

# FGM COMMUNITY CENTER



AUG 2021

## WHAT TO EXPECT

**REGISTRATION for Wellness Classes & Bingo is Required.**

**Registration opens on the last Monday of each month. Forms are available in the info box & on FB with the Calendar. Return completed form to the front desk or email to: [fgcc@chathamcounty.org](mailto:fgcc@chathamcounty.org).**

## COMMUNITY ENRICHMENT

### TECH SUPPORT TUESDAY

**8/3- 11AM-1PM NEED HELP WITH YOUR SMART DEVICE OR SOCIAL MEDIA, ETC? STAFF CAN ASSIST YOU, PLEASE CALL TO MAKE AN APPT TIME.**

### CAREGIVER SUPPORT GROUP

**8/10- 1:00-3:00PM HOSTED BY EDEL CAREGIVER INSTITUTE. COME BY FOR SUPPORT & RESOURCES TO ASSIST YOUR NEEDS AS A CAREGIVER TO A LOVED ONE.**

**SIGN UP FOR THE AARP SAFE DRIVER COURSE...RETURNING ON SEPT 10TH!**

**FOR MORE INFO AND TO REGISTER, SEE STAFF AT FRONT DESK**

## WELLNESS CLASSES

**BRING YOUR OWN WATER & MAT TO CLASS- MUST SIGN UP TO ATTEND**

★ **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!

★ **YOGA101 / \$DONATION 55MIN**

Mat yoga basics for flexibility & strength

★ **PILATES / \$DONATION 55MIN**

Mat pilates for all levels, developing a strong core & flexibility.

★ **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!

★ **ZUMBA / \$5 1HR**

Get your cardio fix with great music and low impact moves!

★ **SIT & BE FIT / \$DONATION 45MIN**

Join Kelli W for this inclusive fitness class, Completely seated movements that include stretching & various props to improve mobility, posture & muscle strength.

## EVENTS

### BINGO-

**8/2,8/9,8/16,8/30-10-11AM \$1 TO PLAY FOR PRIZES.**

**REGISTER TO SAVE A SEAT!**

**COFFEE & SNACKS WILL BE SERVED.**

### KITTEN YOGA

**8/21- TWO SESSIONS: 9:30AM & 11:00AM**

**THIS FUNDRAISER EVENT BENEFITS CRIMESTOPPERS OF SAV-CHATHAM. EACH CLASS WILL INCLUDE PLAYFUL, ADORABLE KITTENS-AVAILABLE FOR ADOPTION FROM CHATHAM ANIMAL SERVICES! FREE YOGA MAT INCLUDED, REGISTRATION INFO AVAILABLE AT FRONT DESK AND ON FACEBOOK**

**CALL US 912.898.3320**