



CLAYTON FOREVER YOUNG

A Clayton County Senior Services Department Publication

FALL 2011



Couponing Kinship Style

How one family turned to couponing to help make ends meet. Pg. 26

Getting Bored At The Gym?

Simple ways to keep you motivated in the gym this fall. Pg. 37

Honoring Firefighters

Volunteers pull together to honor Clayton County Firefighters. Pg. 44



Fall *into* Fitness



Clayton County Board of Commissioners



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



Letter from the Director

The economy has been especially troubling and I know it has had an impact on many of you as well. Although these are challenging times and we are faced with setbacks, we continue to strive to meet the demands placed before us. The Senior Services Department program areas afford seniors the opportunity to keep in touch and get to know the community and the services available to them. The senior facilities are focal points for our community's older adults as they seek out services, recreational programs, social activities, and educational programs in a safe environment. These vital services allow older adults to maintain independent and healthy lifestyles. The Kinship Care Program provides opportunities for grandparents raising grandchildren and relative caregivers.

The continuing success of the Senior Programs is contingent upon adequate funding, partnerships, and community support. We as a team together can continue offering our services to the thousands of citizens and to better help enhance the quality of life that enables us all to remain healthy and active participants within and around the community.

As the holidays approach, I challenge all of us to re-discover ways to give the gift of time and love through simple acts of kindness.

~Mary Byrd

*“To the world you may be one person;
to one person you may be the world”*

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.



*Assistant Director
Tori G. Strawter*

FRONT ROW:

Juan Shumate, Senior Maintenance Worker

Regina Swarn, Maintenance Worker

Gloria Britten, Office Assistant

Tonette White, Administrative Assistant to Assistant Director

BACK ROW:

Patricia Joe, Payroll Manager

Marquita Bundrage, Event and Marketing Coordinator

Chris Blackwell, Office Assistance Senior

Tila Andrews, Administrative Assistant to Director

Danny Starr, Maintenance Supervisor

*“Through Dedication
We Strive For Excellence.”*

Clayton County Senior Services | 877 Battle Creek Road | Jonesboro, GA 30236 | Monday- Friday 8:00 a.m.-5:00 p.m.
Phone: 770-603- 4050 | Fax: 770-603-4068

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Class Information

FALL SCHEDULE

Session I (6wks) September 26, 2011 – November 4, 2011
Break Week – November 7, 2011 – November 11, 2011
Session II (6wks) November 14, 2011 – December 17, 2011
Break Week – December 20, 2011 – December 31, 2011

Facilities will be closed on Thursday, November 24, 2011 and Friday, November 25, 2011 in observance of the Thanksgiving Holiday as well as Friday, December 23, 2011 and Monday, December 26, 2011 in observance of the Christmas Holiday.

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.



Our Cover

Mose and Oreatha Ensley are members of the J Charley Griswell Senior Center. The Ensleys are very busy at the Griswell senior, participating in many different classes and events. Mose is also the keyboardist and vocalist of Griswell's Finest, the Griswell band that performs at many events.

Cover art taken by Marquita Bundrage, Event & Marketing Coordinator.
Photos taken at International Park “The Beach”

HEALTH & WELLNESS



Health and Wellness | 2300 Highway 138 SE | Jonesboro GA, 30236 | Monday- Friday 8:00 a.m.-5:00 p.m. | Phone: 770-477-3352 | Fax: 770-477- 3491

The Health and Wellness Division is dedicated to providing programs that promote a healthy lifestyle for the senior patrons of Clayton County through informative, enriched programs and activities that focus on the mind, body and spirit.



1. Health and Wellness brings Farmers Market to centers each month. 2 - 4: SPARC 2010 at Griswell Senior Center
 5. U 2 Smooth dance group with Senior Services staff during Wig Initiative 2011 program.
 6. Veries Lavendar, representative of Life After Cancer Foundation during Wig Initiative 2011 program.
 7. Wigs collected during Wig Initiative 2011 program. 8: Preparing for fall season at Griswell Community Garden.

FOOT CARE AWARENESS

Bringing awareness to the problems that older adults have with their feet. The topics discussed are:

1. How do my feet change as I get older?
2. What are some common foot problems?
3. How do I take care of my feet?
4. When should Professional help be sought?

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

REFLEXOLOGY

A technique that uses the hands to massage the feet to help relieve tension and to improve circulation.

COMMUNITY GARDEN

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

DRAMA CLUB

It is believed that drama helps to improve mental, emotional and spiritual well-being as it fosters personal growth and self-expression.

GIRL FRIEND FRIDAYS (LADIES SUPPORT GROUP)

This will be 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.

SEX EDUCATION

Different classes provide information on sexuality and aging.

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.

LIVING WELL WITH DIABETES (SELF MANAGEMENT CLASS)

This is a self management program taught by the Georgia Medical Care Foundation. The program is an interdisciplinary approach to assist diabetics in the management of their chronic condition. The program consists of topics that include: Diabetes overview, healthy eating, and physical activity.

ARTHRITIS FOUNDATION

SELF HELP PROGRAM

This program is designed to complement the care provided by your health care professionals.

The program is 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. In this workshop the participant will learn:

Self - Management Techniques

Pain Management Principles

Goal Setting/Action Plans

Exercise and Nutrition

Group Dynamics

Problem Solving Steps

Working with Health Care Providers

Ways to communicate with family and friends

Ways to deal with difficult emotions

POSITIVE AGING LIFESTYLES PROGRAM

Defining who you are and your path for the future through understanding and living the difference between aging and being ageless.

This is a program developed by Kay Jenkins for the Center for Positive Aging. It is divided up into three modules: Ageless Mind, Ageless Body and Ageless Spirit. Each module is from 4-6 sessions and each session from one and a half hours to two hours. The three modules can be taken in any order and the class size is limited to 12 people. This workshop is led by trained facilitators who will help you learn how to implement action steps that will:

- Maximize the quality of your life as you take on the qualities of the ageless body, mind and spirit.
- Enable you to serve others in a way that will help them live at their maximum level of well-being.
- Contribute to building a society where aging and longevity are used to improve life for all people.

CLAYTON COUNTY SENIOR SERVICES

SPARC

Sickness Prevention Achieved through Regional Collaboration

SPARC will be held:

October 14, 2011 at the Frank Bailey Senior Center from 10am -2pm
October 28, 2011 at the J. C. Griswell Senior Center from 10am -2pm

Because many top risk factors that lead to illness and premature death can be prevented, and it's important to receive preventative care to help manage your ongoing health. Preventative risk factors which include avoiding tobacco use, maintaining your proper weight, and participating in regular exercise can help reduce your chances of contracting preventative illnesses (Marshfield Clinic, 2011). Your Senior Services Department is here to help you 'stay healthy'.

Clayton County Sickness Prevention Achieved through Regional Collaboration (SPARC) is an evidence-based program that works in partnership with community organizations and healthcare providers to promote disease prevention by providing screenings and immunizations in locations that are convenient for seniors.

Our annual SPARC event connects you with many health resources to help you retain a healthy lifestyle. Our "One Stop Shop for Wellness" will offer:

- Flu Shots
- Tetanus Shots
- Blood Pressure Readings
- Foot Screenings
- Cholesterol Screenings
- Mammography Scheduling.

As a bonus, there will be lots of give-a-ways, door prizes, and even free fruits and vegetables available for the first one hundred people to complete the screenings.

This event is open to all seniors in the area, so tell your friends of this great opportunity. Of course, all medical conditions may not be controllable, but if you take preventative care of yourself, you can greatly reduce your chances of serious illnesses in the future. Take the time to invest in your future. We think you're worth it, don't you?

Marshfield Clinic, 1995-2011. "Why Preventative Care is Important"
Retrieved August 29, 2011 from www.marshfieldclinic.org



MEDICAL TRIVIA

Do you know your MRI from your Myocardial Infarction? Test yourself with our Fall Trivia Quiz.

Q: What's the most frequently diagnosed cancer in men?

A: Prostate cancer.

Q: What does "CPR" stand for in medical emergencies?

A: Cardiopulmonary resuscitation.

Q: What, along with heart disease and cancer, accounts for 64 percent of U.S. deaths?

A: Stroke.

Q: What virus did the World Health Organization say would infect 40 million people by the year 2000?

A: HIV.

Q: What do cosmetic surgeons remove 200,000 pounds of from Americans per year?

A: Fat.

Q: What do doctors look at through an ophthalmoscope?

A: The eye.

Q: What disease accounts for two of every three cases of dementia?

A: Alzheimer's.

Q: What S-word is defined as "a lateral curvature of the spine"?

A: Scoliosis.

Q: What substance produced by the body is counteracted by antihistamine drugs?

A: Histamine.

Q: What do leukemia sufferers have too many of?

A: White blood cells, or leukocytes.

Q: What's most likely to occur when your diaphragm goes into spasms?

A: Hiccups.

Q: What's the itchy skin condition tinea pedis better known as?

A: Athlete's foot.

Q: How many times a day must you take medication if your prescription reads "q.i.d."?

A: Four.

Q: What part of the eye may be obscured by cataracts?

A: The lens.

Q: What arthritic disorder occurs due to increased uric acid the the blood?

A: Gout.

Q: What hereditary blood defect is known as "the royal disease"?

A: Hemophilia.

Q: What organ is inflamed when one has encephalitis?

A: The brain.

Q: Where does the embryo implant itself in a tubal pregnancy?

A: A Fallopian tube.

Q: How many of every 10 victims infected by the Ebola virus will die in two days?

A: Nine.

