

subject to

change.

Address: 153 Flint River Road, Riverdale, Georgia 30274 Phone Number: 770-347-0370 Flint River Community Center MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY **ANNIVERSARY GALA** 6:00PM - 10:30PM (ALL AGES) **3 Classes Begin HEALTH FAIR EXPO CRAFT CREATIONS EASTER SPRING WREATH** 4:00PM - 5:00PM (ADULTS) IT'S NATIONAL BURRITO DAY 10:00AM - 12:00PM (FAMILY) 11:00AM - 1:00PM (SENIORS) **EGGSTRAVAGANZA COLOR ME** 11:30AM - 12:30PM (INTER.) 2:00PM - 4:00PM (FAMILY) **NBA TRIVIA** 4:00PM - 5:00PM (YOUTH) 5:00PM -6:00PM (TEENS) **SPRING FASHION SHOW EASTER EGG PAINTING CARD NIGHT 5:00PM - 8:00PM** 6:00PM - 8:00PM (FAMILY) 5:00PM - 6:00PM (FAMILY) 12 10 **BALANCE ACTIVITIES FOR FLY, FLY, FLY AWAY NO ONE EATS ALONE DIY BEADIED SENIORS** 1:00PM - 2:30PM (INTER.) 5:00PM - 6:00PM (ADULTS) **CANDLEHOLDER** 10:30AM-11:30AM (SENIORS) 10:00AM - 11:00AM SENIORS) **CARD NIGHT 5:00PM - 8:00PM** 18 22 19 **FINANCIAL INVESTMENTS FAMILY FEUD BAPS HINDU TEMPLE DRUG AWARENESS** 6:00PM - 7:00PM (FAMILY) **LUNCH & LEARN** 10:00AM - 3:00PM (SENIORS) 5:00PM - 6:00PM (FAMILY) 11:00AM - 1:00PM (SENIORS) **CARD NIGHT 5:00PM - 8:00PM EARTH DAY** 6:00PM - 7:00PM (INTER.) 28 24 25 26 27 29 **MONDAY MADNESS BINGO MASTERMIND ESCAPE ILLUMINARIUM VOLUNTEER** 2:00PM - 3:30PM (SENIORS) **GAMES & HANNA BROS. CAFE** 10:00AM - 3:00PM (SENIORS) Schedule is **APPRECIATION DINNER CHILLING WITH CREPES** 9:00AM - 3:00PM (SENIORS) 6:00PM - 8:00PM (ALL AGES) 5:00PM - 6:00PM (TEENS) **CARD NIGHT 5:00PM - 8:00PM**

Kinship Care Resource Center 849 Battle Creek Road Jonesboro, GA 30236 770-473-5788

Intakes by appointment only; please call to schedule.

Dates for activities, classes, & events are liable to change.



- Legend
 (A) Adult Program
 (Y) Youth Program
 (T) Teen Program
 (F) Family Program
 SNS platform in []. Ex. [Facebook]



