

# J. CHARLEY GRISWELL CENTER

2300 Highway 138, Jonesboro, GA 30236

2025  
April - June

# TALK OF THE *Center*



BILLIARDS ROOM

AMENITIES

SENIOR NUTRITION PROGRAM

AQUATICS

FITNESS

COMPUTER LAB

COMMUNITY GARDEN



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and Opportunities  
Take Off



## SENIOR CENTER QUARTERLY NEWSLETTER

INSIDE THIS SESSION'S ISSUE:

*Center Information*

*Registration*

*Upcoming Events & Classes*

*Advisory Board, Volunteers, Groups*

*And more...*

Reset

*Revamp*

Revitalize



## Welcome

The J. Charley Griswell Senior Center opened its doors August 2006 and is a division of the Clayton County Senior Services Department. Our goal is to deliver services and programs that promote independence and dignity and enhance the quality of life while providing a safe and caring environment for older adults.

We welcome seniors 55 and older to participate in a variety of programs for socialization, learning and entertainment. Many of our programs are designed with an emphasis on health and wellness which include health screenings, exercise programs, nutrition, education, and field trips.

This senior center is a valuable asset to the Senior Services Department. It features advanced programs and services that enhance the lives of our senior community.

We are extremely proud to have you join the J. Charley Griswell Senior Center family and look forward to your participation in our programs, events, classes, and more!

### We welcome you!



## GRISWELL COMMUNITY

*At Griswell, we highly value the active participation of our members in every program, which makes our community so special. We hope you continue to have a great time with your Griswell family.*



# CENTER INFORMATION

The J. Charley Griswell Senior Center provides a variety of experiences to its members including educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

## OUR STAFF

- Center Manager.....**Wanda McDowell**
- Program Coordinator.....**Gabriella Harden**
- Administrative Secretary.....**Audrey Hill**
- Health & Fitness Coordinator.....**Vacant**
- Special Program Coordinator.....**Princess Miller**
- Congregate Site Coordinator.....**Melanie Williams**
- Office Assistant Senior.....**Jerry Killings**
- Office Assistant.....**Brittany Huff**
- Office Assistant.....**Pamela Baron**
- Office Assistant.....**Yvonne Wyatt**
- Program Aide..... **Pamela Burrell**
- Program Aide.....**Ralph Ward**
- Program Aide.....**Ashra Wallace**
- Center Maintenance..... **Milton Puckett**
- Bus Driver..... **Edward Langston**

