

TALK OF THE CENTER



2024

JULY - SEPT

Frank Bailey Senior Center

Amenities

BILLIARDS ROOM AQUATICS FITNESS CENTER NUTRITION PROGRAM



6213 Riverdale Road,
Riverdale, GA 30274

(678) 479-5505

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Take Off*

FRANK BAILEY SENIOR CENTER

Quarterly Newsletter

Inside of this quarter's issue:

- Center Information
- Registration
- Upcoming Events and Classes
- Advisory Board, Volunteers, Groups, Clubs, and More



FRANK BAILEY SENIOR CENTER



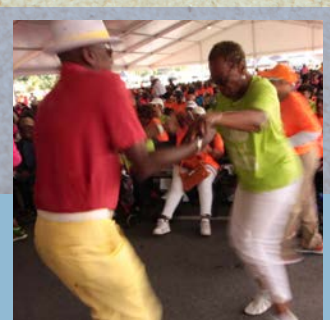
WELCOME

Clayton County Senior Services Department enhances the quality of life and dignity of elderly citizens. Programs emphasize health and wellness, including screenings, exercise programs, nutrition education, and field trips.

Located at 6213 Riverdale Road, Riverdale, GA., Frank Bailey Senior Center opened on April 25, 2002, giving senior adults a place for learning, exercising, and interaction in the Riverdale area. Expanded features include aquatic programs, a heated therapy pool, a fitness center with a track, a community garden, a Cafeteria with Piccadilly providing breakfast and lunch, a library, a billiards room, and much more.

We have wonderful staff members who contribute to the senior's daily activities and the special events we have to offer at Frank Bailey Senior Center.

We are extremely proud to have you as a member of the Frank Bailey Senior Center family and we look forward to your participation in our programs, events, classes, and more! We welcome you!



CENTER INFORMATION

The Frank Bailey Senior Center provides a variety of experiences to its members that include educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

OUR STAFF

Center Manager.....Joy Walston
 Program Coordinator.....Angela Walker
 Administrative Secretary.....Gbemisola Onalty
 Health & Fitness Coordinator.....Anton Ford
 Special Program Coordinator.....Vacant
 Congregate Site Coordinator.....Erika Dixon
 Office Assistant Senior.....Vacant
 Office Assistant.....Earnestine Spencer
 Office Assistant.....Roxanne Moore
 Office Assistant.....Anita McKinley
 Office Assistant.....Iris Copeland
 Program Aide.....Antionette Freeman
 Program Aide.....Jada Thomas
 Program Aide.....Carolyn Jones
 Maintenance.....Vacant
 Maintenance.....Vacant

HOURS OF OPERATION

Center Hours

Monday, Tuesday, Wednesday, Friday:
8 AM - 5 PM

Thursday: 8 AM - 8 PM

Pool and Fitness Orientation

Thursdays: 1:30 PM and 4:00 PM

Open Pool and Lap Swim

Varies monthly depending, call to confirm times

Fitness Center

Monday, Tuesday, Wednesday, Friday:
8:30 AM - 4:45 PM

Thursday: 8:30 AM - 7:45 PM

Senior Center Deputy Administrator

Kendra Shepard, Deputy Administrator, oversees the operations for the Clayton County Senior Centers. Please call (678) 479-5519 for any unresolved issues or concerns.



CENTER CLOSURES

Thursday, July 4, 2024 (4th of July)
Monday, September 2, 2024 (Labor Day)



CLASS REGISTRATION	Summer I	Summer II	Fall I
Registration Dates	6/10/24-6/28/24	7/29/24-8/16/24	9/9/24-9/27/24
Class Dates	6/24/24-8/2/24	8/12/24-9/13/24	9/23/24-10/25/24
Break Week	8/5/24-8/9/24	9/16/24-9/20/24	10/28/24-11/1/24

ACTIVITIES

Caribbean Heritage Month	July 5, 2024	FREE
Food Safety for Seniors	July 8, 2024	FREE
The History of Ice Cream	July 12, 2024	FREE
Fit Bingo	July 16, 2024	FREE
Self Care Vision Board	July 18, 2024	FREE
Movie & Popcorn	July 23, 2024	FREE
(14) Home Remedies for Bug Bites and Stings	July 30, 2024	FREE
Scrapbooking	August 13, 2024	FREE
My Kidney Health	August 15, 2024	FREE
Hugs, The Shocking Truth Behind Them	August 20, 2024	FREE
The History of African Dancing	August 23, 2024	FREE

