

TALK OF THE CENTER



Amenities

Lap Pool Fitness Center Community Garden Senior Nutrition Program

SONNA SINGLETON GREGORY SENIOR CENTER Quarterly Newsletter

Inside this quarter's issue:

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



3215 Anvil Block Road,
Ellenwood, GA 30294

(770) 347-0340

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SONNA SINGLETON GREGORY SENIOR CENTER



Welcome

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

Located on Anvil Block Road in Ellenwood, the Sonna Singleton Gregory Senior Center is the fourth SPLOST-funded senior center in Clayton County. Expanded features include a lap swimming pool, a state-of-the-art fitness center, a community garden, and a large multipurpose space.

Named in honor of the late Vice-Chairwoman/District 1 Commissioner, Sonna Singleton Gregory. This senior center is one of Clayton County's latest additions to the Department of Senior Services with state-of-the-art features improving the quality of life for our senior population.



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

CLAYTON COUNTY PARKS AND RECREATION & CLAYTON COUNTY SENIOR SERVICES PRESENT

Senior Adult Days
AGES 55 AND OLDER

Spivey Splash WATER PARK

FREE TO CLAYTON COUNTY RESIDENTS
I.D. REQUIRED

SWIM WEAR CONTEST
ENTERTAINMENT GAMES & MORE!

2-Days of Fun

NON-RESIDENTS: \$15

Monday, June 17, 2024
11 A.M. - 4 P.M.

Monday, August 26, 2024
11 A.M. - 4 P.M.

NO ADMISSION AFTER 3 P.M.

NO CHILDREN, GRANDCHILDREN, OR ANYONE UNDER 55 WILL BE PERMITTED.

NOTE: NO OUTSIDE FOOD OR BEVERAGES. CONCESSIONS AVAILABLE FOR PURCHASE.

CLAYTON Parks and Recreation

CLAYTON Senior Services

Spivey Splash Water Park 2300 Walt Stephens Road, Jonesboro GA 30236

CENTER INFORMATION

The Sonna Singleton Gregory Senior Center provides a variety of experiences to its members that includes educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

OUR STAFF

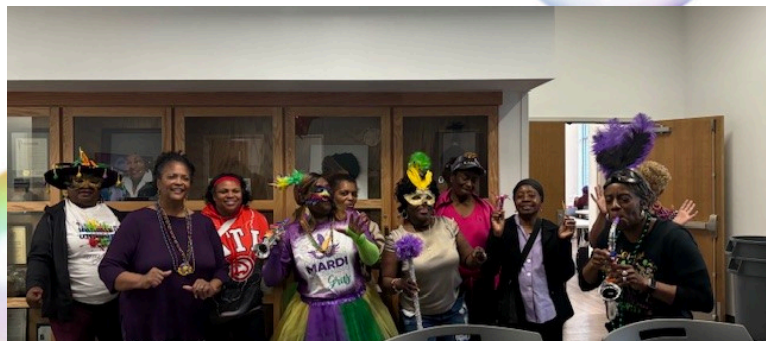
Center Manager.....Latunia Terrell
 Program Coordinator.....Toni Brown
 Administrative Secretary.....Yarumey Rose
 Health & Fitness Coordinator.....Nicholas Wilson
 Special Program Coordinator.....Vacant
 Congregate Site Coordinator.....Mokita Rials
 Office Assistant Senior.....Aretha Mattox
 Office Assistant.....Patricia Sims
 Office Assistant.....Darnell Walters
 Office Assistant.....Deloris Jefferson
 Office Assistant.....Mary Jones
 Program Aide.....Mary Cleveland
 Program Aide.....Cheryl Jacobs
 Program Aide.....Constance Scott
 Maintenance.....Brian Slaw
 Maintenance.....Claude Dixon
 Bus DriverHarvey Lovett

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 (Fourth of July)
Monday, September 2, 2024 (Labor Day)



