

# 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/flintriver/](http://bgcma.org/club/flintriver/)

## CENTER CLOSURES

Wednesday, January 1, 2025 - New Year's Day  
Monday, January 20, 2025 - Martin Luther King Jr. 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:

Closed

### 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+**

Call ahead to confirm the daily schedule for any updates or changes.

# 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*

# ***Flint River Community Center Staff***

**Center Manager - Brittany Brown**

**Program Coordinator - Rhonda Dillon**

**Program Coordinator - Vacant**

**Special Program Coordinator - Vacant**

**Administrative Secretary - Sheilah Gates**

**Black Box Theater Coordinator - Krystal Farris**

**Health & Fitness Coordinator - Isaac Okwandu**

**Maintenance - David Williams**

**Maintenance - Anthony Carter**

**Office Assistant - Lou Holmes**

**Office Assistant - Gwendolyn Williams**

**Office Assistant - Sonia Myers**

**Office Assistant - Joyce Smith**

**Program Aide - Celestine Rogers**

**Program Aide - Kiara Webster**

**Program Aide - Caiya McCreary**

**Program Aide - Mimi Roberts**

**Program Aide - Felicia Worthy**

**Bus Driver - Kevin Bulluck**

**SPECIAL EVENTS****DEMOGRAPHICS****DATE AND TIME****COST**

<b>SPECIAL EVENTS</b>	<b>DEMOGRAPHICS</b>	<b>DATE AND TIME</b>	<b>COST</b>
Pickleball Tournament	Seniors	Wednesday, 1/8/2025 8:30a.m. – 9:30a.m.	Free
Sweat & Shine Expo	Seniors & Adults	Friday, 1/31/2025 12:00p.m. – 1:30p.m.	Free
Heart to Heart Valentine's Day Dinner Dance	Seniors	Saturday, 2/1/2025 6:00p.m.- 9:00p.m.	\$15.00
Teen Picasso Painting & Pizza Party	Teens	Monday, 2/10/2025 5:00p.m.– 7:00p.m.	Free
Celebrating Black History Month	Seniors	Tuesday, 2/11/2025 6:00p.m. – 8:00p.m	Free
Heart Health Fitness & Nutrition Festival	Seniors & Adults	Thursday, 2/13/2025 12:00p.m.- 2:00p.m.	Free
Mother & Daughter Jewelry Making Party	Seniors & Adults	Thursday, 2/27/2025 12:00p.m. – 2:00p.m.	Free
St. Patrick's Day Teen Party	Teens	Monday, 3/17/2025 5:30p.m. – 7:30p.m.	Free
Ultimate Game Night	Seniors	Wednesday, 3/26/2025 6:00p.m. – 8:30pm.	\$5.00
Anniversary Breakfast	Seniors	Friday, 3/28/2025 11:00a.m.– 1:30p.m.	Free

# REGISTRATION

## WINTER SESSION I

### REGISTRATION

DECEMBER 19, 2025 - JANUARY 3, 2025

### CLASSES

JANUARY 6, 2025 - FEBRUARY 7, 2025

### BREAK WEEK

FEBRUARY 10, 2025 - FEBRUARY 14, 2025

## WINTER SESSION II

### REGISTRATION

FEBRUARY 6, 2025 - FEBRUARY 14, 2025

### CLASSES

FEBRUARY 17, 2025 - MARCH 21, 2025

### BREAK WEEK

MARCH 24, 2025 - MARCH 28, 2025

# FITNESS CLASSES

<u>CLASS NAME</u>	<u>DATE/TIME</u>	<u>CLASS FEE</u>
YOGA W/NASIRAH	MON. @ 12:30PM	\$20
CHAIR BODY WORKS W/CHARLENE	THURS. @ 9:00AM	\$15
MARTHA'S BEGINNERS LINE DANCE	THU. @ 10:30AM	\$15
MARTHA'S BEGINNERS LINE DANCE	THU. @ 6:00PM	\$15
LAND ARTHRITIS 101 W/ISAAC	WED. @ 2:15PM	FREE
TAI CHI W/HELEN	TUES. @ 1:00PM	\$15
GOOD TIMES FOR GOOD HEALTH	WED. @ 10:30AM	FREE
FITNESS ROOM TRAINING W/ISAAC	MON. @ 1:00PM	FREE

<u>CLASS NAME</u>	<u>DATE/TIME</u>	<u>CLASS FEE</u>
SENIOR TONE W/KRYSTAL	TUE. @ 9:00AM	\$10
STRETCH & FLOW W/LOIS	TUE. @ 5:45PM	\$15
STRETCH & FLOW W/LOIS	WED. @ 9:00AM	\$15
STRETCH & FLOW W/LOIS	THU. @ 9:00AM	\$15
ZUMBA GOLD W/RHONDA	MON. @ 12:00PM	FREE
ZUMBA W/RHONDA	MON. @ 6:30PM	\$10
ZUMBA W/RHONDA	FRI. @ 6:30PM	\$10
SWEAT BY SHEA	FRI. @ 9:00AM	\$15
SILVER FOX WALKERS	TUE./THURS. @ 9:00AM	FREE
PICKLEBALL	TUES. @ 5:30PM	FREE
PICKLEBALL	WED. @ 8:00AM	FREE

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

## YOUTH PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Secrets of Paris	1/15/25	4pm-5pm	Free
Paint and Juice	1/30/25	4pm-5pm	Free
Dr. Seuss Green Eggs & Ham Storytime	2/20/25	3pm-4pm	Free

