

# CFY



CLAYTON FOREVER YOUNG

A Clayton County Senior Services  
Department Publication



Spring into  
**MAYFEST**  
May 11, 2012



Clayton County Board of Commissioners



**SONNA SINGLETON**  
COMMISSIONER:  
DISTRICT 1



**GAIL HAMBRICK**  
COMMISSIONER:  
DISTRICT 2



**ELDRIN BELL**  
CHAIRMAN



**WOLE RALPH**  
VICE CHAIRMAN:  
DISTRICT 3



**MICHAEL EDMONDSON**  
COMMISSIONER:  
DISTRICT 4

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



# Letter from the Director

The month of May is nationally recognized as “Older Americans Month”. During the month, we are encouraged to pay tribute to older adults for the contributions made in our communities and to our families. The theme for 2012 is “Never Too Old to Play”. Senior Services will promote this year’s theme by continuing to encourage our senior adults to stay active, eat healthy, and be engaged in the community.

Our annual “Mayfest” celebration will be held on Friday, May 11th from 10:00 am – 2:00 pm at International Park in Jonesboro. I encourage all adults 55 years and older to make plans to join us for a fun-filled day of exercise, competitive walk, health vendors, a heart healthy lunch and demonstrations of classes offered at our local senior centers. The guest MC will be “DJ Youngblood” from radio station “Kiss 104.1”.

Our goal is to increase our Mayfest attendance from around 700 senior adults to 1,000. So, please plan to join us. After all “You’re Never too Old to Play”! Come have fun and fellowship with us at our 2012 Mayfest celebration on May 11th.

~Mary Byrd

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



# CONTENTS

Letter From The Director ..... 3

Health & Wellness Programs ..... 10

Aging Program ..... 14

Senior Adult ..... 18

Kinship Care Resource Center Programs ..... 22

Frank Bailey Senior Center Programs ..... 28

Frank Bailey Fitness Center Programs ..... 34

Charley Griswell Senior Center Programs ..... 40

## Our Cover



Members enjoying themselves during the Mayfest 2011 celebration.

Join us this year for another fun-filled day at the beach for Mayfest 2012 scheduled for Friday, May 11, 2012 from 10 am - 2 pm at the St. Martin Pavilion inside Clayton County International Park in Jonesboro.

Cover art taken by Amoa Tanks during Mayfest 2011 at Clayton County International Park.



*Supporting healthy minds, bodies, and spirits.*

## Special Features

Meditation On Walking ..... 7

Senior Services Instructors ..... 8

Recipe for Success ..... 13

Clayton County's Historical Treasure..... 17

Join the Club! ..... 33

Workout at Home..... 38

Get Involved!..... 45



## Administrative Staff

### FRONT ROW:

Tonette White, Administrative Assistant  
 Juan Shumate, Senior Maintenance Worker  
 Gloria Britten, Office Assistant

### BACK ROW:

Christopher Blackwell, Senior Office Administrator  
 Patricia Joe, Payroll Manager  
 Danny Starr, Maintenance Supervisor  
 Tila Andrews, Administrative Assistant to Director  
 Marquita Bundrage, Event & Marketing Coordinator



*Tori Strawter,  
 Assistant Director*

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

# Class Information

## SPRING SCHEDULE

Session III (5wks) April 2, 2012 – May 4, 2012

Break Week – May 7, 2012 - May 11, 2012

Session IV (5wks) May 14, 2012 - June 15, 2012

Break Week – June 18, 2012 - June 22, 2012

Facilities will be closed on Monday, May 28, 2012 in observance of Memorial 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 fiscal year (July - June)

Out-Of-County Residents: \$180 a fiscal year

Can be paid annually, bi-annually (two payments of \$90), or monthly (\$15 a month)

If member elects monthly payment option, first payment will assess a one-time \$50 administration fee for processing.

## 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.



Today we are all in a hurry to get somewhere. We pass so many things so quickly and then wonder where did the time go. That's why sometimes it's nice to take the time out and just enjoy a slower pace. A great way to do that is walking meditation. Practicing walking meditation allows you to slow down and take it all in and just simply enjoy life.

### Walking Meditation Steps

Set aside a good time of day for walking meditation. You can practice indoors or outdoors. If you are outdoors, take in the scenery as you set up to begin.

- *Start by standing tall and let your arms hang long.*
- *Relax your shoulders and focus on your breathing.* Take some long deep breaths to help get you energized. Each time you exhale let go of any tension in your body. Starting at your feet and then your legs, hips, back, arms, shoulders, neck, your face and head noticing each part of your body and how its feeling.
- *The start taking steps and coordinate them with your breathing.* Step on one foot as you inhale and one as you exhale. You can try adding more steps per breath but keep in mind walking meditation takes place at a relaxed pace.
- *As you walk, try to focus on the here and now.* Don't let you mind wonder off to other places and if it does, gently bring it back to the present moment.
- *Keep in mind to be patient with yourself.* The more you practice, the more the walking meditation becomes a natural process.

Enjoy your walking meditation for 10-30 minutes.

- Tiffany Campbell, Frank Bailey Fitness Center

# THE INSTRUCTORS

## OF SENIOR SERVICES

The instructors of Clayton County Senior Services Department provide a major service to our members. Teaching various classes such as swimming, crafting, dance, fitness, and ceramics helps our members stay active and independent which is a major goal of our department. These are the remaining instructors, continued from the previous issue. In all, we have over 30 instructors within our department that provides excellent service to our participants.



Jackie Fears  
*Swimming Instructor*



Genenva Burkett  
*Crocheting Crafts Instructor*



Noreen Rogers  
*Water Fitness Instructor*



Irma Young  
*Crafting Instructor*



Debbie West  
*Water Fitness Instructor*



Terronce "TJ" Estell  
*Chicago Style Stepping Instructor*



Johnny Furlow  
*Water Fitness Instructor*



Gail Humphries  
*Ceramics Instructor*



Gabriella Dicara-Harden  
*Cardio Fitness Instructor*



Barbara Smalls  
*Sketching Instructor*



Peggy Burns  
*One Stroke Painting Instructor*



Regina Cannon  
*Zumba Instructor*



Wayne Evans  
*Line Dance Instructor*



Victor DeGruttola  
*Tai Chi Instructor*



T. James Scott  
*Ballroom Dance Instructor*



Cindy Keen  
*Intermediate Computer Instructor*

# HEALTH & WELLNESS



1. Participants dancing during Mayfest 2011. 2. & 5. Mayfest participants visiting health vendors. 3. Drama club members dancing at cast party. 4. Community Garden at Griswell Senior Center last spring.



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."*

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.

## COMMUNITY GARDENS

**Bailey Senior Center: Friday, April 6th from 9:00 am - 11:00 am**

**Griswell Senior Center: Friday, April 13th from 9:00 am - 11:00 am**

## BALANCE WALKING PROGRAM

**Kinship Care Adults: Tuesday, April 3rd from 10:30 am - 11:30 am**

**Griswell Senior Center: Friday, April 6th from 9:30 am - 10:30 am**

**Bailey Senior Center: Friday, April 6th from 9:30 am - 10:30 am**

## MUSICAL/DRAMA PRESENTATION

Come see our drama clubs perform "Was It a Morning Like This?".

**Bailey Senior Center: Friday, April 6th from 2:00 pm - 3:00 pm.**

## WALK-A-THON

A one day event with the pole walking groups from Griswell, Frank Bailey and Kinship to strengthen cardiovascular and flexibility; others are welcome to participate.

**Clayton County International Park: Friday, April 27th from 10:00 am - 11:00 am**

## EASTER PROGRAM

Come see a presentation by the drama clubs of Senior Services performing "Was It a Morning Like This?"

**Griswell Senior Center: April 6th from 2:00 pm - 3:00 pm**

## 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 to help them gain self confidence in their ability to control the symptoms of the condition and to understand how these symptoms affect their lives. 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.

**Bailey Senior Center: April 3, 10, 17, 24 & May 1st and 8th from 10:00 am - 12:30 pm**

## LEGAL ADVICE WITH ATTORNEY T.D. FIELDS

Get advice on financial power of attorney, completing your will, and a directive for health care.

**Griswell Senior Center: April 12th from 1:00 pm - 2:00 pm**

## BONE DENSITY PRESENTATION

**Frank Bailey Center: April 18th from 12:00 pm - 1:00 pm**

## MONTHLY FOOT CARE CLINIC

Bringing awareness to the problems that older adults have with their feet. Various topics will be discussed.

**Bailey Senior Center: 4th Fridays of each month from 9:00 am - 11:00 am**

## HEALTHY EATING EXPO

Expo of various types of foods and desserts along with a presentation on preparing healthy meals for the summer; samples will be prepared to promote healthy eating.

**Bailey Senior Center: April 18th from 1:00 pm - 2:00 pm**

**Griswell Senior Center: June 28th from 1:00 pm - 2:00 pm**

## CARE IMPROVEMENT PLUS BINGO AND INFORMATIONAL PRESENTATION

**Kinship Adults: April 20th from 10:30 am - 11:30 am**

**CSAP: April 24th from 10:00 am - 11:00 am**

## INCLEMENT WEATHER EMERGENCY PRESENTATION

Learn to create a preparation kit to stay safe during inclement weather.

**CSAP: Friday, April 27th from 12:45 pm - 1:45 pm**

## COLORECTAL CANCER PRESENTATION

A three-week session to inform seniors on the importance of colorectal cancer screenings.

**Kinship Adults: May 14th, 21st and June 4th from 9:30 am - 10:30 am**

## CHOLESTEROL PRESENTATION

Southern Regional Hospital will discuss the risk factors in having a high cholesterol count; possible testing.

**Bailey Senior Center: May 16th from 12:30 pm - 1:30 pm**

## 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.

**Griswell Senior Center: May 17th from 1:00 pm - 2:00 pm**

## SEXUAL EDUCATION CLASS

**Kinship Adults: Friday, June 15th from 11:00 am - 12:00 pm**

## SCAMS TARGETING SENIORS

CSAP participants will be informed of the different scams today targeting seniors and how to protect themselves.

**CSAP: June 22nd from 12:45 pm - 1:45 pm**

## Trips

## WOMEN'S SUPPORT GROUPS

Girlfriend Friday and Positive Attitude Ladies (PAL) are the two support groups for the women of Senior Services. This is a time for sharing and fellowship with many different activities monthly.

**Griswell PALs: Blue Willow Restaurant Friday, April 13th from 10:00 am - 1:00 pm**

**Bailey Girlfriend Friday: Green Manor Friday, May 4th from 11:00 am - 1:00 pm**

# recipe for success

## Chicken and Berry Salad

- 1 Package (6oz) refrigerated grilled chicken strips, cut in half
- 5 cups bite-size pieces mixed salad greens
- 1 cup strawberry halves
- ½ cup blueberries
- ½ cup raspberries
- ¼ cup honey-roasted peanuts
- ¼ cup vinaigrette dressing
- 2 tablespoons crumbled blue cheese

In large bowl, toss all ingredients.



# AGING PROGRAM



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 | Manager



The Aging Program consists of In Home Services, the Clayton Senior Adult Program, and also the Kinship Care Program. This spring, 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.

## 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.

## 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.



1. & 2. CSAP participants celebrating Valentine's Day at Clayton Senior Adult Center in Riverdale. 3. Mayfest participants visiting vendors during event. 4. & 5. Aging Program staff assisting with registration and refreshments tables during Mayfest 2011.

## 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 New 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](http://www.claytoncountyga.gov/departments/senior-services)

PLEASE DO NOT SEND ORIGINAL DOCUMENTS

## Clayton County's Own Historical Treasure

### 107 YEAR OLD Maggie Kidd

Recently, Riverdale resident Maggie Brown Kidd celebrated her 107th birthday with family and friends. Clayton County Commissioner Gail B. Hambrick, District 2, was also in attendance to pay tribute to this amazing Clayton County senior who lives in her district. Mrs. Kidd was born December 7, 1904 in Stephens, Georgia and is believed to be the county's oldest living resident as well as one of the oldest living persons in the Southeastern United States.

Mrs. Kidd, the mother of two, lives with her daughter and son-in-law, Rosalyn and Robert Powell. Her son, John Kidd, lives just a short plane ride away in Springfield, Massachusetts. According to her daughter, Mrs. Kidd remains quite spirited for someone that is 107 years old. "My mother is still somewhat active for her age. She insists on helping me out with light housework such as folding her laundry and tidying up her bedroom." Rosalyn and Robert realize they are blessed to have "Ms. Maggie" still in their lives. Rosalyn has learned so much about her family history from having all this special time with her mom. "Every day with my mother is treasured time. Over the years, I have sat for hours listening to her talk about our family history. I have even burned a cake or two while baking because I would just get so engrossed in her stories about our family", said Rosalyn. "Then one day it dawned on me that I should be recording these precious historical family memories...and that's what I did. After utilizing our county's National Archives in Morrow, and talking to other family memories I have plans to publish a book entitled, From Which We Came, To Who We Are."

Commissioner Hambrick was honored to be included in the birthday festivities for Mrs. Kidd and to have time to sit and chat with her and other family members during the birthday party. "It is an amazing honor for me to serve as Mrs. Maggie Brown Kidd's



County Commissioner. The Board of Commissioners value their senior residents and the vital role that they play in both enriching our communities and our lives", said Hambrick. "Our seniors serve as an important reminder of our history and as an empowering link to our future. In as much as it is a blessing for Mrs. Kidd to celebrate her 107th birthday among family and friends, it is even a greater blessing for us, the residents of Clayton County, to have this beautiful jewel in our county."

Ms. Maggie was the first resident inducted into the county's Centenarian Club as part of her birthday celebration. Commissioner Hambrick presented her with an official Centenarian certificate. The club is a new initiative launched by County Manager Wade Starr and was created to acknowledge and pay tribute to Clayton County residents that are 100 years of age or older. Senior Services will oversee the program and all inductees will receive a free Clayton County Senior Center membership and have their photos placed on the "Centenarian Wall of Honor" to be located in various Senior Services facilities.

Growing up in a farming community Mrs. Kidd attended school up to the eighth grade. She married Willie (Dock) Kidd in 1940 and continued to farm while her husband was employed out-of-state. When asked what she attributes to her longevity, Mrs. Kidd simply replied, "trusting in the Lord and living and eating right."

# CLAYTON SENIOR ADULT CENTER



1. Members enjoying the presentations during Mayfest 2011. 2. CSAP participants during shopping trip at Kroger. 3. Crocheting project completed by CSAP participant Chryal Waldron. 4. CSAP participants during trip. 5. CSAP participant Maggie Best stretching at Mayfest 2011.



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 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**

## BEGINNERS SPANISH 101

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

**Every other week at 12:00 pm**

## 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 4th Tuesday each month at 9:30 am**

## PENCIL SKETCHING

Members learn the basic techniques 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**

## 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**

## 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 - Thursdays 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

### FOX THEATER

Members will have a fabulous night out at the "FOX THEATER". The evening will begin with a dinner at one of the well established restaurants in Atlanta. After dinner members will attend show at the Fox Theater entitled Moscow Festival Ballet "Cinderella".