HOURS OF OPERATION

Center Hours

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

Tuesday: 8 AM - 8 PM

Pool and Fitness Orientation

Tuesday: 2 PM

Friday: 10 AM

Open Pool and Lap Swim

Varies monthly depending on Aqua classes

Fitness Center

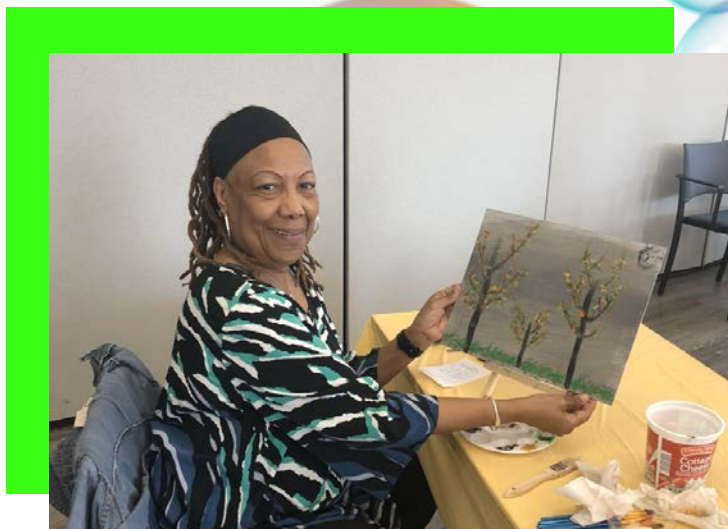
Monday, Wednesday, Thursday, Friday:
8:30 AM - 4:30 PM

Tuesday: 8:30 AM - 7:30 PM

Registration

Monday, Wednesday, Thursday, Friday:
8:30 AM - 4:30 PM

Tuesday: 8:30 AM - 7:30 PM



MEMBER SPOTLIGHT



DAVID MORGAN

David's level of service and volunteerism is admirable and inspiring; however, David's commitment doesn't stop there; he serves on the Sonna Singleton Gregory's Advisory Committee; he heads the Governance Committee. When he's not serving, David's passions include photography, cheering on his Atlanta sports teams and traveling with his wife Gail. David has volunteered a total of 111 hours (woohoo!!). Hats off to David and for all you do!

Sonna Singleton Gregory Senior Center would like to Spotlight member, David Morgan. David joined the Sonna Singleton Gregory Senior Center along with his wife Gail Morgan, August 2021. David is a man of strong faith; he has a heart of commitment to his family, and whatever he's set his mind to do. David gets a great deal of joy serving others. One of the ways his commitment to his Faith and Services shows up is through his instruction and facilitation of the class / workshop "Finding Yourself Through Meditation." Additionally, David serves as a Volunteer Instructor for the Sonna Singleton Gregory Photography Class (Flash Mob Camera).



MEET THE STAFF



Deloris Jefferson

Deloris Jefferson began working with Senior Services in November 2021 as an Office Assistant. The social activities are what she enjoys most about her job. Her advice to everyone is to enjoy what you do. Trying to keep track of all the activities for the day and the location of each one has been the most challenging for her. Deloris' proudest moment was her one-year anniversary and celebrating

the dedication of the new Center to the late Commissioner Sonna Singleton Gregory. **BUSY, INTERACTIVE, and HELPFUL** are the three words she uses to describe Senior Services.

What is one thing you cannot resist? *CHOCOLATE*
 Where is your favorite place to be? *ON AN ISLAND*
 Where is the best place you've traveled to and why?
HAWAII; THE ISLAND WAS SO TRANQUIL AND HAD SUCH A FRESH SMELL

Any favorite line from a movie? *ALL MY LIFE!*
(COLOR PURPLE)

If you could learn to do anything, what would it be? *PLAY THE PIANO*

If you won the lottery what is the first thing you would do? *I WOULD BE DEBT-FREE AND THEN FORM A FOUNDATION*

When you have 30 minutes of free time, how do you pass the time? *NAP*

What was the first concert you attended? *TEDDY PENDERGRASS*

What chore do you absolutely hate doing? *VACUUMING, HAVE HAD AN iROBOT FOR YEARS*

If you could meet anyone, living or dead, who would you meet? *MAYA ANGELOU*



CLASS REGISTRATION	Summer II	Fall I	Fall II
Registration Dates	7/29/24-8/16/24	9/9/24-9/27/24	10/21/24-11/8/24
Class Dates	8/12/24-9/13/24	9/23/24-10/25/24	11/4/24-12/12/24
Break Week	9/16/24-9/20/24	10/28/24-11/1/24	12/16/24-1/10/25

