



Frank Bailey Senior Center ~ July 2023 ~

Summer Session I

Registration Dates
Opens: June 12, 2023
Closes: June 30, 2023

Class Schedule 6/Wk Session
Classes Start: June 26, 2023
Classes End: August 4, 2023

Website:
www.claytonseniors.com
Registration Online at:
www.myactivecenter.com

Ph: 678.479.5505
Atlanta Dreams
@ Gateway Center
Wednesday, July 12
4:00pm - 9:30pm

MLK Historical Park
Wednesday, July 19, 2023
10:00am-3:00pm

Kudzu Antique Shop
Wednesday, July 26, 2023
9:30am - 4:00pm

Salad Demo
Tuesday July 25, 2023
11:00am-12:00pm

Fitness Bootcamp
Wednesday July 19, 2023
9:00am-11:30am

Could You Have Diabetes
And Not Know It?
Friday 10:30am-11:00am

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art	4 Center Closed For Holiday Happy 4th!!!	5 8:00AM—Bike Club 11-12PM The Secrets Of The Spas 12:00PM Sculpting w/clay 1:00PM Healthy Talk	6 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2-4:00PM Duplicate Bridge (Lab)	7 9:30AM Bingo 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art 11:00-11:45AM In-Motion
10 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art	11 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford 1:00 PM Book Club 2:30– Choir Rehearsal	12 8:00AM—Bike Club 9:30 AM Walmart Shopping-Trip 12:00PM Sculpting w/clay 1:00PM Healthy Talk 4-9:30PM Atlanta Dreams @Gateway Center	13 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2-4:00PM Duplicate Bridge (Lab) 2-5:00PM Billiards Tournament	14 9:30AM Bingo 10:00AM Garden Club 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art 10:30-11AM Could You Have Diabetes And Not Know it? 11:00-11:45AM In-Motion
17 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art	18 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford	19 8:00AM—Bike Club 9:00AM Fitness Bootcamp 12:00PM Sculpting w/clay 1:00PM Healthy Talk 10AM-3PM MLK Jr Historical Park	20 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2-4:00PM Duplicate Bridge (Lab) 6-7PM Caregivers Support	21 9:30AM Bingo 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art 11:00-11:45AM In-Motion
24 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art	25 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford 11-12:00PM– Salad Demo 2:30– Choir Rehearsal	26 8:00AM—Bike Club 12:00PM Sculpting w/clay 1:00PM Healthy Talk 9:30-4:00PM Kudzu Antique Shop	27 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2-4:00PM Duplicate Bridge (Lab)	28 9:30AM Bingo 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art 11:00-11:45AM In-Motion
29 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art	30 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford	31 8:00AM—Bike Club 9:30 AM Kroger Shopping 12:00PM Sculpting w/clay 1:00PM Healthy Talk		

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

Fitness Classes
Monday—Abs 1:00 PM

Monday—Chair Stretch 9:00AM

Wednesday—Floor Stretch 9:00AM

Monday & Wednesday
Zumba Fitness 11:00AM

Monday & Wednesday
Weight Training 11:00 AM

Monday & Wednesday
2 Mile Walk Class 1:30pm

Thursday— Land Arthritis 1:00 PM

Tuesday & Thursday
Personal Fitness 11:00 AM

Tuesday & Thursday
Breakfast w/ Anton9:30 AM

Monday & Wednesday
Advanced Tai-Chi 10:00 AM

Monday & Wednesday
Beginning Tai-Chi 1:30 PM

Tuesday & Thursday
Low Impact Tai-Chi 1:00 PM

Tuesday —Balance Walking 10:00 AM

Tuesday— Yoga for Mobility
1:00 PM—1:30PM

Wednesday Bike Club 8:00 AM



Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <div>9:00AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training</div> <div>1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30PM 2 - Mile Walk Class</div>	<div>4</div> <div>Center Closed For Holiday!</div> <div>Happy 4th!!!</div>	<div>5</div> <div>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</div> <div>1:30PM Beginning Tai-Chi 1:30PM 2 - Mile Walk Class</div>	<div>6</div> <div>9:30AM Breakfast & Staff 11:00AM Personal Fitness</div> <div>1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</div>	<div>7</div> <div>11:00-11:45AM Advanced In-Motion</div> <div>10:00-11:00AM Martha's Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class</div>
<div>8</div> <div>9:00AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training</div> <div>1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30PM 2 - Mile Walk Class</div>	<div>9</div> <div>9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness</div> <div>1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility</div>	<div>10</div> <div>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</div> <div>1:30PM Beginning Tai-Chi 1:30PM 2 - Mile Walk Class</div>	<div>11</div> <div>9:30AM Breakfast & Staff 11:00AM Personal Fitness</div> <div>1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</div>	<div>12</div> <div>11:00-11:45AM Advanced In-Motion</div> <div>10:00-11:00AM Martha's Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class</div>
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Frank Bailey Fitness Center ***** July 2023



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

Aqua Volleyball
Friday's 11:00am - 11:45am

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

LAP SWIMMING
Mon— 1:00pm-2pm
Tue- 8:30-9:30am
Wed-10:45am-11:45am

Weekly Cleaning Schedule
Mon/Wed/Frid
12:00pm-1:00pm

Frank Bailey Aquatics

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 1:00pm-2:00pm Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	<div>4</div> Closed for 4th of July	<div>5</div> 8:30am-10:00amOpen Swim 10:45am-11:45am Lap Swim 1:15pm-2:30pm Open Swim 3:00pm-4:30pm Open Swim	<div>6</div> 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	<div>7</div> 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
<div>10</div> 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 1:00pm-2:00pm Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	<div>11</div> 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	<div>12</div> 8:30am-10:00amOpen Swim 10:45am-11:45am Lap Swim 1:15pm-2:30pm Open Swim 3:00pm-4:30pm Open Swim	<div>13</div> 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	<div>14</div> 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
<div>17</div> Closed for Senior Day at Spivey Splash	<div>18</div> 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	<div>19</div> 8:30am-10:00amOpen Swim 10:45am-11:45am Lap Swim 1:15pm-2:30pm Open Swim 3:00pm-4:30pm Open Swim	<div>20</div> 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	<div>21</div> 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
<div>24</div> 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 1:00pm-2:00pm Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	<div>25</div> 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	<div>26</div> 8:30am-10:00amOpen Swim 10:45am-11:45am Lap Swim 1:15pm-2:30pm Open Swim 3:00pm-4:30pm Open Swim	<div>27</div> 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	<div>28</div> 8:30-10:00 Open Swim 10:15-11:00 Beginning Swim 11:00-1:00 Aqua Volleyball Tournament 1:00-1:45 Men's Boot Camp 2:45-3:30 Water Walking 3:30-4:30 Open Swim
<div>31</div> 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 1:00pm-2:00pm Lap Swim 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim				

July Pool Schedule is Subject to change. Please Class to Confirm Times

FRANK
BAILEY
AQUATICS
2023

Frank Bailey Senior Center/Fitness Center— July 2023

Trips

Walmart Trip 06/7 at 9:30

Atlanta Dreams @ Gateway Center
Wednesday, July 12, 2023
4:00pm - 9:30pm

MLK Historical Park
Wednesday, July 19, 2023
10:00am-3:00pm

Kudzu Antique Shop
Wednesday, July 26, 2023
9:30am - 4:00pm

Kroger Trip 06/28 at 9:30 AM



Events

Salad Demo 07/25 11:00am

Fitness Bootcamp 07/19 9:00

The Secrets Of The Spas 07/5 11:00am

Billiards Tournament 07/13 2:00pm



*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)*



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

Fitness:

Abs	FREE
Balance Walking	FREE
Breakfast w/Anton	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
Chair Stretch	FREE
Floor Stretch	FREE
Weight Training	\$12/6wks
Zumba Fitness	FREE
2 Mile Walk Class	FREE

Crafts:

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

Aquatics:

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

Health & Fitness:

Martha's Int Line Dance	\$18/6wks
Martha's Beg 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

*Morning Walking * Daily 7:45am*

July 2023 Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Event
Highlights

3

4



5

Pickleball Learn
& Play
10:00am - 11:30am



6

Morning Fitness
9:30am - 10:00am

7

Morning Fitness
9:30am - 10:00am

10

Cell Phone 101
2:00pm - 2:30pm



11

Morning Fitness
9:30am - 10:00am

Trip: Krog Street
Market

12

13

Morning Fitness
9:30am - 10:00am

Summertime Ice
Cream Solree
2:00pm - 4:00pm



14

Morning Fitness
9:30am - 10:00am

17

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

18

Morning Fitness
9:30am - 10:00am

19

Shingles
2:00pm - 3:00pm

20

Morning Fitness
9:30am - 10:00am

3D Thursday
2:00pm - 3:00pm

Red Hatters - 2:00pm

21

Morning Fitness
9:30am - 10:00am

Living Single Social
2:30pm - 3:00pm

Trips:

