

J. CHARLEY GRISWELL CENTER

2300 Highway 138, Jonesboro, GA 30236

2024

July – September

TALK OF THE *Center*



AMENITIES

BILLIARDS ROOM

AQUATICS

COMPUTER LAB

SENIOR
NUTRITION
PROGRAM



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Where the World Lands
and Opportunities
Take Off

SENIOR CENTER QUARTERLY NEWSLETTER

INSIDE THIS SESSION'S ISSUE:

Center Information

Registration

Upcoming Events & Classes

Advisory Board, Volunteers, Groups

And more...



Reset *Revamps* Revitalize

J. CHARLEY GRISWELL SENIOR CENTER



Welcome

The J. Charley Griswell Senior Center opened its doors August 2006 and is a division of the Clayton County Senior Services Department. Our goal is to deliver services and programs that promote independence and dignity and enhance the quality of life while providing a safe and caring environment for older adults.

We welcome seniors 55 and older to participate in a variety of programs for socialization, learning and entertainment. Many of our programs are designed with an emphasis on health and wellness which include health screenings, exercise programs, nutrition, education, and field trips.

This senior center is a valuable asset of the Senior Services Department, featuring advanced programs and services that enhance the lives of our senior community.

We are extremely proud to have you as a member of The J.Charley Griswell Senior Center family, and we look forward to your participation in our programs, events, classes, and more!

We welcome you!



FIRST CLASS VOLUNTEERS!

Here at Griswell, we value our amazing volunteers for all their work. We would like to take a moment to let them know we appreciate their efforts and help.



CENTER INFORMATION



The J. Charley Griswell Senior Center provides a variety of experiences to its members including educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

OUR STAFF

- Center Manager.....**Wanda McDowell**
- Program Coordinator.....**Gabriella Harden**
- Administrative Secretary.....**Audrey Hill**
- Health & Fitness Coordinator.....**Vacant**
- Special Program Coordinator.....**Princess Miller**
- Congregate Site Coordinator..... **Melanie Williams**
- Office Assistant Senior.....**Jerry Killings**
- Office Assistant.....**Vacant**
- Office Assistant.....**Pamela Baron**
- Office Assistant.....**Vacant**
- Program Aide..... **Pamela Burrell**
- Program Aide.....**Ralph Ward**
- Center Maintenance..... **Milton Puckett**
- Bus Driver..... **Edward Langston**

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



HOURS OF OPERATION

Center Hours

Monday: 8:00am - 8:00pm
Tuesday, Wednesday, Thursday, Friday: 8:00am - 5:00pm

Pool & Fitness Orientation

Every Wednesday : 2:00pm
Every Friday: 10:00am

Open Swim & Lap Swim Pool

Varies each month depending on aqua classes

Fitness Center

Tuesday, Wednesday, Thursday, Friday: 8:00am - 4:30pm
Monday: 8:00am - 7:30pm

Registration Hours

Monday: 8:30am - 7:30pm
Tuesday, Wednesday, Thursday, Friday: 8:30am - 4:30pm

CENTER CLOSURES



Independence Day - Wednesday, July 4, 2024
Labor Day - Monday, September 2, 2024

REGISTRATION

SUMMER II

REGISTRATION

JULY 29, 2024 - AUGUST 16, 2024

CLASSES

AUGUST 12, 2024 - SEPTEMBER 13, 2024

BREAK WEEK

SEPTEMBER 16, 2024 - SEPTEMBER 20, 2024

FALL I

REGISTRATION

SEPTEMBER 9, 2024 - SEPTEMBER 27, 2024

CLASSES

SEPTEMBER 23, 2024 - OCTOBER 25, 2024

BREAK WEEK

OCTOBER 28, 2024 - NOVEMBER 1, 2024

PROGRAMMING - SPECIAL EVENTS

PROGRAMMING - SPECIAL EVENTS	DATE	ADMISSION
July 4th Celebration	JULY 01, 2024	Free
Family Fued	JULY 16, 2024	Free
Pickle Ball	AUGUST 13, 2014	Free
Senior Ball	AUGUST 24, 2024	Free
9 Ball Tournament	SEPTEMBER 09, 2023	Free
Fitness Appreciation Week	SEPTEMBER 9-13, 2024	Free
Griswell Health Fair	SEPTEMBER 27, 2024	Free

ACTIVITIES

ACTIVITIES	DATE	ADMISSION
My Path! My Power! My Peace!	JULY 15, 2024	Free
Paint and Sip	JULY 22, 2024	Free
American Heritage History	JULY 25, 2024	Free
Brain Games	AUGUST 15, 2024	Free
A Good Budget	AUGUST 27, 2024	Free
Hispanic Heritage Celebration	SEPTEMBER 06, 2024	Free
Garden Workshop	SEPTEMBER 10, 2024	Free

TRIPS

TRIPS	DATE	ADMISSION
Pappadeaux	JULY 8, 2024	\$5.00
Hindu Temple of Atlanta	JULY 30, 2024	\$5.00
Picasso's Splat Room	AUGUST 15, 2024	\$40.00
Wind Creek Casino	AUGUST 19, 2024	\$75.00
High Museum of Art	SEPTEMBER 10, 2024	\$22.00
Mercedes Benz Stadium	SEPTEMBER 30, 2024	\$25.38

POOL & FITNESS



AQUATIC CLASSES

- Arthritis Aquatics
- Aqua Zumba
- H2O Works
- Begin Swim
- Aqua Fit
- Aqua Sculpture
- Water Walking

ADMISSION

- \$15.00 Per 5 Weeks / \$18.00 Per 6 Weeks
- \$15.00 Per 5 Weeks / \$18.00 Per 6 Weeks
- \$30.00 Per 5 Weeks / \$36.00 Per 6 Weeks
- \$30.00 Per 5 Weeks / \$36.00 Per 6 Weeks
- \$15.00 Per 5 Weeks / \$18.00 Per 6 Weeks
- \$15.00 Per 5 Weeks / \$18.00 Per 6 Weeks
- Free

FITNESS CLASSES

AVAILABLE

- Yoga
- Good Time for good Health
- Line Dancing
- Beginning, Intermediate/Advanced

ADMISSION

- Free
- Free
- \$15.00 Per 5 Weeks
- \$18.00 Per 6 Weeks

AVAILABLE

- Zumba
- Zumba Toning
- Walking Club

ADMISSION

- \$20.00 Per 5 Weeks
- \$24.00 Per 6 Weeks
- Free

EXTRACURRICULAR CLASSES

AVAILABLE

- Ceramics
- Creative Crafts
- Crochet
- Jewelry Making
- Quilting
- Knitting
- Diamond Art

ADMISSION

- \$20.00 Per 5 Weeks / \$24.00 Per 6 Weeks
- Free
- Free
- \$10.00 Per 5 Weeks / \$12.00 Per 6 Weeks
- Free
- Free
- Free

“You are never to old to set another goal or dream a new dream.”

—C. S. Lewis



ADVISORY BOARD

UPDATES

Bingo is coming to Late Night!

Join the Advisory Council for *Bingo*. Dates Are Coming Soon. Inquire at the front desk.

Your membership must be current to participate. Register in person or online at www.myactivecenter.com

Meetings will be held once a month.

ADVISORY BOARD MEALS

The Advisory Board prepares and sells dinner on the **second** and **fourth** Mondays of the month during *Late Night* at 5:00pm. Dinners are first come first serve. They also sell snacks every Monday.

UPCOMING EVENTS

MONTHLY BINGO ON THE 4TH WEDNESDAY OF EVERY MONTH FROM 2PM TO 4PM

VOLUNTEER PROGRAM

The mission of the volunteer program is to assist Senior Services with programs, that promote independence, dignity, and enhance the quality of life while providing a safe and caring environment.

If you would like to be a volunteer and help carry out our mission at our center, please contact our Administrative Secretary, Audrey, at **770-477-3499**.



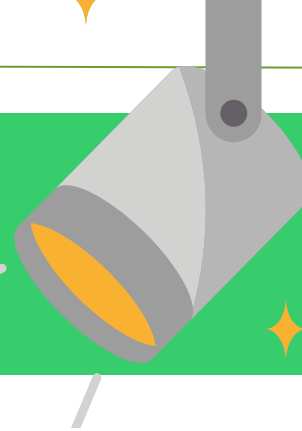
CLUBS & GROUPS

The J. Charley Griswell Senior Center offers a variety of clubs for our members to join. Register online at www.myactivecenter.com to participate.

AVAILABLE CLUBS & GROUPS

- Living Single Social Group
- 3D Thursday & Birthday Social
- Tai Chi Club
- Walking Club
- Red Hatters

Member SPOTLIGHT



Brenda Selmon



My name is Brenda Selmon, and I was born in Cleveland, Ohio. I have three children but no grandchildren. I have a background in Juvenile Corrections and Security. In 2023 I started to explore potential retirement locations. I realized that Arizona was not the state where I wanted to spend the rest of my life. In May of 2023, I visited my niece here in Georgia. Upon arriving I found it to be beautiful and immediately felt at home. Choosing Georgia as my forever home was a wonderful decision.

I discovered that Griswell exceeded my expectations after joining the center. As I am unable to drive, I rely on private services such as Uber and Lyft to attend the center four times a week. I enjoy sharing information about the center with the drivers, who are often curious. My hobbies include art, reading, baking, and socializing with Griswell members. As a member, I find that Griswell meets many of my needs and coincides with my interests. I am an avid participant in trips and classes, such as crochet and art. I contribute by helping care for the Griswell aquarium and assisting with gardening. I've felt welcomed and at home with the people around me from day one.




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

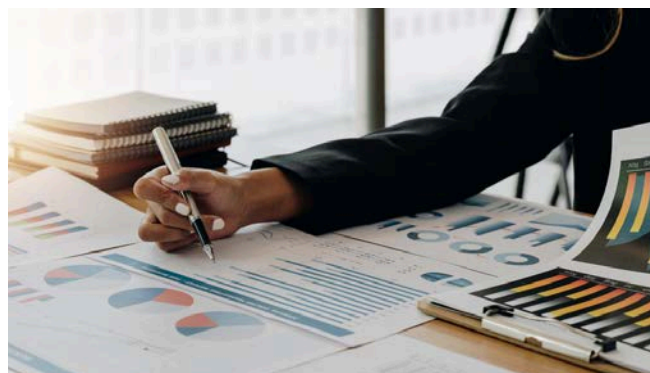
To deliver services and programs that promote independence, dignity and enhances the quality of life while providing a safe and caring environment for older adults, relative caregivers, youth, teens, adults and families.



SENIOR SERVICES ADMINISTRATION

Senior Services Administration

DIRECTOR	Tori Strawter-Tanks
ASSISTANT DIRECTOR	Melissa Myers-Bristol
DEPUTY ADMINISTRATOR SENIOR CENTERS	Kendra Shepard
DEPUTY ADMINISTRATOR FINANCE	Tonette White
ADMINISTRATIVE SECRETARY	Darius Booker
SIGNATURE EVENTS COORDINATOR	Brandi Rocker
OFFICE ADMINISTRATOR	Christie Essien
OFFICE MANAGER	Mai Toussant
ADMINISTRATIVE COORDINATOR	Toni Freeman



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.



CLAYTON
COUNTY • GEORGIA
Cc: Clayton connected

Senior Services



6701 Highway 85,
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov



Let us give you **PEACE OF MIND**

We are committed to providing you with a thorough and tailored experience to ensure you are properly insured. At Axxess, we treat our clients like family!



The Axxess Approach

We believe our clients deserve Axxess to great health care, great customer service and great relationships between you and your personal insurance consultant.

We represent multiple insurance companies and will help you find the right plan or policy that fits your unique needs. You will receive one-on-one personal service, even throughout the year whenever you have questions or concerns about your coverage.

Wherever you are we can help.

Scan the QR code to learn more about us.



OUR SERVICES



MEDICARE HEALTH PLANS

For everyone who has a red, white, and blue card. Also known as your Medicare card.



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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678-264-3918



admin@axxessbenefits.com



www.axxessbenefits.com



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, a call 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.