

Summer/Fall 2015

# CF



CLAYTON FOREVER YOUNG

A Clayton County Senior  
Department Publication

Maggie Brown-Kidd  
is 110 and  
going strong!

Interview on pg. 26

**GET INTO THE  
ACT**

MAY IS OLDER AMERICANS MONTH

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SONNA SINGLETON GREGORY  
COMMISSIONER: DISTRICT 1



GAIL HAMBRICK  
COMMISSIONER: DISTRICT 2



JEFFREY E. TURNER  
CHAIRMAN



SHANA M. ROOKS  
COMMISSIONER: DISTRICT 3



MICHAEL EDMONDSON  
COMMISSIONER: DISTRICT 4

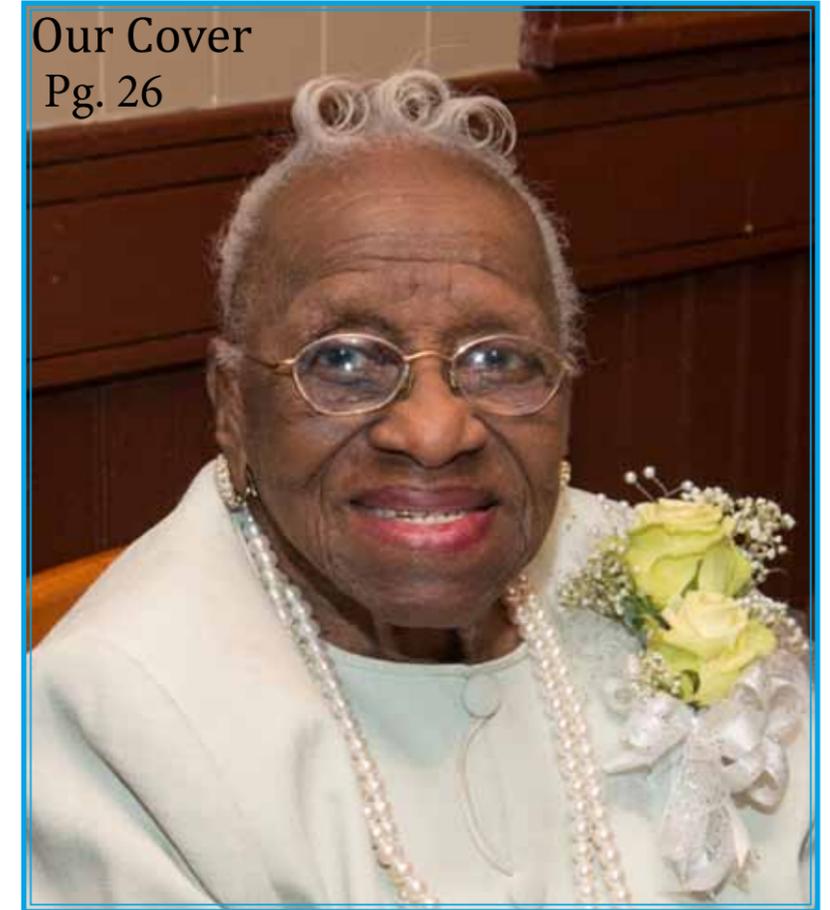
"Clayton Forever Young" is dedicated to the Board of Commissioners for their outstanding leadership and dedication in making Clayton County the best place to live, work, and raise our children.

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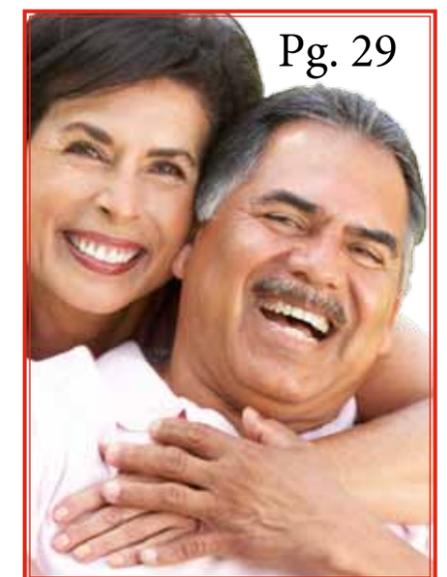
Our Cover  
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Cover photo provided by Warren Bond Photography.



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The Senior Services Department would like to formally introduce our new Assistant Director, **Mario Henson**. Mario joined the department January 2015, formerly managing the Virginia Burton-Gray Recreation Center in Riverdale, under Clayton County Parks and Recreation. Mr. Henson has a Bachelors of Science Health & Physical Education/ Recreation Administration degree from Albany State University as well as a Masters Degree in Public Administration with an emphasis in Government and Policies from Grand Canyon University. Mr. Henson oversees the Frank Bailey Senior Center, J Charley Griswell Senior Center, and Kinship Care Resource Center.

**What most excites you about working with Senior Services?** It is exciting to see active seniors and knowing that there are programs that are available to celebrate the aging process. Also, it is exciting embarking upon a new challenge and knowing that you have been given the opportunity to move the department from good to great, while changing the face of aging.

**What are a few goals you have for the department?** Our first major goal is to become the first nationally accredited Senior Services Department in the state of Georgia. Another goal is to continue improving service delivery and provide holistic programs that will improve the overall quality of living for seniors.

WELCOME TO SENIOR SERVICES!

# WHAT WE BELIEVE

**We believe a supportive community environment is one where:**

**Seniors and relative care givers** are recognized as a valuable asset.

**Seniors and relative care givers** have the opportunity to contribute and expand their talents and knowledge.

**Seniors and relative care givers** strengthen our community and benefit personally by their involvement.

**Seniors and relative care givers** have access to a full spectrum of services, including social, emotional, educational and recreational opportunities to their unique needs and interest.

**Seniors and relative care givers** are treated respectfully and with dignity.

**Seniors and relative care givers** of all economic circumstances are served.

## Our Core Values

**Commitment** - Commitment to provide quality services, programs, and other initiatives that impact lives both within and outside the department.

**Diversity** - Respecting and embracing the diverse population of the community we serve.

**Empowerment** - Empowering our employees to take initiative in a leadership role to excel.

**Innovation** - The passion to implement new, creative ideas that have the potential to change the face of aging.

**Fun** - Having fun and celebrating small successes in our journey to achieve our goals and objectives.



Clayton County  
**Senior Services**  
Department  
*Changing the face of aging*

# CLASS SCHEDULE

## Class Information

### SUMMER/FALL SCHEDULE

**Summer Session I** (5wks) May 18, 2015 - June 19, 2015

Break Week – June 22, 2015 - June 26, 2015

**Summer Session II** (5wks) June 29, 2015 - July 31, 2015

Break Week – August 3, 2015 - August 7, 2015

**Summer Session III** (5wks) August 10, 2015 - September 11, 2015

Break Week – September 14, 2015 - September 25, 2015

**Fall Session I** (5wks) September 28, 2015 - October 30, 2015

Break Week – November 2, 2015 - November 6, 2015

**Fall Session II** (5wks) November 9, 2015 - December 11, 2015

Break Week – December 14, 2015 - January 1, 2016

### REGISTRATION SCHEDULE

**Summer Session I** - Monday, April 27, 2015 - Friday, May 22, 2015

**Summer Session II** - Monday, June 15, 2015 - Friday, July 3, 2015

**Summer Session III** - Monday, July 27, 2015 - Friday, August 14, 2015

**Fall Session I** - Monday, September 7, 2015 - Friday, October 2, 2015

**Fall Session II** - Monday, October 26, 2015 - Friday, November 13, 2015

Registration dates apply to all classes lasting the length of the 5 week session. Registration for trips, special events, and one-day classes may have additional periods of availability. Online registration is available for current members. The web site for online registration can be accessed by visiting [www.ClaytonSeniors.com](http://www.ClaytonSeniors.com) and click on "Class Registration" located at the top of the page.

Clayton County Senior Services has adopted a new refund policy. For any class, trip, or special event that you paid for, you may request a refund up to seven (7) days before the date of the event.



Clayton County  
**Senior Services**  
Department

*changing the face of aging*

## Membership Fees

Clayton County Residents: \$12 a year

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

Daily Passes: \$2

## Mission Statement

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

## Disclaimer

Clayton County Senior Services Department does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register for activities, programs and services.

Clayton County Senior Services Department is complying with the Americans with Disabilities Act (ADA), public law 101-336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program modifications will be made on a case by case basis to allow people with disabilities to both participate in and benefit from programs. Documentation of disabilities is required when requesting reasonable modifications.

6701 Highway 85 | Riverdale, GA 30274 | Phone: 770-347-0150 | Fax: 678-479-5069 | Monday - Friday 8:00 am - 5:00 pm

[www.ClaytonSeniors.com](http://www.ClaytonSeniors.com) | [SeniorServices@co.clayton.ga.us](mailto:SeniorServices@co.clayton.ga.us) | [www.facebook.com/ClaytonSeniors](http://www.facebook.com/ClaytonSeniors)

# DIRECTORY

## ADMINISTRATION

**Tori Strawter-Tanks, Director**

6701 Highway 85 | Riverdale, GA 30274

770-347-0150 main | 678-479-5069 fax

## MARKETING DIVISION

**Marquita Bundrage, Event & Marketing Coordinator**

6701 Highway 85 | Riverdale, GA 30274

770-603-5281 office | 678-479-5069 fax

## AGING PROGRAM

**Jamie Carlington, Aging Administrator**

877 Battle Creek Road | Jonesboro, GA 30236

770-603-4050 main | 770-603-4068 fax

## CLAYTON SENIOR

### ADULT CENTER

6213 Riverdale Road | Riverdale, GA 30274

678-479-5505 main | 678-479-5522 fax

## KINSHIP CARE PROGRAM

**Angela Burda, Manager**

849 Battle Creek Road | Jonesboro, GA 30236

770-473-5788 main | 770-477-3421 fax

## FRANK BAILEY SENIOR CENTER

**Mindy French, Manager**

6213 Riverdale Road | Riverdale, GA 30274

678-479-5505 main | 678-479-5522 fax

## J CHARLEY GRISWELL

### SENIOR CENTER

**Linda McKenzie, Manager**

2300 Highway 138 SE | Jonesboro, GA 30236

770-477-3499 main | 770-477-3491 fax

## Clayton County Government Telephone Directory

Alzheimer's Services Center ..... 770-603-4090	Parks and Recreation ..... 770-477-3766
Animal Control ..... 770-477-3509	Athletic Administration ..... 770-473-3800
Board of Commissioners ..... 770-477-3208	The Beach/Sales Office ..... 770-603-4005
Burn Line ..... 770-473-3836	V. Gray Recreation Center ..... 770-603-4001
Chamber of Commerce ..... 678-610-4021	Jim Huie Recreation Center ..... 678-479-5136
Code Enforcement ..... 678-6910-4755	International Park ..... 770-603-4005
Community Service Center ..... 404-363-0575	Lundquist Aquatic Center ..... 678-479-5136
County Extension Services ..... 770-473-5450	Matthews Soccer Center ..... 770-473-5771
DFACS ..... 770-473-2300	C. Rhodenizer Recreation Center ..... 770-472-8042
Emergency (Police & Fire) ..... 911	Job Hot Line ..... 770-473-5800
Elections ..... 770-477-3372	Police Headquarters ..... 770-477-3747
Farmers Market ..... 404-675-1782	Police/North Precinct ..... 770-603-4070
Gun Permits ..... 770-477-3301	Police/South Precinct ..... 770-472-8065
Jury Information ..... 770-477-3400	Potholes ..... 770-477-3674
Library Headquarters ..... 770-473-3850	Recycling Drop Center ..... 770-473-5470
Forest Park ..... 404-366-0850	Reynolds Nature Preserve ..... 770-603-4188
Jonesboro ..... 770-478-7120	Section 8 ..... 770-478-7282
Morrow ..... 404-366-7749	Sheriff (Non Emergency) ..... 770-471-1122
Riverdale ..... 770-472-8100	Southern Regional Medical Ctr. .... 770-991-8000
Lovejoy ..... 770-472-8129	Tag Office (Main Location) ..... 770-477-3331
Marriage License/Probate ..... 770-477-3301	Tag Office (Southlake Office) ..... 770-473-5758
Mental Health/ Addiction Services... 770-478-2280	Tax Assessors (Property Value) ..... 770-477-3285
Notary Information ..... 770-477-3395	Tax Commissioner (Tax Bills) ..... 770-477-3311
	Water Authority ..... 770-961-2130
	Voter's Registration ..... 770-477-3372