**Krog Street
Market
Tuesday, July 11
Departure time:
10:00am**

**The Battery
Wednesday,
July 26
Departure time:
10:00am**

24

Cell Phone 101
2:00pm - 2:30pm



25

Morning Fitness
9:30am - 10:00am

Chat & Chev 
2:00pm - 4:00pm

26

Trip: The Battery

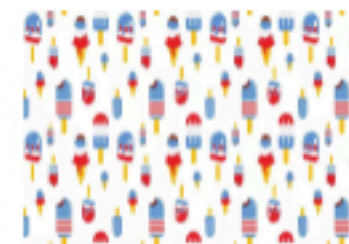
27

Morning Fitness
9:30am - 10:00am

28

Morning Fitness
9:30am - 10:00am

31



- Pool Calendar July 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

03
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

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

17
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

24
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

31
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

TUESDAY

Center Closed
July 4th



11
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

18
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

25
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool



WEDNESDAY

05
8:10-8:45 open pool
2:00-3:00 open pool

12
8:10-8:45 open pool
2:00-3:00 open pool

19
8:10-8:45 open pool
2:00-3:00 open pool

26
8:10-8:45 open pool
2:00-3:00 open pool



THURSDAY

06
8:10-9:00 open pool
2:00-2:30 swim lap
2:30-4:00 open pool

13
8:10-9:00 open pool
2:00-2:30 swim lap
2:30-4:00 open pool

20
8:10-9:00 open pool
2:00-2:30 swim lap
2:30-4:00 open pool

27
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool



FRIDAY

07
8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

14
8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

21
8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

28
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.

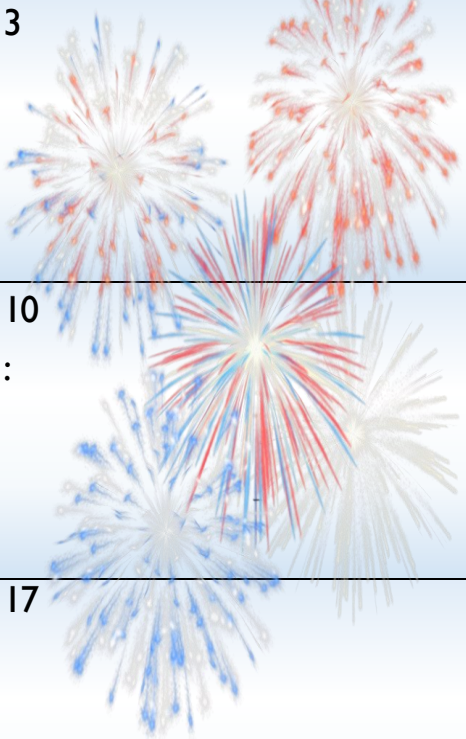
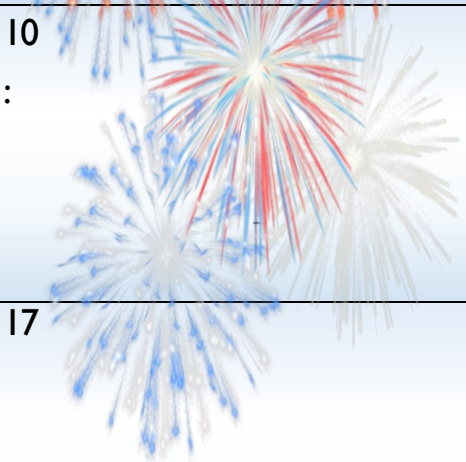
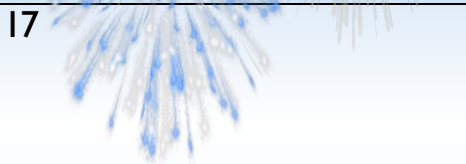
Sonna Singleton Gregory Senior Center