**Tuesday, April 3rd from 4:00 pm – 11:00 pm**

### LAGRANGE MALL

Program members will have a vast array of reasonable stores to shop at. There is also a Sock Shoppe located in the mall. After members have shopped they will enjoy a leisure lunch at the Food Court inside the mall.

**Tuesday, April 10th from 9:30 am – 5:00 pm**

### COLUMBUS BOTANICAL GARDEN

Members will travel to Columbus Georgia to visit the Columbus Botanical Gardens which is a 22 acre facility which provides visitors with the unique opportunity to enjoy an attractive venue and colorful setting. Members dine at Cheddar's Casual Café for lunch.

**Tuesday, May 22nd from 9:00 am – 7:00 pm**

### THE MALL AT STONECREST AND AMC STONECREST 16 MOVIE THEATERS

Members can shop for brand names with great shopping choices and money saving coupons for selected stores. Members will have lunch at the Food Court. After lunch members can relax while watching "RED TAILS", a movie about the famous historical Tuskegee Airmen.

**Tuesday, June 26th from 9:00 am – 4:30 pm**



# ENJOY A TASTE OF ITALY TONIGHT

Come to Carrabba's tonight for one of our signature dishes, Chicken Bryan. Enjoy delicious wood-grilled chicken with caprino cheese and sun-dried tomatoes, topped with our basil lemon butter sauce. One taste of this entrée, and you'll know why it's so beloved. Try it tonight!

## Southlake

1887 Mt. Zion Rd., Morrow, GA 30260 • 770 - 968 - 3233

CO-SPONSOR OF ANNUAL  
EMPLOYEE CHRISTMAS EVENT

# KINSHIP CARE



1. Kinship Youth participating in nutrition education. 2. Flag football on the Kinship Lawn. 3. Grandparents celebrating at Mayfest 2011. 4. Kinship participating in Nordic pole walking. 5. Kinship participant walking during Mayfest Walking Competition. 6. Teen girls at Camp Kinship. 7. Families enjoying a picnic on the lawn at Shelnett Intergenerational Center.



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

During this Spring Quarter, we will be focusing on environmental awareness for the adults, youth and teens. This quarter we have many activities that center around the earth and its preservation. We will also be preparing for summer camp for the youth and teens in the Kinship program. Summer camp is always a huge event for Kinship and this year, we want to make it bigger and better than ever.

## 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**

## YOUTH RAP/TEEN RAP

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

## INDIVIDUAL TUTORING

**All Ages: By appointment only**

## THE BUTTERFLY PROJECT

The Butterfly Project is a health and wellness program designed to promote physical, emotional, and mental transformation. It is a voyage of self discovery and life change. Join us to discover the butterfly in you. Once you take flight, you will never want to crawl again. If you want to feel better inside and out, come fly with us.

**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**

## BOWLING

A get-a-way that also helps keep you fit and loose is the perfect thing for our grandparents. All who are able are invited to join us every 2nd and 4th Monday at Fun Bowl Entertainment Center in Fayetteville, GA. You must pay for your games and shoe rental which is about \$6 per person.

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

## WALKING FOR WELLNESS

Whether you are fit as a fiddle or trying to get in shape and lose weight, walking is good for everybody. Come to Kinship and let's walk our way to health.

**Adults: Wednesdays in April from 10:00 am - 11:00 am**

## RECYCLABLE ARTS

Recycling is good for our environment, our wallets, and our homes. It is also a great medium to craft with. Come to Kinship and show your creative side. We want to see what kind of treasures you can make with other people's trash.

**Adults: Tuesday, April 10th from 10:00 am - 12:00 pm**

## EASTER EGGSTRAVAGANZA

This is an event for all ages. We will be celebrating the Easter holiday with discussions on the history of Easter, Easter-themed games, and a huge Easter egg hunt on the lawn.

**All Ages: Thursday, April 12th from 5:00 pm - 6:45 pm**

## BALANCE WALKING

Designed as a pain-free exercise that won't put undue stress on the knees or other joints, many have found Balance Walking to be a healthy activity that's easy to stick with. Shave off those pounds and have a good time while doing so with this exercise.

**Adult: Tuesdays starting April 17 from 10:30 am – 11:30 am**

## RECYCLABLE CRAFTS

One way to keep the Earth clean is by recycling. Another way is turning those recyclable materials into art that can be displayed and appreciated. Teens will be able create decorations that can be displayed in their grandparents' home from simple things like plastic bottles and aluminum cans.

**Teens: Monday, April 23rd from 5:00 pm – 6:30 pm**

## AMERICA THE BEAUTIFUL: CELEBRATION & COOKOUT

During the month of May, there are several patriotic holidays, including Law Day, Patriot's Day, Memorial Day and Armed Forces Day. To celebrate all that America is and all that our military has enabled us to become, we will be having a very special evening of Patriotic activities, games, remembrance, history, and a cookout to bring our Kinship family together.

**All ages: Thursday, May 10th from 4:00 pm - 6:45 pm**

## BIRDFEEDERS, COLLAGES & KALEIDOSCOPIES

The kids are out of school and you have stuff to do... here's where Kinship comes in. Bring your kids to the center for a respite day of crafts and fun. The kids will be making birdfeeders, personal collages, and kaleidoscopes to take home and be displayed at the center. Lunch will be provided.

**Youth and teens: Tuesday, May 22nd from 12:00 pm - 3:30 pm**

## TEEN WII TENNIS

While the youth are having their 'Jump Rope Jamboree', the teens will be playing with the Nintendo Wii. They will be pitted against each other in singles and doubles matches until a winner is crowned.

**Teens: Wednesday, May 30th from 5:00 pm - 6:30 pm**

## JUMP ROPE JAMBOREE

Jump roping is a great way to exercise the cardiovascular muscles while having an enjoyable time doing so. It is surely the best way to get youth to exercise as well!

**Youth: Wednesday, May 30th from 5:00 pm – 6:00 pm**

## KINSHIP GRADUATION CELEBRATION

The annual Kinship Graduation Celebration is the time of the year that we recognize all the Kinship students who have graduated in the last year. We recognize adults who have graduated from high school or college and youth who have graduated from high school.

**All ages: Thursday, May 31st from 1:00 pm – 3:00 pm**

## SUMMER CAMP

Its summer time and the kids are out of school. What will you do now with those young, restless kids? Send them to Kinship Summer Camp of course! Summer camp 2012 will include engaging, educational and entertaining activities and trips for youth and teens to enjoy.

**Ages 5 – 15: Monday through Friday, June 4th through July 27th from 9:00 am – 4:00 pm**

## FOOD ART

Have you ever seen a wagon made of fresh fruits? Have you seen a loving couple made of fresh vegetables? Let's see what you can make. We will have fresh fruits and vegetables, as well as craft supplies, available for the adults in the program to be as creative as possible and make delicious, healthy art for themselves and their household.

**Adults: Thursday, June 7th from 9:00 am - 11:00 am**

## Classes

### YOUTH COMPUTER CLASS

Weekly open group lab time can provide supervised instruction and help to Kinship youth. Kids can do research, play games, and build computer skills during this designated time.

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

### QUILTING

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

**Adults: 1st and 3rd Mondays from 1:00 pm - 2:00 pm**

### HOME GROWN GARDENING

One thing that you need year-round is food, and growing your own would definitely shave dollars off of your monthly grocery bill. If we have peaked your interest, then dig into this informative class on home gardening. You will learn everything from composting to harvesting fresh fruits and vegetables. Don't miss it!

