



Frank Bailey Senior Center / June 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
3	10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art 2:00 PM Therapeutic Art	4 9:00 AM Crochet Class 11:00 AM Senior Support 12:00 PM Sculpting w/clay 2:00 PM Choir Rehearsal	5 9:30 AM Walmart Trip 10:00 AM Explore Benin Africa 11:00 AM Frank Bailey Focus Group	6 1:00 PM Jewelry Making Class	7 9:30 AM Bingo 10:00 AM (Vivo) In Person
10	10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art 2:00 PM Therapeutic Art	11 9:00 AM Crochet Class 10:00 AM Benefits of Drinking Tea 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	12 10:30 AM The Diva in Paint 11:00 AM Frank Bailey Men's Focus Group	13 1:00 PM Jewelry Making Class	14 9:30 AM Bingo 10:00 AM (Vivo) In Person 11:00 AM Garden Club 1:30 — 3:00 PM Juneteenth Celebration
17	10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art 2:00 PM Therapeutic Art	18 9:00 AM Crochet Class 11:00 AM Senior Support 12:00 PM Sculpting w/clay 2:00 PM Choir Rehearsal	19 9:30 AM Kroger Shopping Trip 12:30 PM Beautification Club	20 10:30 AM Nutrition Education 1:00 PM Jewelry Making Class	21 9:30 AM Bingo 10:00 AM (Vivo) In Person
24	10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art 2:00 PM Therapeutic Art	25 9:00 AM Crochet Class 11:00 AM Senior Support 12:00 PM Sculpting w/clay 2:00 PM Choir Rehearsal	26 8:30 AM - 4:00 PM My Favorite Place	27 1:00 PM Jewelry Making Class	28 9:30 AM Bingo 10:00 AM (Vivo) In Person 10:00 AM African Dance Class 1:30 - 3:30 PM Father's Day Car Show

Summer Session I

Registration Dates
Opens: June 10, 2024
Closes: June 28, 2024

Class Schedule (6) Week Session
Classes Start: June 24, 2024
Classes End: August 2, 2024

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

Juneteenth Celebration
June 14, 2024
1:30—3:00 PM

Father's Day Car Show
June 28, 2024
1:30—3:30 PM

Frank Bailey Fitness Center ***** June 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
3	4	5	6	7
				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
10	11	12	13	14
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	9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	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	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	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
17	18	19	20	21
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	9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	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	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	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
24	25	26	27	28
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	9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team	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	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	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—June, 2024

Trips

8:30 AM - 4:00 PM My Favorite Place 6/26/24

Walmart Shopping—
9:30AM—11:00AM

Kroger Shopping—
9:30AM—11:00AM

Break week starts:



Events

Explore Benin Africa 6/5 10:00 AM

Benefits of Drinking Tea 6/11 10:00 AM

The Diva in paint 6/12 10:30 AM

Juneteenth Celebration 6/14 1:30 pm-3:00 PM

Father's Day Car Show 6/28 1:30 PM - 3:30 PM

*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	\$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

For more information please call:
678-479-5505



Frank Bailey Aquatics

June 2024

FRANK BAILEY AQUATICS 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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	8:30-9:45 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
10	11	12	13	14
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	8:30-9:45 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
17	18	19	20	21
8:30-9:45 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 Senior Day @Spivey Splash 11am-4pm	8:30-9:45 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	8:30-9:45 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	8:30-9:45 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 Ends	8:30-9:45 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
24	25	26	27	29
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	8:30-9:45 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

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

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



June 2024 Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Event Highlights

Trips:
Tellus Science Museum
 Wed., June 05
 9:00am-3:00pm
Atlanta Botanical
 Thursday, June 20
 10:00am-4:00pm

Tie Dye Summer Party
 Monday, June 10
 2:00pm-4:00pm
Father's Day Celebration
 Thursday, June 13
 2:00pm-4:00pm

Junetenth Celebration:
 Tuesday, June 18
 2:00pm-4:00pm

3	4 Vivo Classes 10:00 am-11:00am National PTSD 12pm-1pm	5 Advisory Board Meeting 11:00am Tellus Science Museum 9:00am-3:00pm	6 Senior Moments: Keeping the Brain Active 2:00 pm-3:00pm Vivo Classes 10:00 am-11:00am	7
10 Tie Dye Summer Party! 2:00pm- 3:00pm Cell Phone 101 2:00pm- 2:30pm	11 Vivo Classes 10:00 am-11:00am Registration begins	12 Shopping Trip	13 Father's Day Celebration 2:00pm-4:00pm Vivo Classes 10:00 am-11:00am	14
17 Break Week Spivey Splash 11:00am-4:00pm Ipad/Tablet Workshop 3:00pm-4:40 pm	18 Break Week Juneteen Celebration 2:00pm-4:00pm Vivo Classes 10:00 am-11:00am	19 Break Week Center Closed	20 Break Week Vivo Classes 10:00 am-11:00am 3D Thursday and Birthday Social 2:00pm-3:00pm Atlanta Botanical Garden 10am-4pm Red Hatters at 2:00pm	21 Break Week Living Single Social 2:30pm-3:30pm
24 Cell Phone 101 2:00pm- 2:30pm	25 Vivo Classes 10:00 am-11:00am	26 Bingo 2:00pm-4:00pm Shopping Trip	27 Vivo Classes 10:00 am-11:00am	28 Griswell's Movie 11:00am Registration ends Adobe Express



Pool Calendar June 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

3 8:10-8:45 open pool 2:30-4:30 open pool 5:00-6:30 open pool	4 8:10-9:00 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	5 8:10-8:45 open pool	6 8:10-9:00 open pool 1:10-2:30 open pool 3:00-4:00 open pool	7 8:10-8:45 open pool
10 8:10-8:45 open pool 2:30-4:30 open pool 5:00-6:30 open pool	11 8:10-9:00 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	12 8:10-8:45 open pool	13 8:10-9:00 open pool 1:10-2:30 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	14 8:10-8:45 open pool 1:10-2:30 open pool 3:00-4:00 open pool
17 Break Week 8:10-9:30 open 10:00-10:30 swim lap 10:30-12:00 open pool 1:10-2:30 open pool 3:00-4:00 open pool 4:30-6:00 open pool	18 Break Week 8:10-9:30 open pool 10:00-10:30 swim lap 10:30-12:00 pm open pool 1:10-2:30 open pool 3:00-4:00 open pool	19 Break Week	20 Break Week 8:10-9:30 open pool 10:00am-10:30am swim lap 10:30am-12:00pm open pool 1:10-2:30 open pool 2:30-4:00 swim lap	21 Break Week 8:10-10:00 open pool 10:30am-12pm open pool 1:10-2:30 open pool 3:00-4:00 open pool
24 8:10-8:45 open pool 2:30-4:30 open pool 5:00-6:30 open pool	25 8:10-9:00 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	26 8:10-8:45 open pool	27 8:10-9:00 open pool 1:10-2:30 open pool 2:30-3:00 swim lap 3:00-4:00 open pool	28 8:10-8:45 open pool 1:10-2:30 open pool 3:00-4:00 open pool

