

J. CHARLEY GRISWELL CENTER

2300 Highway 138, Jonesboro, GA 30236

2024

October - December

TALK OF THE *Center*



BILLIARDS ROOM

AQUATICS

AMENITIES

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 *Revamp* Revitalize



Welcome

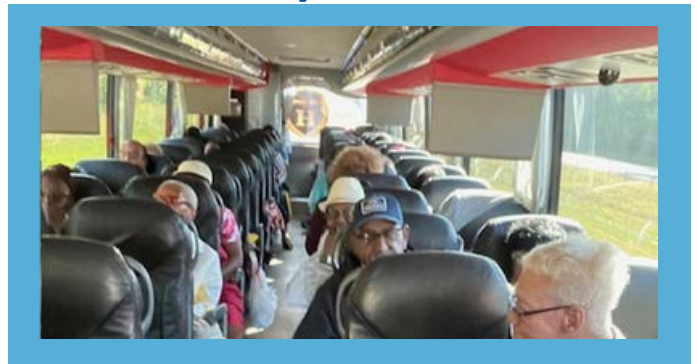
The J. Charley Griswell Senior Center opened its doors August 2006 and is a division of the Clayton County Senior Services Department. Our goal is to deliver services and programs that promote independence and dignity and enhance the quality of life while providing a safe and caring environment for older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

We are extremely proud to have you join the J. Charley Griswell Senior Center family and look forward to your participation in our programs, events, classes, and more!

We welcome you!



GRISWELL COMMUNITY

At Griswell, we highly value the active participation of our members in every program, which makes our community so special. We hope you continue to have a great time with your Griswell family.





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

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

CENTER CLOSURES



- Thanksgiving Day – Thursday, November 28, 2024**
- Thanksgiving Holiday – Friday, November 29, 2024**
- Christmas Break– Tuesday, December 24, 2024**
- Christmas Holiday – Wednesday, December 25, 2024**

Registration Hours

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

REGISTRATION

FALL I

REGISTRATION

SEPTEMBER 10, 2024 – SEPTEMBER 27, 2024

CLASSES

SEPTEMBER 23, 2024 – OCTOBER 25, 2024

BREAK WEEK

SEPTEMBER 16, 2024 – SEPTEMBER 20, 2024

FALL II

REGISTRATION

OCTOBER 21, 2024 – NOVEMBER 8, 2024

CLASSES

NOVEMBER 4, 2024 – DECEMBER 13, 2024

BREAK WEEK

DECEMBER 16, 2024 – JANUARY 10, 2024

WINTER I

REGISTRATION

DECEMBER 16, 2024 – JANUARY 5, 2024

CLASSES

JANUARY 6, 2024 – FEBRUARY 7, 2024

BREAK WEEK

FEBRUARY 10 2024 – FEBRUARY 14, 2024

SPECIAL EVENTS

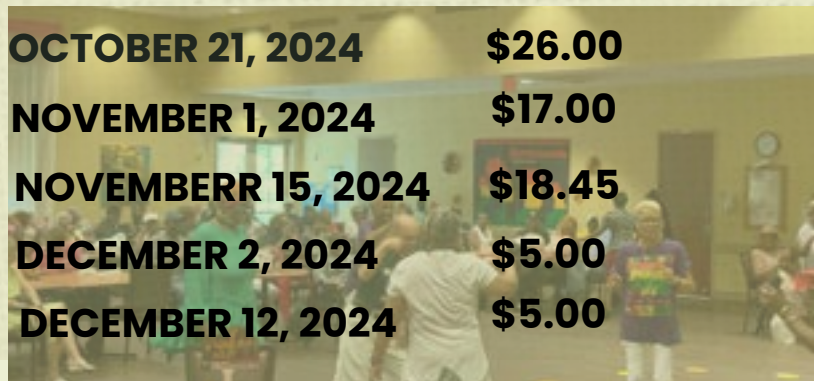
	DATE	ADMISSION
Breast Cancer Celebration	OCTOBER 01,2024	Free
Griswell Oktoberfest	OCTOBER 02,2024	Free
Fall Walk	OCTOBER 04,2024	Free
Aqua Games	OCTOBER 17,2024	Free
Veteran Day Commemoration	NOVEMBER 07,2024	Free
Thanksgiving Luncheon	NOVEMBER 21,2024	Free
A Vegas Christmas	DECEMBER 06, 2024	Free
Bridge Tournament	DECEMBER 10, 2024	Free
Annual Christmas Concert	DECEMBER 11, 2024	Free