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Coding for the Internet (Y) 10:30am-12:30pm Mushroom Caps (T) 10:30am-12:30pm	4 Paint Balloon Pollocks (Y) 10:30am-12:30pm Cute Creature Ears (T) 10:30am-12:30pm	Zoo Atlanta 10am-2pm *Youth Respite Trip—ages 5-11* Registration Required!	6 Georgia Aquarium 10am-2pm *Teen Respite Trip—ages 12-17* Registration Required! Beginner's Taekwondo (Y) 10:30am-11:30am [In Person/Zoom]	7	8 Easter & Spring Festival 11am-2pm (Family Special Event) Registration Required!
10	11 Butterfly Project (A) 10am-11am [In Person/Zoom] Quilting (A) 10am-1pm [In Person] Zumba Gold 11am-12pm [In Person/Zoom]	12 Powerful Tools for Caregivers (A) 4:30pm-6pm [In Person/Zoom]	13 Beginner's Taekwondo (Y) 5pm-6pm [In Person/Zoom] Fly A Kite (Y) 5pm-6pm [In Person] Skincare (T) 5pm-6pm [In Person/Zoom] Swing from the Chandelier (A) 4:30pm-6pm [In Person]	14 Advisory Board Meeting (A) 9:30am-10:30am [In Person/Zoom] Breakfast & Adult Support Group 10:30am -12pm [In Person/Zoom]	15
MYRTLE BEACH GOUTH CHROSIUS	18 Butterfly Project (A) 10am-11am [In Person/Zoom] Quilting (A) 10am-1pm [In Person] Zumba Gold 11am-12pm [In Person/Zoom]	19 Powerful Tools for Caregivers (A) 4:30pm-6pm [In Person/Zoom]	Kinship Care Volunteer Appreciation Brunch 11am-1pm *By Invitation Only* Beginner's Taekwondo (Y) 5pm-6pm [In Person/Zoom]	21 Evening Support Group 5pm-6pm [In Person/Zoom] *For Adults, Teens & Youth*	22
24	25 Butterfly Project (A) 10am-11am [In Person/Zoom] Quilting (A) 10am-1pm [In Person] Zumba Gold 11am-12pm [In Person/Zoom]	26 Powerful Tools for Caregivers (A) 4:30pm-6pm [In Person/Zoom]	27 Beginner's Taekwondo (Y) 5pm-6pm [In Person/Zoom]	28 Advisory Board Meeting (A) 9:30am-10:30am [In Person/Zoom] Breakfast & Adult Support Group 10:30am -12pm [In Person/Zoom] Tutoring Orientation & Registration (F) 4pm-6pm [In Person Only]	29

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Register for Kinship	events, activities & class	es at MyActiveCenter.com!		Building Ho	urs: 8:30am-6:30pm

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Spring Session I

Registration Dates Opens: March 20, 2023 Closes: April 7, 2023

Class Schedule 5—Week Session Classes Start: April 3, 2023 Classes End: May 5, 2023

> Website: www.claytonseniors.com

Registration Online at: www.myactivecenter.com

Ph: 678.479.5505

Frank Bailey Advisory Board Yard Sale Saturday, April 22, 2023 7:00 AM—4:00 PM

Spring Fling Dance Saturday, April 29, 2023 (Tickets \$15) 5:00– 9:00 PM

Frank Bailey Senior Center ~ April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 AM Therapeutic Art	9:00 AM Crochet Class 9:30 AM Breakfast & Staff 10:00 AM Georgia SHIP Program 10:00 AM Craft Made Simple 10:00 AM Word Game 10:30 AM Better You (UGA)	5 8:00 AM Bike Club 10:00 AM Family Feud Game 10:00 AM "Scams Targeting Seniors" 1:00 PM Sculpting w/clay 1:00 PM Healthy Talk	6 9:30 AM Breakfast & Staff 10:00 AM Duplicate Bridge (Intr.) 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab)	7 9:30AM Bingo 10:00 AM Wii Game 10:30 AM Therapeutic Art
10 10:30 AM Therapeutic Art	11 9:00 AM Crochet Class 9:30 AM Breakfast & Staff 10:00 AM Craft Made Simple 10:00 AM Word Game 2:30PM Choir Rehearsal	12 8:00 AM Bike Club 9:30 AM High Museum Art Trip 9:30AM Walmart Shopping Trip 10:00 AM Family Feud Game 1:00 PM Sculpting w/clay 1:00 PM Healthy Talk	13 9:30 AM Breakfast & Staff 10:00 AM Duplicate Bridge (Intr.) 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab)	14 9:30AM Bingo 10:00 AM Wii Game 10:30 AM Therapeutic Art 11:00 AM Garden Club 2:00 PM Easter Hat Parade
17 10:30 AM Therapeutic Art	9:00 AM Crochet Class 9:30 AM Breakfast & Staff 10:00 AM Craft Made Simple 10:00 AM Word Game 10:00 AM Bottle Art	8:00 AM Bike Club 8:00AM Amicolola Falls Trip 10:00 AM Family Feud Game 1:00 PM Sculpting w/clay 1:00 PM Healthy Talk	20 9:30 AM Breakfast & Staff 10:00 AM Duplicate Bridge (Intr.) 10:30 AM Brain Health w/Clayton State 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab) 6-7:00 PM Caregivers Support	9:30AM Bingo 10:00 AM Wii Game 10:30 AM Therapeutic Art 1:30 PM Lunch & Movie
24 10:30 AM Therapeutic Art	1:00 PM Book Club 25 9:00 AM Crochet Class 9:30 AM Breakfast & Staff 10:00 AM Craft Made Simple 10:00 AM Word Game 2:30PM Choir Rehearsal	26 8:00 AM Bike Club 9:30 AM Kroger Shopping Trip 10:00 AM Family Feud Game 1:00 PM Sculpting w/clay 1:00 PM Healthy Talk	27 9:30 AM Breakfast & Staff 10:00 AM Duplicate Bridge (Intr.) 10:30 AM "What is Green Cleaning" 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab) 4:00 PM Henry Player's Theater-Trip	9:30AM Bingo 10:00 AM Wii Game 10:30 AM Therapeutic Art
		PANS X		29 "Spring Fling Dance" 5-9-PM Tickets \$15



