

# TALK OF THE CENTER

## Cultural Arts Center

Home of the Black Box Theater



Where the World Lands  
and Opportunities  
Take Off

## Intergenerational Center Quarterly Newsletter

Inside this Session's issue:

Center Information

Registration

Upcoming Events & Classes

Advisory Board, Volunteers, Groups

And more...



# CENTER INFORMATION

The Flint River Community Center provides an array of classes, programs, and services for multiple generations. Programs are designed for all ages and family groups to engage and participate together.

## CENTER AMENITIES

- Multipurpose rooms
- Fitness Center
- Game Room
- Billiards Room
- Teaching Kitchen
- Auxiliary Basketball Court
- Black Box Theater

## CENTER MANAGER

**Brittany Brown** Office: (770) 347-0371  
Email: [brittany.brown@claytoncountyga.gov](mailto:brittany.brown@claytoncountyga.gov)

## FLINT RIVER BOYS & GIRLS CLUB

**Executive Director - Michael Maxwell**  
Hours: 2:30pm - 8:00pm Office: (770) 347-0373  
Website: [bgcma.org/club/flinriver/](http://bgcma.org/club/flinriver/)

## CENTER CLOSURES

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

## HOURS OF OPERATION

### **Center Hours:**

Monday - Friday: 8:00am - 9:00pm  
Saturday: 9:00am - 6:00pm

### **Fitness Center**

Monday - Friday: 8:00am - 8:30pm  
Closed daily from 1:00pm - 2:00pm

### **Pool & Fitness Orientation:**

Wednesday: 1:00pm & 6:00pm

### **Splash Pad:**

Monday - Friday: 9:00am - 8:00pm  
Saturday: 10:00am - 5:00pm

### **Basketball Open Court Hours:**

#### **Monday & Friday**

All Ages 10:00am - 1:30pm  
Youth 5:00pm - 6:00pm  
Adult 6:00pm - 8:30pm

#### **Wednesday**

All Ages 11:30am - 1:30pm  
Youth 5:00pm - 6:00pm  
Adult 6:00pm - 8:30pm

#### **Tuesday & Thursday**

Senior 12:00pm - 2:00pm

#### **Saturday**

Youth 2:00pm - 3:00pm  
Adult 3:00pm - 5:30pm

**\*Youth Ages 5-12/ Adult Ages 18+**

**\*Seniors 55+**

# FLINT RIVER COMMUNITY CENTER



## WELCOME

Clayton County Senior Services Department mission is 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. Programs emphasize health and wellness, including screenings, exercise programs, nutrition, education, and field trips for multiple generations.

Flint River Community Center opened its doors in March of 2021. Located on a 21-acre site on Flint River Road, the Flint River Community Center was a collaborative project between the Department of Senior Services and Parks and Recreation.

Flint River Community Center provides recreation and activities for multiple generations. The center features a games room, fitness center, multipurpose gymnasium, and an outdoor splash pad. Flint River Community Center showcases, for the first time in Clayton County, a "Black Box Theater" designed for live performances with flexible staging and seating.

We are honored to have you as a member of the Flint River family! We look forward to your participation in our programs, events, classes, and more! We welcome you!

## QUOTE



*"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes."  
—Andrew Carnegie*

# SPECIAL EVENTS

<u>EVENT NAME</u>	<u>DEMOGRAPHIC</u>	<u>DATE/TIME</u>	<u>FEE</u>
BREAST CANCER WALK	FAMILY	SAT. 10/12/2024 11:00AM – 1:00PM	FREE
TRUNK OR TREAT HALLOWEEN PARTY	FAMILY	THURS. 10/31/2024 6:00PM – 8:00PM	FREE
VETERANS DAY CELEBRATION BREAKFAST	SENIORS & ADULTS	MON. 11/11/2024 10:00AM – 12:00PM	FREE
THE LOVE CONNECTION GAME	SENIORS	WED. 11/13/2024 6:00PM – 8:30PM	FREE
SOUL TRAIN THANKSGIVING	SENIORS	FRI. 11/15/2024 5:00PM – 8:00PM	\$15.00
POLAR EXPRESS CHRISTMAS CELEBRATION	FAMILY	WED. 12/11/2024 6:00PM – 8:00PM	FREE
KWANZAA DINNER & CELEBRATION	SENIORS	FRI. 12/13/2024 6:00PM – 9:00PM	\$15.00