## TEEN PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
My Road Map	1/15/25	5pm-6pm	Free
Design A Flag That Represents You	1/29/25	4pm-5pm	Free
Create Your Own Japanese Doll	2/25/25	5pm-6pm	Free

## ADULT PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Frederick Douglass Civil Rights Movement	1/21/25	11am-12pm	Free
Poverty in the Community	1/24/25	11am-12pm	Free
Wreaths for All Occasions	2/28/25	11am-12pm	Free

## SENIOR PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Tax Identity Theft	1/27/25	1pm-2pm	Free
Great American Painters	2/3 /25	1pm- 2pm	Free
Visiting Venezuela	2/7/25	1pm-2pm	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
Paint by Numbers with Oak Street Health	1/14/25	11am - 12:30pm	Free
Assistive Technology for Seniors	1/30/25	1pm-2pm	Free
Medicare 101 Lunch & Learn w/ Jencare	3/12/25	12pm - 1:30pm	Free

## FAMILY PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Public Radio Broadcasting	1/13/25	1pm-2pm	Free
Gem Art	1/13/25	5pm-6pm	Free
Flag Day Mexico	2/24/25	1pm-2pm	Free
Floating Teacups	3/7/25	11am-12pm	Free
Favorite Colors	3/21/25	1pm-2pm	Free
Book of Life	3/31/25	3pm-4pm	Free

## INTERGENERATIONAL PROGRAMS

ACTIVITY NAME	DATE	TIME	FEE
Button On Canvas	1/9/25	1pm-2pm	Free
Let's Have Mexican Popcorn	1/17/25	11am-12pm	Free
Build A Family Tree	2/7/25	11am-12pm	Free
Chinese Porcelain Vase	2/19/25	4pm-5pm	Free
Sock Monkey	3/7/25	1pm-2pm	Free
Write Your Own Story	3/14/25	1pm-2pm	Free
Honoring Harriet Tubman	3/10/25	4pm-5pm	Free

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







## **EVIDENCE BASED CLASSES**

<b><u>CLASS NAME</u></b>	<b><u>DATE/TIME</u></b>	<b><u>CLASS FEE</u></b>
<i>DIABETES PREVENTION CLASS</i>	<i>2nd &amp; 4th TUESDAYS @5:30PM</i>	<i>REGISTRATION CLOSED</i>



# TRIPS

TRIP NAME	DATE	TIME	FEE
CMX CineBistro @Peachtree Corner	1/15/25	10:30am - 6:00pm	\$5.00
The National Archives in Atlanta	2/12/25	9:00am - 3:00pm	\$5.00
Perimeter Mall	2/20/25	10:00am - 3:30pm	\$5.00
Medieval Times Dinner & Tournament	3/13/25	9:00am - 3:30pm	\$48.00
Margaret Mitchell House Tour	3/20/25	9:00am - 4:00pm	\$21.00



## 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  
Vacant, Secretary  
Vacant, 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

JANUARY 27, 2025  
FEBRUARY 17, 2025  
MARCH 17, 2025

*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
Silver Fox Walker's	Tuesdays & Thursdays	6:00pm - 8:00pm
Men's Focus Group	2nd Tuesday of Every Month	6:00pm - 7:30pm
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
Advisory Board	4th Thursday of Every Month	12:00pm - 1:00pm

# 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)

# 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.



## 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

# 2025 STAFF SPOTLIGHT



## RHONDA DILLON

**STAFF MEMBER AT  
FLINT RIVER COMMUNITY CENTER**

Mrs. Rhonda Dillon is a dynamic and passionate individual from New York, New Jersey. She is a dedicated wife and proud mother of three sons who inspire her every day. Rhonda's zest for life is evident in her favorite activities—traveling to new and exciting destinations, dancing to vibrant rhythms, and sharing her passion for fitness as a Zumba instructor.

With over 12 years of experience in Zumba instruction, Rhonda has cultivated a loyal following by creating classes that feel more like a celebration than a workout. Her sessions are known for their infectious energy, uplifting music, and welcoming atmosphere, encouraging participants of all ages and fitness levels to enjoy movement.

In addition to her work as a fitness leader, Rhonda serves as the Intergenerational Program Coordinator at Flint River Community Center, where she bridges connections across generations. Her role involves designing and leading programs that foster meaningful relationships between people of all ages, promoting community engagement, mutual learning, and a sense of togetherness. Rhonda's innovative approach and compassionate spirit make her an integral part of the center's mission to strengthen community bonds.

When she's not coordinating impactful programs or leading high-energy Zumba classes, Rhonda enjoys exploring new cultures through travel, creating cherished memories with her family, and refining her dance skills. Her vibrant personality and unwavering commitment to community wellness inspire everyone around her to embrace positivity, stay active, and live life to its fullest potential.



*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

ASSISTANT DIRECTOR

DEPUTY ADMINISTRATOR – SENIOR CENTERS

DEPUTY ADMINISTRATOR – FINANCE

CULTURAL ARTS ADMINISTRATOR – SENIOR SERVICES

ADMINISTRATIVE COORDINATOR

ADMINISTRATIVE SECRETARY

OFFICE ADMINISTRATOR, SENIOR

OFFICE MANAGER

SIGNATURE EVENT COORDINATOR

**Tori Strawter-Tanks**

**Melissa MyersBristol**

**Kendra Shepard**

**Tonette White**

**Omari Jones**

**Toni Freeman**

**Aretha Mattox**

**Christie Essien**

**Mai Toussant**

**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