Frank Bailey Aquatics

April 2023

Thursday

9:00-9:45 Water Fitness I

10:15-11:00 Water Fitness II

1:00-1:45 Beginning Swim

2:00-2:45 Water Fitness III

9:00-9:45 Water Fitness I

10:15-11:00 Water Fitness II

1:00-1:45 Beginning Swim

2:00-2:45 Water Fitness III

9:00-9:45 Water Fitness I

1:00-1:45 Beginning Swim

2:00-2:45 Water Fitness III

9:00-9:45 Water Fitness I

3:30-4:30 Open Swim

5:00-6:30 Open Swim

10:15-11:00 Water Fitness II

11:30-12:15 Intermediate Swim

3:30-4:30 Open Swim

5:00-6:30 Open Swim

11:30-12:15 Intermediate Swim

3:30-4:30 Open Swim

5:00-6:30 Open Swim

11:30-12:15 Intermediate Swim

Senior Services

Classes

Water Fitness I Mon & Thurs 9 am-9:45am

Water Fitness II Mon & Thurs 10:15 am-11:00am

Water Fitness III Mon & Thurs-2:00-2:45pm

> Water Walking Fri 2:45-3:30pm

Beginning Swim 1 Tues/Fri 10:15am-11:00am

Beginning Swim 2 Tues/Thurs 1pm-1:45pm

Intermediate Swim Tues/Thurs 11:30am -12:15pm

Agua Vollevball Friday's 11:00am - 11:45am

> Men's Boot Camp Friday-1:00-1:45pm

LAP SWIMMING Mon-12:45-1:45pm Tue- 8:30-9:30am Wed-11:00am-12:00pm

9:00-9:45am Water Fitness 1 10:15-11:00am Water Fitness II 12:00-1:00 Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim Session Starts

Monday

9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 12:00-1:00 Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim

9:00-9:45am Water Fitness 1 10:15-11:00am Water Fitness II 12:00-1:00 Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim

9:00-9:45am Water Fitness 1 10:15-11:00am Water Fitness II 12:00-1:00 Lap Swim 2:00-2:45pm Water Fitness III 3:00-4:30pm Open Swim

8:30-9:30 Lap Swim 10:15-11:00 Beginning Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 3:00-4:30 Open Swim

10

17

24

Tuesday

8:30-9:30 Lap Swim 10:15-11:00 Beginning Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 3:00-4:30 Open Swim

8:30-9:30 Lap Swim 10:15-11:00 Beginning Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 3:00-4:30 Open Swim

8:30-9:30 Lap Swim 10:15-11:00 Beginning Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 3:00-4:30 Open Swim

8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim

10:15-11:00 Water Fitness II 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:00-2:45 Water Fitness III 3:30-4:30 Open Swim 5:00-6:30 Open Swim

8:30-10:00 Open Swim 10:15-11:00 Beginning Swim 11:00-12:00 Agua Volleyball 1:00-1:45 Men's Boot Camp