ACTIVITIES

Gullah Geechee	Wednesday, 7/17/24 1 PM - 2PM	FREE
Introduction to Choir	Thursday, 7/18/2024 3 PM - 4 PM	FREE
Pilates	Monday, 7/19/2024 10 AM - 11 AM	FREE
Preparing for Retirement	Thursday, 7/25/2024 11 AM - 1 PM	FREE
Music Workshop	Saturday, 7/27/2024 10 AM - 1 PM	FREE
First Aid CPR	Thursday, 8/8/2024 10 AM - 2 PM	\$20
Hypertension Awareness	Thursday, 9/5/2024 2 PM - 3 PM	FREE
Preparing for Disasters and Emergencies	Friday, 9/13/2024 10 AM - 11 AM	FREE
SNAP 101	Wednesday, 9/18/2024 10 AM - 11 AM	FREE
Medicaid/Medicare 101	Thursday, 9/19/2024 2 PM - 4 PM	FREE

SPECIAL EVENTS

Empowerment and Holistic Health Fair	Saturday, 8/3/2024 11 AM - 2 PM	FREE
A Night in Paris	Friday, 8/30/24 2 PM - 4 PM	FREE
Literacy Day Book Fair	Friday, 9/6/24 2 PM - 4 PM	FREE
National Senior Center Month	Friday, 9/20/24 2 PM - 4 PM	FREE
Sun Set Pool Party	Thursday, 9/26/2024 2 PM - 4 PM	FREE
Jazz on the Lawn	Friday, 10/4/2024 5 PM - 8 PM	FREE

TRIPS

Mall of Georgia	Tuesday, 7/2/2024 10 AM - 3 PM	\$5
Penelope's Peaches Orchard	Tuesday, 7/16/2024 9 AM - 3 PM	\$5
Governor's Mansion	Tuesday, 7/23/2024 9 AM - 3:30 PM	\$5
College Hall of Fame	Tuesday, 7/30/2024 11 AM - 4 PM	\$19
Lake Lanier	Tuesday, 8/6/24 10 AM - 4 PM	\$39
Sweet Water Creek	Tuesday, 8/20/2024 8:30 AM - 3:30 PM	\$5

AQUATIC CLASSES

Aqua Fit	Tilda Pittman	Mondays 10 AM - 11 AM	\$15
Aqua Fit	Tilda Pittman	Tuesdays 10 AM - 11 AM	\$15
Aqua Fit	Tilda Pittman	Tuesdays 6 PM - 7 PM	\$15
Aqua Sculpting	Beatrice Lynn	Thursdays 11:30 AM - 12:30 PM	\$15
Aqua Zumba	Janice Rodriguez	Wednesdays 10 AM - 11 AM	\$15
Swim Lessons Beginner	Warren St. James	Tuesdays 1:15 PM - 2:15 PM	\$17.50
Swim Lessons Intermediate	Warren St. James	Tuesdays 2:30 PM - 3:30 PM	\$17.50
Aqua Tai Chi	Warren St. James	Tuesdays 3:45 PM - 4: :45 PM	\$17.50
Aqua Cardio	Jasmine White	Mondays 1 PM - 2 PM	\$10

EXTRACURRICULAR ACTIVITIES

Expressions with Crafts	Mary Cleveland	Thursdays 1 PM - 2 PM	FREE
Chronic Pain	Rosalene King	Tuesdays 2:30 PM - 5 :00 PM	FREE
Loom Knitting	Zaida Arce	Wednesdays 2:30 PM - 3:30 PM	\$10
Quilting Beginner	Susan Mathieson	Tuesdays 10 AM - 12 :00 PM	\$20
Quilting Intermediate	Susan Mathieson	Tuesdays 1 PM - 3 PM	\$20
Spanish 101	Francis Candida	Mondays 2 PM - 3 PM	FREE
Spanish 2	Francis Candida	Mondays 3:30 PM - 4 :30 PM	FREE
Food Talk Better You	UGA Extension	Tuesdays 1 PM - 2 PM	FREE

