



CLAYTON FOREVER YOUNG

A Clayton County Senior Services  
Department Publication

WINTER 2012



## **New! Meditation Section**

Get interesting tips on meditation from Tiffany Campbell, Program Coordinator and Yoga Instructor at the Frank Bailey Fitness Center. **Pg. 7**

## **Getting Enough Exercise?**

See how to get your thirty minutes of physical activity daily. **Pg. 21**

# *Starting the New Year Right!*

Ellenwood • Jonesboro • Morrow • Riverdale • Rex • College Park • Forest Park • Lake City • Lovejoy



Clayton County Board of Commissioners



# Letter from the Director

Happy New Year!

Our staff in representation of the Clayton County Board of Commissioners wishes every member, client, volunteer and county resident a prosperous and fulfilling 2012.

I would like also to take this opportunity to again affirm that Senior Services is committed to a standard of excellence of services rendered to you throughout this year.

To aid in achieving our goals, we will begin an email blast to keep you informed about our programs, special events and county initiatives; in addition to this, we will revitalize our efforts to collect suggestions from you throughout the year and each quarter the suggestion deemed most impactful to service delivery will earn you a spot in our magazine.

You and your participation in any or all of our programs are our primary focus. We are very grateful for the opportunity to work with you.

We again resolve to render services worthy of you and your family.

~Mary Byrd

*"To the world you may be one person; to one person you may be the world"*



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DISTRICT 1



**GAIL HAMBRICK**  
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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!

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*“Through Dedication  
We Strive For  
Excellence.”*

## Our Cover



Jane Sayles and Robert Williams are participants in the Cardio Yoga class at the Frank Bailey Fitness Center. Ms. Sayles has increased her lung capacity since taking up yoga. Mr. Williams has increased his energy level taking his daily morning walk from 30 minutes to nearly an hour. Both credit yoga for their improvements.

Cover art taken by Gerren Clark of Gerren Keith Photography. Photos taken at Frank Bailey Fitness Center.

## Special Features

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*Tori Strawter,  
Assistant Director*

### 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

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

## WINTER SCHEDULE

Session I (5wks) January 2, 2012 – February 10, 2012

Break Week – February 13, 2012 - February 17, 2012

Session II (5wks) February 20, 2012 - March 23, 2012

Break Week – March 26, 2012 - March 30, 2012

Facilities will be closed on Monday, January 2, 2012 in observance of New Year's Day and Monday, January 16, 2012 in observance of Dr. Martin Luther King Jr.'s birthday.

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.



There are lots of different forms of meditation but a great way to begin your meditative practice is by focusing on the breath. This method is typically called "Meditation on Breath". Sitting comfortably on the floor or in a chair, feel the floor beneath you. Make sure there is no unnecessary tension in the legs. Relax the belly and lengthen the spine while lifting the chest and relaxing the shoulders down. Relax the face. Take a deep breath in and out. You may want to close your eyes to avoid distractions.

1. **Focus on your breath.** Inhale pulling in as much air as you can and exhale nice and slow. Bring your attention to the breath in the nose, chest and then the belly.

2. **Evaluation.** Focus on each area (nose, chest, belly) for a full inhale and exhale. Then focus on the quality of your inhale and exhale. Is it long, short, deep, shallow, smooth or rough?

3. **Discover the ease of your breath.** Next, focus on the ease of breathing. We're not forcing or creating the ease; we're being aware of the natural ease in the breath, we're attending to it, and allowing it to unfold. We are allowing the breath to gravitate in this direction of ease. This process may include loosening any tightness and finding the "most comfortable" way to breath. If you need something to focus the mind on, gently count to five while you inhale and exhale.

4. **Gently let the counting go after a few minutes.** When the mind wanders from sensation of breath, gently bring it back.

5. **Spreading - As breath becomes established in ease, we begin to notice ease in the body.** At this point we change the object of meditation to include the entire body. We're mindful of the entire body with the breathing. Imagine the breath flowing from the tips of your toes to the crown of your head. It may feel as though the entire body is breathing. The quality of the body is pleasant.

6. **One Pointedness - In this step, we shift the object of meditation to the sensation of the breath at one point (usually the nostrils).** Notice the cool air on the tip of the nostrils coming in and the warm air going out. The attention is focused on that single point. Awareness of the body is in the background. If we check in with the body we may notice that it feels very light and that the "energy" is smooth, refined and bright. Allow this to be a very pleasant state.

7. You can stay here as long as you like. When you are ready, open your eyes.

- Tiffany Campbell, Frank Bailey Fitness Center

# THE INSTRUCTORS OF SENIOR SERVICES

These are just a handful of the instructors of our department that work in various classes such as fitness, leisure, and instructional. We want to send out a special thank you to these instructors that are devoted to their students and ensuring that the senior adult population of Clayton County stays active and independent for as long as possible. Look out for the next group in our next issue of Clayton Forever Young.



Mechelle Davis  
*Yoga Instructor*

Ramona DeLeon  
*Spanish Instructor*



Katrina Love  
*Yoga Instructor*



Mary Laidler  
*Chicago Style Stepping Instructor*

Tony Antoine  
*Computer Instructor*



Crystal Dickinson  
*Zumba & Belly Dance Instructor*



Paula Morgan  
*Quilting Instructor*



Terri Adams  
*Water Fitness Instructor*



Joycelyn Benham  
*Line Dance Instructor*



Mike Williams  
*Personal Trainer & Fitness Instructor*



Stan Coleman  
*Digital Photography Instructor*



Emma Hall  
*Crafts by Emma Instructor*



# HEALTH & WELLNESS



1. & 5. Spa Day at Kinship Resource Center. 2. Seniors participating in SPARC 2011 .  
 3. The Community Garden behind Griswell Senior Center.  
 4. Member receiving health information during SPARC 2011.



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

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.

## MONTHLY FARMERS MARKET

Local farmers set up a market of fresh fruits and vegetables on second Wednesday at Griswell Senior Center and third Wednesday at Frank Bailey Senior Center.

## REFLEXOLOGY

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

## BALANCE WALKING PROGRAM

Balance walking is a low impact activity. With only fifteen minutes a day you will feel energized and relaxed. The technique of balance walking is based on using Nordic walking poles that help increase the caloric burn rate in less time. You engage your core muscles groups while aligning your body for improved posture and body function. You will burn up to 50% more calories than with regular walking.

## CLAYTON COUNTY HEALTH DEPARTMENT

Monthly presentations from Clayton County Health Department on various Health and Wellness topics.

## COMMUNITY GARDEN

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

## DRAMA CLUBS

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

## 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

## WEIGH DOWN CHALLENGE PROGRAM

Regardless of what you do to get fit, regular exercise, physical activity and healthy eating are important to health and well-being.

The purpose of the weigh down program is to encourage individuals to break bad habits that keep them from living a healthy life. The program has three segments: Losing weight, Exercise, and Eating healthy. The participants can choose to focus on one, two or all three segments of the program to help them reach their goal. For three months they are asked to report weekly to the Fitness room to have their weight recorded and to report weekly activities associated with the program.