# REGISTRATION

## FALL SESSION I

### REGISTRATION

SEPTEMBER 12, 2024 - SEPTEMBER 27, 2024

### CLASSES

SEPTEMBER 23, 2024 - OCTOBER 25, 2024

### BREAK WEEK

SEPTEMBER 16, 2024 - SEPTEMBER 20, 2024

## FALL SESSION II

### REGISTRATION

OCTOBER 24, 2024 - NOVEMBER 8, 2024

### CLASSES

NOVEMBER 4, 2024 - DECEMBER 6, 2024

### BREAK WEEK

OCTOBER 28, 2024 - NOVEMBER 1, 2024

# FITNESS CLASSES

## CLASS NAME

YOGA W/NASIRAH

CHAIR BODY WORKS W/CHARLENE

MARTHA'S BEGINNERS LINE DANCE

MARTHA'S BEGINNERS LINE DANCE

LAND ARTHRITIS 101 W/ISAAC

SALSA W/ MR. BEN

TAEKWONDO W/MASTER RILEY

TAI CHI W/HELEN

GOOD TIMES FOR GOOD HEALTH

FITNESS ROOM TRAINING W/ISAAC

## DATE/TIME

TUE. @10:30AM

THURS. @9:00AM

THU. @ 10:30AM

THU. @ 6:00PM

WED. @ 2:15PM

WED. @ 6:30PM

TUES. @6:00PM

TUES. @1:00PM

WED. @10:30AM

MON. @1:00PM

## CLASS FEE

\$20

\$15

\$15

\$15

FREE

\$20

\$20

\$15

FREE

FREE

## CLASS NAME

SENIOR TONE W/KRYSTAL

STRETCH & FLOW W/LOIS

STRETCH & FLOW W/LOIS

STRETCH & FLOW W/LOIS

ZUMBA GOLD W/RHONDA

ZUMBA W/RHONDA

ZUMBA W/RHONDA

SWEAT BY SHEA

SWEAT BY SHEA

SILVER FOX WALKERS

PICKLEBALL

PICKLEBALL

## DATE/TIME

TUE. @ 9:00AM

TUE. @ 5:45PM

WED. @ 5:00PM

THU. @ 9:00AM

MON. @ 12:00PM

MON. @ 6:30PM

FRI. @ 6:30PM

THURS. @7:00PM

FRI. @9:00AM

TUE./THURS. @9:00AM

TUES. @5:30PM

WED. @8:00AM

## CLASS FEE

\$10

\$15

\$15

\$15

FREE

\$10

\$10

\$15

\$15

FREE

FREE

FREE

Prices are subject to change depending on the amount of weeks in the class session.

## YOUTH PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Apron Craft	10/7/24	4pm-5pm	Free
French Flair	10/10/24	4pm-5pm	Free
Youth Four Squares	10/16/24	4pm-5pm	Free
S.T.E.M. Kanoodle	11/8/24	5pm-6pm	Free
Design with Canva	12/4/24	3pm - 4pm	Free

## TEEN PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
National Scholarship	11/8/24	5pm-6pm	Free
Teen Fitness Bingo	11/18/24	5pm-6pm	Free
Scrub & Self-Care DIY	11/19/24	5pm-6pm	Free
A Poppin Chinese New Year	12/9/24	5pm-6pm	Free
Adobe Class	12/11/24	5pm-6pm	Free