**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

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



## HOURS OF OPERATION

### Center Hours

**Monday:** 8:00am - 8:00pm  
**Tuesday, Wednesday, Thursday, Friday:** 8:00am - 5:00pm

### Pool & Fitness Orientation

**Every Wednesday :** 2:00pm  
**Every Friday:** 10:00am

### Open Swim & Lap Swim Pool

Varies each month depending on aqua classes

### Fitness Center

**Monday:** 8:00 am - 7:30 pm  
**Tuesday, Wednesday, Thursday, Friday:** 8:00 am - 4:30 pm

## Registration Hours

**Monday:** 8:30am - 7:30pm  
**Tuesday, Wednesday, Thursday, Friday:** 8:30am -4:30pm

# **REGISTRATION**

## **SPRING I**

### **REGISTRATION**

*MARCH 18, 2025 – MARCH 28, 2025*

### **CLASSES**

*MARCH 31, 2025 – MAY 2, 2025*

### **BREAK WEEK**

*MAY 5, 2025 – MAY 9, 2025*

## **SPRING II**

### **REGISTRATION**

*APRIL 29, 2025 – MAY 9, 2025*

### **CLASSES**

*MAY 12, 2025 – JUNE 20, 2025*

### **BREAK WEEK**

*JUNE 23, 2025 – JUNE 27, 2025*

## **SUMMER I**

### **REGISTRATION**

*JUNE 17, 2025 – JUNE 27, 2025*

### **CLASSES**

*JUNE 30, 2025 – AUGUST 1, 2025*

### **BREAK WEEK**

*AUGUST 4, 2025 – AUGUST 8, 2025*



# Special Events

SPECIAL EVENT DATE /TIME	SPECIAL EVENT	SPECIAL EVENT COST	SPECIAL EVENT REGISTRATION
Tuesday, 04/01/2025 2:00 pm- 4:00 pm	Afternoon Sneaker Ball Party!	\$15	03/18/2025
Monday, 04/07/2025 9:00am -10:00 am Wednesday, 04/09/2025 9:00am -10:00 am Friday, 04/11/2025 2:00 pm- 3:00 pm	Volunteer Appreciation Week: Take me out to the Ball Game!	Free	3/18/2025
Thursday, 04/17/2025 1:00 pm- 3:00 pm	Aloha Spring Pool Party!	Free	3/18/2025
Tuesday, 04/22/2025 2:00 pm - 4:00pm	Earth Day Fest!	Free	3/18/2025
Monday, 05/12/2025 2:00 pm- 4:00 pm	A Kentucky Derby Mother's Day	Free	3/18/2025
Thursday, 06/12/2025 2:00 pm - 4:00 pm	Father's Day Celebration	Free	4/29/2025
Friday, 06/20/2025 2:00 pm - 4:00 pm	Juneteenth Celebration	Free	4/29/2025



# Activities

ACTIVITIES DATE /TIME	ACTIVITIES	ACTIVITIES COST	ACTIVITIES REGISTRATION
Tuesday, 04/01/2025 10:00pm - 11:00pm	Ensure your love!	Free	3/18/2025
Wednesday, 04/09/2025 10:00am-11:00am	Mocktails and Masterpieces	Free	3/18/2025
Thursday, 05/15/2025 2:00pm-3:00pm	Sign Language 101-Basics	Free	4/29/2025
Wednesday, 05/21/2025 11:00am - 12:00pm	Mental Health Awareness	Free	4/29/2025
Thursday, 05/29/2025 11:00am-12:00pm	Print Making Workshop	Free	4/29/2025
Tuesday, 06/10/2025 11:00am - 12:00pm	Stop your scam (Fraud Prevention)	Free	4/29/2025
Monday, 06/16/2025 2:00pm - 3:00pm	Asian American Heritage	Free	4/29/2025

Road  
Trip

# Trips

LET'S GO

ADVENTURE

TRIPS DATE	TRIPS DETAILS	TRIPS COST	TRIPS REGISTRATION
Tuesday, April 8th	<p>The Illusion Museum 10:00 am–3:00 pm Members will enjoy the museum and pay for their own lunch.</p>	\$40	3/18/2025
Thursday, April 24th	<p>The Fringe Mini Golf 10:00 am–3:00 pm This is a day trip. Members will pay for their own lunch and enjoy playing mini golf.</p>	\$12	3/18/2025
Tuesday, May 20th	<p>Noah's Ark Sanctuary 12:00 pm–3:00 pm This is a day trip. Members will cover the cost of their own lunch and enjoy a visit to the zoo. *Cost is for transportation.</p>	\$5	4/29/2025
Friday, June 13th	<p>Southern Belle Farm (Strawberry &amp; Blueberry Picking) 10:00 am–3:00 pm This is a day trip. Members will pay for their own lunch and enjoy picking strawberry and blueberry at the farm.</p>	\$5	4/29/2025
Tuesday, June 24th	<p>Cumberland Mall 10:00 am–3:00 pm This is a day trip. Members will pay for lunch and enjoy shopping. *Cost is for transportation.</p>	\$5	6/17/2025

# AQUATIC CLASSES

## AVAILABLE

## ADMISSION

<b>Arthritis Aquatics</b>	<b>\$15 per 5 weeks /\$18 per 6 weeks</b>
<b>Aqua Zumba</b>	<b>\$15 per 5 weeks /\$18 per 6 weeks</b>
<b>H2O works</b>	<b>\$30 per 5 weeks /\$36 per 6 weeks</b>
<b>Begin Swim</b>	<b>\$35 per 5 weeks /\$42 per 6 weeks</b>
<b>Aqua Fit</b>	<b>\$15 per 5 weeks /\$18 per 6 weeks</b>
<b>Aqua Sculpture</b>	<b>\$15 per 5 weeks /\$18 per 6 weeks</b>
<b>Water Walking</b>	<b>Free</b>
<b>Aqua Volleyball</b>	<b>Free</b>