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



**Frank Bailey Atrium Cafe**  
678-479-5505

Refundable Security Deposit: \$150  
Hourly Rate: \$100/hr  
Security fee (required): \$35/hr



**Charley Griswell Dining Hall**  
770-477-3499

Refundable Security Deposit: \$150  
Hourly Rate: \$150/hr  
Security fee (required): \$35/hr

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

## WHAT'S GOING ON THIS SEASON

### **Kinship Graduation Ceremony**

Kinship Care Center  
5/21/15 from 1pm - 2pm

### **Haitian Heritage**

Kinship Center  
5/28/15 from 10am - 2pm

### **Calling All Poets**

Bailey Senior Center  
6/26/15 from 12pm - 2pm

### **Griswell Anniversary Week**

Griswell Senior Center  
8/10/15 - 8/14/15

### **Father's Day Event**

Bailey Senior Center  
6/19/15 from 1pm - 3pm

### **Dia De Los Muertos**

Kinship Center  
11/5/15 from 5pm - 6:30pm

### **Black & White Ball**

Griswell Senior Center  
10/14/15 from 6pm - 10pm

### **Veterans Day Program**

Griswell Senior Center  
11/5/15 from 2pm - 4pm

### **Art In Motion**

Bailey Senior Center  
11/18/15 from 10am - 11am

# AGING PROGRAM

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**Jamie Carlington, Aging Program Administrator**

**877 Battle Creek Road | Jonesboro, GA 30236**

**Telephone: 770-603-4050 | Fax: 770-603-4068**

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

The Aging Program consists of In Home Services and the Clayton Senior Adult Program. The Clayton Senior Adult Program has a wide array of classes, special events, and trips for their program participants.

## 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.

### MUNICIPALITY REFERRALS

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

### 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.

### DISABILITY REFERRALS

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

### 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.

### 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.

### FOOD PANTRY

The Senior Services Food Pantry is available to qualifying Clayton County seniors in need of temporary food assistance. Anyone seeking assistance must first be interviewed by an Information/Assistance Specialist to ensure they fall within the federal guidelines. Donations are welcomed.

**Walk-ins are accepted Mondays – Fridays  
from 8:30 am - 4:30 pm**

## CARE TRANSITIONS

This program is a short-term health intervention partnership program between Senior Services, the Atlanta Regional Commission (ARC) and Atlanta area hospitals the goal of the program is to prevent the senior patient from being readmitted immediately back into the healthcare facility by offering a combination of intervention services. The support plan consist of providing the following: 14 day home meal deliveries, round trip medical appointment transportation (within Clayton County only), and limited in-home services as ordered by the program's hospital coach.

## 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.

## CENTENARIAN CLUB

The Clayton County Centenarian Club is an exclusive opportunity for Clayton County residents 100 years and older. Membership includes receiving a certificate from the County signed by your commissioner as well as free access to everything the Senior Services Department offers, including breakfast, lunch, special events, membership, and more.

**For more information about these services, please call our office at 770-603-4050 Monday through Friday.**

## 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 SENIOR ADULT PROGRAM

6213 Riverdale Road | Riverdale, GA 30274

678-479-5505 main | 678-479-5522 fax

Monday – Friday 8:00 am – 5:00 pm



## Classes

### ART ACTIVITY/ THERAPEUTIC CRAFTS

Express yourself in art. Our facility provides a range of art activities that can be used for your home, tableware or as a gift to a loved one. Members will participate in making art projects such as painting sun catchers and coasters, putting together a bird house and making their own thermometer to keep track of the weather all year round.

**Mondays from 10:00 am - 11:00 am**

### HEALTH AND NUTRITION CLASSES

Educators, volunteers and staff conduct classes once a month to discuss health topics demonstrating alternative ways to stay healthy by keeping clients abreast of all new interventions and nutritional food intake.

**3rd Wednesday each month from 10:00 am– 11:00 am**

### TAI CHI

Tai Chi is a low impact and slow motion exercise. The class is often described as meditation. The benefits are relaxation, improved strength and flexibility.

**Tuesdays and Thursdays from 1:00 pm – 1:30 pm**

### FITNESS THERAPY

Fitness Therapy will help to provide seniors with a full body workout using chairs and limited standing aerobic exercises.

**Tuesdays from 9:30 am – 10:00 am**

### CHAIR PILATES

This class uses the chair to build core strength and balance. Chair exercises are designed to improve participant's upper and lower body strength, increase range of motion, flexibility and balance.

**Thursdays from 9:30 am – 10:00 am**

### BASEBALL GAMES

This is a low impact game that consists of small bean bags for balls. Participants have six players on each team. Each player has a chance to throw a bean ball through the hole on the baseball board. Whichever team gets home first wins a game. Participants enjoy this game which enhances their motor skills.

**Thursdays from 12:45 pm – 1:45 pm**

### LIFESTYLE MANAGEMENT

Keep your body healthy by getting a regular blood pressure checkup every other Thursday. Anyone can develop high blood pressure, but you are more at risk if you are over the age of 45, overweight, African American and diet high in sodium.

**Wednesdays from 10:30 am – 11:30 am**

### PUBLIC EDUCATION CLASS WITH CLAYTON COUNTY FIRE & EMERGENCY SERVICES

Clayton County Fire & Emergency Services is dedicated to ensuring the safety of lives and protection of property for the citizens of our county. The Clayton County Fire & Emergency Services will conduct classes for the seniors ranging from Emergency Preparedness, Fire Safety and Active Shooter Preparedness.

**Thursdays once a month from 12:30 pm – 1:30 pm**

### ADVANCE SCRABBLE TOURNAMENT

The Clayton Senior Adult Program members will have an opportunity test their skills at the Scrabble. Tournament during the month of August 2015.

**Wednesday, August 5th, 12th, 19th, and 26th**

## WAL-MART SUPER CENTER AND KROGER SHOPPING

Essential shopping is provided for Senior Adult Program members twice a month. Grocery shopping on their own supports the independence of each individual by allowing them to purchase supplies and food items without relying on someone else to meet the need.

**2nd and 4th Wednesdays of each month  
from 9:30 am – 10:45 am**

## JEWELRY MAKING

Seniors will learn how to design, make and personalize jewelry which will consist of earrings, necklaces and arm bracelets.

**Wednesday, July 8th, 15th, and 22nd  
from 10:00 am – 10:45 am**

## WII GAME

Members are able to play as a team or just with another partner. This game exercises the body all over and also keeps you mentally alert in order to gain high scores and win.

**Tuesdays**

## Trips

### THE NATIONAL ARCHIVES OF ATLANTA

The Archives in Morrow have about 180,000 cubic feet of archival dating from 1716 to the 1980s, primarily textual records but also maps, photographs, and architectural drawings. The seniors will be able to take their birth dates and research what was happening during that time. Lunch will be on your own.

**Tuesday, July 14th from 9:00 am – 1:30 pm**

### STATELY OAKS

Come out and take a guided tour of the famous Stately Oaks Plantation. This is going to be a time of great fellowship and exploring history in Clayton County. Seniors will enjoy lunch at Golden Corral.

**Wednesday, August 19th from 9:00 am – 1:30 pm**

## JIMMY CARTER PRESIDENTIAL LIBRARY & MUSEUM

Come out and take a tour through the Jimmy Carter Presidential Library and Museum. The Carter Center and the Jimmy Carter Presidential Library are located on prime property that has been the scene of several historically significant events during Atlanta's relatively brief history. The seniors will have lunch on their own at the Majestic Diner.

**Tuesday, September 15th from 9:00 am – 1:30 pm**

## HILLCREST ORCHARDS

While it's turning fall take a wagon ride through the orchard, watch an educational video, apple pie and ice cream, along with a cup of apple cider. Come out to shop and pick apples. Lunch will be at the orchard on your own. The senior admission tour tickets \$4.00 per person.

**Tuesday, October 20th from 8:30 am – 4:00 pm**

## ANNUAL SENIOR THANKSGIVING LUNCHEON PRESENTED BY WOMEN IN ACTION

The seniors will participate in the 4th Annual Senior Thanksgiving Luncheon with Women.In.Action. Come and enjoy a variety of music, inspirational speakers, community health vendors. The seniors will be served lunch with all the Thanksgiving trimmings.

**Thursday, November 19th from 9:00 am – 1:30 pm**

## SCLC/W.O.M.E.N., INC

The seniors invited to attend the Annual 36th SCLC/W.O.M.E.N.,INC Senior's Christmas Luncheon. Join in the celebration with music, singing, dancing, door prizes, food and special guest at the Georgia International Convention Center. Event is hosted by Women's Organizational Movement for Equality Now, Inc.

**Tuesday, December 8th from 11:00 am – 2:00 pm**

# Give A Helping Hand



## Make a Donation Today!

**Support the Clayton County Meals on Wheels Program by making a donation of at least \$1.00. Your donation will help keep Clayton County home-bound seniors from going hungry.**



Meals On Wheels

So no senior goes hungry

**Clayton County Senior Services Department**

# KINSHIP CARE

Angela Burda, Manager | Joy Hutcherson, Program Coordinator

849 Battle Creek Road | Jonesboro, GA 30236

Phone: 770-473-5788 | Fax: 770-477-3421

Monday – Friday 8:00 am – 7:00 pm



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.

**Wednesdays and Thursdays from 9:00 am - 11:00 am**

## BREAKFAST TALK SUPPORT GROUP

Breakfast talk is a morning support group for grandparents raising grandchildren and other relative caregivers in parent absent homes. Time is given for caregivers to voice their concerns, get advice and answers to questions regarding relative caregiver issues. Breakfast is provided to enrolled participants. Childcare provided during the meeting.