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

## PARENTING THE SECOND TIME AROUND

This Cornell Cooperative Extension workshop series focuses on dealing with changing roles, child development, interactions, grief, loss, effective discipline and legal issues as well as advocacy and negotiating/connecting with community programs. It is a mandatory class for all Kinship Care recipients.

**Adults: Wednesdays in April and May 2nd, 9th, 16th from 9:00 am – 10:00 am**

## THE IMPORTANCE OF RECYCLING

Youth and teens will learn about the benefits and the importance of recycling everyday material that they usually would throw away. Other topics include how they can help their community, how to recycle properly and how they can earn money by recycling.

**Youth and Teens: Monday, April 16th from 5:00 pm – 6:00 pm**

## HEALTH AND WELLNESS: BINGO/INFORMATION PRESENTATION

Representatives of Care Improvement Plus will be facilitating a bingo game at Kinship along with a brief Medicare/Medicaid presentation for participants. They will be handing out prizes for the winners of bingo as well.

**Adults: Friday, April 20th from 10:30 am – 11:30 am**

## GRANDPARENT ORIENTATION FOR SUMMER CAMP

Summer Camp registration is just around the corner and this year, caregivers must complete a 2 hr. orientation prior to camp enrollment. There are morning, afternoon, and evening sessions.

**Call the center for dates and times.**

## COUPONING 101

Is your grocery bill higher than \$200 a month? If so, this is the class for you! Taught by a true couponer, this class will teach you how to save money while still being able to buy the groceries and supplies you need for your family.

**Adults: Friday, April 20th & Friday, June 15th from 11:00 am – 12:00 pm**

## SOCIAL NETWORKING

If you have grandkids that can use a computer, you need to come to this class. Adults will be taken through the steps to understand how social networking is used to find friends and classmates, and also how it can be abused.

**Adults: Thursday, April 26th from 10:00 am - 11:00 am**

## HEALTH AND WELLNESS: PRESENTATION ON HEARING LOSS

A representative from the Clayton County Board of Health will come to Kinship Care and talk to the adult clients about ways to prevent hearing loss.

**Adults: Monday, April 30th from 11:30 am – 12:30 pm**

## HEALTH AND WELLNESS: COLORECTAL CANCER SCREENING INTERVENTION PROGRAM

For three weeks, a representative from the Clayton County Board of Health will come out to Kinship and focus on the importance of colorectal screening and give general information about colorectal cancer.

**Adults: Mondays, May 14th, 21st, 28th from 9:30 am – 10:30 am**

## WEIRD SCIENCE

The greatest way to learn science is to experience it! Let your youth be a part of the fun as we test pH levels, do some rapid color changing chemistry and create dry ice bubbles.

**Youth and Teens: Tuesday, May 15th from 5:00 pm – 6:00 pm**

## CLEAN GREEN

There are many ways to clean and organize materials, and not all of them require a brand name. This class is for adults that want to learn about cheap alternatives for expensive products that can be used for washing various items (clothes, dishes, bodies, etc.), food preparation, and gardening to name a few.

**Adults: Monday, May 21st from 10:00 am - 11:00 am**

## ONE-DAY WORKOUT!

Would you like to jumpstart your weight loss? Do you need to shed those last few stubborn pounds? Do you have a day off and want to spend it exercising? If you answered yes to any of these questions, then Kinship has what you're looking for. Join us for a one-day, low-mid impact workout with a certified trainer.

**Adults: Tuesday, June 12th from 10:00 am - 11:00 am**

## SENIOR SEXUAL HEALTH

Come out for this exciting presentation on Senior Sexual Health. Learn about the latest prevention techniques and updates on STD's.

**Adults: Friday, June 15th from 10:00 am - 11:00 am**

## Kinship Care Providing Caregiver Respite Through Camp Kinship

It's almost that time again when grandkids will be home for the summer. Fortunately, for grandparents and other relative caregivers enrolled in the Kinship Care program, relief is just around the corner. Active participants can take advantage of Camp Kinship, a full service summer camp program.

Camp Kinship provides youth ages 5 – 15, in relative care homes, a safe and fun learning experience during the summer break from school. Camp begins June 4, 2012 and ends July 27, 2012. Breakfast and lunch are provided for campers Monday through Friday. Field trips, arts and crafts, swimming, and lots of fun are built into each action packed day of camp.

## Trips

### SPRING BREAK 2012: PIGEON FORGE, TN

Families in the program will celebrate spring break 2012 in Pigeon Forge, TN. We will visit several attractions, including the Ripley's Aquarium, Titanic Museum, and Ruby Falls. We will also visit Dollywood during their Festival of Nations Cultural Explosion. This is sure to be a memorable trip.

**All ages: April 3-5, 2012**

### WORLD OF COKE

And what a wonderful world it is! Learn the history of the Coca-Cola Company, enjoy the many displays and exhibits and try every coke product in the world! It will be a "sweet" trip that you won't soon forget.

**Adults: Friday, May 18th from 9:00 am – 2:00 pm**

### BREMAN JEWISH HERITAGE AND HOLOCAUST MUSEUM

The Breman celebrates and commemorates the Jewish experience and the universal themes of diversity and human dignity. This is accomplished by collecting, preserving, interpreting and teaching Jewish values, culture and history. All of this is inspired by the dedication and courage of the Jewish people. As such, the museum desires to have an impact on behavior and promote mutual respect and understanding. Be a part of this experience.

**Adults: Tuesday, June 5th from 10:00 am – 2:00 pm**

In order for grandparents to register their children for camp, **they must complete a 2 session orientation program.** The orientation is offered morning, afternoon, and evening to accommodate all schedules. Classes are:

- Morning Orientation - 11:30 - 12:30 on 4/13 & 4/27
- Afternoon Orientation - 3:30 - 4:30 on 4/17 & 4/24
- Evening Orientation - 5:00 - 6:00 on 4/19 & 5/17

Don't let your grandkids miss out on the fun!

Register today!

# PUZZLE

## WORD SCRAMBLE

Flex your brain by rearranging the letters to form a valid word.

Hint: All words are fruits and vegetables

1. tpnalgge \_\_\_\_\_
2. rrotcsa \_\_\_\_\_
3. toamotse \_\_\_\_\_
4. pplea \_\_\_\_\_
5. orange \_\_\_\_\_
6. eansb \_\_\_\_\_
7. sqsuah \_\_\_\_\_
8. kwii \_\_\_\_\_
9. eahcp \_\_\_\_\_
10. oonnis \_\_\_\_\_
11. ananab \_\_\_\_\_
12. pesrag \_\_\_\_\_
13. earps \_\_\_\_\_
14. lowerifcaul \_\_\_\_\_
15. oliccbro \_\_\_\_\_

# PIECE

## Sudoku Puzzle

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any. Check next issue for answers.

6			5	2			1	
2					7		4	8
	8	9			3		2	
		8						7
7	6		9		5		3	1
5			3		4	2		
	2	7	4	5		3	6	
9			7				5	4
	4			6				

Answers:

1. Eggplant
2. Carrots
3. Tomatoes
4. Apple
5. Orange
6. Beans
7. Pears
8. Kiwi
9. Peach
10. Onions
11. Banana
12. Grapes
13. Pears
14. Cauliflower
15. Broccoli

# FRANK BAILEY SENIOR CENTER



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



During this spring quarter, the 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 register for all trips, classes and special events that require payment. All trips and special events are subject to change.

## Special Events & Activities

### EASTER CELEBRATION

Bring the family, including grandchildren for crafts, games, prizes and information.

**Friday, April 6th starting at 11:30 am**

### EARTH DAY

Learn ways to help reduce daily waste and be more environmentally friendly. Enter to win the Earth Day Giveaway by bringing your old newspapers. Learn about our Community Garden and how you can be involved.

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

### CINCO DE MAYO

Celebrate a “south of the border” holiday! Games, prizes, food and fun! Participants must register to attend.

**Monday, May 7th starting at 1:00 pm**

### MOTHER’S DAY TEA PARTY

A delightful brunch/tea will be held outside to honor Mother’s Day. Door prizes and gifts will be given away. Participants must register in advance to attend.

**Wednesday, May 9th starting at 12:00 pm**

1. Frank Bailey Choir performing during Mayfest 2011. 2. Bailey Pole Walkers preparing for their walk. 3. & 5. Participants enjoying Mayfest 2011. 4. Grandparents and Grandchildren Crafts at Frank Bailey Senior Center.

## MEMORIAL DAY CELEBRATION

Bring a photo of your loved one to place on our own memorial wall the week of May 21 and join our celebration in remembering those who served our country.

**Friday, May 25th starting at 12:00 pm**

## SUMMER DANCE

DJ Youngblood will be back to play our favorite oldies and keep the party going! Visit the center for more information.

**Friday, June 1st from 6:00 pm – 10:00 pm**

## CHARADES

Have fun as you interact with fellow seniors playing a game of charades!

**Wednesday, June 6th and Wednesday June 20th from 10:00 am – 11:00 am**

## Classes

## GENEALOGY WITH BETTY LUDD

Learn how to research and see your family tree come alive!

**Mondays from 11:00 am – 12:00 pm**

## CPR CERTIFICATION

The American Heart Association will do hands on training. Certification is good for two years. See front desk for more information.

**Tuesday, April 10th**

## QUILTING

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

**Wednesdays from 9:00 am – 1:00 pm**

## GIFT MAKING

Learn to make homemade gifts for any occasion. You'll make a different gift every class and be prepared to make gifts for birthdays, baby showers, Christmas and Easter!

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

## KNOW YOUR CENTER SEMINAR

Make sure you're getting maximum benefits from your center membership. You'll learn about staff, classes, instructors, events, clubs, programs and other services.

**Thursday, April 26th starting at 1:00 pm**

## 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, May 15th from 8:30 am – 2:30 pm**

## OPERATING YOUR ANDROID

Be smarter than your smart phone. Get help and instructions on operating your android market and applications.

**Wednesday, June 6th from 9:30 am – 12:00 pm**

## 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. After completing a project, you will be ready to start on your next masterpiece.

**Fridays from 1:00 pm – 4:00 pm**

## CRAFTS BY EMMA

Join Ms. Emma as she shares her knowledge and skills in making a variety of interesting and useful items. Learn how to turn trash into treasures.

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

## SPANISH I & II COMBINED

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**

## BRIDGE

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

**Tuesdays from 10:30 am – 12:30 pm**

## BEGINNING BILLIARDS

Come and learn the basics of billiards. Even if you know how to play, come and learn to shoot like a pro.

**Thursdays from 9:30 am – 11:00 am**

## BALANCE BALL WORKOUT

Benefits of working out with the balance ball include decrease in back pain and improvement in balance, flexibility, core strength, endurance and muscle strength.

**Fridays from 10:30 am – 11:30 am**

## JEWELRY CLASS

Learn to make different types of beautiful jewelry in a 4 hour weekly class.

**Thursdays from 1:00 pm – 5:00 pm**

## SWIM CLASS

Learn the fundamentals of swimming techniques and basic swim strokes.

**Wednesdays and Fridays from 10:15 am – 11:15 am**

## WATER WALKING

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

**Wednesdays and Fridays from 11:15 am- 12:00 pm**

## WATER FITNESS I

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

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

## WATER FITNESS II

This is a gentle water workout to exercise joints and build endurance. Exercises use hand buoys and tubing. Have fun while toning your body and making new friends.

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

## ARTHRITIS AQUATICS

Gentle cardio workout and range of motion exercises by an instructor who is certified with the Arthritis Foundation.

**Mondays and 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 and fun as well!

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

## AQUA YOGA W/MICHELLE

Yoga that's 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 (rebounder) 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, April 27th from 9:00 am – 12:00 pm**

## HOME GROOMING TIPS FOR ANIMALS

Learn the basics of animal grooming so you will be able to do your own grooming. You will learn the importance of nail trimming and ear cleaning.

**Check with front desk for more information**

## WIRE BENDING WORKSHOP

Learn the beginning techniques of wire bending for artistic forms. This will be a 3 day course. By the end of the class you will know how to make an attractive wire flower.

**Monday, Tuesday and Wednesday, June 25th – 27th from 9:30 am – 11:30 am**

## PIANO CLASSES W/ JOANNE

Learn to play your favorite songs on the keyboard.

**Mondays and Thursdays from 10:30 am – 11:15 am**

## FAUX STAINED GLASS CLASS

In this one day class, learn to make faux stained glass. Choose a pattern or make your own for an 8x10 stained glass sheet.

**CSAP: Wednesday, May 16th from 9:30 am – 12:30 pm**

**Bailey: Thursday, June 7th from 9:30 – 12:30 pm**

## BINGO

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

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

## Special Clubs

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

## Trips

### CALLAWAY GARDENS

Spend the day at Callaway Gardens. Plan to see a “birds of prey” show and visit the Discovery Center, The Butterfly House and The Horticulture Center. Enjoy the scenery on a drive through the gardens to view the azaleas which should be in full bloom. Lunch will be on your own at The Discovery Café.

**Thursday, April 5th departing at 8:30 am**

### SOUTHEASTERN RAILWAY MUSEUM

Visit Georgia's Official Transportation History Museum. Located on a 35-acre site in Duluth, the museum features about 90 items of rolling stock including historic Pullman cars and classic steam locomotives. Tour includes a 15 minute train ride. Note: Significant amount of walking on a mixture of walking surfaces. For comfort and safety wear closed toe, flat shoes.

**Friday, April 13th departing at 9:00 am**

### REDTOP MOUNTAIN FISHING TRIP

Enjoy an overnight trip to Cartersville for an afternoon of fishing and cooking out. Stay at Motel 6 and rise early on Thursday morning to get some early morning fishing in before returning home in the afternoon. (Ambassador Men's Group members)

**Wednesday, May 2nd departing at 8:45 am – returning Thursday, May 3rd**

### HORSEBACK RIDING

Come and test your horseback riding skills as we return to Haven Hills Equestrian Center for a 30 minute trail ride and picnic lunch.

**Wednesday, May 2nd departing at 10:00 am**

### STRAWBERRY PICKIN' AT ADAMS FARM

Make the annual trip to pick strawberries. Spend the morning picking strawberries (you can buy already picked berries), have lunch on your own at The Italian Oven then get a little shopping time in at Stein Mart and nearby shops.

**Friday, May 4th departing at 8:30 am**

### HILLS AND DALES

Discover the beauty and experience the charm of days gone by as you tour the family home and gardens of Fuller E. Callaway in LaGrange, Georgia. Includes a guided tour of the house and a self guided tour of the gardens. This is another trip where you'll be glad you've worn comfortable walking shoes. Lunch on your own at Katies (buffet featuring American food)

**Thursday, May 17th departing at 8:30 am**

### THE GRIFFIN SOCK SHOPPE

Shop for bargains all day as you visit the Sock Shoppe, break for lunch on your own at Louise's Cafeteria then head to Beal's Outlet and adjacent shops.

