

TALK OF THE CENTER



2024
OCTOBER - DECEMBER

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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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
 Bus DriverHarvey Lovett

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

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 (Thanksgiving Day)

Friday, November 29, 2024 (Thanksgiving Holiday)

Tuesday, December 24, 2024 (Christmas Break)

Wednesday, December 25, 2024 (Christmas Holiday)



SONNA SINGLETON GREGORY 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 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!

MEMBER SPOTLIGHT



COLLEEN THOMAS

Colleen is more than a familiar face here at Sonna Singleton Gregory; she can be found volunteering at many programs, center events, and community events. Colleen worked 37 years for the United Cerebral Palsy (USP) caring for patients and tending to their everyday needs. Her smile is as bright as her love for dancing, reggae music, and warming the hearts of others with her kind spirit. She loves spending time with her granddaughter, taking road trips, and binge-watching crime mystery shows. Colleen always brings a positive spirit and great energy. Thank you Colleen for all you do!

Sonna Singleton Gregory Senior Center would like to Spotlight member, Colleen Thomas. Colleen joined the Sonna Singleton Gregory Senior Center in June of 2021. Migrating from Jamaica at the young age of 12, Colleen considers herself to be a native New Yorker. After retiring Colleen moved to Georgia, for the slower pace and relaxation; she found the community here to be welcoming and friendly, with lots of opportunities, and has since remained a part of it. Colleen began volunteering at Sonna Singleton Gregory Senior Center in August of 2022 and has accumulated several volunteer hours (woohoo!!)



MEET THE STAFF



Mary Cleveland began working with Senior Services in October 2020 as a Program Aide. There are a variety of things that she enjoys about her job. The one piece of advice Mary would give every employee of Senior Services is to find something you like to do and expand on it to the fullest. The drive to the center is the most challenging for Mary because of the distance. But the Staff and Members make it all worth it.

Mary Cleveland

Mary's proudest moments are when the events she's visualized planned and organized go off with minimal hitches and are well received by the Members and Staff. The three words Mary uses to describe Senior Services are ACTIVE, ENGAGING, and SOCIAL

What is one thing you cannot resist?

"Dessert, so I usually stay away from it."

Where is your favorite place to be?

"The Library. I know, ew, but I love searching the shelves and reading."

What is the best place you've traveled to and why?

"Hawaii. I took a Circle Island tour of the island of Oahu for one of my excursions. The landscape varied from beach and mountains. We made several stops that included the Pearl Harbor Memorial, cliff diving, Volcanic Beach, pearl divers, a drive by King Kamehameha stature across from the Lolani place and more."

Tell us something that might surprise us about you.

"I windsurfed and dove off of a ferry in Bermuda."

If you could choose anyone, who would you pick as your mentor?

"I could up my tennis doubles game with Martina Navratilova and service from Roddick or Serna Williams."

If you could learn to do anything, what would it be?

"I would like to learn how to converse in Spanish or play another instrument."

If you won the lottery, what is the first thing you would do?

"I would pay off all my bills before dividing funds among family and spend on other interest."

What's your favorite indoor/outdoor activity?

"My favorite outdoor activity is doing anything that has me engaged with or in nature."

What is the first concert you attended?

"Brass Construction/The Commodores featuring the O'Jays concert."

What chore do you absolutely hate doing?

"Cleaning..."



CLASS REGISTRATION	Fall I	Fall II	Winter I
Registration Dates	9/ 11-27 /24	10/23 - 11/8 /24	12/18/24- 1/3/25
Class Dates	9/23 - 10/25/24	11/4 - 12/13 /24	1/6 - 2/7 /25
Break Week	10/28 - 11/1/24	12/16/24 - 1/10/25	2/ 10/14 /25

ACTIVITIES

Hispanic Culture	Thursday, 10/10/24 11:00 AM - 12:00 PM	FREE
Local, State and Federal Benefits	Tuesday, 10/15/2024 2:00 PM - 3:00 PM	FREE
Cricut 101	Wednesday, 10/16/2024 1:30 PM - 2:30 PM	FREE
Importance of Mobility With Age	Friday, 10/18/2024 2:00 PM - 3:00 P<	FREE
Sip and Paint	Monday, 10/21/2024 2:00 PM -3 :00 PM	FREE
Drama Workshop	Tuesday, 10/29/2024 2:00 PM - 3:00 PM	FREE
Economic Security	Tuesday, 11/19/2024 10:00 AM - 11:00 AM	FREE
Guided Meditation	Friday, 11/22/2024 10:00 AM - 11:00 AM	FREE
Mock-tails and Masterpieces	Friday, 12/6/2024 1:00 PM - 3:00 PM	Free
Fire Safety	Wednesday, 12/11/2024 2:00 PM - 3:00 PM	FREE

SPECIAL EVENTS

Dance In Pink	Friday, 10/11/2024 2:00 PM - 4:00 PM	FREE
Country Dancing and Bake-off	Saturday, 11/9/2024 10:00 AM - 12:00 PM	FREE
Celebrating Men of Substance	Friday, 11/15/2024 5:00 PM - 8:00 PM	FREE
“A Trim The Tree”, Christmas in Wonderland Dance	Saturday, 12/16/2024 6:00 PM - 10:00 PM	\$15.00

TRIPS

CMX Cinebistro Peachtree Corners	Tuesday, 8/27/2024 10:00 AM - 4:00 PM	\$5.00
Katch Kitchen	Tuesday, 9/17/2024 4:00 PM - 8:00 PM	\$5.00
Atlanta Braves v. Mets	Tuesday, 9/24//2024 4:30 PM - 11:30 PM	\$42.00
Lips, Glitz Glam	Friday, 9/27/2024 6:00 PM - 10:00 PM	\$53.00
Krog Street Market	Tuesday, 10/8/2024 10:00 AM - 3:30 PM	\$5.00
Silverspot Movie Theatre	Tuesday, 10/22/2024 12:00 PM - 5:00 PM	\$5.00

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 2:00 PM -3:00 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
Strength & Power	Nicholas Wilson	Thursdays 8:30 AM - 9:30 AM	\$10
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
Silver Soul Sliders	Cheryl Jacobs	Fridays 9:30-10:30	\$10
Yoga For Mobility	Nasirah Denisse	Mondays 3 :45 PM - 4 :45 PM	\$20



The Advisory Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the Sonna Singleton Gregory 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.



The Advisory Board hosts BINGO the first 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

ALOHA SUNSET LUAU



ALOHA SUNSET LUAU

Sonna Singleton Gregory Senior Center had one of its most festive experiences with The Aloha Sunset Luau as we took a visit to the Hawaiian Islands. The night featured lively and vibrant music as members danced at the set of the sun. Food at the luau was diverse with Polynesian flavors.

The atmosphere was that of nostalgia and tropical in its mood. There were vibrant colors of turquoise, lime green, bright yellow, fuchsia and orange that filled the room to enhance the vibrant themed atmosphere. Men wore tropical shirts as women graced us with an array of tropical sundresses, maxi dresses and yes even grass skirts. Lei's were given to participants as they entered the tropical oasis. Members as always had fun and enjoyed the getaway as if it was truly a Hawaiian vacation.





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




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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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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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

Aretha Mattox

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