

Sonna Singleton Gregory Senior Center

TALK OF THE CENTER



2025
APRIL - JUNE

Amenities

Lap Pool Fitness Center Community Garden Senior Nutrition Program

SONNA SINGLETON GREGORY SENIOR CENTER Quarterly Newsletter

Inside this quarter's issue:

- Center Information
- Registration
- Upcoming Events and Classes
- Advisory Board, Volunteers, Groups, Clubs, and More



3215 Anvil Block Road,
Ellenwood, GA 30294

(770) 347-0340

www.claytonseniors.com



Where the World Lands
and Opportunities
Take Off

SONNA SINGLETON GREGORY SENIOR CENTER



Welcome

The Clayton County Senior Services Department is changing the face of aging. We are passionately committed to enhancing the lives of our senior community through a wide range of services and programs.

The Sonna Singleton Gregory Senior Center is thrilled to have you here, and we take pride in announcing that we opened our center in June of 2021, naming it after the late Vice-Chairwoman District 1 Commissioner Sonna Singleton Gregory. Our center offers seniors a variety of engaging activities and amenities, including a lap swim pool, fitness center, community garden, and picnic area. Whether you want to stay active, connect with other seniors, or relax and enjoy our beautiful facility, there is something for everyone here at the Sonna Singleton Gregory Senior Center. We also host social events and programs to connect members with similar interests so you can meet new people and make lasting friendships. We are extremely proud to have you as a member of the Sonna Singleton Gregory Senior Center family and we look forward to your participation in our programs, events, classes, and more!



We welcome you!

*"The beauty of caring for seniors is realizing that they are heroes in their own right."
- Karen Clark*

CENTER INFORMATION

The Sonna Singleton Gregory Senior Center provides a variety of experiences to its members that includes educational programming and classes, fitness, aquatic classes, events, dances, health and wellness programs, and socialization.

OUR STAFF

Center Manager.....Latunia Terrell
 Program Coordinator.....Toni Brown
 Administrative Secretary.....Yarumey Rose
 Health & Fitness Coordinator.....Nicholas Wilson
 Special Program Coordinator..... Krushetta Mitchell
 Congregate Site Coordinator.....Mokita Rials
 Office Assistant Senior.....Sequela Brown
 Office Assistant.....Patricia Sims
 Office Assistant.....Darnell Walters
 Office Assistant.....Deloris Jefferson
 Office Assistant.....Mary Jones
 Program Aide.....Mary Cleveland
 Program Aide..... Cheryl Jacobs
 Program Aide.....Constance Scott
 Maintenance.....Brian Slaw
 Mainenance.....Vacant
 Bus DriverHarvey Lovett

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)



HOURS OF OPERATION

Center Hours

Monday, Wednesday, Thursday, Friday:
 8 AM - 5 PM

Tuesday: 8 AM - 8 PM

Pool and Fitness Orientation

Tuesday: 2 PM

Friday: 10 AM

Open Pool and Lap Swim

Varies monthly depending on Aqua classes

Fitness Center

Monday, Wednesday, Thursday, Friday:
 8:30 AM - 4:30 PM

Tuesday: 8:30 AM - 7:30 PM

Registration

Monday, Wednesday, Thursday, Friday:
 8:30 AM - 4:30 PM

Tuesday: 8:30 AM - 7:30 PM



MEMBER SPOTLIGHT



ROSEMERRY NOBLE-A. NELSON

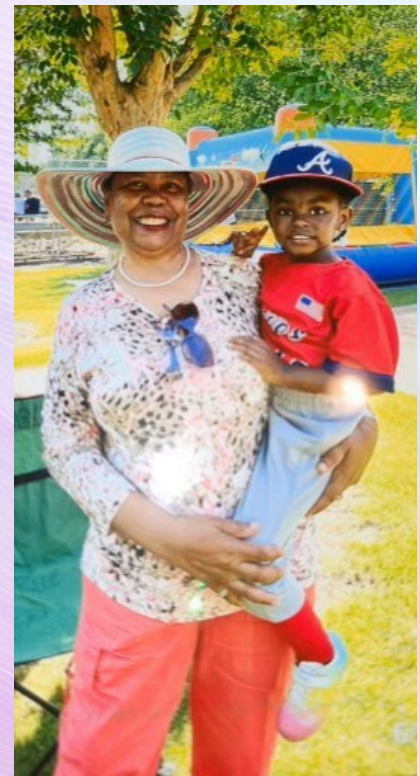
RoseMerry Noble-A. Nelson began attending Sonna Singleton Gregory Senior Center in September/October of 2023. Rose is delighted to be what she calls, "the authentic real thing, a Grady Baby". Rose retired from the DeKalb County School District in 2012 which has afforded her time to dive deeper into her divine calling as a community servant/leader. Rose is the founder of a non-profit outreach ministry, [*LYLSCOM, Inc.]. Her organization offers year-round meal assistance through their community food/resource pantry. They also manage a family emergency crisis fund to assist qualified clients with rent and/or utility payments.

Ms. Rose is especially proud and appreciative of the following honors and recognitions: 2000-2001 Columbia Elementary School's Teacher of the Year; being a published author of the book *Inspired Journey: Seeds of Trust*;

being an ordained minister and an internationally certified chaplain; a Trinity Nonprofit Lifetime Award recipient; and an Honorary Doctorate Degree recipient as a Doctor of Humanities from Elbon Solutions College of Ministry in Apple Valley, California.

Ms. Rose joined the center to make new friends, go on trips, volunteer, and increase her learning through the diverse selection of classes. Ms. Rose says, "I love coming to the center! It has such an open and welcoming atmosphere. The staff and members make you feel like you truly belong." Ms. Rose loves her grandchildren, traveling, being a lifelong learner, playing her piano, and working out in the center's fitness room.

Her Life's Motto: *"Remember, that even in the darkest hour of your life, the Sun is always shining"* Proverbs 3: 4-6



MEET THE STAFF



Cheryl Jacobs-Washington

Cheryl began working with Senior Services in April of 2023 as a Program Aide. She enjoys having the freedom to be creative and watching the seniors enjoy the programs, events, and trips. One piece of advice Cheryl would give each employee of Senior Services is to be kind and engaging. A lot of our Seniors live alone or they are caregivers for their loved ones and just need the company and kind conversation of others.

As a program aid, the most challenging thing for Cheryl is finding the funding sources and sponsorships for special events that we plan.

Cheryl's proudest moment with Senior Services is that she was allowed to start a line dance class one year ago. Cheryl beams with pride as she watches her students perform some of the more advanced dances she has taught.

What is the one thing you cannot resist? *A chance to dance*

Where is your favorite place to be? *Home, feet up watching a good movie with a nice adult beverage. LOL!!!*

What would you do (for a career) if you weren't doing this? *I would own an event venue*

What chore do you absolutely hate doing? *Mopping*

Where is the best place you've traveled and why? *I've traveled to many places but had the most fun in Myrtle Beach. During COVID a group of 5 couples rented a condo for the weekend. We took our bicycles and found several trails. We ate good food and had lots of fun.*

If you could choose anyone who would you pick as your mentor? *Michelle Obama.*

If you could learn to do anything, what would it be? *Woodwork. I would build something - a shed, an outdoor bar...*

If you won the lottery, what is the first thing you would do? *HIDE LOL*

When you have 30 minutes of free time, how do you pass the time? *I do absolutely nothing.*

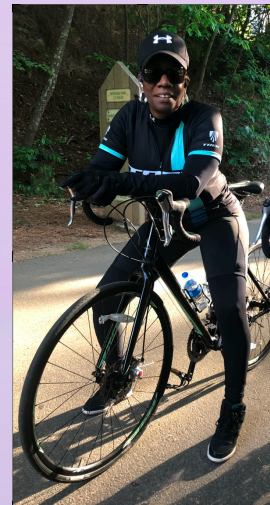
What is your favorite indoor/outdoor activity? *indoor - line dancing; outdoor - bike riding*

What was the first concert you attended? *Parliament Funkadelic and the Landing of the Mothership*

What music is on your iPhone/Android? *A little bit of everything and a whole lot of line dance music.*

If you could meet anyone, living or dead who would you meet? *Whoopie Goldberg*

How do you balance your career and family? *Self-care - By ensuring that I take time to care for self. Doing those things I enjoy - dancing crafting, enjoying cocktails, and nights out with close girlfriends to laugh, cry, and just love on each other.*