**Wednesday, May 23rd departing at 9:00 am**

### COCHRAN MILL NATURE CENTER

Visit the nature center which is adjacent to Cochran Mill Park in south Fulton County. Tour the birds of prey & large reptile exhibits housed at the center. Enjoy a picnic lunch in the beautiful outdoor setting and walk to the fish and turtle pond.

**Friday, June 8th departing at 9:30 am**

### GEORGIA DOME

Tour the beautiful Georgia Dome and have a boxed lunch afterwards. (Ambassador Men's Group members)

**Wednesday, June 6th from 10:00 am – 2:00 pm.**

### MONASTERY OF THE HOLY SPIRIT

See the new Monastic Heritage Center which opened in May of 2011. The all new center brings together the varied public spaces of the monastery which include the Visitor Center, Historic Barn, the Abbey Gift Shop & Café, Gallery Barn, the Central Courtyard and the Memorial Plaza and Prayer Walk. Lunch on your own at JIM 'N NICK'S BBQ with time for shopping in nearby stores.

**Wednesday, June 13th departing at 9:00 am**

### THE BLUE WILLOW INN RESTAURANT

Come with us for an elegant luncheon buffet at The Blue Willow in Social Circle, Georgia. Relax with friends as you enjoy the delicious food with unlimited visits to the buffet (no doggie bags please). We'll walk off some of the calories as we stop at Stone Crest Mall on the way home.

**Tuesday, June 19th departing at 9:30 am**

### HARRAH'S CASINO, CHEROKEE, NC

Receive \$5.00 coin and \$10.00 food vouchers to be used at any of the food vendors in the casino. You will have 4 hours to gamble before boarding the bus for the return trip home.

**Thursday, June 21st departing at 7:30 am**

### THE WORLD OF COCA COLA

Tour the Coca Cola Museum and learn the history of coca cola as it has grown from the original recipe into an international enterprise. Taste the many flavors of coke products while you're there. (Ambassador Men's Group members)

**Thursday, June 28th**

## Join the club! Find the club that interests you and make new friends or get closer to old ones.

There's a study which shows that having a group of good friends around may be even more important than family for a long and healthy life (Warner, 2005). The Senior Services Department offers opportunities for you to make new friends and get closer to old ones through classes, special events, trips, and special clubs. The Frank Bailey Senior Center offers clubs for all of your interests. Like singing? Join the FBSC Choir. Like reading? Join the Bailey Bunch Bookers. There are lots of free groups you can join at the Frank Bailey Senior Center.

The FBSC Choir practices every Tuesday at 2:00 pm in the Recreation Room. They perform at special events like the annual Mayfest event held at the Beach and the Christmas Drama Theater events held in December.

**The Bailey Bunch Bookers** provides opportunities for seniors to read and discuss an array of new books monthly. They meet once a month to discuss the current book of the month. This is a great chance to share interests and discuss books you're reading as well.

**Join our XYZ Club.** The XYZ club (which stands for Extra Young Zest) is a long standing group that meets the first Friday of every month at 11:30 am for a covered dish luncheon and program.

The group enjoys fellowship & socialization. Anyone interested in joining may come to a meeting.

Be a red hatter! **Babbette's Red Hat Society** “gathers” the first Thursday of every month at 10:30 am either at Frank Bailey Senior Center or at a previously arranged destination such as a restaurant or tea room. Betty Hill is the Queen of this chapter of the Red Hatters.

Finally, the **Bird Watchers Club** meets quarterly for either an outing or a presentation at the center. Most recently, they watched a DVD about birds and had lunch together. A trip to Cochran Mill Nature Center in early June is planned.

There's plenty of free and paid activities occurring at each of the Senior Services Facilities. Once you join at either center, you can participate in all of the events each senior center is having. Visit us today for more information.

*Warner, Jennifer (2005) “Strong Friendships May Help You Live Longer” Retrieved February 3, 2012 from <http://www.webmd.com/healthy-aging/guide/20061101/strong-friendships-may-help-you-live-longer>*



Babbette's Red Hat Society



Frank Bailey Choir

# FRANK BAILEY FITNESS CENTER



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 | Thursdays 8:00 am – 8:00 pm

The Frank Bailey Fitness Center is jump starting this spring with new classes, trips, workshops and much more. Beginning this Spring Session, we will be offering Boot Camp with Ben every Friday at 9:00 am. Come and learn the basics of golfing and put your skills to the test in June on the Hilton Head Island Golf Trip. Learn ways to reduce stress, through Mechelle's Meditation Workshop. You can also join us April 27th, 2012 at 1:00 pm, as we celebrate our One Year Anniversary. There will be plenty of give-a-ways, games, demos, and yes, there will be dancing. Join the "Get Fit Crew" as we leap into Health and Fitness this spring.

## Events/Workshops

### OUTDOOR BOOT CAMP WITH BEN

Lead by our Fitness Instructor Ben Howze, members will be focusing on **CARDIO, ENDURANCE, BALANCE** and **STRENGTH** while enjoying the cool, spring mornings.

**Friday, April 6th, 13th, 20th, 27th and May 4th from 9:00 am- 10:00 am**

### FRANK BAILEY FITNESS CENTER CARNIVAL CELEBRATION

Come One, Come All!!! Come help us celebrate our One Year Anniversary as we will have games, demos, give-a-ways and much more.

**Friday, April 27th from 1:00 pm - 4:00 pm**

### MEDITATION FOR BEGINNERS WORKSHOP WITH MECHELLE DAVIS

Mechelle Davis will lead this workshop with the goal of breaking down various meditation techniques and offer information on ways to start the practice meditating.

**Friday, June 22nd from 1:00 pm – 3:00 pm**

## 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**



1. Joycelyn Benham performing with Line Dance Class at Mayfest 2011. 2. Larry Toelstede winner of Football Toss and Kick competition with Bailey Fitness Cheerleaders during Super Bowl Party 2012. 3. Bailey Fitness Members line dancing during dance-a-thon for breast cancer. 4. Spin Class participants Bridget Harden, Sandra Essex, R.C Banks, & Carolyn Spainhour. 5. Crystal Dickinson representing Zumba class during Mayfest 2011. 6. Bailey Fitness Center men waiting to compete in Football Toss during Super Bowl Party 2012.

## 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 muscles 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.

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

## BELLY DANCE

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

**Tuesdays 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.

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

## BEGINNING YOGA

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

**Tuesdays and 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 and 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.

**Thursdays from 2:00 pm - 3:00 pm**

## FITNESS THERAPY

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

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

## NEW! GOLF

Learn the basics of golf. Golf is a game played on a large open course; the object of which is to hit a ball using clubs, with as few strokes as possible, into each of usually 18 holes.

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

## LINE DANCE

A mixture of choreographed dances put together to improve cardiovascular health and coordination.

**Thursdays from 11:00 am – 12:00 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.

**Wednesdays from 12:00 pm – 12:30 pm or 12:30 pm - 1:00 pm**

## PERSONAL FITNESS

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

**Tuesdays and 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**

## URBAN BALLROOM DANCE

Low-impact partner style dance, based on Detroit-style ballroom dance.

**Mondays from 3:45 pm – 4:45 pm**

## ZUMBA

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

**Tuesdays and 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**

## Trips

### HIGH FALLS STATE PARK

The walking club and any other interested members will take a trip to picturesque High Falls to hike the scenic walking trails.

**Friday, May 18th**

### HILTON HEAD ISLAND

The Golf Class and all other interested members will head up to the beautiful scenery of Hilton Head Island, where they can golf on beautiful resorts or enjoy the sun at the beach.