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

SONNA SINGLETON GREGORY SENIOR CENTER

JUNE 2024



Monday	Tuesday	Wednesday	Thursday	Friday
3 Caregivers Support Group 1:00 - 2:00	4 Outlet Shops of Atlanta 10:00 - 4:00 Advisory Board Bingo 4:00 - 6:00	5 Nutrition Education 10:30 - 11:00	6 The Singletons: A Singles Social Club Movie Night 2:00 - 4:00	7
10 Fitness Center Basics 1:00 - 2:00 Let's Talk with the Director 1:00 - 2:00	11 Botanical Gardens 10:00 - 4:00	12 PositivTEA Talk 10:00 - 11:00 Sophisticated Ladies A Women's Social Group 3:00 - 4:00 Summer I Registration Begins	13 Coffee for the Soul 10:00 - 10:30 Page Turners Book Club 10:30 - 11:30 Red Hatters 12:30 - 2:00	14 Digital Equity Navigating Technology 9:30 - 11:00 Father's Day Celebration 4:00 - 7:00
17	18 Advisory Board Bingo 4:00 - 6:00	19 Closed In Observance of Juneteenth Break Week	20 Caring For Caregivers 10:00-11:00 Man Cave: Men's Focus Group 2:30 - 4:30	21 Digital Equity Navigating Technology 9:30 - 11:00
24	25 Historical Oakland Cemetery Tour 9:15 - 2:00	26	27 FOCUS Table Talk 2:00 - 3:00	28 Digital Equity Navigating Technology 9:30 - 11:00 Summer I Registration Ends

**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
Wednes4day
2:30 - 4:00

InSpirit Dance
Thursdays
11:30 - 12:30

**Aloha Sunset Luau
Summer Dance**
June 28, 2024
6:00 PM - 9:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	4 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	5 (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.
10 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	11 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	12 (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. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	14 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.)
17 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	18 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.) BREAK WEEK	19 Center Closed in Observance of Juneteenth	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. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.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.)	25 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	26 (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. 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.)
(LAP SWIM TIMES IN PARENTHESIS)				

