

WINTER 2013

CFY

CLAYTON FOREVER YOUNG

A Clayton County Senior Services
Department Publication

1st Annual Battle of the Senior Centers Softball Game



**Cover Story: 1st Annual Senior Softball
Game at Rum Creek Park pg. 28**

Get Prepared for Winter pg. 23

Education Highlight: Digital Photography pg. 45

Senior Services Welcomes Our New Chairman!



"Our Seniors are our greatest asset because you help build the foundation that Clayton County stands on today. I cherish your wisdom and anticipate your assistance with moving our county into a new era."
- Jeffrey E. Turner

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



Letter from the Director

Happy New Year!

The Senior Services Department is committed to facing the challenge of assisting the rapidly growing diverse senior adult population in the county and will continue to seek ways to enhance and expand programs through continued partnerships and collaboration. January is the beginning of a new year, thus the time we look back over our accomplishments of the past year, and ahead to our goals for the coming year.

This month, we will begin the full operation of our new software system Rec-Trac. This system will allow us to integrate our membership database, programming, cafeteria sales and the new badge swipe system. In addition, we will begin Web-Trac which will allow members to register for programs, trips, classes, and special events on-line. We are now accepting credit cards (Visa, debit as credit and MasterCard).

Finally I am happy to report the following membership information:

- Over 2,600 Senior Center members
- 170 Kinship Families
- 77 Senior Adult Program members
- Over 450 Aging Program (Meals on Wheels, Medical Transportation and In-Home Services).

I truly believe that our success is the result of a combination of vision, creativity and willing implementation, involving the Board of Commissioners, County Manager, staff and all of you who are volunteers. For this, I thank all of you.

Wishing you all a wonderful New Year!

~Mary Byrd

"To the world you may be one person; to one person you may be the world"
(Author Unknown)



Administration Division



*Tori Strawter-Tanks,
Assistant Director*

FRONT ROW:

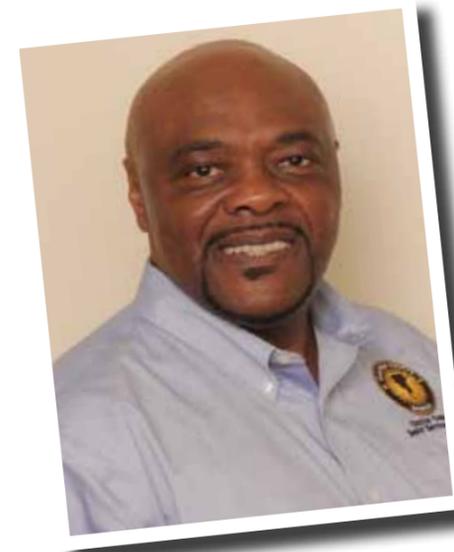
Juan Shumate, Senior Maintenance Worker
 Debbie Stanley, Program Coordinator
 Danny Starr, Maintenance Supervisor

BACK ROW:

Marquita Bundrage, Event & Marketing Coordinator
 Tonette White, Administrative Assistant
 Tila Andrews, Administrative Assistant to Director



Finance Division



*William Souder,
Deputy Administrator*

FROM LEFT:

Patricia Joe, Payroll Manager
 Tina May, Finance Coordinator
 Christopher Blackwell, Senior Office Administrator

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

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

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

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

CONTENTS

Letter from the Director	3
Health & Wellness Programs	12
Aging Program	16
Senior Adult Program.....	20
Kinship Care Resource Center Programs	24
Frank Bailey Senior Center Programs	30
Frank Bailey Fitness Center Programs	36
Charley Griswell Senior Center Programs	40



*Supporting healthy minds,
bodies, and spirits.*

Special Features

Senior Services Correlations	8
Recipe for Success	9
Senior Services Instructors	10
Aging Program's Farmers Market.....	19
Prepare Yourself for Winter Months.....	23
Cover Story: Senior Softball Game	28
The Sole of the Matter	35
Workout At Home Total Body.....	39
Digital Photography Class in Session	45

Our Cover



Members of Griswell's Softball Team, Charley's Angels, celebrating their victory over the Frank Bailey Silver Foxes on October 31, 2012 at Rum Creek Park in Jonesboro.

Cover photo by Marquita Bundrage, Event and Marketing Coordinator

Class Information

WINTER SCHEDULE

Session I (5wks) January 7, 2013 - February 8, 2013

Break Week – February 11, 2013 - February 15, 2013

Session II (6wks) February 18, 2013 - March 29, 2013

Break Week – April 1, 2013 - April 5, 2013

ATTENTION: The pools at the Charley Griswell Center and the Frank Bailey Center will be closed for resurfacing and cleaning from December 26, 2012 through February 18, 2013.

Facilities will be closed on Monday, January 21st in observance of Martin Luther King Jr. Day.

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

Membership Fees

Clayton County Residents: \$12 a year

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

Daily Passes: \$2

Senior Services Mission Statement

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

SENIOR SERVICES CORRELATIONS

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



Farmers Markets were held at Frank Bailey Senior Center, J. Charley Griswell Senior Center, Senior Adult Center and Kinship Care Resource Center. In addition to serving seniors at the various senior facilities, the program's home bound Meals On Wheels (MOW) clients were also provided with fresh produce. MOW drivers packed up bags of fruits and vegetables and delivered bags of produce to their clients along with their daily nutritious meals. This year's Senior Services Aging Division served over 500 Clayton County seniors with the help of Senior Services staff.



Every October, the Senior Services Department challenges each division to promote Breast Cancer Awareness month in the most creative way. It was a close race, but Frank Bailey Senior/Fitness Centers have won again! They hosted a Breast Cancer Awareness Prep Rally which featured members of the North Clayton High School Marching Band, complete with Bailey Cheerleaders and Drill Team. Right behind them was the Aging Program with their "Heels for a Cure Casino" theme, complete with research for a cure, donation tables, and finally, the cure. All divisions did an excellent job in promoting Breast Cancer Awareness for its members.



recipe for success

Slow-Cooker Hearty Beef Chili

Stay warm this winter with a delicious bowl of Hearty Beef Chili. Kidney beans are available in both light red and dark red varieties. You can prepare this recipe using either variety or 1 can of each.

prep: 15 min **total:** 5 hr 15 min **servings total:** 8 servings, about 1 cup each

Ingredients

- 1-1/2 lb. lean ground beef
- 2 cans (15 oz. each) red kidney beans, rinsed
- 1 can (16 oz.) no-salt-added tomato sauce
- 1-1/2 cups TACO BELL® HOME ORIGINALS® Thick 'N Chunky Mild Salsa
- 1 cup frozen corn
- 1 onion, chopped
- 2 Tbsp. chili powder
- 1 cup KRAFT Mexican Style Finely Shredded Four Cheese

Preparation

1. Brown meat; drain. Add to slow cooker with all remaining ingredients except cheese; stir. Cover with lid.
2. COOK on LOW 5 to 6 hours (or on HIGH 3 to 4 hours).
3. STIR before serving. Serve topped with cheese.

TACO BELL® and HOME ORIGINALS® are trademarks owned and licensed by Taco Bell Corp. GOYA is a registered trademark of Goya Foods, Inc.

Submitted by Elaine Jackson,
Health & Wellness Coordinator

Nutrition

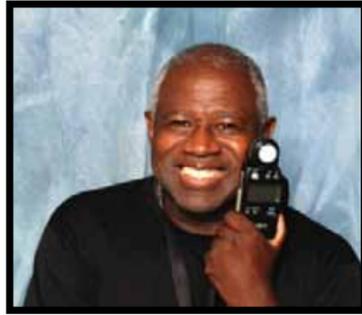
Per serving: 222 calories; 17 g fat (3 g sat , 5 g mono); 7 mg cholesterol; 15 g carbohydrates; 5 g protein; 3 g fiber; 428 mg sodium; 181 mg potassium. Nutrition Bonus: Vitamin A, folate, iron, potassium, calcium. Carbohydrate Servings: 1
Exchanges: 1/2 carbohydrate, 1 vegetable, 3 fat

The Instructors of Senior Services

EDUCATION INSTRUCTORS



Ramona DeLeon



Stan Coleman



Tony Antoine



Cindy Keen

ARTS INSTRUCTORS



Peggy Burns



Barbara Smalls



Paula Morgan



Geneva Burkett



Gail Humphries



Irma Young

FITNESS INSTRUCTORS



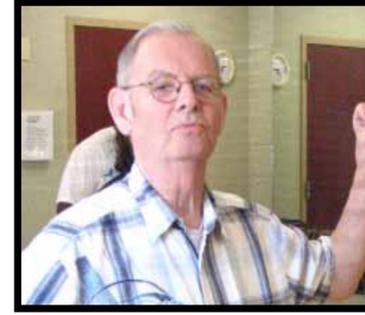
Sammy Reed



Johnny Furlow



Crystal Dickinson



Wayne Evans



Mechelle Davis



Victor DeGruttola



Noreen Rogers



Terronce "TJ" Estell



Katrina Love



Joycelyn Benham



Jackie Fears



Debbie West



Gabriella Dicara-Harden

HEALTH & WELLNESS



1. Clayton County Police Department eating lunch during National Day of Remembrance Celebration at Griswell.
 2. Positive Attitude Ladies (PALs) members during an outing.
 3. Foot Care worker during SPARC 2012.
 4. Weigh Down Challenge winner Barbara Sweeney with employee Yolanda Purvis.