ACTIVITIES

The Power of Mushrooms	August 27, 2024	FREE
Orange Health Smoothie Demo	August 29, 2024	FREE
Oral Health for Seniors	September 10, 2024	FREE
The Culture of Jazz	September 24, 2024	FREE
Understanding Insurance w/The DK Legacy Group	September 26, 2024	FREE



Craft activities are among the most senior-friendly DIY project that can help keep seniors active and healthy. Studies also reveal that conceptual art can boost the cognitive abilities of an aging brain. That makes arts and crafts helpful for seniors.

SPECIAL EVENTS

Western Boogie Dance	July 27, 2024	\$15
National Senior Center Month	September 4, 2024	FREE
A Fall Fashion Show	September 12, 2024	FREE
Let's Celebrate Cancerversary	September 20, 2024	FREE



TRIPS

Georgia Aquarium	August 7, 2024	\$39.86
National Center for Civil & Human Rights	August 14, 2024	\$16.83
AMC Fork & Screen Phipps Plaza	August 28, 2024	\$5
Fernbank Museum	September 11, 2024	\$5
The New Black Wall Street Market	September 25, 2024	\$5
Power Walk	September 27, 2024	\$5



AQUATIC CLASSES

Beginning Swim I	Staff	Tues and Thurs 1-1:45 pm	\$10
Intermediate Swim	Staff	Tues and Thurs 11:30-12:15 pm	\$10
Water Fitness I	Bertha	Mon and Thurs 9-10 am	\$30
Water Fitness II	Bertha	Mon and Thurs 10:15-11:15 am	\$30
Water Fitness III	Bertha	Mon and Thurs 2-3 pm	\$30
Aqua Volleyball	Staff	Friday 11-11:45 pm	Free
Water Walking	Staff	Friday 2:45-3:30 pm	Free
Men's Boot Camp	Staff	Friday 1-1:45 pm	Free



EXTRACURRICULAR ACTIVITIES

Therapeutic Art	Angela Walker	Monday 10:30 am - 12:00 pm 2:00 pm - 3:30 pm	FREE
Sculpting with Clay	Lynda Moore	Tuesday 12:00 - 2:30 pm	\$89
Jewelry Making	Arlene Benford	Thursday 1:00 - 4:00 pm	\$35

FITNESS CLASSES

Abs Class	Anton Ford	Monday 1-1:30 pm	FREE
Land Arthritis	Anton Ford	Thursday 1-1:30 pm	FREE
Breakfast with Ford	Anton Ford	Tues and Thurs 9:30-10:00	FREE
Advanced Tai Chi	Harvey Robbins	Mon and Wed 10-11:00 am	FREE
Beginning Tai Chi	Harvey Robbins	Mon and Wed 1:30-3 pm	FREE
Low Impact Tai Chi	Harvey Robbins	Tues and Thurs 1-1:30	FREE
Line Dancing	Martha Underwood	Wed 2:30-3:30 pm Fri 10- 11 am 11:30-12:30 pm	\$15
Chair Stretch Workout	Anton Ford	Monday 9-9:30 pm	FREE
Floor Stretch Workout	Anton Ford	Wed 9-9:30 am	FREE
Weight Training	Anton Ford	Mon and Wed 11-11:45 am	\$10
Personal Fitness	Anton Ford	Tues and Thurs 11:00-11:45 am	\$10
Yoga for Mobility	Denisse	Monday 2-3 pm	\$20

“Breakfast with Mr. Ford is my favorite class at Frank Bailey Senior Center. The class is very good for seniors with mobility problems. The class helps all of us to keep our limbs moving. We all enjoy the classes every Tuesday and Thursday. We are thankful to Mr. Ford and all of Frank Bailey Staff.” -Alice Hawes





ADVISORY BOARD

The Advisory Boards' purpose is to provide advice, make recommendations, and assist the center staff in developing, planning, and implementing programs at the Frank Bailey Senior Center.

