

TALK OF THE CENTER

Cultural Arts Center

Home of the Black Box Theater



Where the World Lands
and Opportunities
Take Off

Intergenerational Center Quarterly Newsletter

Inside this Session's issue:

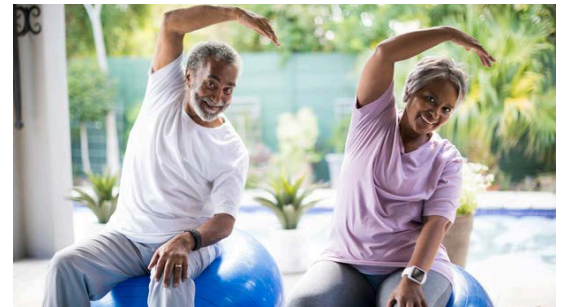
Center Information

Registration

Upcoming Events & Classes

Advisory Board, Volunteers, Groups

And more...



CENTER INFORMATION

The Flint River Community Center provides an array of classes, programs, and services for multiple generations. Programs are designed for all ages and family groups to engage and participate together.

CENTER AMENITIES

- Multipurpose rooms
- Fitness Center
- Game Room
- Billiards Room
- Teaching Kitchen
- Auxiliary Basketball Court
- Black Box Theater

CENTER MANAGER

Brittany Brown Office: (770) 347-0371
Email: brittany.brown@claytoncountyga.gov

FLINT RIVER BOYS & GIRLS CLUB

Executive Director - Michael Maxwell
Hours: 2:30pm - 8:00pm Office: (770) 347-0373
Website: bgcma.org/club/flintriver/

CENTER CLOSURES

Wednesday, June 19, 2024 - Juneteenth
Thursday, July 4, 2024 - Fourth of July
Monday, September 2, 2024 - Labor Day

HOURS OF OPERATION

Center Hours:

Monday - Friday: 8:00am - 9:00pm
Saturday: 9:00am - 6:00pm

Fitness Center

Monday - Friday: 8:00am - 8:30pm
Closed daily from 1:00pm - 2:00pm

Pool & Fitness Orientation:

Wednesday: 1:00pm & 6:00pm

Splash Pad:

Monday - Friday: 9:00am - 8:00pm
Saturday: 10:00am - 5:00pm

Basketball Open Court Hours:

Monday & Friday

All Ages 10:00am - 1:30pm
Youth 5:00pm - 6:00pm
Adult 6:00pm - 8:30pm

Wednesday

All Ages 11:30am - 1:30pm
Youth 5:00pm - 6:00pm
Adult 6:00pm - 8:30pm

Tuesday & Thursday

Senior 12:00pm - 2:00pm

Saturday

Youth 2:00pm - 3:00pm
Adult 3:00pm - 5:30pm

***Youth Ages 5-12/ Adult Ages 18+**

***Seniors 55+**

FLINT RIVER COMMUNITY CENTER



WELCOME

Clayton County Senior Services Department mission is 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. Programs emphasize health and wellness, including screenings, exercise programs, nutrition, education, and field trips for multiple generations.

Flint River Community Center opened its doors in March of 2021. Located on a 21-acre site on Flint River Road, the Flint River Community Center was a collaborative project between the Department of Senior Services and Parks and Recreation.

Flint River Community Center provides recreation and activities for multiple generations. The center features a games room, fitness center, multipurpose gymnasium, and an outdoor splash pad. Flint River Community Center showcases, for the first time in Clayton County, a "Black Box Theater" designed for live performances with flexible staging and seating.

We are honored to have you as a member of the Flint River family! We look forward to your participation in our programs, events, classes, and more! We welcome you!

