

# 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

Monday, May 26, 2025 - Memorial Day  
 Thursday, June 19, 2025 - Juneteenth

## 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



*"There is only one way to happiness and that is to cease worrying about things which are beyond the power or our will." —Epictetus*

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

**Center Manager - Brittany Brown**

**Program Coordinator - Rhonda Dillon**

**Program Coordinator - Larry Rhem**

**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 - Vacant**

**Bus Driver - Kevin Bulluck**



# REGISTRATION

## SPRING SESSION I

### REGISTRATION

MARCH 20, 2025 - MARCH 28, 2025

### CLASSES

MARCH 31, 2025 - MAY 2, 2025

### BREAK WEEK

MAY 5, 2025 - MAY 9, 2025

## SPRING SESSION II

### REGISTRATION

MAY 1, 2025 - MAY 9, 2025

### CLASSES

MAY 15, 2025 - JUNE 20, 2025

### BREAK WEEK

JUNE 23, 2025 - JUNE 27, 2025





<b>SPECIAL EVENTS</b>	<b>DATE &amp; TIME</b>	<b>AGE GROUP</b>	<b>COST</b>
3 Vs 3 Basketball Tournament	Wednesday, 4/1/2025 6:00p.m. - 8:00p.m.	Teens & Adults	Free
Grandparents & Grandchildren Hawaiian Luau Party	Saturday, 4/5/2025 2:00p.m. - 4:00p.m.	Seniors /Teens/ Youth	Free
Wellness Works Community Health Fair	Wednesday, 4/9/2025 11:00a.m. - 2:00p.m.	Seniors	Free
Hippity Hoppity Easter Egg Hunt	Saturday, 4/19/2025 1:00p.m. - 3:00p.m.	Youth	Free
Spring Arts & Crafts Expo	Thursday, 4/24/2025 2:00p.m. - 4:30p.m.	Adults	Free
Dodgeball Tournament	Thursday, 5/8/2025 3:30p.m. - 4:30p.m.	Youth	Free
Mother's Day Jazz Concert & Brunch	Friday, 5/9/2025 1:00p.m. - 3:30p.m.	Seniors/ Adults	Free
Teen Glow Party	Friday, 5/13/2025 5:30p.m. - 7:30p.m.	Teens	Free
Blue Lights in the Basement Dinner Dance	Friday, 5/23/2025 6:00p.m. - 9:00p.m.	Seniors	\$15.00
Father's Day Barbecue	Saturday, 6/14/2025 1:00p.m. - 3:00p.m.	Seniors/ Adults	Free
Celebrate Juneteenth Freedom	Tuesday, 6/17/2025 6:00p.m. - 8:00p.m.	Family	Free
Family Block Party	Saturday, 6/28/2025 1:00p.m. - 4:00p.m.	Family	Free

# Fitness Classes

Instructor	Class Name & Cost	Day/ Time
Isaac Okwandu	Circuit Training (FREE)	Monday 10:30 AM
Nasirah Denisse	Yoga (\$20)	Monday 12:30 PM
Isaac Okwandu	Fitness Room Training (FREE)	Monday 1:00 PM
Nicole Murray	Chair Yoga (\$20)	Monday 5:30 PM
Krystal Farris	Senior Tone (\$10)	Tuesday 9:00 AM
Sliver Fox Walking Group	Walking Group (FREE)	Tuesday 9:00 AM
Helen Jordan	Tai Chi (\$15)	Tuesday 1:00PM
Lois Cox	Stretch & Flow (\$15)	Tuesday 5:45 PM
Rhonda Dillon	Zumba (\$10)	Tuesday 6:30 PM
Lois Cox	Stretch & Flow (\$10)	Wednesday 9:00 AM
Rhonda Dillon	Zumba (\$10)	Wednesday 11:15 AM

# Fitness Classes

Instructor	Class Name & Cost	Day/ Time
Isaac Okwandu	Land Arthritis (FREE)	Wednesday 2:15 PM
Charlene Culberson-Jones	Chair Bodyworks (\$15)	Thursday 9:00 AM
Lois Cox	Stretch & Flow (\$15)	Thursday 9:00 AM
Martha Underwood	Advanced Line Dance (\$15)	Thursday 10:30 AM
Nicole Murray	Chair Yoga (\$10)	Thursday 5:30 PM
Martha Underwood	Beginner's Line Dance (\$15)	Thursday 6:00 PM
Rhonda Dillon	Zumba (\$10)	Thursday 7:00 PM
Shenelle Moolenaar	Sweat by Shea (\$15)	Friday 9:00 AM
Rhonda Dillon	Zumba (\$10)	Tuesday 6:30 PM
Janice Peaks	Weekend Line Dance (\$15)	Saturday 11:00 AM

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



Youth Activities	Date & Time	Cost
Festive Hanukkah	Thursday, 4/24/2025 4:00p.m. - 5:00p.m.	Free
Mother's Day Card Crafting	Thursday, 5/1/2025 4:00p.m. - 5:00p.m.	Free
Financial Literacy Workshop for Kids by The Clayton County Library System	Tuesday, 5/27/2025 4:00p.m. - 5:00pm	Free
Why Are Veggies So Important?	Thursday, 6/5/2025 3:00p.m. - 4:00p.m.	Free



Teen Activities	Date & Time	Cost
African Thumb Piano	Friday, 5/2/2025 4:00p.m. - 5:00p.m.	Free
World Music Therapy	Friday, 6/6/2025 4:00p.m. - 5:00p.m.	Free
Self Portrait Art Project	Wednesday, 6/11/2025 4:00p.m. - 5:00p.m.	Free



