

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

Register for Kinship events,
activities & classes at
MyActiveCenter.com!
Building Hours: 8:30am-6:30pm

JANUARY 2024

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 1 | 2 | 3 | 4 | 5 Tutoring Orientation & Registration 4:30pm-6:00pm *Children must attend* |
| 8 Thank You Cards for Santa (Y & T) 4:00pm-6:00pm | 9 Quilting (A) 10:00am-1:00pm Butterfly Project (A) 11:00am-12:00pm Parenting Youth Wisely (A) 4:00pm-6:00pm (1/4) | 10 | 11 | 12 Breakfast & Adult Support Group 10:30am -12:00pm |
| 15 CLOSED  | 16 Quilting (A) 10:00am-1:00pm Butterfly Project (A) 11:00am-12:00pm Parenting Youth Wisely (A) 4:00pm-6:00pm (2/4) | 17 I Love the 90s! (F) 4:30pm-6:30pm [Registration required!] | 18 One-Time Tech Shop (A) 10:00am-12:00pm | 19 |
| 22 Senior Services Dress Up Fun Day: Sweatpants Day!  | 23 Quilting (A) 10:00am-1:00pm Butterfly Project (A) 11:00am-12:00pm Parenting Youth Wisely (A) 4:00pm-6:00pm (3/4) | 24 Intro to Embroidery (T) 5:00pm-6:00pm Line Dancing (A) 5:00pm-6:00pm | 25 The New Color Purple Movie (Adult Trip) 10:00am-2:00pm [Registration required!] | 26 Breakfast & Adult Support Group 10:30am -12:00pm |
| 29 | 30 Quilting (A) 10:00am-1:00pm Butterfly Project (A) 11:00am-12:00pm Parenting Youth Wisely (A) 4:00pm-6:00pm (4/4) | 31 Intro to Embroidery (T) 5:00pm-6:00pm | Intakes by appointment only; please call to schedule. Dates for activities, classes, & events are liable to change. | |



January 2024

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|
| <div>1</div> <div>Break Week</div> <div></div> <div>Center Closed</div> | <div>2</div> <div>Break Week</div> <div>Silver Fox Walker's 9am—10am (Seniors)</div> <div></div> | <div>3</div> <div>Break Week</div> <div>Good Times for Good Health 10:30am—11:30am (Seniors) Craft Creations 11am—1pm (Seniors) Card Night 5pm—8pm (Seniors)</div> <div></div> | <div>4</div> <div>Break Week</div> <div>Silver Fox Walker's 9am—10am (Seniors) Red Hatters 12pm—1pm (Seniors)</div> | <div>5</div> <div>Break Week</div> <div>FRCC Choir 7pm—8pm</div> <div></div> | <div>6</div> <div>Break Week</div> <div></div> |
| <div>8</div> <div>Classes Start</div> <div>Cellphone 101 10am—11am (Seniors) Happy Kwanzaa 5pm—6pm (Teens) FRCC Choir 12pm—2pm & 6pm—7pm</div> <div></div> | <div>9</div> <div>Silver Fox Walker's 9am—10am (Seniors) Men's Focus Group 6pm—7pm (All Ages)</div> <div></div> | <div>10</div> <div>Good Times for Good Health 10:30am—11:30am (Seniors) 101 Fun Facts 3:30pm—4:30pm (Adults) STEM Kanoodle 5:00pm—6:00pm (Youth) Card Night 5pm—8pm (Seniors)</div> | <div>11</div> <div>Silver Fox Walker's 9am—10am (Seniors) Teen Girl Group 6pm—7pm</div> <div></div> | <div>12</div> <div>Name that Tune 5:30pm—6:30pm (All Ages) FRCC Choir 7pm—8pm</div> <div></div> | <div>13</div> <div></div> <div></div> |
| <div>15</div> <div></div> <div>Center Closed</div> | <div>16</div> <div>Silver Fox Walker's 9am—10am (Seniors) Paint with Me 10am—11:am (Seniors) MLK 11am—12pm (Seniors) Teen Baking Class 5pm—6pm (Teens)</div> <div></div> | <div>17</div> <div>Good Times for Good Health 10:30am—11:30am (Seniors) National Blood Donor Month 3:30pm—4:30pm (Adults) Card Night 5pm—8pm (Seniors)</div> <div></div> | <div>18</div> <div>Silver Fox Walker's 9am—10am (Seniors) Veteran Series 1pm—2pm (Seniors & Adults)</div> <div></div> | <div>19</div> <div>Medicine and Me 5:30pm—6:30pm (All Ages) FRCC Choir 7pm—8pm</div> <div></div> | <div>20</div> <div>VetConnect 11am—5pm</div> |
| <div>22</div> <div>Monday Madness Bingo 2pm—3:30pm (Seniors) Teen Karaoke Night 5pm—7pm (Teens) FRCC Choir 12pm—2pm & 6pm—7pm</div> <div></div> | <div>23</div> <div>Silver Fox Walker's 9am—10am (Seniors) Blood Pressure 101 11am—12pm (Seniors) Mental Illness 3:30pm—4:30pm (Family)</div> <div></div> | <div>24</div> <div>Good Times for Good Health 10:30am—11:30am (Seniors) DIY Tote Bag 5pm—6pm (All Ages) Card Night 5pm—8pm (Seniors)</div> | <div>25</div> <div>Silver Fox Walker's 9am—10am (Seniors) Pappadeaux Seafood Kitchen 11am—3pm (Seniors & Adults)</div> <div></div> | <div>26</div> <div>A Night of Jazz with TC Carson 7pm—9pm FRCC Choir 7pm—8pm</div> <div></div> | <div>27</div> <div></div> |
| <div>29</div> <div>Chat & Chew 12pm—1pm (Seniors) What's Happening Flint 6pm—7pm (All Ages) FRCC Choir 12pm—2pm & 6pm—7pm</div> <div></div> | <div>30</div> <div>Silver Fox Walker's 9am—10am (Seniors) Family Jewelry Making 5pm—6pm (All Ages)</div> <div></div> | <div>31</div> <div>Good Times for Good Health 10:30am—11:30am (Seniors) Brain Teaser Month 5pm—6pm Card Night 5pm—8pm (Seniors)</div> <div></div> | | <div></div> | <div></div> |

Schedules are subject to change.



Senior Services

Frank Bailey Senior Center

January 2024

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1 BREAK WEEK | 2 BREAK WEEK | 3 BREAK WEEK | 4 BREAK WEEK | 5 BREAK WEEK |
| 8 Classes Start 10:30 AM Therapeutic Art | 9 9:00 AM Crochet Class 11:00 AM Senior Support Group 1:00 PM Book Club | 10 9:30 AM Walmart Shopping Trip 1:00 PM Sculpting w/clay | 11 10:00 AM Duplicate Bridge (Intr.) 10:00 AM Skin Health for Seniors 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab) | 12 9:30 AM Bingo 10:00 AM Garden Club 10:30 AM Therapeutic Art |
| 15  MARTIN LUTHER KING DAY | 16 9:00 AM Crochet Class 10:30 AM FDIC Money Smart for Older Adults 11:00 AM Senior Support Group | 17 10:00 AM - 3:00 PM MLK Jr. Historical Park 1:00 PM Sculpting w/clay 12:30 PM Beautification Club | 18 10:00 AM Duplicate Bridge (Intr.) 10:30 AM Nutrition Education 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab) | 19 9:30 AM Bingo 10:30 AM Therapeutic Art |
| 22 10:30 AM Therapeutic Art | 23 9:00 AM Crochet Class 10:00 AM Stress Relief Tips for Older Adults 11:00 AM Senior Support Group | 24 9:30 AM Kroger Shopping Trip 1:00 PM Sculpting w/clay | 25 10:00 AM Duplicate Bridge (Intr.) 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab) 4:30 - 9:30 pm Fox Theater Alvin Ailey American Dance | 26 9:30 AM Bingo 10:30 AM Therapeutic Art |
| 30 10:30 AM Therapeutic Art | 31 9:00 AM Crochet Class 10:00 AM Homemade Greeting Cards 11:00 AM Senior Support Group | 31 1:00 PM Sculpting w/clay | |  |



Frank Bailey Aquatics

January 2024

FRANK
BAILEY
AQUATICS

20
24

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1  | 2 Pool Closed | 3 Pool Closed | 4 Pool Closed | 5 Pool Closed |
| 8 Pool Closed | 9 Pool Closed | 10 Pool Closed | 11 Pool Closed | 12 Pool Closed |
| 15  | 16 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 | 17 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim | 18 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 | 19 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 |
| 22 9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness II 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30-4:30pm Open Swim | 23 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 | 24 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim | 25 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 | 26 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 |
| 29 9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness II 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30-4:30pm Open Swim | 30 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 | 31 8:30-10:00 Open Swim 11:00-12:00 Lap Swim 1:15-2:30 Open Swim 3:00-4:30 Open Swim | 31 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 | 31 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 |

- 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

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

January 2024 Activity Calendar

Event Highlights

New Year Line Dance Kickoff
Tuesday, Jan. 16
2:00pm - 4:00pm

Pinochle Tournament
Mon., Jan. 29th
12:00pm - 5:00pm

Trips:
Mall of Georgia

Friday, Jan. 5th
Departure time:
9:30am


Jimmy Carter

Wed., Jan. 17th
Departure time:
10:30am

MONDAY


1 Center Closed

Happy New Year!
2024!

8 Cell Phone 101 
2:00pm - 2:30pm
Paint with Chelsea
4pm-6pm
****Classes Begin****

15 Center Closed
MLK



22
Cell Phone 101 
2:00pm - 2:30pm

29
Pinochle Tournament
12:00pm - 5:00pm
Grocery Shopping Trip
Departure: 9:30am 

TUESDAY

2 Break Week

Vivo classes
10:00am - 11:00am

9 Happy Kwanzaa Celebration
11:30am-12:30
Vivo classes
10:00am - 11:00am

16 New Year Line Dance Kickoff
2:00pm - 4:00pm
Vivo classes
10:00am - 11:00am

23
Vivo classes
10:00am - 11:00am

30
Vivo classes
10:00am - 11:00am

WEDNESDAY

3 Break Week

10

17
Trip:
Jimmy Carter Museum
Departure 10:30am

24


31

THURSDAY

4 Break Week

Vivo classes
10:00am - 11:00am

11
Vivo classes
10:00am - 11:00am

18 Vivo classes
10:00am - 11:00am
3D Thursday and Birthday Social
2:00pm - 3:00pm
-Red Hatters 2 pm 

25
Vision Board
2:00pm - 3:00pm
Vivo classes
10:00am - 11:00am

FRIDAY

5 Break Week

Trip:
Mall of Georgia
Departure 10:30am
Grocery Shopping Trip

12

19 Living Single Social
2:30pm - 3:30pm
Self Defense
10:00pm - 11:00pm

26





- Pool Calendar JANUARY, 2024 -

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

**CENTER CLOSED
Happy New Year**



8

8:10-8:45 open pool
2:30-4:30 open pool
5:00-6:30 open pool

9

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

10

8:10-8:45 open pool

11

8:10-9:00 open pool
1:10-2:30 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

12

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

15

**CENTER CLOSED
Martin Luther King**



16

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

17

8:10-8:45 open pool

18

8:10-9:00 open pool
1:10-2:30 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

19

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

22

8:10-8:45 open pool
2:30-4:30 open pool
5:00-6:30 open pool

23

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

24

8:10-8:45 open pool

25

8:10-9:00 open pool
1:10-2:30 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

26

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

29

8:10-8:45 open pool
2:30-4:30 open pool
5:00-6:30 open pool

30

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

31

8:10-8:45 open pool



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



SONNA SINGLETON GREGORY SENIOR CENTER

JANUARY 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 1 New Years Day!!!! Center Closed | 2 Registration Continues BREAK WEEK | 3 Nutrition Education 10:30-11:00 BREAK WEEK | 4 The Singleton's : A Singles Social Club Mix & Mingle 2:00-4:00 BREAK WEEK | 5 BREAK WEEK |
| 8 Fitness Center Basics 1:00-2:00 | 9 | 10 PositiviTea Talk 11:30-12:30 | 11 Coffee For The Soul 9:00-9:30 Book Club 10:30-11:30 Red Hatters 12:30-2:00 | 12 Registration Ends Resistance Training 2:00-3:00 |
| 15 MLK Holiday Center Closed | 16 Mercedes Benz Stadium 10:00-3:00 Faith Talk 1:00-2:00 | 17 Nutrition Education 10:30-11:00 | 18 | 19 Fall Prevention 11:00-12:00 |
| 22 Compassion and Choices , End of Life Decisions 11:00-12:00 | 23 SCAD FASH Museum 10:00-4:00 | 24 | 25 FOCUS Table Talk 2:00-3:00 | 26 Chinese New Year Celebration 2:00-4:00 |
| 29 | 30 | 31 | | |



CLAYTON
COUNTY • GEORGIA
Cc: Clayton connected
Senior Services



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

Pop-Up Friday

Down Home Blues

January 5, 2024

2:00-4:00

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 1 Closed In Observance Of New Years ← | 2 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m. | 3 (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 | 4 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.) → | 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.) |
| 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.) | 9 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m. | 10 (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. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.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.) |
| 15 Closed In Observance of Martin Luther King Jr. Day | 16 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m. | 17 (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. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.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.) |
| 22 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. 4:50p.m.—5:30p.m. | 24 (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. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.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.) |
| 29 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. 4:50p.m.—5:30p.m. | 31 (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

January 2024

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.

