








August 2023

Flint River Community Center
153 Flint River Road
Riverdale, Georgia, 30274
(770) 347-0370

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Paper Plane Academy 5:00pm—6:00pm (Youth) 	2 Angels Vs Braves 9:00am—4:00pm (Seniors) Craft Creations 11:00am—1:00pm (Seniors) Card Night 5:00pm—8:00pm (Seniors) 	3 Registration Begins The Land Down Under 5:30pm—6:30pm (Adults) 	4 	5 
7 Break Week 	8 	9 Card Night 5:00pm—8:00pm (Seniors)	10 Anorexia and You 6:00pm—7:00pm (Teens)	11 Flint Forever 6:00pm—10:00pm (Seniors) 	12 
14 	15 Classes Begin Bible History Center 8:30am—3:30pm (Seniors) 	16 Card Night 5:00pm—8:00pm (Seniors) 	17 Marcus Garvey 1:00pm—2:00pm (Seniors) DIY Mosaic Coasters 5:00pm—6:00pm (Family) 	18 Registration Ends Talent Show 6:00pm—8:00pm (All Ages) 	19 
21 	22 Eat This Not That 11:00am—12:00pm (Seniors)	23 Craft-n-Cray 5:00pm—6:00pm (All Ages) Card Night 5:00pm—8:00pm (Seniors) 	24 National Tell A Joke Day 6:00pm—7:00pm (Family) 	25 	26 Home Buying 101 11:00am—1:00pm (All Ages) 
28 Monday Madness Bingo 2:00pm—3:30pm (Seniors) 	29 Poetry In Motion 5:00pm—6:00pm (All Ages) Relay Races 5:30pm—6:30pm (All Ages) 	30 Card Night 5:00pm—8:00pm (Seniors) How About a Little Frisbee Competition 6:00pm—7:30pm (Teens) 	31 Be Kind To Humankind Week 5:00pm—6:00pm (Adults) Labor Day In The U.S. 5:00pm—6:00pm (Family)	 	
Schedules are subject to change.					

August Health and Fitness 2023



Flint River Community Center
153 Flint River Community Center
Riverdale, Ga 30274
770-347-0370

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p> <p>Fitness Room Training 9AM</p> <p>Choir 12PM & 6PM</p> <p>Zumba (Video) 2:15PM—3:00PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>1</p> <p>Silver Fox Walkers 8AM</p> <p>Senior Tone (Krystal) 9AM</p> <p>Stretch and Flow (Lois) 6PM</p> <p>Zumba Tone (Rhonda) 6:30PM</p>	<p>2</p> <p>Zumba with Shea 9AM</p> <p>Line Dancing (Martha) 10:30AM</p> <p>Land Arthritis (Krystal) 2:15PM</p> <p>Cardio Kickboxing (Krystal) 6:30PM</p>	<p>Registration Begins</p> <p>3 Stretch and Flow (Lois) 9AM</p> <p>Red Hatters 12:30PM—1pm</p> <p>Senior Tone (Krystal) 9AM</p> <p>Silver Fox Walkers 9AM</p> <p>Line Dancing (Martha) 10:30AM</p> <p>Youth and Young Adults 5-8PM</p> <p>Line Dancing (Martha) 6PM</p>	<p>4</p> <p>Yoga by Video 9AM</p> <p>Land Arthritis (Krystal) 2:15 PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>5</p>
<p>7</p> <p>Break Week</p>	<p>8</p> <p>Break Week</p> <p>Men's Advisory Board 6pm-8pm</p>	<p>9</p> <p>Break Week</p> <p>Card Night 5:00pm—8:00pm</p>	<p>10</p> <p>Break Week</p> <p>Teen girls Group 6pm-7PM</p>	<p>11</p> <p>Break Week</p>	<p>12</p> <p>Break Week</p>
<p>14</p> <p>Classes Begin</p> <p>Fitness Room Training 9AM</p> <p>Choir 12PM & 6PM</p> <p>Zumba (Video) 2:15PM—3:00PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>1</p> <p>Silver Fox Walkers 8AM</p> <p>Senior Tone (Krystal) 9AM</p> <p>Diabetes Prevention 5:30 PM</p> <p>Stretch and Flow (Lois) 6PM</p> <p>Teen Night 6pm-8pm</p> <p>Zumba Tone (Rhonda) 6:30PM</p>	<p>17</p> <p>Stretch and Flow (Lois) 9AM</p> <p>Senior Tone (Krystal) 9AM</p> <p>Silver Fox Walkers 9AM</p> <p>Line Dancing (Martha) 10:30AM</p> <p>Veterans Care and Give Back 1PM-2PM</p> <p>Line Dancing (Martha) 6PM</p> <p>Sweat with Shea 6:30PM</p>	<p>18</p> <p>Registration Ends</p> <p>Yoga by Video 9AM</p> <p>Land Arthritis (Krystal) 2:15 PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>19</p>	
<p>21</p> <p>Fitness Room Training 9AM</p> <p>Choir 12PM & 6PM</p> <p>Zumba (Video) 2:15PM—3:00PM</p> <p>What's Happening Teen Night 5-8PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>28</p> <p>Fitness Room Training 9AM</p> <p>Choir 12PM & 6PM</p> <p>Zumba (Video) 2:15PM—3:00PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>24</p> <p>Stretch and Flow (Lois) 9AM</p> <p>Senior Tone (Krystal) 9AM</p> <p>Silver Fox Walkers 9AM</p> <p>Line Dancing (Martha) 10:30AM</p> <p>Line Dancing (Martha) 6PM</p> <p>Sweat with Shea 6:30PM</p>	<p>25</p> <p>Yoga by Video 9AM</p> <p>Land Arthritis (Krystal) 2:15 PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>26</p>	
<p>28</p> <p>Fitness Room Training 9AM</p> <p>Choir 12PM & 6PM</p> <p>Zumba (Video) 2:15PM—3:00PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>29</p> <p>Silver Fox Walkers 8AM</p> <p>Senior Tone (Krystal) 9AM</p> <p>Diabetes Prevention 5:30 PM</p> <p>Stretch and Flow (Lois) 6PM</p> <p>Teen Night 6pm-8pm</p> <p>Zumba Tone (Rhonda) 6:30PM</p>	<p>31</p> <p>Stretch and Flow (Lois) 9AM</p> <p>Senior Tone (Krystal) 9AM</p> <p>Silver Fox Walkers 9AM</p> <p>Line Dancing (Martha) 10:30AM</p> <p>Line Dancing (Martha) 6PM</p> <p>Sweat with Shea 6:30PM</p>	<p>1</p> <p>Yoga by Video 9AM</p> <p>Land Arthritis (Krystal) 2:15 PM</p> <p>Zumba (Rhonda) 6:30PM</p>	<p>2</p>	

Schedules are subject to change.



Frank Bailey Senior Center ~ August 2023

Summer Session II

Registration Dates
Opens: July 31, 2023
Closes: August 18, 2023

Class Schedule 6/Wk Session
Classes Start: August 14, 2023
Classes End: September 22, 2023