**"Age is an issue of mind over matter. If you don't mind, it doesn't matter"**

**-Mark Twain**





# FITNESS CLASSES



## AVAILABLE

## ADMISSION

<b>Yoga</b>	<b>Free</b>
<b>Good Time for Good Health</b>	<b>Free</b>
<b>Stay Cool Stay Fit low Impact</b>	<b>Free</b>
<b>Walking Club</b>	<b>Free</b>
<b>Line Dance Beg. Wed.</b>	<b>\$15 per 5 weeks /\$18per 6 weeks</b>
<b>Line Dance Beg. Thur.</b>	<b>\$15 per 5 weeks /\$18per 6 weeks</b>
<b>Line Dance Inter./Adv.</b>	<b>\$15 per 5 weeks /\$18 per 6 weeks</b>
<b>Zumba</b>	<b>\$20 per 5 weeks /\$24per 6 weeks</b>
<b>Zumba Toning</b>	<b>\$20 per 5 weeks /\$24per 6 weeks</b>

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**-Mark Twain**

# EXTRACURRICULAR CLASSES

## AVAILABLE

## ADMISSION

<b>Ceramics</b>	<b>\$20 per 5 weeks /\$24per 6 weeks</b>
<b>Jewelry Making</b>	<b>\$10 per 5 weeks /\$12 per 6 weeks</b>
<b>Crochet</b>	<b>Free</b>
<b>Quilting</b>	<b>Free</b>
<b>Knitting</b>	<b>Free</b>
<b>Diamond Art</b>	<b>Free</b>
<b>Griswell Book Club</b>	<b>Free</b>
<b>Creative Crafts</b>	<b>Free</b>

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-Mark Twain**

## **ADVISORY BOARD**

The Advisory Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the J. Charley Griswell 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.

***Your membership must be current to participate.***

### **UPCOMING EVENTS**

**MONTHLY BINGO ON THE 4TH  
WEDNESDAY OF EVERY MONTH  
FROM 2PM TO 4PM**

## **UPDATES**

***Meetings will be held on  
the first Wednesday  
of the every month.***



## **VOLUNTEER PROGRAM**



The volunteer program at Griswell 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 Administrative Secretary, Audrey, at **770-477-3499**.

## **AVAILABLE CLUBS & GROUPS**

**Living Single Social Group**

**3D Thursday & Birthday Social**

**Tai Chi Club**

**Walking Club**

**Red Hatters**

**Book club**

The J. Charley Griswell Senior Center offers a variety of clubs for our members to join. Register online at [www.myactivecenter.com](http://www.myactivecenter.com) to participate.

# Member SPOTLIGHT

## Emily Ellis

A Georgia native, she has been an active member of her church, Kelly Lake Cathedral, for the past 25 years. Emily discovered Griswell Senior Center after her retirement, seeking a fulfilling way to spend her time. She has been a member of the center since 2007 and is an enthusiastic volunteer and serves as the leader of the ceramics class. Her journey into teaching ceramics was somewhat accidental. Initially, Emily joined the class as an assistant to the previous instructor. When that teacher was no longer able to continue, Emily was asked to step in and take on the role.



When asked what motivated her to volunteer at the center, Emily shared that Mrs. Linda McKenzie, a former manager at Griswell, was her inspiration. Mrs. Linda's quiet dedication, never asking for help, made Emily even more determined to assist wherever she could. As a kind and helpful person, Emily has always sought ways to give back. She continues to attend J. Charley Griswell Senior Center because she enjoys the welcoming atmosphere, the people, and the friendly staff. Emily has chosen to stay at Griswell rather than visit other centers because she finds it to be the friendliest and most comfortable place to be, where the people are easy to talk to. We are grateful to have Emily as part of the Griswell community and hope she continues to share her time and talents with us for many years to come!

# Griswell HIGHLIGHTS



## 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



**CLAYTON**  
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Senior Services

Sonna Singleton Gregory Senior Center  
3215 Anvilblock Rd.  
Ellenwood, GA 30294  
770. 347. 0340

Eat well. Live better.




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



### MEDICARE HEALTH PLANS

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### 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





# 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.

## 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 and 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 SENIOR CENTERS  
DEPUTY ADMINISTRATOR FINANCE  
ADMINISTRATIVE SECRETARY  
SIGNATURE EVENTS COORDINATOR  
OFFICE ADMINISTRATOR  
OFFICE MANAGER  
ADMINISTRATIVE COORDINATOR  
CULTURAL ARTS ADMINISTRATOR

Tori Strawter-Tanks  
Melissa Myers-Bristol  
Kendra Shepard  
Tonette White  
Aretha Mattox  
Brandi Rocker  
Christie Essien  
Mai Toussant  
Toni Freeman  
Omari Jones



***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 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.***



**CLAYTON**  
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**Cc: Clayton connected**

**Senior Services**



6701 Highway 85,  
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov