



Fall Session II

Registration Dates
Opens: Oct 30, 2023
Closes: Nov 17, 2023

Class Schedule 5/Wk Session
Classes Start: November 3, 2023
Classes End: December 15, 2023

Website: www.claytonseniors.com
Registration Online at:
www.myactivecenter.com
Ph: 678.479.5505

Mall Of Georgia
10:30AM
Wednesday, November 1, 2023

Veterans Day Program
1:00PM
Friday, November 3, 2023

Lung Cancer Awareness
10:00AM
Thursday, November 9, 2023

Disco Lights/Aquatic Party
1:00-3:00PM
Friday, November 10, 2023

Circuit Training
10:00AM
Wednesday, November 15, 2023

A Lunchtime Holiday
Performance w/the Choir
12:00PM
Tuesday, November 21, 2023

Frank Bailey Senior Center ~ November 2023 ~

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30AM Mall of Georgia Trip 12:00PM Sculpting w/clay 1:00PM Healthy Talk w/Sonder Health	2 9:30AM Breakfast w/ Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2:00PM Sippin & Dippin- Art 2-4:00PM Duplicate Bridge (Lab)	3 9:30AM Bingo 10:00AM (Vivo) -InPerson 10:30AM Therapeutic Art 1:00PM Veterans Day Program
6 BREAK WEEK	7 BREAK WEEK	8 BREAK WEEK	9 10:30AM Lung Cancer Awareness/ Oak Street Health BREAK WEEK	10 10:00AM Garden Club 1:00-3:00PM Disco Lights/ Aquatic Party BREAK WEEK
13 10:00AM (Vivo) -InPerson 10:30AM Therapeutic Art	14 9:00AM Crochet Class 9:30AM Breakfast w/Mr. Ford 9:30AM Chronic Disease Self Management Workshop 10:00AM Bottle Art 1:00PM Book Club	15 10:00AM Circuit Training 12:00PM Sculpting w/clay	16 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 10:30AM Nutrition Education w/Oak Street Health 1:00PM Jewelry Making 2-4:00PM Duplicate Bridge (Lab)	17 9:30AM Bingo 10:00AM (Vivo) -InPerson 10:30AM Queen Charlotte - A Cultural Program 10:30AM Therapeutic Art
20 10:00AM (Vivo) -InPerson 10:30AM Therapeutic Art	21 9:00AM Crochet Class 9:30AM Breakfast w/Mr. Ford 9:30AM Chronic Disease Self Management Workshop 11:00AM -Music as Medicine for Seniors 12:00PM A Lunchtime Holiday Performance w/the Choir 2:30-4:00PM Choir Rehearsal	22 12:00PM Sculpting w/clay	23 THANKSGIVING DAY	24 FRANK BAILEY SENIOR CENTER CLOSED
27 10:00AM (Vivo) -InPerson 10:30AM Therapeutic Art	28 9:00AM Crochet Class 9:30AM Breakfast w/ Mr. Ford 9:30AM Chronic Disease Self Management Workshop 2:30PM-4:00 PM Choir Rehearsal	29 10:30AM The Shocking Truth about HUGS 12:00PM Sculpting w/clay	30 9:30AM Breakfast w/Mr. Ford 10:00AM Duplicate Bridge (Intr) 1:00PM Jewelry Making 2-4:00PM Duplicate Bridge (Lab)	

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:00-2:30 Open Swim 3:00-4:30 Open Swim	2 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	3 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 3:00-4:30 Open Swim
6 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 Break Week Starts	7 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 12:00-1:00 Open Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim	8 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 12:00-1:00 Open Swim 1:30-2:30 Lap 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 5:00-6:30 Open Swim	10 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 Break Week Ends
13 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	14 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	15 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	16 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	17 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 3:00-4:30 Open Swim
20 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	21 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	22 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim	23 	24 
27 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	28 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	29 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:00-2:30 Open Swim 3:00-4:30 Open Swim	30 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	

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

November 2023 Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Event Highlights

Aqua Volleyball
Tournament
Thursday, Nov. 2
1:00pm - 3:00pm

Veteran's Day
Luncheon
Wednesday, Nov 8
2:00pm - 4:00pm

Thanksgiving
Luncheon
Thursday, Nov 16
2:00pm - 4:00pm

Trips:
**Regal at Atlantic
Station**
Monday, Nov 6
Departure time:
11:00am

Aquarium
Tuesday, Nov. 28
Departure time:
9:00am

6 **Break Week**
Trip:
Regal at Atlantic Station


13 **"Classes Begin"**

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

20

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

27

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

7 **Break Week**

Vivo classes
10:00am - 10:45am

14

Vivo classes
10:00am - 10:45am

Balloon Art Class
2:00pm - 4:00pm


21

Vivo classes
10:00am - 10:45am

28

Vivo classes
10:00am - 10:45am

Trip:
Aquarium

1 Grocery Shopping Trip
Departure: 9:30am 

Retirement 101
10:00am-11:00am

8 **Break Week**

Veteran's Day Luncheon
2:00pm - 4:00pm

15

Grocery Shopping Trip
Departure: 9:30am 

22

29

2 Vivo classes
10:00am - 10:45am

Aqua Volleyball
Tournament
1:00pm - 3:00pm

9 **Break Week**

Vivo classes
10:00am - 10:45am

16 **Vivo classes**
10:00am - 10:45am
-Thanksgiving Luncheon
2:00pm - 4:00pm 

-Red Hatters 2 pm

23 **CENTER CLOSED**



30

Vivo classes
10:00am - 10:45am

3 CCPL: 3D Printing
9:30am - 10:30am

Classes End

10 **Break Week**

Matinee with Well Care
Movie Time
11:00AM

17

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

24 **CENTER CLOSED**



- Pool Calendar November, 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.

MONDAY



6 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

13
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

20
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

27
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

TUESDAY

7 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

14
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

21
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

28
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

WEDNESDAY

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

8 break week
8:10-8:45 open pool
1:10-3:00 open pool

15
8:10-8:45 open pool
2:00-3:00 open pool

22
8:10-8:45 open pool

29
8:10-8:45 open pool
2:00-3:00 open pool

THURSDAY

2
8:10-9:00 open pool
1:00-2:30
volleyball tournament
3:00-4:00 open pool

9 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

16
8:10-9:00 open pool
3:00-4:00 open pool

23
CENTER CLOSED



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

FRIDAY

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

17
8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

24
CENTER CLOSED



29
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

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Registration begins Nutrition Education 10:30-11:00	2 Self Defense 2:00-3:00	3 Pop Up Friday Watch Animated Movie “CoCo” 2:00-4:00
6 Let’s Play Pool 12:00-4:00 Break Week	7 PinStrikes Bowling 11:30-2:30	8 PositiviTea Talk 11:30-12:30 Let’s Play Pool 12:00-4:00	9 Volunteer Meeting 2:00-4:00 Book Club 10:30-11:30 Red Hatters 12:30-2:00	10 Legacy Theatre 4:00-10:00 Let’s Play Pool 12:00-4:00
13	14 The Wiz Fox Theatre 3:00-11:00	15 Nutrition Education 10:30-11:00	16	17 Registration ends Thanksgiving Luncheon 11:00-1:00
20	21 Faith Talk 1:00-2:00	22	23 Center Closed <i>Happy Thanksgiving</i>	24 Center Closed
27 	28	29	30 Alzheimer’s Awareness 11:30-12:30	



Senior Services



Ageless Elegance Models

November 4, 2023
4:00-7:00

Veteran’s Day Celebration

November 9, 2023
11:00-1:00

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
(LAP SWIM TIMES IN PARENTHESIS)		1 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	2 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	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.)
		8 (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. 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.)
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.)	7 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.)	BREAK WEEK		
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.)	14 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.	15 (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. 2:30p.m.—3:30p.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.—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.)	21 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.	22 (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 Closed In Observance of Thanksgiving	24 Closed In Observance Of Thanksgiving
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.)	28 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.)	29 (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. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	

Sonna Singleton Gregory
Senior Center
November 2023
Open Pool &
Lap Swim Schedule
3215 Anvil Block Road
Ellenwood, GA 30294
770.347.0340

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.

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

November 2023

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






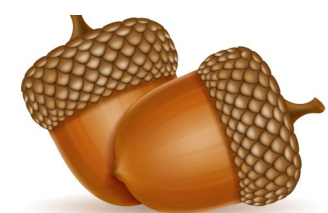


Senior Services

Register for Kinship events,
activities & classes at
[MyActiveCenter.com!](https://myactivecenter.com/)
*Building Hours: 8:30am-
6:30pm*

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 Tutoring Orientation & Registration 4:30pm-6:00pm <i>*Children must attend*</i>
6 Food Talk (A) 11:00am-12:00pm [Zoom Only]	7 Quilting (A) 10:00am-1:00pm Butterfly Project (A) 11:00am-12:00pm Vivo Fitness (A) 12:00pm-12:45pm (1/6)	8 Turkey Apple Tom (Y) 4:30pm-6:00pm Shrinky Dinks (T) 4:30pm-6:00pm Yarn Flowers (A) 4:30pm-6:00pm	9	10 Thanksgiving Lunch & Dessert Contest 10:00am –1:00pm <i>*At the Flint River Community Center*</i> 153 Flint River Road, Riverdale 30274
13 Food Talk (A) 11:00am-12:00pm [Zoom Only]	14 Quilting (A) 10:00am-1:00pm Butterfly Project (A) 11:00am-12:00pm Vivo Fitness (A) 12:00pm-12:45pm (2/6)	15 Weird Science (Y) 5:00pm-6:00pm Weightlifting 101 (T) 5:00pm-6:00pm	16	17 Breakfast & Adult Support Group 10:30am –12:00pm Tutoring Orientation & Registration 4:30pm-6:00pm <i>*Children must attend*</i> Evening Support Group (Y,T,A) 5:00pm-6:00pm
20 Food Talk (A) 11:00am-12:00pm [Zoom Only]	21 Quilting (A) 10:00am-1:00pm Butterfly Project (A) 11:00am-12:00pm Vivo Fitness (A) 12:00pm-12:45pm (3/6)	22	23 CLOSED 	24 CLOSED 
27 Food Talk (A) 11:00am-12:00pm [Zoom Only]	28 Quilting (A) 10:00am-1:00pm Butterfly Project (A) 11:00am-12:00pm Vivo Fitness (A) 12:00pm-12:45pm (4/6)	29	30	Intakes by appointment only; please call to schedule. Dates for activities, classes, & events are liable to change.

November 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Craft Creations 11am—1pm (Seniors)  Card Night 5pm—8pm	2 Registration Starts Red Hatters 12:30pm—1:30pm Africa: The Motherland 5:30pm—6:30pm (Adults) Celebration of Native American Diversity 6pm—7pm (Family)	3 Let's Carve A Kool Pumpkin 6pm—7:30pm (Teens) FRCC Choir 7pm—8pm 	
6 Break Week FRCC Choir 12pm & 6pm	7 Chick-Fil-A Backstage Tour Trip 8am—1:30pm Veteran's Day Luncheon  11am—1pm (Adults & Seniors) Osteoporosis and You 5:30pm—6:30pm (Adults)	8 Pancreatic Cancer Awareness 11am—1pm (Seniors) Card Night 5pm—8pm	9 The Neckbones Connected To..... 5:30pm—6:30pm (Family)	10 Mental Health Check 5pm—6pm (Family) FRCC Choir 7pm—8pm	11 
13 Classes Start FRCC Choir 12pm & 6pm Financial Literacy for Kids 5pm—6pm (Youth)	14 Understanding Alzheimer's & Dementia 1pm—2pm Men's Advisory Board 6pm—7:30pm	15 Let's Give Thanks Thanksgiving Luncheon  1pm—3pm (Seniors) Card Night 5pm—8pm	16 Veteran's Series 1pm—2pm (Adults & Seniors) Traveling to India 5pm—6pm (Intergenerational) Thankful Pumpkins 5:30pm—6:30pm (Intergenerational)	17 Family Game Night  6pm—7pm (Family) FRCC Choir 7pm—8pm	18 
20 FRCC Choir 12pm & 6pm Volunteer Meeting  6pm—7pm	21 	22 Card Night 5pm—8pm	23  Center Closed	24  Center Closed	25 
27 FRCC Choir 12pm & 6pm Monday Madness Bingo  2pm—3:30pm (Seniors) What's Happening Flint / Birthday Social 6pm—7pm	28 Structured Family Caregiving Lunch & Learn with Senior Link 11:30am—1:00pm (Seniors)	29 Card Night 5pm—8pm 	30 Jigsaw Puzzle Play 5:30pm—6:30pm (Intergenerational)		
Schedules are subject to change.					