## BLOOD PRESSURE SCREENING

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

## FOOT CARE AWARENESS CLASS

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

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

## 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.

## GIRL FRIEND FRIDAY- FRANK BAILEY SENIOR CENTER & P.A.L. (POSITIVE ATTITUDE LADIES) - GRISWELL SENIOR CENTER

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

## 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 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. 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.



## Sichuan Broccoli and Cauliflower

### Ingredients

- |   |   |
|---|---|
| 3 cups 1/2-inch cauliflower florets           | 1 tablespoon peeled and minced fresh ginger                           |
| 3 cups 1/2-inch broccoli florets              | 3 cloves garlic, minced   |
| 3 tablespoons oyster sauce                    | 1 carrot, peeled and thinly sliced on the diagonal                    |
| 1 tablespoon water                            | 1 green (spring) onion, green top only, thinly sliced on the diagonal |
| 1/4 teaspoon chili paste or red pepper flakes |   |
| 1 tablespoon olive oil                        |   |

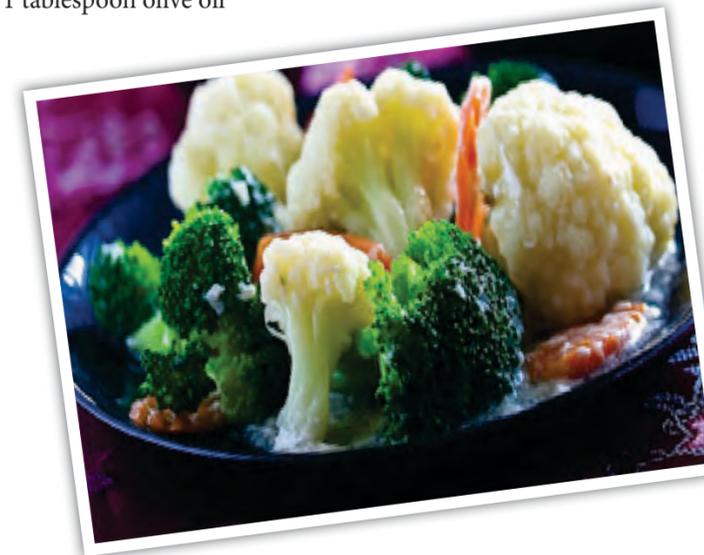
### Directions

Bring a large saucepan 3/4 full of water to a boil. Add the cauliflower and broccoli and return to a boil. Cook until the vegetables are tender-crisp, about 1 minute. Drain the vegetables and then plunge them into a bowl of ice water to stop the cooking. Drain again and set aside. In a small bowl, stir together the oyster sauce, water and chili paste. Set aside.

In a large, heavy nonstick frying pan, heat the olive oil over medium-high heat. Add the ginger and garlic and saute for 30 seconds. Don't let the garlic brown. Add the carrot and saute for 1 minute. Add the cauliflower and broccoli and stir until just tender, about 2 minutes. Add the oyster sauce mixture and toss until the sauce is evenly distributed and the mixture is heated through, about 1 minute.

Transfer to a warmed serving dish and garnish with the green onion. Serve immediately.

Serves 6



# 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

The Aging Program consists of In Home Services, the Clayton Senior Adult Program, and also the Kinship Care Program. This winter, 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 cultural information days as well as fitness classes.



1



2



3



4



5

1. Parks and Recreation Department's Athletic Division assisting with Canned Food Drive.
2. Meals on Wheels client greeting driver at door.
3. Information and Assistance Specialists Patina and Debra.
4. Wal-Mart staff posing with SeniorServices staff with new Meals on Wheels vehicle.
5. Care Manager Joy Hutcherson with client Nellie and daughter.

## 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.

## 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.

# A SPECIAL THANK YOU

The Aging Program Advisory Board would like to thank everyone for their support during our 1st Annual Spaghetti Dinner Fundraiser in October 2011.

Your continued contributions and support helps the seniors of Clayton County.



So no senior goes hungry



The Walmart Foundation and the Meals-on-Wheels Association of America has awarded their Future Impact Grant Program grants to 96 Meals on Wheels programs in 32 states and the District of Columbia, five in the state of Georgia alone. The grants will pay for more than \$1.4 million upgrades to aging kitchen equipment, delivery vehicles, and computer systems.

In April 2011, the Clayton County Senior Services Department's Meals-on-Wheels Program won a \$20,000 vehicle grant through the partnership. This vehicle grant allowed the Aging Program to purchase a 2011 Ford Transit Vehicle which will allow the department to serve more

clients in the southern part of the county as well as assist with food insecurity of older adults in the county.

The Meals-on-Wheels program is delivered by staff of the Clayton County Senior Services Department and a host of volunteers. Currently, the program serves a host of seniors around Clayton County that are homebound and are not able to prepare a meal for themselves.

~Marquita Bundrage, Event & Marketing Coordinator

# CLAYTON SENIOR ADULT CENTER



1. CSAP members assisting with lunch.  
 2. & 3. Special presentations during Thanksgiving Program 2011.  
 4. CSAP group during Christmas season. 5. CSAP Participants visiting Ruby Falls, TN.  
 6. Staff on Halloween 2011.



Clayton Senior Adult Center | 6701 Highway 85 | Riverdale, GA 30274 | Phone: 404-391-0825 | 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 - 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

### BIRMINGHAM CIVIL RIGHTS INSTITUTE

The journey begins for our participants here at the Barriers Gallery from segregated water fountains to separate schools. The Movement Gallery takes you through the history of the U.S. Civil Rights Movement from 1954 to 1963, highlighting the Montgomery Bus Boycott and Alabama Movement for Human Rights. Participants will also visit the Sixteenth Street Baptist Church where a bomb was planted killing four little girls. A statue of Martin Luther King Jr. faces the side of the church. Lunch on your own at Magic City Grill.

**Tuesday, January 17th from 8:00 am – 5:00 pm**

### TANGER OUTLET MALL

Program members will enjoy shopping at over 120 brand name outlets with great shopping choices and money-saving coupons for selected outlet stores. Lunch on your own at Long Horn Steakhouse.

**Tuesday, March 20th from 8:00 am – 5:00 pm**



Photo taken at Fall Into Fitness Event at Frank Bailey Fitness Center.

## Are you getting at least *30 minutes* of physical activity *five or more days a week*?

It is reported that the CDC recommends that all adults get at least 30 minutes of moderate-intensity physical activity on five or more days per week. They go further to state that activities such as aerobic endurance, strength, balance, and flexibility are very important for older adults to remain healthy.

Are you doing enough exercising? Make sure you get the recommended 30 minutes of exercise five or more days a week. There are many classes provided by Senior Services which would allow you to do just that.

Aerobic activities include walking, swimming, dancing, skating, and hiking. The Fitness Center has an indoor track around the facility that you can use to get in from the cold, included with your membership. Flexibility exercises, like yoga, tai chi, and even stretching, are important activities to include in your weekly routine. Of course, strength training includes lifting weights or cans, carrying laundry or groceries, or working out in the fitness room at your center.