Website:
www.claytonseniors.com

Registration Online at:
www.myactivecenter.com

Ph: 678.479.5505

Picnic In The Park
Wednesday, August 2, 2023
10:00AM - 4:00PM

JeJu Sauna & SPA
Wednesday, August 9, 2023
8:30AM- 3:00PM

Tanger Outlet
Wednesday, August 16, 2023
9:30am - 4:00pm

Dekalb Farmers Market
Wednesday, August 23, 2023
9:00AM - 1:00PM

FBSC Fashion Show
Thursday, August 3, 2023
1:30PM- 3:30PM



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford	2 8:00AM—Bike Club 10:00AM— Picnic In The Park 12:00PM Sculpting w/clay 1:00PM Healthy Talk	3 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 1:30PM FBSC Fashion Show 2-4:00PM Duplicate Bridge (Lab)	4 9:30AM Bingo 10:00 AM (Vivo) –IN Person 10:30 AM Therapeutic Art 11:00-11:45AM In-Motion
7 Break Week	8 Break Week	9 8:30AM JeJu Sauna & SPA Break Week	10 Break Week	11 Break Week
14 10:30 AM Therapeutic Art	15 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford	16 8:00AM—Bike Club 9:30AM Tanger Outlet 11:00AM Make It Simple, but significant 12:00PM Sculpting w/clay 1:00PM Healthy Talk	17 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 10:30AM Brain Teasers 1:00PM Jewelry Making 1:00PM International Left Handers Day 2-4:00PM Duplicate Bridge (Lab) 6-7PM Caregivers Support	18 9:30AM Bingo 10:30 AM Therapeutic Art 11:00-11:45AM In-Motion
21 10:30 AM Therapeutic Art	22 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford 2:30– Choir Rehearsal	23 8:00AM—Bike Club 9:00AM Dekalb Farmers Market 12:00PM Sculpting w/clay 1:00PM Healthy Talk	24 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2-4:00PM Duplicate Bridge (Lab)	25 9:30AM Bingo 10:30 AM Therapeutic Art 11:00-11:45AM In-Motion
28 10:30 AM Therapeutic Art	29 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford	30 8:00AM—Bike Club 12:00PM Sculpting w/clay 1:00PM Healthy Talk	31 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2-4:00PM Duplicate Bridge (Lab)	

Frank Bailey Fitness Center ***** August 2023

Fitness is Closed Daily from (12:00-1:00 PM)
Registration Online go to: Myactivecenter.com
Website: www.claytonseniors.com

Exercise is an important part of nearly everyone's everyday health

Regular physical activity can help improve **cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression,** and reduce the risk of developing health Conditions.

Benefits of exercising

1. It improves your strength. This helps you stay independent.
2. It improves your balance. This prevents falls.
3. It gives you more energy.
4. It prevents or delays diseases, such as heart disease, diabetes, or osteoporosis.
5. It can improve your mood and fight off depression.

How often should I exercise?

Seniors should get at least 2.5 hours of moderate aerobic exercise every week. That averages out to about 30 minutes on most days of the week.

Seniors should also do strength training at least 2 days a week. You can work on balance and flexibility every day.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		8:00 AM Bike Club 9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30PM 2 Mile Walk Class	9:30AM Breakfast w/Mr. Ford 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	11:00-11:45AM—In-Motion 10:00-11:00AM Martha's Intermediate Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class
7	8	9	10	11
Break Week	Break Week	Break Week	Break Week	Break Week
14	15	16	17	18
9:00 AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30PM 2 Mile Walk Class	9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility	8:00 AM Bike Club 9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30PM 2 Mile Walk Class	9:30AM Breakfast w/Mr. Ford 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	11:00-11:45AM—In-Motion 10:00-11:00AM Martha's Intermediate Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class
21	22	23	24	25
9:00 AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30PM 2 Mile Walk Class	9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility	8:00 AM Bike Club 9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30PM 2 Mile Walk Class	9:30AM Breakfast w/Mr. Ford 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	11:00-11:45AM—In-Motion 10:00-11:00AM Martha's Intermediate Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class
28	29	30	31	
9:00 AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30PM 2 Mile Walk Class	9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility	8:00 AM Bike Club 9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30PM 2 Mile Walk Class	9:30AM Breakfast w/Mr. Ford 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	



Frank Bailey Senior Center/Fitness Center— August 2023

Trips

Picnic In The Park
Wednesday, August 2, 2023
10:00AM - 4:00PM

JeJu Sauna & SPA
Wednesday, August 9, 2023
8:30AM- 3:00PM

Tanger Outlet
Wednesday, August 16, 2023
9:30am - 4:00pm

Dekalb Farmers Market
Wednesday August 23, 2023
9:00AM - 1:00PM



Events

FBSC Fashion Show
Thursday August 3, 2023
1:30PM– 3:30PM

International Left Handers
Day
Friday August 17, 2023
1:00PM

Make It Simple, but significant
Wednesday August 16, 2023
11:00AM



*Cotton Clothing is prohibited in the Pool!!!
Aqua shoes are mandatory!!!!
Shower is mandatory before entering the pool!*

**PLEASE OBSERVE POOL CLOSINGS
BETWEEN CLASSES.**

THANK YOU

*Pool and Fitness Orientations Thursdays at
1:30pm and 4:00pm -By Appointment Only
(Scheduled in registration)*

Fitness:

Abs	FREE
Balance Walking	FREE
Breakfast w/Mr. Ford	FREE
Bike Club	FREE
Drill Team	FREE
Land Arthritis	FREE
Personal Fitness	\$12/6wks
Advanced Tai Chi	FREE
Beginner's Tai Chi	FREE
Low Impact Tai Chi	FREE
Weight Training	\$12/6wks

Crafts:

Crafts Made Simple	FREE
Crocheting	FREE
Therapeutic Art	FREE
Jewelry Making	\$42/6wks
Sculpting w/Clay	\$120/6wks

Technology:

Cell Phone & Computer Assistance	ON HOLD
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Aquatics:

Aqua Volleyball	FREE
Beginner or Intermediate Swim	\$12/6wks
Water Fitness I	\$36/6wks
Water Fitness II	\$36/6wks
Water Walking	FREE
Men's Boot Camp	FREE

Health & Fitness:

Martha's Line Dance	\$18/6wks
Advanced In-Motion	FREE
Marching Drill Team	FREE
Duplicate Bridge Instructional	\$30/6wks
Duplicate Bridge Lab	FREE
Yoga For Mobility	\$24/6wks

**For more information please call:
678-479-5505**



*Morning Walking * Daily 7:45am*



Frank Bailey Aquatics

August 2023

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20
23**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 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	2 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	3 9:00-9:45 Water Fitness I 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	4 8:30-10:00 Open Swim 10:15-11:00 Beginning Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 2:45-3:30 Water Walking 3:30-4:30 Open Swim
7 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 12:45-1:45pm Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim Break Week Starts	8 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	9 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 12:00-1:00 Open Swim 1:30-2:30 Lap Swim 3:00-4:30 Open Swim	10 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 3:00-4:30 Open Swim 5:00-6:30 Open Swim	11 8:30-10:00 Open Swim 10:15-11:00 Beginning Swim 1:00-1:45 Men's Boot Camp 2:45-3:30 Water Walking 3:30-4:30 Open Swim Break Week Ends
14 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 12:45-1:45pm Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	15 8:30-9:30 Lap Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:00-4:30 Open Swim	16 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	17 9:00-9:45 Water Fitness I 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 3:00-4:30 Open Swim 5:00-6:30 Open Swim	18 8:30-10:00 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:30-4:30 Open Swim
21 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 12:45-1:45pm Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	22 8:30-9:30 Lap Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:00-4:30 Open Swim	23 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	24 9:00-9:45 Water Fitness I 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	25 8:30-10:00 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:30-4:30 Open Swim
28 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 12:45-1:45pm Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	29 8:30-9:30 Lap Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:00-4:30 Open Swim	30 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	31 9:00-9:45 Water Fitness I 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	

Times are subject to change. Call ahead to confirm.

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

Aqua Volleyball
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

Break Week LapSwimming:
Mon/Tue/Thur/Fri
8:30-9:30am
1:30-2:30pm

August 2023 Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Event Highlights

8 Ball Tournament
Monday,
August 7
12:00pm - 7:00pm



Griswell's Cotton
Club
Friday, August 25
6:00pm - 10:00pm
Tickets: \$15.00

Trips:
**Mary Mac's Tea
Room**
Wednesday,
August 16
Departure time:
9:30am

Apex Museum
Tuesday,
August 29
Departure time:
10:30am



7
8 Ball Tournament
12:00pm - 7:00pm
Break Week

14
"Classes Begin"
Cell Phone 101

21
iPad/Tablet
Workshop
3:00pm - 4:30pm

28
Cell Phone 101
2:00pm - 2:30pm
Bid Whist Tournament
4:00pm - 6:00pm

1
"Registration Begins"

8
Trip: Krog Street
Market

15
Morning Fitness
9:30am - 10:00am

22
Morning Fitness
9:30am - 10:00am

29
Morning Fitness
9:30am - 10:00am
Trip: Apex Museum

2

9

16
Trip: Mary Mac's Tea
Room

23

30

3

Morning Fitness
9:30am - 10:00am

10

17 Morning Fitness
9:30am - 10:00am
3D Thursday
2:00pm - 3:00pm
Red Hatters - 2:00pm

24

Morning Fitness
9:30am - 10:00am

31

Morning Fitness
9:30am - 10:00am

4



August is Wellness
11:00am - 12:00pm
"Classes End"

11

18 Morning Fitness
9:30am - 10:00am
Living Single Social
2:30pm - 3:00pm
"Registration Ends"

25

Morning Fitness
9:30am - 10:00am
Griswell's Cotton
Club
6:00pm - 10:00pm



- Pool Calendar August 2023 -

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

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

Open Swim times are
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 7:30pm.

