



# Frank Bailey Senior Center ~ September 2023 ~

## Fall Session I

Registration Dates  
Opens: September 18, 2023  
Closes: October 6, 2023

Class Schedule 5/Wk Session  
Classes Start: October 2, 2023  
Classes End: November 3, 2023

Website: [www.claytonseniors.com](http://www.claytonseniors.com)  
Registration Online at:  
[www.myactivecenter.com](http://www.myactivecenter.com)  
Ph: 678.479.5505

**End Of Summer Dance**  
Friday, September 1, 2023  
6:00pm - 10:00pm

**Yellow Daisy Festival**  
Thursday, September 7, 2023  
10:30am-4:00pm

**National Senior Center Month**  
Friday, September 8, 2023  
11:00am - 12:00pm

**Black Wall Street**  
Wednesday, September 20, 2023  
10:00am-4:00pm

**JeJu Sauna & SPA**  
Wednesday, September 27, 2023  
9:00am-11:30am

**Oatmeal Blueberry Goodness**  
Friday September 29, 2023  
1:00PM-2:00PM

**1st Annual Alzheimer's 5K Walk/Run**  
Saturday, September 30, 2023  
Registration Opens: 9:00AM  
Race Starts: 10:00AM

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30AM Bingo 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art 6:00PM-10:00PM End Of Summer Dance
4 Labor Day Center Is Closed	5 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford 2:30–4:00PM Choir Rehearsal	6 9:30 AM Walmart Shopping-Trip 12:00PM Sculpting w/clay 1:00PM Healthy Talk	7 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2–4:00PM Duplicate Bridge (Lab) 10:30AM–4PM Yellow Daisy Festival	8 9:30AM Bingo 10:00AM Garden Club 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art 11-12PM National Senior Center Month
11 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art	12 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford 1:00 PM Book Club	13 12:00PM Sculpting w/clay 1:00PM Healthy Talk 1PM– 2PM Food Safety Education	14 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2–4:00PM Duplicate Bridge (Lab) 2pm–5pm Billiards Tournament	15 9:30AM Bingo 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art
18 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art	19 9:00 AM Crochet Class 9:30AM Breakfast w/Mr. Ford 2:30–4:00PM Choir Rehearsal	20 12:00PM Sculpting w/clay 1:00PM Healthy Talk 10:00AM–4:00PM Black Wall Street	21 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 10:30AM Chat n' Chew / Oak Street Health 1:00PM Jewelry Making 2–4:00PM Duplicate Bridge (Lab) 3:30–5PM Bid Whist Tournament 6:00PM Caregiver's Support Group	22 9:30AM Bingo 10:00 AM (Vivo) –InPerson 10:30 AM Therapeutic Art 2PM–3:00PM Poetry Slam / Spoken Word
25 Break Week	26 Break Week	27 Break Week	28 Break Week	29 Break Week



# Frank Bailey Fitness Center \*\*\*\*\* September 2023

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

## Exercise is an important part of nearly every-one'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
5. diseases, such as heart disease, diabetes, or osteoporosis.
6. 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 11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class
4 Labor Day Center Is Closed	5 9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 11:00AM-11:45AM PIYO Fit 1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility	6 8:30AM Strength & Balance 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi	7 9:30AM Breakfast & Staff 11:00AM Personal Fitness 11:00AM-11:45AM PIYO Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	8 11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class
11 8:30AM Strength & Balance 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi	12 9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 11:00AM-11:45AM PIYO Fit 1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility	13 8:30AM Strength & Balance 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi	14 9:30AM Breakfast & Staff 11:00AM Personal Fitness 11:00AM-11:45AM PIYO Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	15 11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class
18 8:30AM Strength & Balance 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi	19 9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 11:00AM-11:45AM PIYO Fit 1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility	20 8:30AM Strength & Balance 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi	21 9:30AM Breakfast & Staff 11:00AM Personal Fitness 11:00AM-11:45AM PIYO Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	22 11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class
25 Break Week	26 Break Week	27 Break Week	28 Break Week	29 Break Week



# Frank Bailey Senior Center/Fitness Center— September 2023

## Trips

Yellow Daisy Festival  
Thursday, September 7, 2023  
10:30am-4:00pm

Black Wall Street  
Wednesday, September 20, 2023  
10:00am-4:00pm

JeJu Sauna & SPA  
Wednesday, September 27, 2023  
9:00am-11:30am



## Events

End Of Summer Dance  
Friday, September 1, 2023  
6:00pm - 10:00pm

National Senior Center Month  
Friday, September 8, 2023  
11:00am - 12:00pm

Oatmeal Blueberry Goodness  
Friday September 29, 2023  
1:00PM-2:00PM

1ST Annual Alzheimer 5K  
Walk/Run  
Saturday, September 30, 2023

**Registration Opens 9:00 AM**  
**Race Starts 10:00 AM**

For more information please call:  
678-479-5505



*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/Anton	FREE
Bike Club	ON HOLD
Drill Team	FREE
Land Arthritis	FREE
Personal Fitness	\$10/5wks
Advanced Tai Chi	FREE
Beginner's Tai Chi	FREE
Low Impact Tai Chi	FREE
Weight Training	\$10/5wks

## Crafts:

Crafts Made Simple	FREE
Crocheting	FREE
Therapeutic Art	FREE
Jewelry Making	\$35/5wks
Sculpting w/Clay	\$100/5wks

## Technology:

Cell Phone & Computer Assistance	ON HOLD
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## Aquatics:

Aqua Volleyball	FREE
Beginner or Intermediate Swim	\$10/5wks
Water Fitness I	\$30/5wks
Water Fitness II	\$30/5wks
Water Walking	FREE
Men's Boot Camp	FREE

## Health & Fitness:

Martha's Line Dance	\$15/5wks
Advanced In-Motion	FREE
Marching Drill Team	FREE
Duplicate Bridge Instructional	\$25/5wks
Duplicate Bridge Lab	FREE
Yoga For Mobility	\$20/5wks

*Morning Walking \* Daily 7:45am*





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  
Tues. 2:45-3:30pm

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

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

Aqua Volleyball  
Friday's 11:00am - 12:00pm

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

Cleaning Schedule  
Locker Room  
Mon, Wed, Fri,  
12:00pm-1:00pm  
Pool/Pool Deck  
Tuesday  
2:00pm-3:00pm

# Frank Bailey Aquatics

## September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30-10:30 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:00-4:30 Open Swim
4 <b>Closed For Labor Day</b>	5 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim	6 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:00-2:30 Open Swim 3:00-4:30 Open Swim	7 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	8 8:30-10:30 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:00-4:30 Open Swim
11 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 12:30-1:30 Lap Swim Only 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	12 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim	13 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	14 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	15 8:30-10:30 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:00-4:30 Open Swim
18 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness II 12:30-1:30 Lap Swim Only 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	19 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim	20 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	21 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	22 8:30-10:30 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:00-4:30 Open Swim
25 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 <b>Break Week Starts</b>	26 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	27 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	28 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 5:00-6:30 Open Swim	29 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 <b>Break Week Ends</b>

September Pool Schedule is Subject to change. Please Call to Confirm Times.

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# September 2023 Activity Calendar

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Event Highlights



**Slp & Snap Poetry Slam**  
Thursday, Sept. 7  
2:00pm - 4:00pm

**National Senior Center Month: Community Health Fair**  
Friday, Sept. 29  
10:00am - 2:00pm

**Trips: Jeju Sauna**  
Friday, Sept. 15  
Departure time: 9:00am

**Picasso's Splat Room**  
Wednesday, Sept 27  
Departure time: 11:30am

4

11

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

18

**"Registration Begins"**  
**iPad/Tablet Workshop**  
3:00pm - 4:30pm

25 **Break Week**

**Fall Prevention**  
10:00am - 11:00am

5

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

12

**Morning Fitness**  
9:30am - 10:00am  
**Sickle Cell Disease**  
11:00am - 12:00pm

19

**Morning Fitness**  
9:30am - 10:00am  
**Taco Tuesday**   
2:00pm - 4:00pm

26

6

13

**Grocery Shopping Trip Departure:**   
9:30am

20

27 **Grocery Shopping Trip Departure:** 9:30am 

**Trip: Picasso's Splat Room** 


7

**Morning Fitness**  
9:30am - 10:00am  
**Slp & Snap Poetry Slam**  
2:00pm - 4:00pm

14

**Morning Fitness**  
9:30am - 10:00am  
**Hebrew Cultural Awareness**  
2:00pm - 3:00pm

21

**Morning Fitness**  
9:30am - 10:00am  
**World Alzheimer's Month** 2 - 3  
**3D Thursday** 2 - 3  
**Red Hatters** 2 

28

1

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

8

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

15

**Morning Fitness**  
9:30am - 10:00am  
**Trip: Jeju Sauna**  
**Living Single Social**  
2:30pm - 3:00pm

22

**Morning Fitness**  
9:30am - 10:00am  
**"Classes End"**

29

**National Senior Center Month: Community Health Fair**  
10:00am - 2:00pm



# - Pool Calendar September 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**



4

**LABOR DAY**

**CENTER CLOSED**

**TUESDAY**



5

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

**WEDNESDAY**



6

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

**THURSDAY**



7

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

**FRIDAY**

01

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

11

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

12

8:10-9:00 open pool  
1:10-3:00 swim lap  
3:00-4:00 open pool

13

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

14

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

15

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

18

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

19

8:10-9:00 open pool  
1:10-3:00 swim lap  
3:00-4:00 open pool

20

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

21

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

22

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

25 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  
4:00-6:30 open pool

26 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

27 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

28 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

29 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


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



SONNA SINGLETON GREGORY SENIOR CENTER

SEPTEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				1  Tranquility 2:00—4:00
4  Closed Labor Day Center	5  CDC Museum 1:00—5:00	6  Nutrition Education 10:30 - 11:00	7  National Senior Center Month Activity: How to Organize and Declutter 10:00—11:00	8  Pop—Up Friday Home Buyers Seminar 2:00—4:00
11	12	13  PositivTEA Talk 10:00 -11:00 National Senior Center Month Activity: How to Make Smoothies 10:30 - 11:30 Let’s Talk with the Director 12:00 PM Red Hatters 12:30—2:00	14  Page Turners 10:30-11:30	15  SSG Family Picnic 11:00- 3:00
18	19  Michael C. Carlos Museum 9:00—3:00 Faith Talk 1:00-2:00	20  Registration Begins  Nutrition Education 10:30 - 11:00	21  How to Start a Medicinal Herb Garden 1:00—2:00	22
25  Break Week	26  Break Week	27  Break Week Advisory Board Mtg. 2:30—4:30	28  Break Week FOCUS Table 2:00-3:00	29  Break Week National Senior Center Month Celebration 1:00—3:00

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

Ageless Elegance  
Model Tryouts  
September 21 & 22  
2:00—4:00


























1st Annual  
Alzheimer’s Walk/Run  
Saturday,  
September 30, 2023  
8:00 AM

Flash Mob  
Photography Club  
Wednesdays  
2:30—4:00



# September 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2 
4  <b>Center Closed</b>	5 <b>Know Your Numbers</b> 5:30pm– 6:30pm (Family) <b>Teen Night</b> 6pm– 8pm	6 <b>Craft Creations</b> 11am –1pm (Seniors)  <b>Card Night</b> 5pm–8pm	7 <b>Red Hatters</b> 12:30pm—1:30pm <b>Mixing Colors</b> 5pm—6pm (Youth)	8 	9 <b>Grandparents &amp; Grandchildren Dinner Dance</b> 2pm—4pm (Family) 
11 <b>FRCC Choir</b> 12pm & 6pm 	12 <b>Pizza &amp; Paint Teen Party</b> 6pm– 8pm (Teens)  <b>Men's Advisory Board</b> 6pm—7:30pm <b>Teen Night</b> 6pm– 8pm	13   <b>Card Night</b> 5pm– 8pm	14 <b>Teen Girl's Group</b> 6pm—7pm (Teens) 	15 <b>Hispanic Heritage Month</b> 5pm—8pm (Family) 	16 
18 <b>FRCC Choir</b> 12pm & 6pm 	19 <b>Senior Emergency Preparedness by the Office of Resilience &amp; Sustainability</b> 10am—1:30pm (Seniors)  <b>Teen Night</b> 6pm– 8pm	20 <b>GA Governor's Mansion Trip</b> 9am–3pm (Seniors & Adults) <b>Blue Alert: Prostate Cancer Awareness</b> 6pm—7pm (All Ages) <b>Card Night</b> 5pm– 8pm	21 <b>Registration Begins</b> <b>Veteran's Series</b> 1pm—2pm (Adults & Seniors) 	22 <b>National Senior Center Month: Picnic in the Park</b> 1pm—4pm (Seniors) 	23 
25 <b>Break Week</b> <b>Monday Madness Bingo</b> 11am –1pm (Seniors)  <b>What's Happening Flint / Birthday Social</b> 6pm– 7pm <b>FRCC Choir</b> 12pm & 6pm	26 <b>Marietta Diner Trip</b> 11:00am—3:00pm (Seniors) <b>Teen Night</b> 6pm– 8pm	27 <b>Swedish Culture</b> 6pm—7pm (Family)  <b>Card Night</b> 5pm– 8pm	28 <b>Let's Talk with Tori &amp; Melissa</b> 6pm—8pm  <b>Mask in Theater</b> 5pm—6pm (All Ages) 	29 	30 
<b>Schedules are subject to change.</b>					