Advisory Board Officers

Jesse Harris, President
Onesimus B. Marcus, Vice President
Joyce Lawrence, Secretary
Marvin Henderson, Treasurer

Be on the lookout for the upcoming
Western Boogie Dance
July 27, 2024

VOLUNTEER PROGRAM

The mission of the Volunteer Program is to assist Senior Services and programs, that promote independence, and dignity, and enhance the quality of life while providing a safe and caring environment. If you would like to be a volunteer at our center, please contact our Administrative Secretary at 678-479-5527.



Meeting Dates: July 9, 2024, August 13, 2024
and September 10, 2024

CLUBS & GROUPS

The Frank Bailey Senior Center offers a variety of clubs for our members to join. Register on line at www.myactivecenter.com to participate.



AVAILABLE CLUBS & GROUPS

Jim Jones Bicycle Club
Caregiver Support Group
Book Club
Garden Club
Crochet Club
The Red Hat Society
Men's Advisory Group
Beautification Club
FBSC Choir

Eat well. live better.

CLAYTON COUNTY SENIOR SERVICES DEPARTMENT

SENIOR NUTRITION PROGRAM



Free. Nutritious Meals. Socialization. Education.

The Senior Nutrition Program (SNP) is funded through the Older Americans Act. (OAA). This program works to reduce food insecurity, hunger, and malnutrition; enhance socialization; and the promote health and well-being of older adults.

Interested participants must meet the following requirements:

- Clayton County resident age 60 years and older.
- Must participate in at least 15 minutes per month of Nutrition Education at the Senior Center.
- Must be ambulatory
- Must be cognizant, if not caregiver required.
- Voluntary contributions encouraged.
- Meals provided by Piccadilly.
- **Transportation is NOT provided.**

For more information, contact the Senior Nutrition Program Coordinator at your local senior center.

Frank Bailey Senior Center
6213 Riverdale Rd.
Riverdale, GA 30274
678.479.5505

J. Charley Griswell Senior Center
2300 Highway 138
Jonesboro, GA 30236
770.477.3499



CLAYTON
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Cc: Clayton connected

Senior Services

Sonna Singleton Gregory Senior Center
3215 Anvilblock Rd.
Ellenwood, GA 30294
770. 347. 0340



Clayton County Aging Program

We Care Like Family

Clayton County Aging is funded through a Federal grant administered through the Atlanta Regional Commission. (ARC). Congress passed the Older Americans Act (OAA) in 1965 in response to a concern by policymakers about a lack of community social services for older persons. The law also established the Administration on Aging (AoA) to administer newly created grant programs to address the special needs of older Americans

for more info

www.claytonseniors.com

 call us 770-603-4050

Our Services

We are the Gateway to Community Resources!

- * Information & Assistance Specialists
- * Case Managers
- * Transportation Services
- * Home Delivered Meals (Meals on Wheels)
- * In-Home Services



877 Battle Creek Road
Jonesboro, GA 30236

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Nakia Vaughn

Kaiser Permanente Medicare specialist

470-352-7929 (TTY 711)

Nakia.R.Vaughn@kp.org



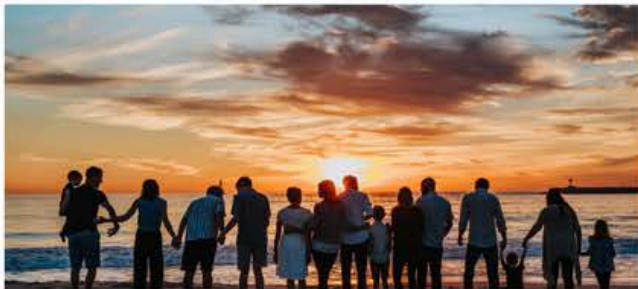
* Every year, Medicare evaluates plans based on a 5-star rating system.

Kaiser Permanente is an HMO and HMO-POS plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305.



