



2024

**Summer Session I**

**Registration Dates**  
**Opens: June 13, 2024**  
**Closes: July 1, 2024**

**Classes Start: June 27**  
**Classes End: August 5**

**Frank Bailey Senior Center**  
**6213 Riverdale Road**  
**Riverdale, GA 30274**  
**Ph: 678.479.5505**

**Website: [www.claytonseniors.com](http://www.claytonseniors.com)**  
**Registration Online at:**  
**[www.myactivecenter.com](http://www.myactivecenter.com)**



| Monday  | Tuesday  | Wednesday                                      | Thursday   | Friday   |
|---|--|--|--|--|
| <p>1</p> <p>10:30 AM Therapeutic Art</p> <p>2:00 PM Therapeutic Art</p>   | <p>2</p> <p>9:00 AM Crochet Class</p> <p>11:00 AM Senior Support Group</p> <p>12:00 PM Sculpting w/clay</p> <p>2:00 PM Choir Rehearsal</p>   | <p>3</p>                                       | <p>4</p> <p>Center is Closed</p>  | <p>5</p> <p>9:30 AM Bingo</p> <p>1:30 PM Caribbean Heritage Month</p>  |
| <p>8</p> <p>10:30 AM Therapeutic Art</p> <p>10:30 AM Food Safety for Seniors</p> <p>2:00 PM Therapeutic Art</p> | <p>9</p> <p>9:00 AM Crochet Class</p> <p>11:00 AM Senior Support Group</p> <p>12:00 PM Sculpting w/clay</p> <p>1:00 PM Book Club (virtual)</p> <p>2:00 PM Choir Rehearsal</p> <p>2:30 PM Red Hatters Society</p> | <p>10</p> <p>9:30 AM Wa-Mart Shopping Trip</p> | <p>11</p> <p>1:00 PM Jewelry Making</p>  | <p>12</p> <p>9:30 AM Bingo</p> <p>10:00 AM Garden Club</p> <p>1:00 PM History of Ice cream</p> <p>1-3:00 PM AmeriLife—Life Insurance</p> |
| <p>15</p> <p>10:30 AM Therapeutic Art</p> <p>2:00 PM Therapeutic Art</p>  | <p>16</p> <p>9:00 AM Crochet Class</p> <p>10:30 AM Fit Bingo</p> <p>11:00 AM Senior Support Group</p> <p>12:00 PM Sculpting w/clay</p> <p>2:00 PM Choir Rehearsal</p>  | <p>17</p> <p>12:30PM Beautification Club</p>   | <p>18</p> <p>1:00 PM Jewelry Making</p> <p>10:00 AM Selfcare Vision Board</p>  | <p>19</p> <p>9:30 AM Bingo</p>   |
| <p>22</p> <p>10:30 AM Therapeutic Art</p> <p>2:00 PM Therapeutic Art</p>  | <p>23</p> <p>9:00 AM Crochet Class</p> <p>10:30 AM Staying Safe in your Community</p> <p>11:00 AM Senior Support Group</p> <p>12:00 PM Sculpting w/clay</p> <p>2:00 PM Choir Rehearsal</p>                       | <p>24</p> <p>9:30 AM Kroger Shopping Trip</p>  | <p>25</p> <p>1:00 PM Jewelry Making</p>  | <p>26</p> <p>9:30 AM Bingo</p>   |
| <p>29</p> <p>10:30 AM Therapeutic Art</p> <p>2:00 PM Therapeutic Art</p>  | <p>30</p> <p>9:00 AM Crochet Class</p> <p>10:30 AM 14 Home Remedies for Bug Bites and Stings</p> <p>11:00 AM Senior Support Group</p> <p>12:00 PM Sculpting w/clay</p> <p>2:00 PM Choir Rehearsal</p>            | <p>31</p>                                      |  |  |

**FRANK BAILEY SENIOR CENTER**





# JULY 2024 Frank Bailey Aquatics

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

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

**Only TWO people during Lap Swim Times**  
**Please Call to Register**

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| 1<br>9:00-10:00 Water Fitness<br>10:15-11:15 Water Fitness I<br>12:45-1:45 Lap Swim<br>2:00-3:00 Aqua Fitness<br>3:30--4:30 Open Swim  | 2<br>8:30-9:45 Lap Swim<br>10:00 -11:30 Open Swim<br>11:30-12:15 Intermediate Swim<br>1:00-1:45 Beginning Swim<br>2:45 -3:30 Water Walking<br>3:30-4:30 Open Swim  | 3<br>8:30-10:00 Open Swim<br>11:00-12:00 Lap Swim<br>1:15-2:30 Open Swim<br>3:00-4:30 Open Swim  | 4<br><br>Center Closed   | 5<br>8:30-10:00 Open Swim<br>11:00-12:00 Volleyball<br>1:00-1:45 Men's Boot Camp<br>3:00-4:30 Open Swim  |
| 8<br>9:00-10:00 Water Fitness<br>10:15-11:15 Water Fitness I<br>12:45-1:45 Lap Swim<br>2:00-3:00 Aqua Fitness<br>3:30--4:30 Open Swim  | 9<br>8:30-9:45 Lap Swim<br>10:00 -11:30 Open Swim<br>11:30-12:15 Intermediate Swim<br>1:00-1:45 Beginning Swim<br>2:45 -3:30 Water Walking<br>3:30-4:30 Open Swim  | 10<br>8:30-10:00 Open Swim<br>11:00-12:00 Lap Swim<br>1:15-2:30 Open Swim<br>3:00-4:30 Open Swim | 11<br>9:00-10:00 Water Fitness I<br>10:15-11:15 Water Fitness II<br>11:30-12:15 Intermediate Swim<br>1:00-1:45 Beginning Swim<br>2:00-3:00 Aqua Fitness<br>3:30-4:30 Open Swim<br>5:00-6:30 Open Swim | 12<br>8:30-10:00 Open Swim<br>11:00-12:00 Volleyball<br>1:00-1:45 Men's Boot Camp<br>3:00-4:30 Open Swim |
| 15<br>9:00-10:00 Water Fitness<br>10:15-11:15 Water Fitness I<br>12:45-1:45 Lap Swim<br>2:00-3:00 Aqua Fitness<br>3:30--4:30 Open Swim | 16<br>8:30-9:45 Lap Swim<br>10:00 -11:30 Open Swim<br>11:30-12:15 Intermediate Swim<br>1:00-1:45 Beginning Swim<br>2:45 -3:30 Water Walking<br>3:30-4:30 Open Swim | 17<br>8:30-10:00 Open Swim<br>11:00-12:00 Lap Swim<br>1:15-2:30 Open Swim<br>3:00-4:30 Open Swim | 18<br>9:00-10:00 Water Fitness I<br>10:15-11:15 Water Fitness II<br>11:30-12:15 Intermediate Swim<br>1:00-1:45 Beginning Swim<br>2:00-3:00 Aqua Fitness<br>3:30-4:30 Open Swim<br>5:00-6:30 Open Swim | 19<br>8:30-10:00 Open Swim<br>11:00-12:00 Volleyball<br>1:00-1:45 Men's Boot Camp<br>3:00-4:30 Open Swim |
| 22<br>9:00-10:00 Water Fitness<br>10:15-11:15 Water Fitness I<br>12:45-1:45 Lap Swim<br>2:00-3:00 Aqua Fitness<br>3:30--4:30 Open Swim | 23<br>8:30-9:45 Lap Swim<br>10:00 -11:30 Open Swim<br>11:30-12:15 Intermediate Swim<br>1:00-1:45 Beginning Swim<br>2:45 -3:30 Water Walking<br>3:30-4:30 Open Swim | 24<br>8:30-10:00 Open Swim<br>11:00-12:00 Lap Swim<br>1:15-2:30 Open Swim<br>3:00-4:30 Open Swim | 25<br>9:00-10:00 Water Fitness I<br>10:15-11:15 Water Fitness II<br>11:30-12:15 Intermediate Swim<br>1:00-1:45 Beginning Swim<br>2:00-3:00 Aqua Fitness<br>3:30-4:30 Open Swim<br>5:00-6:30 Open Swim | 26<br>8:30-10:00 Open Swim<br>11:00-12:00 Volleyball<br>1:00-1:45 Men's Boot Camp<br>3:00-4:30 Open Swim |
| 29<br>9:00-10:00 Water Fitness<br>10:15-11:15 Water Fitness I<br>12:45-1:45 Lap Swim<br>2:00-3:00 Aqua Fitness<br>3:30--4:30 Open Swim | 30<br>8:30-9:45 Lap Swim<br>10:00 -11:30 Open Swim<br>11:30-12:15 Intermediate Swim<br>1:00-1:45 Beginning Swim<br>2:45 -3:30 Water Walking<br>3:30-4:30 Open Swim | 31<br>8:30-10:00 Open Swim<br>11:00-12:00 Lap Swim<br>1:15-2:30 Open Swim<br>3:00-4:30 Open Swim |   |  |

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



# Activity Calendar July 2024

**Mon Tue Wed Thu Fri**

**EVENT HIGHLIGHTS**

**SPECIAL EVENTS:**

**JULY 4TH CELEBRATION**  
2:00PM-4:00PM



**TRIPS:**

**PAPPADEAUX**  
10:00 AM—3:00 PM

**HINDU TEMPLE**  
10:00 AM—3:00 PM

**1**  
**JULY 4TH CELEBRATION**  
2:00PM-4:00PM

**2** **VIVO CLASS**  
10:00AM-11:00AM

**3**  
**ADVISORY BOARD MEETING**  
11:00 AM

**4** **CENTER CLOSED**



**8**  
**TRIP:**  
**PAPPADEAUX**  
10:00 AM—3:00 PM  
CELL PHONE 101  
2:00PM-2:30PM

**9** **VIVO CLASS**  
10:00AM-11:00AM  
**PING PONG**  
11:30AM-1:30PM

**10**  
  
**SHOPPING 9:30AM**

**11** **VIVO CLASS**  
10:00AM-11:00AM

**12**

**15**  
**MY PATH! MY POWER! MY PEACE**  
10:00 AM- 11:00 AM  
**IPAD/TABLETS**  
3:00PM-4:30PM

**16** **VIVO CLASS**  
10:00AM-11:00AM

**17**

**18** **VIVO CLASS**  
10:00AM-11:00AM  
**3D THURSDAY AND BIRTHDAY SOCIAL**  
2:00PM-3:00PM

**19**  
**LIVING SINGLE SOCIAL GROUP**  
2:30PM-3:30PM

**22**  
**PAINT AND SIP**  
11AM-12PM  
CELL PHONE 101  
2:00PM-2:30PM

**23** **VIVO CLASS**  
10:00AM-11:00AM

**24** **ADVISORY BOARD BINGO**  
2PM-4PM

**25** **VIVO CLASS**  
10:00AM-11:00AM



**AMERICAN HERITAGE HISTORY**  
11:00AM - 12:00PM

**29**

**30** **VIVO CLASS**  
10:00AM-11:00AM

**31**

**TRIP:**  
**HINDU TEMPLE**  
10:00 AM—3:00 PM

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





# Pool Calendar July 2024

**Mon Tue Wed Thu Fri**

|   |  |   |   |   |
|---|--|---|---|---|
| <b>1</b><br><b>8:10-8:45 OPEN POOL</b><br><b>2:30-4:30 OPEN POOL</b><br><b>5:00-6:30 OPEN POOL</b>  | <b>2</b><br><b>8:10-9:00 OPEN POOL</b><br><b>2:30-3:00 SWIM LAP</b><br><b>3:00-4:00 OPEN POOL</b>  | <b>3</b><br><b>8:10-8:45 OPEN POOL</b>  | <b>4</b><br><b>CENTER CLOSED</b>  | <b>5</b><br><b>8:10-8:45 OPEN POOL</b><br><b>1:10-2:30 OPEN POOL</b><br><b>3:00-4:00 OPEN POOL</b>  |
| <b>8</b><br><b>8:10-8:45 OPEN POOL</b><br><b>2:30-4:30 OPEN POOL</b><br><b>5:00-6:30 OPEN POOL</b>  | <b>9</b><br><b>8:10-9:00 OPEN POOL</b><br><b>2:30-3:00 SWIM LAP</b><br><b>3:00-4:00 OPEN POOL</b>  | <b>10</b><br><b>8:10-8:45 OPEN POOL</b> | <b>11</b><br><b>8:10-9:00 OPEN POOL</b><br><b>1:10-2:30 OPEN POOL</b><br><b>3:00-4:00 OPEN POOL</b> | <b>12</b><br><b>8:10-8:45 OPEN POOL</b><br><b>1:10-2:30 OPEN POOL</b><br><b>3:00-4:00 OPEN POOL</b> |
| <b>15</b><br><b>8:10-8:45 OPEN POOL</b><br><b>2:30-4:30 OPEN POOL</b><br><b>5:00-6:30 OPEN POOL</b> | <b>16</b><br><b>8:10-9:00 OPEN POOL</b><br><b>2:30-3:00 SWIM LAP</b><br><b>3:00-4:00 OPEN POOL</b> | <b>17</b><br><b>8:10-8:45 OPEN POOL</b> | <b>18</b><br><b>8:10-9:00 OPEN POOL</b><br><b>1:10-2:30 OPEN POOL</b><br><b>3:00-4:00 OPEN POOL</b> | <b>19</b><br><b>8:10-8:45 OPEN POOL</b><br><b>1:10-2:30 OPEN POOL</b><br><b>3:00-4:00 OPEN POOL</b> |
| <b>22</b><br><b>8:10-8:45 OPEN POOL</b><br><b>2:30-4:30 OPEN POOL</b><br><b>5:00-6:30 OPEN POOL</b> | <b>23</b><br><b>8:10-9:00 OPEN POOL</b><br><b>2:30-3:00 SWIM LAP</b><br><b>3:00-4:00 OPEN POOL</b> | <b>24</b><br><b>8:10-8:45 OPEN POOL</b> | <b>25</b><br><b>8:10-9:00 OPEN POOL</b><br><b>1:10-2:30 OPEN POOL</b><br><b>3:00-4:00 OPEN POOL</b> | <b>26</b><br><b>8:10-8:45 OPEN POOL</b><br><b>1:10-2:30 OPEN POOL</b><br><b>3:00-4:00 OPEN POOL</b> |
| <b>29</b><br><b>8:10-8:45 OPEN POOL</b><br><b>2:30-4:30 OPEN POOL</b><br><b>5:00-6:30 OPEN POOL</b> | <b>30</b><br><b>8:10-9:00 OPEN POOL</b><br><b>2:30-3:00 SWIM LAP</b><br><b>3:00-4:00 OPEN POOL</b> | <b>31</b><br><b>8:10-8:45 OPEN POOL</b> |   |   |

J. CHARLEY GRISWELL  
 SENIOR CENTER  
 2300 HIGHWAY 138, S.E.  
 JONESBORO, GA. 30236  
 (770) 477- 3499  
 WWW.CLAYTONSENIORS.CO  
 M  
 CENTER HOURS:  
 MONDAYS  
 8:00 AM - 7:45 PM  
 TUESDAYS-FRIDAYS  
 8:00 AM - 5:00 PM

OPEN SWIM TIMES ARE  
 SUBJECT TO CHANGE.  
 PLEASE CALL AHEAD TO  
 CHECK TIMES.  
 POOL TEMPERATURE  
 REMAINS BETWEEN 83  
 AND 86 DEGREES IN  
 COMPLIANCE WITH THE  
 ARTHRITIS FOUNDATION.

**Fitness Room  
 Hours**  
 Open daily from  
 8:00 am —4:30 pm  
 Open Mondays  
 until 7:30 pm

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

# SONNA SINGLETON GREGORY SENIOR CENTER July 2024



| Monday                                       | Tuesday                                       | Wednesday  | Thursday   | Friday                                      |
|--|---|--|--|---|
| 1<br>Caregivers Support Group<br>1:00 - 2:00 | 2<br>Mall Of Georgia<br>9:30-3:00             | 3<br>Nutrition Education<br>10:30 - 11:00<br>Tech Tips : Staying Socially Connected<br>1:00-2:00                         | 4<br><i>Independence Day</i><br><i>Center Closed</i>   | 5<br>Pop Up Friday Movie Night<br>2:00-4:00 |
| 8<br>Fitness Center Basics<br>1:00-2:00      | 9   | 10<br>PositiviTea Talk<br>10:00 - 11:00<br>Simple Steps To Avoid Fraud<br>1:00-2:00<br>Sophisticated Ladies<br>3:00-4:00 | 11<br>Coffee For The Soul<br>10:00 - 10:30<br>Page Turners Book Club<br>10:30 - 11:30<br>Red Hatters<br>12:30 - 2:00 | 12  |
| 15   | 16<br>Penelope's Peaches Orchard<br>9:00-3:00 | 17<br>Nutrition Education<br>10:30 - 11:00<br>Gullah Geechee Of The Coast<br>1:00-2:00                                   | 18<br>Introduction To The Choir<br>3:00-4:00<br>Man Cave: Men's Focus Group<br>2:30 - 5:00                           | 19<br>Pilates<br>10:00 - 11:00              |
| 22   | 23<br>Governor's Mansion Tour<br>9:00-3:30    | 24   | 25<br>AmeriLife : Medicaid 101<br>1:00-3:00<br>FOCUS Table Talk<br>2:00 - 3:00                                       | 26  |
| 29   | 30<br>DeKalb Farmers market<br>9:00 - 2:00    | 31<br><b>Summer II</b><br><b>Registration Begins</b>   |  |   |

**Ready, Set Go!**  
**Walk/Run Club**  
Meets every Tuesday,  
Wednesday & Thursday  
8:30 - 9:30  
Village Park  
Ellenwood, GA

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

**InSpirit Dance**  
Thursdays  
11:30 - 12:30

**Digital equity**  
Meets every  
Thursday  
9:30 - 11:00

**Preparing For Retirement**  
**Associated Credit Union**  
Thursday, July 25, 2024



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| 1<br>8:30a.m.—9:30a.m.<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.)  | 2<br>8:30a.m.—9:30a.m.<br>(4:50p.m.—5:30p.m.)  | 3<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.)  | 4<br><b>Closed In<br/>Observance of<br/>Independence Day</b>        | 5<br>8:30a.m.—9:30a.m.<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.)  |
| 8<br>8:30a.m.—9:30a.m.<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.)  | 9<br>8:30a.m.—9:30a.m.<br>(4:50p.m.—5:30p.m.)  | 10<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 11<br>8:30a.m.—9:30a.m.<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 12<br>8:30a.m.—9:30a.m.<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) |
| 15<br>8:30a.m.—9:30a.m.<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 16<br>8:30a.m.—9:30a.m.<br>(4:50p.m.—5:30p.m.) | 17<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 18<br>8:30a.m.—9:30a.m.<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 19<br>8:30a.m.—9:30a.m.<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) |
| 22<br>8:30a.m.—9:30a.m.<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 23<br>8:30a.m.—9:30a.m.<br>(4:50p.m.—5:30p.m.) | 24<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 25<br>8:30a.m.—9:30a.m.<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 26<br>8:30a.m.—9:30a.m.<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) |
| 29<br>8:30a.m.—9:30a.m.<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | 30<br>8:30a.m.—9:30a.m.<br>(4:50p.m.—5:30p.m.) | 31<br>(1:00p.m.—1:30p.m.)<br>(1:30p.m.—2:00p.m.)<br>2:30p.m.—3:30p.m.<br>(4:00p.m.—4:40p.m.) | <b>( LAP SWIM TIMES IN PARENTHESIS )</b>                            |   |

**Sonna Singleton Gregory  
Senior Center**

**July 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.**



**CLAYTON**  
COUNTY • GEORGIA

Cc: Clayton connected

Senior Services