July 2023



CLAYTON
COUNTY • GEORGIA
Cc: Clayton connected

Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Independence Day Center Closed	5 Nutrition Education 10:30-11:00 In The Loop 2:30-3:30 Flash Mob Photography 2:30-3:30	6	7 Pop-up Friday (Home Buying Seminar) 2:00-4:00
10 	11 Volunteer Meeting 2:00-3:00 Men's Line Dance 12:30-1:30 Silver Spot Movie Trip 2:00-6:00	12 Positivi-tea 10:00-11:00 In The Loop 2:30-3:30 Red Hatters 12:30-2:00 Flash Mob Photography 2:30-3:30	13 Ready, Set Go! Walk/Run Club 8:30 & 3:30 Book Club 10:30-11:30	14 My Active Center Tutorial 10:00-11:00 Aquatic Pool Races 2:00-3:00
17 	18 Ready, Set Go! Walk/Run Club 8:30 & 3:30 Faith Talk 1:00-2:00 2:30-3:30 Men's Line Dance 12:30-1:30	19 Nutrition Education 10:30-11:00 In The Loop Crochet Club 2:30-3:30 Flash Mob Photography 2:30-3:30	20 Ready, Set Go! Walk/Run Club 8:30 & 3:30	21
24	25 Little Five Points Trip 9:00-3:00 Men's Line Dance 12:30-1:30	26 Hair Care 10:30-11:30 Flash Mob Photography 2:30-3:30	27 FOCUS Table 2:00-3:00 Advisory Board 3:00-4:00	28 Farmers Market 10:00-1:00
31 Summer II Registration Begins			Reminder Anniversary Block Party July 15, 2023 10:00-2:00	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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.)	4 Closed in Observance of Independence Day	5 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.)	6 8:30a.m.—9:30a.m. (10:00a.m.—10:30a.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	7 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.)
10 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.)	11 8:30a.m.—9:30a.m. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.m.)	12 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.)	13 8:30a.m.—9:30a.m. (10:00a.m.—10:30a.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	14 8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (4:00p.m.—4:40p.m.)
17 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.)	18 8:30a.m.—9:30a.m. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.m.	19 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.)	20 8:30a.m.—9:30a.m. (10:00a.m.—10:30a.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	21 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.)
24 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.)	25 8:30a.m.—9:30a.m. (4:00p.m.—4:40p.m.) 4:50p.m.—5:30p.m.	26 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.)	27 8:30a.m.—9:30a.m. (10:00a.m.—10:30a.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	28 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.)
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.)		(LAP SWIM TIMES IN PARENTHESIS)		

Sonna Singleton Gregory
Senior Center

JULY 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.

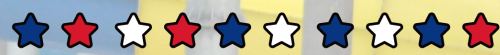


CLAYTON
COUNTY • GEORGIA

Cc: Clayton connected

Senior Services

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



July 2023



Legend

(A) Adult Program
(Y) Youth Program
(T) Teen Program
(F) Family Program


SNS platform in [] . Ex. [Facebook]



CLAYTON
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Senior Services

Intakes by appointment only; please call to schedule.
Dates for activities, classes, & events are liable to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 CLOSED 	5 Parenting Wisely (A) [Class 1/2] 10am-12:30pm [In Person/Zoom] American Sign Language (A) 10:30am-11:30am [In Person] Active Parenting (A) Class 1/4 2:30pm-4:30pm [In Person/Zoom]	6 Intro to Embroidery (A) 10am-11:30am	7	8
10	11 Butterfly Project (A) 10am-11am [In Person/Zoom] Quilting (A) 10am-1pm [In Person]	12 Parenting Wisely (A) [Class 2/2] 10am-12:30pm [In Person/Zoom] Active Parenting (A) Class 2/4 2:30pm-4:30pm [In Person/Zoom]	13 Intro to Embroidery (A) 10am-11:30am Food Talk: Better U (A) 11:30am [In Person]	14 Advisory Board Meeting (A) 9:30am-10:30am Breakfast & Adult Support Group 10:30am –12pm [In Person/Zoom]	15
17	18 Butterfly Project (A) 10am-11am [In Person/Zoom] Quilting (A) 10am-1pm [In Person]	19 Parenting Wisely (A) [Class 1/2] 10am-12:30pm [In Person/Zoom] Active Parenting (A) Class 3/4 2:30pm-4:30pm [In Person/Zoom]	20 Intro to Embroidery (A) 10am-11:30am Food Talk: Better U (A) 11:30am [In Person]	21 Evening Support Group (Y,T,A) 5pm-6pm [In Person/Zoom]	22 Kinship Advisory Board's Fundraiser Trip to Wind Creek Casino 7:30am-7pm *Contact the Advisory Board for more info*
24	25 Butterfly Project (A) 10am-11am [In Person/Zoom] Quilting (A) 10am-1pm [In Person] Confetti Fish (Y) 10am-11am [In Person] Cricut Stickers (T) 10am-11am [In Person]	26 Parenting Wisely (A) [Class 2/2] 10am-12:30pm [In Person/Zoom] Active Parenting (A) Class 4/4 2:30pm-4:30pm [In Person/Zoom]	27 Family Fun Day (F) 10:00am-2:00pm *In the Clayton International Park at the Spivey Splash* [ACTIVE PARTICIPATION IS REQUIRED FOR REGISTRATION]	28 Advisory Board Meeting (A) 9:30am-10:30am Breakfast & Adult Support Group 10:30am –12pm [In Person/Zoom]	29
31	Register for Kinship events, activities & classes at MyActiveCenter.com ! Building Hours: 8:00am-5:00pm (Summer Hours)				