**2nd and 4th Friday of each month  
from 9:00 am - 11:00 am**

## EVENING SUPPORT GROUP

This group is an evening support group for grandparents raising grandchildren and other relative caregivers in parent absent homes. Time is given for caregivers to voice their concerns, get advice and answers to questions regarding relative caregiver issues. Childcare is provided.

**3rd Thursday of each month at 6:00 pm**

## QUILTING

Kinship grandparents will receive instruction on how to make quilts, how to properly care for quilts once completed, and will spend time making their own quilt for themselves and/or their families.

**Tuesdays from 10:00 am - 12:00 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 piqued 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!

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

## STEP IT UP W/ TRACEY

Join us weekly for a fun fitness class for all abilities.

**Adults: Mondays & Wednesdays  
from 9:00 am – 10:00 am**

## MEN'S POOL

Whether it's Nine Ball, Eight Ball or One Pocket come join the Men of Kinship while they learn to hone their craft of pool playing. Learn new tricks of the trade while sharing your expertise of the game with others.

**Men Only: Every Wednesday from 10:00 am – 12 noon**

## EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

The Expanded Food and Nutrition Education Program, implemented by UGA Extension, is an 8 program designed to provide participants with relevant information to help them feed their families healthy and delicious meals on a limited budget; as well as learn to prepare meals in minutes.

**Adults: Thursdays in June & July  
from 9:30 am – 10:30 am**

## POWERFUL TOOLS FOR CAREGIVER

Six week self-care education program for family caregivers. The program will provide caregivers with tools and strategies to better handle the unique challenges they face.

**Adults: Tuesdays, June 23rd through July 28th  
from 10:00 am – 11:00 am**

## FAMILY FUN DAY @ THE BEACH

Kinship families come close out the summer with a fun-filled day at the beach. The young and the young at heart will enjoy swimming, games and lunch while commemorating on the events of the summer. Transportation for the kids in summer camp will be provided.

**Family: Thursday, July 30th from 10:00 am – 2:00 pm**

## VIRUS PROTECTION

Learn how to identify different viruses, which virus protection programs are the best and how to avoid viruses altogether.

**Adults: Tuesdays, August 11th through 25th  
from 11:00 am – 12 noon**

## EYES OF A CHILD

This amazing four week course explores relative care families from a child's view. It is designed to help enlighten grandparents raising grandchildren and provide a better understanding of how to help their children with the problems they face. It also gives caregivers solutions when dealing with common issues.

**Adults: Wednesdays, August 12th through 26th  
from 5:30 pm – 6:30 pm &  
November 4th through 25th 10:00 am – 11:00 am**

## THE BUTTERFLY EFFECT CANVAS PAINTING

The adult class with either trace or free hand draw a picture of a butterfly of choice on an 8x10 canvas. Day two they will bring their butterfly creation to life with color.

**Adults: Thursday, August 13th & 20th  
from 10:00 am – 12 noon**

## STOP THE BACK TALK

The most frustrating and exhausting thing to deal with as a parent is the back talk from your kids. Sick of the back talk? Come learn some news ways on how to stop it.

**Adults: Friday, August 14th from 12 noon – 1:00 pm**

## AMERICAN MUSIC CULTURE

American music has influenced and shaped the world through centuries. Join us as we explore the history of music and its impact on American society. We'll enjoy the melodies of infamous musical artists while offering opportunities to win some great door prizes. Come dressed as your favorite artist and join the fun.

**Family: Monday, August 17th from 5:30 pm – 6:30 pm**

## MEDICAL COVERAGE 2016

Volunteer guest speaker, licensed Affordable Care Rep., to visit Kinship and educate adults on affordable medical coverage.

**Adults: Tuesday, September 1st  
from 11:00 am – 12 noon**

## FUN WITH PLASTER

Bring the family and together create and design vases and bowls using plaster to proudly display in your home.

**Family: Wednesday, September 2nd & 9th  
from 5:00 pm – 6:30 pm**

## DETOX! FRIEND OR FOE

Detoxification is really HOT nowadays. Everyone is talking about it, celebrities swear by them and many experience benefits while others not so much. Come learn if detoxing is right for you.

**Adults: Tuesday, September 15th  
from 11:00 am – 12 noon**

## HOMEMADE SIMPLE

This class offers up cheap and simple ways to get the name brand products we love at over half the cost.

**Adults: Wednesdays, September 16th through 30th  
from 5:30 pm – 6:30 pm**

## GET YOUR SNEAKERS MOVING

Adult fitness class which will increase cardio, strengthen, and have fun all at the same time.

**Adults: Thursday, October 1st  
from 10:00 am – 11:00 am**

## GREETING CARDS

Learn how to make your own greeting cards so you won't have to keep giving away your money!

**Adults: Tuesdays, October 13th through 27th  
from 11:00 am – 12 noon**

## LET YOUR FINGERS DO THE SCULPTING

Adults will use their imaginations and sculpt their idea of an African Mask!

**Adults: Wednesday, October 14th  
from 10:00 am – 12 noon**

## BIZARRE CULTURAL PRACTICES

Have you ever heard of the saying "Different Strokes for Different Folks"? Kinship folks will step into a world of bizarre and just plain weird cultural practices that make up this wonderful, unique world we live in.

**Family: Wednesday, October 21st  
from 5:30 pm – 6:30 pm**

## FAMILY BINGO

Feeling lucky? Well join us at Kinship to test lady luck and a chance to win great door prizes with an old-fashioned game of Bingo!

**Family: Wednesdays, November 4th through 18th  
from 5:00 pm – 6:30 pm**

## MEN'S MOVIE DAY

Guys, come get together and relax with coffee, popcorn, and a movie of your choice.

**Men Only: Wednesday, November 4th  
from 10:00 am – 12 noon**

## RESUME WRITING

Everyone needs a resume when job hunting. Learn which resume format the experts prefer and how to effectively write summary statements, your employment history and other sections.

**Adults: Thursday, November 5th  
from 5:30 pm – 6:30 pm**

## THE LINK BETWEEN ANGER & STRESS

Each person responds to stress differently but for many people they get angry. Learn ways to handle stress and anger in healthy ways in order to prevent issues later on.

**Adults: Friday, November 6th from 12 noon – 1:00 pm**

## SURVIVAL 101

An educational preparedness presentation on what essential items are needed to be ready for natural disasters.

**Adults: Thursday, November 12th  
from 5:30 pm – 6:30 pm**

## THANKSGIVING LUNCHEON

Join us and give thanks at the Annual Kinship Thanksgiving Luncheon.

**Adults: Friday, November 20th  
from 11:00 am – 1:00 pm**

## DESSERT CONTEST

Come early to the Thanksgiving Luncheon and witness the battle for who can really throw down in the kitchen at our dessert contest.

**Adults: Friday, November 20th  
from 10:00 am – 11:00 am**

## KINSHIP OPEN HOUSE

The lights are strung and there's music in the air. The sights and sounds of Christmas are everywhere, including here at Kinship! Drop in for some fun and food to kick off the holiday season.

**Adults: Thursday, December 3rd  
from 11:00 am – 2:00 pm**

## UNDER THE SEA

The theme is Sea Life! Kinship adults will create a Gel Wax Candle. Using a variety of sea shells, fish, sand, and gel wax.

**Adults: Wednesday, December 16th  
from 5:30 pm – 6:30 pm**

## KINSHIP CHRISTMAS PARTY

Kinship Families celebrate the holiday season with an evening of dinner, dancing and themed activities at the Annual Christmas Celebration.

**Family: Thursday, December 17th 5:30 pm – 8:00 pm**

## Teen/Youth Programs

### YOUTH RAP/TEEN RAP

3rd Thursday of each month at 6:00 pm

### INDIVIDUAL TUTORING

By appointment only

### KINSHIP COOL KIDS CLUB

Be a part of the in crowd! Join Kinship's Preschool Activity T-shirt Designing.

**Preschoolers: Friday, July 10th & 24th  
from 9:00 am – 12 noon**

### GIRLS ONLY SLEEPOVER

Have you made some great friends over summer camp and want to keep the fun going? Pack your sleeping bag and head over to Kinship for a No Boys Allowed Sleepover. Enjoy games, food, dancing and even makeovers! For Kinship girls ages 7 – 11 y/o. A \$5 registration fee applies per child. Includes one breakfast, dinner and snack.

**Youth ages 7 – 12: Friday, August 7th through 8th  
from 6:00 pm – 12 noon**

### HOW TO MAKE FRIENDS

Everybody could use a friend. But it's not always easy to make one. Come find out how to make friends for life.

**Youth: Thursday, August 13th from 5:30 pm – 6:30 pm**

### PRODUCT SALE

How good are your selling skills? Convince investors to buy your product with a convincing verbal presentation!

**Teens: Thursday, August 13th from 5:30 pm – 6:30 pm**

### FIRST IMPRESSION

Preschoolers will create an impression of their hands for a keepsake or hang on the wall.

**Preschoolers: Friday, August 14th  
from 9:00 am – 12 noon**

### SPELLING BEE

Spelling bee words are kind of hard, huh? Come learn how to memorize words, and then participate in the Kinship Care spelling bee for an awesome prize!

**Teens: Wednesday, August 19th  
from 5:30 pm – 6:30 pm**

### EVERYONE'S FAVORITE SUMMER TREAT

Watermelon isn't just for summer or National Watermelon Day! Find out why it's important to eat year round, especially if you're a kid!

**Youth: Wednesday, August 19th  
from 5:30 pm – 6:30 pm**

### PRODUCT SALES PART II

Once your investors have been convinced, it's time to make a commercial! This is where you get your customers, and make the big bucks!

**Teens: Thursday, August 20th from 5:30 pm – 6:30 pm**

### WATERCOLOR

Create lovely works of art with just water and paint!

**Youth: Monday, August 24th from 5:30 pm – 6:30 pm**

### IMAGINE THIS!

Join us so that we can feed your imagination. Let us into your imagination with your own written short story.

**Teens: Monday, August 24th from 5:30 pm – 6:30 pm**

### ARMY STYLE FITNESS

Get ready for the workout of your life!

**Youth: Thursday, August 27th from 5:30 pm – 6:30 pm**

### ULTIMATE FRISBEE

There's Frisbee. Then there's ultimate Frisbee. The energy is higher and the game takes on a cardio life of its own.

**Teens: Thursday, August 27th from 5:30 pm – 6:30 pm**

### BALLET

Join us for our beginning ballet instruction lead by a professional ballet dancer where young ladies will learn poise, discipline and grace.

**Youth Ages 3 – 11: Every Tuesday beginning in  
September from 5:30 pm – 6:45 pm**

### THINK POSITIVE

Think more positively about yourself!

**Youth: Thursday, September 3rd  
from 5:30 pm – 6:30 pm**

### THE AH, UM GAME

Speaking before crowds can make people nervous. We're here to cure that by teaching you how to give a speech without those nervous words and pauses.

**Teens: Thursday, September 3rd  
from 5:30 pm – 6:30 pm**

### TIE-DIE T-SHIRTS

Tie-dye shirts are still cool to wear, and even more fun to make! Create your own tie-dye patterns and rock your own shirt fashion.

**Teens: Wednesday, September 16th  
from 5:30 pm – 6:30 pm**

### SCULPTIN'

Join this two week art class where you sculpt and then paint your creation as if you were a master of the old world!

**Youth: Wednesday, September 16th & 23rd  
from 5:30 pm – 6:30 pm**

### BOWL OF ALPHABETS

Preschoolers will craft their minds by building their own version of hot alphabet soup.

**Preschoolers: Friday, September 25th  
from 9:00 am – 12 noon**

### WEATHER 101

It's going to get very cool as we talk about the atmosphere and everything that comes with it!

**Youth: Wednesday, September 30th  
from 5:30 pm – 6:30 pm**

### READING FOR OUR FUTURE

Reading is fundamental. Come feed your imagination, and see how creative writers turn their books into some of your favorite movies.

**Teens: Wednesday, September 30th  
from 5:30 pm – 6:30 pm**

### FIRE PREVENTION

Be a hero, learn fire prevention!

**Youth: Thursday, October 1st from 5:30 pm – 6:30 pm**

### READY REFERENCE

Friends should always be able to speak kind words about each other. Come learn how to be a personal and professional reference for a friend.

**Teens: Thursday, October 1st from 5:30 pm – 6:30 pm**

### COOKIE CAKE CREATIONS

Preschool activity where chocolate cookies will be decorated with icing, M&M's and other delicious decorations.

**Preschoolers: Tuesday, October 6th  
from 9:00 am – 12 noon**

### GHOULISH FOOD ART

Make your Halloween party even more fun by learning some creepy but delicious food art!

**Youth: Wednesday, October 14th  
from 5:30 pm – 6:30 pm**

### MUSIC INSTRUMENTS

Kinship Care youth will learn about the history of music, instruments, and possibly watch a small performance of a professional.

**Youth: Thursday, October 15th  
from 5:30 pm – 6:30 pm**

## SARDINES

A fun twist on the classic game.

**Youth: Thursday, October 22nd**  
**from 5:30 pm – 6:30 pm**

## DODGEBALL

Come out for a fun and intense game of Dodgeball. You can get a win and an awesome workout!

**Teens: Thursday, October 22nd**  
**from 5:30 pm – 6:30 pm**

## HALLOWEEN CARNIVAL

That spooky day is drawing near, its Halloween kids, come celebrate right here. We'll play games galore for prizes and treats; and popcorn and snacks for everyone to eat. Come dressed in your Halloween best for Kinship's Halloween Carnival, ages 11 and under.

**Youth Ages 11 & under: Thursday, October 30th**  
**from 4:00 pm – 6:45 pm**

## CLASSY RAMEN

Learn how to make you 50 cent noodles into a delicious, filling meal with class!

**Youth: Thursday, November 5th**  
**from 5:30 pm – 6:30 pm**

## FUTURE GOALS BOARD

Do you know what your career goals are? Do you know how to get there? Make a board to map out your path, and keep track of your progress.

**Teens: Thursday, November 5th**  
**from 5:30 pm – 6:30 pm**

## BATTLE OF THE BRAINS

How powerful is your intellect? Participants will compete in rounds of questions that cover Math, History, and common knowledge.

**Teens: Tuesday, November 10th**  
**from 5:30 pm – 6:30 pm**

## HOW MUCH?

How much is the earth worth? Its resources? Mario's gold coins? Minecraft's armor? Find out in the fun activity!

**Youth: Tuesday, November 10th**  
**from 5:30 pm – 6:30 pm**

## KINECT ADVENTURES

Have a great workout, while exploring the sea, space, and more!

**Youth: Thursday, November 12th**  
**from 5:30 pm – 6:30 pm**

## BETTER STUDY HABITS

You will become a better student once you have learned to take better notes. Come learn how to get on the right track to higher scores.

**Teens: Thursday, November 12th**  
**from 5:30 pm – 6:30 pm**

## PICASSO PALOOZA!

Preschoolers will show off their finger painting skills on construction paper.

**Preschoolers: Friday, November 13th**  
**from 9:00 am – 12 noon**

## THANKSGIVING CRAFTS

Come create fun and decorative Thanksgiving crafts for the holiday!

**Youth: Thursday, November 19th**  
**from 5:30 pm – 6:30 pm**

## CHRISTMAS CARDS & ORNAMENTS

It's the holiday season, so help bring cheer! Create awesome cards and ornaments for those you care about.

**Teens: Thursday, November 19th**  
**from 5:30 pm – 6:30 pm**

## DIY CHRISTMAS GIFTS

Kinship teens and youths learn ways to make gifts for loved ones at little to no cost using things they may already have at home.

**Teens & Youth: Tuesday, November 24th**  
**from 10:00 am – 2:00 pm**

## FRUIT NINJA KINECT

Join us for a session of virtual fruit cutting with Fruit Ninja Kinect! Get your cardio, while becoming a master!

**Youth: Thursday, December 10th**  
**from 5:30 pm – 6:30 pm**

## ISLAND SURVIVAL

Have you ever been stuck somewhere with no way home? Learn how to survive on an island with limited resources. If you can survive on an island, you can survive anywhere.

**Teens: Thursday, December 10th**  
**from 5:30 pm – 6:30 pm**

## GONE HOG WILD

Kinship will provide ceramic piggy banks for the preschoolers to decorate and start them on a great life's journey on who to save money.

**Preschoolers: Friday, December 11th**  
**from 9:00 am – 12 noon**

## CRAFT STICK SNOWFLAKES

Come out and create decorations to make your home sparkle like winter snow!

**Youth: Wednesday, December 16th**  
**from 5:30 pm – 6:30 pm**

## OH CHRISTMAS TREE

Christmas crafts made edible. Let's make Christmas cones that look and taste good!

**Teens: Wednesday, December 16th**  
**from 5:30 pm – 6:30 pm**

## WEIRD SCIENCE

Weird Science: Instantaneous Reaction! Well, not this instantaneous but it'll be fun!

**Teens & Youth: Tuesday, December 29th**  
**from 10:00 am – 11:30 am**

## Trips

## FISHING WITH THE FELLAS

It's time to bait some lines, kick back, and let the fish come to you. This will be a day of relaxing, and possibly a day where you leave with a bucket full of fish!

**Men Only: Thursday, September 24th**  
**from 10:00 am – 1:00 pm**

## COLLEGE CAMPUS TOUR

This will be a first look at your college future. Visit and explore CAU, Spelman, and Morehouse and get a look at what awaits you in your college future.

**Teens: Friday, October 9th rom 11:00 am – 3:00 pm**

## CORE DANCE STUDIO

Kinship caregivers enjoy lunch with a show at Core Dance Studios in Decatur, GA. The show features dance performers who showcase their talents while observers enjoy a catered lunch and a back stage look at the history and inspiration behind their craft.

**Adults: Thursday, November 5th**  
**from 11:00 am – 2:00 pm**

## SCLC W.O.M.E.N.S SENIOR LUNCHEON

Kinship caregivers attend an annual Christmas party hosted by SCLC/W.O.M.E.N., Inc. It is an event with music, singing, dancing, door prizes, food and more.

**Adults: Tuesday, December 8th**  
**from 10:00 am – 2:00 pm**

# Celebrating Older Americans Month



## An interview with Supercentenarian Maggie Brown Kidd

*Ms. Kidd turned 110 years old last December and became the oldest living person in Clayton County and the state of Georgia! In this issue of Clayton Forever Young, we are addressing some of the questions most asked of Clayton County Supercentenarian Maggie Brown Kidd.*

*As told to Jamie Carlington, Aging Program Administrator*

Clayton County continues to honor local resident and Supercentenarian Ms. Maggie Brown Kidd who is 110 years young! Ms. Kidd, who resides in Clayton County with her daughter Rosalyn and son-in-law Robert, is able to get around her home on her own and enjoys a degree of independence by dressing herself, combing her hair, fixing her own bowl of cereal with a banana (her favorite fruit), and folding her own laundry. "It may take her all day but she gets it done!" says Rosalyn about her mother. At night, she gets ready for bed on her own with a 10:00 pm bedtime.

Ms. Maggie grew up on a farm in Stephens, GA (Oglethorpe County). She

was always a hard worker on the farm where her family raised all of their food with the exception of sugar and coffee. Ms. Maggie remembers cutting wood, plowing the fields and carrying a 100lb bag of fertilizer to the field. She

*"I would not have believed that I would be living for this long if you would have asked me a while back."*

also remembers selling candy and other bakery treats to the community. She was such a good salesperson that the candy supplier would also give her a bonus. Ms. Maggie would be rewarded with a beautiful dessert glass. She was so good at her candy selling job that she was able to collect an entire set

of glasses over the years that she still has in her room. As other Kidd siblings left the farm to relocate throughout the south, Ms. Maggie remained farming and maintaining a garden on the family land. It was in 1993, at the age of 86 that she finally left to come live with her daughter and son-in-law.

Ms. Maggie attributes God as the secret to her longevity. Ms. Maggie remembers that she was baptized by Rev. Grisham when she was 16 years old at Mt. Zion Baptist Church in Stephens, GA. To this day rather than spending time watching television or listening to the radio, Ms. Maggie enjoys sitting and reading her

bible. Her principles in life have been governed by the Word of the Lord and her favorite verse to quote is: "Prayers of the righteous availeth much" James 5:16. Ms. Maggie is not shy in telling you "I would not have believed that I would be living for this long if you would have asked me a while back." However she is also quick to tell you she is happy with the life she has lived and wouldn't have

a kick out of seeing (all of whom she can name).

In speaking with her daughter Rosalyn, in addition to the blessing of the Lord, they attribute Ms. Maggie's long life to her environment. Growing up on a farm, eating foods free of preservatives most of her life, working hard but having fun playing tricks on her siblings in the fresh air, and maintaining a rather peaceful life as she has lived



*Above photo and cover photo provided by Warren Bond Photography.*

changed anything.

It may be surprising to find out that she only takes three pills a day. Ms. Maggie, who weighs just a little over 120lbs and is a Type II Diabetic does not have highblood pressure, a chronic illness that many people half her age suffers from today. Ms. Kidd remembers to take her meds her own and is an avid drinker of water. (Throughout this entire interview she sipped on her large cup of water.) She jokingly said it helped her skin stay pretty; which is definitely working as it lacks the wrinkles that one would expect to see on someone her age. In addition to drinking water, Ms. Maggie prefers to eat vegetables rather than meat. She eats three square meals a day and enjoys a snack that can consist of a half of a bologna sandwich, fruit, yogurt or crackers. Ms. Maggie will even heat up her food in the microwave if she feels it isn't warm enough and will enjoy a soda every now and then. Her daughter will admit that Ms. Maggie enjoys her sweets and will try to sneak and eat more than she needs. Something her great-grandchildren get

by the Golden Rule: do unto others as you will have them do unto you. "It has been a blessing for my husband and I to be able to take care of my mother", said Rosalyn. "When we travel, she travels with us. We make sure that she is happy and her only real vice is going to get her hair done once a week. She really enjoys that, and it's such a small thing for us to do for her." Rosalyn shared that she and her husband Robert made a promise to Ms. Maggie that they would not put her in an assisted living home or "orphan home", as Ms. Maggie refers to such facilities. Robert and Rosalyn also promised that they would do whatever it takes to keep Ms. Maggie comfortable in their home. And that is the final piece of the puzzle to Ms. Maggie Kidd Brown's longevity - UNCONDITIONAL LOVE!! By the way - Ms. Maggie mentioned that she is still open to dating...