Hitti, Miranda (10 October 2006) Fitness May Help Minds Stay Sharp; Retrieved on November 9, 2011 from <http://www.webmd.com/healthy-aging/guide/20061101/fitness-may-help-minds-stay-sharp>

# KINSHIP CARE



1. Youth participating in youth crafts. 2. Grandparents learning on the computer. 3. Grandchild participating in nutrition education event. 4. Staff member Lynn with participant on respite trip. 5. During a Kids Cooking class, the grandchildren learned to make their own pizza. 6. Interesting learning during Youth Weird Science night. 7. Grandparent with grandchild during intergenerational program. 8. Zumba instructor Regina leading an intergenerational Zumba class.



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

This winter, we will be focusing on enhancing diversity, empowering the participants in the Kinship Care program, and sparking more cultural awareness by expanding quality programs.

## NEW CLIENT INTAKES/ORIENTATION

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

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

## BREAKFAST TALK SUPPORT GROUP

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

## EVENING SUPPORT GROUP

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

## 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

**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**

## QUILTING

**Adults: 1st and 3rd Mondays of each month starting in February from 1:00 pm - 2:00 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 Pinstrikes Entertainment Center in Stockbridge, 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**

## 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**

## RESOLUTION REVOLUTION

As the new year starts, so do the resolutions. Losing weight, quitting smoking, and managing stress better are just some of the resolutions that you made last year. How did you do? Did you follow them? Well this year there will be no excuse. Kinship will be celebrating the new year's opportunities and sharing our resolutions so that we can help one another stay on track and accomplish our goals.

**Adults: Thursday, January 5th from 11:00 am - 1:00 pm**

## WEIRD SCIENCE NIGHT

**Youth: Thursday, January 12th from 5:30 pm - 6:30 pm**

## MOVIE NIGHT FOR THE GROWN FOLKS

Bring your youth to 'Scooter Basketball' and your teens to 'Fitness Boot Camp' and relax with your Kinship family, popcorn and a good movie.

**Adults: Wednesday, January 25th from 5:00 pm - 6:30 pm**

## SCOOTER BASKETBALL

Get on a scooter, roll up and down the "court" and try to make as many baskets as you can without standing up. Highest score wins. What could be more fun than that?

**Youth: Wednesday, January 25th from 5:00 pm - 6:30 pm**

## TEEN FITNESS BOOT CAMP

Teens that want to jumpstart a weight loss goal, get fit or just need to burn some energy, come out to the Fitness Boot Camp. We will be doing low to high impact exercises to help keep our teens' health on the right track.

**Teens: Wednesday, January 25th from 5:00 pm - 6:30 pm**

## CHINESE NEW YEAR PARTY

It is the year of the dragon. Step into China and learn the significance of this year as well as how Chinese New Year is celebrated in China and America. This is a cultural event for the whole family!

**All ages: Thursday, January 26th from 5:00 pm - 6:30 pm**

## GROUNDHOG DAY MOVIE NIGHT

Did he see his shadow this year? Will winter continue? Well eitherway, we will be having a movie night for the adults and teens. We will be showing the movie, 'Groundhog Day' while the youth are learning about groundhogs and crafting.

**Adults: Thursday, February 2nd from 5:00 pm - 6:30 pm**

## GROUNDHOG SHADOW PUPPETS

While the movie is playing, the youth will be learning the history of Groundhog Day, learning about groundhogs, crafting and creating shadow puppets!

**Youth: Thursday, February 2nd from 5:00 pm - 6:30 pm**

## WII DANCE DANCE REVOLUTION TOURNAMENT

Youths ages 4 to 11 will participate in an all out dancing tournament that is played on the Nintendo Wii. Prizes will be given to high scorers and the tournament winner.

**Youth: Thursday, February 9th from 5:00 pm - 6:30 pm**

## FOUR SQUARE BATTLE

Who's the King? Come to the center and show your skills on the four square court. We are looking forward to intense battles to see who will be crowned the King of the Court.

**Teens: Thursday, February 9th from 5:00 pm - 6:00 pm**

## DANCE DANCE REVOLUTION TOURNAMENT

**Teens: Thursday, March 29th from 5:30 pm - 6:30 pm**

## BOX OF CHOCOLATES

We have to do something sweet on Valentine's Day! If you want to show your love for your significant other, your grandchildren or yourself then this is for you! Decorate your own heart-box and fill it with chocolate to give to that special someone on the sweetest day of the year.

**Adults: Tuesday, February 14th from 10:00 am - 12:00 pm**

## SUPPER AND A SKIT

We are doing something a little different to commemorate Black History Month this year. We will be serving a soul food dinner and while you eat, you can watch our black history skit. It promises to be both informative and entertaining.

**All ages: Tuesday, February 21st from 5:00 pm - 6:30 pm**

## DR. SEUSS'S

## BIRTHDAY PARTY

Step into whimsy as we celebrate the birth of the most well-known author of children's books, Dr. Seuss. We will have games, trivia, prizes and history about Seuss and his works. Come dressed as your favorite Seuss character! It will be great fun for the whole family!

**All ages: Thursday, March 1st from 5:00 pm - 6:30 pm**

## YOUTH RESPITE DAY

Grandparents get a few hours to themselves and kids will enjoy a day full of art and learning! Mama Koku, an artist from the Young Audiences of Atlanta program will come to the Kinship Center and perform for the youth ages 11 and under.

**Youth: Monday, March 12th from 10:00 am - 2:00 pm**

## CLAY CREATIONS

**Adults: Friday, March 30th from 10:00 am - 12:00 pm**

## KINSHIP CLOTHESLINE PROJECT

What has Kinship done for you? How has the program helped you? That's what we want to see brought to life on T-shirts that will be hung from a clothesline and displayed so that people in the community can see what the program really means to the kids in it. The common thread of tragedy connects all of the kids in the Kinship program, but we want to show that even though they are connected by negativity, beauty and positivity can and will emerge.

**Youth: Monday, March 19th from 5:00 pm - 6:30 pm**

## PET ADOPTION 101

It has been said that people who have pets live longer, healthier lives. Have you ever wanted to know how to adopt a dog or cat but didn't know how? Well we will have representatives from the Clayton County Humane Society present to present information and answer any questions. There will also be a few four-legged friends in the building to show the faces of pets currently up for adoption.

**Youth: Thursday, March 22nd from 5:00 pm - 6:00 pm**

## KICKBALL EXTRAVAGANZA

KICKBALL! KICKBALL! KICKBALL! The teens will be having a Wii dance tournament, so the youth will have the field to themselves.

We will be playing kickball until the street lights come on!

**Youth: Thursday, March 29th from 5:30 pm - 6:30 pm**

## 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**

### ADULT MATH CLASS

**Adults: Wednesdays in January from 12:30 pm - 1:30 pm**

### WORKOUT WEDNESDAYS

**Adults: Wednesdays in January from 11:00 am - 12:00 pm**

### SOAP MAKING

**Adults: Tuesday, January 10th**

### TYPING CLASS

**Adults: Tuesdays in January from 10:00 am - 11:00 am**

### D.A.R.E. DRUG AWARENESS

What's the best way to break a bad habit? Never start it. A D.A.R.E. police officer will be here to teach a workshop on drug use prevention and other related topics to the youth in an effort to keep our kids off drugs.

**Ages 6-11: Wednesday, January 11th from 5:30 pm - 6:30 pm**

### SAT PREP

Kinship teens that plan to take the SAT can come and get help preparing for the test from Kinship staff, volunteers and self-help computer programs in the lab.

