



SENIOR CENTER UPDATES

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Presentation Agenda

PROGRAM HIGHLIGHTS

- Wellness Programs
- Social Activities
- Educational Programs
- Community Outreach
- Legacy Residents Recognized
- Looking To The Future



Wellness Programs



FITNESS PROGRAMS

Participation in the Tuesday/Thursday Chair Exercise has increased. Legacy residents also walk in the Senior Center Coordinator's daily Walking Circle.

Attended monthly Health and Fitness Bootcamp sponsored by Community Healthcare with free healthy lunch and food giveaways.

Wellness Programs

NUTRITION EDUCATION

University of Georgia Clayton County Extension Program expanded to weekly trips to their facility for fresh fruit and vegetable healthy cooking classes. Each participant also received fresh produce to take home during the summer months.



Wellness Programs



MENTAL HEALTH SUPPORT

Introduction of Morning Inspiration Breakfast wellness programs led by Dr. Lou Gholson with discussions on mental health, grief, social isolation, and anxiety related to aging.

Educational workshop on Alzheimer & dementia “Signs, Symptoms, & Treatment”.

Social Activities

GAME DAYS

Regular game days featuring Bingo, the Price is Right, Family Feud, and Karaoke led by community partners (Oak Street, Jencare, Aetna, Blount Solutions, and Centerwell) are popular with Legacy residents.

Shuffleboard Lessons led by Legacy Residents who won Gold and Silver medals in this year's Senior Golden Olympics.

Added Cornhole to Calander as another method of increasing physical activity.

Dominoes and Diamond Art continues to be popular.

ARTS & CRAFTS

Christmas Ornament Workshop led by Samaria McCoy for Christmas Ball ornament exchange.

Candle making workshop was also well received.



Social Activities



FIELD TRIPS

- Dickey Farms
- Jaemore Farms
- Mayfest – Spivey Splash Down The Sock
- Georgia Tech – Tools for Life Alzheimer's Service Center Fall Festival
- Legacy Museum

GUEST SPEAKER SERIES

Medicare Fraud Patrol partnered with the State Insurance Program to emphasize “Beware of Scams” aimed toward seniors.

Breast Cancer Awareness – Honoring our own survivors.

Sexual Assault Awareness Center



Community Collaborations



CLAYTON COUNTY HEALTH DISTRICT

Basic CPR “Hands Only” class for seniors was well received. 25 Legacy Residents were certified.

FOREST PARK MINISTERS ASSOCIATION

FPMA continues to support our Legacy Residents through the volunteer services of Mrs. Bernice Maple-Sims. Senior Center Coordinator attends their monthly meetings when possible. Center choir performs at their annual “Day of Prayer” in the park.



CHICK-FIL-A

Eric Stallings (General Manager)

Sponsors Birthday celebrations. Arranged field trip to Chick-Fil-A corporate office for a tour and lunch.

Community Collaborations



CLAYTON COUNTY SENIOR SERVICES

Frank Bailey Senior Center facilitated Therapeutic Art Classes as part of their community outreach programs.



CLAYTON COUNTY DEPARTMENT OF DIGITAL EQUITY

“Navigating Technology” monthly classes teach basic PC and laptop navigation and more. Participation has increased.



LEGACY RESIDENTS RECOGNIZED



Virginia Wise – recipient of President Joseph Biden's Lifetime Achievement Award

SASSY SENIORS

Competed in the Georgia Golden Olympics

Priscilla Weems – Gold in 5K

Sheila Dodson Gold – Shot Put; Silver Disk Throw

Patricia Sneed Silver 50-yard meter sprint

Daisy Weatherspoon & Judy Smith competed in Shuffleboard

Sassy Seniors – competed in the Georgia Recreation & Park Association annual Senior Talent Show at the Forsyth County Senior Services in Cummings, GA, winning 1st Place in song with the performance of Ike & Tina Turner.

Won Overall Grand Prize in all categories (Line Dancing)



Looking to the Future

- **TRANSPORTATION (IN PROCESS - VAN FOR SENIOR CENTER HAS BEEN ORDERED).**
- **INCORPORATE FITNESS PROGRAM THAT SUPPORTS MINDFULNESS PRACTICES PROMOTING OVERALL WELL-BEING (RECENTLY TAI CHI INSTRUCTOR CERTIFIED).**
- **CONTINUE TO ESTABLISH PARTNERSHIPS WITH NEARBY SENIOR LIVING COMMUNITIES TO INCREASE SENIOR CENTER PARTICIPATION.**
- **FOCUS ON INCORPORATING MORE ACTIVE AND ENGAGING ACTIVITIES IN OUR PROGRAMING.**
- **CONTINUE TO ESTABLISH RELATIONSHIPS WITH COMMUNITY PARTNERS AND THE AREA AGENCY ON AGING TO STRENGTHEN AND EXPAND SENIOR CENTER PROGRAMING.**

Q&A

THANK YOU!

We Are  #OneForestPark