**Thursday, June 14th – Sunday, June 17th**

## Special Contribution

### GOLFING WITH WILLIE BURKES

Willie Burkes is not a stranger when it comes to the old past time of Golf. As a young child he used to caddy to earn his lunch money. He began golfing when he was just twelve years old at the Lincoln Country Club, which at the time was the only golf course that allowed blacks to golf. Aside from the obvious benefits; increase in flexibility, strength and cardio, Mr. Burkes says, "It's a great social game as well as a smooth way to reduce weight and relieve stress." When asked what his favorite thing about golf was, Mr. Burkes answered, "Golf is one of the few sports that you can enjoy playing throughout your senior years." Not only is Mr. Burkes bring golf to the community, he is also bring golf to Frank Bailey Fitness Center this Spring Session.

# CARDIO Workout At Home

Cardio Fitness Class with Gabriella Dicara-Harden

*Do you get stiff sitting through a long movie?*

*Is standing on one leg to put on your shoe difficult or impossible?*

*Do you trip or lose your balance more easily?*

*If you answer yes to any of these questions, read on.*

No matter what your age is now, no matter how inactive you have been, it is possible to increase your fitness and improve your posture, strength, balance, flexibility, and endurance. Inactivity magnifies age-related changes, but activity maintains and increases your abilities in all 5 domains (posture, strength, balance, flexibility, and endurance).

Our plan of self-evaluation and exercises focused on your particular needs may show results within just a few weeks. It's not magic, but it is amazing. As people get older, many of them slide into one of two categories, 'weekend warriors' or 'weekend worries'. "Warriors", who were usually athletes in their earlier years, participate in fairly intense sports on the weekends after spending all week at a desk. These individuals are prone to injuries. "Worries" work nonstop and almost never exercise. If and when they do take a break, they may notice their bodies are stiff and slumping, and they feel listless.

What will make you personally start and continue your own program towards a healthy and physical performance? We hope learning as much as you can about exercise, motivation, and determination will help you become a dedicated exerciser. Try these exercises daily, which will help to improve your posture, strength, balance, flexibility, endurance.

Gabriella Harden's Cardio Fitness class is taught on Tuesdays and Thursdays at the J. Charley Griswell Senior Center. The goal of this class is to enhance physical activity to a level which will help you to lower health risk factors such as cholesterol levels, blood pressure, stress related disorders, and weight/obesity disorders.

## Cardio Fitness: Overhead Lift

*(1 to 2 sets of 8 to 12 reps with weights or 15 to 20 reps without weights)*

This exercise strengthens the muscles that enable you to lift your arms over your head and improves your posture. It will improve your ability to lift objects overhead and will develop and define your muscles from your shoulder to the middle of your upper arm.

- Sit in a supportive armless chair; keep your stomach and chin tucked in, so that your back and neck are well aligned. Holding weights (no more than 3 pounds), bend your elbows and raise your arms, moving them out to the side and just above the shoulder. Keep your palms facing your face and your elbows pointing down, breathe in. (a)
- As you breathe out, straighten your arms and slowly lift the weight overhead. (b)
- Slowly lower the weights to the starting position as you breathe in.



## Cardio Fitness: Knee Flexions

*(1 to 2 sets of 8 to 12 reps on each side)*

This exercise strengthens the muscles that help you bend your knees and control the motion while you walk. The knee flexors (especially the hamstring) are essential for walking. This exercise will develop and define the muscles in the back of your thighs. You may perform this exercise with or without cuff weights around your ankles.

- Stand. If you need help balancing, lightly place fingers on the back of a sturdy chair or a counter. Tighten your stomach and tuck your chin so that your back is straight. Breathe in. (a)
- As you breathe out, slowly bend your right knee, raising your right calf behind you. (b)
- Slowly lower your leg to the starting position as you breathe in.



# J CHARLEY GRISWELL SENIOR CENTER



1. Members working out in the fitness room. 2. Betty Burns showing her excitement at Mayfest 2011. 3. Member Tina Henry enjoying a chair massage at the Mother's Day Spa event. 4. Friends come together to have lunch in the cafeteria. 5. Voices of Griswell performing at Mayfest 2011.



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



This spring the Griswell Center will continue to encourage our members to eat well, live well and to enjoy the various physical activities the center has to offer. We are also encouraging our members to be a part of the Griswell Center special events from our Easter Tea/Fashion Show to our 1st Annual Music Festival.

## Special Events & Activities

### GRISWELL ADVISORY BOARD EASTER RAFFLE

In celebration of the Easter holiday, the Griswell Advisory Board will be conducting a special raffle. The raffle will consist of a honey baked ham gift certificate and the drawing will be held on Wednesday April 4th. Tickets are on sale at the J. Charley Griswell Senior Center.

**Wednesday, April 4th**

### GRISWELL EASTER TEA/FASHION SHOW

To commemorate the Easter holiday and the beginning of spring, the Griswell Center will be hosting an Easter Tea/Fashion show. Members will have an opportunity to showcase the latest fashions, while enjoying the fragrance and taste of a variety of teas. Festivities will also include music and an assortment of foods.

**Saturday, April 21st, from 3:00 pm - 5:00 pm**

### CINCO DE MAYO SOCIAL

In honor of Cinco de Mayo the Griswell Center will be hosting a Social/ Fiesta. Join us for an afternoon of games, music and Spanish style refreshments.

**Friday, May 4th, from 1:00 pm - 3:00 pm**

### 2ND ANNUAL POST MOTHER'S DAY AT THE SPA

Last year's Spa Day event was a huge success and we are very excited about this year's. The theme for this year's event will be "A Day Fit for a Queen". We will provide the ladies with a day of pampering. Services will include: pedicures, manicures, chair massages, facial cleansing and many more.

**Friday, May 25th, from 1:00 pm - 5:00 pm**

## FATHER'S DAY BARBEQUE

We are hosting a special barbeque to celebrate our Griswell men in honor of Father's Day. Afternoon festivities will include a traditional barbeque meal, games, giveaways and a great time of fellowship with friends.

**Friday, June 15th, from 3:00 pm – 5:00 pm**

## GRISWELL'S 1ST MUSIC FESTIVAL

Let us entertain you with the wonderful sounds of music. Come ready to clap your hands. Stomp your feet and even "cut a rug" as you hear the great hits of Gospel, R&B, Country & Western, Rap and yes some good ole "Down Home Blues" music. Refreshments will be sold. This is sure to be an event you won't forget.

**Friday, June 22nd, from 2:00 pm - 4:30 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 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**

## 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**

## WATER WALKING

**Wednesdays from 1:00 pm – 1:30 pm**

## PLYOMETRIC CARDIO CIRCUIT

**Fridays from 2:00 pm – 2:30 pm**

*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.*

## CARDIO FITNESS

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

## 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**

## 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 - 4:00 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**

## 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**

## CHICAGO STYLE STEPPING/ SOUL LINE DANCING

**Mondays from 6:15 pm - 7:15 pm**

## YOGALATES

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

## NEW! BEGINNERS 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**

## CERAMICS

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

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

## 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**

## LINE DANCE

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

## BEGINNING SPANISH

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

## QUILTING

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

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

## SKETCHING

**Tuesdays from 10:00 am – 11:00 am**

## ONE STROKE PAINTING

**Fridays from 1:00 pm – 3:30 pm**

## ARTHRITIS EXERCISE

**Thursdays from 11:00 am – 12:00 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.**

## 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.**

## BRIDGE

**Tuesdays starting at 1:00 pm**

## TEXAS HOLD'EM

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

## PINOCHLE

**Wednesdays starting at 1:00 pm**

## BUNCO

**Tuesdays from 2:00 pm – 4:00 pm**

## 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

### ATLANTA HAWKS V/S CHARLOTTE BOBCATS

Enjoy an evening full of excitement as the Hawks take on the Charlotte Bobcats at Phillips Arena. While enjoying the game you can also enjoy unlimited popcorn and drinks.

**Wednesday, April 4th, from 6:00 pm - 10:00 pm**

### GEORGIA STATE CAPITOL TOUR/PRIME MERIDIAN RESTAURANT

You're never too old to learn so let's take a guided tour of the Georgia State Capitol to learn about its history, the lawmaking process and then we'll visit the Capitol Museum. After the tour we will have lunch on our own at the Prime Meridian Restaurant overlooking the Centennial Park.

**Thursday, April 12th, from 8:45 am - 6:30 pm**

### ATLANTA BOTANICAL GARDENS

Let's take a walk through the Botanical Gardens where colors come alive through so many beautiful flowers. You'll be amazed of how much you can learn about flowers from all over the world. Enjoy the Canopy Walk and so much more. Enjoy lunch on your own at their Metrofresh in the Gardens Café.

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

### BLUE WILLOW RESTAURANT & DOWNTOWN COVINGTON, GA

Learn about the history of Blue Willow and enjoy the best "southern dining" in Social Circle, Georgia. After dining you can treat yourself to a little shopping and good ole' fashion ice cream in Downtown Covington.

**Friday, May 18th, from 10:30 am - 5:00 pm**

### MEDIEVAL TIMES

Step back into Middle Ages and experience spectacular horsemanship, amazing sword playing and a jousting tournament between six brave Knights, while enjoying a royal feast of oven roasted chicken quarter, herb roasted potatoes, sweet corn cobette and a freshly baked chocolate chip cookie. (Vegetarian meals are available upon request)

**Thursday, May 10th, from 9:45 am - 3:30 pm**

### HORIZON THEATRE COMPANY" THE WAFFLE PALACE"

From births to marriages to Big Foot sightings, police chases and lottery wins, anything can happen at 3 AM in the Waffle Palace. Inspired by the amazing events at Waffle House Restaurants, Larson and Lee (award winning playwrights of Horizon's Charm School), let loose with this roller coaster of humor, music and imagination for you to enjoy.

**Wednesday, June 6th, from 7:00 pm - 10:30 pm**

### AGATHA'S A TASTE OF MYSTERY

Fine dining and a role in a murder mystery is what you will get when you go with us to "Agatha's A Taste of Mystery." Enjoy a 5-course meal which starts off with their ever changing appetizer buffet. Then your soup, salad, entrée (5 to choose from) and ending with a wonderful dessert all for an unbelievable price.

**Thursday, June 14th, from 6:30 pm - 10:30 pm**

### CREEK CASINO (WETUMPKA, AL)

Money Money Money Money..... Money! Come and take a ride and try your luck at the Creek Casino in Alabama. It has the games you love and the way you love to play. While there enjoy one of the best lunch buffets on your own.

**Monday, June 25th, from 8:30 am - 9:30 pm**

*Interested in overnight trips for 2012? All overnight trips listed below are "tentative" and subject to a "sign-up commitment".*

### BOSTON

Enjoy a guided tour of Boston, featuring a view of the U.S.S. Constitution, a visit to Cambridge (home of Harvard University), John F. Kennedy Presidential Library and Museum shopping at famous Quincy Market and Faneuil Hall. This trip includes hotel, motor coach transportation, tours and (14) meals.

**\$725 for nine days and eight nights - August 2012**

### BILTMORE ESTATE

Discover the charm of Asheville, NC and the grandeur of the Biltmore Estate Mansion. You will experience the lavish Biltmore Estate, America's largest privately owned home. Enjoy a scenic Blue Ridge Parkway tour, Biltmore's new Antler Village, a destination for shopping, dining and historical exhibits. Also enjoy the magnificent St. Lawrence Basilica and the shops of the Grove Arcade. This trip includes hotel, motor coach transportation, tours and (6) meals.

**\$360 for four days and three nights - November 2012**



*Interested in getting in the pool? There are a plethora of pool classes, both free and paid, as well as open swim times each month.*

Both the Frank Bailey Senior Center and the J Charley Griswell Senior Center have an indoor, heated swimming pool. Both centers provide free and paid classes daily, with time provided for you to get in the pool on your own without an instructor. Not sure which class to take first? Here are some examples of the different pool classes offered at the J Charley Griswell Senior Center.

**Aqua Boot Camp.** This is an advanced aqua sculpting class which builds muscular strength and endurance in a fast pace. This class is held Mondays and Wednesdays from 2:00 pm until 3:00 pm.

**Beginners Swim.** Ever wanted to learn how to swim? Sign up for the Beginners Swim class offered Mondays and Wednesdays from 9:00 am until 10:00 am and let our instructor show you how.

**Aqua Sculpting.** In this class, you will jog laps in the pool and do other resistance exercises using special tubing, hand buoys, and medicine balls for sculpting your upper and lower body. Classes are held Mondays and Wednesdays from 3:00 pm until 4:00 pm.

**Plyometric Cardio Circuit.** This is a thirty minute class of deep cardio and strength training classes done in the water. This class is taught on Fridays from 2:00 pm until 2:30 pm.

**Water Walking.** This class is held on Wednesdays from 1:00 pm - 1:30 pm.

Check with the front desk for the Open Swim calendar, updated monthly. It shows the available time to get into the pool without a class going on. Also, on Mondays, the Griswell Senior Center is opened until 8:00 pm. This gives time in the evening for you to get a great workout in the pool as well, included with your membership.

See you soon!



*Top Pictures: Johnny Furlow's Aqua Boot Camp class  
Bottom Pictures: Jackie Fears's Beginners Swim class*

# Senior Services Cafeterias

Host your next event at one of our beautiful Dining Halls!

Both of our centers can provide a beautiful backdrop to your special event. Each room has hardwood floors with a dance floor area, tables and chairs for 100 - 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!

*Weddings & Receptions*

*Graduation Parties*

*Banquets*

*Baby Showers*

*Meeting Rooms*

### Rental Days & Times:

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

Saturdays from 9:00 am until 11:00 pm

#### Frank Bailey Senior Center

6213 Riverdale Road, Riverdale, GA 30274

678-479-5505 main

Refundable Security Deposit: \$150

Hourly Rate: \$100/hr

Security Fee (required): \$35/hr

#### J Charley Griswell Senior Center

2300 Highway 138 SE, Jonesboro, GA 30236

770-477-3499 main

Refundable Security Deposit: \$150

Hourly Rate: \$150/hr

Security Fee (required): \$35/hr



# Home Fresh Meals Served Daily!

The Senior Services Cafeterias provide deliciously nutritious meals for less than you would pay at any fast food restaurant.



Lunch meals include:  
your choice of entree,  
two sides, bread, and drink for \$5.



6-piece Wings Baskets available  
Mondays, Wednesdays, & Fridays



Daily Soup Choices  
&  
Salad Bar also available!

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

# Senior Services Cafeterias



# MAYFEST 2012

FREE EVENT · FREE EVENT · FREE EVENT · FREE EVENT · FREE EVENT



Competitive  
Walk

Health Vendors

Entertainment

Give-a-ways

Lunch  
Provided



May 11, 2012 · 10:00 am - 2:00 pm

(Rain Date: Friday, May 18, 2012)

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

Open to all seniors  
55 and older

No Children Allowed!

DJ Youngblood  
from KISS 104.1



Register at one of the following locations:

J Charley Griswell Senior Center · Frank Bailey Senior Center · Shelnett Intergenerational Center · Aging Center

770-477-3499

678-479-5505

770-473-5788

770-603-4050