**Teens: Wednesday, January 11th from 5:00 pm - 6:30 pm**

## TEEN INTERVIEW SKILLS

Work-age teens in the program are invited to come out and get instruction on the ways to make the best impression possible during a job interview. We will be discussing appropriate wardrobe choices, resumes, interview room etiquette to insure that the next job our teens apply for is the one that they get.

**Teens: Thursday, January 12th from 5:00 pm - 6:00 pm**

## LIVE LONG, EAT STRONG PART 1

The Clayton County Board of Health will be doing a presentation on the new dietary guidelines for fruits and vegetables to make sure that our members live long and healthy lives.

**Adults: Friday, January 20th from 9:30 am - 10:00 am**

## PARENTING THE 2ND TIME AROUND

**Adults: Mondays in February, March 5th and March 12th from 10:00 am - 12:00 pm**

## CRCT TEST PREP

Kinship grandchildren who need extra help preparing for the CRCT standardized test will receive help in several different academic areas from Kinship staff and tutor volunteers. We want all our kids to succeed; so if your grandchild needs help, make sure you bring them.

**Youth in grades K-8: Tuesdays in February**

## JAPANESE 101

Learning a second language is becoming more and more popular. We want our grandparents to be and stay as popular as possible, so we offer Japanese 101. Learn the basics of the language: alphabet, greetings, everyday phrases, how to write your name in Japanese and much more. *そこにお会いしたい!* (Hope to see you there!)

**Adults: Wednesdays in February from 10:00 am - 11:30 am**

## YOGA CLASS

Yoga's components are stretching, meditation and fitness. We know the stigma attached to yoga, but we will not be stretching your bodies into impossible shapes or forcing you to balance all your weight on a finger. This will be a low-impact yoga class for the grandparents who could benefit from a more low-impact workout.

**Adults: Thursdays in February from 10:00 am - 11:00 am**

## LAUGHTER THERAPY

**Adults: Wednesday, February 8th from 10:00 am - 11:00 am**

## AGELESS MIND

**Adults: Friday, February 17th from 10:00 am - 11:00 am**

## CHRONIC DISEASE SELF-MANAGEMENT

**Adults: February 21st, February 28th and Tuesdays in March from 10:00 am - 12:00 pm**

## TEEN RESPONSIBILITY

Is your teen irresponsible? Is he or she not performing at their best in school or at home? We want our teens to show their full positive potential, so will be having an open discussion about what it means to be responsible sexually, financially, physically, and academically. We want to keep our teens educated and informed. No question is off limits.

**Teens: Wednesday, February 22nd from 5:00 pm - 6:00 pm**

## GOOD HABITS: HYGIENE

It's never too young for youth to learn about their bodies. We will be discussing the human body and good hygiene practices so the Kinship youth will develop good habits. If they develop good habits when they're young, they won't have to figure out how to get rid of bad habits when they get older.

**Youth: Wednesday, February 22nd from 5:00 pm - 6:00 pm**

## MONEY MANAGEMENT

**Adults: Thursday, February 23rd from 11:00 am - 12:00 pm**

## ETIQUETTE UNIVERSITY

Keep your elbows off the table! Don't chew with your mouth open! Don't talk with your mouth full! If you have had to say one or all of these things to your grandchildren, then we want them here for Etiquette University. We will put them to the test and show them the proper way to behave in public, private and at the dinner table.

**Youth: Tuesdays in March from 5:00 pm - 6:30 pm**

## ZUMBA DANCE CLASS

Bring the whole family out to learn the steps for the fat-burning, Latin-inspired workout that is changing lives. This class is for the dancers, the health nuts, and the ones that just want to come out and move.

**All ages: Wednesdays in March from 5:00 pm - 6:00 pm**

## CAREER DEVELOPMENT

You graduated high school, you got your diploma, now what? What happens next is a big question for teens. College? How do I pay for it? Military? Any and all questions about what comes after graduation will be discussed. We will look into career paths, scholarships, military eligibilities, etc. to make sure that our teens have what they need to start planning for their futures.

**Teens: Thursday, March 8th from 5:00 pm - 6:00 pm**

## IS COFFEE GOOD FOR YOU?

How much coffee do you drink a day? If you can't get your day started without a cup-o'-joe, then this class is definitely for you. We will be exploring the benefits of coffee consumption as well as the drawbacks, side effects, and the beverage's overall impact on health.

**Adults: Thursday, March 15th from 10:00 am - 11:00 am**

## EAT STRONG, LIVE LONG PART 2

The Clayton County Board of Health will be doing a presentation on the new dietary guidelines for fruits and vegetables to make sure that our seniors live long and healthy lives.

**Adults: Friday, March 16th from 9:30 am - 10:00 am**

## Trips

## TINSELTOWN 17 THEATERS

Our youth and teen respite trip for January will be to Tinseltown Theaters in Fayetteville, GA. The youth and teens will see an age-appropriate movie. Lunch will be provided.

**Youth and Teens: Thursday, January 19th from 4:30 pm - 7:00 pm**

## HONDA BATTLE OF THE BANDS

The 10th Annual Honda Battle of the Bands is the premier showcase for marching bands of Historically Black Colleges and Universities, featuring bands from around the nation, including the Mighty Marching Wildcats of Bethune-Cookman University. Lunch will be provided.

**All ages: Saturday, January 28th from 1:00 pm - 7:00 pm**

## ATLANTA BOTANICAL GARDENS

Natural beauty everywhere, scenery that is perfectly sculpted on a weekly basis and more species of plants than you can count are all waiting in your backyard. Join us as we travel to the Atlanta Botanical Gardens and see how stunningly nature and imagination combine. Be sure to bring your camera for this one! Lunch will be provided.

**Adults: Tuesday, February 7th from 10:00 am - 2:00 pm**

## RINGLING BROS. CIRCUS

Our youth and teen respite trip for February will be to "The Greatest Show on Earth: Ringling Bros. Circus." They will get to see all the attractions and stunts of this year's performers. Lunch will be provided.

**Youth and Teens: Friday, February 17th from 9:00 am - 2:30 pm**

## ATLANTA MOTOR SPEEDWAY

For all the car-loving, race fans in the Kinship program, we will be traveling to the Atlanta Motor Speedway to learn the history and a tour of the facility. We will also go a couple laps around the track in the Speedway van! Lunch will be provided.

**Teens: Monday, March 12th from 10:00 am - 1:00 pm**

## DAVID J. SENCER CDC MUSEUM

Ever wondered what they do at the Center for Disease Control and Prevention? If you have a thirst for knowledge then join us as we travel to the CDC museum to see the history of the CDC, as well as the achievements in different fields of medicine and current projects the scientists are working on. Lunch will be provided.

**Adults: Thursday, March 22nd from 10:00 am - 2:00 pm**

# 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



1. Members learn a new recipe in Brenda's Cooking Class. 2. Members on Aquarium Trip in Atlanta. 3. Water class on Think Pink Day for Breast Cancer Awareness. 4. Paula and student in Quilting class. 5. Staff members posing during Fright Night event in October. 6. Members enjoying themselves during cookie swap event at center.