# Kinship Christmas Open House

Thursday, December 3rd  
11:00 am - 2:00 pm.

Shelnutt Intergenerational Center  
849 Battle Creek Road in Jonesboro

Please RSVP by December 2nd to  
Angie Burda at  
[angela.burda@co.clayton.ga.us](mailto:angela.burda@co.clayton.ga.us) or  
call 770-477-3417



Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While our department provides health and wellness opportunities to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.



This month, Senior Services will be hosting the annual Mayfest event which includes activities and health vendors providing tips on how to access programs, resources, and opportunities designed to maximize the independence of older adults in our community.



# *In the* **Spotlight**

**Cassandra Willoughby Merrilles,**  
*Charley Griswell Senior Center Member*



*Photo Credit: Curtis Green*

Cassandra Merrilles is a native Bostonian who received her early education in the Boston Public Schools. She is a third generation graduate of Dillard University in New Orleans, LA and earned her Masters of Education degree from Antioch College in Yellow Springs, Ohio in 1976. A Boston Leadership Academy Graduate, Cassandra held membership in the Boston NAACP, Delta Sigma Theta Sorority, Black Educators' Alliance of Massachusetts (BEAM) Vice President & President) Boston Teachers Union Building Representative. She received the Black Educators' Alliance of Massachusetts Organization Service Award and was chosen as an Outstanding Woman of America in 1982. In 1994, Cassandra moved to Clayton County where she worked as a teacher in the Clayton County Public Schools for 15 years, retiring in 2010. Upon arriving in Atlanta, Cassandra pursued post graduate work at Clark Atlanta University.

Cassandra was chosen to serve on the Professional Standards Committee for the Georgia Assessment for the Certification of Educators (GACE) as a member of the Bias Review Committee. In 2014, she received a commendation for community

service from Clayton County Sheriff Victor Hill and was honored by the National Organization of Black Elected Legislative women as a Phenomenal Trailblazer. Regularly attending community forums in order to enhance the quality of life in the community, Cassandra is a volunteer with the Atlanta Regional Commission Retired Senior Volunteer Program (RSVP) and Vice President of the J. Charley Griswell Senior Center Advisory Council, as well as a Red Hat Society Queen. She is an active member of Andrews Chapel United Methodist Church in Jonesboro, GA.

On December 14, 2014, the NAACP hosted their annual Freedom Fund Dinner in Peachtree City where the theme was "Talking the Talk and Walking the Walk: The Eyes of the Youth are Upon Us". During this event, our own Cassandra Merrilles was honored with the **Community Activism Award** for her work and dedication to Concerned Black Citizens Coalition of Clayton County, Rainbow Push (Clayton-Henry-FayetteSpaulding), life memberships in NAACP, National Council of Negro Women, and National Alliance of Black School Educators, and National Education Association.

***Congratulations Cassandra!!***



## Senior Services Cafeterias

*Serving breakfast and lunch to seniors and Clayton County employees*



**E**njoy a light meal at one of our convenient locations! Our cafeterias serve a range of meals to satisfy all of your taste buds at reasonable prices.



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: 8:30 am - 9:30 am  
Lunch Hours: 12:00 pm - 1:30 pm

# FRANK BAILEY SENIOR & FITNESS CENTER

Mindy French, Manager | Elaine Jackson, Program Coordinator

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



## Special Events & Activities

### STEPPING TO THE BEAT

Did you know that dancing is a good way to get exercise in your daily routine? Join us and get your feet stepping to the sound of the Solid Soul Band.

**Wednesday, May 20th from 10:00 am – 11:00 am**

### MOTHER'S DAY PROGRAM "A PARIS STYLE FASHION SHOW"

Don't miss it! Frank Bailey's fashion event of the year. Here's your chance to strut your stuff on the Paris style runway.

**Friday, May 22nd from 2:00 pm – 4:00 pm**

### BINGO TRIVIA FOR HEALTH

Join us for a time of fun and excitement as we learn some healthy facts about taking care of our bodies as we age through a game of bingo. And yes, there will be prizes!

**Wednesday, June 17th from 10:00 am – 11:00 am**

### FATHER'S DAY "CALLING ALL MEN"

A day to celebrate all Fathers. We'll have games, prizes, special music and some yummy snacks.

**Friday, June 19th from 1:00 pm – 3:00 pm**

### IT'S HOT OUTSIDE

Come to this event and learn what foods to eat during the summer months that will keep your body cool.

**Friday, June 19th from 10:00 am – 11:00 am**

### CALLING ALL POETS

This will be a time to display your talent. You'll have an opportunity to read some of the poetry you've written.

**Friday, June 26th from 12:00 pm – 2:00 pm**

### JULY 4TH CELEBRATION

Join us for a day of fun as we celebrate the 4th of July. We'll start the event with handouts, trivia, prizes and refreshments.

**Friday, July 3rd from 12:00 pm – 1:00 pm**

### THROUGH THE EYES OF A WRITER

Join us at Bailey's Café as Mr. Thomas Blakely shares his latest book with us and share with us what inspired him to write it.

**Tuesday, August 4th from 12:00 pm – 1:00 pm**

### END OF SUMMER DANCE

Join us as we end the summer with blast from the past. We'll have a bandstand juke joint dance with all the trimmings.

**Friday, August 14th from 6:00 pm – 10:00 pm**

### HAPPY HOUR AND CHARADES

We are adding a fun game of charades to our Tuesday Happy Hour. We'll have refreshments, prizes and dancing.

**Tuesday, September 15th from 2:00 pm – 4:00 pm**

### HARVEST FESTIVAL

What a great way to celebrate the Fall with games, food, prizes and music!

**Friday, October 23rd from 1:00 pm – 3:00 pm**

### CRAFTS CLASS DAY

Come and view this display of talent from the various art classes. You'll see sculpting, jewelry, crocheting, knitting and a display from our flower arrangement and wreath making classes.

**Thursday, October 29th from 10:00 am – 12:00 pm**

## SOCIALIZING & THE ELDERLY

Join us as we discuss the importance of belonging to a community and interacting with others in a social environment.

**Monday, November 16th from 11:00 am – 12:00 pm**

## ART IN MOTION

Like to dance? Join us as we demonstrate line dancing, Zumba dancing and other forms of dance art that can be incorporated in your lifestyle.

**Wednesday, November 18th from 10:00 am – 11:00 am**

## CHRISTMAS DANCE – “WINTER FROST”

Come and enjoy this beautiful event and experience winter with Frank Bailey. It'll be a winter to remember.

**Saturday, December 12th from 6:00 pm – 10:00 pm**

## KWANZAA

Join us as we highlight Kwanzaa

**Monday, December 28th from 10:00 am – 12:00 pm**

## Fitness Classes

### ABS

**Instructor: Staff**

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**

### AQUA FITNESS

**Instructor: Noreen Rogers**

Enjoy a low impact fun workout in our heated pool.

**Wednesdays from 2:00 pm – 3:00 pm**

## AQUA/LAND BOOT CAMP

**Instructor: Staff**

A total body workout combining cardio drills, dance, and resistance exercises centered in and around the Frank Bailey pool

**Fridays from 10:15 am – 11:00 am**

## BEGINNERS LINE DANCE

**Instructor: Joycelyn Benham**

This is a class for beginners with repeated steps in which a group of people dance in one or more rows.

**Thursdays from 10:00 am – 11:00 am**

## INTERMEDIATE LINE DANCE

**Instructor: Joycelyn Benham**

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

**Thursdays from 11:00 am – 12:00 pm**

## LAND ARTHRITIS

**Instructor: Staff**

These exercises reduce joint stiffness and increases flexibility, strength, and endurance for people with arthritis.

**Wednesdays from 11:00 am – 11:45 am**

## BODY TONING

**Instructor: Staff**

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

**Mondays, Wednesdays, & Fridays  
from 9:00 am – 9:45 am**

## CARDIO YOGA

**Instructor: Mechelle Davis**

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**

## FITNESS THERAPY

**Instructor: Staff**

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

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

## BEGINNER SWIM

**Instructor: Staff**

In this class you'll learn the fundamentals of swimming and how to be more comfortable in the water.

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

## INTERMEDIATE SWIM

**Instructor: Staff**

This class will help you improve on your form and strokes.

**Tuesdays & Thursdays from 2:00 pm – 3:00 pm**

## TAI CHI

**Instructor: Harvey Robbins**

Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**Mondays – Thursdays from 10:00 am – 11:00 am**

**Mondays & Wednesdays from 2:00 pm – 3:00 pm**

## PERSONAL FITNESS

**Instructor: Staff**

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

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

## WATER FITNESS I

**Instructor: Noreen Rogers**

Enjoy the warm water as you perform low impact exercises to improve your health.

**Mondays & Thursdays from 9:00 am – 10:00 am**

## WATER FITNESS II

**Instructor: Noreen Rogers**

**Mondays & Thursdays from 10:00 am – 11:00 am**

## WATER WALKING

**Instructor: Staff**

Get a great workout by running laps and using hand buoys in the pool.

**Mondays from 11:30 am – 12:15 pm**

**Tuesdays from 3:00 pm – 3:45 pm**

**Wednesdays from 1:15 pm - 2:00 pm**

**Thursdays from 3:00 pm - 3:45 pm**

## X-TREME ABS

**Instructor: Staff**

Strengthen, tone, and stretch core muscles and lower back using exercise balls and ab rollers.

**Tuesdays & Thursdays from 8:30 am – 9:00 am**

## WEIGHT TRAINING FIT CAMP

**Instructor: Staff**

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

**Instructor: Cecile Bennett**

Zumba mixes effective body sculpting and toning with easy to follow dance steps.

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

## AQUA ZUMBA

**Instructor: Sheila Sellers**

Dance the popular Zumba dance in the water. An excellent workout to promote overall health and improve stamina.

**Thursdays from 11:15 am – 12:00 pm**

## YOGA THERAPY

**Instructor: Mechelle Davis**

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

**Wednesdays from 10:30 am – 11:30 am**

## Health and Wellness Classes

### VISION SCREENING

Join us for this informative presentation by Eye Specialists of Georgia and then have your eyes checked.

**Wednesday, July 15th from 10:00 am – 12:00 pm**

### MY PLATE

**Instructor: Staff**

In this class you'll learn how to balance your food intake and make healthier choices.

**Thursday, August 27th from 10:00 am – 11:00 am**

### SOAR INTO WELLNESS

**Instructor: Diabetes Association of Atlanta**

This is a six week workshop that offers classes on nutrition, heart health, healthy food substitutions, food label reading, and slow moving exercises such as ta-chi/gong and stress management.

