



Department Overview

To promote community wellness by providing high quality recreation and leisure opportunities that are diverse, convenient, affordable, accessible, and FUN!

CONTACT

Senior Center Supervisor:

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WEBSITE:

<https://www.savannahga.gov/2957/Recreation-and-Leisure-Services>

HOURS of OPERATION

Monday-Friday

9:00am to 3:00pm

Golden Age Program

3:00pm to 7:00pm

Youth and Adult

January 2023

Carver Village Center

PROGRAM CODES [A] ADULT [S] SENIOR [Y] YOUTH

Senior Programming:

SENIORS:

DAILY

Senior Talk / [S]

9:00am-10:00Am

Healthy conversation and information sharing to remain updated on the happenings in the community.

Drop Into Fitness / [S]

Monday, Tuesday, Thursday, Friday: 10:30am-11:30am

Various physical activities to promote physical fitness wellbeing. Activities may include dancing to great music, walking with your buddies, and bicycling to burn a ton of calories.

Congregate Meals / [S]

11:30am-12:30pm

Daily hot meals served by staff. The monthly lunch menu can be found on a separate calendar at the center.

Food Talk / [S]

1:00pm-1:30pm

Fact sharing and conversation that focuses on planning healthy meals on a budget.

Table Games & Computer Lab / [S]

9:00am-3:00pm

Card games, table games puzzles and the computer lab are open for individuals to engage in throughout the day at their convenience.

WEEKLY

Melodies from Heaven / [S]

Mondays 11:00am – 11:30am

Let your voice ring out! Harmonize with other members to uplifting and inspirational songs.

Line Dance Craze/ [S]

Tuesdays 11:00am-11:30am

Instructor or staff lead energetic steps to some popular line dance songs. Some you may know and some new to you!

Bible Class / [S]

Wednesdays 10:00am – 11:00am

Hosted by Reverend Beverly Drayton, participants engage in discussions centered around religion, scriptures and daily practices.

What's the News! / [S]

Wednesdays and Fridays 11:00am – 11:30am

Announcements of current events and sharing updates to keep members informed.

Second Harvest / [S]

Wednesdays/Thursdays *Subject to change. Staff will notify in advance

9:00am-3:00pm

Members receive brown bags filled with fresh produce to be taken home to promote healthy nutritional wellness.

Bingo! / [S]

Fridays 12:30pm -- 1:30pm

Instructor or staff lead energetic steps to some popular line dance songs. Some you may know and some new to you!

MONTHLY

Lunch & learn / [S]

Every 4th Monday 11:30am -- 12:30pm

Hosted by Faye Robbins, Medicare Representative.

Movie & Popcorn / [S]

Every 4th Friday 11:00am -- 12:30pm

Enjoy a movie, popcorn while eating daily congregate meal.

What's Your Pressure? / [S]

Every 3rd Tuesday 10:00am -- 11:00am

Blood pressure checks completed by Savannah Fire Department to meet members health needs to remain informed of their individual health.

Youth and Adult Programming:

YOUTH AND ADULT

After School Power Hour [Y]

Monday-Thursday, 4:00pm-5:00pm

The After School Power Hour program will offer structured academic support, art exploration, enrichment, and recreation.

Kids Café

Carver Village [Y]

Monday-Friday, 4:30pm-5:30pm

Kids Cafe is a nutrition program designed to provide healthy meals to at-risk children in a safe environment.

United Mentoring Association [Y]

Mondays, Wednesdays, Fridays 5:00pm-7:00pm

This mentoring program provides youth with mentors who can develop an emotional bond with the mentee and can provide support, guidance, and opportunities to help youth succeed in life and meet their goals.

Fitness Hour

Carver Village [A]

Mondays, 5:30pm-6:30pm

This class is a high energy, all cardio workout that will have you sweating, smiling, and having fun!

Line Dancing

Carver Village [A]

Tuesdays, Thursdays, 5:30pm-6:30pm

A group of individuals having a fun and exciting time doing different, strategic dances in unison.

Yoga Class

Carver Village [A]

Wednesdays, Fridays, 5:30pm-6:30pm

Different levels of meditation techniques. Allows the body to reboot and feel completely rejuvenated.

Fun Friday: [Y]

Friday January 6,13, 20, 27, 3:30pm-5:00pm

Fun Friday is designed to create a fun and joyous atmosphere for youth to participant in activities such as, video games, air hockey, dance competition and much more. All video games will consist of sports only.

Community Meetings

Carver Village

January 9, 2023, 2nd Monday, of each month 6:00pm-7:30pm

Individuals come together to discuss events and crimes happening in and around the community

Dates to remember

January 2, 2023 – Center closed

January 16, 2023 – Center closed