MONDAY



07 break week
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

14
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

21
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

28
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

TUESDAY

01
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

08 break week
8:10-9:30 open pool
10:00-10:30 swim lap
10:30-12:00 open pool
1:10-2:30 open pool
3:00-4:00 open pool

15
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

22
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

29
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

WEDNESDAY

02
8:10-8:45 open pool
2:00-3:00 open pool

09 break week
8:10-9:30 open pool
10:00-10:30 swim lap
10:30-12:00 open pool
1:10-3:00 open pool

16
8:10-8:45 open pool
2:00-3:00 open pool

23
8:10-8:45 open pool
2:00-3:00 open pool

30
8:10-8:45 open pool
2:00-3:00 open pool

THURSDAY

03
8:10-9:00 open pool
2:00-2:30 swim lap
2:30-4:00 open pool

10 break week
8:10-9:30 open pool
10:00-10:30 swim lap
10:30-12:00 open pool
1:10-2:30 open pool
2:30-4:00 open pool

17
8:10-9:00 open pool
2:00-2:30 swim lap
2:30-4:00 open pool

24
8:10-9:00 open pool
2:00-2:30 swim lap
2:30-4:00 open pool

31
8:10-9:00 open pool
2:00-2:30 swim lap
2:30-4:00 open pool

FRIDAY

04
8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

11 break week
8:10-9:30 open pool
10:00-10:30 swim lap
10:30-12:00 open pool
1:10-2:30 open pool
2:30-4:00 open pool

18
8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

25
8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool



Open Swim times are subject to change. PLEASE call ahead to check times.

SONNA SINGLETON GREGORY SENIOR CENTER

August 2023



Ready, Set Go! Walk/Run Club
Meets every Tuesday,
Wednesday & Thursday
8:30 & 3:30



Health & Awareness Fair
Saturday, Aug. 12, 2023
9:00 - 2:00

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Southern Belle Farm Trip 9:30 - 3:00	2 Registration Begins Nutrition Education 10:30 - 11:00 Flash Mob Photography Club 2:30—4:00	3	4 Surf's Up 2:00 - 4:00
7 Break Week 	8 Break Week	9 Break Week PositivTEA Talk 10:00 -11:00 Red Hatter 12:30—2:00 The Loop Crochet Club 2:30 -3:30 Flash Mob Photography Club 2:30 - 4:00	10 Break Week Page Turners 10:30-11:30 Volunteer Meeting 2:00—3:00	11 Break Week Pop-Up Friday Advisory Board presents Game Show Night 2:00—4:00
14 	15 Jimmy Carter Museum 9:00 - 3:00 Faith Talk 1:00-2:00	16 Nutrition Education 10:30 - 11:00 Choir in Session 10:00 - 11:00 Flash Mob Photography Club 2:30—4:00	17	18 Back To The Future Dance 6:00 - 9:00
21 	22 Harrah's Casino Trip 8:00 - 8:00	23 Flash Mob Photography Club 2:30—4:00	24 FOCUS Table 2:00-3:00 Man Cave 2:30 - 5:00 Advisory Board Mtg. 3:00-4:00	25 Juicing 101 2:00 - 3:00
28 Latin Dancing 1:30 - 12:30	29	30 Flash Mob Photography Club 2:30—4:00	31 ABC's of Sign Language 11:30 - 12:30	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
(LAP SWIM TIMES IN PARENTHESIS)	8:30a.m.—9:30a.m. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.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. (10:00a.m.—10:30a.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	8:30a.m.—9:30a.m
7	8	9	10	11
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. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.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. (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.) (4:00p.m.—4:40p.m.)
←	Break Week			→
14	15	16	17	18
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. ---3:00p.m.)	8:30a.m.—9:30a.m. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.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. (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.)
21	22	23	24	25
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. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.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. (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.)
28	29	30	31	
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. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.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. (10:00a.m.—10:30a.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	

Sonna Singleton Gregory
Senior Center

August 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.



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Cc: Clayton connected

Senior Services