Mindy French | Manager



During this winter 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

### NEW YEARS BALLOON STOMP

Join a team and have fun stomping balloons to access small pieces of paper which have random print and letters. The first team to spell Happy New Year with the letters will win. Winning team members will receive candles.

**Tuesday, January 3rd starting at 1:00 pm**

### LUAU FOR SWIMMING CLASSES & INSTRUCTORS

Calling all swimmers for fun in the sun during the winter holiday. Bring a covered dish to share for lunch.

**Tuesday, January 17th from 11:00 am to 1:00 pm**

### CHINESE NEW YEAR CELEBRATION

Experience traditional holiday decorations and some customary Chinese food.

**Monday, January 23rd from 2:00 pm – 3:00 pm**

### MLK JR. CELEBRATION

Celebrate the life of the legendary Dr. Martin Luther King Jr. on his birthday with a cake and a game of trivia.

**Tuesday, January 17th starting at 1:00 pm**

## MOVIE NIGHT

Come and watch a movie on the big screen in the dining room. Enjoy a movie meal while watching the movie. Refreshments will be available for purchase.

**Friday, January 20th starting at 6:00 pm**

**Friday, March 16th starting at 6:00 pm**

## GROUND HOGS DAY SCAVENGER HUNT

Come join the fun finding our hidden Groundhogs. You will put your name in the pouch of every groundhog you find. Participants with their names in the most ground hogs will be considered the winners. Top three winners will be awarded prizes.

**Thursday, February 2nd starting at 10:00 am**

## WATER VOLLEYBALL

Attention! All aquatic class members! Come join us for a game of Volleyball! Prizes will be given to the winning team!

**Monday February 13th & Friday, February 17th from 2:00 pm – 4:00 pm**

## VALENTINE'S DAY DANCE

Come out and enjoy an evening of music, dancing and refreshments at "The Sweet Heart Shuffle" Dance.

**Tuesday, February 14th from 6:00 pm – 9:00 pm**

## JEWELRY & ACCESSORIES SHOW

Featuring the accessories made by students of the Jewelry Class and Crafts with Emma Class.

**Tuesday, February 21st from 1:00 pm - 3:00 pm**

## 2 MINUTES TO WIN IT

Compete as teams in games (like the game show) to accomplish small tasks with items such as ping pong balls, paper cups and plastic bottles within a two minute time period.

**Thursday, March 15th starting at 10:00 am**

## LUCK OF THE IRISH FREE LUNCH RAFFLE

Receive a raffle ticket for a free lunch Friday afternoon when you purchase breakfast on March 16th. We'll play a game of St. Patty's Day Trivia. Don't forget to wear green!

**Drawing will be held Friday, March 16th at 9:30 am.**

## CASINO NIGHT

Casino style games such as Blackjack, Texas Holdem and Roulette. Purchase play money to play with and then purchase raffle tickets with the play money. The raffle tickets can be placed in the drawing of your choice.

**Thursday, March 29th from 6:00 pm – 9:00 pm**

## THE EARL LINK CLASSIC (BILLIARDS TOURNAMENT)

One of four seasonal tournaments. A trophy in honor of former teacher, Earl Link will be presented to the overall winner.

**Tuesday March 21st – Wednesday, March 22nd from 10:00 am – 4:00 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, February 21st from 8:30 am – 2:30 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 & Fridays from 12:30 pm – 1:30 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. After completing a project you will be ready to start on your next masterpiece.

**Fridays from 1:00 pm – 4:00 pm**

## QUILTING

Make new friends as you learn together the techniques and art of quilting. The quilts you make today will be treasures of tomorrow.

**Wednesdays from 9:00 am – 1:00 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**

## WATER WALKING

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

**Mondays & 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**

## AQUA YOGA W/MECHELLE

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 (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**

## BALANCE BALL WORKOUT

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

**Check front desk for time.**

## BALANCE WALKING

Balance Walking is a rhythmically, energizing form of walking that includes using a specially designed pair of walking poles that helps you (with less effort) incorporate your entire body rather than just your lower body. It basically turns a simple walk around the block into an efficient, effective, aerobic total body workout.

**1st & 3rd Friday**

## JEWELRY CLASS

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

**Thursdays from 1:00 pm – 5:00 pm**

## SOCIALIZING ON THE INTERNET W/MARY JANE

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

**Check front desk for days 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 front desk for more details.**

## DECOUPAGE CLASS

Learn the art of decoupage by applying decoupage to a flower pot which will be yours to keep.

**Tuesday, February 28th from 10:00 am – 12:00 pm**

## 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 & Wednesday March 5th, 6th & 7th from 9:30 am – 11:30 am**

## PIANO CLASSES W/ JOANNE

Learn to play your favorite songs on the keyboard. Check front desk for more details.

## 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.

**Wednesday, January 18th from 9:30 am – 12:30 pm for CSAP Only**

**Wednesday, February 22nd from 9:30 am – 12:30 pm for Frank Bailey Members**

## BIRD WATCHING CLUB

An educational movie about hummingbirds will be shown in lieu of an outdoor outing.

**Tuesday, January 24th @ 11:00 am**

## JOB FAIR

Multiple vendors will set up, giving the opportunity to apply for jobs and to make inquiries about jobs which may be available.

**Tuesday, March 20th from 10:00 am – 1:00 pm**

## Special Clubs

- 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

**Trips**

**BOOTH WESTERN ART MUSEUM**

This 120,000 sq. foot museum houses the largest permanent exhibition space for Western Art in the country. It includes an interactive gallery where children of all ages can learn about Art & Western America. Lunch on your own @ The Booth Museum Café. Guided tour of permanent collection is included in admission price.

**Tuesday, January 24th at 9:00 am**

**SCOTT ANTIQUE MARKET**

Located in the Exposition Center in Forest Park, GA and held the second weekend of every month, The Scott Antique Market is known as America's largest indoor antique market. Browse the isles of interesting and unique items and have lunch on your own at one of the restaurants or snack bars.

**Friday, February 10th at 10:00 am**

**ORLANDO, FLORIDA FEATURING THE HOLY LAND EXPERIENCE**

Trip includes 4 nights lodging in Orlando, 8 meals (4 breakfasts & 4 dinners), admission to the Holy Land Experience, visit to Morse Museum & BOK Tower Gardens and admission to Arabian Nights.

**Monday, February 6th – Friday, February 10th, 2012**

**FISHING AT J.W. SMITH RESERVOIR**

Bring your fishing gear and join your buddies for a day of fishing and a picnic lunch at the lake.

**Wednesday, March 28th**

**MONTGOMERY, ALA. CIVIL RIGHTS TOUR**

Take a day trip to Montgomery where the first stop will be the Rosa Parks Museum. Lunch will be on your own at Dream Land BBQ, then on to the Dexter Avenue King Memorial Baptist Church and the Civil Rights Center and Memorial. We'll wrap up the day with a tour of the parsonage where the King family lived. It will be an interesting and educational day.

**Thursday, February 16th from 8:00 am – 7:00 pm**

**SOUTHEASTERN FLOWER SHOW AT THE GALLERIA**

You will see many beautiful flower exhibits, photography, floral supplies, and have the opportunity to hear speakers.

