



January 2023

Crusader Center

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:

Patricia Gustin

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Center Supervisor:

Cortelius Echols

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Savannah, Georgia 31419

PHONE

912-921-2103

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 8:00pm

Youth and Adult

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

Senior Programming:

SENIORS

DAILY

Coffee & Conversation / [S]

9:00am - 10:00am

Conversation and information sharing to remain updated on the happenings in the community. Coffee is provided and served by center staff daily.

Drop Into Fitness / [S]

10:00am – 11:15am

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.

Word for the Day [S]

11:15am – 11:30am

Individuals share words based on the weather, how they are feeling and any community updates. Staff also share useful information and resources.

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.

Craft Your Way / [S]

1:00pm - 2:00pm

Individual paced and sometimes staff led time to let your creativity flow through coloring, painting, textiles, or any other art forms.

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

Bingo [S]

10:00am - 11:15 am Monday and Wednesday

The popular game to get a row of BINGO with prizes available donated by members or community partners. This game encourages individuals to build social connections, increase hand-eye coordination, and maintain your cognitive abilities and focus.

Crochet/Sewing Club [S]

Tuesday, Wednesday & Thursday

10:30am - 11:30am

Staff led activity that will teach participants crochet and sewing techniques and produce various textiles.

Chair Yoga / [S]

Wednesday (Biweekly) 10:00am - 10:45am

Manageable movement in chairs to promote physical fitness wellbeing.

Line Dance Craze / [S]

Beginners -Tuesday 1:00pm-3:00pm

Advanced & Intermediate – Thursday & Friday 10:00am-11:15am

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

Movie Day / [S]

Fridays 12:30pm - 3pm

Enjoy a movie and popcorn. Each week will feature a different movie.

MONTHLY

Lunch & learn / [S]

Every 1st Thursday 11:30am -- 12:30pm

A Humana representative provides information for members on Medicare and additional resources.

Youth and Adult Programming:

YOUTH AND ADULT

After School Power Hour [Y]

Monday-Friday, starting January 9th

4:00pm-5:00pm

Crusader Community Centers will offer a safe environment with structured activities that convene regularly in the hour afterschool.

Kids Café

Second Harvest

Crusader Community Center, [Y]

Monday-Friday, starting January 9th

4:30pm-5:30pm

Ages 3-18yrs

Kids Cafe is designed to provide children at-risk for hunger a nutritious evening meal.

Walking Thursdays [Y]

January 12th, 19th, and 26th

5:30pm-6:00pm

Ages 6-14yrs

Walking Thursday will consist of a 30-minute walk around the outdoor field area which will help participants with their cardiovascular health and lower body function.

Brains On, Youth Podcast [Y]

January 13th, 20th, and 27th

5:30pm-6:30pm

Ages 7-14yrs

Kids Podcast will give kids an opportunity to express their thoughts and create their own topics while given the opportunity to interview other participants.

Youth Yoga Class [Y]

January 18th and 25th

5:30pm-6:30pm

Ages 6-11yrs

Youth Yoga will help improve self-esteem, self-awareness, concentration, and relaxation. Enrolling in this class will help you with promoting a healthy lifestyle while increasing muscular strength, endurance, and flexibility.

YARN-in Around [Y]
Tuesday, January 10th and 24th
5:30pm -6:15pm

Looking for fun yarn crafts and activities. Come join us in YARN-in-Around. Kids will focus on the material and the manual labor required to produce great artwork.

Active Adult

Crocheting with Helen Morrell [A]
January 10th, 17th, 24th, and 31st
5:00pm-6:00pm

Learn to crochet or improve your crochet skills. Crochet is a process of creating textiles by using a crochet hook to interlock loops of yarn, thread, or strands of other materials.

Yarn and a crochet hook will be provided but you may bring your own if you prefer.

Open to adults and teens age 15 and up.

Ms. Marsha's Advance Line Dancing [A]
January 9th, 16th, 23rd, 30th
1:00pm-3:00pm

Advance line dancing are for those who already know how to line dance but are looking to learn a more complicated dance routine.

This class is in between a beginner and expert level.

Roseann's Line Dancing Class [A]
Thursday, January 12th 19th, and 26th
Friday, January 13th, 20th, and 27th
10:00am-12:00pm

Line dance is choreographed dance in which a group of participants dance along to a repeating sequence of steps while arranged in one or more lines or rows. These lines usually face all in the same direction or less commonly face.

Robin Fitness [A]
Tuesday, January 10th, 17th, 24th, and 31st
Thursday, January 12th, 19th, and 26th
6:00pm-7:00pm
Ages 18 and up

Robin Fitness class combines attributes of Pilates, dance, and functional fitness training. Come get a full body workout, that integrate small, isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and increase upper and lower body mobility

Community Meetings/Hosted Events

Dollar Tree Job Fair

Monday, January 9th, 2023

5:00pm-7:00pm

A recruiter from Dollar Tree Co., will be present to give information to potential employees looking for part-time or full-time employment. If you are interested, and need more information please call Cortelius Echols at 912-921-2103.

Crusader Club Meeting (Members Only)

Meets on the 3rd Monday of each month

6:00pm-7:00pm

Coffee Bluff Plantation Neighborhood Meeting

Meet on the 2nd Monday of each Month

6:00pm-7:30pm

Coffee Pointe Neighborhood Association Meeting

Meets once every 2 months

Dates will be provided from Coffee Point Neighborhood Association

6:00pm-8:00pm