Q: What brain operation was tried first on a confused 63-year-old female at George Washington Hospital in 1956?

A: A lobotomy.

Q: What does the "myo" mean in myocardial?

A: Muscle.

Q: What was bovine spongiform encephalopathy called by the British press in 1996?

A: Mad cow disease.

Q: What's the medical term for low blood sugar?

A: Hypoglycemia.

Q: What's the tranquilizer diazepam better known as?

A: Valium.

Q: What's the common term for a cerebrovascular accident?

A: Stroke.

Q: What do itchy people call the "rhus radicans" they were sorry they came into contact with?

A: Poison Ivy.

Q: Friedrich Serturmer was the first to extract what from opium for use as a pain reliever?

A: Morphine.

Q: What was the most widely prescribed antidepressant in the U.S. in the 1990s?

A: Prozac.

Q: What syndrome does SIDS mean to child care experts?

A: Sudden infant death syndrome.

Q: What disease is the focus of oncology?

A: Cancer.

Q: Where is liver bile stopped before being released into the small intestine?

A: The gall bladder.



Holidays are a great time for fun and food. Try these delicious recipes on your own or with friends. They're sure to become new favorites!

Holiday Beans and Cranberries

Beautifully served beans for the holiday. What's more, there's a bonus--its low fat!

Prep Time: 5 min | Start to Finish: 20 min. | Makes: 4 servings

Ingredients

1 bag (12 oz) Green Giant® Valley Fresh Steamers® frozen cut green beans
1 teaspoon grated orange peel
1/2 cup dried cranberries
2 tablespoons honey
1/4 cup Betty Crocker® Bac-Os® bacon flavor bits or chips

Directions

1. Cook beans as directed on package, adding orange peel before cooking; drain.
2. Stir in cranberries and honey.
3. Top with bacon flavor bits.

Pumpkin Pecan Pie

This year, add something special to your Thanksgiving Day dessert. This pie uses not only pumpkin but pecans as well for a sweet and crunchy treat. For a fancy effect, top individual pie slices off with dollops of whipped cream. Make it ahead and refrigerate, covered, while you cook your turkey and other traditional dishes.

Ingredients

3 eggs, slightly beaten
1 15-ounce can pumpkin
3/4 cup sugar
1/2 cup dark-colored corn syrup
1 teaspoon vanilla

Ingredients

3/4 teaspoon ground cinnamon
1 unbaked 9-inch piecrust
1 cup chopped pecans
Whipped cream (optional)

Directions

1. Preheat oven to 350 degrees F.
2. In a medium mixing bowl combine the eggs, pumpkin, sugar, corn syrup, vanilla, and cinnamon; mix well.
3. Pour into the piecrust. Sprinkle with the pecans.
4. Bake for 50 to 55 minutes or until a knife inserted off center comes out clean.
5. Cool on wire rack. Refrigerate within 2 hours; cover for longer storage. If desired, serve with whipped cream.



AGING PROGRAM



Health and Wellness | 877 Battle Creek Road, Jonesboro, GA 30236 | Monday - Friday 8:00 am - 5:00 pm | Telephone: 770-603-4050 | Fax: 770-603-4068

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 a fall carnival and even a trip to Ruby Falls.

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:

GENERAL REFERRALS

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

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.

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.



1: Case Manager assessing client. 2: Holiday donations for senior clients. 3: Information & Referral Assistant with client. 4: Aging Program main office. 5: Holiday Gift box delivery to senior client

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.



Tookes BBQ

Co-Sponsor of Senior Services 2011 Employee Cook-Out

Try our famous:

Ribs, Chicken, Chopped Pork, Pulled Pork, Sliced Pork and Smoked Sausage



All BBQ Dinners & Combos come with any of these two sides:

Potato Salad, Cole Slaw, Baked Beans, Collard Greens, Green Beans, French Fries, Okra, Mac'n'Cheese



**TOOKES COUNTRY
BBQ**

6012 Highway 42,
Rex, GA 30273
770-968-4190

CLAYTON SENIOR ADULT PROGRAM



1. Clayton Senior Adult Center 2. Marion and members at Southlake Mall 3. & 8. Members participating in Quilting Class. 4., 5., & 6.: Members in water fitness at Frank Bailey Senior Center 7. Members participating in Ben's Fitness Class



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

This is a program unlike any other in the Atlanta Region! The Aging Program'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.

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.

4th Tuesdays of each month at 9:30 am

MOVIE MATINEES

LIGHTS! CAMERA! ACTION! Enjoy your favorite movie and treat yourself to some scrumptious popcorn each week.

Every Monday at 9:45 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

CHAIR AEROBICS/YOGA

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

Every 1st, 2nd and 3rd Tuesday each month at 9:30 am

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

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.

Mondays and Fridays at 12:45 pm

PENCIL SKETCHING

Members learn the basic technique of drawing pencil portraits. Members learn how to proportion and scale in the head by following step by step lessons.

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

BEGINNERS SPANISH 101

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

Every other week at 12:00 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

NAIL DESIGN

Program members can have their nails polished by a RSVP representative. This encourages our female members to continue to feel as good as they look.

2nd and 4th Thursday of each month at 12:00 pm

HOME DECOR/ARTS

Participants get a chance to socialize with other members and work on quilts, home fashions and other textile products. This form of exercise relieves arthritis in hands, elbows, arms, and relaxes the body.

Tuesdays thru Thursday at 10:00 am

BOOK CLUB

Would you like to continue learning and keep your brain active? Our readers meet once a week to discuss the book of the month. Program participants have an opportunity to continue to sharpen mental skills while having fun with continued education.

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

Trips

SHOPPING

Essential shopping is provided for Senior Adult Program members once 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 at 9:30 am

BABY LAND GENERAL HOSPITAL AND PANORAMA ORCHARD

Come with us to tour Baby land General Hospital to witness the birth of a hand-sculpted Cabbage Patch Kid. After the tour we will dine at MaGooch Restaurant which is famous for there fried green tomatoes. We will later that afternoon travel to north Georgia to purchase fresh fruits and vegetables at the Panorama Orchard. Now don't forget to get one of those fried apple pies before returning home.

Monday, October 24, 2011 8:00 am – 5:00 pm

RUBY FALLS

Let's take a tour of this cave's huge chambers and winding passages which have long been passed down from one generation to the next. The rich history of this cave includes Native Americans, cave explorers, notorious outlaws, civil war soldiers, and even a president of the United States. The tour will last approximately 1 hour and 20 minutes. Lunch on your own at the Hamilton Place Mall Food Court.

Tuesday, November 8th 7:30 am – 8:00 pm

THE MALL AT STONECREST

Put on your comfortable attire and walking shoes and let's shop for Christmas. It's the most wonderful time of the year! Lunch on your own at the Food Court.

Monday, December 12th 2011 from 9:00 am – 4:30 pm

COPELAND'S RESTAURANT

Members will dine at the famous Copeland's Restaurant located in Bulkhead, Georgia. Members will have a variety of food items to choose from, there will take pictures, listen to music and just enjoy the festivities of the holiday season.

Tuesday, December 20, 2011 from 10:00 am – 4:30 pm



Dr. Pauline Knight-Ofosu

“Freedom Rider”

Dr. Pauline Knight-Ofosu is an educator, beloved friend and above all, a Freedom Rider. She has been a member of Clayton Senior

Adult Center in Clayton County for 3 years and has shared many memories she lived throughout her years with her friends in the

program. She also taught one of the senior's daughters at Clark University. Dr. Knight-Ofosu loves to plant flowers and exercise.

She is very friendly and always has a smile of an angel on her face.

Dr. Knight-Ofosu was recently on the Oprah Winfrey show along with other Freedom Riders speaking about their experiences.

She will be inducted into the Hall of Fame which includes the Tennessee State Freedom Riders and U.S. Surgeon General Vice

Admiral Regina M. Benjamin, just to name a few, on September 23rd, 2011 at the Hyatt Regency in Atlanta.

KINSHIP CARE



1. The Band performing at "Picnic on the Lawn" event.
2. Grandmother Donna Green and grandchildren.
3. Participant Henry Graham with giant pumpkin.
4. Gary Hopkins showing o fangs during Halloween Carnival.
5. The Hollingtons at Pinstrikes Bowling Alley.
6. Antoine Hill dealing cards at "Kinship Casino Day".
7. Participants enjoying billiards in game room.
8. Abigail and Katie Dixon outside Shelnett Center.
9. Participants enjoying Halloween Carnival.
10. Mrs. Claus at Annual Open House 2010.
11. Participants enjoying Halloween Carnival.
12. Kinship Youth on a nature walk at Jester's Creek
13. Participants playing tug-of-war during "Back to School Party"
14. Students answer questions during cultural event.



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

During this Quarter Kinship Care is overflowing with holiday programs and activities. From our spooky Halloween carnival and giving thanks for what we have, to celebrating Christmas the Kinship way, we are all about families. This time of year we are especially focused on our children.

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

Regular Programs

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

YOUTH RAP/TEEN RAP

Ages 6 - 17: 3rd Thursday of each month at 6:00 pm

INDIVIDUAL TUTORING

All Ages: By appointment only

BEGINNING PIANO LESSONS

Ages 5 and up: By appointment only

THE BUTTERFLY PROJECT

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

KINSHIP BOOK CLUB

Adults: 3rd Wednesday evening of each month from 5:00 pm – 6:00 pm

KINSHIP CHOIR PRACTICE

All ages: 1st and 3rd Mondays of each month from October - December from 5:00 pm - 6:00 pm

HALLOWEEN CRAFTS

Kinship kids are invited to come out and make a spooky treat to take home and show their grandparents. This year, the kids will be decorating pumpkins for Halloween. Come out and show your creative side!

Ages 5-12: Monday, October 10th from 5:00 pm - 6:00 pm

KIDS RESPITE CRAFT DAY

While the kids are out of school, the Kinship Center will host a respite day to give the grandparents some time to themselves and to help the kids. There will be craft projects and healthy environment activities for all the Kinship kids and lunch will be included.

Ages 5-17: Thursday, October 13th from 10:00 am - 2:00 pm

SPARC EVENT

Sickness Prevention Achieved through Regional Collaboration (SPARC) will be hosting an abbreviated health awareness event just for the Kinship families to make sure that they become and stay healthy into the New Year.

All ages: Wednesday, October 19th from 4:00 pm - 6:30 pm

OLDIES BUT GOODIES VOLUME II

You've been waiting for it, now here it is! Identify the song and win a prize! Music from the past five decades will be played for our Kinship grandparents. This event will bring back memories of a simpler time and challenge you to recollect your favorite songs from "back in the day."

Adults: Wednesday, October 26th from 5:00 pm - 6:30 pm

KIDS MOVIE NIGHT

While the adults are enjoying the Oldies but Goodies program, the kids will be separated into youth and teen groups and have an age-appropriate, Halloween-themed movie to watch, complete with popcorn and beverages.

Ages 5-18: Wednesday, October 26th from 5:00 pm - 6:30 pm

PUMPKIN CARVING

Have you ever looked at a jack-o-lantern and said to yourself, "I could do that!" Well now is your chance to prove it. Kinship grandparents will come out and carve their own pumpkins into whatever creative or scary ways they would like to take home and decorate their houses for Halloween.

Adults: Thursday, October 27th from 11:00 am - 1:00 pm

HALLOWEEN CARNIVAL

Games, prizes, fun, and even a haunted house! Kinship will be having a carnival this year on Halloween that will be fun for the whole family. This is an event you don't want to miss!

All ages: Monday, October 31st from 5:00 pm - 7:00 pm

WORKOUT WEDNESDAYS STAGE II

With Thanksgiving and Christmas right around the corner, you may need a little help maintaining that waist line. For that purpose, we will be having Workout Wednesdays stage 2. It will still be a low to medium impact workout, but we will kick it up just a little to make sure that those jeans fit just the same after the holiday meals have been finished.

Adults: Wednesdays in November

KINSHIP MASTERPIECES

Do you have an inner Picasso? Are you the next Michelangelo? We want to see your skills. The Kinship grandparents are invited to come and show off their painting skills as they try out "still-life" painting. There will also be soft easy listening music to paint by. This will definitely be a relaxing treat during this high-stress holiday season.

Adults: Thursday, November 10th from 11:00 am - 1:00 pm

THANKSGIVING CRAFTS

Whether it's a turkey made from a cut-out of a hand or a cornucopia made from recyclables, the kids in the Kinship program will enjoy making a Thanksgiving craft creation to take home and show to their families and get them ready for Thanksgiving.

Kids ages 5-12: Monday, November 14th from 5:00 pm - 6:00 pm

CARD GAME DAY

Who doesn't like playing cards? We know our grandparents do, so we will be having this card game day just for you. We will have something for every skill level. Come out and play beginner games like Go Fish and more advanced games like Spades and Bid Whist with your Kinship family.

Enjoy yourself, but remember, no gambling!

Adults: Thursday, November 17th from 11:00 am - 1:00 pm

SUPPORT GROUP LUNCHEON

Kinship grandparents who are used to the breakfast talk will get something a little different this time around. We will be having our Thanksgiving luncheon to help get everybody in the holiday spirit and also as a way to show our love and appreciation to the grandparents in the program as we all sit down to this meal together.

Adults: Friday, November 11th from 11:00 am - 2:00 pm

CULTURAL HOLIDAY APPRECIATION NIGHT

There are thousands of cultures around the world that have special holidays and celebrations observed during December. We will only focus on a few of them though, to show to families in the program the differences in the holidays and make them aware that Christmas is not the only holiday in December.

This event is not meant to influence or convert anyone, simply to gain awareness of the way others live.

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

KINSHIP DOOR DECORATING

Grandparents will come to the Shelnut Intergenerational Center and show their creativity and Christmas spirit by decorating all of the doors in the building and getting them ready to present to the Clayton County employees that come to our annual Open House.

Adults: Thursday, December 1st- Wednesday, December 7th from 9:00 am - 12:00 pm

KINSHIP OPEN HOUSE

This is the day that the Kinship grandparents open up the building and their hearts to show their appreciation for the Clayton County government workers from all departments that come to see the building and the beautiful decorations. The grandparents will also be supplying baked goods for all our guests.

Adults: Thursday, December 8th from 11:00 am - 2:00 pm

KINSHIP CHRISTMAS PARTY

Kinship families get to celebrate another year together at the annual Kinship Christmas Party! There will be music, giveaways, entertainment, food and fun for the whole family. Don't miss it!

All ages: Thursday, December 15th from 6:00 pm - 10:00 pm

CHRISTMAS CRAFTS

Whether you want to make a special Christmas present for a loved one or just make something to display at home, Christmas Crafts is a fun and creative way to bring in the holiday.

Ages 5-12: Monday, December 19th from 5:00 pm - 6:00 pm

Classes

ADULT MATH CLASS

If you need to brush up on your math skills, this class is for you. Come learn "new math" taught in a way that is easy to understand.

Adults: Wednesdays from 12:30 pm – 1:30 pm

BUILD-A-SITE WORKSHOP

The adults in the program have been improving their computer literacy and skills all year through our different computer classes, but now it's time to go one step further. We will show them how to make their own website from the ground up. It's easier than you might think.

Adults: Tuesdays in October from 10:00 am - 11:00 am

CHRONIC DISEASE SELF-MANAGEMENT

For all those Kinship grandparents who struggle with symptoms of chronic illnesses like fatigue, anxiety, shortness of breath, etc., there is a class designed to help you deal with these problems and actually improve them. In this 6-week workshop, we will discuss how you can gain more control over your health problems and how to build more strength, flexibility and endurance to help manage your chronic illnesses.

Adults: Tuesdays starting in October from 10:00 am - 12:30 pm

MOSQUITO MADNESS

It hurts when they sting you and it itches afterwards. That's all most people know and all they care to know, but we want to give you the whole story; including some of the positive aspects, the negatives, their role in the environment, and what you should ACTUALLY be doing once you get bit by a mosquito. This will be an eye-opening class.

Adults: Friday, October 7th from 10:00 am - 11:00 am

MONEY MATTERS

As the financial crunch continues to affect people, Kinship hosts a money management class for grandparents. They will learn the importance of budgeting, saving money, and how to get the most out of their money.

Adults: Thursday, October 13th from 10:00 am - 11:00 am

MICROSOFT OFFICE CLASS

Kinship adults will learn the basics of Microsoft Office products (Word, Publisher, Excel, and Powerpoint) to help them with their kids' homework as well as help themselves. Many of our grandparents are in school now and if they don't learn how to use these products, it could make their college experience that much harder.

Adults: Wednesdays in November

MANAGING HOLIDAY STRESS/ SPA DAY

Adults will learn various ways of reducing stress during the holiday season and how to avoid getting stressed to the breaking point. They will also get to relieve a little stress *during* the class as well. Holiday stress is unavoidable, but Kinship grandparents will learn how to keep it to the minimal level in this informative class.

Adults: Tuesday, November 8th
from 10:00 am - 12:00 pm

DIABETES AWARENESS

The Clayton County Senior Services Health and Wellness department will come out and talk to our grandparents about diabetes awareness, prevention and how to live a long healthy life with the disease. This discussion will take place during the monthly support group.

Adults: Friday, November 18th
from 9:30 am - 10:00 am

KEEPING WARM IN THE WINTER

If this winter is as bad as last year, then we all definitely need to be prepared. This class is just for that purpose. The adults in the program will learn the importance of staying warm and how to do so without their heating bills skyrocketing. Also, we will discuss how to avoid fires and how to stop the spread of disease during this very vulnerable season.

Adults: Tuesday, November 22nd
from 10:00 am - 11:00 am

Trips

APEX MUSEUM

Adults in the Kinship program will travel to the APEX Museum in Atlanta, GA and learn more about African American contributions to America. Afterwards, we will have lunch at Johnny Rockets.

Adults: Thursday, October 6th
from 10:00 am - 2:00 pm

JULIETTE, GA TRIP

The Kinship book club will travel to Juliette, GA to see the town that inspired their latest read, and feature film, "Fried Green Tomatoes." The trip will include a tour of the city, shopping at local stores, a tour of the Jarrell House Plantation, and lunch at the famous Whistle Stop Café.

Book Club Members: Wednesday, October 12th from 8:00 am - 2:30 pm

TENNESSEE AQUARIUM

Kinship adults will be taking a day trip to Chattanooga, TN to see the attractions at the Tennessee Aquarium as well as an IMAX feature. Lunch will be included.

Adults: Tuesday, November 15th
from 8:30 am - 5:00 pm

PINSTRIKES BOWLING

Grandparents in the Kinship program love to bowl, so we will give them a chance to show off their skills on the lanes. We will be traveling to Pinstrikes Bowling Alley in Stockbridge, GA. Lunch will be included.

Adults: Monday, November 21st
from 10:00 am - 1:00 pm

LAKE LANIER ISLANDS CHRISTMAS LIGHTS

Kinship families will travel to Lake Lanier to see the Magical Nights of Lights show, the world's largest animated lights attraction, and take part in the other holiday events Lake Lanier has to offer.