**Tuesdays starting Sept. 15th – Oct 20th from 10:00 am – 11:00 am**

### MOVING FOR HEALTH

**Instructor: Staff**

Join us and learn how to stay energized all day. You'll learn different dance moves that you can do throughout your day while doing your daily chores.

**Wednesday, September 16th from 10:00 am – 11:00 am**

## COOKING LIGHT

**Instructor: Staff**

Enjoy some new ingredients, new recipes and healthy cooking tips and tricks.

**Fridays from 10:00 am – 11:00 am**

### LIVING WELL: THE STANFORD

### UNIVERSITY CHRONIC DISEASE

### SELF-MANAGEMENT PROGRAM

**Instructor: Staff**

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 Techniques to deal with these symptoms

**Tuesdays from 9:30 am – 12:00 pm**

## Arts/Educational Classes

### MONEY MANAGEMENT

**Instructor: Gail Kefentse**

Let your money for you! Gail Kefentse from Clayton County Extension Services will teach you everything you ever wanted to know about managing your money.

**Wednesday, August 19th from 10:00 am – 11:00 am**

### CULTURAL DIVERSITY

**Instructor: Staff**

We'll discuss diversity in the aging population. Be it age differences, racial, religious or lifestyle preferences.

**Monday, October 5th from 1:00 pm – 2:00 pm**

### HOLIDAY MINGLES

**Instructor: Staff**

Did you know that 18% of seniors are alone or isolated during the holidays. Join this group and discuss ways to support each other during the holidays thru events or just going out to dinner.

**Wednesday, October 7th from 9:00 am – 11:00 am**

## EMERGENCY PREPAREDNESS

### FOR WINTER

**Instructor: Staff**

Join us in this class and learn how to prepare and take care of yourself and family during the winter months.

**Wednesday, October 21st from 10:00 am – 11:00 am**

### FABULOUS PUMPKIN

### DECORATING CLASS

**Instructor: Staff**

Join this class and let your creativity flow. You'll get to decorate your own pumpkin with different paints, jewels and carvings.

**Wednesday, October 21st from 10:00 am – 11:00 am**

### FIRE AND HOME

**Instructor: Staff**

Since October is fire and prevention we'll talk about smoke alarms, space heaters and how to make an escape plan.

**Thursday, October 22nd from 10:00 am – 11:00 am**

### BEST TO SHARE

**Instructor: Staff**

Join us for the kickoff of our breast cancer support group. We'll meet monthly to share experiences and support each other through difficult times when friendships are appreciated.

**Friday, October 30th from 9:30 am – 12:00 pm**

### POTPOURRI MAKING CLASS

**Instructor: Staff**

Learn how to make potpourri by using fruits and pine cones. You'll also learn how to make other fragrances.

**Wednesday, November 11th from 10:00 am – 11:00 am**

## ELDER ABUSE

**Instructor: Staff**

In this class you'll receive valuable information and handouts on what types of Elder Abuse to look for and who to contact if the need arises.

**Wednesday, November 4th from 2:00 pm – 3:00 pm**

### FLOWER ARRANGEMENT

**Instructor: Staff**

How would you like to learn how to make your own flower arrangement? Join on Tuesdays and have fun seeing what you can create.

**Tuesdays from 10:00 am – 12:00 pm**

### IN MOTION (FREESTYLE DANCING)

**Instructor: Staff**

In Motion is a freestyle dance class highlighting dances from the sixties and seventies. Join us as we have fun keeping the body in motion.

**Fridays from 10:00 am - 11:00 am**

### COMPUTER KEYBOARDING

**Instructor: Staff**

Learn the basic steps for operating a computer.

**Thursdays from 1:30 pm – 3:00 pm**

### COMPUTER WITH TONY

**Instructor: Tony Antoine**

Learn how to operate Microsoft Excel and PowerPoint, how to e-mail, use digital images and surf the Internet.

**Check Center Calendar for schedule**

## COMPUTER CLINIC WITH TONY

**Instructor: Tony Antoine**

Come to this computer clinic and get all of your computer questions answered

**Thursdays 3:30 pm – 5:00 pm**

## SCULPTING WITH CLAY

**Instructor: Lynda Moore**

Create a masterpiece! Learn the art of sculpting and techniques to create different types of art.

**Fridays from 1:00 pm – 4:00 pm**

## JEWELRY CLASS

**Instructor: Arlene Benford**

Come join the jewelry class and learn to make many different types of beautiful jewelry using beads and stones.

**Thursday from 1:00 pm – 5:00 pm**

## QUILTING CLASS

**Instructor: Paula Morgan**

Learn how to make a quilt. You will learn proper measuring, cutting and sewing techniques.

**Wednesdays from 9:00 am – 1:00 pm**

## MEDICARE/MEDICAID

### INFORMATION

**Instructor: Gia Brunson**

Need information about Medicare/Medicaid? ARC – Georgia Cares will have a representative available to talk to you. Call 678-479-5505 to make an appointment.

**Tuesdays from 10:00 am – 2:00 pm**

## Special Clubs

- Studio 55 – Drama Club
- FBSC Choir
- Jazzy Jewels (Red Hatters)
- Walking Club
- Tai Chi Club
- Bid Whist
- AARP (Riverdale Chapter)
- Girlfriend Friday
- Community Garden
- Pinochle
- Wii Interactive Game
- The Bailey Bunch Bookers
- Crochet Club
- XYZ Club
- The Drill Team
- Balance Walking
- Bingo



**Register for classes online!**

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

## Trips

### THE BIG HOUSE

A tour of the Allman Brothers Museum in Macon, Georgia. While there you can take a look at all the wonderful memorabilia from days of old. After touring the museum, we'll have lunch at Twang Restaurant.

**Thursday, July 9th from 8:30 am – 5:00 pm**

### BLUE WILLOW

Join us on a tour of the beautiful city of Madison and then lunch at the historical Blue Willow Restaurant.

**Thursday, July 16th from 8:30 pm – 5:00 pm**

### FALCON'S TRAINING CAMP

Join us as we take a tour of the Atlanta Falcons training camp to experience the intense training they go through in preparation of the upcoming football season.

**Tuesday, July 28th from 11:00 am – 6:00 pm**

### BOOTH ART MUSEUM

On this trip, we will travel to Cartersville to visit the Booth Western Art Museum and then we'll have lunch at the café located in the museum.

**Wednesday, July 29th from 8:30 am – 4:30 pm**

### DEKALB FARMERS MARKET

A day of fun at the Dekalb Farmers Market where you can sample and purchase international goods.

**Wednesday, August 12th from 8:30 am – 2:30 pm**

### CANNONBALL HOUSE

You'll enjoy a guided tour of the Cannonball House located in Macon.

**Thursday, August 20th from 9:00 am – 4:00 pm**

## MARGARET MITCHELL MUSEUM

Take a step back in history as you tour the famous Margaret Mitchell Museum in Atlanta.

**Wednesday, August 26th from 10:30 am – 5:00 pm**

## CRISSON GOLD MINE

Join us as we pan for gold at the Crisson Gold Mine in Dahlonega.

**Wednesday, September 2nd from 8:30 am – 5:30 pm**

## YELLOW DAISY FESTIVAL

Take a trip with us to the Yellow Daisy Festival in Stone Mountain. Enjoy some of the local artists' creations. You'll also get to sample some of their food.

**Thursday, September 10th from 8:30 am – 5:30 pm**

## HARRAH'S CHEROKEE CASINO

Try your lot at Harrah's Casino located in the beautiful mountains of North Carolina.

**Wednesday, September 23rd from 7:30 am – 7:30 pm**

## ZOO ATLANTA

Make sure you wear some comfortable shoes for this excursion to Zoo Atlanta. We'll see some fabulous animal exhibits and enjoy lunch at one of the eateries.

**Thursday, October 8th from 8:30 am – 4:00 pm**

## FOLK ART POTTERY MUSEUM

Join us as we travel to Helen, Georgia to visit the Folk Art Pottery Museum. You'll enjoy some of the wonderful handmade art pieces.

**Wednesday, October 14th from 8:30 am – 7:30 pm**

### MERCIERS & BLUE RIDGE

Join us as we go apple picking and visit the Merciers Stores. We'll also take a tour of Blue Ridge and have lunch at one of the local vendors.

Wednesday, October 21st from 8:30 am – 5:30 pm

Thursday, November 19th from 8:30 am – 5:30 pm

### CHATTANOOGA RIVERBOAT

You'll enjoy a scenic trip to Chattanooga, Tennessee and then board the Chattanooga Riverboat for a day of cruising.

Wednesday, November 11th from 7:30 am – 5:30 pm

### MC CARLOS MUSEUM

At this museum in Atlanta, we'll explore some of the wonderful and creative artifacts from Nubia, Upper and Lower Egypt, Asia and Africa.

Thursday, November 12th from 8:30 am – 3:30 pm

### CALLANWOLDE FINE ARTS CENTER

On this trip you'll enjoy seeing the seasonally decorated Fine Arts Center in Atlanta as you view the beautiful art work. Afterwards lunch will be at Panera Bread.

Thursday, December 3rd from 10:30 am – 5:00 pm

### MALL OF GEORGIA &

### LANIER LIGHTS

We'll shop at the Mall of Georgia and then enjoy Christmas lights at Lake Lanier.

Tuesday, December 8th from 9:00 am – 6:00 pm

### NEW HOPE CHURCH

Join us on our annual visit to New Hope Church for a Christmas Play.

Friday, December 11th from 4:00 pm – 8:30 pm



## Bailey's Harvest Festival

Friday, October 23rd  
1:00 pm - 3:00 pm  
Games \* Food  
Music \* Prizes

# Winter Frost

## Christmas Dance

Saturday, December 12, 2015

6pm - 10pm

Frank Bailey Senior Center

# J CHARLEY GRISWELL SENIOR CENTER

Linda McKenzie, Manager | Melissa Myers-Bristol, Program Coordinator

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



## Special Events & Activities

### GRISWELL FAMILY FUN DAY & ANTIQUE CAR SHOW

Bring your family and friends for an afternoon of fun! This one of a kind event will include: fun activities for all ages, music, special giveaways, facility tours, refreshments and a fabulous antique car show featuring the Old Style Players Group.

**Saturday, June 13th from 12:00 pm - 3:00 pm**

### CARIBBEAN AMERICAN HERITAGE FESTIVAL

June is National Caribbean American Heritage Month! Come out and let's celebrate the rich Caribbean American heritage through native music, past events, cultural dancing and a sampling of authentic Caribbean style foods. Don't miss out on a special steel band performance.

**Thursday, June 25th from 2:00 pm - 4:00 pm**

### 4TH OF JULY INDOOR PICNIC

Let's celebrate the holiday and have some fun! Come and enjoy an afternoon filled with patriotic music, trivia, games and a light picnic style refreshments. Please come dressed in your most patriotic outfit and enter to win special prizes.

**Thursday, July 2nd from 2:00 pm - 3:00 pm**

### 9TH ANNIVERSARY KICK-OFF- AN EVENING AT THE CASINO

An evening of fun awaits! Griswell is bringing the casino to you. Come and partake in a real casino experience and try your luck to win some fabulous prizes. Complimentary light refreshments will be available for your enjoyment.