FITNESS CLASSES

Crucial Cardio	Nicholas Wilson	Mondays 2:30 PM - 2:30 PM	\$10
Strength & Power	Nicholas Wilson	Tuesdays 8:30 AM - 9:30 AM	\$10
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Line Dance	Paulette Braggs	Mondays 2:30 PM - 3:30 PM	\$15
Line Dance	Paulette Braggs	Wednesdays 8:30 AM - 9:30 AM	\$15
Core and More	Nicholas Wilson	Thursdays 10 AM - 11 AM	\$10
Tai Chi	Warren St. James	Wednesdays 3:45 PM - 4:45 PM	\$20
Zumba	Charla Armstead	Tuesdays 6 PM - 7 PM	\$15
Cardio Kickboxing	Nicholas Wilson	Mondays 10 AM - 11 AM	\$10
Faith through Fitness	Beatress Lynn	Thursdays 10 AM - 11 AM	\$20
Silver Soul Sliders	Cheryl Jacobs	Thursdays 2 PM - 3 PM	\$10
Yoga For Mobility	Nasirah Denisse	Mondays 3 :45 PM - 4 :45 PM	\$20



The Advisory Board acts as an advocate for seniors, and assists in publicizing all Senior Center activities including but not limited to, acquiring financial and/or in-kind donations for activities and programs.



The Advisory Board hosts BINGO the first and third Tuesday of each month from 4 PM - 6 PM.

ADVISORY BOARD

VOLUNTEER PROGRAM

Sonna Singleton Gregory is on the move and doing great things on behalf of our center. If you would like to be a volunteer, please contact our Volunteer Coordinator at 770-347-0340. Thanks for all you do!



CLUBS & GROUPS

The Sonna Singleton Gregory Senior Center offers a variety of clubs for our members to join. Register online at www.myactivecenter.com to participate.

AVAILABLE CLUBS & GROUPS

- Page Turners Book Club
- PositiviTEA
- Red Hatters
- FOCUS Table Talk
- Flash Mob Photography Club
- Ready, Set, Go! Walk/Run Club
- The Singletons: A Singles Social Group
- Men's Focus Group: MAN CAVE
- Sophisticated Ladies, Women's Social Club



SONNA'S TALENT SHOWCASE



SONNA'S TALENT SHOWCASE

Sonna's Talent Showcase was an event where members had a chance to share various performance talents. Members showcased talents of theatre, musical, oratorical and physical expressions. There were line dancers, poets, saxophonist, musicians, songstresses and many more.

The atmosphere was nostalgic as participants entertained the audience. Among the performers were Bernie Tolbert who played the saxophone. Linda Jones recited an original piece of her own. Joanne Lindsey blew the audience away with her sultry voice. Rose Noble graced us on the keyboards and Maryann Hudson silenced the audience with an acapella number. Last but not least was the Center Comedian, Francina Camp, who left us speechless. It was an evening to remember and fun had by all.



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
COUNTY • GEORGIA
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

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



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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		
<i>For Seniors 55+</i>		
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		
<i>For Caregivers, Grandparents, and Youth - Teens</i>		
KINSHIP CARE RESOURCE CENTER	(770) 473-5788	849 Battle Creek Road, Jonesboro
FLINT RIVER COMMUNITY CENTER		
Flint River Community Center	(770) 347-0370	153 Flint River Road, Riverdale
<i>For Youth, Teens, Adults, and Seniors</i>		
AGING PROGRAM		
<i>For Seniors 55+</i>		
Aging Program	(770) 603-4050	877 Battle Creek Road, Jonesboro

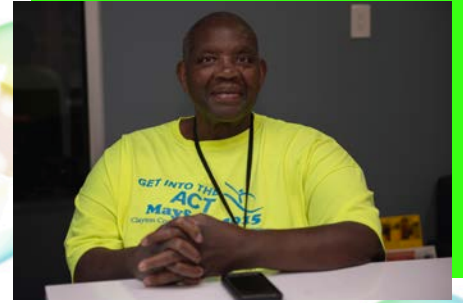
Our mission is to deliver services and programs that promote independence, dignity, and enhance the quality of life while providing a safe and caring environment for older adults, relative caregivers, youth, teens, adults, and families.



SENIOR SERVICES ADMINISTRATION

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

Tori Strawter-Tanks
Melissa Myers-Bristol
Kendra Shepard
Tonette White
Mai Toussant
Darius Booker
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