


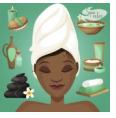























# October 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>FRCC Choir</b> 12pm & 6pm 	<b>3</b> <b>Back Pain</b> 6pm—7pm (Intergenerational) 	<b>4</b> <b>Craft Creations</b> 11am—1pm (Seniors)  <b>Card Night</b> 5pm—8pm	<b>5</b> <b>Red Hatters</b> 12:30pm—1:30pm  <b>Pamper Me Please</b> 6pm—8pm (Seniors)	<b>6</b> <b>FRCC Choir</b> 7pm—8pm 	<b>7</b> <b>Pink in the Park</b> 10am—1pm(All Ages) 
<b>9</b> <b>FRCC Choir</b> 12pm & 6pm <b>Create Your Own Stained Glass Mandala Window Cling</b> 5pm—6pm (Family)	<b>10</b> <b>North Point Mall Trip</b> 10am—4pm <b>Cardboard Robot Puppets</b> 6pm—7:30pm (Family) <b>Men's Advisory Board</b> 6pm—7:30pm	<b>11</b> <b>Card Night</b> 5pm—8pm <b>Flint to Brazil</b> 6pm—7pm (Family) 	<b>12</b> <b>Youth &amp; Depression</b> 5:30pm—6:30pm (Teens) <b>Teen Girl's Group</b> 6pm—7pm (Teens)	<b>13</b> <b>Dodge Ball</b> 5pm—6pm (Youth)  <b>FRCC Choir</b> 7pm—8pm	<b>14</b> 
<b>16</b> <b>FRCC Choir</b> 12pm & 6pm 	<b>17</b> <b>Chop Sticks &amp; Friends</b> 5pm—6pm (Youth)  <b>Bullying Prevention Workshop</b> 5pm—6pm (Adults) <b>Are You Prepared?</b> 6pm—7pm (Intergenerational)	<b>18</b> <b>Wind Creek Casino Trip</b> 9am—8pm  <b>Card Night</b> 5pm—8pm	<b>19</b> <b>Veteran's Series</b> 1pm—2pm (Adults & Seniors) <b>Brain Health</b> 5pm—6pm (Intergenerational)	<b>20</b> <b>FRCC Choir</b> 7pm—8pm 	<b>21</b> 
<b>23</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	<b>24</b> <b>Origins of Louisiana Creole Culture</b> 5pm—6pm (Intergenerational) 	<b>25</b> <b>Card Night</b> 5pm—8pm <b>MJ the Musical @The Fox Theatre Trip</b> 5pm—11pm 	<b>26</b> <b>Paint by Numbers</b> 5:30pm—6:30pm (Adults) 	<b>27</b> <b>Teen Zombie Dance Party</b> 6pm—8pm (Teens)  <b>FRCC Choir</b> 7pm—8pm	<b>28</b> 
<b>30</b> <b>Day of the Dead</b> 5pm—6pm (Teens) 	<b>31</b> <b>HAPPY HALLOWEEN!</b> <b>Trick or Treat Walk Thru</b> 6pm—8pm (Family)				

Schedules are subject to change.