QUOTE



*"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes."
—Andrew Carnegie*

REGISTRATION

SUMMER SESSION I

REGISTRATION

JUNE 13, 2024 – JUNE 28, 2024

CLASSES

JUNE 24, 2024 – AUGUST 2, 2024

BREAK WEEK

AUGUST 5, 2024 – AUGUST 9, 2024

SUMMER SESSION II

REGISTRATION

AUGUST 1, 2024 – AUGUST 16, 2024

CLASSES

AUGUST 12, 2024 – SEPTEMBER 13, 2024

BREAK WEEK

SEPTEMBER 16, 2024 – SEPTEMBER 20, 2024

AEROBICS CLASSES

CLASS NAME

DATE/TIME

CLASS FEE

MARTHA'S BEGINNERS LINE DANCE

THU. @ 10:30AM

\$15

MARTHA'S BEGINNERS LINE DANCE

THU. @ 6:00PM

\$15

LAND ARTHRITIS 101

WED. @ 2:15PM

FREE

SALSA W/ MR. BEN

WED. @ 6:30PM

\$20

TAEKWONDO W/ MASTER RILEY

TUES. @ 6:15PM

\$20

CLASS NAME

DATE/TIME

CLASS FEE

SENIOR TONE

TUE. @ 9:00AM

\$10

SWEAT WITH SHEA

THU. @ 7:10 PM

\$15

SWEAT WITH SHEA

FRI. @ 9:00 AM

\$15

STRETCH & FLOW

TUE. @ 5:45PM

\$15

STRETCH & FLOW

WED. @ 5:00PM

\$15

STRETCH & FLOW

THU. @ 9:00AM

\$15

ZUMBA WITH RHONDA

MON. @ 6:30PM

\$10

ZUMBA WITH RHONDA

FRI. @ 6:30 PM

\$10

ZUMBA BY SHEA

WED. @ 9:00AM

\$15

SILVER FOX WALKERS

TUE./THU. @9:00AM

FREE

SPECIAL EVENTS

<u>EVENT NAME</u>	<u>DEMOGRAPHIC</u>	<u>DATE/TIME</u>	<u>FEE</u>
NATIONAL CHEER UP DAY	SENIORS & ADULTS	THURS. 7/11/2024 4:00PM - 7:00PM	\$10.00
NATIONAL WATER PARK DAY	FAMILY	SAT. 7/13/2024 1:00PM - 4:00PM	FREE
BACK TO SCHOOL BASH	FAMILY	SAT. 7/27/2024 11:00AM - 2:00PM	FREE
NATIONAL VINYL DAY & COFFEE SHOP	SENIORS & ADULTS	MON. 8/12/2024 12:00PM - 2:00PM	\$5.00
SILENT DANCE PARTY	TEENS	FRI. 8/23/2024 5:00PM - 7:30PM	FREE
CLAYTON COUNTY SENIOR BALL	SENIORS	SAT. 8/24/2024 6:00PM - 10:00PM	\$15.00
NATIONAL SENIOR CENTER MONTH	SENIORS	FRI. 9/5/2024 12:00PM - 2:00PM	FREE
GREEN PEACE DAY	SENIORS	FRI. 9/13/2024 2:00PM - 5:00PM	\$10.00
SALSA NIGHT	SENIORS & ADULTS	WED. 9/20/2024 6:00PM - 9:00PM	\$15.00



YOUTH PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Indian Artistry	7/9/24	3pm-4pm	Free
Freshy Fresh Lemonade	7/11/24	3pm-4pm	Free
Fourth of July Craft	7/17/24	4pm-5pm	Free
Musical Chairs	8/22/24	4pm-5pm	Free

TEEN PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Capture the Flag	7/19/24	6pm-7pm	Free
National Coloring Book Day	8/22/24	5pm-6pm	Free
Cupcake Catchup	9/25/24	5pm-6pm	Free
Ancestors Day	9/30/24	5pm-6pm	Free

ADULT PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
World Population Day	7/11/24	5pm-6pm	Free
Let's Have Lasagna	7/24/24	3:30pm-4:30pm	Free
Women Astronomers	8/1/24	3:30pm-4:30pm	Free
Poetry & Jazz	8/20/24	3:30pm-4:30pm	Free
Basics of Step Aerobics	9/11/24	3:30pm-4:30pm	Free