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Clayton County Senior Services
2024
Senior Farmers Market
Schedule

July 12, 2024– Aging Program

877 Battle Creek Rd. Jonesboro, GA 30236

July 24, 2024– J. Charley Griswell Senior Center

2300 Hwy 138 SE Jonesboro, GA 30236

August 2, 2024– Flint River Community Center

153 Flint River Rd. Riverdale, GA 30274

August 9, 2024– Kinship Resource Center

849 Battle Creek Rd. Jonesboro, GA 30236

August 21, 2024-Sonna Singleton Gregory Senior Center

3215 Avilblock Rd. Ellenwood, GA 30294

August 30, 2024– Frank Bailey Senior Center

6213 Riverdale Rd. Riverdale, GA 30296

****Must be 60 or older and a Clayton County Resident****

CENTERS' INFORMATION

OFFICE NUMBER

LOCATION

SENIOR SERVICES CENTERS

For Seniors 55+

FRANK BAILEY SENIOR CENTER	(678) 479-5505	6213 Riverdale Road, Riverdale
J. CHARLEY GRISWELL CENTER	(770) 477-3499	2300 Highway 138, Jonesboro
SONNA SINGLETON GREGORY SENIOR CENTER	(770) 347-0340	3215 Anvil Block Road, Ellenwood

INTERGENERATIONAL CENTER

For Caregivers, Grandparents, and Youth - Teens

KINSHIP CARE RESOURCE CENTER	(770) 473-5788	849 Battle Creek Road, Jonesboro
FLINT RIVER COMMUNITY CENTER	(770) 347-0370	153 Flint River Road, Riverdale

Flint River Community Center

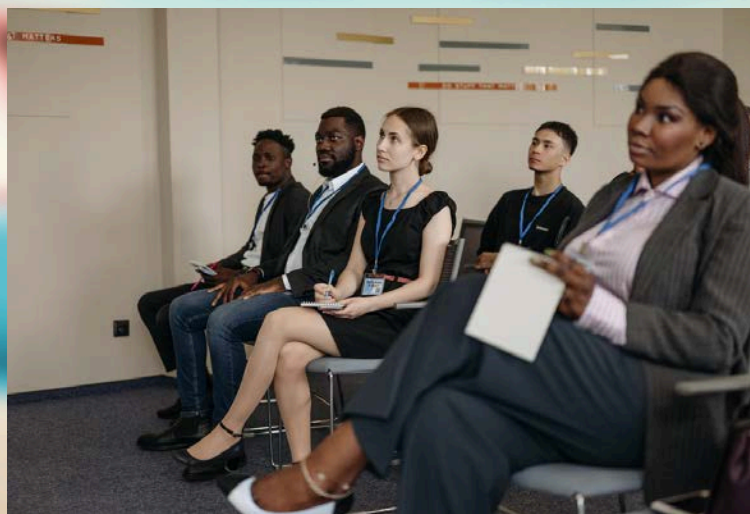
For Youth, Teens, Adults, and Seniors

AGING PROGRAM

For Seniors 55+

Aging Program	(770) 603-4050	877 Battle Creek Road, Jonesboro
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To deliver services and programs that promote independence, dignity and enhances the quality of life while providing a safe and caring environment for older adults, relative caregivers, youth, teens, adults and families



SENIOR SERVICES ADMINISTRATION

Director
Assistant Director
Deputy Administrator of Senior Centers
Deputy Administrator of Finance
Office Manager
Administrative Secretary
Administrative Coordinator
Office Administrator, Senior
Signature Events Coordinator

Tori Strawter-Tanks
Melissa Myers-Bristol
Kendra Shepard
Tonette White
Mai Toussant
Vacant
Toni Freeman
Christie Essien
Brandi Rocker



The Director and Assistant Director of Clayton County Senior Services Department are responsible for ensuring the Clayton County Aging Program, Senior Centers and Intergenerational Centers are operating effectively and efficiently. We accomplish this goal by hiring passionate, competent, and dedicated leaders to directly oversee facilities, services, and programs.

If you have any issues or concerns while participating in our services or programs please reach out to the Center Manager or Administrators whose contact information is included in the staffing section of this newsletter.

In the event your issues or concerns are not resolved please reach out to the Assistant Director of Clayton County Senior Services Department who oversees the Aging, Cultural Arts, and Senior Center Deputy Administrators.

The Director of Senior Services has an open-door policy that encourages open communication, feedback, and discussion about any matter of importance to members and clients. Therefore, if your issues or concerns are not resolved on the aforementioned levels please feel free to reach out to the Director who is ultimately responsible for the entire Department.



6701 Highway 85,
Riverdale, GA 30274

(770) 347-0150 | SeniorServices@claytoncountyga.gov