Health and Wellness Division | 2300 Highway 138 SE | Jonesboro, GA 30236
 Phone: 770-477-3352 | Fax: 770-477-3491 | Monday - Friday 8:00 am - 5:00 pm

Health is defined as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”
 Wellness is defined as “the condition of good physical and mental health, especially when maintained by proper diet, exercise and habits.”

HEALTH AND WELLNESS FOR 2013

Participants will be given an opportunity to make plans for becoming more fit in 2013. This program will be in conjunction with the low impact aerobics class. Those involved in the aerobics class will be asked to set a goal in one area of fitness such as weight loss, eating more healthy, or getting involved in more physical activities. The results will be recorded quarterly via pre and post evaluations.

Kinship Care: January 18th from 9:30 am - 10:30 am

CHAIR PILATES

Tone up core muscles to improve posture, increase strength and flexibility

Senior Adult Center: Thursdays from 9:30 am - 10:00 am

FITNESS AND NUTRITION WORKSHOP

This is a workshop for fitness and nutrition. The first half of the class will address the types of exercises that the participant can do at home during the winter months. The second half will be devoted to the types of foods that can be prepared at home that are good and nutritious for the winter months. This will be a seasonal workshop with information and demonstration for spring, summer and fall.

Griswell Senior Center: January 18th from 10:00 am - 11:00 am

BLOOD PRESSURE SCREENING

Blood pressure readings are taken twice a week at senior centers.

GLAUCOMA AWARENESS MONTH (THE EYES HAVE IT)

Because January is National Glaucoma Awareness Month, we will bring awareness by inviting someone to speak on Glaucoma, the symptoms, and management. We will also ask the staff and seniors at each division to donate any old unused glasses that we can donate to a charity. There will be a box at each location for the collection of glasses.

Frank Bailey Senior Center: January 23rd from 9:30 am – 10:30 am

“THE STORY TELLERS”

There are some pretty amazing stories to be recorded from the lives of our seniors and we want to capture them in a book. This group will gather monthly to collect and write these stories.

Griswell Senior Center: January 28th from 10:00 am – 11:00 am

MEDICARE/MEDICAID INFORMATION

ARC - Georgia Cares will have representative at Griswell Senior Center every fourth Friday of the month from 10:00am - 2:00pm to talk with seniors individually about medicare/medicaid.

Griswell Senior Center: Every 4th Friday starting January 25th from 10:00 am – 2:00 pm

FIRE AND HOME SAFETY

The American Red Cross will do a presentation on how to keep your home safe during the winter months when using heaters and fire places

Senior Adult Center: January 25th from 12:45 pm – 1:45 pm

MONEY MANAGEMENT

In this session the participant will learn how to take control over their finances. They will gain financial knowledge that will help them prepare for the future.

Kinship Care: February 15th from 9:30 am – 10:30 am

THE HEART OF THE MATTER

Because February is National Heart Health Month, we will bring awareness by partnering with CCBOH to discuss the importance of good health habits that help to prevent heart disease. Topics include maintaining a healthy weight, eating healthy foods (food demo) and the importance of daily exercise (examples of exercises).

Frank Bailey Senior Center: February 20th from 10:00 am – 11:30 am

EMERGENCY PREPAREDNESS FOR SENIORS

This is a class for the senior population as outlined by the Clayton County Board of Health office of Emergency Preparedness and Response. We will distribute the "T.I.P.S." (Transportation, Information, Personal Emergency Plan, Shelters) brochure and talk about emergency preparedness in the event of a disaster whether natural or manmade. We will identify some key emergency information and the plan that Senior Services has in place.

Senior Adult Center: February 22th from 12:45 pm – 1:45 pm

NATIONAL NUTRITION MONTH

Because March is National Nutrition month we will present nutritional information on the various food groups. Eating healthy means choosing a variety of foods from the basic food groups: meats, dairy, fruits and vegetables, grains such as breads, pasta and a limited amount of fats and sweets.

Senior Adult Center: March 15th from 12:45 pm – 1:45 pm

EMERGENCY PREPAREDNESS

This is a class to educate the participants on emergency preparedness in the event of a disaster whether natural or manmade. We will identify some key emergency information and the plan that Senior Services has in place.

Kinship Care: March 15th from 9:30 am – 10:30 am

A GUIDE TO NUTRITION

Because March is National Nutrition Month, we will highlight the Senior Services Cook Book. We will discuss the information in the book and prepare one of the recipes. Several books will be given away as door prizes.

Frank Bailey Senior Center: March 20th from 10:00 am – 11:30 am

“ASK THE DOCTORS”

Based on the TV show “The Doctors.” This will be an interactive discussion with a panel of 3 to 4 Doctors. The Doctors will be from Clayton and Fulton County. They will answer the many questions the seniors have concerning health issues.

Griswell Senior Center: March 29th from 1:00 pm – 3:00 pm

COMMUNITY GARDENS

The community garden provides a catalyst for community and social interaction. It also creates opportunity for recreation, exercise, therapy, and education.

WOMEN'S SUPPORT GROUPS

This is a time for sharing and fellowship. There will be cooking demonstrations, dance classes, field trips and lots of other fun things that ladies like to do.

Girlfriend Friday at Frank Bailey Senior Center: Every 1st & 3rd Friday from 10:00 am - 11:00 am

P.A.L. (Positive Attitude Ladies) at Griswell Senior Center: Every 2nd & 4th Friday from 10:00 am - 11:00 am

MONTHLY FARMERS MARKET

Local farmers set up a market of fresh fruits and vegetables

Griswell Senior Center: 2nd Wednesdays from 10:00 am - 2:00 pm

Bailey Senior Center: 3rd Wednesdays from 10:00 am - 2:00 pm

DRAMA CLUB

It is believed that drama helps to improve mental, emotional and spiritual well-being as it fosters personal growth and self-expression. Combined teams from Frank Bailey Senior Center, Griswell Senior Center and Kinship Care come together to create skits and productions throughout the year.

Griswell Senior Center: Every Wednesday from 10:00 am - 12:00 pm

REFLEXOLOGY

Using the hands to massage the feet to help to relieve tension and to improve circulation.

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

This is a self management program that is designed for people with a chronic health condition. It helps them gain self confidence in their ability to control the symptoms of the condition and to understand how these symptoms affect their lives. The programs are led by trained lay leaders who meet with groups of 10-12 people for two and a half hours once a week for six consecutive weeks. The sessions are highly interactive, with emphasis on strategies to help the participants manage the symptoms more effectively. In this workshop they also learn:

- **How to have more control over their health problems and life**
- **Improved strength, flexibility and endurance**
- **Ways to communicate with family, friends and health professionals**
- **Nutrition**
- **How to evaluate new treatments**

The self management program does not interfere or replace existing programs or treatment with the doctor or health professionals. It is designed to enhance/complement disease-specific education

WEIGH IN - WEIGHT DOWN CHALLENGE PROGRAM

Regardless of what you do to get fit, regular exercise, physical activity and healthy eating are important to health and well-being. The purpose of the weigh down program is to encourage individuals to break bad habits that keep them from living a healthy life. The program has three segments: Losing weight, Exercise, and Eating healthy. The participants can choose to focus on one, two or all three segments of the program to help them reach their goal. For three months they are asked to report weekly to the Fitness room to have their weight recorded and to report weekly activities associated with the program.

AGING PROGRAM



1. Fitness Coordinator Dione Carroll assisting Aging Program staff to stretch during their division meeting.
2. Care Manager Joy Hutcherson and MOW Driver Ken Foster organizes Thanksgiving baskets for shut-in clients.
3. Meals-On-Wheels Driver Roselie Doggett preparing fruits and vegetables bags for delivery.
4. Care Managers Angela Amour and Joy Hutcherson receiving Case Manager certification from Boston University at ARC's 2012 Annual Aging Forum on October 25, 2012.

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

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

Jamie Carlington | Administrator



The Aging Program consists of In Home Services, the Clayton Senior Adult Program, and also the Kinship Care Program. This fall, the Clayton Senior Adult Program and the Kinship Care Program have a wide array of classes, special events, and trips for their program participants including Camp Kinship for grandchildren and overnight trips.

In Home Services

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

DENTAL REFERRALS

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

DISABILITY REFERRALS

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

MUNICIPALITY REFERRALS

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

GENERAL REFERRALS

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

LEGAL REFERRALS

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

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

CARE MANAGEMENT

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

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.