Friday

8:30-10:00 Open Swim

10:15-11:00 Beginning Swim

11:00-12:00 Agua Volleyball

1:00-1:45 Men's Boot Camp

2:45-3:30 Water Walking

3:30-4:30 Open Swim

8:30-10:00 Open Swim

10:15-11:00 Beginning Swim

11:00-12:00 Agua Volleyball

1:00-1:45 Men's Boot Camp

2:45-3:30 Water Walking

8:30-10:00 Open Swim

1:30-2:30 Lap Swim

3:00-4:30 Open Swim

11:00-12:00 Aqua Volleyball

3:30-4:30 Open Swim

13

20

2:45-3:30 Water Walking

3:30-4:30 Open Swim

14

21

28

Wednesday

8:30-10:00 Open Swim

11:00-12:00 Lap Swim

1:15-2:30 Open Swim

3:00-4:30 Open Swim

8:30-10:00 Open Swim

11:00-12:00 Lap Swim

1:15-2:30 Open Swim

3:00-4:30 Open Swim

8:30-10:00 Open Swim

11:00-12:00 Lap Swim

1:15-2:30 Open Swim

3:00-4:30 Open Swim

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April 2023 Activity Calendar

Senior L	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*	Classes Begin Superhero Fun Walk 9:00am - 10:30am	4 Morning Fitness 9:30am - 10:00am	5	6 Kentucky Derby High Tea 9:00am - 12:00pm Trip: Delta Flight Museum	7 Morning Fitness 9:30am - 10:00am
	10 Cell Phone 101 2:00pm - 2:30pm	Morning Fitness 9:30am - 10:00am	Grocery Shopping Trip Departure: 9:30am	Morning Fitness 9:30am - 10:00am Scrabble Tournament 9:00am - 12:00pm	Morning Fitness 9:30am - 10:00am
N	17 Ipad/Tablet Workshop 3:00pm - 4:30pm	Morning Fitness 9:30am - 10:00am DYI Paper Peacock 2:00pm - 3:00pm	19 Top 10 Concerns that Seniors Face 10:00am - 11:30am Trip: Colony Square	20 Morning Fitness 9:30am - 10:00am Red Hatters Meeting -2pm 3D Thursday 2:00pm - 3:00pm	Morning Fitness 9:30am - 10:00am Living Single Social 2:30pm - 3:30pm
6. C	Cell Phone 101 2:00pm - 2:30pm Culture Con Week Monday - Friday	Morning Ftiness 9:30am - 10:00am	26 Grocery Shopping Trip Departure:9:30am	Morning Fitness 9:30am - 10:00am Summer Bash Pool Party 1:00pm - 3:00pm	Morning Fitness 9:30am - 10:00am Culture Con Education & Picture Day 2:00pm - 4:30pm

Pool Calendar April 2023



Charley Griswell Senior Center 2300 Highway 138, S.E. Jonesboro, Ga. 30236 (770) 477-3499

www.claytonseniors.com Center Hours Monday 8:00am-7:45pm Tuesday-Friday 8:00am-5:00pm

Open Swim times schedule subject to change, PLEASE call ahead to check times. Pool temperature remain between 83 and 86 degrees in compliance with the Arthritis Foundation.

Fitness Room
Hours
Open daily from
8::00am —12:00pm
&
1:00pm—4:30pm.
Open Mondays
until 7:30.

	THE ASS.				
À	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I	3	4	5	6	7
	8:10-8:45 OPEN POOL 1:10-3:00 OPEN POOL 4:00-6:30 OPEN POOL	8:10-9:00 OPEN POOL 2:30-4:00 OPEN POOL	8:10-8:45 OPEN POOL 2:00-3:00 OPEN POOL	8:10-9:00 OPEN POOL 2:30-4:00 OPEN POOL	8:10-8:45 OPEN POOL 1:10-2:30 OPEN POOL 3:00-4:00 OPEN POOL
۱	10	11	12	13	14
	8:10-8:45 OPEN POOL 1:10-3:00 OPEN POOL 4:00-6:30 OPEN POOL	8:10-9:00 OPEN POOL 2:30-4:00 OPEN POOL	8:10-8:45 OPEN POOL 2:00-3:00 OPEN POOL	8:10-9:00 OPEN POOL 2:30-4:00 OPEN POOL	8:10-8:45 OPEN POOL 1:10-2:30 OPEN POOL 3:00-4:00 OPEN POOL
	17	18	19	20	21
	8:10-8:45 OPEN POOL 1:10-3:00 OPEN POOL 4:00-6:30 OPEN POOL	8:10-9:00 OPEN POOL 2:30-4:00 OPEN POOL	8:10-8:45 OPEN POOL 2:00-3:00 OPEN POOL	8:10-9:00 OPEN POOL 2:30-4:00 OPEN POOL	8:10-8:45 OPEN POOL 1:10-2:30 OPEN POOL 3:00-4:00 OPEN POOL
ı	24	25	26	27	28
	8:10-8:45 OPEN POOL 1:10-3:00 OPEN POOL 4:00-6:30 OPEN POOL	8:10-9:00 OPEN POOL 2:30-4:00 OPEN POOL	8:10-8:45 OPEN POOL 2:00-3:00 OPEN POOL	8:10-9:00 OPEN POOL 1:00-2:45 SUMMER BASH POOL PARTY 3:10-4:00 OPEN POOL	8:10-8:45 OPEN POOL 1:10-2:30 OPEN POOL 3:00-4:00 OPEN POOL

