

The Center provides a variety of programs & services. The categories are indicated by color code on the calendar.

# SEPTEMBER

2024

Physical Fitness

Inclusive Fitness

Games & Entertainment

Culture & Arts

Enrichment

Public Services

Community Meetings & Private Rentals

## WHAT TO EXPECT

Registration is open on a monthly basis and needed for program attendance.

Forms are available in the info box & on Facebook with the Calendar. Return completed form to the front desk or email to: fgcc@chathamcounty.org

Note: classes marked with "\*" are drop-in friendly. Some programs have external instructor registration which are not listed on the form.

## WELLNESS CLASSES

**BRING YOUR OWN WATER & MAT TO CLASS- NO FLIP FLOPS OR SLIDES**

### SPRY CHAIR +MAT & \$DONATION 45MIN

Start with seated yoga, progressing to standing poses and end on the mat. You only have to get down & up once for this class. Modifications available, great for all levels! SPRY MAT is 55 min\*

### YOGA101 / \$DONATION 55MIN

Mat yoga basics for flexibility & strength

### PILATES & PROPS/ \$DONATION 55MIN

Mat pilates using various small apparatus for developing a strong core & flexibility. CLASS IS gentle- intermediate. \*ADVANCED/BALL- 45min

### TIGHT & TONE / \$5 1HR

Join Kelli W for an energetic session of low impact, cardio & toning....and bring your mat for the stretch portion of class!

### BEGINNER LINEDANCE/\$DONATION 1 HR

Join Bonnie as you learn the basics of line dance!

### STRETCH IT OUT/ \$DONATION 30MIN

A great beginner class of seated/standing stretches & low impact cardio movement for a morning boost!

### GET EXCITED & MOVE-GEM/ \$DONATION 45MIN

Get strong, stable and flexible with Rebecca

### SIT & BE FIT / \$DONATION 45MIN

Fitness is fun in this inclusive fitness class! Completely seated movements that include stretching & various props to improve mobility, posture & muscle strength.

### YOGA-YIN / \$DONATION 45MIN

A gentle mat yoga for all levels, Yin style with Laura

**WALKIE TALKIES, QI GONG (YO-QI), BODY GROOVE: 30 MIN INDOOR CLASS W/ VIDEO OR MUSIC GUIDED BY STAFF.**

**9/3 1:30PM BREAK THE ICE - ALL AGES, FREE AND GUARANTEED A FUN, CREATIVE WAY OF GETTING TO KNOW ONE ANOTHER!**

**9/4 & 9/18 1:30PM- COMMUNITY ART \$2 DON'T MISS THESE CRAFTY ART PROJECTS LED BY STAFF & LOCAL ARTIST VOLUNTEERS**

**9/5 1PM- QUILT SHOW & TELL: BRING YOUR TREASURED QUILTS OF ANY ERA OR DESIGN TO DISPLAY & EXCHANGE STORIES, TECHNIQUES & MORE! THIS CASUAL SOCIAL ACTIVITY IS OPEN TO ALL AGES.**

**9/10 11AM- TEA & TRIVIA JOIN US FOR THIS FREE PROGRAM & ENJOY KEEPING YOUR MIND NIMBLE WITH INTRIGUING TRIVIA - TEA & BAKED GOODS INCLUDED**

**9/12 1-2PM CULTURE CLUB: LATIN AMERICA \$2 INCLUDES A VIRTUAL TRIP, CRAFT AND/OR REFRESHMENT.**

**9/20 1PM MATINEE MOVIE \$2 INCLUDES REFRESHMENTS & SEAT CUSHIONS. SHOWING: LIVING IT UP!**

**9/17 1PM- WATERCOLOR WONDERS IS A SOCIAL GROUP THAT IS STAFF/SELF GUIDED. BRING YOUR WATERCOLOR PAINTING SUPPLIES & ENJOY THE ATMOSPHERE OF CREATIVITY! LET'S SEE HOW THIS NEW PROGRAMS BLOSSOMS TOGETHER!**

**9/24 1PM INSPIRATION CIRCLE- BE SOCIAL, BE POSITIVE, BE GRATEFUL --BRING A FAVORITE QUOTE OR ARTICLE TO SHARE INSPIRATION IN THIS NEW MONTHLY GROUP 50+**

## CAREGIVER SUPPORT & CONSULTATION GROUP

**9/10 1:00-2:30PM HOSTED BY EDEL CAREGIVER INSTITUTE. COME BY FOR SUPPORT & RESOURCES TO ASSIST YOUR NEEDS AS A CAREGIVER TO A LOVED ONE.**

**CALL US 912.898.3320**

## EVENTS



**MONDAYS-10-11AM \$2 TO PLAY FOR PRIZES.**

**9/23 LUNCH BUNCH 11:15AM**

**TECH HELP IS AVAILBLE FOR YOUR MOBILE DEVICES. SEE DATES AND TOPICS AVAILABLE FOR APPTS.**

**MONDAYS & WEDNESDAYS 9AM-3PM  
~ THE TAX COMMISSIONER'S OFFICE PROVIDES SERVICES FOR BOTH TAG & PROPERTY TRANSACTIONS. TO MAKE YOUR APPT: CALL (912) 652-7100 OR VISIT TAX.CHATHAMCOUNTYGA.GOV**