ACTIVITIES

	DATE	ADMISSION
Spelling Bee Tournament	OCTOBER 07,2024	Free
Healthy Gut	OCTOBER 21,2024	Free
Gourmet Cooking	OCTOBER 25,2024	Free
Fall Prevention	NOVEMBER 04,2024	Free
Crochet Christmas Decor	NOVEMBER 05,2024	Free
Griswell Show and Tell	NOVEMBER 12,2024	Free
Kwanza Celebration	DECEMBER 17,2024	Free

TRIPS

	DATE	ADMISSION
The Studio Cafe by Hanna Brother	OCTOBER 10, 2024	\$5.00
College Football Hall of Fame	OCTOBER 21, 2024	\$26.00
Delta Flight Musuem	NOVEMBER 1, 2024	\$17.00
Pin Strikes Bowling	NOVEMBERR 15, 2024	\$18.45
Mall of Georgia	DECEMBER 2, 2024	\$5.00
Noveau	DECEMBER 12, 2024	\$5.00



AQUATIC CLASSES

AVAILABLE

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

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
- Free

FITNESS CLASSES

AVAILABLE

- Yoga
- Good Time for good Health
- Line Dance Beg. Wed.
- Line Dance Beg. Thur.
- Line Dance
- Intermediate/Advanced
- Stay Cool Stay Fit Low impact

ADMISSION

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

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
- Griswell Book Club
- Urban Survival

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
- Free
- \$20 Per 5 Weeks / \$24 Per 6 Weeks

“Aging is an extraordinary process where you become the person you always should have been.”

—David Bowie—



ADVISORY BOARD

The Advisory Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the J. Charley Griswell 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.

Your membership must be current to participate.

UPDATES

Meetings will be held on the first Wednesday of the every month.



UPCOMING EVENTS

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

VOLUNTEER PROGRAM

The volunteer program at Griswell 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 Administrative Secretary, Audrey, at **770-477-3499**.

AVAILABLE CLUBS & GROUPS

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

Register online at www.myactivecenter.com or in person to participate.

SPOTLIGHT



Jerry Lane

My name is Jerry Lane, and I grew up in the bustling city of New York, where I shared my childhood with three brothers, two of whom have unfortunately passed away and three beloved sisters. After some time, my journey led me to New Jersey. I am blessed to be married to my wonderful wife, and together, we have been blessed with a beautiful family of five children, who have given us the joy of seventeen grandchildren and seven adorable great-grandchildren. It's been quite the adventure! Following a fulfilling career, I retired from the Newark Police Department and settled in Georgia in 2010. Since then, I have proudly served as the president of the National Pinochle Association, a role that connected me with over a thousand passionate members. We share a common love for the game and a bond beyond the cards we play.

Moreover, I have been an active Griswell and Frank Bailey Senior Centers member since 2010. These centers are unique in my heart as they provide a vibrant and welcoming community. The wide array of activities, delectable food offerings, and reasonable prices have made it a true haven for me. The staff at the center are simply exceptional, contributing to an atmosphere that feels just like home. Visiting the center is always a delightful experience as I cherish the fellowship with friends and the opportunity to engage in friendly pinochle games. The members of our community all share in the joy of the activities held at the center, and I am constantly impressed by the dedication and care provided by the staff. This center is indeed the best-kept secret in Clayton County.

Griswell HIGHLIGHTS



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

Eat well. Live better.




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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OUR SERVICES



MEDICARE HEALTH PLANS

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



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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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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.

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 and 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	Tori Strawter-Tanks
ASSISTANT DIRECTOR	Melissa Myers-Bristol
DEPUTY ADMINISTRATOR SENIOR CENTERS	Kendra Shepard
DEPUTY ADMINISTRATOR FINANCE	Tonette White
ADMINISTRATIVE SECRETARY	Aretha Mattox
SIGNATURE EVENTS COORDINATOR	Brandi Rucker
OFFICE ADMINISTRATOR	Christie Essien
OFFICE MANAGER	Mai Toussant
ADMINISTRATIVE COORDINATOR	Toni Freeman
CULTURAL ARTS ADMINISTRATOR	Omari Jones



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 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.



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Senior Services