TRANSPORTATION SERVICES

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

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

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

ALZHEIMER'S RESPITE CARE

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

Clayton County's Centenarian Club

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

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

Information can be submitted two ways:

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

Frank Bailey Senior Center
6213 Riverdale Road
Riverdale, GA 30274

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

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

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

PLEASE DO NOT SEND ORIGINAL DOCUMENTS

Aging Program Contributes to Healthy Eating with Annual Farmers Market Event

Aging Program hosts annual farmers market for Senior Services participants

By Jamie Carlington, Aging Administrator

Eating a diet rich in fruit and vegetables can lower the risk of and prevent a number of serious illnesses and health problems, such as cancer, high blood pressure and cardiovascular disease. It is being said that many of today's illnesses are related to our diets and can be prevented if people took better care of themselves and paid attention to what they ate. To assist the seniors of Clayton County in eating a healthy diet of fruits and vegetables, the Senior Services Aging Division recently held seven Farmers Markets at our centers for the seniors of Clayton County.

The markets were created to encourage seniors to eat healthier by incorporating fresh fruits and vegetables into their daily diets. Additionally, the Senior Services Farmers Markets serve as a social component for seniors providing them with the opportunity to shop for fresh Georgia produce in a friendly, secure and familiar open-air market setting with other seniors.

Each year, the Atlanta Regional Commission (ARC) provides twenty dollar vouchers for seniors meeting certain requirements to spend at the farmers market at any location. Participants can use the vouchers and/or cash to shop with local farmers for cucumbers, onions, tomatoes, green peppers and more.

Markets are held each year at the Frank Bailey Senior Center, J. Charley Griswell Senior Center, Senior Adult Center and Kinship Care Resource Center. In addition to serving seniors at the various centers, the program's home bound Meals On Wheels clients were also provided with fresh produce. MOW drivers packed up bags of fruits and vegetables and delivered them to their clients along with their daily nutritious meals. This year's Senior Services Aging Division served over 500 Clayton County seniors with the help of Senior Services staff. Watch out for the next farmers market coming soon.



CLAYTON SENIOR ADULT CENTER



1. Members having fun with bingo.
2. Learning about Chick-fil-a on a field trip .
3. Member during weekly shopping trip to Kroger.
4. Ms. Annie McDaniel being inducted into the Clayton County Centenarian Club.



Clayton Senior Adult Center | 6701 Highway 85 | Riverdale, GA 30274 | Phone: 770-603-4050 | Fax: 770-603-4068
Monday – Friday 8:00 am – 5:00 pm

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

Clayton Senior Adult Program is available only to residents of Clayton County who are 60 years of age or older, the spouse of a participant 60 years or older, or a disabled relative living in the home of a participant 60 years or older who is able to function independently. A participant must provide adequate information for assessment including medical emergency information. Transportation is available for eligible participants to and from the center. Please call 404-391-0825 for more information.

INTERNATIONAL MARDI GRAS

Members will celebrate Mardi Gras carnival by wearing different costumes, mask and beads from different countries. Members will celebrate enjoy a variety of different foods while dancing and singing favorite songs.

Tuesday, February 12, 2013 at 10:00 am

BLOOD PRESSURE MONITORING

Program participants have blood pressure monitored every other week. This program can help manage and keep members aware of normal and high blood pressure levels to prevent medical complications.

2nd and 4th Tuesdays of each month at 10:00 am

BEGINNERS SPANISH 101

Program members will be taught how to listen, speak, write and read Spanish.

Every other week at 12:00 pm

CHAIR AEROBICS/YOGA

This seated workout consist of a series of gentle, slow flowing movements that will help tone and strengthen muscle without strain.

Every 1st, 2nd and 4th Tuesday each month at 9:30 am

EXERCISE AND WEIGHT TRAINING

Participants complete a 30 minute workout twice a week with small weights and bands. This exercise helps to strengthen mobility and tone muscle.

Mondays and Fridays of each month at 11:00 am

PENCIL SKETCHING

Every 2nd and 4th Thursday each month at 12:30 pm

LAND ARTHRITIS EXERCISES

Participants complete a 30 minute workout with a certified Arthritis Foundation instructor. This form of exercise is comfortable for low impact seniors who are no longer to do strenuous body movements.

Every other week at 1:00 pm

BASEBALL GAMES

Use small bean bags as the baseball and try to get it through the hole on the baseball board. Join your team and play for the win. Game enhances the motor skills of participants.

Mondays and Fridays at 12:45 pm

BOWLING

Were you an avid bowler? Miss the excitement of the game? Miss hearing the sounds of scattering bowling pins? Well the time has come to get back in the game. Come out and join the other Senior Adult clients as they participate in an interactive virtual game of bowling using the Wii gaming system. This game will allow you to exercise while having great fun.

Monday – Friday from 12:00 pm – 2:00 pm

BOOK CLUB

Wednesdays at 12:45 pm

B-I-N-G-O

Coverall, Four Corners, Postage Stamps and Area Code, 5 in a row and Crazy Eights. No, these are not just words. IT's the BINGO game you know and love. Participants can come out and have fun while keeping their minds sharp and eyes focused.

Fridays at 10:00 am

CURRENT EVENTS

Current Events are discussed on worldwide topics once a week. This gives everyone an opportunity to learn and discuss the hottest and most current topics worldwide.

Wednesdays at 10:00 am

HAND DESIGNED GREETING CARDS BY PENALAPY

Volunteer instructor will teach members how to construct there personal greeting cards with a flare. Each card will consist but not limited to tassels, ribbon, color paper etc. Each member will enhance hand, vision, and motor skills while making cards which can be created for love ones, friends and family.

Wednesdays at 10:00 am

PAPER MACHE

Program members will construct small projects such as bowls, fruit and mask out of paper or shreds of paper mixed with flour and water which can be molded into after it becomes hard and suitable for painting and varnishing when dry. This will help with arthritis in hands, enhance vision and memory retention.

Tuesdays at 10:00 am

HOME DECOR/ARTS

Tuesdays thru Thursday at 10:00 am

FIRE SAFETY

This is a class designed to make senior citizens aware of social dangers, health issues and to provide information to prevent senior citizens from becoming a victim of social dangers and preventing illnesses and diseases.

Tuesday, February 12, 2013 at 12:45 pm

HEALTH BENEFITS OF YOGA

Yoga Classes are health-related which improve cardio respiratory (aerobic) muscular strength and

Friday, March 8, 2013 at 9:30 am

Trips

FERNBANK MUSEUM - GENGHIS KHAN

Travel to the FernBank Museum to learn more about the Mongol Empire and a personal look at the legendary Mongolian ruler. Admission is \$15.50 per person. After exploring the museum members will have lunch on your own at P.F. Chang's Restaurant.

Wednesday, January 16th from 9:00 am – 5:00 pm

LIBERTY THEATER CULTURAL CENTER

Celebrate your Valentine Program at the Historic Liberty Theatre Cultural Center to see the play "The Mountaintop". Members will pay \$10.00 for admission and \$13.00 for all you can eat buffet.

February 14th 2013 10:00 am – 8:00 pm

MARTIN LUTHER KING JR. HISTORIC TOUR

Members will tour Martin Luther King, Jr. National Historic Site, the King birth home and Ebenezer Baptist Church, where he preached from 1960 until death. Members will listen to a speaker about the Historic Site and watch a movie. Afterwards enjoy lunch on your own at the historic Mary Mac's Tea Room.

February 26th 2013 9:30 am – 5:00 pm

CENTER FOR DISEASE CONTROL CONVENTION

Visit the David J. Spencer CDC Museum (formerly known as the Global Health Odyssey Museum) at CDC Headquarters. This unique museum features award-winning permanent and changing exhibitions that focus on a variety of public health topics, as well as the history of CDC.

March 25th 2013 9:15 am – 5:00 pm

Prepare Yourself for Winter-Months Emergencies

Get TIPS to help prepare yourself and home for the uncoming winter chill. Let the Senior Services Department show you how.

By Marquita Bundrage,
Event & Marketing Coordinator

The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. Populations of particular concern following a disaster include those with a history of heart attack, stroke, or breathing disorders; people with diabetes; and those taking blood thinners, certain cancer therapies, or other essential medications. This is a good reason for older adults, their families, or their caregivers to take a few simple steps to prepare for an emergency.

Persons with Alzheimer's

- Register with local police and fire departments.
- ID bracelet or necklace indicating special or peculiar behaviors (e.g., memory loss)

Oxygen-Dependent

- Oxygen supplies (including alternate power source such as a battery)
- Extra water for oxygen condensers

Bed-Bound Persons

- Emergency transportation plan
- Supplies of daily care items - bed pads, adult diapers, linens (enough for at least 2 weeks)
- Dietary needs



Clayton County Board of Health's Office of Emergency Preparedness and Response in collaboration with community partners has created the "T.I.P.S." (Transportation, Information, Personal Emergency Plan, Shelters) brochure for vulnerable populations that provides information on several topics seniors need to be aware of in the event of a natural or manmade emergency.

Starting in January, 2013, the Health and Wellness Division will hold monthly classes to educate our seniors on the importance of being prepared. We will discuss emergency preparedness topics in detail to make sure we have identified and answered all questions on key issues. All participants will receive a copy of the brochure which has a magnet on the back for safe keeping. Emergency planning now with annual maintenance, will really improve your probability of surviving whatever kind of winter disaster hits.