<b>Adult Activities</b>	<b>Date &amp; Time</b>	<b>Cost</b>
<b>The History of the Croissant</b>	<b>Monday, 4/14/2025</b> <b>11:00a.m. - 12:00p.m.</b>	<b>Free</b>
<b>Sharps Disposals</b>	<b>Friday, 4/25/2025</b> <b>11:00a.m. - 12:00p.m.</b>	<b>Free</b>
<b>Best friend Paint and Sip</b>	<b>Friday, 6/6/2025</b> <b>11:00a.m. - 12:00p.m.</b>	<b>Free</b>
<b>Senior Activities</b>	<b>Date &amp; Time</b>	<b>Cost</b>
<b>Funeral Expense Info with Cindy Blount</b>	<b>Wednesday, 4/2/2025</b> <b>12:00p.m. - 1:30p.m.</b>	<b>Free</b>
<b>Medication Safety</b>	<b>Friday, 4/4/2025</b> <b>1:00p.m. - 2:00p.m.</b>	<b>Free</b>
<b>Canva 101</b>	<b>Monday, 4/21/2025</b> <b>11:00a.m. - 12:00p.m.</b>	<b>Free</b>
<b>Let's Eat Apple Pie</b>	<b>Monday, 5/12/2025</b> <b>1:00p.m. - 2:00p.m.</b>	<b>Free</b>
<b>Let's Draw</b>	<b>Friday, 5/16/2025</b> <b>1:00p.m. - 2:00p.m.</b>	<b>Free</b>

Senior Activities	Date & Time	Cost
Birdhouse Painting	Thursday, 6/22/2025 12:00p.m. – 1:30p.m.	Free
Microsoft Word	Every 1st Monday of the Month 10:00a.m. – 11:00a.m.	Free
Cellphone 101	Every 2nd Monday of the Month 10:00a.m. – 11:00a.m.	Free
Monday Madness Bingo	Every 4th Monday of the Month 2:00p.m. – 3:30p.m.	Free
Craft Creations	Every 1st Wednesday of the Month 11:00a.m. – 1:00p.m.	Free
Chat & Chew Health Education	Every 3rd Monday of the Month 12:00p.m. – 1:00p.m.	Free
Paint with Me	Every 3rd Tuesday of the Month 10:00a.m. – 11:00a.m.	Free

*“Happiness depends upon ourselves.” –Aristotle*





Intergenerational Activities	Date & Time	Cost
Affirmation Jars	Wednesday, 5/14/2025 4:00p.m. – 5:00p.m	Free
Smoking Cauldron	Thursday, 5/15/2025 4:00p.m. – 5:00p.m.	Free
Let's Talk Cubes	Monday, 6/2/2025 3:00p.m. – 4:00p.m.	Free
Paper Fortune Teller	Wednesday, 6/18/2025 3:00p.m. – 4:00p.m.	Free
Self-Care Choice	Friday, 6/20/2025 4:00p.m. – 5:00p.m.	Free



*"Whoever is happy will make others happy." —Anne Frank*



Family Activities	Date & Time	Cost
Country Fact Sheet	Friday, 4/5/2025 4:00p.m. - 5:00p.m	Free
Brush & Blow	Thursday, 4/10/2025 3:00p.m. - 4:00p.m.	Free
National Salt Awareness	Friday, 4/15/2025 3:00p.m. - 4:00p.m.	Free
Bubble Art	Tuesday, 4/15/2025 5:00p.m. - 6:00p.m.	Free
Brown Bag & Blues	Friday, 5/23/2025 11:30a.m. - 12:30p.m.	Free
Memory Bracelets	Tuesday, 5/27/2025 4:00p.m. - 5:00p.m.	Free



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





# TRIPS

TRIP NAME	DATE	TIME	FEE
The Georgia Capitol Tour	4/10/25	10:00am - 4:00pm	\$5.00
Paschal's Restaurant	4/23/25	11:00am - 3:00pm	\$5.00
The Porsche Experience Tour	5/14/25	8:00am - 2:30pm	\$18.00
Trilith Studios Tour	6/5/25	10:00am - 4:00pm	\$26.00
Fox Theatre Presents Ain't to Proud- The Life & Times of the Temptations	6/7/25	10:00am - 6:00pm	\$60.00
The Hay House Tour in Macon, Georgia	6/12/25	9:00am - 4:00pm	\$23.00





## 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

APRIL 24, 2025  
MAY 22, 2025  
JUNE 26, 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



## KIARA WEBSTER

**STAFF MEMBER AT  
FLINT RIVER COMMUNITY CENTER**

*Born and raised in Atlanta, GA, and now residing in Clayton County, I have always been passionate about creativity, community engagement, and technology. As a Program Aide at Flint River Community Center, I enjoy combining these interests to make a meaningful impact.*

*I have a deep love for arts and crafts, photography, and storytelling—bringing ideas to life through design and capturing special moments through my camera lens. Volunteering is also close to my heart, as I believe in giving back and creating spaces where people feel valued and connected.*

*With a strong interest in technology, I explore innovative ways to integrate digital tools into creative projects and community initiatives. Being able to blend creativity, service, and innovation makes my work truly fulfilling, and I'm always eager to learn, grow, and inspire those around me.*



*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.



# 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.*



Senior Services



6701 Highway 85,  
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov