

TALK OF THE CENTER

2024
OCT - DEC

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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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.....Vacant
 Health & Fitness Coordinator.....Anton Ford
 Special Program Coordinator.....Vacant
 Congregate Site Coordinator.....Erika Dixon
 Office Assistant Senior.....Mary Butler
 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.....Robert Thomas
 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:
8:00 AM - 4:45 PM

Thursday: 8:00 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, November 28, 2024

Friday, November 29, 2024

Tuesday, December 24, 2024

Wednesday, December 25, 2024



Linda Dudley

Interactive Pet Winners



Mary Jackson



CLASS REGISTRATION	Fall I	Fall II	Winter I
Registration Dates	9/9/24 - 9/27/24	10/21/24 - 11/8/24	12/16/24 - 1/3/25
Class Dates	9/23/24 - 10/25/24	11/4/24 - 12/13/24	1/6/25 - 2/7/25
Break Week	10/28/24 - 11/1/24	12/16/24 - 1/10/25	2/10/25 - 2/14/25

ACTIVITIES

Knee and Ankle Strengthening Class	October 1, 2024	FREE
Family Feud	October 10, 2024	FREE
Scams Targeting Seniors	November 5, 2024	FREE
Diabetes Awareness	November 12, 2024	FREE
Aromatherapy for Seniors	November 14, 2024	FREE
Billiards Tournament	November 14, 2024	FREE
Movie & Popcorn	December 5, 2024	FREE
The Ugly Sweater Contest	December 11, 2024	FREE
Aging in Place	December 12, 2024	FREE

SPECIAL EVENTS

Fitness Workshop/Push Harder	October 11, 2024	FREE
FBSC Annual Health Fair	October 16, 2024	FREE
Fall Festival	October 18, 2024	FREE
Jazz on the Lawn	October 31, 2024	FREE
Light It Up Pool Party	November 1, 2024	FREE
Veterans Day Program	November 8, 2024	FREE
A Christmas Party "Merry Mingle"	December 7, 2024	\$15

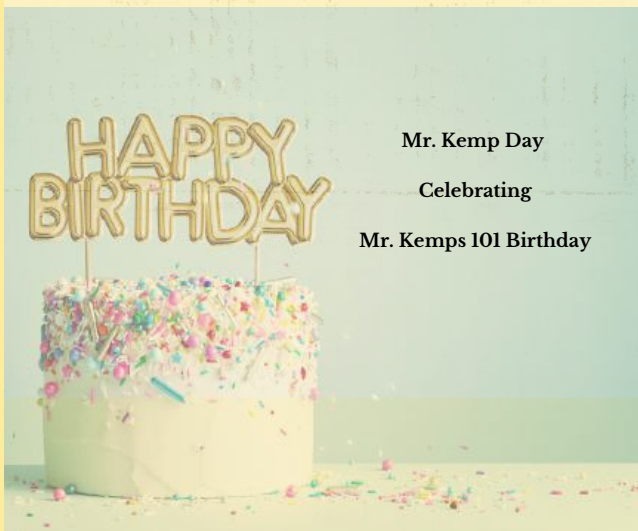


Craft activities are among the most senior-friendly DIY project that can help keep seniors active and healthy. Studies also reveal that conceptual art can boost the cognitive abilities of an aging brain. That makes arts and crafts helpful for seniors.



TRIPS

Fun at Andretti's	October 2, 2024	\$5
Je Ju Spa & Sauna	October 4, 2024	\$5
Center for Puppetry Arts	October 9, 2024	\$14.50
Ponce City Market	October 16, 2024	\$5
Tinseltown Cinemark Movies	November 6, 2024	\$5
Peachtree Flea Market	November 20, 2024	\$5
Lunch at Paschal's Restaurant	December 4, 2024	\$5
Arts Clayton Gallery	December 18, 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
Water Sculpting	Beatress Lynn	Wed 10:00-11:00 am	\$20

EXTRACURRICULAR ACTIVITIES

Beginner's Arts and Craft Class	Jada Thomas	Monday 10:00 am - 11:00 pm	FREE
Sculpting with Clay	Lynda Moore	Tuesday 12:00 - 2:30 pm	\$100
Basic Computers & Keyboarding	Chrissia Belton	Wednesday 2:00 - 3:00 pm	\$30
Jewelry Making	Arlene Benford	Thursday 1:00 - 4:00 pm	\$35

FITNESS CLASSES

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

“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 Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the Frank Bailey Senior Center. They offer valuable advice, make key recommendations, plan engaging programs, spearhead fundraising efforts, and provide ongoing support to ensure our center continues to thrive.

Advisory Board Officers

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

VOLUNTEER PROGRAM

The volunteer program at Frank Bailey supports members in sharing their talents, learning new skills, and enhancing their quality of life. We understand the challenges of stress, loneliness, social isolation, and depression, but by joining our program, they can also connect with new people and feel genuinely valued.

If you would like to be a volunteer and help carry out our mission at our center, please contact our Office Assistant Senior, Mary Butler, at [770-347-0240](tel:770-347-0240)



Meeting Dates: October 8, 2024, November 12, 2024 and December 10, 2024
Meeting Times: 2:00 PM - 3:00 PM

CLUBS & GROUPS



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



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Senior Services

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

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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.



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



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Jonesboro, GA 30236



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CENTERS' INFORMATION

SENIOR SERVICES CENTERS

For Seniors 55+

FRANK BAILEY SENIOR CENTER

J. CHARLEY GRISWELL CENTER

SONNA SINGLETON GREGORY SENIOR CENTER

OFFICE NUMBER

(678) 479-5505

(770) 477-3499

(770) 347-0340

LOCATION

6213 Riverdale Road, Riverdale

2300 Highway 138, Jonesboro

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

Flint River Community Center

For Youth, Teens, Adults, and Seniors

(770) 347-0370

153 Flint River Road, Riverdale

AGING PROGRAM

For Seniors 55+

Aging Program

(770) 603-4050

877 Battle Creek Road, Jonesboro

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
Cultural Arts Administrator
Office Administrator, Senior
Signature Events Coordinator

Tori Strawter-Tanks
Melissa Myers-Bristol
Kendra Shepard
Tonette White
Mai Toussant
Aretha Mattox
Toni Freeman
Omari Jones
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