**Friday, February 24th at 10:00 am**

**THE ATLANTA HISTORY CENTER**

Enjoy a self guided tour of an exhibition which explores the Apollo Theater's impact on American entertainment. Tours of the Tullie Smith Farm House and the Swan House are included in the general admission price. Lunch will be on your own at the Coca-Cola Café which is on site.

**Wednesday, February 28th at 9:00 am**

**WIND CREEK CASINO & HOTEL ATMORE, ALABAMA**

Charter bus transportation, one night hotel room, \$20.00 free play, 2 buffet meals. **Payment deadline: February 8th**

**Wednesday, March 7th & 8th**

**CHERRY BLOSSOM FESTIVAL**

Enjoy the festivities as well as the beautiful cherry blossoms which abound in the city of Macon.

**Thursday, March 22nd at 8:30 am**

**HISTORIC SENOIA, GA**

Explore the shops and restaurants of the revitalized Historic Downtown area of Senoia including boutiques, bakery, coffee house, gift & antique shops. Have lunch on your own at the restaurant of your choice.

**Thursday, March 15th at 10:00 am**

**MOSCOW FESTIVAL BALLET PERFORMS CINDERELLA**

**Tuesday, April 3rd. Check registration for time**

**HISTORIC OAKLAND CEMETERY**

Tour Atlanta's Oakland Cemetery. You'll learn a lot about the history of Atlanta and who lies buried in this cemetery which was begun as a park/cemetery and has many statues and sculptures which are works of art. This will be a guided, walking tour so wear comfortable shoes. Lunch will be on your own @ "Six Feet Under" restaurant, located across from the cemetery.

**Tuesday, March 27th at 9:00 am**

**WASHINGTON D.C.**

Join us as we tour our nation's capitol on a 6 day trip that includes 5 nights lodging, 8 meals (5 breakfasts & 3 dinners), two full-day guided tours of Washington D.C. & Evening guided Memorial and Monuments Tour.

**Thursday, April 12 – Tuesday, April 17, 2012**

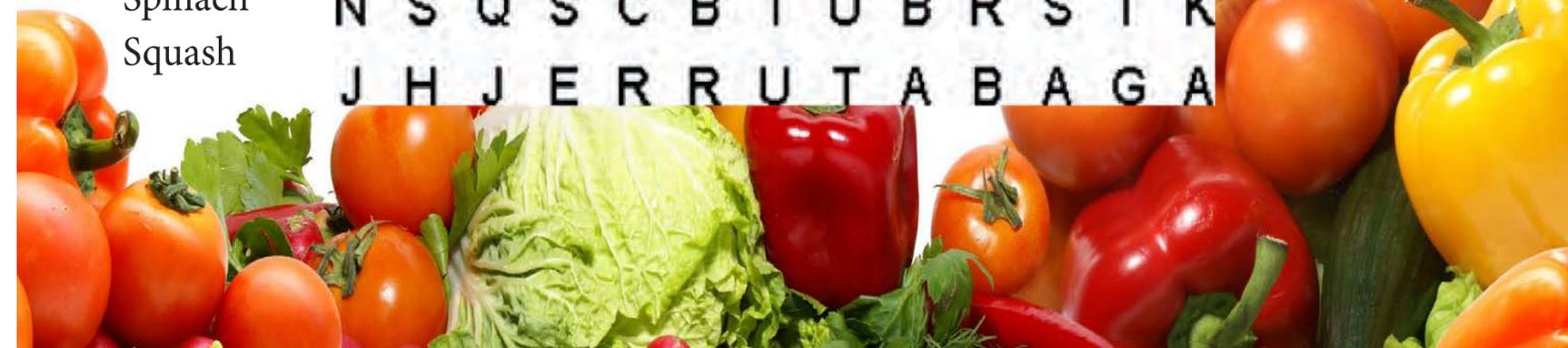
**PUZZLE TIME**  
**VEGETABLES**

Find and circle all of the vegetables that are hidden in the grid.

The words may be hidden in any direction.

- Beet
- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Kohlrabi
- Lettuce
- Onion
- Parsnip
- Peas
- Potato
- Radish
- Rutabaga
- Spinach
- Squash

G	L	R	R	W	H	C	A	N	I	P	S	C
Z	L	K	E	T	P	P	O	T	A	T	O	T
N	B	B	B	W	Y	I	O	N	O	I	N	O
H	R	R	M	F	O	N	N	H	O	A	P	C
A	M	O	U	K	E	L	S	S	L	T	I	E
S	N	C	C	E	O	I	F	P	R	B	L	L
A	M	C	U	G	D	H	G	I	L	A	C	E
E	S	O	C	A	A	G	L	E	L	A	P	R
P	Q	L	R	B	E	I	T	R	R	U	T	Y
P	U	I	I	B	B	T	P	R	A	E	A	D
L	A	L	F	A	U	B	O	B	E	B	U	C
N	S	Q	S	C	B	T	U	B	R	S	I	K
J	H	J	E	R	R	U	T	A	B	A	G	A



# FRANK BAILEY FITNESS CENTER



1. Outdoor Fall Fitness Abs class.
2. Participants dancing in Zumba Class .
3. Students in Cardio Yoga Class doing Warrior 1 pose.
4. Members working hard during the Outdoor Fitness Class Zumba .
5. Members performing the Warrior 2 pose during the Outdoor Yoga Class.



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 starting off the winter session by offering new activities, events, and a trip. Starting on the 9th of January, the center will start its Morning Walking Club every Monday thru Friday from 8:15 am - 9:00 am. On Friday, February 3rd the Super Bowl Tailgating Party will take place in the fitness center parking lot where there will be NFL highlights, give-a-ways, a fitness challenge, food and fun. In addition, the center will take a trip to beautiful Amicalola Falls where members will hike the various walking trails up the mountain. Let's jumpstart 2012 by actively moving towards a healthier, more active year!

## 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 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. The class will teach 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 & 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.

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

## 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 focused on 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**

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

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

## Games

### WII FIT

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

## Events

### SUPER BOWL TAILGATING PARTY

Frank Bailey Fitness Center will host a tailgating party in the Fitness Center parking lot. This event is designed to encourage more men to participate in the fitness programs at the Center. For the event there will be sports highlights, fitness challenges, give-a-ways, and tailgate food fitness center style.

**Friday, February 3 from 1:00 pm - 4:00 pm**

## FIT DATE

As we know a healthy relationship leads to a healthy heart. So the fitness center welcomes singles to come out and participate in fit date where you will be giving a chance to meet your perfect match.

**Friday, February 10 from 1:00 pm - 3:00 pm**

## Trips

### AMICALOLA FALLS

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

**Thursday, March 23, 2012 at 9:00 am**



# Stay MOTIVATED to reach your goals!

*It's important to stay motivated to reach the goals you set for yourself, regardless if it's for weight loss, quitting smoking, or just being more active. These little tips could help you stay motivated to reach every goal you set for yourself this year.*

**W**ith the start of a new year, everyone is looking for ways to motivate themselves to reach all of their goals. It could be to quit smoking, save money, or (everyone's favorite) lose weight. Whatever your goals are, the staff of the Senior Services Department is ready to keep you motivated. Whatever your goals, here are a few suggestions on how to stay motivated and boost your willpower to succeed.

