

Flint River Community Center

02



CLAYTON  
COUNTY • GEORGIA



Cc: Clayton connected

Senior Services

24

FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
	<ul style="list-style-type: none"><li>Special Events</li><li>Seniors</li><li>Adults</li><li>Kids</li><li>Teens</li><li>All Ages</li><li>Field Trips</li></ul>			1 Red Hatters 12pm -1pm	2 Mardi Gras Fat Tuesday Celebration 6:00pm-9:00pm	3
4	5	6 Silver Fox Walkers 9am -10am	7 Good Times for Good Health 10:30am -11:30am Card Night 5pm -8pm Ethnic Equality Month 5pm -6pm	8 Silver Fox Walkers 9am -10am National Center for Civil & Human Rights 11am -4pm Teen Girl's Group 6pm-7pm Open Registration Starts	9 It's Slime Time 5pm -6pm National Pizza Day 5pm -6pm FRCC Choir 7pm -8pm	10
11 BREAK WEEK STARTS	12 Murder Mystery Valentine Dinner 5 pm-8pm FRCC Choir 12 pm & 6pm	13 Silver Fox Walkers 9am -10am Men's Focus Group 6pm -7pm	14 Good Times for Good Health 10:30am -11:30am Card Night 5pm -8pm	15 Silver Fox Walkers 9am -10am Veteran Series 1pm -2pm	16 Tie Dye Party 5pm -6pm FRCC Choir 7pm -8pm Improv your Life 5:30pm -6:30pm	17 BREAK WEEK ENDS
18	19 FRCC Choir 12 pm & 6pm	20 Silver Fox Walkers 9am -10am	21 Good Times for Good Health 10:30am -11:30am Card Night 5pm -8pm Where's Waldo 3:30pm -4:30pm	22 Silver Fox Walkers 9am -10am	23 FRCC Choir 7pm -8pm BLK History Month Celebration 6pm -8pm Joe Tuner's Come & Gone 7pm -9pm Open Registration Ends	24 Joe Tuner's Come & Gone 7pm -9pm
25	26 Monday Madness Bingo 2pm -3:30pm FRCC Choir 12 pm & 6pm	27 Silver Fox Walkers 9am -10am HVAC 11am -12pm	28 Good Times for Good Health 10:30am -11:30am Card Night 5pm -8pm Motown Bingo 11am -1pm	29 Silver Fox Walkers 9am -10am		



Senior Services

# Frank Bailey Senior Center

## February 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](http://www.claytonseniors.com)

Registration Online at:

[www.myactivecenter.com](http://www.myactivecenter.com)

Ph: 678.479.5505

Valentine Sole Mate  
(Sneaker Dance)

Saturday, February 3, 2024

Tickets \$15

Tailgate Party

Friday, February 9, 2024

1:00-3:00 PM

Black History Month  
(Black Excellence)

Friday, February 23, 2024

1:30-3:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 AM Duplicate Bridge (Intr.) 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab)	2 9:30AM Bingo 10:30 AM Therapeutic Art
5 10:30 AM Therapeutic Art	6 9:00 AM Crochet Class 10:30 AM Green Cleaning for Seniors 1:00PM Book Club	7 9:30 AM Walmart Shopping Trip 9:30AM Your Dekalb Farmers Mkt 12:00 PM Sculpting w/clay	8 10:00 AM Duplicate Bridge (Intr.) 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab)	9 9:30AM Bingo 10:00 AM Garden Club 10:30 AM Therapeutic Art 1:00 pm- 3:00 pm Tailgate Party
12 Break Week	13 Break Week	14 Break Week	15 Break Week 10:30 AM Nutrition Education 6 PM Caregivers Support Group	16 Break Week
19 10:30 AM Therapeutic Art	20 9:00 AM Crochet Class	21 9:30 AM Kroger Shopping Trip 12:00 PM Sculpting w/clay	22 10:00 AM Duplicate Bridge (Intr.) 10:30 AM Smoothie for the Soul 1:00 PM Jewelry Making 2-4:00 PM Duplicate Bridge (Lab) 2:00-3:00 PM Calmness w/Aquatics	23 9:30AM Bingo 10:30 AM Therapeutic Art 1:30 pm-3:00 pm Black History Month (Black Excellence)
26 10:30 AM Therapeutic Art	27 9:00 AM Crochet Class 10AM DIY (Do It Yourself)	28 8:30AM JeJu Sauna & Spa 12:00 PM Sculpting w/clay	29 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



# Frank Bailey Fitness Center \*\*\*\*\* February 2024

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 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	2
5 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
12 Break Week	13 Break Week	14 Break Week	15 Break Week	16 Break Week
19 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	20 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	21 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	22 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	23 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
26 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	27 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	28 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	29 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	



# Frank Bailey Senior Center/Fitness Center—February, 2024

## Trips

**2/7 9:30 AM - 3:00 PM Dekalb  
Farmers Market**

**2/28 8:30 AM-4:00 PM JeJu Sauna  
& Spa**

**2/7 9:30 AM Walmart**

**2/21 9:30 AM Kroger**

**Break Week:**

**February 12-16, 2024**



## Events

**2/3 6Pm - 10:00 PM Valentine Sole Mate  
(Sneaker Dance)**

**2/9 1:00 Pm - 3:00 PM Tail Gate Party**

**2/23 1:30 Pm-3:00 PM Black History Month**

Cotton Clothing is prohibited in the Pool!!  
Aqua shoes are mandatory!!!!  
Shower is mandatory before entering the pool!!

**PLEASE OBSERVE POOL CLOSINGS  
BETWEENCLASSES.**

**THANK YOU**

**Pool and Fitness Orientations Thursdays at  
1:30pm and 4:30pm -By Appointment Only  
(Scheduled in registration)**

## *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	\$89/5wks

## *Technology:*

Cell Phone & Computer Assistance	ON HOLD
-------------------------------------	---------

## *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

**For more information please call:  
678-479-5505**





# Frank Bailey Aquatics

## February 2024

F  
R  
A  
N  
K  
  
B  
A  
I  
L  
E  
Y  
  
A  
Q  
U  
A  
T  
I  
C  
S

20  
24

### 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  
Monday 12:00-1:00  
Friday 12:30-2:30

Pool/Pool Deck  
Tuesday  
2:00pm-3:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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	8:30-10:00 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
5	6	7	8	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	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	8:30-10:00 Open Swim 11:00-12:00 Lap Swim 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim	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	8:30-10:00 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
12	13	14	15	16
: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	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	8:30-10:00 Open Swim 11:00-12:00 Lap Swim 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim	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	8:30-10:00 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
19	20	21	22	23
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	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	8:30-10:00 Open Swim 11:00-12:00 Lap Swim 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim	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	8:30-10:00 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
26	27	28	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	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	8:30-10:00 Open Swim 11:00-12:00 Lap Swim 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim	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	

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

# FEBRUARY 2024 Activity Calendar

## Event Highlights

**Valentine Day Blues**  
Saturday, Feb.3rd  
6:00pm - 10:00pm

**Griswell Black Wall Street**  
Mon., Feb. 21st  
2:00pm - 4:00pm

**Trips:**  
**Motown City Revue**

**Wed, Feb. 2th**  
**Departure time:**  
**10:00 am**

**The New Black Wall Street**

**Wed., Feb.. 14th**  
**Departure time:**  
**10:30am**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1

Vivo classes  
10:00am - 11:00am

2

**Trip:**  
**Motown City Revue**  
**Departure: 10:00am**  
**Saturday Feb 3rd**  
**Valentine Day Blues**  
**from 6pm to 10pm**

5

6

Vivo classes  
10:00am - 11:00am

**\*\*Registration Starts!**

7

**Hugs and Kisses**  
**Mason Jars**  
10:00am-11:00am  
Grocery Shopping Trip

8

Vivo classes  
10:00am - 11:00am

9

12

**Break Week**  
**Cell Phone 101**   
2:00pm - 2:30pm  
**8 Ball Tournament**  
12pm-7pm

13

**Break Week**

Vivo classes  
10:00am - 11:00am

14

**Break Week**

**Trip:**  
**The New Black Wall Street**  
**Departure 10:30am**  
**Arancini**  
12:30pm - 1:30pm

15

**Break Week**

Vivo classes  
10:00am - 11:00am

-Red Hatters 2 pm 

16

**Break Week**

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

19

**IPad/Tablet**   
3:00pm - 4:30pm

**\*\*Classes Begin\*\***

20

Vivo classes  
10:00am - 11:00am

21

**3D Thursday and Birthday**  
**Social**  
2:00pm - 3:0pm  
**Griswell's Black Wall Street**  
2:00pm-4:00pm  
Grocery Shopping Trip

22

**Vision Board**  
2:00pm - 3:00pm

Vivo classes  
10:00am - 11:00am

23

**Domestic Violence**  
**Part II**

26

27

Vivo classes  
10:00am - 11:00am

28

29







# - Pool Calendar FEBRUARY, 2024 -

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.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

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

6  
8:10-9:00 open pool  
2:30-3:00 swim lap  
3:00-4:00 open pool

7  
8:10-8:45 open pool

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

9  
8:10-8:45 open pool  
1:10-2:30 open pool  
3:00-4:00 open pool

12 break week  
8:10-9:30 open pool  
10:00-10:30 swim lap  
10:30-12:00 open pool  
3:30-6:30 open pool

13 break week  
8:10-9:00 open pool  
2:30-3:00 open pool  
3:00-4:00 open pool

14 break week  
8:10-9:30 open pool  
10:00-10:30 swim lap  
10:30-12:00 open pool  
1:10-2:00 open pool

15 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 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

19  
8:10-8:45 open pool  
2:30-4:30 open pool  
5:00-6:30 open pool

20  
8:10-9:00 open pool  
2:30-3:00 swim lap  
3:00-4:00 open pool

21  
8:10-8:45 open pool

22  
8:10-9:00 open pool  
1:10-2:30 open pool  
2:30-3:00 swim lap  
3:00-4:00 open pool

23  
8:10-8:45 open pool  
1:10-2:30 open pool  
3:00-4:00 open pool

26  
8:10-8:45 open pool  
2:30-4:30 open pool  
5:00-6:30 open pool

27  
8:10-9:00 open pool  
2:30-3:00 swim lap  
3:00-4:00 open pool

28  
8:10-8:45 open pool

29  
8:10-9:00 open pool  
1:10-2:30 open pool  
2:30-3:00 swim lap  
3:00-4:00 open pool



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



SONNA SINGLETON GREGORY SENIOR CENTER

February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
			1 The Singletons: A Singles Social Group Listening Party 2:00 -4:00	2 Pop Up Friday Finances for 2024 2:00 - 4:00
5 Registration Begins	6	7 Nutrition Education 10:30– 11:00	8 Coffee for the Soul 9:00-9:30 Book Club 10:30-11:30	9 African Americans and The Arts 2:00-3:00
12 Put Some Spice in your Life 1:00-2:00  BREAK WEEK	13 Illuminarium 10:00- 4:00 Fitness Center Basics 1:00-2:00 Break Week Activity Games 12:00-2:00 BREAK WEEK	14 PositivTEA 10:00 -11:00 Red Hatters 12:30-2:00 BREAK WEEK	15 Page Turners Book Club 10:30-11:30 Man Cave: Men’s Focus Group 2:30-5:00 Break Week Crafts 1:00-2:00 BREAK WEEK	16 Center for Puppetry Arts: “Ruth and the Green Book” 9:00 –3:00 BREAK WEEK
19	20 Faith Talk 1:00-2:00	21 Nutrition Educational 10:30-11:00	22 Black History Celebration 1:00-4:00	23 Registration Ends FOCUS Table Talk 2:00-3:00
26 National HIV/AIDS Awareness 11:30-12:30	27 Mardi Gras Cultural Parade 10:00-11:00	28	29 River Dancing 2:00–3:00	

Ready, Set, Go!

Walk/Run Club

Meets every  
Tuesday, Wednesday & Thursday  
8:30 & 3:30  
Village Park | Ellenwood, GA

Flash Mob

Photography Club

Meets every Wednesday  
2:30-4:00

Valentine Sneaker Ball

Saturday, February 10, 2024  
6:00-10:00

In-Spirit Dance Club

Thursdays  
11:30-12:30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>( LAP SWIM TIMES IN PARENTHESIS )</div>			1 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	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.—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.)	6 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.	7 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)  <b>Break Week</b>	8 8:30a.m.—9:30a.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.—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.)	13 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.	14 (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 8:30a.m.—9:30a.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.—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.)	20 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.	21 (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. 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.)
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.)	27 8:30a.m.—9:30a.m. 4:50p.m.—5:30p.m.	28 (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

February 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.

