

CLAYTON CENTER for ACTIVE AGING

303 Dairy Road, Clayton, NC 27520

Phone: 919-553-4350

Hours: 8:00 – 4:30 Monday-Friday

claytonsc@cssjohnston.org

Connie Keller, Program Coordinator



July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1st 10:00 Keep it Simple w/Jim (Low impact exercise) 3:00 The Write Stuff	2nd 10:00 Painting with John 11:00 Music with Ron 11:30 Lunch Bunch at Manning's 3:00 Learn Sign Language	3rd CLOSED IN OBSERVANCE OF INDEPENDENCE DAY
6th 10:00 Bingo	7th 10:00 Paint Class with Mindy	8th 10:00 Keep it Simple w/Jim (Low impact exercise) 11:00 Joe's Music 3:00 The Write Stuff	9th 10:00 Craft with Mardia 2:00 Qigong w/ Sindry 3:00 Learn Sign Language	10th 10:00 Bingo with Clayton Women's Club
13th 10:00 Bingo 10:00 Bingo-Koinonia Reformed Baptist Church	14th 10:00 Craft Class with Mindy	15th 10:00 Keep it Simple w/Jim (Low impact exercise) 2:00 Book Club w/ Mardia Clayton Library 3:00 The Write Stuff	16th 10:00 Painting with John 11:00 Music with Ron 1:00 Ice Cream Social 3:30 Facebook Live with Karen 3:00 Learn Sign Language	17th 10:00 Double Prize Bingo with The Marine Corps League 11:00 July Birthday Celebration
20th 10:00 Bingo	21st 10:00 Paint Class with Mindy	22nd 10:00 Keep it Simple w/Jim (Low impact exercise) 11:00 Joe's Music 3:00 The Write Stuff	23rd CENTER CLOSING AT 1:00 FOR VOLUNTEER LUNCHEON	24th 10:00 Bingo
27th 10:00 Bingo -Clayton Audiology	28th	29th 3:00 The Write Stuff	30th 10:00 Karaoke with Donna	31st 10:00 Quarter Bingo 1:00 Book Club at Horne Memorial Methodist Church

Drop-In Activities: Fitness Room, Puzzles, Games, Library

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Strength & Balance with Jackie 2:00 Beginner Line Dance 3:00 Intermediate Line Dance	9:00 Chair Yoga with Sindry 12:00 Learn to Play Chess 12:30 Trivia 2:00 Cornhole	9:00 Strength & Balance with Jackie 2:00 Beginner Line Dance 3:00 Intermediate Line Dance	9:00 Fitness with Jack 11:00 Billiards ** 1:00 Cardio Drumming	9:00 Strength & Balance with Jackie 12:15 Trivia Battle 1:30 Cornhole 2:30 Bocce

\$= Fee * Registration Required ** Rainbow Lanes

CCAA NEWS & ANNOUNCEMENTS

DON'T FORGET TO HYDRATE!



Ice Cream Social

July 16th @ 1:00 PM

Here are some fascinating facts about summer

It's caused by a tilt: Summer happens because Earth is tilted on its axis by roughly 23.4° relative to our orbit around the sun. This tilt allows the hemisphere experiencing summer to receive more direct sunlight for longer periods.

- **The Eiffel Tower grows:** Because iron expands in high heat, the iconic Eiffel Tower in Paris stretches roughly 6 inches taller during the summer months.
- **The "Dog Days" definition:** The hottest, most sultry days of the year—from July 3 to August 11—are called the "dog days". This phrase has nothing to do with panting pets; it was named after Sirius, the "Dog Star".
- **Watermelon is a vegetable:** That classic picnic staple is actually part of the cucumber and squash botanical family, not a fruit.
- **Sunlight boosts happiness:** Summer can genuinely boost your mood. Increased exposure to sunlight triggers the brain to release serotonin, a hormone linked to feelings of happiness and well-being.
- **The Summer Olympics:** The modern Summer Olympic Games first kicked off in 1896, taking place in Athens, Greece.
- **Ice cream season:** July is officially National Ice Cream Month in the United States, an observance declared by President Ronald Reagan in 1984.
- **Accidental ice pops:** The refreshing summer dessert known as the popsicle was accidentally invented in 1905 by an 11-year-old boy who left a glass of soda with a stirring stick outside overnight.