Read more on how to prepare your family for emergencies by visiting the following website: http://www.cdc.gov/aging/pdf/disaster_planning_tips.pdf

KINSHIP CARE



1. Caregivers workout with Dione in the Low Impact Aerobics Class.
2. Kinship twins enjoy a special event are ready for the Winnie the Pooh Party in January.
3. Attentive youth are amazed at the power of a peanut during a Weird Science night.
4. Grandparent Shirley Floyd checks her oil at the car maintenance class.
5. Grandparent Mary Thompson pieces her quilt together during a Tuesday quilting class.



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

During this quarter, the participants of the Kinship Care program will embark on a fun and educational start to the new year. With plenty to do for the entire family, activities range from a Winnie the Pooh Party on January 16th to an educational 'trip' to Australia for the teens and youth on February 15th, and an adventure into the mind of Albert Einstein for Weird Science night on March 20th. All classes are for registered Kinship Care participants only.

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

NEW CLIENT INTAKES/ORIENTATION

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

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

BREAKFAST TALK SUPPORT GROUP

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

EVENING SUPPORT GROUP

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

THE BUTTERFLY PROJECT

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

KINSHIP BOOK CLUB

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

QUILTING

Adults: 1st and 3rd Tuesdays of each month from 10:00 am - 12:00 pm

HOME GROWN GARDENING

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

MICROSOFT OFFICE

Adults: Wednesdays, January - March from 11:00 am - 12:00 pm

LAUGHTER THERAPY

Adults: Monday, January 7th from 10:00 am - 11:00 am

OLDIES, BUT GOODIES VOL. IV: THE BLUES

Oldies but Goodies is back! This time around, we will be traveling to the south for some 'down home blues.' We will be playing only the blues from decades past...same rules though. Identify the song, win a prize!

Adults: Thursday, January 10th from 5:00 pm - 6:30 pm

LINE DANCING

You've done line dancing before...but not with Ms. Dione! All adults are invited to this fun, low-medium impact dance class. It's so much fun, you won't realize you're getting into shape!

Adults: Wednesdays in February from 10:00 am - 11:00 am

MEN'S COOKING CLASS

For all the men of questionable culinary ability, we will be offering this most basic of cooking classes so that you can learn how to make a small treat, from scratch, with your grandkids. This will hopefully be the first of many and the difficulty level will increase... but for now, we will be baking cookies!

Men only: Tuesday, February 19th from 11:00 pm - 1:00 pm

BLACK HISTORY PROGRAM: DINNER WITH THE WOMEN IN THE BACKGROUND

This year, our annual Black History Program will be centered on the black women who worked in civil rights and achieved great success, but went unrecognized by the nation. There will be a soul-food dinner where all the ladies will be introduced and finally be given the recognition they deserve.

All ages: Thursday, February 28th from 5:00 pm - 6:30 pm

KINSHIP MARDI GRAS

Kinship families will come together to celebrate Mardi Gras! There will be an authentic New Orleans meal, a contest for the best mask, plenty of music, dancing and fun for the entire family!

All ages: Tuesday, March 26th from 5:00 pm - 6:45 pm

Teen/Youth Programs

YOUTH RAP/TEEN RAP

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

INDIVIDUAL TUTORING

All Ages: By appointment only

DRUG AND GANG AWARENESS

There is mention of gangs and/or drugs in the news almost every day. To ensure that the kids in the Kinship program don't fall victim, we will have a program educating them on how to avoid these issues and how to stop if they, or somebody they know, has already taken part in these activities.

Youth: Thursday, January 3rd from 5:00 pm - 6:00 pm

DENTAL HYGIENE

Teens and Youth: Friday, January 4th from 12:00 pm - 2:00 pm

TWISTER TOURNAMENT

Youth: Thursday, January 10th from 5:00 pm - 6:30 pm

WINNIE THE POOH PARTY

English author A.A. Milne's birthday is January 18th, so in honor of his birth, we will be having a party to celebrate his most beloved character, Winnie the Pooh. This will be a fun-filled evening for all ages as we party with Pooh and all his friends from the Hundred Acre Woods!

All ages: Wednesday, January 16th from 5:00 pm - 6:30 pm

POP-O-RIFIC

Hmmm...what can you do with popcorn? We have a few suggestions. Bring the kids and let's explore the many uses of one of the healthiest snack foods there is!

Teens and Youth: Wednesday, January 23rd from 5:00 pm - 6:30 pm

MOVIE NIGHT: HAPPY FEET TWO

Were you aware that January is Penguin Awareness Month? What better way to celebrate than with a fun, feel-good movie and a seafood dinner? Learning about penguins and the environment without realizing you're learning is so much fun!

All ages: Thursday, January 24th from 4:00 pm - 7:00 pm

LINCOLN'S LEGACY

Abraham Lincoln was arguably the greatest president this country has ever seen. In honor of "Honest Abe," this program, held on the day of his birth, will be dedicated to the life, presidency and legacy of this great man. We will even be serving one of his favorite meals!

All ages: Tuesday, February 12th from 5:00 pm - 6:30 pm

AUSTRALIA!

Children of all ages are invited to travel with Kinship to Australia! Ok, we're not actually going to Australia, but this day will be filled with the sights and sounds of the Land Down Under! Bring your youth and teens as we expose them to the culture, traditions, resources, and landmarks of Australia!

Teens and Youth: Friday, February 15th from 12:00 pm - 3:00 pm

VALENTINE'S DAY SOCIAL

Come to Kinship and be social on Valentine's Day. This event is just for the adults to come out, enjoy each other's company and make special holiday desserts for yourselves or your significant others.

Adults: Thursday, February 14th from 12:30 pm - 1:30 pm

ZUMBA FOR TEENS

Teens: Monday, February 18th from 5:00 pm - 6:30 pm

BASIC PHOTOGRAPHY

All ages: First 3 Mondays in March from 5:00 pm - 6:00 pm

CATCHING MARCH

Youth will learn healthy eating and high physical activity habits that will carry them throughout their life through fun, games, and nutritious snacks.

Youth: Tuesday, March 5th from 5:00 pm - 6:30 pm

CURRENT EVENT DEBATE

This program is for all the teens that have ever thought that their opinions go unheard and all the adults that think that nobody listens to them. The debate will set teens against adults, arguing the issues that affect us all to present the most cogent arguments, but remember...listening is the key to a good debate.

Teens and Adults: Tuesday, March 12th from 5:00 pm - 7:00 pm

WEIRD SCIENCE: EINSTEIN EDITION

The Great Albert Einstein, one of the most brilliant minds in history, is celebrating his 134th birthday and we are going to have a science party in his honor! Ms. Lynn will be performing science experiments that involve light, sound and gravity which were the foci of Einstein's career.

Teens and Youth: Wednesday, March 20th from 5:00 pm - 6:30 pm

Trips

HONDA BATTLE OF THE BANDS

Families will travel to the Georgia Dome for the annual marching band showcase of the top-voted Historically Black Colleges and Universities in the nation. We will be taking 50 people total, and all interested parties must register and submit their money by January 11, 2013 in order to travel with Kinship. Tickets are \$10 per person. Lunch will be on your own.

All ages: Saturday, January 26th from 1:00 pm - 9:00 pm

MICHAEL C. CARLOS MUSEUM

Explore the centuries of time past through the art of Asia, Greece, Africa and Egypt. You are sure to be enlightened and inspired! The cost of admission is \$3 and lunch will be provided.

Adults: Thursday, January 31st from 10:00 am - 2:00 pm

MARTIN LUTHER KING JR, HISTORICAL SITE

Atlanta is home to the face of the civil rights movement, Dr. Martin Luther King, Jr. So for black history month, we will be traveling to various places in the historical district, including the visitor's center, museum, fire station #6, Dr. King's original gravesite, his current tomb and his birth home. Afterwards, lunch will be on your own at the Thumbs Up Diner located within walking distance of the historical site.

Adults: Monday, February 4th from 9:30 am - 2:00 pm

FAYETTE FUN BOWL WITH THE FELLAS

This trip is just for the men...Come out and show your skills on the lanes, gentlemen. We want to have an easy day of bonding and relaxation with just the guys, with a little competition mixed in! This is sure to be a fun day!

