



Clayton County
Senior Services
Department
changing the face of aging

CLAYTON COUNTY SENIOR SERVICES DEPARTMENT

PRESS RELEASE

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FOR IMMEDIATE RELEASE

August 11, 2015

Senior Services Celebrates LIFE for National Senior Center Month

Clayton County, GA - September is National Senior Center Month and Clayton County Senior Services Department is celebrating the theme "Celebrate LIFE". The national celebration of senior centers began in 1979, as just a week in the month of May. After gained support, the National Institute of Senior Centers (NISC) designated the entire month of September as Senior Center Month in 2007. The theme LIFE represents Learning, Independence, Friends, and Energy, all of which can be obtained with a membership and participation at Clayton County's senior centers. "Clayton County Senior Services senior centers are 'not your average' senior centers," says Tori Strawter-Tanks, Director of Senior Services. "Don't take my word for it, come see for yourself by joining us as we celebrate National Senior Center Month."

There will be a number of events held at the Frank Bailey Senior Center, J Charley Griswell Senior Center, and Shelnett Intergenerational Center (Kinship Care Resource Center) all month long. For instance, each Friday during the month would be Spirit Days, where seniors and staff will be dressed for different themes. Friday, September 4th is Wacky Tacky Day, where participants are asked to dress tacky or wear mix-matched clothes. Friday, September 11th is 70s Day, where participants are asked to dress in their 70s attire. Friday, September 18th is Team Spirit Day, where participants are asked to dress in their favorite sports team colors. Lastly, Friday, September 25th is Senior Services Spirit Day, where participants are asked to wear their Senior Services "Loud & Proud Members" Shirts.

In addition, each center will host a special recognition day at their location. On Tuesday, September 8th from 10 am – 4 pm, the Frank Bailey Senior Center will display their members' quilts, sculpting, flower arrangements, art, and jewelry projects made at the center as well as have fitness class demos and cultural displays and presentations. A special social hour will be held from 3 pm – 4 pm with refreshments.

On Wednesday, September 9th from 12 pm – 2 pm, the J Charley Griswell Senior Center will teach you the latest line dances with Line Dance Instructor Yolanda as well as host an afternoon of games, prizes, and refreshments in the dining hall. All month long, member testimonials will be displayed along the walls of the center telling of the benefits of joining the center.



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On Friday, September 11th from 12 pm – 2 pm, Kinship Care will celebrate their center’s achievements and all the programs offered to grandparents raising grandchildren. Participants will have the opportunity to play trivia games and other activities while enjoying music, prizes, and light refreshments.

Also during September, Senior Services will recognize Fall Prevention Week September 21st – 25th by hosting special presentations at each location with vision screenings, balance and gait testing, foot exams, and medication reviews by local health providers.

Special tours will be available during each center’s celebration, so if you have never visited the centers of the Clayton County Senior Services Department, this is the month to do it! All visitors are welcomed to visit the centers throughout the month of September to get an inside look at the services and programs Clayton County offers their senior residents.

Visit our website at www.claytonseniors.com for more information, center locations, and contact information.

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