SENIOR PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Health Talk	7/17/24	11am-12pm	Free
Healthy Walk	7/17/24	3:30am-4:30pm	Free
Funeral Expense Information with Cindy	7/18/24	11am-12pm	Free
<i>Medicare 101 Lunch & Learn w/ JenCare</i>	8/21/24	11am-12pm	Free
Native Mask Making	8/26/24	11am-12pm	Free
Kindness Wall Art	9/3/24	12pm-1pm	Free
Microsoft Word	Every 1st Monday	10am-11am	Free
Cellphone 101	Every 2nd Monday	10am-11am	Free
Monday Madness Bingo	Every 4th Monday	2pm-3:30pm	Free
Craft Creations	Every 1st Wednesday	11am-1pm	Free
Chat & Chew Health Education	Every 3rd Monday	12pm-1pm	Free
Good Times For Good Health	Wednesdays	10:30am-11:30am	Free
Paint With Me	Every 3rd Tuesday	10am-11am	Free

FAMILY PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Pet Hydration Awareness	7/3/24	3:30pm-4:30pm	Free
Fact or Fiction	7/10/24	3:30pm-4:30pm	Free
All About Switzerland	7/19/24	4pm-5pm	Free
National Water Balloon Day	8/2/24	3:30pm-4:30pm	Free
Different Foods Around the Globe	8/14/24	5pm-6pm	Free
Fitness Dice	8/19/24	6:30pm-7:30pm	Free
Gluten Free Diet	9/4/24	3:30pm-4:30pm	Free

INTERGENERATIONAL PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Vertical Garden Series	7/1- 7/29/24	1pm-2pm	\$10.00
Let's Go Fish'n w/ The Men's Focus Group	7/15-7/26/24	8am-10:30am	Free
Summer Picture Frame	7/5/24	11am-12pm	Free
National 7/11 Day	7/11/24	10am-11am	Free
Pickleball Day	8/30/24	5pm-6pm	Free
Visiting Paris	9/2/24	3:30pm-4:30pm	Free
World Letter Day	9/2/24	3:30pm-4:30pm	Free
Are You Okay Day	9/12/24	3:30pm-4:30pm	Free
History of World Afro Day	9/13/24	5pm-6pm	Free
Childhood Cancer Awareness	9/25/24	3:30pm - 4:30pm	Free

"Happiness is not something ready-made. It comes from your own actions." —Dalai Lama





EVIDENCE BASED CLASSES

CLASS NAME

DATE/TIME

CLASS FEE

DIABETES PREVENTION CLASS

TUESDAYS @5:30PM

REGISTRATION ENDED



TRIPS

TRIP NAME	DATE	TIME	FEE
Botanical Gardens	7/9/24	11:00am - 4:00pm	\$27.00
The Little White House	7/25/24	11:00am - 4:00pm	\$13.00
Chattahoochee Nature Trail	8/8/24	11:00am - 4:00pm	\$20.00
Madam C.J. Walker Museum	8/14/24	11:00pm - 4:00pm	\$7.00
Red Apple Barn	9/4/24	10:00am - 4:00pm	\$11.00
Color Purple the Musical	9/11/24	11:00am - 4:00pm	\$30.00



ADVISORY BOARD

PURPOSE

The purpose of the Advisory Board is to act on behalf of Flint River Community Center by providing advice, making recommendations and assisting the center staff in planning, developing, and implementing programs.

ADVISORY BOARD OFFICERS

Joyce Chase, President
Vacant, Vice President
Vacant, Secretary
Alice Carter, Treasurer

VOLUNTEER PROGRAM

ABOUT

The mission of the volunteer program is to assist Senior Services to deliver services and programs that promote independence, dignity, and enhances 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 [770-347-0372](tel:770-347-0372).