Dinner will be included.

All ages: Tuesday, December 6th
from 5:00 pm - 10:00 pm

CHRISTMAS CAROLING

Kinship's annual Christmas Caroling trip goes around to different buildings in Clayton County spreading Christmas cheer to workers and their clients. The Kinship choir that practices so hard during the year, along with grandparent volunteers, will be making this trip.

Kinship Choir: Tuesday, December 20th

from 10:00 am - 1:00 pm

Special Contribution

On October 31, 2011 bring the grandkids and come get your spook on at the Kinship Care Halloween Carnival.

This year's event will be open to all Senior Services Department members and their grandchildren. There will be music, food, fun, carnival games, and some scary spooky extras for those who are brave. Admission to the event is 1 bag of individually wrapped bag of candy per child. There will be something for everyone! So come on out and enjoy some quality time with the grandkids in a safe and fun atmosphere. The event will be from 5:00 pm - 7:00 pm on the lawn at the Shelnuitt Inter-generational Center, 849 Battle Creek Rd., Jonesboro, GA 30236. For additional information contact the center at 770-473-5788 or Kinship Care at 770-477-3417.

Clayton County Senior Services Drama Teams Presents:

"IT'S CHRISTMAS: WILL YOU GO WITH ME?"

Dinner Theater

Don't miss this excellent stage play performed by the drama clubs of Senior Services!

This event is open to the public, so bring your family and friends to enjoy!

Dinner will be served promptly at 6 pm until 7 pm. The play will start immediately after.

Wednesday,
December 14, 2011

6 pm - 8 pm

Griswell Senior
Center

Ticket \$12

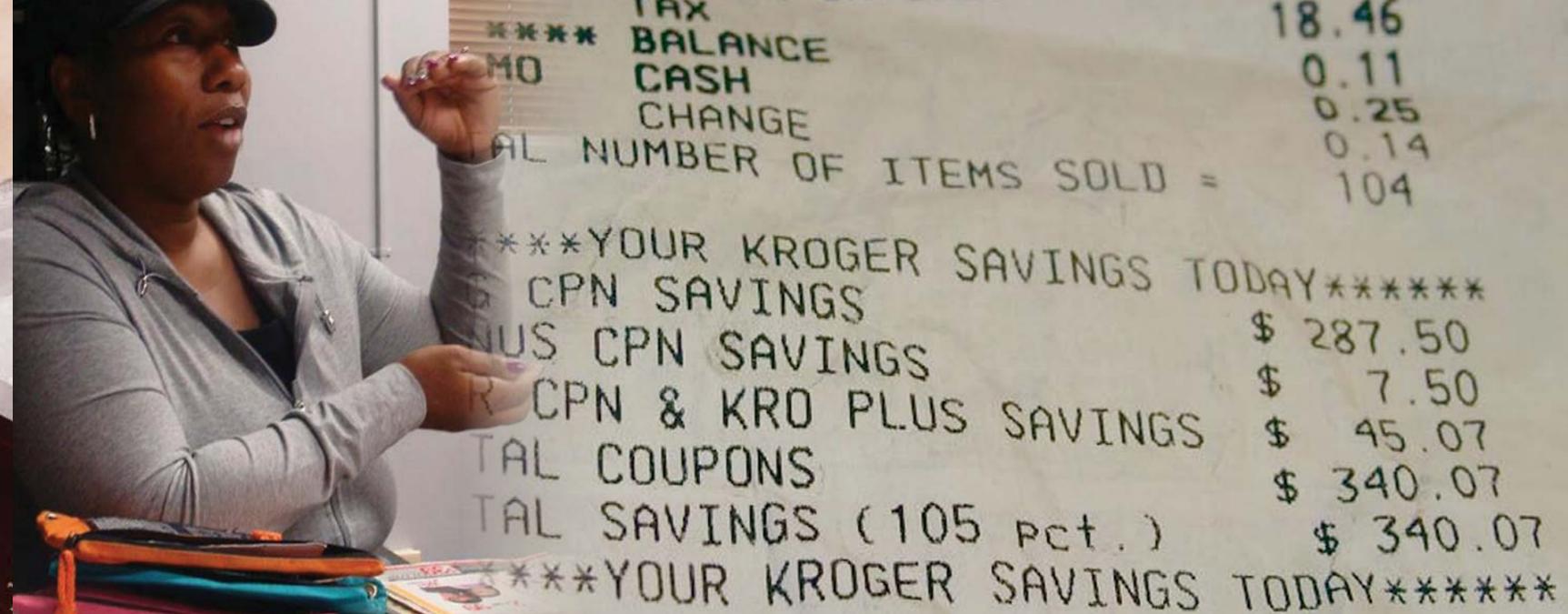
Be on the lookout, ticket
sells will begin soon!



couponing kinship style



With the economy the way it is, everyone is trying to cut corners and save money where they can. One Kinship family, has turned to couponing to help make ends meet.



Khadijah and Ray Herring are raising 10 children on one income and couponing has given this family some breathing room. Khadijah says she first became interested in couponing after watching Extreme Couponing, the TLC program, where thrifty moms purchase thousands of dollars worth of items for just pennies on the dollar. In some instances, the purchases are even free.

Khadijah has only been using coupons for five months and has already purchased over \$10,000.00 worth of items for less than \$300.00. She said it took her about six weeks to get the hang of it, and is still learning every day. She is proud to show off her receipts and tell anyone who will listen to her how she has done it.

At first, she would buy things because she had a coupon, but realized the first week she was buying things she didn't need and it was costing her more in the end. So she got down to business and began to study.

She started by watching the couponing show on youtube.com and taking notes on extreme couponing tips. Quickly she realized that in order to get the best deals, she had to shop at several places. For example, if she had a coupon for .55 off of ketchup and Kroger had it for 1.29, she would pay .74. Not bad, right? But, if she used the exact same coupon at Food Lion, where the ketchup was 1.34, she would only pay .24, because at Food Lion, they double coupons up to .60 so the .55 coupon at Kroger, is worth \$1.10 at Food Lion.

On September 4, 2011, Khadijah purchased \$340.18 worth of items at Kroger and paid just 11 cents. She says if she can do it, anyone can.

Here are Khadijah's tips for super savings:

- Research couponing tips online to get an understanding of how it works.
- Get the Sunday paper – she recommends 1 per member of the family.
- Remove, organize, and save all coupons, circulars, and Parade magazine.
- Compare ads and unadvertised specials at local stores.
- Know your store policies on doubling, amounts, price matching, and competitor ads.
- Build your shopping list based on what you need.
- Clip coupons needed and separate by store.
- Shop and Save!

She recommends several websites to help those interested. They are: SouthernSavers.com, CouponMom.com, CouponDivas.com, and CouponSuzy.com. These sites will show you what's on sale where, help build shopping lists, and even offer free online tutorials to make the most of your coupon adventure. Research and organization are the keys to start saving today!

FRANK BAILEY SENIOR CENTER



Frank Bailey Senior Center | 6213 Riverdale Road, Riverdale, GA 30274 | Monday – Friday 8:00 am – 5:00 pm Thursdays 8:00 am – 8:00 pm



Mindy French | Manager

During this Fall Quarter Frank Bailey Center will be offering a variety of classes, events and trips. Look for new interesting classes, trips to destinations you will enjoy & outings you will remember. Check out the list of special events and activities to determine which to include on your calendar. Please see registration if you are interested in any programs, as space is limited. All trips and special events are subject to change.

Special Events & Activities

ADVISORY COUNCIL FISH FRY & YARD SALE FUNDRAISER

Rent a space (\$10.00) and bring your own table to display your goods. We'll have fish plates for sale (\$6.00)

Saturday, October 8th

CELEBRATION OF NATIONAL POPCORN POPPING MONTH

October is national popcorn popping month so we will be marking this event by watching a movie and popping various types of popcorn.

Wednesday, October 12th from 2:00 pm – 3:45 pm

FRIDAY NIGHT FRIGHT DANCE

Halloween Dance with costume contest, games and prizes. Appetizers will be served.

Friday, October 28th from 6:00 pm – 9:00 pm

ORNAMENT EXCHANGE TREE

One tree will be designated for this event. Participants will be able to bring a new ornament for this tree and choose one to "swap" and take home.

During the month of December, prior to Christmas.

ANNUAL CHRISTMAS BALL

Frank Bailey's Annual Christmas Ball, sponsored by the Advisory Council will be held the second Saturday of December.

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

CHRISTMAS ORNAMENTS WITH GRANDCHILDREN

Celebrate the holidays by making ornaments with your grandchildren while sharing holiday cookies and hot chocolate.

Tuesday, December 20th from 10:00 am – 11:00 am

1. Ambassador Men's Group at MLK Center 2: Red Hatter's group eating lunch 3: Participants at Frank Bailey Job Fair 4: Members enjoying lunch at the Atrium Cafe 5: Splashing around in the Water Aerobics class 6: Members on August Moon Team Room trip 7: Red Hatter Queen

CHRISTMAS CAKE BAKE-OFF

Enter your best home baked cake in the Christmas Cake contest! Winners will be selected by judges based on preset criteria. All cakes will be displayed in the cafeteria. Ribbons & certificates will be displayed with the winning cakes.

Wednesday, December 21st. Cakes must be delivered to the cafeteria with recipe & instructions by 10:00 am. Winners will be announced at 2:00 pm.

Classes

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 15th from 8:30 am – 2:30 pm

BASIC COMPUTER CLASS

Learn all your computer basic in this easy-to-follow class.

Mondays, Tuesdays, and Thursdays from 10:00 am – 12:00 pm

MOVING BEYOND THE BASICS COMPUTER CLASS

Take what you learned in your basic class a step further.

Mondays, Tuesdays, and Thursdays from 10:00 am – 12:00 pm

CRAFTS BY EMMA

Join Ms. Emma as she shares her knowledge and skills in making a variety of interesting and useful items.

Wednesdays and Fridays from 12:30 pm – 1:30 pm

SPANISH CLASS

Beginners with little or no understanding of the Spanish language will quickly build a bank of practical phrases through listening, speaking, reading and writing at the fundamental level.

Fridays from 1:00 pm – 2:00 pm

SPANISH II

Advance to the next level after learning the basics.

Fridays from 2:00 pm – 3:00 pm

PENCIL SKETCHING

Interested in capturing your favorite scene, animal or bird on paper? If you can write, you can learn to sketch in this class.

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

SCULPTURE IN CLAY

Learn how to create a masterpiece with your very own hands. Working with clay can be relaxing and good exercise for your fingers as well as your mind.

Fridays from 1:00 pm – 4:00 pm

QUILTING

Make new friends as you learn the techniques and art of quilting.

Wednesdays from 9:00 am – 1:00 pm

BRIDGE

Join the bridge players, even if you've never played before.

Tuesdays from 10:30 am – 12:30 pm

BEGINNING BILLIARDS

Come and learn the basics of billiards.

Thursdays from 9:30 am – 11:00 am

WATER WALKING

Low impact water exercises that includes warm ups, walking, stretching, and toning.

Wednesdays & Fridays from 11:15 am – 12:00 pm

SWIM CLASS

Learn the fundamentals of swimming techniques and basic swim strokes.

Wednesdays & Fridays from 10:15 am – 11:15 am

WATER FITNESS I

This gentle water workout will exercise your joints and build endurance.

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

WATER FITNESS II

This class takes the basic Water Fitness class one step forward. Give it a try!

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

ARTHRITIS AQUATICS

Gentle cardio workout and range of motion exercise.

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

AQUA ZUMBA

This class takes the popular Zumba dance moves to the water! A great workout that is easy on the knees as well.

Tuesdays from 10:00 am – 11:30 am

AQUA YOGA W/MEHELLE

Yoga specifically designed for practice in the water. Great for those who have trouble with mobility or suffer with arthritis.

Tuesdays from 9:00 am – 10:00 am

URBAN REBOUND CLASS W/CRYSTAL

Learn to use the mini-trampoline as a convenient form of exercise which offers a low level of trauma to the musculoskeletal system.

Thursdays from 2:30 pm – 3:30 pm

SOCIALIZING ON THE INTERNET W/MARY JANE

Learn how to communicate with friends and family using social networks like Facebook and LinkedIn.

Friday, October 7th from 9:00 am – 12:00 pm

COOKING HEALTHY FOR ONE W/BRENDA

Learn to create healthy meals for one and how to create several meals at once to prevent cooking every day.

Wednesday, October 19th from 10:30 am – 12:00 pm

Wednesday, November 16th from 10:30 am – 12:00 pm

Wednesday, December 14th from 10:30 am – 12:00 pm

BINGO

Play bingo every week! Bring a prize; win a prize.

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

FRANK BAILEY CHOIR

The choir will be practicing on Tuesdays from 2:00 pm – 3:00 pm in preparation for the Annual Christmas Dinner Theater event.

FRANK BAILEY DRAMA CLUB

The Drama Club will be practicing at the J Charley Griswell Senior Center on Wednesdays beginning at 10:00 am in preparation for the Annual Christmas Dinner Theater event.

Clubs & Ongoing Programs

Studio 55 – Drama Club

FBSC Choir

Babettes Red Hat Club

Garden Club

Canasta

Bid Whist

AARP (Riverdale Chapter)

Pincochle

WII Interactive Game

The Bailey Bunch Bookers

Health and Wellness

MONTHLY FARMERS MARKET

October 19 from 9:00 am – 2:00 pm

ASTHMA AWARENESS

October 19th at 12:30 pm

MONTHLY CLASSES BY CLAYTON COUNTY BOARD OF HEALTH

Breast Cancer Awareness October 17

Trips

PIN STRIKES BOWLING

Join us for a bowling extravaganza at Pin Strikes in Stockbridge. Games are \$.99 per game. Shoe rental is extra.

Monday, October 3rd from 10:00 am – 2:00 pm

HERITAGE PARK, FRENCH MARKET & TANGER OUTLET MALL

See the Historic Village, Military Museum & Veteran's Wall of Honor at Heritage Park before having lunch at The French Market (on your own) in Locust Grove. We'll stop at Tanger Outlet Mall for some shopping before returning to FBSC.

Thursday, October 6th from 9:00 am – 5:00 pm

ATLANTA ZOO (AMBASSADOR MEN'S GROUP)

Enjoy the camaraderie & friendship of the Ambassador Men's Group while on a trip to The Atlanta Zoo and later chow down on burgers and hotdogs at a cookout at Grant Park.

Monday, October 10th from 10:00 am – 4:00 pm

MERCIER'S APPLE ORCHARDS & BARN

Make the annual trek to North Georgia to purchase sweet juicy apples and other apple products. Have lunch on your own at Pat's Country Kitchen and check out the shops in Blue Ridge after lunch.

Tuesday, October 18th from 8:30 am – 5:00 pm

FOOD TRUCK FRIDAYS AT ATLANTIC STATION

Atlanta's best food trucks will be on-site, serving fresh food and drink. Make a day of dining and shopping at any of the stores & restaurants at Atlantic Station.

Friday, October 21st from 11:00 am - 2:00 pm

HARVEST DAYS AT WESTVILLE, GEORGIA

See firsthand the harvest time activities of the nineteenth century at Historic Westville, Georgia's living history museum (cotton ginning, syrup making, candle & soap making, etc). Lunch on your own at Kaiser House Restaurant in Westville.

Thursday, October 27th from 7:45 pm – 6:00 pm

ATLANTA INTERNATIONAL AIRPORT

Ambassador Men's Group Fellowship Lunch
(Lunch on your own.)

Wednesday, November 2nd
from 11:00 am – 1:00 pm

THUNDER ROAD MUSEUM & NORTH GEORGIA PREMIUM OUTLET MALL.

A trip to please both the ladies and gentlemen!
Enjoy shopping at the outlets for the ladies while

the men learn about the history of racing in Georgia from its origins on the back roads to the high banks.

Wednesday, November 9th 8:30 am – 5:00 pm

A CHRISTMAS CAROL AT THE ALLIANCE THEATRE AT THE WOODRUFF ARTS CENTER

See the play based on Charles Dickens' classic Christmas story.

Wednesday, November 30th
from 9:00 am – 4:00 pm

CHRISTMAS LUNCHEON AT THE HAY HOUSE IN MACON, GA

Treat yourself to a day away before Christmas. Relax as you are served a delicious 3-course meal in the festive Music Room in The Palace of the South. Take a self guided tour of the 3-levels of decorations throughout the house. Afterwards stop in the gift shop where you will receive a 20% discount on all purchases.

Wednesday, December 7th
from 10:00 am – 4:00 pm

THE LIVING CHRISTMAS TREE AT NEW HOPE

See the annual Christmas production by New Hope Baptist Church, a favorite event each year. Have dinner at Piccadilly Restaurant (on your own) in Fayetteville before going to the church.

Friday, December 9th from 4:00 pm – 10:00 pm

Special Contribution

Babettes Red Hat Chapter is the Frank Bailey Senior Center's Chapter of the Red Hat Club. The Red Hatters gather once or twice each month, either at the center or at a restaurant or tea room. The purpose of the red hat club is to have fun and look out for each other while just enjoying some of life's fun things. The Red Hatters started quite by accident when a lady in California, named Sue Ellen Cooper gave a friend a red hat for her birthday. They then went to lunch, with the friend wearing the red hat. That was so much fun she gave all of her friends red hats and lunch. From there it spread and grew into chapters and spread to other states and countries. There are now hundreds of chapters. Each chapter has a "queen" who heads up the group and makes arrangements for group gatherings. Betty Hill is the current queen of the Babettes Red Hat Chapter.

The Babettes recently have been to The Green Manor Restaurant in Union City for lunch and to The August Moon Tea Room in Barnesville. In the coming weeks, they plan to have a Halloween Costume party and a hat decorating contest.

The Red Hatters definitely add a splash of color to the scene wherever they go!

Frank Bailey Senior Center's Ornament Exchange Tree

During the month of December, one tree at the Frank Bailey Center will be designated for this event. Participants will be able to bring a new ornament for this tree and choose one to "swap" and take home.

FRANK BAILEY FITNESS CENTER



Frank Bailey Fitness Center | 6213 Riverdale Road, Riverdale, GA 30274 | Mondays – Fridays 8:00 am – 5:00 pm | Phone: 678-479-5062 | Fax: 678-479-5061

The Frank Bailey Fitness center is kicking off the fall session by extending its hours, offering free fitness activities, and adding new classes. Starting on the 29th of September the Fitness Center will extend its hours every Thursday until 8:00pm giving members the opportunity to utilize the facility in the evenings. On Friday mornings from 9-10am (September 26 - November 4) free cross-generational fitness activities for members as well as the community will be held in front of the fitness center. In addition, the center will add two new classes: belly and fit dance. So come on join us as we “Fall into Fitness”.



Classes

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

AWESOME ABS PLUS

Mix of exercises that will help to strengthen, tone and stretch core muscle of abs and lower back. In addition, this class will target other muscle groups such as the gluteal region, arms, legs, chest and upper back.

Mondays from 2:00 pm – 2:45 pm

BALLROOM DANCE

A dance class that will teach styles of traditional partner dances from several parts of the world and different eras.

Mondays & Wednesdays from 11:00 am- 12:00 pm

BELLY DANCE

A dance class designed for toning muscles, gaining flexibility and relieving stress. The class will teach correct dance posture, stretching, strengthening, isolations, foundation steps, traveling steps, graceful arms, shimmies, and step combinations.

Thursdays from 2:00 pm – 3:00 pm

BEGINNING LINE DANCE

A dance class that teaches the beginning phases of dances choreographed from different cultures while reducing stress and improving coordination.

Mondays from 12:00-1:00pm

1. Participants in beginning Tai Chi class. 2. & 3. Members playing on Shuffle Board. 4. & 8. The men enjoying the horse shoes game. 5. & 7. Abs workout class with Ben. 6. & 9. Members enjoying the Bocce Ball court.

BEGINNING TAI CHI

An introductory class of Tai Chi which focuses on improving balance and coordination.

Tuesdays & Thursdays from 9:00 am- 10:00 am

BEGINNING YOGA

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

Tuesdays & Thursdays from 10:00 am - 11:00 am

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

CHICAGO STYLE STEPPIN

Low impact partner style dance based on Chicago line dance.

Tuesdays from 2:00 pm – 3:00 pm

FIT DANCE

Dance class that will include various dance styles where instruction will offer repetition in order to balance fun and fitness.

Wednesdays from 12:00 pm-1:00 pm

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

KICKBOXING YOGA FUSION

A class which combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning while you warm up and cool down with yoga.

Wednesdays from 12:00 pm – 1:00 pm

LINE DANCE

A mixture of choreographed dances put together to improve cardiovascular health and coordination. This class is for those familiar with the basic line dances.

Thursdays from 11:45 am – 12:45 pm

MEDITATION

Meditation helps energize the body and quiet the mind. Through guided meditation you can improve the mind's clarity and focus. Meditation helps reduce stress and improves life balance.

Tuesdays & Thursdays from 11:00 am – 11:30 am

PERSONAL FITNESS

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

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

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.

Mondays or Wednesdays
from 9:00 am – 9:30 am

TAI CHI

“Meditation in Movement”. Tai Chi promotes serenity through gentle movements, connecting the body and mind. Improves coordination and balance, reduces arthritis pain, and helps maintain a healthy bone density level to reduce breakage level.

Tuesdays & Thursdays from 10:00 am – 11:00 am
Fridays from 10:00 – 11:00 am

ZUMBA

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

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

FALL INTO FITNESS

The “Get Fit Crew” loves to get moving around the fitness center and this fall we are taking our fitness classes outdoors. We are taking advantage of these cool mornings and inviting everyone to participate every Friday during the fall session of classes. These classes are open to our members and our community. So grab a friend, neighbor or loved one and come out to our Free Fall Fitness classes. The schedule includes:

Tai Chi – September 30th

Kickboxing Yoga Fusion October 7th

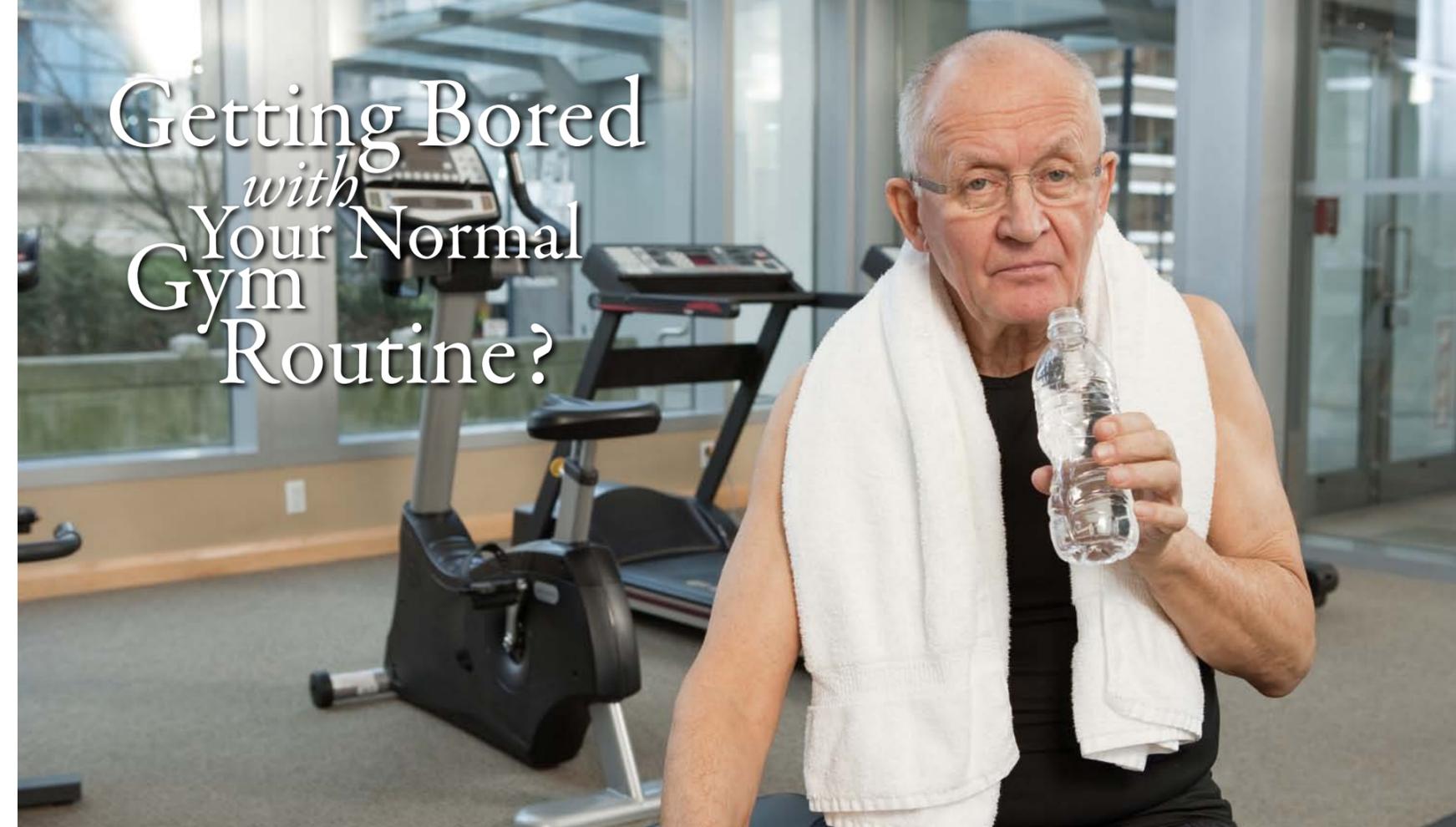
Mini Boot Camp – October 14th

Zumba- October 21st

Yoga – October 28th

Chicago Style Steppin – November 4th

So Fall into Fitness with us and move towards a healthier you!



Switch things up a little with these little tips...

It is important to stay active to maintain a healthy lifestyle. Even if you're not doing it for weight management, using the gyms of our department is a great and easy way to stay active. But sometimes you may become a little bored with your usual routine. That's normal. Don't stop working out though! Follow these following tips to keep your workout interesting.

Workout with a Friend | Why not invite a friend along with you to exercise? When you're laughing and chatting with a good friend, you don't notice all the hard work you're doing (Brantley, 2011). If your friend regularly attends the Griswell Senior Center and you're an avid Bailey Fitness Center attendee, feel free to invite your friend to workout at your facility or switch it up and work out at theirs. Your membership grants you access to all three senior centers. Plus, if you have to meet your friend at the gym, you're less likely to skip a workout session.

Try a New Piece of Equipment | If you have your routine down pack, try using a machine you haven't used before to make it interesting. If you normally do the treadmill, try to recumbent bike. Or better yet, walk

around the indoor walking track at the Frank Bailey Fitness Center. Tired of walking? Go for a nice indoor jog on the elliptical machine. Don't know how to use a piece of machinery? Ask the staff! They would be glad to show you.

Start a New Class | There are tons of fitness classes offered by our department to help you keep moving. Choose from favorites such as the Pilates, Tai Chi, and Yoga classes or the faster Spin, Plyometric Cardio, and Zumba classes. Try a water class like Arthritis Aquatics or Water Walking. New classes are always being offered. Ask the center staff about any class you may be interested in but not sure about. Want to dance? Dance classes have also been added to the fitness classes line up. The Frank Bailey Fitness Center has Ballroom Dance and Chicago Style Stepping for you to try.

There are many ways to keep your workout interesting! Never give up, just keep moving!

Brantley, Amy (19 Aug 2011) “How To Prevent Boredom at the Gym” Retrieved August 24, 2011 from <http://shine.yahoo.com/channel/health/how-to-prevent-boredom-at-the-gym-2529086>

Yoga Workout At Home

Yoga Therapy & Yogalates with Mechelle

Wonderful Wednesdays with Mechelle is just that; a balancing of the best of two worlds of movement. Mechelle's Yoga Therapy and Yogalates classes are taught every Wednesday at J. Charley Griswell Senior Center.

The Yoga Therapy Class offers its students a time to experience their bodies with a deeper awareness and appreciation. This creates the best environment for building a better relationship with one's own body, inside and out, and encourages the responsibility to maintain a personal healthy outlook.

The Yogalates serves a full course. Yoga and Pilates works very well, because both Yoga and Pilates emphasize the same fundamental ideals: proper breathing, strengthening, flexibility, postural alignment and meditation. This class helps you to gain a better sense of your body, mind, and spirit while providing you with the benefits of a great workout and stress relief.

These are some tips and techniques from Mechelle's Yogalates and Yoga Therapy class.

Yoga Therapy

The yoga therapy class focuses on relaxing the body in postures which provide the body an opportunity to renew and heal. It can help to lower the heart rate and blood pressure, stimulates the immune system, and keeps the endocrine system operating healthily. This form of Yoga can be done on the floor or in a chair.

The benefits and testimonials of the Yoga Therapy class include:

- Reducing anxiety and depression
- Improving balance and coordination
- Improving sleep quality
- Increasing flexibility and range of motion
- Lowering blood pressure
- Relieving chronic pain
- Improving everyday physical functioning

Yoga Therapy: Bladder Meridian Stretch

This exercise works and stretches the body inside and out. In Yoga Therapy we use this posture to balance the bladder meridian. The bladder meridian has more points than any other meridian. It starts at the innermost corner of the eye and ends at the little toenails. The bladder meridian rules the back, neck, buttock, back of thighs and calves and the outside of the feet.

1. Sit on the floor with leg stretched in front of you.
2. Bend your left or right leg and bring the foot toward the inside of your thigh.
3. As you take your next breathe, begin extending your arms up above the head. (pic 1)
4. Breathe in and out as you hold your arms up. Your lift is from the waist up.

5. On the exhale, hinge at the hips bending forward your foot of the extended leg. (pic 2)
6. Remember not to force the stretch or bounce into the stretch. Hold for a few seconds then begin raising the arms first, then the torso.
7. Lengthen throughout the spine and chest as you are rising. This will help balance out the weight of your body while coming back up. Return to step #5.
8. As you exhale bring the palms together and return the hands to a resting position.

Yogalates

Mechelle's Yogalates class is a great way to get the blood flowing and the heart rate up, all while having fun.

This infusion of yoga blended with Pilate's serves as a exercise for mornings and evenings. Being a combination of two disciplines you achieve the benefits of each.

Some of the benefits of Yogalates include:

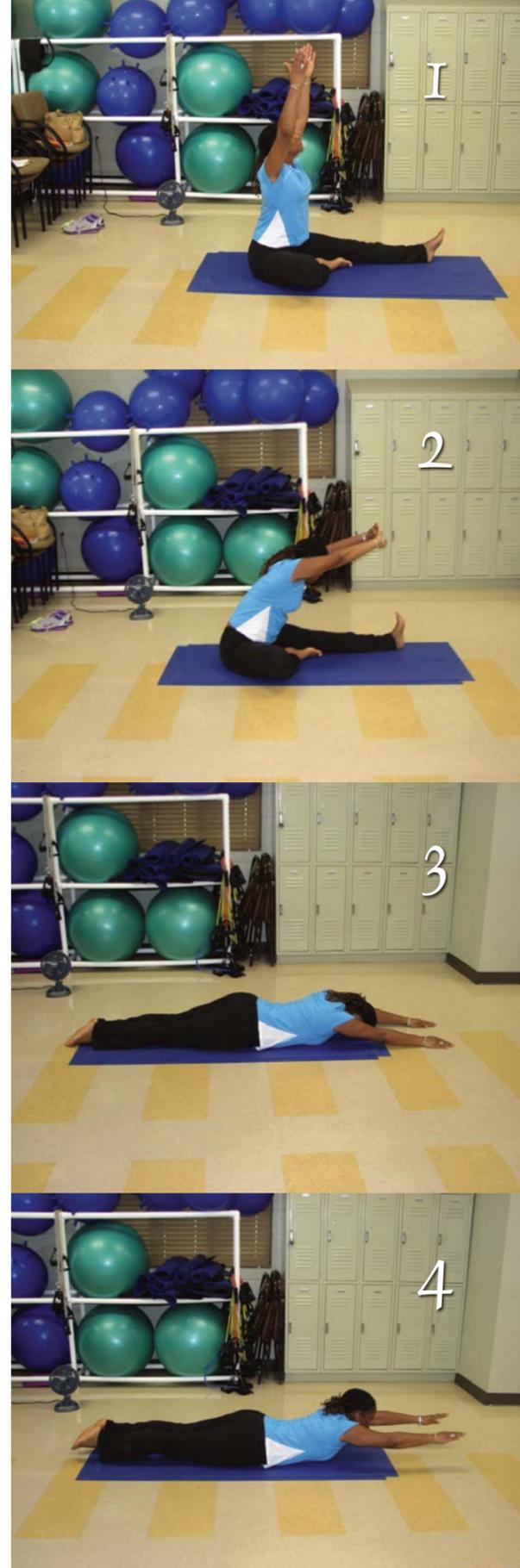
- § Improves core stability and your inner strength.
- § Strengthens your lower back, which will protect it from injury.
- § Tones your stomach and muscles.
- § It will lengthen your muscles resulting in less chance of injuries.

Regular practice of this technique will help to increase your stamina, your respiratory function and cardiac function.

Yogalates: Locust Stretch Pose

1. Lie on your stomach, feet together and arms stretched out in front of you. (Pic 3)
2. Keeping the feet together and arms extended out in front of you, slowly inhale while raising the body up. You are resting on the torso with arms and legs up.
3. While holding the posture, take a deep breath in and long exhales. (Pic 4)
4. Try to hold body and breathe for 30 seconds if possible, if not, try breathing and holding for 5 second increments and work up to 30 seconds.

Mechelle Davis, ERYT teaches Yoga Therapy, Yogalates, Liquid ABs, and Self-Care Reflexology at the J. Charley Griswell Senior Center on Wednesdays. Her classes are billed as "Wonderful Wednesday's with Mechelle". She also teaches at Frank Bailey Aqua Yoga and YogaFusion Kickboxing. Come have a Wonderful Time. Namaste.



J CHARLEY GRISWELL SENIOR CENTER



1., 10., & 13. Members enjoy Oldies But Goodies Dance 2. Advisory Board Ice Cream Social
 3. & 6. 5th Anniversary Quilting Display 4. "Griswell's Finest" Band performs 5. Cardio Fitness with Gabriella
 7. Griswell Celebrates 1,000th member 8. & 9. 5th Anniversary Billiards Tournament
 11. Members relax in Griswell's library 12. Yoga Therapy with Mechelle



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

Linda McKenzie | Manager



During this quarter the Griswell center is all about our members and the importance of maintaining great programs for you to enjoy. Our programs will be very informative as well as entertaining from the Hispanic celebration to our Annual Christmas Dance.

Special Events & Activities

HISPANIC RECOGNITION CELEBRATION

In honor of National Hispanic Month and to pay tribute to our Hispanic members, the Griswell Center will be hosting a special presentation. This event will be both entertaining and informative. At the conclusion of this event, members will be treated to some Hispanic style food.

Monday October 3rd from 3:00 pm - 5:00 pm

GRISWELL DRIVE-IN-MOVIE

Let us take you back down memory lane. We are bringing the good times back just for you. We will be showing a movie from the 50's or 60's for you to enjoy in the park. Our concession stand will be selling various refreshments including popcorn, candy and drinks. The movie will start at dusk.

Friday, October 14th from 5:30 pm - 9:00 pm

VETERANS DAY CELEBRATION

In celebration of Veterans Day and to honor our veterans, we will be hosting a special Veterans program. Event festivities will include: live music, the sharing of life stories, poetry and an assortment of foods.

Thursday, November 10th from 1:00 pm - 3:00 pm

GRISWELL'S ANNUAL THANKSGIVING LUNCHEON

To commemorate the Thanksgiving holiday, the Griswell Center is inviting our members to a special Thanksgiving luncheon. During this event we will have a special program and a traditional Thanksgiving meal will be served for all to enjoy.

Friday, November 22nd from 12:00 pm - 2:00 pm

GRISWELL'S ANNUAL CHRISTMAS DANCE

Our annual Christmas dance has been and continues to be the highlight of our year. This year we will continue this tradition by offering an evening of stars. Our theme for this year's dance will be "A Hollywood Christmas". Come and enjoy a live DJ, as well as an assortment of foods and door prizes.

Saturday, December 3rd from 6:00 pm - 10:00 pm

SANTA'S SWEET TREAT

In celebration of the holiday, please join us for an afternoon of fellowship while enjoying some of your favorite sweet treats, board games, and the sweet sounds of the holiday.

Monday, December 12th from 2:00 pm - 4:00 pm

Classes

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 aerobic exercises and stretches to increase flexibility and decrease pain. The class is centered on Arthritis Foundation approved movements and social interaction.

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

AQUA YOGA

This water class helps to improve balance, circulation, and gives stress relief.

Fridays from 11:00 am - 12:00 pm

BEGIN 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

CARDIO FITNESS FOR ADULTS

This class will help to enhance your physical activity to a level which will help you lower health 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

Advanced: Tuesdays and Thursdays

from 11:00 am - 12:00 pm

PERSONAL FITNESS

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

Tuesdays and Thursdays
from 12:00 pm – 1:00 pm

ZUMBA

An energetic combination of salsa, meringue 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 - 4:00 pm

YOGA THERAPY

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

Wednesdays from 9:00 am – 10:00 am

EVENING TAI CHI

This 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

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

Mondays and Fridays at 10:00 am
Wednesdays at 11:00am

PILATES

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 9:00 am – 10:00 am

Advanced Pilates: Tuesdays and Thursdays

from 10:00 am – 11:00 am

CONVERSATIONAL SPANISH

Learn Spanish the way it's naturally used in everyday conversation.

Tuesdays from 1:00 pm – 2:00 pm

CERAMICS

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

Mondays from 9:30 am - 11:30 am

INTERMEDIATE COMPUTER

Learn how to apply the knowledge gained in the beginners' computer class to expand your computer knowledge.

Tuesdays from 9:00 am - 10:00 am

FUN FRIDAY AT GRISWELL

Come and join us for an afternoon of fun and excitement. We will play a variety of activities including: the Wii game, ping pong and bingo. Bingo participants please bring a \$5.00 gift card to be used as bingo prizes.

Fridays from 2:00 pm - 4:00 pm

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

This meeting gives members an opportunity to discuss and decide upcoming and future events, classes, trips and center activities. 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 furthers details

MONTHLY BIRTHDAY SOCIAL

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.

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

Support Group

BLOOD PRESSURE SCREENINGS

Blood Pressure Screenings are done every Monday and Thursday of each month in the main lobby.

Mondays and Thursdays

Trips

BLUE RIDGE SCENIC RAILWAY

Come enjoy a "Fall Leaf Excursion" train ride from Blue Ridge Georgia to McCaysville, GA/ Copperhill, TN. On our way back, we will stop in Ellijay, GA to enjoy some sight seeing and a little shopping.

Tuesday, October 25th from 8:00 am – 6:30 pm

THEATRICAL OUTFIT (FREUD'S LAST SESSION)

Have you ever thought about what the great psychoanalyst think about life? Well come and enjoy the stage play "Freud's Last Session" and find out just how he and Professor C.S. Lewis thought about love, sex, the existence of God and the meaning of life just weeks before Freud took his own life.

Wednesday, October 26th
from 1:30 pm – 7:00 pm

MALL OF GEORGIA

Christmas is fast approaching and we need to make sure that we have gifts for all of our loved ones. We are sure to find great deals at the Mall of Georgia.

Thursday, November 3rd from 9:00am – 4:00 pm

SOCK SHOPPE

Come prepared to shop 'til you drop as we travel to the Sock Shoppe located in the same historic Griffin Georgia location since 1936. The Sock Shoppe offers name brand clothing for the entire family at the lowest possible prices! After shopping you will enjoy lunch on your own at Ryan's Grill Buffet and Bakery.

Tuesday, November 8th from 9:30 am – 4:00 pm

DEKALB & STATE (FOREST PARK) FARMERS MARKET

Whatever you need for your holiday feasts can be found at these wonderful farmers market. Come prepared to purchase the freshest of fish and produce and so much more.

Thursday, November 17th
from 9:30 am – 4:00 pm

CHIC-FIL-A HEADQUARTERS / SOUTHLAKE MALL

Ever wondered about how Chic-Fil-A got started? Well this is your chance to visit the Chic-Fil-A Headquarters during one of the most wonderful times of the year...Christmas. After your exciting tour, you will receive a complimentary Chic-Fil-A meal at Southlake Mall. While you are there, get some Christmas shopping in.

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

CALLAWAY GARDENS

You have not seen Christmas lights until you have taken a drive through Callaway Gardens. You will feel like a kid again as the outdoor lights and sound show brings holiday magic to many. As part of your trip, you will also enjoy a nice Motor Coach Buffet.

Thursday, December 15th
from 1:00 pm – 10:00 pm

GOVERNOR'S MANSION

Let's enjoy a wonderful afternoon of elegance, Christmas music, light refreshments and a self guided tour of the Governor's Mansion. Sing along while sipping on hot apple cider. Once we leave the Governor's Mansion, let's get together at the Cheesecake Factory for a nice lunch.

Monday, December 19th
from 9:00 am – 5:30 pm

meals on-wheels *for* fire- fighters



September 11, 2001 was a very tragic day for America and her citizens. On that fateful day, many people lost their lives due to terrorist attacks. Firefighters and other public safety officials, as well as a host of other volunteers, came together to help save the lives of the survivors and help put the city back together.

This year for September 11, as we remember the brave men and women who responded to such a great tragedy in this country, we would also like to recognize a local group of people who serve and make sacrifices for the residents of Clayton County, Georgia on a daily basis. They are the firefighters who respond to all emergencies in the county whether medical or fire. They also provide a variety of non-medical services which include injury prevention classes and CPR training to Clayton County staff and volunteers.

Many times, the actions that these firefighters take to save and protect our communities are often left unnoticed. Many people do not respect the risks that each firefighter takes to protect people they don't even know. It could be hard to know you're protecting people who don't even recognize or even appreciate your services until they are in danger. Here in the Senior Services

Department, we believe that the firemen of Clayton County deserve some recognition. They deserve to know that the citizens of Clayton County truly appreciate everything they do for the community.

The Clayton County Senior Services Department currently has a program called "Home Delivered Meals" that delivers both cold and hot lunches to homebound seniors Monday through Friday. These meals are delivered by both staff and a large group of volunteers. In appreciation of our public safety workers who put their lives on the line for us every day, we have decided to honor them and show them how much they mean to this county.

On September 13, with a group of over 100 staff and volunteers from Clayton County Senior Services Department, we initiated a "Meals On Wheels Program" for our firefighters. Originally, the plan was just to deliver meals to only three stations. But with a wonderful partnership with Chick-fil-a Jonesboro Dwarf House on Tara Blvd, we were able to receive enough food to deliver to all fourteen stations. So we loaded four buses and three vans full of volunteers and food to deliver Chick-fil-a sandwiches, chips, brownies, and water

to the fourteen Clayton County fire stations.

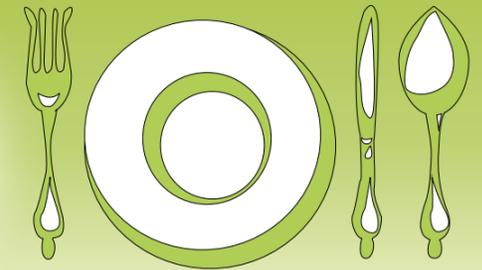
We do not want this opportunity to be just a onetime action. In the upcoming years, as we continue to remember September 11, we plan to expand this program to reach more firefighters and even to include our local law enforcement agencies. The Clayton County Police Department and the Clayton County Sheriff's office are essential groups who also serve and protect the citizens in our communities.

By delivering the meals to the fire stations, the community volunteers were able to express their appreciation for our county firefighters. Knowing they are spending their time showing others that they care would be a great accomplishment as well as something to be proud of. Hopefully, the volunteers would feel empowered by this act to continue volunteering their time to helping others.

This is just a starting point for volunteering in Clayton County. Each year, we anticipate the expected volunteer participation numbers are sure to increase as more people become aware of this great occasion to give back to the people that risk their lives for the community daily.



Senior Services Cafeterias



Visit One Of Our Cafeterias!

Deliciously nutritious meals are served daily for less than you will pay at any fast food restaurant!

Frank Bailey Atrium Cafe
6213 Riverdale Road, Riverdale, GA 30274
Breakfast: 8:15 am - 9:30 am
Lunch: 11:30 am - 1:00 pm

J. Charley Griswell Dining Hall
2300 Hwy 138 S.E., Jonesboro, GA 30236
Breakfast: 8:30 am - 9:30 am
Lunch: 12:00 pm - 1:30 pm



Tickled Pink for Breast Cancer Awareness!

On July 29, 2011, Clayton County Senior Services hosted its 2nd year of the Wig Initiative Program at the Frank Bailey Senior Center. This program was developed to collect new and slightly used wigs to donate to the Life After Cancer Foundation. The Life After Cancer Foundation, among other things, donates wigs to breast cancer patients.

This year, our seniors and community partners donated 174 wigs to this program. One community partner, the "U 2 Smooth Dancers," made this a community outreach project and collected over 30 wigs.



Our appreciation goes to all of those individuals and organizations that helped make this event a success. We look forward to doing this event again next year.



Think Pink Day 2011

On Monday, October 24th, we are asking everyone to wear PINK in support of breast cancer awareness!

Check out each center's decorations and information on breast cancer awareness throughout the month of October.

Host your next event at
one of our beautiful centers!

Both of our centers can provide a beautiful backdrop to your special event. Each dining room has hardwood floors with a dance floor area, chairs and tables for at least 150 guests, and a lighted stage. The warming kitchens include use of the stoves, refrigerator, and microwave. You can even bring your own caterer and DJ!

Rental Days & Times:

Friday evenings from 5:00 pm until 11:00 pm

Saturdays from 9:00 am until 11:00 pm

Rental Fees:

The total for your rental will depend on the number of hours you are reserving. Your rental time should include set up, the event, and clean up.

Frank Bailey Senior Center

Refundable Security Deposit: \$150

Hourly Rate: \$100/hr

Security Fee (required): \$35/hr

J Charley Griswell Senior Center

Refundable Security Deposit: \$150

Hourly Rate: \$150/hr

Security Fee (required): \$35/hr

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

Baby Showers

Receptions

Meetings

Graduations



3 SPECIAL EVENTS

1

Christmas Dance

Saturday, December 3rd

6pm - 10pm

J Charley Griswell Senior Center

Tickets \$10



2

Kinship Care's Annual Open House

Saturday, December 8th

11am - 2pm

No Charge



3

Christmas Ball

Saturday, December 10th

6pm - 10pm

Frank Bailey Senior Center

Tickets \$10