**Monday, August 10th from 5:00 pm - 7:00 pm**

### ATLANTA-TO-GO THEATRE PERFORMANCE

Come for the live theater experience at the J. Charley Griswell Senior Center! The Atlanta theatre to-go group will be performing an original play just for you. After the performance we will partake in a meet and greet session with the actors. Light refreshments will be available for your enjoyment.

**Tuesday, August 11th from 2:00 pm - 4:00 pm**

### 9TH ANNIVERSARY QUILTING EXHIBIT

Come and preview some of the most unique and beautiful quilts from Griswell Quilters group. These quilts will be on showcase during the center's 9th Anniversary Celebration. On Thursday, August 13th at 12:30 p.m., join the group for a meet and greet session.

**Monday, August 10th through Friday, August 14th  
from 8:00 am - 5:00 pm**

### ADVISORY ICE CREAM SOCIAL

Chocolate Sprinkles, ice cream and more that is what an ice cream social is for! In celebration of the center's 9th anniversary, the Advisory Council invites you to partake in a very special ice cream social. Event festivities will feature the traditional ice cream flavors with a sampling of your favorite toppings.

**Wednesday, August 12th from 2:00 pm - 4:00 pm**

### OLDIES BUT GOODIES DANCE

You're going to have a funky good time! We are having an old-school Party and we would love for you to come. Come dressed in your retro outfits and enjoy the timeless classics from the 50s, 60s, 70s, 80s and today. Classic diner style refreshments will be available for your enjoyment.

**Saturday, August 15th from 6:00 pm - 9:00 pm**

### FALL MUSIC FESTIVAL

Let us entertain you through the magnificent sights and sounds of music! Come ready to clap your hands and stomp your feet to your favorite tunes performed by our talented members and staff. Light refreshments will be available to purchase from the Advisory Council.

**Monday, September 21st from 5:00 pm - 7:00 pm**

### HISPANIC HERITAGE FESTIVAL

Hispanic Heritage Month is a time for us to learn and celebrate the histories and contributions of Hispanics in the United States of America. Come and enjoy an afternoon of live entertainment, historical events and Spanish style cuisines.

**Tuesday, October 6th from 2:00 pm - 4:00 pm**

## DOMESTIC VIOLENCE AWARENESS PROGRAM

October is Domestic Violence Awareness Month! Members will learn strategies and ways to protect themselves in any domestic violence situation and share survival stories. Guest speakers from the Solicitor General's Office will come and share valuable information. Light refreshments, giveaways and music will be available for your enjoyment.

**Wednesday, October 14th from 1:00 pm - 3:00 pm**

## BLACK AND WHITE BALL

The J. Charley Griswell Advisory Council presents the Black & White Ball. Enjoy a sensational evening of dancing and dining. Come dressed in your chic black, white or a combination of both to party the night away.

**Wednesday, October 14th from 6:00 pm - 10:00 pm**

## BREAST CANCER AWARENESS PROGRAM

October is Breast Cancer Awareness Month! This program is designed to offer support and encourage those who are battling with cancer and recognize those who have survived. We will remember those we've lost to this dreaded disease by releasing a single pink balloon in their memory.

**Wednesday, October 21st from 1:00 pm - 3:00 pm**

## FALL FESTIVAL

Fall is in the air! Join us and be entertained during a fun-filled afternoon of great music, spirited contests, delicious snacks, special prizes and creative crafts.

**Thursday, October 29th from 2:00 pm - 4:00 pm**

## VETERANS DAY PROGRAM

Honoring those who served! Please join us in recognition of Veterans Day as we pay homage to our veterans for their loyal and dedicated service. Let us salute these brave men and women through poetry, music, light refreshments and special messages.

**Thursday, November 5th from 2:00 pm - 4:00 pm**

## GRISWELL THANKSGIVING LUNCHEON AND PROGRAM

Thanksgiving is a special time of year when we gather with our friends so dear! Join the Griswell staff for an afternoon of entertainment and a Thanksgiving meal with all of the trimmings.

**Tuesday, November 24th from 12:00 pm - 2:00 pm**

## GRISWELL ANNUAL CHRISTMAS DANCE "DREAMING IN PARIS"

Send your friends a postcard from Paris, France! Experience a magical evening as the Griswell Center transports you to Paris. Enjoy a delicious meal, fantastic music and dance the night away. This is a semi-formal event.

**Saturday, December 5th from 6:00 pm - 10:00 pm**

## HOLIDAY CHEERS

Come join us for a day of celebration and holiday cheers. This joyful event will feature light refreshments, interactive games and door prizes.

**Tuesday, December 15th from 2:00 pm - 4:00 pm**

## Health and Wellness Program

### SUCCESS IN BUDGETING

Learn practical ideas for budgeting and saving that makes managing your expenses easier. This interactive workshop will educate you on simple budgeting tools including creating a monthly budget and ways to save on basic necessities.

**Thursdays, July 16th through July 30th from 10:30 am - 11:30 am**

### SKIN 101

November is officially designated as National Healthy Skin Month! Come learn the practical ways on how to maintain healthy and vibrant skin. The four weeks session will cover a variety of topics including dry vs. oily skin, eating right for glowing skin and much more.

**Thursdays, November 5th through December 3rd from 10:30 am - 11:30 am**

## Fitness 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.

### NEW! BASIC STEP AEROBICS

**Instructor: Dione Carroll**

Would you like to learn the basic step moves? Then this is the class for you! This interactive class will teach students how to safely use the platform steps.

**Tuesdays and Thursdays from 9:15 am - 10:00 am**

### AQUA BOOT CAMP

**Instructor: Johnny Furlow**

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**

### 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.

**Instructor: Debbie West**

**Tuesdays and Thursdays from 11:30 am - 12:15 pm**

**Instructor: Jackie Fears**

**Fridays from 9:00 am - 9:45 am**

### BEGIN SWIM

**Instructor: Jackie Fears**

Learn how to overcome your fear of water and swim like a pro.

**Mondays and Wednesdays from 9:00 am - 10:00 am**

### AQUA SCULPTING

**Instructor: Johnny Furlow**

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

**Mondays and Wednesdays from 3:00 pm - 4:00 pm**

## AQUA VOLLEYBALL

**Instructor: Staff**

Come participate and enjoy 30 minutes of Aqua Fitness Fun! We will play volleyball in the pool and compete with other active members! Bring your laughter and energy and come to play hard.

**Wednesdays from 1:00 pm - 1:30 pm**

## BOKWA FITNESS

**Instructor: Gabriella Harden**

Don't miss out! Come and be a part of the Bokwa experience. This exercise dance class combines cardio conditioning, strength training and flexibility.

**Mondays from 6:00 pm - 7:00 pm**

## CARDIO FITNESS

**Instructor: Gabriella Harden**

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**

## DANCERCISE

**Instructor: Staff**

Enjoy a full body workout while you dance. Exercise to oldies but goodies while learning the latest dances.

**Wednesdays from 10:00 am - 10:45 am**

## LAND ARTHRITIS EXERCISE

**Instructor: Staff**

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**

## INTERMEDIATE STEP AEROBICS

**Instructor: Staff**

A low impact class that consists of stepping up and down on a platform while performing creative choreographic movements to music.

**Mondays and Wednesdays from 1:00 pm - 2:00 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.

**Instructor: Jackie Fears**

**Mondays and Wednesdays from 10:00 am - 11:00 am**

**Instructor: Debbie West**

**Tuesdays and Thursdays from 9:30 am - 10:30 am**

**Instructor: Debbie West**

**Tuesdays and Thursdays from 10:30 am - 11:30 am**

## PILATES

**Instructor: Gabriella Harden**

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**

## LOW IMPACT AEROBICS

**Instructor: Staff**

Designed to get your body moving! Energy and continuous movement are combined modifications that will suit all fitness levels. Low impact is not necessarily low intensity.

**Mondays and Wednesdays from 11:00 am - 12:00 pm**

## TAI CHI

**Instructor: William Miller**

Experience an exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

**Mondays and Wednesdays from 3:00 pm - 4:00 pm**

## HATHA YOGA

**Instructor: Mechelle Davis**

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

**Fridays from 10:00 am - 11:00 am**

## YOGA THERAPY

**Instructor: Mechelle Davis**

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

**Mondays from 9:00 am - 10:00 am**

**Wednesdays from 9:00 am - 10:00 am**

**Fridays from 9:00 am - 10:00 am**

## ZUMBA

**Instructor: Zakia Banks**

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**

## Education/Enrichment Classes

### BASIC COMPUTER

**Instructor: Staff**

**Mondays from 10:00 am - 11:00 am**

### BASIC DIGITAL PHOTOGRAPHY

**Instructor: Stanley Coleman**

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

**Instructor: Gail Humphrey**

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

**Mondays from 9:30 am - 11:30 am**

### CROCHETING

**Instructor: Self directed**

**Wednesdays from 9:00 am - 10:00 am**

## COMPUTER OR TABLETS 101

**Instructor: Benjamin Straker**

Be introduced to buying and understanding the features and benefits of a computer or tablet. You will also learn the basic steps for troubleshooting various computer issues including operating system, software programs, and computer hardware.

**Thursdays from 3:30 pm - 4:30 pm**

## CREATIVE CRAFTERS

**Instructors: Irma Young & Janet Barfield**

**Wednesdays from 10:00 am - 12:00 pm**

## DO YOU KNOW YOUR IPADS OR TABLETS

**Instructor: Ralph Ward**

Come and learn how to get the most out of your iPads and/or tablets from setting up various applications to keeping in contact with love ones.

**3rd Mondays in each month from 3:00 pm - 4:30 pm**

## INTERMEDIATE COMPUTER

**Instructor: Benjamin Straker**

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

**Tuesdays from 9:00 am - 10:00 am**

## KNITTING

**Instructor: Self-directed**

**Thursdays from 1:30 pm - 2:30 pm**

## GOURMET COOKING CLUB

**Instructor: Charlotte Durant**

Let us explore the different techniques of cooking, from simple food to complex dishes.

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

## JEWELRY MAKING

**Instructor: Staff**

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

**Thursdays from 10:00 am - 11:30 am**

## ONE STROKE PAINTING

**Instructor: Peggy Burns**

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

**Fridays from 1:00 pm - 3:00 pm**

## MONTHLY BIRTHDAY SOCIAL

**Instructor: Staff**

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

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

## SKETCHING

**Instructor: Peggy Burns**

You can create beautiful pictures and portraits when you learn how to sketch with pencils in this excellent class.