Open Swim times are subjets to change. PLEASE call head to check times

Sonna Singleton Gregory Senior Center April 2023



			Selifor Services		
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
Life Enrichment Club 2:30-3:30	Ready, Set Go! Walk/Run Club 8:30 & 3:30	In The Loop Crochet Club 2:30-3:30	Ready, Set Go! Walk/Run Club 8:30 & 3:30	Navigating Your PCTraining 1:30 -4:00	
	The Outlet Shoppes of Atlanta Trip 10:00 - 3:00	Flash Mob Photography Club 2:30-3:30	Scrap Booking 2::00-3:00	Spring Equinox Revival 2:00-4:00	
Spring I Classes Start	111 p 10.00 - 3.00			Registration Ends	
10	H	12	13	14	
Life Enrichment Club 2:30-3:30	Ready, Set Go! Walk/Run Club 8:30 & 3:30	Nutrition Education w/ Southern Regional 10:30 - 11:30	Ready, Set Go! Walk/Run Club 8:30 & 3:30		
	Volunteer Meeting 2:00 - 3:00	PositiviTeaTalk 0:00 - 1:00	Book Club 10:30-11:30		
	Bingo 5:00-7:00	In The Loop Crochet Club 2:30 - 3:30	Red Hatters 12:30-2:00		
		Flash Mob Photography Club 2:30 -3:30			
17	18	19	20	21	
Life Enrichment Club 2:30-3:30	Ready, Set Go! Walk/Run Club 8:30 & 3:30	Flash Mob Photography Club 2:30 -3:30	Ready, Set Go! Walk/Run Club 8:30 & 3:30 Protecting Your PCTraining	Volunteer's Appreciation Ice- cream Social 2:00-4:00	
	Faith Talk 1:00-2:00		9:00-10:30		
			"The Man Cave" Men's Focus Group 3:00-4:00		
24	25	26	2	28	
Color Spree 2:00-4:00	Ready, Set Go! Walk/Run Club 8:30 & 3:30	Nutrition Education w/ Southern Regional 10:30 -11:30	Ready, Set Go! Walk/Run Club 8:30 & 3:30	Pop-Up Friday "Games and Groove 2:00-4:00	
Life Enrichment Club 2:30-3:30	Sweet Water Creek Trip 9:00-	YourVision 1:00-2:00	FOCUSTable 2:00-3:00		
	3:00	Flash Mob Photography Club	Advisory Board Mtg. 3:00-4:00		
		2:30-3:30			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(LAP SWIM TIMES	S IN PARENTHESIS)			
3 8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30a.m.—3:30p.m. (4:00p.m.—4:40p.m.)	8:30a.m.—9:30a.m. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.m.	8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m3:30p.m. (4:00p.m 4:40p.m.)	8:30a.m.—9:30a.m. (10:00a.m.—10:30a.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	8:30a.m.—9:30a.m (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)
8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30a.m.—3:30p.m.	8:30a.m.—9:30a.m. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.m.	8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30-3:30 (4:00-4:40)	8:30a.m.—9:30a.m. (10:00a.m.—10:30a.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	8:30a.m.—9:30a.m (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)
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Sonna Singleton Gregory Senior Center

April 2023

Open & Lap Swim Schedule 3215 Anvil Block Road Ellenwood, GA 30294 770.347.0340 www.claytonseniors.com

> Open and Lap Swim Subject to Change

Fitness and Pool Orientation Required Prior to Swimming

Aquatic Shoes Required

Showering is mandatory before entering the pool.

See management if you have questions or concerns.