Men only: Monday, March 4th from 10:00 am - 1:00 pm

BUCKNER'S RESTAURANT-JACKSON, GA

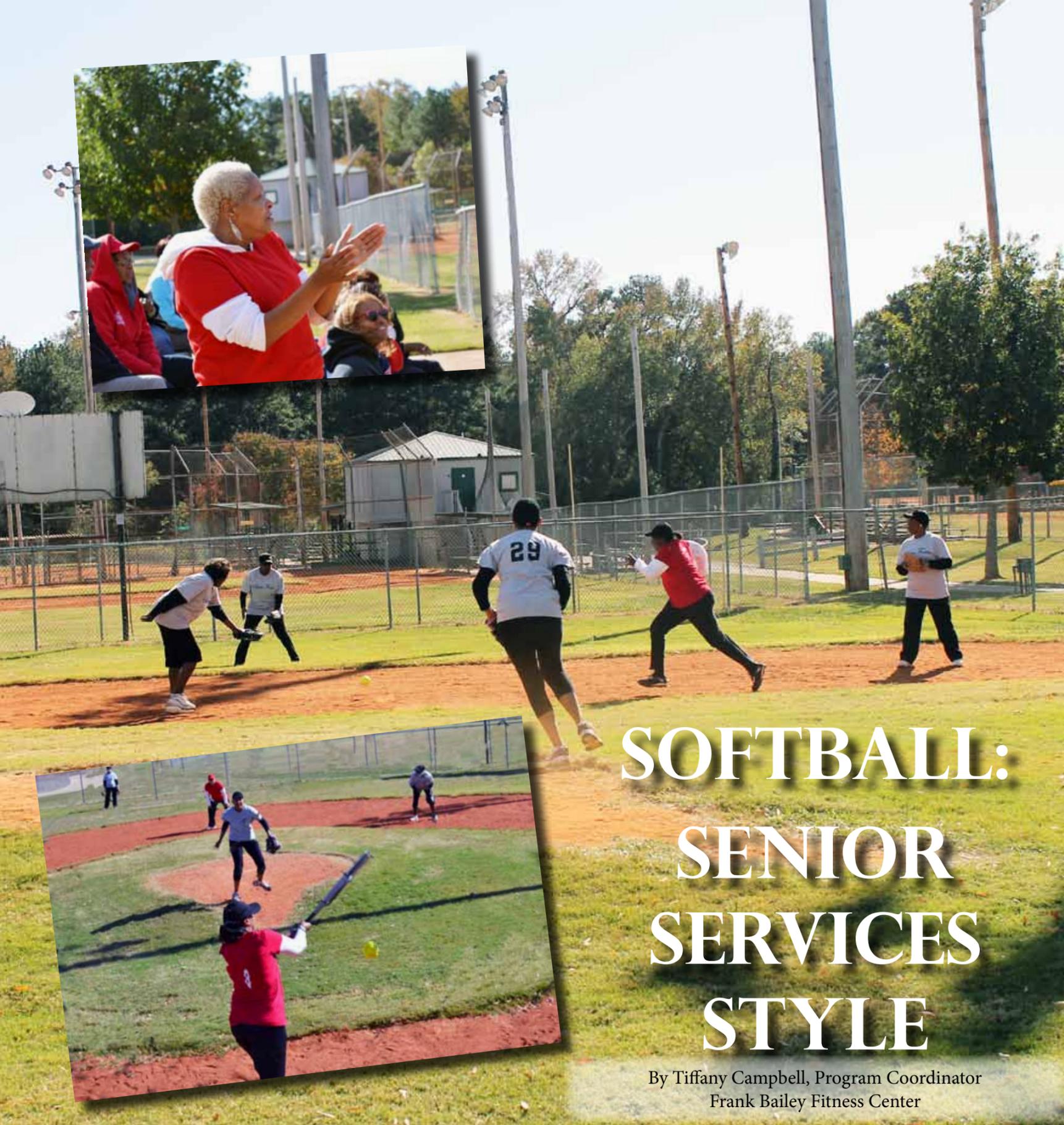
Join us as we travel to Jackson, GA to Buckner's Restaurant for a family-style southern lunch. The price for a senior is \$11 per person, plus tax and gratuity.

Adults: Thursday, March 7th from 11:00 am - 2:00 pm

ROAD TO TARA MUSEUM

Clayton County is rich in history and many people don't even know it. Join us as we explore historic Jonesboro and the city's ties to Margaret Mitchell and 'Gone with the Wind'! This is sure to be an eye-opener for all the people new to the state, new to the county and even those grandparents who have lived here their entire lives. Afterwards, lunch will be on your own at Golden Corral!

Adults: Friday, March 29th from 10:00 am - 2:00 pm



SOFTBALL: SENIOR SERVICES STYLE

By Tiffany Campbell, Program Coordinator
Frank Bailey Fitness Center

It was a breezy but beautiful day at Rum Creek Park on October 31st. The sun was shining and from the way the day was passing there was no sign that that very afternoon there would be a battle. The Battle of the Senior Center Softball Game commenced at 3pm that day. The senior center member softball teams, Frank Bailey's Silver Foxes and Griswell's Charley's Angels, met on the field not just to gain the victory but also to garner the coveted bragging rights.

"Both teams began practicing twice weekly in September to prepare for this day," said Ben Howze, coach of the Silver Foxes and the creator behind this event.

"I became interested in coaching after retiring from professional baseball in 1994. I now coach a little league program and wanted to introduce a softball league to our center members."

The first inning saw the Charley's Angels on top with a 6-1 lead over the

Silver Foxes. After the Charley's Angels quickly put 10 runs on the board the Silver Foxes started gaining some momentum closing the gap by 4 points.

The crowds from both centers came out to show support and each offered their cheers and sideline coaching techniques. As the battle moved on, there was a clear winner present as the Charley's Angels put the game out of reach in the last inning. The final score was 18-6.

"It was exciting and fun. It took me to another level in my workout and exercise experience. I will encourage other members to join the team for next year," said Marian Stallworth, member of the Silver Foxes. Barbara Middleton of the Charley's Angels team said, "I gained more friends, lots of smiles, plenty of jokes, and more confidence in me."

The game was highlighted by the guest appearance of Major League

Baseball's Marquis Grissom. Grissom, a former teammate of Ben Howze, threw out the first pitch of the game. He is also known for his game winning catch in the World Series for the Atlanta Braves. Grissom took photos with both teams and graciously hung around to enjoy the entire game.

"Both teams showed a lot of heart and great team spirit. It was really enjoyable to watch," said Grissom.

Though there was a clear winner both teams are enthusiastic about facing each other again in the spring of 2013. The Charley's Angels proudly walked away with the trophy and the right to say they won the battle on the field that day.

Interested in signing up for either team? Let your center know and the team captains will contact you about their next practice.

Charley's Angels *Charley Griswell Senior Center*



Ida Knight, Barbara Middleton, Latasha Rosser, Dorothy Dean, Arquetia Bowdy, Sandra Pedro, Verona Johnson, and Bobbie Dozier.

Silver Foxes *Frank Bailey Senior/Fitness Centers*



Joyce Lawrence, Linda Davis, Sadie Sellers, Anita Blakely, Martha Plummer, Lynda Ray, Betty Simmons, Connie Weaver, Marian Stallworth

FRANK BAILEY SENIOR CENTER



1. Member Mr. Collins talking during Veteran's Day program.
2. Members on trip to Gibbs Garden.
3. Former Atlanta Braves player Marquis Grissom during softball game.
4. Clayton County Fire Department speaking at Fire Safety event.
5. Trevor working out with member in fitness room.



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

Mindy French | Manager



We are bringing in the New Year new trips, new programs and new activities. Travel with us to the Coca Cola Space Center or to the Mountain Top Play based on the life of Dr. Martin Luther King, Jr. Our center programs will cover writing, banking and crime prevention. We will host an event for local author and center member Thomas Blakely and his new published book. A Bank of America representative will be dropping by to offer the ins and outs of banking, and the local police department will give us some crime prevention tips along with a K-9 unit demonstration.

Special Events & Activities

THROUGH THE EYES OF A WRITER

Our very own member, Thomas Blakely, author of Unmovable Stone, will come out to discuss his journey to becoming a published author. He will discuss his ideas and even how to overcome writer's block.

Wednesday, January 9th

NATIONAL THANK YOU MONTH- SENIOR APPRECIATION MONTH

January is National Thank You and we would like to thank our members for participating at the center. We will have refreshments and a slide show of various activities around the center.

Thursday, January 24, 2013

EVERYTHING YOU NEED TO KNOW ABOUT BANKING

Personal Banker Bernardo Sellers of Bank of America will share info about various banking changes and updates. He will cover topics such as banking concerns, checking, savings, CDs and online banking.

Tuesday, February 5, 2013

BLACK HISTORY PROGRAM

Let's celebrate Black History Month with the NAACP. A NAACP member will be present for conversation and we will show a documentary. This will be a combined celebration and will take place at the J. Charley Griswell Center.

Monday, February 25, 2013

KARAOKE CONTEST

We will host a karaoke contest full great 70s hits and costumes. Come perform your favorite songs in costume for a chance to win special prizes.

Friday, March 15, 2013

CRIME AWARENESS

Get information on how to protect yourself from crime by the Riverdale Police Department. This will be an interactive presentation and will offer a demonstration from the K-9 unit.

Tuesday, March 19, 2013

EXPRESS YOURSELF

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

First Tuesday of Every Month

Classes

POWER PUMP (FOR MEN ONLY)

Come on MEN let's get you mojo back and bulk that chest, and deflate that spare tire.

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

BODY TONING

Workouts designed to bring back your shapely figure by using weights, bands, stretching techniques dance, and light cardio.

**Mondays & Thursdays
from 1:00 pm - 2:00 pm**

LAND/AQUA BOOT CAMP WITH TREVOR

This class will be a combination of exercise on Land/Aqua inside the pool. Bring your tennis shoes and swimsuits for a fun packed class with Trevor.

Tuesdays from 2:30 pm – 3:30 pm

COMPUTERS MADE EASY WITH MARY JANE

Mary Jane will be teaching seniors the simple basics to using a computer. Powering on and off, using standby mode. Connecting to the internet and using different servers, emails, folders.

Thursdays from 1:30 pm - 3:00 pm

AQUA THERAPY WITH TERRI

Gentle cardio workout and range of motion exercises approved by the Arthritis Foundation.

Fridays from 9:00 am – 10:00 am

AARP DRIVING CLASS

Update your driver safety certification. By completing this class you can receive a discount on your car insurance. Classes fill up fast, so sign up today.

Tuesday, November 13, 2012 from 8:30 am – 2:30 pm

TECH TALK

Get answers to questions you may have about your computer and how to operate it.

Thursdays from 6:00 pm – 7:30 pm

BAILEY BRAIN STORMERS

Meet with program staff once a month to come up with ideas of programs you would like to have at Frank Bailey, trips you would like to take and classes that would interest you. So...begin thinking of new things you and fellow members would enjoy and be willing to do.

2nd Wednesday of every month from 10:00 am – 11:00 am

COMPUTER CLASS (BASICS)

Do you have a computer in your home just sitting around in a corner gathering dust and you are afraid to turn it on? If you take this class you will learn many skills so that you can jump into the 21st Century

**Mondays, Tuesdays, & Thursdays from 10:00 am – 12:00 pm
Check with front desk for dates.**

QUILTING

Make new friends as you learn together the almost forgotten skill of quilting. The quilts you make today may be heirlooms of tomorrow.

Wednesdays from 9:00 am – 1:00 pm

SCULPTING IN CLAY

You will learn to create a masterpiece starting from a block of clay. You will be delighted to see your work of art unfold as you work with the clay under the direction and tutelage of an excellent instructor.

Fridays from 1:00 pm – 4:00 pm

BRIDGE

Join the bridge players, even if you've never played before. This is a fun time of socialization and learning.

Tuesdays from 10:30 am – 12:30 pm

BEGINNING BILLIARDS

Thursdays from 9:30 am – 11:00 am

WATER WALKING

Low impact includes warm up, walking, stretching and toning.

Mondays & Thursdays from 11:15 am - 12:00 pm

BEGINNING SWIM

Learn the fundamentals of swimming techniques and basic swim strokes.

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

WATER FITNESS I

This is a gentle water workout to exercise joints and build endurance. Exercise uses hand buoys and tubing.

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

WATER FITNESS II

Take the next level of the Water Fitness class and get a deeper workout using the hand buoys and tubing.

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

AQUA FITNESS W/ NOREEN

Come and enjoy a workout with Noreen. Have fun while toning your body and making new friends.

Wednesdays from 2:00 pm - 3:00 pm

ARTHRITIS AQUATICS

Gentle cardio workout and range of motion exercises lead by an Arthritis Foundation certified instructor.

Wednesdays & Fridays from 9:00 am – 10:00 am

INTERMEDIATE SWIM

Progress beyond the basics of swimming.

Wednesdays & Fridays from 11:00 am - 12:00 am

JEWELRY CLASS

Learn to make beautiful jewelry using beads and stones in a 4-hour weekly class.

Thursdays from 1:00 pm – 5:00 pm

BINGO

Come and play bingo every week. Bring a prize; win a prize.

Tuesdays & Thursdays from 10:30 am – 11:30 am

FRANK BAILEY CHOIR

Join the Frank Bailey Choir and sing at different events offered throughout the year.

Tuesdays from 2:00 pm – 3:00 pm

Special Clubs

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

Trips

COCA COLA SPACE CENTER

Explore the stars through the Mead Observatory and engage in hands on activities from the Space Science and Astronomy department.

Tuesday, January 15, 2013

MOUNTAIN TOP PLAY

The Liberty Museum will offer a special performance of “The Mountain Top,” a play about Dr. Martin Luther King, Jr.

Thursday, February 14, 2013

GIBBS GARDEN

Gibbs Gardens is distinguished by 220-acres of gardens set in a mature forest in the foothills of the North Georgia Mountains. There are 16 different gardens to explore and enjoy.

Thursday, March 14, 2013

LITTLE WHITE HOUSE

The Little White House was President Roosevelt’s retreat when in came to Warm Springs, GA. We will tour the grounds and are known for their warm springs, which house the Institute for Rehabilitation.

Tuesday, March 26, 2013

The Sole of the Matter

Your feet carry you everywhere you go but are often the last thing we think about. Proper foot care is important and so is proper footwear.

By Tiffany Campbell, Program Coordinator
Frank Bailey Fitness Center

Many times our athletic shoes are the shoes we think about the least. They’re the ones that have been tossed in the back of the closet, and only see the light of day when it’s time for gardening or taking out the trash. However, when it comes to fitness there are some things that you should know about your shoes.

According to the American Podiatric Medical Association, the average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime. That’s enough to go around the circumference of the earth four times. And with that amount of miles on your feet you can just imagine how important it is to support your soles as much as possible. Improper footwear is the most common cause of overuse injuries. Wearing worn down athletic shoes can lead to foot, ankle, knee, hip and lower back pain.

Treat your feet.

The purpose of an athletic shoe is to protect the foot from impact and abrasion, support the foot and improve traction. The recommendation of the American Podiatric Medical Association is to purchase shoes that are \$60 or more to ensure proper materials are used for support. When choosing your shoes the other factors are listed below. Also, if an athletic shoe gets constant use you can save money by buying athletic inserts to further support the health of your feet.



<i>If you</i>	<i>Pick a shoe that:</i>
are heavier or taller	has a firm, dense midsole, like polyurethane (PU)
are lighter or smaller	has a softer midsole, like compression-molded ethyl vinyl acetate (EVA)
have a high arch	is well cushioned and soft
have a flexible arch or flat foot	is firm and has motion-control features

<i>If you regularly participate in...</i>	<i>You need...</i>
aerobics/ dance exercise only	an aerobic-dance shoe or a cross trainer. If you have had arch or heel problems, choose an aerobics shoe because it is more flexible
weight training, stair climbing, and stationary biking	a cross trainer
aerobics/ dance exercise, weight training, stair climbing and biking	a cross trainer or aerobics shoe with a PU midsole
aerobic/ dance exercise and running	an aerobics shoe and a running shoe

FRANK BAILEY FITNESS CENTER



1. Members working out in Step Aerobics class with Dione Carroll.
 2. Fitness Instructor Ben Howze training member in gym.
 3. Health & Fitness Coordinator Dione Carroll instructing Fit Dance class.
 4. Bailey Choir performing during Cooking Competition in September 2012.



Frank Bailey Fitness Center | 6213 Riverdale Road | Riverdale, GA 30274 | Phone: 678-479-5062 | Fax: 678-479-5061

Monday – Friday 8:00 am – 5:00 pm

It's game time at the fitness center! We are ready to roll into 2013 with our unique blend of fitness and fun! So come on in out of the cold and enjoy our indoor walking track and fitness room. We are kicking off the winter with our 2nd Annual Super Bowl Tailgate Party. And just in case you need help with meals we are offering a new event called "It Taste Great and Its Less Fattening" to help you move beyond unhealthy holiday eating. We will finish out the winter with a Paris Fashion Show to help you move into the spring in style. You can also get in on one of our fitness classes geared towards any fitness level. You're never alone with a friendly staff ready to greet you and make you smile while you sweat

Events/Workshops

2ND ANNUAL SUPER BOWL TAILGATE PARTY

Our 2nd Annual Super Bowl Tailgate Party is back by popular demand. We will celebrate with football and tailgate food done fitness center style. We will bring back our popular End Zone Dance Contest and add a few new football challenges.

Friday, February 2, 2013

IT TASTE GREAT & ITS LESS FATTENING

Chef Amy Allen will prepare unique healthy meal selections. She will offer great tasting options that don't skim on nutritional value and will top it all off with a dessert and beverage.

Wednesday, February 20, 2013

PARIS FASHION SHOW

The fitness center is more than just fitness and fun...its also fashion! We are hosting our first ever Paris Fashion Show. We will showcase the hottest fashions in sportswear, outerwear and formal wear featuring our member models.

Friday, March 22, 2013

Classes

NEW! 20/20 STRENGTH AND TONE

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

Thursdays from 10:15 am - 11:00 am

ABS

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

ARTHRITIS FOUNDATION LAND EXERCISE

Program reduces joint pain and stiffness and increases flexibility, strength, and endurance for people with arthritis.

Wednesdays from 11:00 am - 11:45 am

BEGINNING YOGA

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

Wednesdays from 11:30 am - 12:30 pm

CARDIO YOGA

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

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

FIT DANCE

Cardio dance class that uses various forms of dance to offer a fun way to get into shape.

Tuesdays from 9:00 am - 10:00 am

FITNESS THERAPY

A low-impact workout for those with limited mobility, improve range of motion and balance while strengthening and conditioning muscles while using a chair.

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

GOLF

Like playing golf? Interested to learn how to play? Sign up and learn how to play like a pro.

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

PERSONAL FITNESS

A complete body strengthen and stretching class working on toning your upper and lower body.

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

NEW! PILATES

Pilates is a body conditioning routine that may help build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips, and back.

Tuesdays from 10:00 am - 11:00 am

SPIN

An aerobics class that takes place on a specially designed stationary bicycle called a Spinning Bike. Spin burns calories and offers a great aerobic workout for your heart rate.

Wednesdays from 9:00 am - 9:30 am

NEW! STEP AEROBICS

An aerobics class that uses an elevated platform called a step bench.

Thursdays from 11:15 am - 12:00 pm

ZUMBA

This is a fitness program inspired by Latin dance. Zumba mixes effective body sculpting and toning with easy to follow dance steps.

Mondays & Wednesdays from 12:00 pm - 1:00 pm

Games

BOCCE BALL

Mondays from 9:30 am - 10:00 am

HORSESHOES

Tuesdays from 9:30 am - 10:00 am

SHUFFLEBOARD

Wednesdays from 9:30 am - 10:00 am

WII FIT

Wednesdays from 2:00 pm - 3:00 pm

Special Clubs

- Walking Club
- Travel Club

Trips

CALLAWAY GARDEN

The golf class members will travel to Browns Mill Golf Course in Atlanta to practice their knowledge gained through our current golf class.

Thursday, March 21, 2013

TOTAL BODY Workout At Home

Are you looking for a total body workout? Let our certified Personal Trainer Sammy Reed help you to achieve your goals. Sammy's Personal Fitness Class is driven by his five principles of physical fitness (Cardiovascular, Strength, Sound Nutrition, Flexibility, and Positive Attitude). When you leave Sammy's class you will feel energized, a sense of accomplishment, with an enthusiasm for the next class. His class will also provide the motivation you need to stay focused throughout your workout by giving you a mixture of exercises.

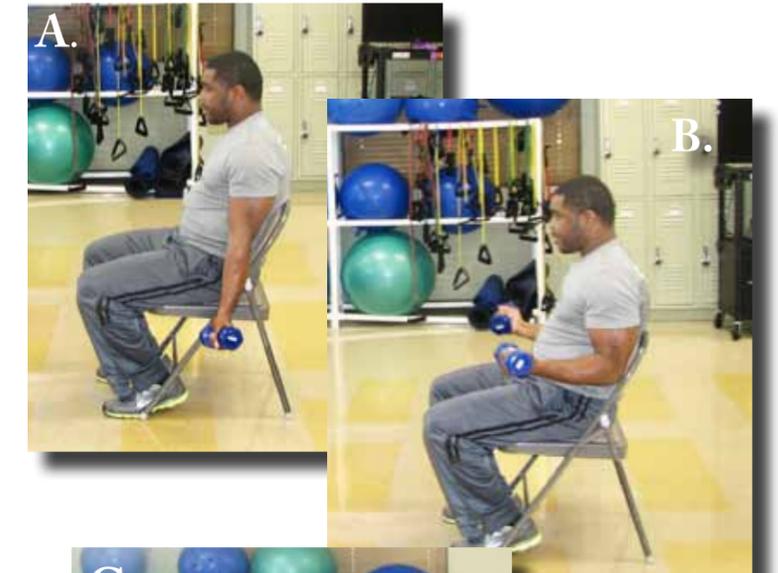
Dumbbell curls are a great way to develop definition in the arms. Supinate (palms up) your wrists for a peak-contraction of the bicep muscles. Seated curls can be performed at home or at the gym with dumbbells and a bench. Alternative workout equipments may include; can goods, a broom or books.

- Sit on the bench with your torso stabilized (Photo A); hold the dumbbells down at your sides with palms forward, keeping your chest up and your elbows braced at your sides at all times.
- Bend your elbows and pull the dumbbells up toward the shoulders until your elbows can't bend any more (Photo B).
- Return slowly to the bottom position.

Body weight squats are performed to parallel develop strength in the glutes, hamstrings, hip adductors, quadriceps and spinal extensors. This exercise transfers well to the real world and can be adapted to meet the needs of almost anyone. For more complete lower-body development body weight squats to below parallel.

- With your feet wider than shoulder width, hold your arms out in front of you (Photo C).
- Squat straight down, keeping your feet flat and straight or slightly pointed outward (Photo D).
- Stand back up, leading with the chest.

Sammy Reed is a Certified Personal Trainer with Better Health Now Fitness. He teaches the Personal Fitness at the J Charley Griswell Senior Center.



J CHARLEY GRISWELL SENIOR CENTER



1



2



3



4

1. Participants during Mardi Gras 2011 Celebration.
 2. Members learning digital photography.
 3. Low Impact Aerobics class (photo by Digital Photography students).
 4. Charley's Angels softball team celebrating a victory!



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

Linda McKenzie | Manager



We've come to another year, another commitment to ourselves and our love ones to take better care of each other. Let us live one day at a time, one step at a time. Let's add one more goal to last year's goals, even if we didn't complete them. When you do well, treat yourself. When you mess up, don't beat yourself. Never give up. Never give in. Fashions and hair styles always change. Becoming and being healthy is a change for the rest of your life and it never goes out of style.

Special Events & Activities

MEMBERSHIP APPRECIATION LUNCHEON

The Griswell Advisory Board would like to honor our members with a special appreciation luncheon. Members will enjoy a meal while enjoying fellowship with others.

Friday, January 25th from 2:00 pm- 4:00 pm

GRISWELL VALENTINES DINNER/DANCE

February 14th is St Valentines Day and in observation of this special day the Griswell Center would like to invite our members to an evening of dining and dancing. Our theme for this year will be "This Magic Moment". Come and enjoy an evening of dinner, giveaways and music by our very own DJ Barake and Najuma.

Saturday, February 9th from 6:00 pm- 10:00 pm

BLACK HISTORY PROGRAM/POTLUCK

In celebration of Black History Month and to recognize the contributions African Americans have made throughout history, we are inviting our members to a special program and potluck. Program will consist of music, poetry, and a brief highlight of historical events. Please bring in your favorite dish to share with others.

Monday, February 18th from 2:00 pm- 4:00 pm

5TH ANNUAL MARDI GRAS CELEBRATION

It is time for Mardi Gras, Griswell style! Join us as we celebrate Mardi Gras to pay homage to New Orleans and its rich heritage. Event will feature many costumes, floats and a fabulous parade. Members will also enjoy a sample of red beans and rice.

Friday, March 8th from 2:00 pm- 4:00 pm

ST PATRICK'S DAY SOCIAL

Come and join us as we celebrate St Patrick Day. Join us for an afternoon of games, music, prizes and a sampling of Irish style refreshments.

Wednesday, March 13th from 6:00 pm- 10:00 pm

Classes

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

AQUA BOOT CAMP

Mondays and Wednesdays from 2:00 pm – 3:00 pm

AQUA SCULPTING

Mondays and Wednesdays from 3:00 pm – 4:00 pm

AQUA ZUMBA

Aqua Zumba is a water class which uses a fusion of aerobics exercises to focus on the entire body. It strengthens your core to lose extra inches on your waistline and other hard to reach places.

Mondays from 4:15 pm – 5:15 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.

Tuesdays and Thursdays from 11:30 am – 12:15 pm
Fridays from 9:00 am – 9:45 am

BEGINNERS SWIM

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

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

WATER WALKING

Wednesdays from 1:00 pm – 1:30 pm

PLYOMETRIC CARDIO CIRCUIT

Fridays from 2:00 pm – 2:30 pm

CARDIO FITNESS

This class will help to enhance your physical activity to a level which will help you to lower yephealth risk factors such as cholesterol levels, high blood pressure, and weight/obesity disorders. It will also decrease joint and back pain.

Beginners - Tuesdays and Thursdays from 10:00 am - 11:00 am

PERSONAL FITNESS

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

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

Wednesdays from 12:15 pm- 1:15 pm

ZUMBA

An energetic combination of salsa, merengue and many other international dance steps delivered as a Latin-inspired fitness experiences.

Mondays from 12:00 pm - 1:00 pm
Tuesdays from 2:00 pm - 3:00 pm

YOGA THERAPY

This class will renew, restore and refresh your body with yoga postures, meditation and breathing techniques that are specific to your needs and goals. Our wonderful instructor will work with you to explore your range of motion, functionality and goals at a pace that suits you.

Wednesdays from 9:00 am – 10:00 am

EVENING TAI CHI

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

Mondays from 6:00 pm - 7:00 pm

ADVANCED HATHA YOGA

This is the harmonizing and balancing of energies to ensure a healthy and functioning body.

