

December 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Alive Stage Play 12:00pm–2:00pm & 6:00pm– 8:00pm (All Ages) 	2 Breakfast with Santa 10:30am–12:30pm (All Ages) 
4 FRCC Choir 12pm–2pm & 6pm–7pm Peer Pressure 5pm–6pm (Teens)	5 Celebrating Hanukkah 11am–12pm (Seniors) 	6 Craft Creations 11am–1pm (Seniors)  Card Night 5pm–8pm	7 Red Hatters 12:30pm–1:30pm 	8 One Night In Paris Christmas Dinner Dance 6:00pm–10:00pm (Seniors) 	9 
11 FRCC Choir 12pm – 2pm & 6pm–7pm Healthy Food: Healthy Life 5pm–6pm (Intergenerational) 	12 Mall of Georgia Trip 9am–3pm  Connect the Dots Coloring 5pm–6pm (Youth) Family Stem Night 6pm–7pm (Family) Men's Focus Group Meeting 6pm–7:30pm	13 Card Night 5pm–8pm 	14 Registration Starts Sticker By Numbers 1pm–2pm (Seniors) Fantasy In Lights @Callaway Gardens Trip 3pm–9pm 	15 Classes End Christmas Gingerbread House Decorating 6pm–7:30pm (Family)  FRCC Choir 7pm–8pm	16 
18 Break Week FRCC Choir 12pm–2pm & 6pm–7pm Christmas Holiday Bingo 2pm–3:30pm (Seniors) Volunteer Meeting 6pm–7pm 	19 Break Week 	20 Break Week Card Night 5pm–8pm	21 Break Week Veteran's Series 1pm–2pm (Adults & Seniors) Advisory Board Meeting 4pm–5pm	22 Break Week  Center Closed	23 Break Week  Center Closed
25 Break Week  Center Closed	26 Break Week 	27 Break Week Card Night 5pm–8pm	28 Break Week 	29 Break Week FRCC Choir 7pm–8pm 	30 Break Week Center Closed

Schedules are subject to change.



Senior Services

Winter Session I

Registration Dates

Opens: December 11, 2023

Closes: January 12, 2024

Class Schedule 5 Week Session

Classes Start: January 8, 2024

Classes End: February 9, 2024

Website:

www.claytonseniors.com

Registration Online at:

www.myactivecenter.com

Ph: 678.479.5505

The New Black Wall St.

11:00AM

Friday, December 1, 2023

Cumberland Mall

9:00 AM

Wednesday, December 6, 2023

Cinemark Tinseltown-Pavilion

9:30 AM

Wednesday, December 13, 2023

Rock the Bells Christmas Party

6:00-10:00PM

Saturday, December 16, 2023

A Lunchtime Holiday
Performance w/the Choir

12:00 PM

Cafeteria

Frank Bailey Senior Center

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				9:30AM Bingo 10:30 AM Therapeutic Art 11:00AM The New Black Wall St. 
10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	9:00 AM Crochet Class 9:30 AM Chronic Disease Self Management Workshop 11:00 Nutrition Bingo	9:00 AM Cumberland Mall 9:30 AM Walmart Shopping Trip 12:00 PM Sculpting w/clay	10:00 AM Duplicate Bridge (Intr.) 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab)	9:30AM Bingo 10:00 AM Fluid Art 10:00 AM Garden Club 10:30 AM Therapeutic Art
Registration Starts 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	9:00 AM Crochet Class 10:00 AM Craft Made Simple 1:00PM Book Club	9:30 AM Cinemark Tinseltown- Pavilion 12:00 PM Sculpting w/clay 12:30 PM Beautifulcation Club	10:30 AM Nutrition Education 10:00 AM Duplicate Bridge (Intr.) 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab)	9:30AM Bingo 10:30 AM Therapeutic Art
BREAK WEEK—STARTS 12/18/23 - 1/05/24	12:00 PM A Lunchtime Holiday Performance w/the Choir	BREAK WEEK	BREAK WEEK	CENTER CLOSED FOR THE HOLIDAYS 
CHRISTMAS HOLIDAY CENTER CLOSED 	BREAK WEEK	BREAK WEEK 9:30 AM Kroger Shopping Trip	BREAK WEEK	BREAK WEEK

Frank Bailey Fitness Center ***** December 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
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 11:30AM-12:30PM Martha's Beginner's Line Dance Class
⁴ 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	⁶ 9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility	⁷ 9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30 PM 2-Mile Walk 2:30-3:30PM Martha's Intermediate Line Dance	⁸ 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	⁹ 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 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	¹² 9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team 1:00PM Yoga for Mobility	¹³ 9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30 PM 2-Mile Walk 2:30-3:30PM Martha's Intermediate Line Dance	¹⁴ 9:30AM Breakfast w/Mr. Ford 10:00AM Advanced Tai-Chi 11:00AM Personal 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 11:30AM-12:30PM Martha's Beginner's Line Dance Class
¹⁸ BREAK WEEK STARTS-12/18/23 ENDS-01/05/24	¹⁹ BREAK WEEK	²⁰ BREAK WEEK	²¹ BREAK WEEK	²² CENTER CLOSED FOR THE HOLIDAYS
²⁵ CHRISTMAS HOLIDAY CENTER CLOSED	²⁶ BREAK WEEK	²⁷	²⁸ BREAK WEEK	²⁹ BREAK WEEK

Frank Bailey Senior Center/Fitness Center—December, 2023

Trips

The New Black Wall St. – 12/1

Cumberland Mall – 12/6

Walmart Shopping—12/6

Cinemark Tinseltown-Pavilion 12/13

Kroger Shopping– 12/27

**Break week starts:
Monday, December 18, 2023 and
Ends Friday January 5, 2024**



Events

Nutrition Bingo–12/5

Christmas Party
“Rock the Bells”12/16

A Lunchtime
Holiday Performance w/the Choir 12/19

The Center will be Closed for
the Holidays
Friday, December 22, 23 24 25.

Fitness:

Abs	FREE
Balance Walking	FREE
Breakfast w/Mr. Ford	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
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	\$20/5wks

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 4:30pm -By Appointment Only
(Scheduled in registration)

For more information please call:
678-479-5505



Frank Bailey Aquatics

December 2023

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**20
23**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 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
4 9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30--4:30pm Open Swim	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 1:15-2:30 Open Swim 3:00-4:30 Open Swim	7 9:00-10:00 Water Fitness I 10:15-11:15 Water Fitness II 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:00-3:00 Water Fitness III 3:30-4:30 Open Swim 5:00-6:30 Open Swim	8 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
11 9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30--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 9:00-10:00 Water Fitness I 10:15-11:15 Water Fitness II 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:00-3:00 Water Fitness III 3:30-4:30 Open Swim 5:00-6:30 Open Swim	15 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
18 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	19 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	20 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	21 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	22 
25 	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

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

Classes

Water Fitness I

Mon & Thurs 9 am—10:00am

Water Fitness II

Mon & Thurs 10:15 am—
11:15am

Water Fitness III

Mon & Thurs—2:00-3:00pm

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

MON	TUE	WED	THU	FRI	SAT
				1 Grocery Shopping Trip Departure 9:30am	2 Cristmas Carol-oke Dance 6pm-10pm
4	5 Vivo Classes 10:00-11:00am	6 TREE ORNAMENT Decoration 2:00pm-3:00pm	7 Vivo Classes 10:00-11:00am	8 Trip: The Porshe Experience Departure time 10:00am Grocery Shopping Trip Departure 9:30am	
11 Cell Phone 101 2:00-2:30pm	12 Vivo Classes 10:00-11:00am "Registration Starts"	13	14 Vivo Classes 10:00-11:00am	15 "Classes End" Griswell Christmas Concert 2pm-4pm	
18 Break Week IPad/Tablet 3:00-4:30pm	19 Break Week Vivo Classes 10:00-11:00am Trip: Nouvau Jonesboro Departure time 12:00am	20 Break Week	21 Break Week Vivo Classes 10:00-11:00am Red Hatters 2pm	22 Break Week Center Closed	
25 Break Week Center Closed Merry Christmas!	26 Break Week Vivo Classes 10:00-11:00am	27 Break Week	28 Break Week Vivo Classes 10:00-11:00am	29 Break Week	

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- Pool Calendar DECEMBER, 2023 -

MONDAY



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

11
8:10-8:45 open pool
1:10-3:00 open pool
4:00-6:30 open pool

18 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

25
CENTER CLOSED
Merry Christmas



TUESDAY



5
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

12
8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

19 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

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

WEDNESDAY



6
8:10-8:45 open pool
2:00-3:00 open pool

13
8:10-8:45 open pool
2:00-3:00 open pool

20 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

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

THURSDAY



7
8:10-9:00 open pool
2:30-3:00 swim lap
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 break week
8:10-9:30 open pool
10:00-10:30 swim lap
10:30-12:00 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

FRIDAY

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

8
8:10-8:45 open pool
1:10-2:30 open pool
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

22
CENTER CLOSED



29 break week
8:10-9:30 open pool
10:00-10:30 swim lap
10:30-12:00 open pool

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
&
Mondays
until 7:30pm.

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



SONNA SINGLETON GREGORY SENIOR CENTER

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Eat Better Live Better 2:00-3:00
4	5 Center for Puppetry Arts 10:00-3:30	6 Nutrition Education 10:30-11:00 Let's Talk with the Director 1:00-2:00	7 Caribbean Herbal Remedies 2:00-3:00	8
11 Registration Begins Nutrition for Mental Health 11:30-12:30	12	13 PositiviTea Talk 10:00-11:00 Sex After 50 2:00-3:00	14 Book Club 10:30-11:00 Red Hatters 12:30-2:00 Volunteer Appreciation 2:00-4:00	15 Under The Big Top Trip 1:00-7:00 Decorative Wig Planter Head 2:00-3:00
18 Break Week	19 Faith Talk 1:00-2:00	20 Nutrition Education 10:30-11:00	21	22 Center Closed
25 Center Closed Merry Christmas Break Week	26	27	28 FOCUS Table 2:00-3:00	29 



Christmas Pajama Jam
December 9, 2023
6:00-10:00

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 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 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.)	5 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.	6 (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. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	8 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. (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. 4:50p.m.—5:30p.m.	13 (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. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	15 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.)
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.—4:40p.m.)	19 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.	20 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.) Break Week	21 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	22 Closed In Observation of Christmas
25 Closed In Observation of Christmas	26 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.)	27 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.) Break Week	28 8:30a.m.—9:30a.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.)

Sonna Singleton Gregory
Senior Center

December 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.

