



Frank Bailey Senior Center / May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 1:00 PM Jewelry Making Class 10:00 AM Eat your way to Brain Health	3 9:30AM Bingo 10:00AM (Vivo) In Person 10:30AM Therapeutic Art
6	7	8	9	10
Break Week	Break Week	Break Week 9:30 AM Walmart Trip	Break Week	Break Week 10:00 AM Jewelry Making Party 11:00 AM Garden Club
13	14	15	16	17
10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	9:00 AM Crochet Class 11:00 AM Senior Support 12:00 PM Sculpting w/clay 1:00 PM Book Club 2:00 PM Choir Rehearsal 2:30 PM The Red Haters Society	10:00 AM-4:00 PM Callaway Resort and Garden 12:30 PM Beautifulcation Club	10:30 AM Nutrition Education 1:00 PM Jewelry Making Class	9:30AM Bingo 10:00 AM Step Class 10:00AM (Vivo) In Person 10:30 AM Therapeutic Art 10:00 AM-11:00 AM Sudoku Brain Game
20	21	22	23	24
10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	9:00 AM Crochet Class 10:00 AM Low Vision Awareness 11:00 AM Senior Support 12:00 PM Sculpting w/clay 2:00 PM Choir Rehearsal	9:30 AM Kroger Shopping Trip 10:00 AM-11:30 AM Mother's Day Brunch	1:00 PM Jewelry Making Class	9:30AM Bingo 10:00AM (Vivo) In Person 10:30 AM Therapeutic Art
27	28	29	30	31
10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	9:00 AM Crochet Class 11:00 AM Senior Support 12:00 PM Sculpting w/clay 2:00 PM Choir Rehearsal	12:00 PM Sculpting w/clay 10:00 AM - 4:00 PM Atlantic Botanical Garden	1:00 PM Jewelry Making Class	9:30AM Bingo 10:00AM (Vivo) In Person 10:30 AM Therapeutic Art

Spring Session II

Registration Dates
Opens: April 29, 2024
Closes: May 17, 2024

Class Schedule 5Week Session
Classes Start: May 13, 2024
Classes End: June 14, 2024

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

Mayfest Walk
Friday, May 3, 2024
6-8:00PM

Glow Beyond Limits

Mayfest Event
Saturday, May 4, 2024
3:00—9:00 PM

Mothers Day Brunch
Wednesday, May 22, 2024
10:00—11:00 AM

Frank Bailey Fitness Center ***** May 2024

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	2	3 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
6 Break Week	7 Break Week	8 Break Week	9 Break Week	10 Break Week
13 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 2:00PM Yoga for Mobility	14 9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	15 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	16 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	17 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
20 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 2:00PM Yoga for Mobility	21 9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	22 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	23 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	24 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
27 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 2:00PM Yoga for Mobility	28 9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	29 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	30 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	31 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

Frank Bailey Senior Center/Fitness Center—May, 2024

Trips

10:00 AM-4:00 PM Callaway Resort and Garden 5/15/24
 10:00 AM - 4:00 PM Atlantic Botanical Garden 5/29/2024

Walmart Shopping—
 9:30AM—11:00AM

Kroger Shopping—
 9:30AM—11:00AM

**Break week starts:
 5/6/24-5/10/2024**



Events

10:00 AM - 11:30 AM Mother's Day Brunch May 22,2024

10:00 AM-11:00 AM Sudoku Brain Game Wed 5/17/24

10:00 AM-11:00 AM Low Vision Awareness Wed 5/21/2024

10:00-1:30 AM Jewelry Making Party 5/10/2024

10:00 AM-11:00 AM Eat your way to Brain Health 5/2/2024

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

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
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

May 2024

FRANK BAILEY AQUATICS 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	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	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 1:45-2:45 Lap Swim 3:00-4:30 Open Swim Break Week Starts	7 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 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 12:00-1:00 Open Swim 1:45-2:45 Lap Swim 3:00-4:30 Open Swim	9 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning 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 1:00-1:45 Men's Boot Camp 3:00-4:30 Open Swim Break Week Ends
13 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	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 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim	16 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	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 9:00-10:00am 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	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 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim	23 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	24 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
27 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 12:00-1:00 Open Swim 1:45-2:45 Lap Swim 3:00-4:30 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 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 12:00-1:00 Open Swim 1:45-2:45 Lap Swim 3:00-4:30 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 3:00-4:30 Open Swim 5:00-6:30 Open Swim	31 8:30-9:30 Lap Swim 10:00-11:30 Open Swim 12:00-1:00 Open Swim 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 BootCamp
Friday-1:00-1:45pm

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

Only TWO people during Lap Swim Times
Please Call to Register

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

MAY 2024 Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Event Highlights

Trips:

Medieval Times
Friday, May 10
9:00am-3:00pm

Braves Game
Monday, May 20
10:00am-4:00pm

**Mother's Day :
Giver Her Flowers
Thursday , May 9
2:00pm-4:00pm**

Happy Memorial Day
CENTER CLOSED
Monday, May 27

		1 Oral Health 10:00am-11:00am Advisory Board Meeting 11:00am	2	3
6 Cell Phone 101 2:00pm- 2:30pm	7 Vivo Classes 10:00 am-11:00am	8 Shopping Trip	9 Vivo Classes 10:00 am-11:00am Mother's Day: Give Her Flowers 2:00pm-4:00pm	10 Medieval Times 9:00am-3:00pm
13 Ipad/Tablet Workshop 3:00pm-4:40 pm	14 Vivo Classes 10:00 am-11:00am Ping Pong 11:30 am- 1:30pm	15	16 Vivo Classes 10:00 am-11:00am Red Hatters at 2:00pm 3D Thursday and Birthday Social 2:00pm-3:00pm	17
20 Griswell's Quilting Showcase 8:00am-4:00pm Cell Phone 101 2:00pm- 2:30pm Braves Game 10:00am-4:00pm	21 Griswell's Quilting Showcase 8:00am-4:00pm Vivo Classes 10:00 am-11:00am	22 Griswell's Quilting Showcase 8:00am-4:00pm Bingo 2:00pm-4:00pm Shopping Trip	23 Griswell's Quilting Showcase 8:00am-4:00pm Vivo Classes 10:00 am-11:00am Popular Dance Around the World 2:00pm-3:00pm	24 Griswell's Quilting Showcase 8:00am-4:00pm Griswell's Movie 11:00am
27 CENTER CLOSED Happy Memorial Day	28 Vivo Classes 10:00 am-11:00am	29	30 Vivo Classes 10:00 am-11:00am	31



Pool Calendar May, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:10-8:45 open pool	2 8:10-9:00 open pool 1:10-2:30 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	3 8:10-8:45 open pool 1:10-2:30 open pool 3:00-4:00 open pool
6 Break Week 8:10-9:30 open 10:00-10:30 open pool 10:30-12:00 open pool 1:10-2:30 open pool 3:00-4:00 open pool 4:30-6:00 open pool	7 Break Week 8:10-9:00 open pool 1:10-2:30 swim lap 3:00-4:00 open pool	8 Break Week 8:10-9:30 open pool 10:00-10:30 open pool 10:30-12:00 swim lap 1:10-3:00 open pool	9 Break Week 8:10-9:30 open pool 1:10-2:30 open pool 3:00-4:00 open pool	10 Break Week 8:10-10:00 open pool 1:10-2:30 open pool 3:00-4:00 open pool
13 8:10-8:45 open pool 2:30-4:30 open pool 5:00-6:30 open pool	14 8:10-9:00 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	15 8:10-8:45 open pool	16 8:10-9:00 open pool 1:10-2:30 open pool 2:30-3:00 swim lap 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
20 8:10-8:45 open pool 2:30-4:30 open pool 5:00-6:30 open pool	21 8:10-9:00 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	22 8:10-8:45 open pool	23 8:10-9:00 open pool 1:10-2:30 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	24 8:10-8:45 open pool 1:10-2:30 open pool 3:00-4:00 open pool
27 Happy Memorial Day CENTER CLOSED	28 8:10-9:00 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	29 8:10-8:45 open pool	30 8:10-9:00 open pool 1:10-2:30 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	31 8:10-8:45 open pool 1:10-2:30 open pool 3:00-4:00 open pool

J. Charley Griswell Senior Center
2300 Highway 138, S.E.
Jonesboro, Ga. 30236
(770) 477-349

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 MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Nutrition Education 10:30 - 11:00 Spring II Registration Starts	2 The Singletons: A Singles Social Club Happy Hour 2:00 - 4:00	3 MAYFEST 2024 GLOW Beyond Limits Fitness Walk and After Party 6:00 - 8:00
6 Caregivers Support Group 1:00 - 2:00	7 Pirate's Cove Bowling Adventure Golf 10:00 - 4:00 Advisory Board Bingo 4:00 - 6:00	8 PositivTEA Talk 10:00 - 11:00 Sophisticated Ladies: A Women's Social Group 3:00-4:00 BREAK WEEK	9 Coffee for the Soul 10:00 - 10:30 Page Turners Book Club 10:30 - 11:30 Red Hatters 12:30 - 2:00	10 Digital Equity: Navigating Technology 9:30 - 11:00
13 How to Create a Serenity Room 1:00 - 2:00 Fitness Center Basics 1:00 - 2:00	14	15 Nutrition Education 10:30 - 11:00	16 Man Cave: Men's Focus Group 2:30 - 4:30	17 Digital Equity: Navigating Technology 9:30 - 11:00 Tranquility in the Water 2:00 - 4:00 Spring II Registration Ends
20	21 Advisory Board Bingo 4:00 - 6:00	22	23 F.O.C.U.S. Table Talk 2:00 - 3:00	24 Digital Equity: Navigating Technology 9:30 - 11:00 Sweet Sonna's Anniversary Concert 4:00 - 8:00
27	28 Alliance Theater 4:00 - 10:00	29 Cooking with Chef Moe 11:30 - 12:30	30	31 Digital Equity: Navigating Technology 9:30 - 11:00

MAYFEST 2024
GLOW Beyond Limits
Saturday,
May 4, 2024
3:00—9:00

Ready, Set Go!
Walk/Run Club
Meets every Tuesday,
Wednesday & Thursday
8:30 & 3:30

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

InSpirit Dance
Thursdays
11:30-12:30

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.)
		6 8:30a.m.—9:30a.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.)	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.)
BREAK WEEK				
13 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	14 8:30a.m.—9:30a.m. (4:00p.m.—4:30p.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.
20 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	21 8:30a.m.—9:30a.m. (4:00p.m.—4:30p.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 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	24 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)
27 Closed In Observance Of Memorial Day	28 8:30a.m.—9:30a.m. (4:00p.m.—4:30p.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.)	31 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)

**Sonna Singleton Gregory
Senior Center**
May 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.**

