

Monday

Tuesday

Wednesday

Thursday

Friday

March 2019

FGM Community Center

NO ACTIVITIES TODAY 1

9am-3pm
AARP Safe Driver Course
(pre-registration required)
Call 898-3320

<p>4 8:30- Strength & Stamina 9:45- Just Walk 10:30- Bingo (B) 1:00-3pm-Advanced Line Dance</p>	<p>5 9:30- Stretch & Tone 11:30- Sewing Bees (B) 1:00- DIY Mardi Gras King Cake rsvp @ front desk 5:30p-8p- Line Dance Level 1 & 2 6:30p-Girl Scouts (B)</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 10:00-12p Watercolor 101(B) 10:30- Adult Dance 11:30- Crochet & Knitting (C) 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski</p>	<p>8 9:30- Sit & 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 & Stamina 9:45- Just Walk 10:30- Bingo (B) *SPECIAL BINGO with Senior Medicare Patrol 1:00-3pm-Advanced Line Dance</p>	<p>12 9:30- Stretch & Tone 11:30- Sewing Bees (B) 5:30p-8p- Line Dance Level 1 & 2 6:30p- Island Creek HOA (B)</p>	<p>13 8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club (B) 5:30- Mixxed Fit</p>	<p>14 No Chair Yoga/Pilates Today 10:00-12p Watercolor 101 (B) 10:30- Adult Dance 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski 6:30p- Girl Scouts (C)</p>	<p>15 9:30- Sit & Be Fit 10:45- QiGong-video *QiGong for a healthy Spleen 1:00- Matinee Movie Playing "What They Had"</p>
<p>18 8:30- Strength & Stamina 9:30- Just Walk 10:30- Bingo (B) 1:00-3pm-Advanced Line Dance</p>	<p>19 9:30- Stretch & Tone 11:30- Sewing Bees (B) 5:30p-8p- Line Dance Level 1 & 2 6:30p-Girl Scouts (B)</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 10:00-12p Watercolor 101(B) 10:30- Adult Dance 11:30- Crochet & Knitting (C) 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski 6:30p- Girl Scouts (C)</p>	<p>22 9:30- Sit & Be Fit 10:45- QiGong-video *QiGong for a healthy Liver</p>
<p>25 8:30- Strength & Stamina 9:45- Just Walk 10:30- Bingo (B) 12:00- Covered Dish (B) \$2 Lasagna *Bring a Side/Dessert RSVP 1:00-3pm-Adv Line Dance 6:00pm- Bull R.Shoals HOA(B)</p>	<p>26 9:30- Stretch & Tone 10:45- "Can I Afford To Eat Healthy?" Free! Mini Seminar 11:30- Sewing Bees (B) 5:30p- Medicare 101 (B) 5:30p-8p-Line Dance Level 1 & 2 6:30p-Girl Scouts (B)</p>	<p>27 8:30- Yoga 101 9:30- Caribbean Fitness 10:30-Art Club (B) 5:30- Mixxed Fit</p>	<p>28 9:05- Chair Yoga 9:30- Pilates 10:00-12p Watercolor 101(B) 10:30- Adult Dance 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski 6:30p- Girl Scouts (C)</p>	<p>29 9:30- Sit & Be Fit 10:45- QiGong-video *QiGong for a healthy Spleen</p>

125 Wilmington Island Rd. (912)898-3320

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...

5th DIY Mardi Gras KING CAKE 1pm \$5 Let's enjoy a New Orleans Experience with the music, history and making of a king cake! Everyone makes their own, everything is supplied and we bake & decorate them here for you to take home and enjoy later!

7th & 21st - Crochet & Knitting Club 11:30-1pm Cost: FREE Simply bring your supplies or project. All levels are invited to share & learn together.

8th - 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

11th – Special Guest Bingo Game !

10:30am Free! Senior Medicare Patrol will be here co-hosting bingo as we learn ways to prevent medicare fraud and abuse.

15th - MATINEE MOVIE- 1:00p.m. \$2

Includes Popcorn, candy, drink & seat cushions!
Playing: "What They Had"

25th– Covered Dish Luncheon-12pm Cost: \$2

Let's enjoy lunch together! This month, we provide the LASAGNA & drinks, you bring a side dish. ☺

26th - "Can I Afford To Eat Healthy?" 10:45am

"Can I Afford NOT to Eat Healthy?" is the question. A mini seminar by Health educator, Ramona Jefferies, as she demonstrates with an interactive, hands-on presentation for a healthy diet!

26th – 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

A challenging strength-building and with modifications to suit all levels.

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 40 min

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!

Adult Dance: Instructor: Mrs..Cato 75min class/ 4 week session, \$40.

A dance fitness class for both men & women, if you have always wanted to dance, then this is the class for you ! Jazz, folk, social dance routines and ending stretches.

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.

MIXED 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!

Tuesdays 5:30-8pm Level 1 & 2

Line Dance Classes in the evenings!!

5:30-8pm \$5/person. Instructors Susan & Claudia

** All fitness classes without \$ Cost listed are donation-based.
Fitness donations for equipment & waters help us serve you better!**