## ADULT PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
International Day of Non-Violence	10/2/24	3:30pm-4:30pm	Free
Publisher Tutorial	10/16/24	3:30pm-4:30pm	Free
Carbohydrates & You	10/23/24	3:30pm-4:30pm	Free
Sip & Paint	11/6/24	3:30pm-4:30pm	Free
Coping w/Stress During the Holidays	12/2/24	3:00pm-4:00pm	Free

## SENIOR PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Family Feud	10/8/24	11am-12pm	Free
Money Management	10/15 /24	11am - 12pm	Free
Badminton 101	10/24/24	11am-12pm	Free
Thai Cooking Class	11/18/24	11am-12pm	Free
Inner Child Collage	11/21/24	12pm-1pm	Free
Microsoft Word	Every 1st Monday	10am-11am	Free
Cellphone 101	Every 2nd Monday	10am-11am	Free
Monday Madness Bingo	Every 4th Monday	2pm-3:30pm	Free
Craft Creations	Every 1st Wednesday	11am-1pm	Free
Chat & Chew	Every 3rd Monday	12pm-1pm	Free
Paint With Me	Every 3rd Tuesday	10am-11am	Free

## FAMILY PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Rob the Nest	10/3/24	5pm-6pm	Free
Child Support Awareness	10/4/24	3:30pm-4:30pm	Free
Foil Art Project-Jewel Bugs	10/5/24	11am-12pm	Free
Cybersecurity Awareness	10/9/24	3:30pm-4:30pm	Free
Where is Singapore?	10/15/24	4pm-5pm	Free
National Wellness Month	11/15/24	5pm-6pm	Free
National Accessory Day	11/22/24	5pm-6pm	Free
National Mississippi Day	11/30/24	4pm-5pm	Free
Decoration Christmas Treat	12/11/24	2pm-3pm	Free

## INTERGENERATIONAL PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
National Child Identity Theft Awareness	10/25/24	3:30pm-4:30pm	Free
Japan Cultural Day	11/4/24	5pm -6pm	Free
Volleyball Mix n' Match	11/6/24	3pm-4pm	Free
World Literacy Day	11/11/24	11am-12pm	Free
Whirl in the Land of China	11/12/24	4pm-5pm	Free
PJ's & Pancakes	11/12/24	5pm-6pm	Free
Movie Night	11/20/24	6:30pm-7:30pm	Free
Indoor Scavenger Hunt	12/16/24	3:30pm-4:30pm	Free

*"Happiness is not something ready-made. It comes from your own actions." —Dalai Lama*





## EVIDENCE BASED CLASSES

<u>CLASS NAME</u>	<u>DATE/TIME</u>	<u>CLASS FEE</u>
DIABETES PREVENTION CLASS	TUESDAYS @5:30PM	REGISTRATION ENDED





# TRIPS

TRIP NAME	DATE	TIME	FEE
Wind Creek Casino Atmore	10/24/24	8:00am - 5:00pm	\$20.00
Atlanta Opera	11/5/24	3:00pm - 10:00pm	\$60.00
Blue Ridge Scenic Railway	11/14/24	8:00am - 6:00pm	\$60.00
World of Coke	11/19/24	10:00am - 4:00pm	\$21.00
Cirque Du Soleil Twas the Night Before....	12/4/24	10:00am - 4:00pm	\$50.00
Holidays at the Georgia Aquarium	12/9/24	11:00am - 4:00pm	\$30.00
Mall of Georgia	12/11/24	10:00am - 4:00pm	\$5.00



## ADVISORY BOARD

### PURPOSE

The purpose of the Advisory Board is to act on behalf of Flint River Community Center by providing advice, making recommendations and assisting the center staff in planning, developing, and implementing programs.

### ADVISORY BOARD OFFICERS

Joyce Chase, President  
Tira Jones, Vice President  
Rebecca Tavernier, Secretary  
Alice Carter, Treasurer

## VOLUNTEER PROGRAM

### ABOUT

The mission of the volunteer program is to assist Senior Services to deliver services and programs that promote independence, dignity, and enhances the quality of life while providing a safe and caring environment. If you would like to be a volunteer at our center, please contact our Administrative Secretary at **770-347-0372**.