CLASS REGISTRATION	Spring I	Spring II	Summer I
Registration Dates	3/18/2025 - 3/28/2025	4/30/2025 - 5/9/2025	6/18/2025 - 6/27/2025
Class Dates	3/31/2025 - 5/2/2025	5/12/2025 - 6/20/2025	6/30/2025 - 8/1/2025
Break Week	5/5/2025 - 5/9/2025	6/23/2025 - 6/27/2025	8/4/2025 - 8/8/2025

ACTIVITIES

Kidney Disease Awareness	Tuesday, 4/1/2025 10:00 AM - 11:00 AM	FREE
What is an Autoimmune Disease	Friday, 4/11/2025 2:00 PM - 3:00 PM	FREE
Do You Fondue? We do.	Monday, 4/15/2025 2:00 PM - 3:00 PM	FREE
Alzheimer's Caregivers	Monday, 4/21/2025 12:30 PM - 1:30 PM	FREE
Mental Health Awareness Workshop	Monday, 5/12/2025 10:00 AM - 11:00 AM	FREE
Spring Library Membership Drive	Monday, 5/12/2025 1:00 PM - 2:00 PM	FREE
Self Defense 201	Friday, 5/16/2025 10:00 AM - 11:00 AM	FREE
Sketching 101	Thursday, 5/29/2025 2:00 PM - 3:00 PM	FREE
Anniversary Pop Up Friday: Karaoke	Friday, 5/30/2025 2:00 PM - 4:00 PM	Free

ACTIVITIES

Anniversary Pop Up Friday: Family Feud	Friday, 6/2/2025 2:00 PM - 4:00 PM	FREE
Anniversary Week Ice Cream Social	Wednesday, 6/4/2025 1:00 PM - 3:00 PM	FREE
Anniversary Week: Selfie Day	Friday, 6/6/2025 10:00 AM - 12:00 PM	FREE
Cowboys	Friday, 6/13/2025 2:00 PM - 4:00 PM	FREE
Enriching Care for LGBTQ+	Monday, 6/16/2025 12:30 PM - 1:30 PM	FREE

SPECIAL EVENTS

Gospel Fest	Saturday, 4/5/2025 11:00 AM - 2:00 PM	FREE
Sweet Sonna's Spring Fashion Show & Expo	Friday, 4/18/2025 6:00 PM - 9:00 PM	FREE
Movie on the Lawn	Friday, 4/25/2025 6:00 PM - 8:00 PM	FREE
Lawn Games	Wednesday, 5/28/2025 9:00 AM - 11:00 AM	Free
Anniversary Dance: Seersuckers & Sundresses	Saturday, 6/7/2025 6:00 PM - 10:00 PM	\$20
Aquatic Volley Ball Tournament	Friday, 6/26/2025 1:00 PM - 3:00 PM	FREE

“Earlier in my life, I thought the things that mattered were the things that you could see, like your car, your house, your wealth, your property, your office. But as I’ve grown older I’ve become convinced that the things that matter most are the things that you can’t see—the love you share with others, your inner purpose, your comfort with who you are.” ~ Jimmy Carter

TRIPS

Blue Ridge	Tuesday, 6/10/2025 9:00 AM - 5:00 PM	\$63
Father's Day: Old Fourth Distillery	Tuesday, 6/17/2025 4:00 PM - 9:00 PM	FREE

AQUATIC CLASSES

Aqua Fit	Tilda Pittman	Mondays 10 AM - 11 AM	\$15
Aqua Fit	Tilda Pittman	Tuesdays 10 AM - 11 AM	\$15
Aqua Fit	Tilda Pittman	Tuesdays 6 PM - 7 PM	\$15
Aqua Sculpting	Beatrice Lynn	Thursdays 11:30 AM - 12:30 PM	\$15
Swim Lessons Beginner	Warren St. James	Tuesdays 1:15 PM - 2:15 PM	\$17.50
Swim Lessons Intermediate	Warren St. James	Tuesdays 2:30 PM - 3:30 PM	\$17.50
Aqua Cardio	Jasmine White	Mondays 1 PM - 2 PM	\$10

