



LAKE MAYER COMMUNITY CENTER

April 2026

Lake Mayer Community Center is growing- and we're excited about it! To better serve everyone and continue enhancing the quality of our programs, we'll be introducing registration to help us plan ahead.

Quick Guide to Registration

- **Register in-person** - paper registration forms will be available monthly. Check Calander for date to register each month. Staff can assist as needed.
- **Register by email** - forms can be emailed beginning 9am on day of registration. Pick up registration form at Lake Mayer prior to registration. Email: kgadson@chathamcounty.org

April 20 - Registration begins at 9am for May

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

Health & Wellness

★ BEGINNER LINE DANCE- 60MIN - LEARN THE STEPS IN THIS BEGINNER FRIENDLY CLASS

★ WALKIE TALKIES* - 30 MIN
NEW! INDOOR WALKING ROUTINE WITH STAFF GUARANTEED TO GET 3000+ STEPS IN 30 MIN

★ SENIORS IN MOTION (SIM)- 45 MIN
AEROBICS CLASS DESIGNED FOR SENIORS INCLUDES STANDING AND SEATED EXERCISES. MODIFICATIONS AVAILABLE, GREAT FOR ALL LEVELS.

★ SPRY CHAIR +MAT - \$5 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. PARTNERSHIP WITH SAVANNAH POWER YOGA

AND MORE!



Thursdays 11am-12pm
\$2 to play for prizes! Join us for this fun, social activity that improves brain health.

- G** BOARD GAME SOCIETY*- 2HR
JOIN US TO PLAY CLASSIC FAVORITES, CARDS, STARTEGY, BOARD GAMES. HAVE A FAVORITE GAME? BRING IT TO SHARE! ALL SKILL LEVELS WELCOME!
- E** Cranium Crunch* - 1HR
Exercise your brain with challenging logic games, puzzles to boost focus, problem-solving, and critical thinking.

Earth Day Coloring Contest submit by April 22nd

*Programs marked with an * are complimentary and drop-in friendly:*

- WALKIE TALKIES
- RELAX & COLOR
- BOARD GAME SOCIETY
- CRANIUM CRUNCH
- INSPIRATION CIRCLE
- FIBER ARTS COMMUNITY

NEED TECH HELP -

MAKE AN APPOINTMENT WITH STAFF TO GET ONE ON ONE DEVICE SUPPORT. WE CAN HELP WITH EMAIL, SOCIAL MEDIA, APPS, AND MORE (PHONES, TABLETS, LAPTOPS, WATCHES)



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Fiber Arts Community*

Join us for a cozy, creative gathering. Bring your knitting, crochet, sewing, quilting, embroidery, or fiber art project of choice. Connect, share ideas, and enjoy conversation in this supportive community space.

★ CHAIR FIT - 45 MIN
NEW! SEATED EXERCISE THAT GETS YOU MOVING AND GROOVING WITH CARDIO FOR ALL LEVELS AND ABILITIES