MEETING DATES

JULY 15, 2024
AUGUST 19, 2024
SEPTEMBER 16, 2024

Meetings are held monthly on the third Monday at 6:00pm

CLUBS & GROUPS

AVAILABLE CLUBS	MEETING DATES	TIME
Red Hatters	1st Thursday of Every Month	12:00pm - 1:00pm
What's Happening Flint/ Birthday Social	Monday, July 15	6:00pm - 7:00pm
Silver Fox Walker's	Tuesdays & Thursdays	6:00pm - 8:00pm
Men's Focus Group	2nd Tuesday of Every Month	6:00pm - 7:30pm
Veteran's Series presented <i>by Care & Give Back to Seniors</i>	3rd Thursday of Every Month	1:00pm - 2:00pm
Teen Girl's Group	2nd Thursday of Every Month	6:00pm - 7:00pm
FRCC Choir	Mondays Fridays	12:00pm & 6:00pm 7:00pm - 8:00pm

FLINT RIVER COMMUNITY CENTER BLACK BOX THEATER



RENT THE BLACK BOX THEATER FOR YOUR UPCOMING EVENTS

Theatrical Performances

Concerts

Musical Performance

Dance Recital

Auditions

Photo Shoot

Art Exhibits

Filming/Video Shoot

Wedding Ceremony

ABOUT

The Flint River Community Center Black Box Theater is a small-size community theater where we provide seasons of family friendly, and though provoking shows for all ages, race, and gender. The theater can host up to 150 seated guests and 160 standing.



CONTACT

For a tour or more information,
call (770)347-0370 or email
BlackBoxTheater@claytoncountyga.gov

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****

YOU DON'T HAVE TO WAIT TO SWITCH

to a **5 out of 5-Star** rated Medicare Health Plan for 2023*



KAISER PERMANENTE **MEDICARE HEALTH PLANS**

Rated 5 out of 5 Stars in Georgia in 2023* — Medicare's highest possible rating — get great care and great value with Kaiser Permanente Senior Advantage (HMO). Find out how our distinctive services work together to give you more control and convenience — to help you live well and thrive.



Would you like to learn more about Medicare or a Kaiser Permanente Medicare health plan? **Just give me, your local Kaiser Permanente Medicare specialist, acall for more information.**

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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OUR SERVICES



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LIFE INSURANCE

For everyone who needs our help with selecting the right life insurance policy for their unique circumstances.



HEALTH INSURANCE

For everyone who does not have Medicare, but needs health insurance.



LONG TERM CARE

For everyone who needs medical and non-medical coverage over an extended period of time.



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**COMPASSION & CHOICES SUPPORTS
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**"PLANNING
EQUALS PEACE.
HAVE YOU
PLANNED FOR
YOUR PEACE?"**

**TOGETHER, WE ARE
EMPOWERING US ALL AT
THE END OF LIFE**

#PLANNINGEQUALSPEACE



WWW.COMPASSIONANDCHOICES.ORG/END-OF-LIFE-PLANNING



2024 STAFF SPOTLIGHT



MRS. SHEILAH GATES

STAFF MEMBER AT
FLINT RIVER COMMUNITY CENTER

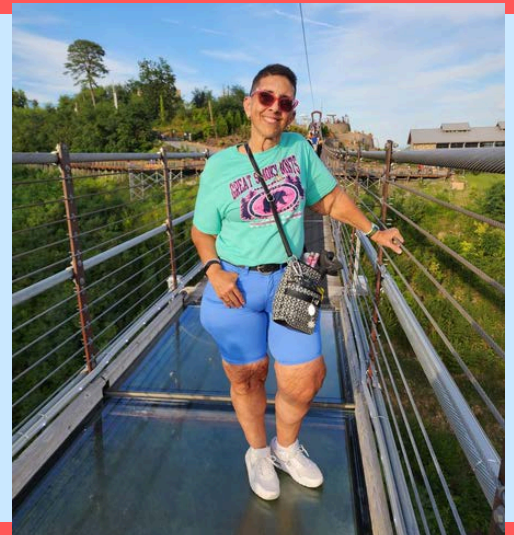
She has been with the county for many years between part time to full time in various departments and sectors all within Clayton County. She is currently married to Jay Gates now 17 yrs and counting. Her passion in life is her dogs and dolphins. Anytime you are speaking to her you will notice her jewelry is all dolphins.