### MEETING DATES

OCTOBER 21, 2024  
NOVEMBER 18, 2024  
DECEMBER 16, 2024

*Meetings are held monthly on the third Monday at 6:00pm*

## CLUBS & GROUPS

AVAILABLE CLUBS	MEETING DATES	TIME
Red Hatters	1st Thursday of Every Month	12:00pm - 1:00pm
What's Happening Flint/ Birthday Social	Monday, October 21, 2024	6:00pm - 7:00pm
Silver Fox Walker's	Tuesdays & Thursdays	6:00pm - 8:00pm
Men's Focus Group	2nd Tuesday of Every Month	6:00pm - 7:30pm
Veteran's Series presented <i>by Care &amp; Give Back to Seniors</i>	3rd Thursday of Every Month	1:00pm - 2:00pm
Teen Girl's Group	2nd Thursday of Every Month	6:00pm - 7:00pm
FRCC Choir	Mondays Fridays	12:00pm & 6:00pm 7:00pm - 8:00pm

# FLINT RIVER COMMUNITY CENTER BLACK BOX THEATER



## RENT THE BLACK BOX THEATER FOR YOUR UPCOMING EVENTS

Theatrical Performances

Concerts

Musical Performance

Dance Recital

Auditions

Photo Shoot

Art Exhibits

Filming/Video Shoot

Wedding Ceremony

## ABOUT

The Flint River Community Center Black Box Theater is a small-size community theater where we provide seasons of family friendly, and though provoking shows for all ages, race, and gender. The theater can host up to 150 seated guests and 160 standing.



## CONTACT

For a tour or more information,  
call (770)347-0370 or email  
[BlackBoxTheater@claytoncountyga.gov](mailto:BlackBoxTheater@claytoncountyga.gov)

# Flint River Community Center Black Box Theater Presents “Fall Fest 2024”

## Motown Philly Experience

Friday, September 27, 2024  
7:00 PM - 9:00 PM

Reserved Seating .... \$30.00  
General Admission .... \$20.00



## The Comedy Experience

Friday, October 25, 2024  
7:00 PM - 9:00 PM

Reserved Seating .... \$30.00  
General Admission .... \$20.00



## The Jazz Experience

Friday, November 22, 2024  
7:00 PM - 9:00 PM

Reserved seating .... \$30.00  
General Admission .... \$20.00






## Alive presented by The Flint River Community Center

Friday, December 6, 2024  
12:00 PM - 2:00 PM  
6:00 PM - 8:00 PM

General Admission .... \$10.00



 470-347-0370  
 153 Flint River Rd, Riverdale, GA 30274  
 [www.myseniorcenter.com](http://www.myseniorcenter.com)



Discover a new side of You!

**When: Thursdays**

**Time: 12:00pm - 2:00pm**

**Cost: \$20**



# ACTING

## 101 WITH LARRY

LIMITED SPOTS AVAILABLE

IMPROVIZATION

CHARACTER DEVELOPMENT

EXPERIENCE PERSONAL GROWTH

EMBRACE YOUR CREATIVITY

ON-CAMERA ACTING

*For more Information call 770-347-0370*

**153 Flint River Rd  
Riverdale, GA 30274**

# ACTING WITH DK



**Date: Fridays**

**Time: 6:30 PM - 8:30 PM**

**Cost: \$20**

**All Ages**

*Hone your acting skills*

*Build Confidence*

*Character Development*

*Embrace Creativity*



Clayton County Senior Services Department does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register for activities, programs and services.