# Frank Bailey Senior Center ~ October 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**

**Jazz On The Lawn**  
**Friday, October 6, 2023**  
**5:00am - 8:00pm**

**Chronic Disease**  
**Self Mangement Workshop**  
**Monday, October 17, 2023**  
**9:30am - 12:00pm**

**Health Fair**  
**Wednesday, October 18 ,2023**  
**10:00am-2:00am**

**Cancer Survivor Celebration**  
**Friday, October 20, 2023**  
**1:30-3:30pm**

**Harvest Festival**  
**Friday, October 27, 2023**  
**1:30—3:30pm**

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 AMTherapeutic Art 10:00 AMVivo SNP In-Person	3 9:00 AMCrochet Class 9:30AMBreakfast w/Mr. Ford 2:30-4:00PMChoir Rehearsal	4 8:00AM—Bike Club 12:00PMSculpting w/day 1:00PMHealthy Talk w/ Sonder Health 11:00AM-4:00PMDave & Buster	5 9:30AMBreakfast w/Mr. Ford 10:00AMDuplicate Bridge (Intr) 1:00PMJewelry Making 2-4:00PMDuplicate Bridge (Lab)	6 9:30AMBingo 10:00 AMVivo SNP In-Person 10:30 AMTherapeutic Art 5PM-8PMJazz On The Lawn
9 10:30 AMTherapeutic Art 10:00 AMVivo SNP In-Person	10 9:00 AMCrochet Class 9:30AMBreakfast w/Mr. Ford 1:00 PMBook Club 2:30-4:00PMChoir Rehearsal	11 8:00AM—Bike Club 10:30AM-3:00PMAVC Fork & Spoon 9:30 AMVAlmart Shopping-Trip 12:00PMSculpting w/day 1:00PMHealthy Talk	12 9:30AMBreakfast w/Mr. Ford 10:00AMDuplicate Bridge (Intr) 10:00am QR Codes/Cyber Security Awareness 1:00PMJewelry Making 2-4:00PMDuplicate Bridge (Lab) 2:00 pmBilliards Tournament	13 9:30AMBingo 10:00 AMVivo SNP In-Person 10:00AMGarden Club 10:30 AMTherapeutic Art
16 10:30 AMTherapeutic Art 10:00 AMVivo SNP In-Person	17 9:00 AMCrochet Class 9:30AMBreakfast w/Mr. Ford 10AM-12PMChronic Disease Workshop#1 2:30-4:00PMChoir Rehearsal	18 8:00AM—Bike Club 12:00PMSculpting w/day 1:00PMHealthy Talk 10AM-2PMHealth Fair	19 9:30AMBreakfast w/Mr. Ford 10:00AMDuplicate Bridge (Intr) 1:00PMJewelry Making 2-4:00PMDuplicate Bridge (Lab) 1:30pmNutrition Education w/ Oak Street Health	20 9:30AMBingo 10:00 AMVivo SNP In-Person 10:30 AMTherapeutic Art 1:30PM Cancer Survivor Celebration
23 10:30 AMTherapeutic Art 10:00 AMVivo SNP In-Person	24 9:00 AMCrochet Class 9:30AMBreakfast w/Mr. Ford 10:00AM- 11:00AMTherapeutic art (ASC) 10AM-12PMChronic Disease Workshop #2 2:30-4:00PMChoir Rehearsal	25 8:00AM—Bike Club 10:30AM- 3:00PMApex Museum 12:00PMSculpting w/day 1:00PMHealthy Talk	26 9:30AMBreakfast w/Mr. Ford 10:00AMFire Safety Awareness 10:00AMDuplicate Bridge (Intr) 1:00PMJewelry Making 2-4:00PMDuplicate Bridge (Lab)	27 9:30AMBingo 10:00 AMVivo SNP In-Person 10:30 AMTherapeutic Art 1:30-3:30pmHarvest Festival
30 10:30 AMTherapeutic Art 10:00 AMVivo SNP In-Person	31 9:00 AMCrochet Class 9:30AMBreakfast w/Mr. Ford 11:00AMDiscovering Essential Oils 10AM-12PMChronic Disease Workshop #3 2:30-4:00PMChoir Rehearsal			



# Frank Bailey Fitness Center \*\*\*\*\* October 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 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 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
2 9:00AM Chair Stretch 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 1:30 PM 2—Mile Walk	3 9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	4 9:00 AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 2:30-3:30 PM Martha's Intermediate Line Dance Class	5 9:30AM Breakfast & Staff 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	6 11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:30AM-12:30PM Martha's Beginner's Line Dance Class
9 9:00AM Chair Stretch 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 1:30 PM 2—Mile Walk	10 9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	11 9:00 AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 2:30-3:30 PM Martha's Intermediate Line Dance Class	12 9:30AM Breakfast & Staff 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	13 11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:30AM-12:30PM Martha's Beginner's Line Dance Class
16 9:00AM Chair Stretch 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 1:30 PM 2—Mile Walk	17 9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	18 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 2:30-3:30 PM Martha's Intermediate Line Dance Class	19 9:30AM Breakfast & Staff 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	20 11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:30AM-12:30PM Martha's Beginner's Line Dance Class
23 9:00AM Chair Stretch 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 1:30 PM 2—Mile Walk	24 9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	25 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 2:30-3:30 PM Martha's Intermediate Line Dance Class	26 9:30AM Breakfast & Staff 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	27 11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:30AM-12:30PM Martha's Beginner's Line Dance Class
30 9:00AM Chair Stretch 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 1:30 PM 2—Mile Walk	31 9:30AM Breakfast & Staff 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team			



# Frank Bailey Senior Center/Fitness Center— October 2023

## Trips

Dave & Buster  
Wednesday, October 4, 2023  
11:00am-4:00pm

AMC Fork & Spoon  
Wednesday, October 11, 2023  
10:30am-3:00pm

Apex Museum  
Wednesday October 25, 2023  
10:30am - 3:00PM

## Events

Jazz on the Lawn  
Friday, October 6, 2023  
5pm-8:00pm

Chronic Disease  
Self Management Workshop  
Monday, October 17, 2023  
10:00am - 12:00pm

Health Fair  
Wednesday, October 18, 2023  
10:00am –2:00pm

Cancer Survivor Celebration  
Friday, October 20, 2023  
1:30-3:30PM

Harvest Festival  
Friday, October 27, 2023  
1:30-3:30pm

## Fitness:

Abs	FREE
Balance Walking	FREE
Breakfast w/Mr. Ford	FREE
Bike Club	FREE
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
Chair Stretch	FREE
Floor Stretch	FREE

## Crafts:

Crafts Made Simple	ON HOLD
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 Intermediate Line Dance #1	\$15/5wks
Martha's Intermediate Line Dance #2	\$15/5wks
Martha's Beginner'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	ON HOLD

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)*





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

## October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	3 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	4 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:00-2:30 Open Swim 3:00-4:30 Open Swim	5 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	6 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
9 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-2:45pm Water Fitness III 3:00--4:30pm 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 2:45-3:30 Water Walking 3:30-4:30 Open Swim	11 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:00-2:30 Open Swim 3:00-4:30 Open Swim	12 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	13 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
16 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	17 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	18 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	19 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	20 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
23 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	24 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	25 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	26 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	27 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
30 9:00-9:45am Water Fitness I 10:15-11:00am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-2:45pm Water Fitness III 3:00--4:30pm Open Swim	31 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			

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

FRANK  
BAILEY  
AQUATICS

20  
23

# October 2023 Activity Calendar

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Event Highlights

**Fall Walk**  
Tuesday, Oct. 24  
9:00am - 10:30am

**Smoothie & A Movie**  
Thursday, Oct. 26,  
2:00pm - 4:00pm

**Trips:**  
**Geogla Aquarium**  
Tuesday,  
Oct 10  
Departure time:  
9:00am


**Another Broken Egg**  
Wednesday,  
Oct. 18  
Departure time:  
10:00am

2

**"Classes Begin"**

9

**Pinktober**  
10:00am - 11:00am


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

16

**Mental Health Awareness Month**  
10:00am - 11:00am

**iPas/Tablet Workshop**  
3:00pm - 4:30pm

23

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

30

**"Registration Begins"**

**Retirement 101**  
10:00am - 11:00am

3

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

**Griswell's Oktoberfest**  
2:00pm - 3:00pm

10

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

**Trip: Georgia Aquarium**

17

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

24

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

**Fall Walk**  
9:00am - 10:30am

31

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

4

11

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

18

**Trip:**  
**Another Broken Egg**

25

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

**Domestic Violence Month**  
2:00pm - 4:00pm

5

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


12

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

19

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

**3D Thursday**

2:00pm - 3:00pm   
**Red Hatters 2:00pm**

26

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

**Smoothie & A Movie**  
2:00pm - 4:00pm

6

**"Registration Ends"**

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

13

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

**Adult Coloring**  
2:00pm - 4:00pm

20

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

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

27

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





# - Pool Calendar October 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 - 4:30pm  
1:00pm - 4:30pm.  
Open Mondays  
until 7:30pm.

## MONDAY

2  
8:10-8:45 open pool  
1:10-3:00 open pool  
4:00-6:30 open pool

9  
8:10-8:45 open pool  
1:10-3:00 open pool  
4:00-6:30 open pool

16  
8:10-8:45 open pool  
1:10-3:00 open pool  
4:00-6:30 open pool

23  
8:10-8:45 open pool  
1:10-3:00 open pool  
4:00-6:30 open pool

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

## TUESDAY

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

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

17  
8:10-9:00 open pool  
2:30-3:00 swim lap  
3:00-4:00 open pool

24  
8:10-9:00 open pool  
2:30-3:00 swim lap  
3:00-4:00 open pool

31  
8:10-9:00 open pool  
2:30-3:00 swim lap  
3:00-4:00 open pool

## WEDNESDAY

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

11  
8:10-8:45 open pool  
2:00-3:00 open pool

18  
8:10-8:45 open pool  
2:00-3:00 open pool

25  
8:10-8:45 open pool  
2:00-3:00 open pool



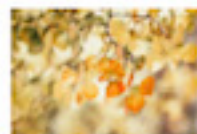
## THURSDAY

5  
8:10-9:00 open pool  
2:00-2:30 swim lap  
2:30-4:00 open pool

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

19  
8:10-9:00 open pool  
2:00-2:30 swim lap  
2:30-4:00 open pool

26  
8:10-9:00 open pool  
2:00-2:30 swim lap  
2:30-4:00 open pool



## FRIDAY

6  
8:10-8:45 open pool  
1:10-2:30 open pool  
3:00-4:00 open pool

13  
8:10-8:45 open pool  
1:10-2:30 open pool  
3:00-4:00 open pool

20  
8:10-8:45 open pool  
1:10-2:30 open pool  
3:00-4:00 open pool

27  
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

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Classes Begin</b>	3  <b>Ikea &amp; Atlantic Station Shopping Trip</b> 10:00—3:00  <b>Advisory Board: BINGO</b> 4:00—6:00	4  <b>Nutrition Education</b> 10:30—11:00	3  <b>Charcoal Sketching</b> 2:00—3:00	6  <b>Pop Up Friday: Game Day &amp; Advisory Board Fish Fry</b> 2:00—4:00
9  	10  <b>Road to Tara Trip</b> 10:00—3:00	11  <b>PositiviTEA Talk</b> 10:00—11:00	12  <b>Page Turners Book Club</b> 10:30—11:30  <b>Red Hatters</b> 12:30—2:00	13  <b>Dance in Pink</b> 2:00—4:00  
16	17  <b>Faith Talk</b> 1:00—2:00	18  <b>Nutrition Education</b> 10:30—11:00	19  <b>Medicare and Medicaid Workshop</b> 1:00—3:00	20  <b>Liver Cancer Awareness</b> 2:00—3:00  
23	24  <b>Martin Luther King Jr. Day Trip</b> 9:00—3:00	25  <b>Early Signs of Hearing Loss</b> 10:30—11:30  <b>Advisory Board Meeting</b> 2:30—4:30	26  <b>FOCUS Table</b> 2:00—3:00	27  <b>Chili Cook-off</b> 2:00—4:00  
30	31			



**Flash Mob Photography Club**  
Meets every Wednesday  
2:30—4:00

**Ready, Set Go! Walk/Run Club**  
Meets every  
Tuesday, Wednesday, & Thursday  
Village Park, Ellenwood, GA  
8:30 & 3:30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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.)	3 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	4 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	12 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	6 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.)
9 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.)	10 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	11 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	12 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	13 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.)
16 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.)	17 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	18 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	19 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	20 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.)
23 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. (4:50p.m.—5:30p.m.)	25 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	26 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	27 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.)
30 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. (4:50p.m.—5:30p.m.)	( LAP SWIM TIMES IN PARENTHESIS )		

Sonna Singleton Gregory  
Senior Center

October 2023

Open Pool & Lap Swim  
Schedule

3215 Anvil Block Road  
Ellenwood, GA 30294  
770.347.0340  
www.claytonseniors.com

Open Pool 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.