EXTRACURRICULAR ACTIVITIES

Expressions with Crafts	Mary Cleveland	Thursdays 1 PM - 2 PM	FREE
Chronic Pain	Rosalene King	Tuesdays 2:30 PM - 5:00 PM	FREE
Loom Knitting	Zaida Arce	Wednesdays 2:00 PM - 3:00 PM	\$10
Quilting Beginner	Susan Mathieson	Tuesdays 10 AM - 12:00 PM	\$20
Quilting Intermediate	Susan Mathieson	Tuesdays 1 PM - 3 PM	\$20
Spanish 101	Francis Candida	Mondays 2 PM - 3 PM	FREE
Spanish 2	Francis Candida	Mondays 3:30 PM - 4:30 PM	FREE

FITNESS CLASSES

Crucial Cardio	Nicholas Wilson	Mondays 2:30 PM - 23:30 PM	\$10
Strength & Power	Nicholas Wilson	Tuesdays 8:30 AM - 9:30 AM	\$10
Strength & Power	Nicholas Wilson	Thursdays 8:30 AM - 9:30 AM	\$10
Line Dance	Paulette Braggs	Mondays 2:30 PM - 3:30 PM	\$15
Line Dance	Paulette Braggs	Wednesdays 8:30 AM - 9:30 AM	\$15
Line Dance	Paulette Braggs	Wednesdays 10 AM - 11 AM	\$15
Core and More	Nicholas Wilson	Thursdays 10 AM - 11 AM	\$10
Tai Chi	Warren St. James	Wednesdays 3:45 PM - 4:45 PM	\$20
Zumba	Charla Armstead	Tuesdays 6 PM - 7 PM	\$15
Cardio Kickboxing	Nicholas Wilson	Mondays 10 AM - 11 AM	\$10
Faith through Fitness	Beatress Lynn	Thursdays 10 AM - 11 AM	\$20
Silver Soul Sliders	Cheryl Jacobs	Tuesdays 5 PM - 6 PM	\$10
Silver Soul Sliders	Cheryl Jacobs	Thursdays 2 PM - 3 PM	\$10
Silver Soul Sliders	Cheryl Jacobs	Fridays 9:30-10:30	\$10
Yoga For Mobility	Nasirah Denisse	Mondays 3 :45 PM - 4 :45 PM	\$20



The Advisory Board serves as a dedicated advocate for our seniors, playing a vital role in the success of the Sonna Singleton Gregory 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.



The Advisory Board hosts BINGO on the first Tuesday of each month from 4 PM - 6 PM.

ADVISORY BOARD

VOLUNTEER PROGRAM

The Sonna Singleton Gregory Senior Center invites you to be part of the Volunteer Program. Our volunteers complete and enhance the services we provide to our community. If you are interested in joining the team, please contact the Volunteer Coordinator at 770-347-0344.



CLUBS & GROUPS

The Sonna Singleton Gregory Senior Center offers a variety of clubs for our members to join. Register online at www.myactivecenter.com to participate.



AVAILABLE CLUBS & GROUPS

- Page Turners Book Club
- PositiviTEA
- Red Hatters
- FOCUS Table Talk
- Flash Mob Photography Club
- The Singletons: A Singles Social Group
- Men's Focus Group: MAN CAVE
- Sophisticated Ladies: A Women's Social Club

PROGRAMMING HIGHLIGHT:

A TRIM THE TREE CHRISTMAS DANCE

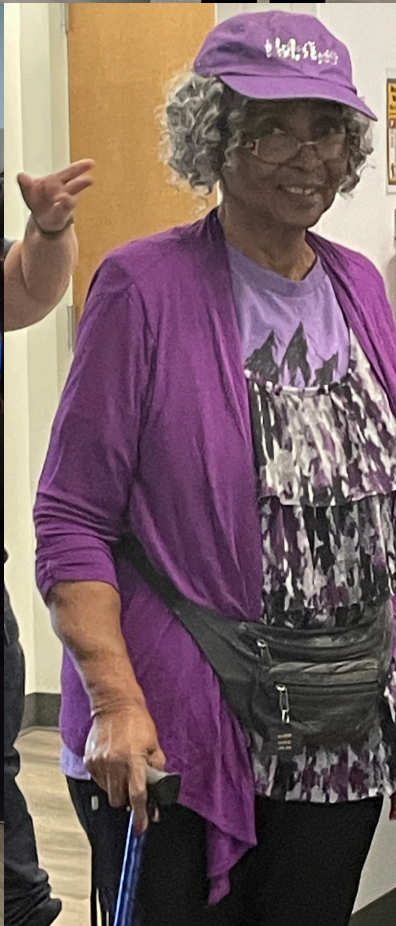
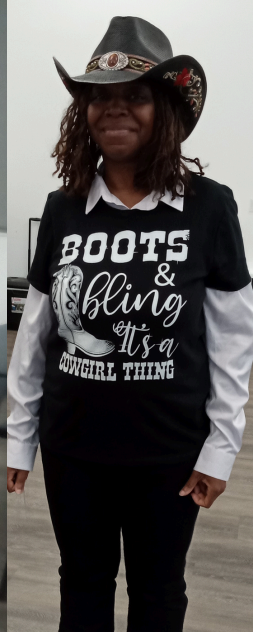


Christmas for Sonna Singleton Gregory Senior Center was a time to celebrate the reason for the season and the importance of family and friends. The theme for the Christmas Dance was “A Trim the Tree, Christmas in Wonderland”. The Winter in Wonderland atmosphere was set by decorations in winter colors of whites, blues, and silver. A tree was set up for members to decorate and bring in the nostalgia of the season. Participants danced the night away while dressed in colors of white, blue, and silver. The Graceful Sounds Choir of Sonna Singleton graced the room with carols of joy.

They entered the room with candles and seasonal tunes.

Participants had a chance to enjoy sweet treats from special recipes of hot chocolate in many flavors. Shannon Bolden, a center volunteer used special recipes that made our taste buds dance. The Hot Chocolate Bar was decorated by staff, Mary Cleveland and Cheryl Jacobs Washington. The Hot Chocolate Bar was a hit and a request was made to bring it back next year. The occasion was momentous and enjoyed by all. With all that went on in 2024 it really made things happier and joyous for the Christmas Season.





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



CLAYTON
COUNTY • GEORGIA
Cc: Clayton connected

Senior Services

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




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

 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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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.



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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.

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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.



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



678-264-3918



admin@axxessbenefits.com



www.axxessbenefits.com

CENTERS' INFORMATION

	OFFICE NUMBER	LOCATION
SENIOR SERVICES CENTERS		
<i>For Seniors 55+</i>		
FRANK BAILEY SENIOR CENTER	(678) 479-5505	6213 Riverdale Road, Riverdale
J. CHARLEY GRISWELL CENTER	(770) 477-3499	2300 Highway 138, Jonesboro
SONNA SINGLETON GREGORY SENIOR CENTER	(770) 347-0340	3215 Anvil Block Road, Ellenwood
INTERGENERATIONAL CENTER		
<i>For Caregivers, Grandparents, and Youth - Teens</i>		
KINSHIP CARE RESOURCE CENTER	(770) 473-5788	849 Battle Creek Road, Jonesboro
FLINT RIVER COMMUNITY CENTER		
Flint River Community Center	(770) 347-0370	153 Flint River Road, Riverdale
<i>For Youth, Teens, Adults, and Seniors</i>		
AGING PROGRAM		
<i>For Seniors 55+</i>		
Aging Program	(770) 603-4050	877 Battle Creek Road, Jonesboro

Our mission is to deliver services and programs that promote independence, 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 of Senior Centers

Cultural Arts Administrator

Deputy Administrator of Finance

Office Manager

Administrative Secretary

Administrative Coordinator

Office Administrator, Senior

Signature Events Coordinator

Tori Strawter-Tanks

Melissa Myers-Bristol

Kendra Shepard

Omari Jones

Tonette White

Mai Toussant

Aretha Mattox

Toni Freeman

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.



**QParker Legacy Foundation 12th Annual
Senior Caroling Gala**

2024 Community
CRUSADER

Congratulations Melissa Myers-Bristol



6701 Highway 85,
Riverdale, GA 30274

(770) 347-0150

SeniorServices@claytoncountyga.gov