**Sonna Singleton Gregory
Senior Center
June 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

2024

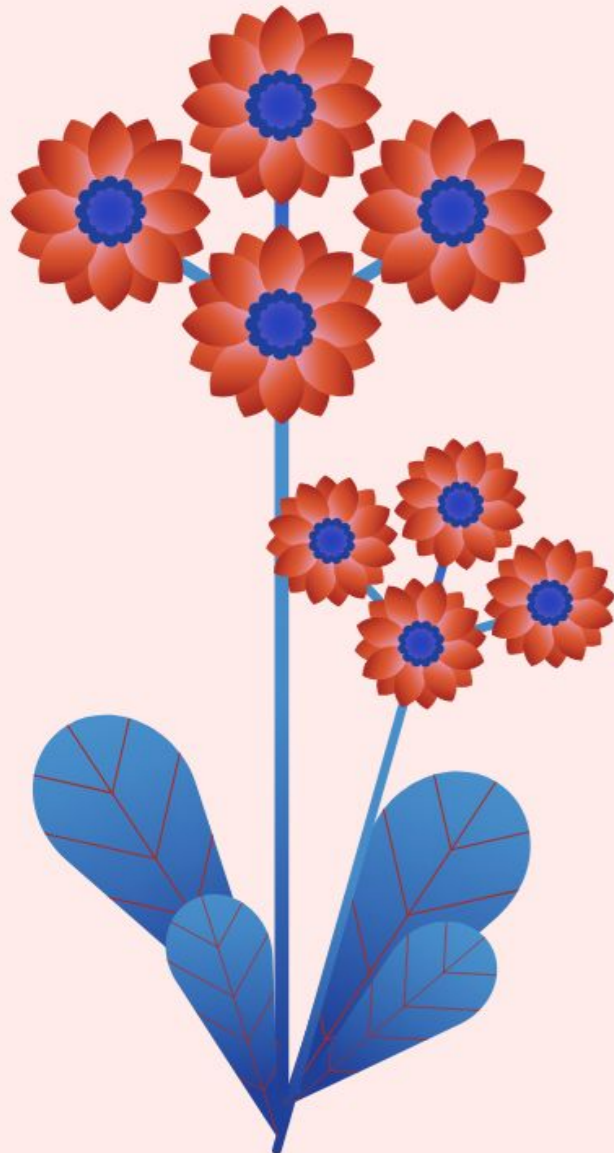
CLAYTON
COUNTY • GEORGIA

Cc: Clayton connected

Senior Services

Flint River Community Center

June



SUN	MON	TUE	WED	THU	FRI	SAT
	<ul style="list-style-type: none"> ● Special Events ● Seniors ● Adults ● Kids ● Teens ● All Ages ● Field Trips 					1
2	<p>3 ● Microsoft Word 10am - 11am</p> <p>● European Bicycle Day 10:00 AM - 11:00 AM</p> <p>FRCC Choir 12 pm & 6pm</p>	<p>4 ● Indoor Smores Day 4:00 PM - 5:00 PM</p> <p>Sliver Fox Walkers 9:00 AM - 10:00</p>	<p>5 ● Craft Creations 11:00 AM - 1:00 PM</p> <p>● Watermelon: Fruit or Veggies 3:30 PM - 4:30 PM</p> <p>Card Night 4:30 PM - 7:30 PM</p> <p>● Good Times For Good Health 10:30 AM - 11:30 AM</p>	<p>6 Sliver Fox Walkers 9:00 AM - 10:00 AM</p> <p>● DIY Mini Wooden Maracas 2:00 PM - 3:00 PM</p> <p>Red Hatters 12:00 PM - 1:00 PM</p>	7	8
9	<p>10 ● CellPhone 101 10:00 AM - 11:00 AM</p> <p>Let's Talk With Admin 11:00 AM - 1:00 AM</p> <p>FRCC Choir 12 pm & 6pm</p> <p>● Make Your Own Milkshake Day 3:00 PM - 4:00 PM</p>	<p>11 Sliver Fox Walkers 9:00 AM - 10:00 AM</p> <p>● Intro To Volleyball 12:30 PM - 2:30 PM</p> <p>● Learn Photography 3:00 PM - 4:00 PM</p> <p>Mens Focus Group 6:00 PM - 7:00 PM</p>	<p>12 ● Leis Of Hawaii 3:00 PM - 4:00 PM</p> <p>Card Night 4:30 PM - 7:30 PM</p> <p>● Good Times For Good Health 10:30 AM - 11:30 AM</p>	<p>13 ● Teen Girls Group 6:00 PM - 7:00 PM</p> <p>Sliver Fox Walkers 9:00 AM - 10:00 AM</p> <p>● Urban Air 10:00 AM - 3:00 PM</p>	<p>14 ● Teen Rap Battle 7:00 PM - 8:00 PM</p>	<p>15 ● Father's Day Man Cave 2:00 PM - 5:00 PM</p>
16	<p>17 ● Chat & Chew 12:00 PM - 1:00 PM</p> <p>Veterans Advisory Board 6:00 PM - 7:00 PM</p> <p>FRCC Choir 12 pm & 6pm</p>	<p>18 Sliver Fox Walkers 9:00 AM - 10:00 AM</p> <p>● Paint With Me 10:00 AM - 11:00 AM</p> <p>● The Avalon 10:00 AM - 4:00 AM</p>	<p>19 Card Night 4:30 PM - 7:30 PM</p> <p>● Good Times For Good Health 10:30 AM - 11:30 AM</p>	<p>20 Veteran's Series 1:00 PM - 2:00 PM</p> <p>Sliver Fox Walkers 9:00 AM - 10:00 AM</p>	<p>21 ● Juneteenth: A Freedom Celebration 6:00 PM - 8:00 PM</p>	22
23	<p>24 ● Monday Madness Bingo 2:00 PM - 3:30 PM</p> <p>FRCC Choir 12 pm & 6pm</p>	<p>25 ● Mug & Movie 5:00 PM - 6:00 PM</p> <p>Sliver Fox Walkers 9:00 AM - 10:00 AM</p>	<p>26 Card Night 4:30 PM - 7:30 PM</p> <p>● Good Times For Good Health 10:30 AM - 11:30 AM</p>	<p>27 Sliver Fox Walkers 9:00 AM - 10:00 AM</p> <p>● Illuminarium 10:00 AM - 4:00 PM</p>	28	29
30						