### Build Up Support Networks

An important way to stay motivated is to have a buddy encouraging you to keep going. Let others know what your goals are and let them keep you motivated. They can give you valuable advice, understanding, and even a shoulder to lean on when you need it.

### Start Slow

Of course day one is easy, but as time goes on, you may feel tempted to fall back into your old habits. Don't beat yourself

up. Take it slow. Each day that you succeed, congratulate yourself. That personal encouragement makes the next day easier. And remember; use your support networks to help you along the way. If you do stumble, pick yourself back up and start again. Don't give up.

### Change Your Environment

Many times, our environment encourages the bad behavior or habits we were used to. Make an effort to change your environment. If you're trying to quit smoking, don't go to places where you would be tempted to smoke. If you're trying to exercise more, keep a set of workout clothes in your car so you'll be able to go to the gym whenever the mood hits you. If you're trying to be more sociable, sign up for a different class to meet new people instead of the same class just because your friends are there.

Last but not least, never give up! You will never reach your goal if you stop working to meet it.

# ABS Workout At Home

Abs Fitness Class with Ben Howze

Abdominal Exercises are important for supporting our daily functions. Our abdominals, or abs, support our trunk function. Working the abs muscles is important because core muscles weaken over time and can create aches and pains including back pain over the years. Also, maintaining a healthy core and lessening the body fat in this area can prevent many common diseases such as heart disease, diabetes and many forms of cancer.

Try these exercises daily to improve your abdominal health. These will help take inches off the waist, improve posture and strengthen the core muscles.

## Side Twist: (3 sets of ten)

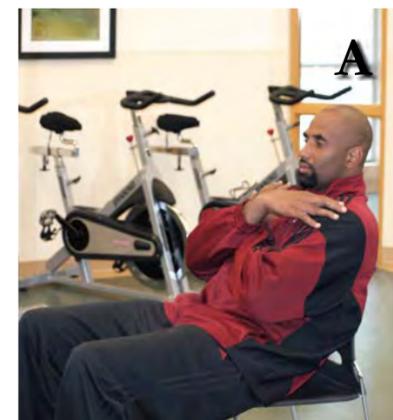
- While seated hold hands across chest, keeping the knees and hips forward.
- Gently twist to the left as far as you comfortably can, you should feel your abs contract. **(a)**
- Twist back to the center and then to the right side for a total of ten reps. **(b)**
- Don't force it or you could result in a back injury.



Ben Howze is a certified personal trainer. He is the fitness instructor at Frank Bailey Fitness Center teaching Awesome Abs Plus, Fitness Therapy, Personal Fitness, Spin and leads the center's Walking Club.

## Chair Crunches: (3 sets of ten)

- Sit at the edge of chair with arms across **(a)**
- Pull navel to spine
- While keeping your back straight, lean back until you feel your abdominal muscles tighten. **(b)**
- Hold for six seconds while continuing to breathe normally, then return to upright position.



## Abdominal kick out: (3 sets of ten)

- While seated at the edge of chair, place hands on side of chair.
- Tighten your abs and pull both knees toward chest. **(a)**
- Extend both of your legs out in front of you, while slightly leaning back. **(b)**
- Hold this position for two seconds before returning to your original position.



## Opposite elbow opposite knee: (3 sets of ten)

- While seated place hands on shoulders keeping the back straight. **(a)**
- Twist your upper body until your right elbow touches left knee. **(b)**
- Then twist in the opposite direction until left elbow touches right knee.
- Keep your abdominal muscles pulled in tightly as you twist from side to side.



# J CHARLEY GRISWELL SENIOR CENTER



1



2



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1. Yogalates students focused with Mechelle Davis.
2. Nell McWhorter enjoying Hispanic Heritage Celebration.
3. Students in the new Digital Photography class.
4. Members participating in Breast Cancer Awareness Boxing demo.
5. Students of the Chicago Style Stepping class learning new moves.
6. Sneaking up on Melinda Brown in the Quilting class.



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



As we Begin the New Year 2012, the Griswell Center will encourage our members to step it up a notch in eating well, living well and the enjoyment of lots of physical activities. During this quarter, please come out and join us for our wonderful and exciting programs.

## Special Events & Activities

### GRISWELL NEW YEAR'S KICK-OFF/RESOLUTION WORKSHOP

To get the year started, the Griswell Center would like to invite our members to a special workshop. This workshop would be geared towards educating our members on ways to maintain a healthy lifestyle. The program will offer a variety of activities including a weigh down challenge (for those interested), class demonstrations featuring our instructors and a healthy cooking demonstration.

**Thursday, January 12th starting at 10:00 am**

### ADVISORY BOARD

### APPRECIATION LUNCHEON

The Griswell Advisory Board would like to invite the Griswell members to a special appreciation luncheon.

**Friday, January 27th from 2:00 pm - 4:00 pm**

### GRISWELL'S VALENTINES DAY DINNER/DANCE

In celebration of Valentines Day, we are inviting our members to our 2nd Annual Valentines dinner/dance. The theme for this year's dance will be "My Funny Valentine". The evening festivities include a special dinner, live music with DJ Baraoke and lots more.

**Saturday, February 11th from 6:00 pm - 10:00 pm**

### BLACK HISTORY PROGRAM/POTLUCK

In honor of Black History Month, the Griswell Center would like to invite our members to a special program to spotlight the various achievements African Americans have made throughout history. Please bring in your favorite dish to share with others during our potluck social.

**Monday, February 27th from 2:00 pm - 4:00 pm**

## 4TH ANNUAL MARDI GRAS CELEBRATION

Come and enjoy our 4th annual Mardi Gras Celebration "New Orleans Style". Wear your mask/costume and be a part of the fabulous parade. Lite refreshments will be served.

**Friday, March 9th from 2:00 pm - 4:00 pm**

## ST PATRICK'S DAY

The Griswell center will be celebrating St Patrick's Day with an Irish Social. Join us for an afternoon of Irish music, trivia and a sampling of traditional Irish snacks.

**Wednesday, March 14th 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 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**

### AQUA YOGA

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

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

### AQUA BOOT CAMP

This is an advanced aqua sculpting class with builds muscular strength and endurance in a fast pace.

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

### AQUA SCULPTING

Builds muscular strength and endurance in this fast paced class. Jog laps in the pool to alternate with sets of resistance exercises using tubing, hand buoys, and medicine balls for upper and lower body.

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

### H2O WORKS

One hour of cardio water workout with resistance exercises using hand buoys, tubing, and medicine balls to work upper and lower body.

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

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

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

### WATER WALKING

**Wednesdays from 1:00 pm – 1:30 pm**

### PLYOMETRIC CARDIO CIRCUIT

Thirty minutes of deep cardio and strength training exercises in the water.

**Fridays from 2:00 pm – 2:30 pm**

### CARDIO FITNESS

This class will help to enhance your physical activity to a level which will help you to lower health risk factors such as cholesterol levels, high blood pressure, and weight/obesity disorders as well as 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 12:15 pm - 1:15 pm**

### ZUMBA

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

**Mondays from 12:00 pm - 1:00 pm**

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

### YOGA THERAPY

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

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

### YOGALATES

**Wednesdays from 10:00 am – 11:00 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

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

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

### 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**

### CHICAGO STYLE STEPPING

Learn to intertwine some of today's moves with the tradition of Chicago Stepping, Detroit Ballroom and Soul Line Dances.