She met her husband via online and after 4 months of dating they got married to now celebrating the 17 yrs. mentioned. She assists with caring for her mother who is in a nursing home and thanks to her sister who lives with her helps as well. Sheilah has hearing devices and you will sometimes hear her say

that she is half robot and half human because of the Cochlear Implants she has in her skull and she feels since losing her hearing that this has been GOD Sent to be able to hear for the most part although at times in a loud environment can be challenging.

She is a 2 time Hodgkin's Lymphoma (Blood Cancer) survivor and Stem-Cell Transplant survivor. She calls herself a warrior surviving in this game of life. She refuses to let health challenges stop her at any point in time because she will continue to push through to get to the other end of the tunnel. Sheilah keeps to herself a lot and is always thinking of how to make things better whether in her professional life or her personal life. She has yet to master the ability to power off her thinking cap once she is home.

In her spare time, she is doing things around her new home she is excited to have and loves to find ways to decorate. She sure loves shopping on TEMU these days because she loves those bargains. We want to say thank you to Mrs. Sheilah and all that she does for Flint River Community Center.



The team appreciates your unceasing support and unyielding enthusiasm!

BOYS & GIRLS CLUBS OF METRO ATLANTA TEEN SERVICES

WHO WE ARE:

Teen Services CareerBound program is a national award winning access program through BGCMA. It offers support & advising to students throughout the college preparation, application, & admissions process. CareerBound also provides career exploration, workforce development, apprenticeships, and internships. Since 1994, the program has served over 7,000 teens in Metro Atlanta for post high school students.

WHO WE DO:

- Assistance with college preparation/admissions.
- Career Readiness/job applications.
- One-on-one academic advising.
- Leadership development opportunities.
- ACT/SAT preparation
- College/Career workshops
- College Tours: Fall, Spring, and Summer.
- Individual career exploration
- Scholarship & Internship Opportunities
- Job/Career certifications

HOW TO GET INVOLVED

- Become a member of the Boys & Girls Club of Metro Atlanta.
- Be a high school student (9-12th grade).
- Participate in at least 5 special events or workshops per semester.
- Provide a most recent transcript.

ACHIEVEMENTS:

- CareerBound members graduate from high school on time at a rate of 97%.
- Over 90% of CareerBound members enroll into a two or four year institution of higher learning, join one of the armed forces, receive job placement, or obtain program certifications.
- CareerBound Seniors were awarded over \$1,000,000 in scholarships and grants last year.
- Over 65% of our members receive external scholarships which includes Posse scholars and various school/corporate based scholarships.

For more information about how to enroll at
Flint River Boys & Girls Club
call us at: (770)-347-0373

For more information about CareerBound
email Caitlyn Beatty at:
Cbeatty@bgcma.org



BOYS & GIRLS CLUBS
OF METRO ATLANTA





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

CENTERS INFORMATION

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 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

Cultural Arts Center

For Youth, Teens, Adults, and Seniors

FLINT RIVER COMMUNITY CENTER

(770) 347-0370

153 Flint River Road, Riverdale

Aging Program

For Seniors 55+

AGING PROGRAM

(770) 603-4050

877 Battle Creek Road, Jonesboro

Mission Statement

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

Senior Services Admin

DIRECTOR

ASSISTANT DIRECTOR

DEPUTY ADMINISTRATOR – SENIOR CENTERS

DEPUTY ADMINISTRATOR – FINANCE

CULTURAL ARTS ADMINISTRATOR – SENIOR SERVICES

ADMINISTRATIVE COORDINATOR

ADMINISTRATIVE SECRETARY

OFFICE ADMINISTRATOR, SENIOR

OFFICE MANAGER

SIGNATURE EVENT COORDINATOR

Tori Strawter-Tanks

Melissa MyersBristol

Kendra Shepard

Tonette White

Omari Jones

Toni Freeman

Vacant

Christie Essien

Mai Toussant

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 who's 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 which 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