

Monday

Tuesday

Wednesday

Thursday

Friday



# February 2019

## FGM Community Center

NO ACTIVITIES TODAY 1

**9:00-3pm- AARP Safe Driver Course**  
 (pre-registration required)  
 \*Course also takes place on **Sat. 9<sup>th</sup> 9am-3pm.**  
 Call 898-3320 to register

<p>4                  8:30- Strength &amp; Stamina                  9:45- BALL Pilates (bring your own ball)                  10:30- Bingo (B)                  1:00-3pm-Advanced Line Dance</p>	<p>5                  9:30- Stretch &amp; Tone                  11:30- Sewing Bees (B)                  5:30p-8p- Line Dance Classes Level 1 &amp; 2                  6:30p-Girl Scouts (C)</p>	<p>6                  8:30- Yoga 101                  9:30- Cardio Dance                  10:30-Art Club (B)                  5:30- Mixxed Fit</p>	<p>7                  9:05- Chair Yoga                  9:30- Pilates                  10:30- <b>Helping Baby Wildlife! Guest Speaker (B)</b>                  10:30- Adult Dance                  11:30- Crochet &amp; Knitting (C)                  1:30- Beginner Line Dance                  6:30p-Zumba w/ Ski</p>	<p>8                  9:30- Sit &amp; Be Fit                  10:45- QiGong- Video                  *QiGong for a healthy Liver                  6:00-9pm- Parent's Night Out (see back for registration info)</p>
<p>11                  8:30- Strength &amp; Stamina                  9:45- Just Walk                  10:30- Bingo (B)                  1:00-3pm-Advanced Line Dance</p>	<p>12                  9:30- Stretch &amp; Tone                  11:30- Sewing Bees (B)                  5:30p-8p- Line Dance Classes Level 1 &amp; 2                  6:30p- Island Creek HOA (C)</p>	<p>13                  8:30- Yoga 101                  9:30- Cardio Dance                  10:30-Art Club (B)                  5:30- Mixxed Fit</p>	<p>14                  10:30- Adult Dance (C)    <b>VALENTINES PARTY</b>  <b>12-2pm Free!</b>                  (Must RSVP @ office)                  6:30- Zumba w/ Ski</p>	<p>15                  9:30- Sit &amp; Be Fit                  10:45-QiGong- Video                  *QiGong for a healthy Spleen                  1:00- Matinee Movie                  Playing "Leave No Trace"</p>
<p>18  <b>CLOSED</b>  <b>President's Day</b></p>	<p>19                  9:30- Stretch &amp; Tone                  11:30- Sewing Bees (B)                  5:30p-8p- Line Dance Classes Level 1 &amp; 2                  6:30p-Girl Scouts (C)</p>	<p>20                  8:30- Yoga 101                  9:30- Cardio Dance                  10:30-Art Club (B)                  5:30- Mixxed Fit</p>	<p>21                  9:05- Chair Yoga                  9:30- Pilates                  11:30- Crochet &amp; Knitting (C)                  1:30- Beginner Line Dance                  6:30p-Zumba w/ Ski</p>	<p>22                  8:30- Caribbean Fitness                  9:30- Sit &amp; Be Fit                  10:45- QIGong- Video                  *QiGong for a healthy Liver</p>
<p>25                  8:30- Strength &amp; Stamina                  9:45-Just Walk                  10:30- Bingo (B)  <b>12:00-THE CHILI COOK OFF! \$2 for Lunch RSVP</b>                  1:00-3pm-Advanced Line Dance                  7:00p- Commons HOA (B)</p>	<p>26                  9:30- Stretch &amp; Tone                  11:30- Sewing Bees (B)                  5:30p-8p- Line Dance Classes Level 1 &amp; 2                  6:30p-Girl Scouts (C)</p>	<p>27                  8:30- Yoga 101                  9:30- Cardio Dance                  10:30-Art Club (B)                  11:00- DIY Workshop "Aroma Stones" (C)                  5:30- Mixxed Fit</p>	<p>28                  9:05- Chair Yoga                  9:30- Pilates                  1:30- Beginner Line Dance  <b>5:30p- Medicare 101 (B)</b>                  6:30p-Zumba w/ Ski</p>	<p><b>ALL CLASSES ARE HELD IN THE MAIN HALL, UNLESS SPECIFIED FOR ROOM B or C</b></p>

125 Wilmington Island Rd. (912)898-3320

[www.chathamcounty.org/CommunityCenters/FrankGMurray](http://www.chathamcounty.org/CommunityCenters/FrankGMurray)

Check Out our Face Book Page for the schedule, events & updates!



