy lunch on your own at a nearby eatery.

Tuesday, May 28th from 8:00 am – 4:00 pm

AGATHA'S A TASTE OF MYSTERY

Come to Agatha's comedy murder mystery dinner theater, where you are a part of the act! Agatha's serves a five course meal to include appetizers, soup, salad, a choice of entree' and dessert.

Wednesday, June 5th from 6:00 pm - 10:00 pm

FISHING AT SHAMROCK RESERVOIR

Let's go fishing at beautiful Lake Shamrock where you will enjoy peace and serenity as you catch a load of bass, brim and catfish. Enjoy a nice boxed lunch.

Thursday, June 13th from 8:00 am - 4:00 pm

CREEK CASINO

Feeling lucky? Take a chance; win a fortune at Creek Casino in Montgomery Alabama. You will receive a \$15.00 meal voucher while you're there.

Monday, June 24th from 8:00 am – 8:00 pm

“THE BOOK CLUB” PLAY AT HORIZON THEATRE

Let's enjoy an evening at the theater! In The Book Club Play, Ana lives in a letter-perfect world with an adoring husband, the perfect job and her greatest passion: The Book Club. However, when her cherished gathering becomes the subject of a documentary film and a provocative new member joins the circle, things begin to heat up and more truths are told than anyone bargained for. A delightful new comedy about life, love, literature and the side-splitting results when friends start reading between the lines. Have lunch on your own at a nearby restaurant.

Wednesday, June 19th from 4:00 pm - 11:00 pm

Overnight Trips

Interested in overnight trips for 2013? All overnight trips listed below are “tentative” and subject to a “sign-up commitment”.

NEW YORK CITY, PHILADELPHIA & ATLANTIC CITY

See three exciting cities in one tour on a bus trip to Philadelphia, Atlantic City, and New York City! Our Atlantic City, New York City, and Philadelphia bus tour starts off with a trip to New York, NY - the Big Apple! You'll spend the day on a guided tour, seeing such famous sights as Central Park, Rockefeller Center, Times Square, Wall Street, and more. Next, you'll head to Atlantic City, where you'll check into a casino hotel. You'll have time to do some gaming and stroll along the famous Atlantic City boardwalk on the Atlantic Ocean. Finally, you finish up with a bus tour to Philadelphia -- the City of Brotherly Love! You'll enjoy a guided tour and see such historical sights as the Liberty Bell, Independence Hall, the beautiful Penn's Landing waterfront, and much more! This bus trip to Philadelphia, Atlantic City, and New York gives you a taste of the best these three cities have to offer! The trip includes hotel, motor coach transportation, tours and (9) meals.

August 24, 2013 - August 30, 2013



*We have the perfect location for your special event,
wedding reception, or corporate meeting.*

Both centers offers a beautiful backdrop to your next special event. Visit the Atrium at the Frank Bailey Center or the Dining Hall at the Griswell Center for more information and to check available dates.

- *Weddings & Receptions
- *Graduation Parties
- *Meeting Rooms
- *Baby Showers
- *Banquets



Charley Griswell Dining Hall

770-477-3499

Refundable Security Deposit: \$150

Hourly Rate: \$150/hr

Security fee (required): \$35/hr



Frank Bailey Atrium Cafe

678-479-5505

Refundable Security Deposit: \$150

Hourly Rate: \$100/hr

Security fee (required): \$35/hr

An additional fee of \$25 is imposed on Non-Clayton County residents.

Clayton County
Senior Services Cafes



Check Out Our New Menu Items

Entrees

General Tso Chicken
Classic Meat Lasagna
Herb Crusted Baked Pollock
Cranberry-Glazed Pork Roast

Off the Grill

Tuna & Cheddar Panini
Bacon Turkey Cheeseburger
Philly Cheesesteak Sandwich
Seasoned Wings w/Celery & Carrots

500 Calorie Meals

Tuna Salad Plate
Grilled Chicken Cobb Salad
Turkey & Cranberry Ciabatta
Smoked Turkey Pretzel Sandwich



Griswell Dining Hall
Charley Griswell Senior Center in Jonesboro
Breakfast Hours: 8:30 am - 9:30 am
Lunch Hours: 12:00 pm - 1:30 pm

Frank Bailey Atrium Cafe
Frank Bailey Senior Center in Riverdale
Breakfast Hours: 8:15 am - 9:30 am
Lunch Hours: 11:30 am - 1:00 pm