Mondays and Fridays starting at 10:00 am

ARTHRITIS EXERCISE

Thursdays from 11:00 am – 12:00 pm

PILATES WITH GABRIELLA

This is a system of exercise using smooth, flowing movements to tone and stretch the body and increase strength and flexibility in the joints and muscles.

Beginners - Tuesdays and Thursdays from 11:00 am – 12:00 pm

NEW! DANCERCIZE

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

Wednesdays from 10:00 am – 10:45 am

CHICAGO STYLE STEPPING/ SOUL LINE DANCING

Mondays from 6:15 pm - 7:15 pm

YOGALATES

Wednesdays from 10:00 am – 11:00 am

BEGINNING SPANISH

Tuesdays from 11:00 am - 12:00 pm

BASIC COMPUTER CLASS

This class will teach our members the basic computer skills from turning on the computer, how to control the mouse and more.

Mondays from 10:00 am – 11:00 am

INTERMEDIATE COMPUTER

This class will teach you how to apply the knowledge gained in the beginners' computer class.

Tuesdays from 9:00 am - 10:00 am

JEWELRY MAKING

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

Thursdays from 10:00 am – 11:30 am

LINE DANCE

Mondays from 2:00 pm - 4:00 pm

BASIC DIGITAL PHOTOGRAPHY

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

Wednesdays from 10:00 am - 11:30 am

QUILTING

Mondays from 4:00 pm - 7:00 pm
Tuesdays – Thursdays from 10:00 am - 12:00 pm or 1:00 pm - 3:00 pm

SKETCHING

Tuesdays from 10:00 am – 11:00 am

CERAMICS

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

Mondays from 9:30 am - 11:30 am

ONE STROKE PAINTING

Fridays from 1:00 pm – 3:30 pm

KNITTING

Thursdays from 1:30 pm - 2:30 pm

CROCHETING

Wednesdays from 9:00 am - 10:00 am

CREATIVE CRAFTERS

2nd and 4th Wednesday of each month from 10:00 am - 11:30 am

CELL PHONE 101

2nd and 4th Friday of each month from 11:30 am - 12:30 pm

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

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

2nd Thursday of each month

THE VOICES OF GRISWELL

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

Call the Griswell center for further details.

Special Clubs

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

- AARP Club
- Book Club
- Bowling Club
- Bridge Club
- Garden Club
- Jump (Griswell Drama Club)
- Scrabble Club
- P.A.L. (Positive Attitude Ladies)

Trips

THE KING CENTER AND MARY MAC'S TEA ROOM

Tour the Martin Luther King Center on the Historic Auburn Avenue. Learn all about the history, exhibitions, artifacts, and memorabilia on display. Then view the birth home of the leader of the Civil Rights Movement. Afterwards, have lunch on your own at Mary Mac's Tea Room. They've been in business since 1946 and have some of the best southern food around!

Wednesday, January 16th from 8:30 am – 4:00 pm

MONETARY MUSEUM

The Federal Reserve Bank of Atlanta is a great place for touring and exploring. Learn about the story of money and the history of banking in America. See examples of rare coins and currency, and multimedia exhibits. After the museum, have lunch on your own at a nearby restaurant.

Thursday, January 24th from 8:30 am – 3:00 pm

BLUE WILLOW & DOWNTOWN COVINGTON

Come out for Blue Willow Inn & Restaurant's fabulous buffet with a variety of southern foods and desserts. Then purchase some souvenirs from the gift shop. Afterwards we'll head to Downtown Covington for some shopping and touring.

**Friday, February 1st from
10:00 am – 5:00 pm**

GOOD PEOPLE

The Alliance Theatre presents Good People, the Tony Nominated play that tells the story of Margie, a woman from a poor town in Boston. She wants nothing more than a fresh start at life. After the play, have lunch on your own at a nearby restaurant.

**Wednesday, February 6th from
4:30 pm – 10:30 pm**

ALVIN AILEY DANCE GROUP

Come out to the Fabulous Fox Theatre as it presents the Alvin Ailey Dance Group. See the worlds most popular dance company performs, with powerful dancers and soul stirring music. Dinner is on your own at the Cheesecake Factory before the show.

**Friday, February 15th from
4:30 pm – 10:30 pm**

FLY

Fly, the amazing play presented by The Theatrical Outfit tells the story of the Tuskegee Airmen. These African American Army Corp fighters flew over Europe during World War II and made historic contributions toward desegregation. Join them on their journey in Fly. Before the play, have dinner on your own at a nearby restaurant.

**Thursday, February 21st from
4:30 pm – 10:30 pm**

FORK AND SCREEN

Fork and screen is an innovative experience that allows the movie-goer to have their meal and a movie all in one setting. You'll enjoy comfortably upgraded seats and an extensive menu, with service at the push of a button.

Tuesday, February 26th 10:30 am – 4:00 pm

ATLANTA HAWKS VS PHILADELPHIA 76ERS

Watch the astounding Atlanta Hawks play the Philadelphia 76ers at the Phillips Arena. Enjoy all the free popcorn you can eat during the game. Have dinner on your own before the game at the CNN Center.

**Wednesday, March 6th from
5:00 pm – 10:30 pm**

CHERRY BLOSSOM FESTIVAL

See one of the most extravagant displays of Cherry Blossom's in the world. Come out to the annual Cherry Blossom Festival in Macon, GA. Enjoy the festivities, the vendors, food, and the wonderful scenery. After the festival, lunch is on your own at the Ole Times Country Buffet.

**Thursday, March 21st from
10:00 am – 4:00 pm**

HARRAH'S CHEROKEE CASINO

Feeling lucky? Take a chance, win a fortune! Join us on this trip to North Carolina at Harrah's Cherokee Casino. Enjoy lunch on your own at the casino.

**Wednesday, March 27th from
8:00 am – 8:00 pm**

Overnight Trips

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

BRANSON SHOW EXTRAVAGANZA

Enjoy a bus tour to Branson, the "Live Music Show Capital of the World!" The Branson bus trip brings you a rich array of music and comedy. The "Red Skelton Tribute Show" lovingly re-creates a comedy legend. "Hooray for Hollywood" celebrates the magic of movie musicals, and the "Acrobats of China" dazzle you with feats you wouldn't think possible. The Brett Family shows off their musical talents, and musical dinner cruise aboard the Showboat Branson Belle is a highlight of your Branson bus tour. The trip includes hotel, motor coach transportation, tours and (10) meals.

\$575 for seven days and six nights – April 2013

NEW YORK CITY, PHILADELPHIA & ATLANTIC CITY

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

August 2013

Digital Photography Class In Session

Griswell's Digital Photography Session VII Shares Its Experiences

By Stanley Coleman, Digital Photographyp Instructor, Griswell Senior Center

The seniors at J. Charley Griswell Senior Center, who invest five weeks in the Digital Photography Class, have a variety of desires and experiences.

Some of the Griswell students are being introduced to digital photography for the first time. Others just want to take good photos of their families and grandchildren. With such a variety of desires, experiences and cameras, the instructor addresses each student's interests and concerns.

"I was very excited about our center offering a photography class when it was announced last December," said Mr. Mose Ensley. "My learning experiences here include video and photo presentation using Windows' Live Movie Maker program. My exposure to this program has allowed me to present my photographs and videos in a more professional manner."

The ability to create DVDs and slideshows with a computer is a bonus with digital photography. We all have great photos stored away, but if no one gets to view them, what have we achieved by taking the photo?

"My greatest joy is being able to capture a scene when the elements of good photography such as lighting and exposure, come together," said Mrs. Sandra Bryant.

"A great plus to the digital photography class is the willingness of the seniors and class instructors to participate



"Butterfly" by Sandra Bryant, participant in Digital Photography class at Griswell Center.

as subjects."

"The Griswell class instructors and students have been great!" said Mr. David C. Merrill. "Each class and area we've visited has opened their doors to allow us to practice our basic photography skills. I was surprised when I found out that we would have the opportunity to video our subjects."

The Digital Photography class would like to thank the Griswell seniors and staff for their support and willingness to allow us and capture their moments and actions in time in 2012.



Instructor Coleman with student David Merrill in Griswell's Digital Photography class.



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

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

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



Charley Griswell Dining Hall
770-477-3499

Refundable Security Deposits: \$150
Hourly Rates: \$150/hr
Security fee (required): \$35/hr

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



Frank Bailey Atrium Cafe
678-479-5506

Refundable Security Deposits: \$150
Hourly Rates: \$100/hr
Security fee (required): \$35/hr



Start the day off right!

EAT BREAKFAST!

Start the day off right with a healthy breakfast!
Breakfast combos start at just \$3!

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

J Charley Griswell Dining Hall
Breakfast Hours: 6:30 am - 9:30 am
Lunch Hours: 12:00 pm - 1:30 pm



New Replacement Badges Available Now

Beginning January 7, 2013, you will be required to have this new membership badge to participate at any senior center.



- Swipe at front desk to sign in
- Use at any senior center

"Through dedication, we strive for Excellence"