#FGMCC



## Frank G Murray Community Center Monthly Programs Info

*Special dates to remember...*

### **New! Tuesdays 5:30-8pm Level 1 & 2 Line Dance Classes in the evenings!!**

**5:30-8pm \$5/person.** Instructors Susan & Claudia teach for the first half of the evening, then the rest is free dance style!

**7<sup>th</sup> BABY SHOWER KICK OFF & Guest Speaker from Wildlife Rescue Center 10:30am.** Join us for a brief presentation from Jeanne, of the WRC, about the orphans and how to help. We will be collecting supplies thru March 7<sup>th</sup>.

**7<sup>th</sup> & 24<sup>st</sup>- Crochet & Knitting Club 11:30-1pm** Cost: FREE Simply bring your supplies or project. All levels are invited to share & learn together.

**8<sup>th</sup> - Parent's Night Out 6-9pm.** Crafts, learning, dinner & a movie for your little one(s). For info & to sign up, go to [www.LibraryInMotion.com](http://www.LibraryInMotion.com)

**14<sup>th</sup> - Valentine's Day Party! 12-2pm**  
For seniors in the community, a free lunch & entertainment event.\*\* Must call or stop by to add your name to the guest list.\*\* 898-3320

**15<sup>th</sup> - MATINEE MOVIE- 1:00p.m. \$2**  
Includes Popcorn, candy, drink & seat cushions! Playing: "Leave No Trace" PG-13

**25<sup>th</sup> - CHILI COOK OFF LUNCHEON!**  
**12pm Cost: \$2** Let's enjoy lunch together! This month, we do NOT require you bring a side dish... Food will be from the chili competitors and we provide ALL the wonderful toppings & cornbread & iced tea! ☺

**27<sup>th</sup>- DIY Workshop-11am \$5** Sign up by 2/21 @ office. Make aroma stones with no-toxic ingredients!

**28<sup>th</sup> - Medicare 101- 5:30pm Free!** A 45min educational presentation for making choices for your upcoming Medicare enrollment.

### **FITNESS PROGRAMS DESCRIPTIONS & INFO**

**Strength & Stamina:** Cost: \$5 Instructor-Sunny 55min

An all-level friendly cardio class that also blends in strength training. All without the harsh impact.

**Pilates:** Instructor-Jodi 50min

Pilates is great for beginner to advanced levels, for building strong flexible bodies & preventing injuries. Rotating props are used each week, never the same routine!

**Chair Yoga:** Instructor-Jodi 20min

Reduce Stress, increase flexibility & mobility. Also builds lung capacity & lowers blood pressure, lessens arthritis pain... so many benefits. An ideal way to stretch the yoga way, without getting on a mat!

**Cardio Dance:** Instructor- Stephanie 45min

A fun, low impact style dance with great music to really get you moving and grooving.

**Stretch & Tone:** Instructor- Mattie 55min Cost \$1

Made for all levels, modifications given as needed. Total body conditioning & strengthening exercises.

**Sit & Be Fit:** Instructor-Jodi 45min

Designed for people with limited mobility, yet want flexibility & strength training. All exercises are performed seated in a chair. Wheelchair friendly.

**YO-QI- QiGong:** Leader- Video & Recreation Staff 45-55min

An ancient holistic practice, involving fluid movement with visualization & meditation, based on Chinese philosophy.

**Just Walk:** Leader-Video & Recreation Staff 45-55min

Get healthy & strong by simply Walking... **INDOORS!** Based on a video series that will have you marching & moving around. Great for all levels. We offer ankle weights Stay cool and walk with us indoors!

**Ball Pilates:** Instructor: Jodi 45-50min

Back for a limited time, just ONCE a month! Bring your own stability ball, we have the rest of the needed equipment! An active pilates class, including a lot of stretching & balance work.

**Adult Dance:** Instructor: Mrs..Cato 6 week session, \$65 Classes are approx.. 1 hr, 15min. Both Men & Women will enjoy this adult dance class of fun & fitness. Dance styles range from classic aerobics to salsa. Mrs. Catos welcomes drop-ins or observers interested in signing up!

**Yoga 101:** Instructor- Stephanie 45min

Build strength & flexibility. Lower stress & improve concentration with basic, intro Yoga. Feel free to bring your own mat and block. We have a small supply on hand.

**MIXXED FIT:** Instructor: Beth 55min Cost: \$5

Funky moves meets bootcamp fitness, high energy with low impact, great for all levels.

**ZUMBA:** Instructor: Caroline "Ski" Cost: \$5 Punch Cards available for a discount!

\*\* All fitness classes without \$ Cost listed are donation-based.

Fitness donations for equipment & waters help us serve you better!\*\*