# 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.



## 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.



### CRITICAL ILLNESS

For everyone who wants protection and security from a life-changing illness



678-264-3918



admin@axxessbenefits.com



www.axxessbenefits.com

# 2024 STAFF SPOTLIGHT



## CELESTINE ROGERS

**STAFF MEMBER AT  
FLINT RIVER COMMUNITY CENTER**

*Celestine Rogers is a dedicated employee who has shown her desire and ability to be the best she can be for the members here at the Flint River Community Center. The members are always happy to see her as she greets them when they enter the building for their classes. Before their workouts, she encourages as many of them as she can to be their best, and after their workouts she always asks how they're feeling.*

*Not only does she attend to her assigned duties as the Black Box Theater Assistant, she is also the Music Director of the Flint River Choir. She shuffles her schedule around each week in order to be able to meet all of her obligations. She always shows a willingness to help each person she comes into contact with. The Choir here has thrived under her leadership, and she has been able to put together a dynamic Christmas stage Play entitled "ALIVE" that will be performed each year. It is her dream that one day the "ALIVE" Production Show can go on the road.*

*Whatever the situation, she rises to the challenge! She fulfills all of her obligations, and often asks what else she can do to help. The members here love her and speak very highly of her. She works tirelessly for the causes we all believe in, and she is a great Flint River Community Center Ambassador. She is a phenomenal human being, and deserves to be "spotlighted" in this upcoming issue of "Talk of the Center".*

*Thank you Celestine for all you bring to Flint River Community Center.*



*The team appreciates your unceasing support and unyielding enthusiasm!*



# BOYS & GIRLS CLUBS OF METRO ATLANTA TEEN SERVICES

## WHO WE ARE:

Teen Services CareerBound program is a national award winning access program through BGCMA. It offers support & advising to students throughout the college preparation, application, & admissions process. CareerBound also provides career exploration, workforce development, apprenticeships, and internships. Since 1994, the program has served over 7,000 teens in Metro Atlanta for post high school students.

## WHO WE DO:

- Assistance with college preparation/admissions.
- Career Readiness/job applications.
- One-on-one academic advising.
- Leadership development opportunities.
- ACT/SAT preparation
- College/Career workshops
- College Tours: Fall, Spring, and Summer.
- Individual career exploration
- Scholarship & Internship Opportunities
- Job/Career certifications

## HOW TO GET INVOLVED

- Become a member of the Boys & Girls Club of Metro Atlanta.
- Be a high school student (9-12th grade).
- Participate in at least 5 special events or workshops per semester.
- Provide a most recent transcript.

## ACHIEVEMENTS:

- CareerBound members graduate from high school on time at a rate of 97%.
- Over 90% of CareerBound members enroll into a two or four year institution of higher learning, join one of the armed forces, receive job placement, or obtain program certifications.
- CareerBound Seniors were awarded over \$1,000,000 in scholarships and grants last year.
- Over 65% of our members receive external scholarships which includes Posse scholars and various school/corporate based scholarships.

For more information about how to enroll at  
Flint River Boys & Girls Club  
call us at: (770)-347-0373

For more information about CareerBound  
email Caitlyn Beatty at:  
Cbeatty@bgcma.org



**BOYS & GIRLS CLUBS**  
OF METRO ATLANTA





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](http://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.



153 Flint River Rd,  
Riverdale, GA 30274

(770) 347-0370

[www.claytonseniors.com](http://www.claytonseniors.com)

# SENIOR SERVICES ADMINISTRATION

## Senior Services Admin

DIRECTOR

Tori Strawter-Tanks

ASSISTANT DIRECTOR

Melissa MyersBristol

DEPUTY ADMINISTRATOR – SENIOR CENTERS

Kendra Shepard

DEPUTY ADMINISTRATOR – FINANCE

Tonette White

CULTURAL ARTS ADMINISTRATOR – SENIOR SERVICES

Omari Jones

ADMINISTRATIVE COORDINATOR

Toni Freeman

ADMINISTRATIVE SECRETARY

Aretha Mattox

OFFICE ADMINISTRATOR, SENIOR

Christie Essien

OFFICE MANAGER

Mai Toussant

SIGNATURE EVENT COORDINATOR

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 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.*



6701 Highway 85,  
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov