



Department Overview

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

CONTACT

Adult Day Care Supervisor:
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Senior Center Supervisor:
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Center Supervisor:
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PHONE

Center Supervisor:
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912-651-6774

WEBSITE

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

HOURS of OPERATION

Monday-Friday

9:00am to 3:00pm
Golden Age and SADC

3:00pm to 8:00pm
Youth and Adult

January 2023

Moses Jackson Center

PROGRAM CODES [A] ADULT [S] SENIOR [Y] YOUTH [SADC] SAVANNAH ADULT DAY CARE

Senior Programming:

SENIORS AND SAVANNAH ADULT DAY CARE

Art Therapy / [S] 9:00am-9:30am

Experience the therapeutic benefits of art through a variety of artistic endeavors.

Drop Into Fitness / [S] 9:30am-10:00am

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 Meal (Lunch) / [S] [SADC] 11:30am-12:30pm

Enjoy a healthy, well-balanced meal.

Morning Meditation / [SADC] 8:00am-9:00am

Quiet relaxation and reflection. Spend time listening to soothing music while quieting the mind.

Morning Snack / [SADC] 9:00am-9:30am

Enjoy a healthy snack to break the fast.

Morning Sing – a - Long / [SADC] 9:30am-10:00am

Group Sing – a –Long to your favorite old tunes.

Table Games & Computer Lab / [S] [SADC]
9:00am-3:00pm

WEEKLY

Arts & Crafts / [SADC] [S]
Mondays & Wednesdays 10:30am-11:30am

Let's get creative! Make a variety of craft projects while maintaining fine motor skills.

Chair Exercise / [SADC]
10:00am-10:30am

Join Coach Deloach for seated stretching and exercise. Tone your body while enjoying a few laughs as well.

Computer Class 1.0 / [SADC]
Tuesdays 12:30pm – 1:45pm

Beginner computer class. Learn to use computer hardware and navigation basics.

Computer Class 2.0 / [SADC]
Wednesdays 12:30pm – 1:45pm

Intermediate computer class. Learn to use the internet and search engines.

Ceramics / [S]
Tuesdays 10:00am-11:15am

Crochet/ Sewing Club [S]
Tuesdays 1:45pm

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

Craft Project / [S]
Mondays 12:30pm – 3:00pm

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

Current Events/ [SADC]
Thursdays 10:30am – 11:30am

Join Coach Deloach for lively discussion on all of today's hot topics. A variety of topics from world affairs to local events are examined.

Nutrition / [SADC]
Tuesdays 10:00am-11:00am

Healthy food demonstration. Test your knowledge of nutritional facts with Nutrition Bingo.

Brain Teasers/ [SADC] [S]
Tuesdays 12:30pm – 1:45pm
Wednesdays 1:45pm-3pm

Stimulate your mind! Engage in a variety of brain games and activities.

Muscle Memory/ [SADC]
Thursdays 12:30pm – 1:45pm

Exercise the brain. Participate in activities to improve memory and cognition.

Mobile Device Class / [SADC]
Thursday 10:30am – 11:30am

Learn the basics of navigating your mobile device. Both Android and Apple devices are explained.

Wellness Wednesdays/ [SADC]
Wednesdays 12:30pm – 1:45pm

Join Mr. Landy for senior wellness. Participants engage in discussions centered around physical wellness and home safety. Learn about keeping well physically, socially, emotionally, and spiritually.

Second Harvest / [SADC]
Tuesdays & Wednesdays 11:00am-11:30am

Members receive fresh produce, bread, and pastries to be taken home to promote healthy nutritional wellness.

Senior Safety/ [SADC]
Mondays 10:00am – 11:30am

Learn home safety specific to older adults. Topics such as home evacuation, fire safety, emergency planning, and more.

Senior Talk / [S]
Thursdays 10:00am

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

Spa Day/ [SADC]
Thursdays 10:00am – 11:00am

Visit the vocational tech school for haircuts, facial grooming, and nail painting.

MONTHLY

Alzheimer's Association / [SADC]
Every 2nd Monday 10:00am -- 11:00am

Learn about the signs and symptoms of Dementia and Alzheimer's. Gain knowledge around how to delay progression of the illnesses.

Affinis Health Visit / [SADC]

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

Monthly blood pressure checks and healthcare talks.

BINGO!! / [SADC] [S]

Every 2nd and 4th Friday 10:00am -- 11:00am

Every 1st and 3rd Friday 10:00am-11:15am

Test your brain and win a prize. Hosted by Moses Jackson Advancement Center.

Credit Counseling / [S]

2nd Monday 10:00am

What's Your Pressure? / [S]

2nd Thursday 10:00am- 11:15am

Blood pressure checks completed by Savannah Fire Department to meet member health need to remain informed of their individual health

Brown Bags / [SADC]

Every 3rd Monday 1:00pm -- 2:00pm

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

Field Trips / [SADC]

Every 1st and 3rd Friday 10:00am -- 2:00pm

Get out and about. Visit local tourist attractions, go shopping, have lunch, and learn about Savannah and its surrounding areas.

Humana Visit / [SADC] [S]

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

Every 2nd Tuesday 10:00am

A representative from Humana insurance provides information on Medicare options as well as senior wellness tips.

Movie & Popcorn / [SADC]

Every 2nd and 4th Friday 12:30pm -- 2:30pm

Enjoy a movie and snack on some popcorn.

Senior Choice Day / [S]

Every 2nd & 4th Friday 12:30pm-3:00pm

Table Talk Thursday/ [S]

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

A representative from Humana insurance provides information on Medicare options as well as senior wellness tips.

Wellness Talk
Every 3rd Wednesday 10:00am / [S]

SPECIAL EVENTS

New Year's Celebration / [SADC]
Wednesday, January 4, 2023, 10:00am -- 11:30am
New year, new beginnings. Celebrate all that the new year has to offer.
Sponsored by J.C. Lewis Primary Healthcare.

Ralph Mark Gilbert Civil Rights Museum / [SADC]
Friday, January 6, 2023, 10:00am -- 12:00pm
Visit Savannah's Civil Rights Museum. Learn about local contributions to the Civil Rights Movement.

I am Martin / [SADC]
Friday, January 20, 2023, 10:00am -- 11:30am
Celebrate civil rights icon, Rev. Dr. Martin Luther King, Jr. on his birthday. Learn about the content of his character.

Chinese New Year / [SADC]
Friday, January 27, 2023, 10:00am -- 1:00pm
Celebrate the year of the rabbit and the Chinese New Year. Visit a local Chinese restaurant and taste the cultural cuisine.

Youth and Adult Programming:

YOUTH AND ADULT

After School Power Hour [Y]

Monday-Friday, starting January 9th

4:00pm-5:00pm

Moses Jackson Community Center will offer a safe environment with structured activities that convene regularly in the hour afterschool.

Kids Café

Second Harvest

Moses Jackson Cafeteria [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.

DDS

Drivers Ed Course [Y]

Thursday, January 12th

4:30pm – 5:30pm

Ages 13-17yrs

Registered participants will engage in a course that will direct them into what is required for getting a permit to drive. Students will also be given information on how to meet state education requirements.

CPR/First Aid [Y]

Wednesday, January 11th

4:30pm -5:30pm

Participants will be trained on how to aid in CPR/First Aid to help recognize and respond appropriately to cardiac, breathing and first aid emergencies to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over.

For more information and registration please contact Andrea Worriels at andrea.worriels@savannahga.gov , space is limited.

Car Care Clinic [Y] [A]

Wednesday, January 26th

5:00pm – 6:00pm

Ages 15-18yrs

One of the best ways to make sure that your car remains reliable is to learn the basics of how to take care of it. This clinic is about basic car care, changing a tire properly, and checking your car oil.

Part of this class will take place outside.

Healthy Hair Care [Y]
Thursday, January 19th
4:30pm -5:30pm

Learn how to keep your own natural hair healthy. Participants will learn essential points in keeping their hair healthy

Pizza and Puzzles [Y]
Tuesday, January 31st
5:00pm – 6:00pm

We'll get together, pair up and then work on puzzles while enjoying pizza. The point is to have a fun meetup with peers in a low-pressure environment with no “winners” but also involves thinking skills and fun.

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.

Community Meetings/Hosted Events

West Savannah Community Organization [Y] [A] [S]
Tuesday, January 24th, 2023
Meeting starts at 6:00pm

The West Savannah Community Organization strives to be an advocate for the residents, especially the seniors of the West Savannah Community. Please come voice your concerns. Held every 4th Tuesday of each month.