**Tuesdays from 10:00 am - 11:00 am**

## QUILTING

**Instructor: Staff**

**Mondays from 4:00 pm - 7:30 pm**

**Tuesdays – Fridays from 10:00 am - 12:00 pm**

**Tuesdays – Fridays from 1:00 pm - 3:00 pm**

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

**Instructor: Staff**

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

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

## Special Clubs

Blood Pressure Screenings

**Tuesdays and Thursdays from 2:00 pm- 4:00 pm**

AARP Jonesboro Chapter

**2nd Wednesdays of each month at 12:15 pm**

Book Club

Garden Club

Jump (Griswell Drama Club)

Red Hatters Club

## Games

Bridge

**Tuesdays starting at 1:00 pm**

Bunco

**Tuesdays from 2:00 pm - 4:00 pm**

Pinochle

**Wednesdays starting at 1:00 pm**

Scrabble Club

**Wednesdays from 2:00 pm - 4:00 pm**

Texas Hold'em

**Mondays & Thursdays starting at 9:30 am**

Senior Chess Class

**Tuesdays starting at 11:00 am**

## Trips

### FORK & SCREEN BUCKHEAD

Fork & Screen has the movie and dining experience all rolled up in one. You'll enjoy comfortably upgraded seats and an extensive menu, with service at the push of a button. Pay for your ticket and meal on location. Movie choices will be available closer to the date.

**Wednesday, July 8th from 8:00 am - 5:00 pm**

### CHASIN' DEM BLUES: TRUE COLORS THEATRE

Journey back in time to 1917, when Paramount Records first opened their doors. Back when jazz and blues was playing on the radio. Chasin' Dem Blues tells Paramount's history through storytelling and music that is sure to make you clap your hands and stomp your feet. Have breakfast on your own before the show.

**Wednesday, July 15th from 8:00 am - 5:00 pm**

### HAY HOUSE MUSEUM IN MACON, GA

Griswell is off to Macon to visit the Hay House Museum. We will have a guided tour of this Italian Renaissance Revival mansion dated back to the mid- 1800's. Enjoy viewing the house's decorative arts collection, stained-glass windows and handsome cabinetry. After touring the Hay House, enjoy a nice lunch on your own.

**Tuesday, July 21st from 8:00 am - 5:00 pm**

### CDC MUSEUM TOUR

Would you like to learn about the importance of public health or the history of the CDC? If so, then join the J. Charley Griswell Senior Center for a tour of the David J. Spencer CDC Museum. You'll have a tour of the museum along with a Q&A and then spend time viewing the CDC's special exhibits. After the tour have lunch on your own at a nearby restaurant.

**Wednesday, August 5th from 8:00 am - 5:00 pm**

### CHATTANOOGA RIVERBOAT CRUISE

Join Griswell as we take the great Chattanooga cruise along the scenic Tennessee River on the Southern Belle Riverboat. Enjoy a fabulous dinner of prime rib and chicken Wisconsin. Don't forget the music and dancing. This is an experience you don't want to miss!

**Thursday, August 13th from 8:00 am - 5:00 pm**

### THE OUTLET SHOPPES AT ATLANTA: WOODSTOCK, GA

It's shopping time once again. This time we are giving The Outlet Shoppes at Atlanta in Woodstock a try. With their variety of stores, movie theatre, plus casual and dine-in restaurants, we are sure to have fun fun, fun!

**Thursday, August 27th from 8:00 am - 5:00 pm**

### HARRAH'S CHEROKEE CASINO

Try your luck at Harrah's Cherokee Casino in North Carolina. Harrah's offers the latest games and slots along with some old time favorites! You will receive a \$15.00 meal voucher while you're there.

**Tuesday, September 8th from 7:45 am - 8:15 pm**

### ATLANTA BRAVES VS TORONTO BLUE JAYS

Have a fun filled evening as you watch the Atlanta Braves play the Blue Jays. Enjoy dinner on your own at the stadium.

**Tuesday, September 15th from 3:00 pm - 12:00 am**

### GEORGIA NATIONAL FAIR

Join Griswell as we travel to Perry, Georgia to the Georgia National Fair. There will be livestock and horse shows, competitive exhibits, food, midway rides and games, vendors, concerts, street entertainers and tons of excitement! While you are there have lunch on your own from a variety of vendors at the fair. You may be required to purchase tickets upon entry.

**Wednesday, October 7th from 8:00 am - 5:00 pm**

### APPLE ORCHARDS IN ELLIJAY, GA

Are you in the mood for some healthy, delicious sweet treats? Then come for apple picking and sightseeing in the quaint little town of Ellijay in North Georgia. First visit Hillcrest Orchards and R&A Orchards. Next we will have lunch and finally we will visit our favorite store, Panorama Orchards.

**Tuesday, October 13th from 8:00 am - 5:00 pm**

### EXPLORATIONS IN ANTIQUITY: BIBLICAL MEAL

Explorations in Antiquity Center in LaGrange is a living museum of life in ancient times as Middle Eastern life becomes real today. Visit the stunning replicas of the Jerusalem Biblical Meal Room and the Mount Zion Biblical Meal Room. Experience the four-course Biblical Meal that consists of 15 different food items including, soup, salad, main course, dessert and beverages. Walk through the garden museum and outdoor exhibits. Afterwards, purchase unique items from the gift shop to share your experience with all your family and friends.

**Wednesday, October 21st from 8:00 am - 5:00 pm**

### ROCKETTES CHRISTMAS SPECTACULAR: COBB ENERGY PERFORMING ARTS CENTER

There is no better place to be this holiday than at the Radio City Christmas Spectacular at the Cobb Energy Performing Arts Center! It is a one-of-a-kind celebration. Have lunch on your own before the show.

**Tuesday, November 10th from 8:00 am - 5:00 pm**

### THE SOCK SHOPPE AT MACON MALL

Christmas time is near and you will need to fill those empty stockings with unique gifts. Why not sign up for shopping at the Sock Shoppe at Macon Mall? You will find a variety of items such as sweats & tees, clothing for the family, shoes, socks, accessories plus a variety of shops at the mall. Have lunch on your own at a restaurant of your choice at the mall.

**Wednesday, November 18th from 8:00 am - 5:00 pm**

**A CHRISTMAS CAROL:  
ALLIANCE THEATRE**

Are you in need of some holiday cheer? Well, the Alliance Theatre will be showing one of the season's favorites, A Christmas Carol. In this classic, the ghosts of Christmas past, present, and future, pay grumpy old Scrooge a visit and teach him the lesson that it is never too late to change. Have dinner on your own at a nearby restaurant before the show.

**Monday, November 23rd from 8:00 am – 5:00 pm**

**MALL OF GEORGIA**

Get all your Christmas shopping done at Georgia's largest mall, the Mall of Georgia in Buford. Have a tour and receive coupons for shopping. Then, enjoy lunch on your own at the food court while you are there.

**Wednesday, December 2nd from 8:00 am – 5:00 pm**

**FANTASY IN LIGHTS:  
CALLAWAY GARDENS**

Calloway Gardens Fantasy in Lights has a stunning light show known as the South's most fascinating light and sound show. Included is a southern-style buffet dinner for your enjoyment.

**Wednesday, December 9th from 8:00 am – 5:00 pm**

**CREEK CASINO: WETUMPKA, AL**

Come to Creek Casino and see if you can win big money! Receive \$15.00 meal voucher while you are there. Lunch is on your own at the Casino.

**Thursday, December 17th from 8:00 am – 5:00 pm**

# Dreaming in Paris

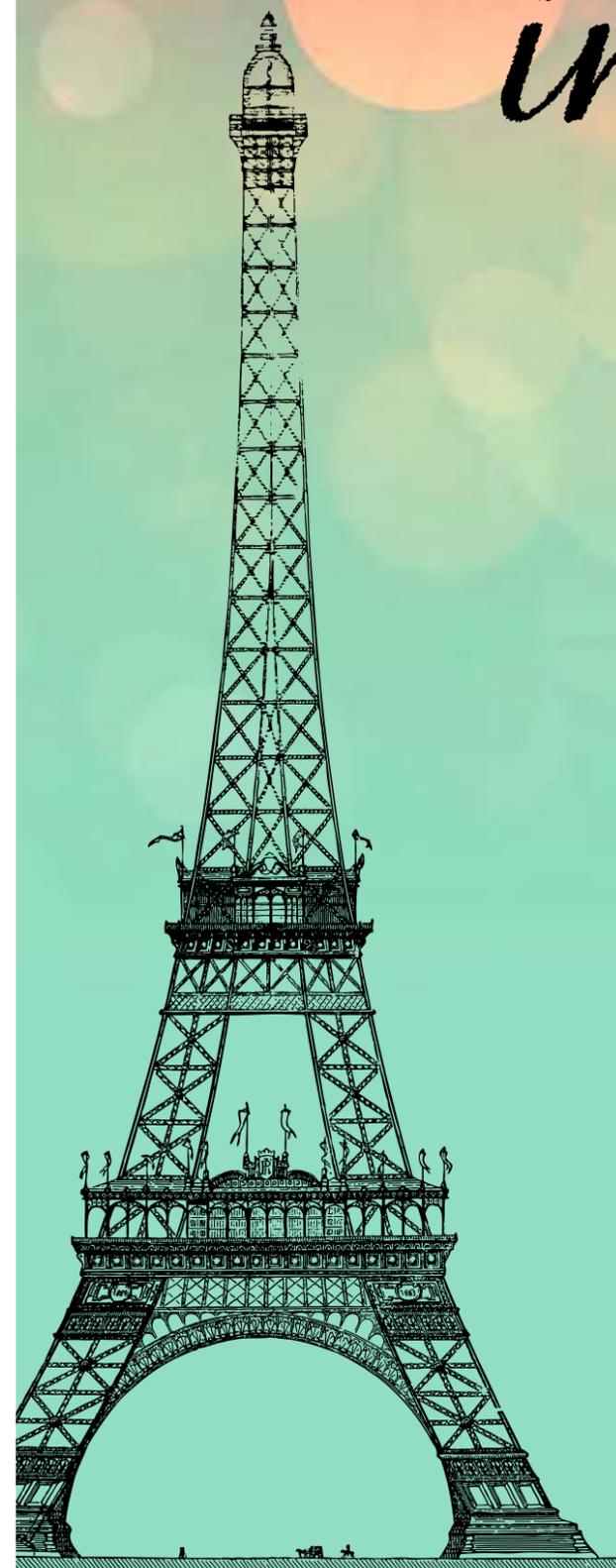
Annual Christmas Dance

*Saturday, December 5, 2015*

*6:00 pm - 10:00 pm*

*J Charley Griswell Senior Center*

*Tickets \$12*



**Fall Music Festival**

**Monday, September 21st**  
**5:00 pm - 7:00 pm**  
**Griswell Senior Center**

See page 43 for details.

**GET INTO THE  
ACT**



# Mayfest 2015

Clayton County Senior Services Department

## T-shirt Contest

Best Mayfest 2015  
T-shirt design wins!

## Vendor Booths

Booths open at 10am

## Entertainment

## Fitness Walk

Starts at 9am  
Must pre-register

# FRIDAY

# MAY 15, 2015

# 10am - 2pm

Clayton County International  
Park (The Beach)  
St. Martin's Pavilion

## Rain or Shine

Doors open at 9:45 am.

For seniors 55 and older.

No children allowed at event.

Call 770-347-0120 for more information.

Register at [www.claytonseniors.com](http://www.claytonseniors.com) or at any Senior Services facility.

Proud Sponsor



Clayton County  
Senior Services  
Department  
*Changing the face of aging*