

# TALK OF THE CENTER

2025

**Frank Bailey Senior Center**

**APRIL-JUNE**

## 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 seniors. 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.....Jimecia Barnes  
 Health & Fitness Coordinator.....Anton Ford  
 Special Program Coordinator.....Carolyn Jones  
 Congregate Site Coordinator.....Erika Dixon  
 Office Assistant Senior.....Vacant  
 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.....Vacant  
 Maintenance.....Vacant  
 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

Monday, May 26, 2025 ~ (Memorial Day)

Thursday, June 19, 2025 ~ (Juneteenth)

<b>CLASS REGISTRATION</b>	<b>Spring I (5 Weeks)</b>	<b>Spring II (6 Weeks)</b>	<b>Summer I (5 Weeks)</b>
<b>Registration Dates</b>	<b>3/17/25 - 3/28/25</b>	<b>4/28/25 - 5/9/25</b>	<b>6/16/25 - 6/27/25</b>
<b>Class Dates</b>	<b>3/31/25 - 5/2/25</b>	<b>5/12/25 - 6/20/25</b>	<b>6/30/25 - 8/1/25</b>
<b>Break Week</b>	<b>5/5/25 - 5/9/25</b>	<b>6/23/25 - 6/27/25</b>	<b>8/4/25 - 8/8/25</b>

## ACTIVITIES

<b>The Power of Mushrooms</b>	<b>4/1/2025 10:30-11:00am</b>	<b>FREE</b>
<b>Stroke Awareness</b>	<b>4/4/2025 10:00-11:00am</b>	<b>FREE</b>
<b>Oral Health Tips to Prevent Heart Disease</b>	<b>4/8/2025 10:30-11:00am</b>	<b>FREE</b>
<b>Outreach- Therapeutic Art w/Forest Park Senior Center</b>	<b>4/11/2025 1:00-2:00pm</b>	<b>FREE</b>
<b>Bad Eating Habits</b>	<b>4/17/2025 10:30-11:00am</b>	<b>FREE</b>
<b>Sipin' &amp; Dippin' (Paint Party)</b>	<b>4/28/2025 10:00-11:00am</b>	<b>FREE</b>
<b>Inside Japan</b>	<b>4/22/2025 10:00-11:00am</b>	<b>FREE</b>



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.

# ACTIVITIES

(8) Ball Tournament	4/24/2025 2:00-4:00pm	FREE
Dutch Funnel Cake	5/23/2025 1:00-2:00pm	FREE
High Blood Pressure	5/30/2025 10:00-11:00am	FREE
Food Safety for Seniors	6/10/2025 10:30-11:00am	FREE
Sudoku Brain Game	6/20/2025 9:30-10:30pm	FREE
Hugs: The Shocking Truth Behind Them	6/24/2025 10:30-11:00am	FREE
How to Create a Diva Art Plate	6/25/2025 10:00-11:00am	FREE



***Hello, my name is Dolores Burton. I became a member of the Frank Bailey Senior Center in 2016, and it has been a meaningful journey for me.***

***Since joining, I've had the privilege of connecting with many amazing individuals. The time we share together has truly enriched my life, and I deeply cherish those moments.***

***I joined Tai Chi not long ago, and it has brought me immense joy. It's wonderful to share this experience with others, and I have been passionate about helping to teach since 2019. It's rewarding to see how it positively impacts people's lives.***



# SPECIAL EVENTS

<p>Easter Musical w/The Frank Bailey Choir</p>	<p>Thursday April 17, 2025 2:00 pm-3:30 pm</p>	<p>FREE</p>
<p>Mother's Day Celebration</p>	<p>Thursday May 15, 2025 2:00 pm—3:30 pm</p>	<p>FREE</p>
<p>“Under the Sea” Pool Party</p>	<p>Friday May 16, 2025 1:30 pm—3:30 pm</p>	<p>FREE</p>
<p>Father's Day Fun Day</p>	<p>Friday June 13, 2025 1:30 pm—3:30 pm</p>	<p>FREE</p>
<p>Juneteenth Celebration</p>	<p>Wednesday June 18, 2025 2:00 pm– 3:30 pm</p>	<p>FREE</p>



# TRIPS

<p><b>Titanic: An Immersive Voyage</b> Seniors pay @ venue</p>	<p><b>Wednesday</b> <b>4/16/2025</b> <b>12:00pm—4:00pm</b></p>	<p><b>\$ 5.00</b> <b>for bus</b></p>
<p><b>Tinseltown Movies</b> Seniors pay @ venue</p>	<p><b>Wednesday</b> <b>4/30/2025</b> <b>10:00am– 3:00pm</b></p>	<p><b>\$ 5.00</b> <b>for bus</b></p>
<p><b>Picnic Morgan Falls Overlook Park</b></p>	<p><b>Wednesday</b> <b>5/21/2025</b> <b>9:30am—3:00pm</b></p>	<p><b>\$ 5.00</b> <b>for bus</b></p>
<p><b>Kenwood Park</b></p>	<p><b>Friday</b> <b>5/30/2025</b> <b>9:00am-11:00pam</b></p>	<p><b>\$ 5.00</b> <b>for bus</b></p>
<p><b>Jeju Sauna &amp; Spa</b> Seniors pay @ venue</p>	<p><b>Friday</b> <b>6/6/2025</b> <b>8:30 am—3:30 pm</b></p>	<p><b>\$ 5.00</b> <b>for bus</b></p>
<p><b>The Henry Players Theatre</b> Seniors pay @ venue</p>	<p><b>Friday</b> <b>6/20/25</b> <b>3:30pm- 10:30pm</b></p>	<p><b>\$5.00</b> <b>for bus</b></p>



# 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
Water Sculpting	Beatress Lynn	Wed   10:00-11:00 am	\$20



# EXTRACURRICULAR ACTIVITIES

Beginner's Paint 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 at [678-479-5505](tel:678-479-5505).



**Meeting Dates: April 8, 2025, May 13, 2025 and June 10, 2025**  
**Meeting Times: 2:00 PM - 3:00 PM**

## CLUBS & GROUPS



### AVAILABLE CLUBS & GROUPS

Jim Jones Bicycle Club  
 Senior Support Group  
 Book Club  
 Garden Club  
 Crochet Club  
 The Red Hat Society  
 Men's Advisory Group  
 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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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.




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



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## OUR SERVICES



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### HEALTH INSURANCE

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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](mailto:SeniorServices@claytoncountyga.gov)