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

### 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 how to apply the knowledge gained in the beginners' computer class.

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

### KNITTING

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

### BASIC DIGITAL PHOTOGRAPHY

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

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

### 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

Call the Griswell center for further details.

### MONTHLY BIRTHDAY SOCIAL

**Call the Griswell center for further details.**

### SKETCHING

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

## 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

### MARTIN LUTHER KING CENTER

In honor of one of our greatest Civil Rights Leaders, we are taking a trip to The King Center for a self guided tour that will be fun, educational and memorable for all. This National Historic Site consists of several buildings to tour all surrounding Martin Luther King, Jr.'s boyhood home. After the tour enjoy some good southern cooking on your own at Mary Mac's Tea Room.

**Wednesday, January 18th from 10:00 am – 5:00 pm**

### BREMAN JEWISH HERITAGE & HOLOCAUST MUSEUM

Take a glimpse of the vibrant and diverse world of the Jews of Europe before 1933, the assault on the Jewish people by the Nazis and their collaborators, the failure of the world to react to the massacre, and the struggle of the remnant of survivors to rejoin the living.

**Wednesday, January 25th from 9:30 am – 4:00 pm**

### BOOTH WESTERN ART MUSEUM / BARTOW HISTORY MUSEUM

Booth Museum's permanent collection contains Western art, Civil War art, Presidential letters and portraits. Galleries change as items need "rest" and new works are rotated into the display. Due to the rotation of the artwork, each visit to the Museum brings new discoveries as there is always something new to see.

**Thursday, February 9th from 9:30 am – 5:30 pm**

## TUSKEGEE AIRMEN NATIONAL HISTORIC SITE

In the 1940's, Tuskegee, Alabama became home to a "military experiment" to train America's first African-American military pilots. In time the "experiment" became known as the Tuskegee Experience and the participants as the Tuskegee Airmen. Come share their experience as depicted at the Tuskegee Airmen National Historic Site.

**Friday, February 24th from 7:30 am – 8:30 pm**

## CYCLORAMA / 6 FEET UNDER RESTAURANT

Take a stirring journey through time in Atlanta's Cyclorama. Sit at the center of a sweeping panorama of the Battle of Atlanta, fought on July 22, 1864, during the American Civil War. When you visit the Cyclorama in Atlanta's Historic Grant Park, you can see artifacts of the war displayed in the Civil War Museum and a steam locomotive known as the Texas, a veteran of the Great Locomotive Chase of 1862.

**Wednesday, February 29th from 11:30 am – 4:00 pm**

## BAY BREEZE SEAFOOD RESTAURANT

Let's go try out the new Seafood Restaurant. Bay Breeze, located in the city of Lovejoy, offers everything from fresh grilled Rainbow Trout to your favorite seafood fried to perfection.

**Tuesday, March 7th from 11:30 am – 2:00 pm**

## HARRAH'S CHEROKEE CASINO

Come try your luck at Harrah's Cherokee Casino. It has the games you love, the way you love to play, with over 1,083 of the most popular Class II electronic bingo machines. Start your luck off by using \$20.00 in free play. Enjoy one of the best lunch buffets on your own at the casino.

**Tuesday, March 13th from 7:30 am – 8:00 pm**

## CHERRY BLOSSOM FESTIVAL (MACON)

You're invited to enjoy gracious southern hospitality as we celebrate in grand style the magnificent beauty of our 300,000 flowering Yoshino cherry trees in the "Cherry Blossom Capital of the World." Make sure you take lots of pictures!

**Monday, March 19th from 9:30 am – 5:30 pm**

## WORLD OF COCA COLA / GEORGIA AQUARIUM

Explore inside the World of Coca-Cola through this interactive experience complete with video highlights, images and descriptions. Then visit the Georgia Aquarium with more than 10 million gallons of fresh and marine water and more aquatic life than found in any other aquarium, you are sure to see things you've never seen before! The Georgia Aquarium promises wonder and excitement around every corner.

**Friday, March 30th from 10:00 am – 6:00 pm**

## Overnight Trips

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

### SAVANNAH

Get a taste of old-world Southern charm on a tour to Savannah, Jekyll Island and Beaufort. You will experience Savannah's breathtaking Victorian homes and a full guided tour of the historic district. Then on another day we will island hop to Jekyll and St. Simons Islands. Jekyll Island is the home of the "Millionaire Club" and St. Simons has the ultimate in Southern character. A vision of beauty in moss draped oaks and charming boutiques in a historic setting. Finally we will visit this historic city of Beaufort and Parris Island marine base. This trip includes hotel, motor coach transportation, tours and four meals.

**\$269 for three days and two nights – April 2012**

### BOSTON

Enjoy and 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 fourteen 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 six meals.

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

# Did You Know



## Blueberries. Blackberries. Raspberries. Strawberries.

*Recent studies have confirmed the antioxidant effects of berries on various health conditions.*

Eating berries can improve platelet function, blood pressure, and high-density lipoprotein (HDL, or "good") cholesterol levels, according to a Finnish study published in the American Journal of Clinical Nutrition.

Researchers recruited 72 middle-aged subjects who had an elevated risk of heart disease because of high blood pressure, high cholesterol levels, or other factors. Half of the subjects were randomly assigned to eat two servings a day of a combination of whole berries, purées, and juices that included strawberries and raspberries as well as several kinds of European berries that share nutritional qualities with American berries: bilberries (sometimes called European blueberries), lingonberries (similar to small cranberries), black currants, and chokeberries. The other group consumed control products: sugar water, porridge, and marmalade.

After eight weeks, researchers found that among the berry eaters, beneficial HDL cholesterol increased by 5%, blood platelet function was inhibited by 11% (reducing the risk of blood clots), and systolic blood pressure (the top number in a blood pressure measurement) went down an average of 1.5 mm Hg, while the controls experienced little change in these measures -- suggesting that berry consumption can have a positive effect on cardiovascular risk

factors. The researchers hypothesized that the polyphenol content of the berries was responsible for these benefits.

Preliminary studies also demonstrate that the phytochemicals in berries may prevent precancerous gastrointestinal conditions from progressing to cancer. Research at the Ohio State University Comprehensive Cancer Center has found that consuming black raspberries (darker versions of the more typical, red raspberries) may protect against esophageal cancer in people with the precursor condition, Barrett's esophagus. Research is currently under way to determine whether black raspberries can also prevent colon polyps from developing into colon cancer.

Black raspberries have high concentrations of anthocyanins and other antioxidants that are believed to have cancer-fighting properties. However, the effects of anthocyanins are limited to the gastrointestinal tract, which comes into direct contact with these substances; anthocyanins are not well absorbed into the bloodstream, so they are not considered effective for cancers that are unrelated to the digestive system.

# 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*

*Banquets*      *Graduation Parties*

*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



# 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

# Think Pink Day 2011

Each year, the Senior Services Facilities compete with each other in raising Breast Cancer Awareness throughout the department. Each facility is judged on originality, participation, information, and creativity. Congratulations to the Frank Bailey Senior Center for winning the competition for the second year in a row!



# Frank Bailey Senior Center