



## 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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#### Center Supervisor:

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#### PHONE

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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

# TATEMVILLE COMMUNITY CENTER

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

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### Senior Programming:

#### SENIORS

#### DAILY

#### Senior Talk / [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, chair exercises, 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.

#### 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

### **Pokeno! / [S]**

**Mondays 10:30am -- 11:30am**

Are you someone who likes to play cards? Try your hand at Pokeno.

### **Wellness Roundtable / [S]**

**Tuesdays 10:30am -- 11:30am**

Participants learn what impacts their body, mind, and soul wellbeing. This activity is offered in a “round table” format to include questions and answers and encourage participation.

### **Lunch & learn / [S]**

**Wednesdays 11:30am -- 12:30pm**

Presented by Nutritionist, Jackie Ogden from Georgia Southern University. Jackie provides useful dietary information during the time lunch is served.

### **Bible Class / [S]**

**Wednesdays 10:00am – 11:00am**

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

### **Bingo! / [S]**

**Fridays 12:30pm -- 1:30pm**

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.

## MONTHLY

### **Cycle Club / [S]**

**Every 1<sup>st</sup> Wednesday 10:30am -- 11:30am**

Participants utilized the 3 wheeled trikes to enjoy exercising indoors and outdoors.

### **What's Your Pressure? / [S]**

**Every 3<sup>rd</sup> Wednesday 10:30am -- 11:30am**

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

### **Movie & Popcorn / [S]**

**Every 3<sup>rd</sup> Friday 12:30pm -- 2:00pm**

Enjoy a movie, popcorn while eating daily congregate meal.

### **Birthday Club Celebration / [S]**

**Every 4<sup>th</sup> Friday 12:30pm -- 1:30pm**

Do you have a birthday this month? We celebrate you and anyone else who has a birthday this month with a special treat.

### **SPECIAL EVENTS**

### **MLK Jr. Program / [S]**

**January 13, 2023, 10:00am -- 1:00pm**

A day honoring Dr. Martin Luther King Jr. and his contribution to society.

### **Youth and Adult Programming:**

### **YOUTH AND ADULT**

### **After School Power Hour [Y]**

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

The afterschool Program offer a safe environment to all youth from The community, the program runs during the school year four days A week, we pen point on structured activities. Also focuses on Academic enrichment, participating children and teens will also Be using resources in the computer lab.

### **Crafting With Cricut (Y)**

**Tatemville Community Center**

**Mondays - 5:00pm-6:00pm**

Teaching participants how to make crafts with a circuit machine as well as promoting social skills.

### **Game Room Activities (Y) (A)**

**Monday-Wednesday-Friday 4:30pm-5:30pm**

The large game room is filled with activities, where people of all Ages can interact and enjoy spending time with others. Games Include, Bumper Pool, Ping Pong, Air Hockey, Foosball, along with Other board games, the game room also have a large T.V. for the Video game lovers.

### **Parking Lot Pickle Ball (S) (A) (Y)**

**Thursday – 5:30pm – 6:60pm**

An enjoyable racquet game that has begun overtaking tennis in popularity, thanks to its simple rules and inclusive nature. Pickleball gives a good aerobic workout for youths and adults.

### **The Internet-Beginners Guide to Using the Computer (A) (S)**

**Monday And Wednesday 5:30pm-6:30p.m.**

Learning how to use the keyboard, getting on and off the internet Learn how to look up just about anything. Also browse the web.

**Take the Lake Tuesday (S) (A) (Y)**

**Tuesday and Thursday 5:00pm-6:00pm**

Being active is the secret to staying healthy, and walking is one of the easiest ways to get moving. Bring your shoes and water for a walk around the lake.

**Computer Bingo (S)**

**Tuesday 5:00pm-6:00pm**

Just like paper bingo, players must match the numbers on there Electronic cards on the computer. This is awesome, create your Own bingo cards with numbers, words, and images.

**Tatemville Community Organization (A) (S)**

**Monthly Community Meeting, 3rd Monday**

**Of each Month, 6:pm-7:00pm**

The Community meet at the community center, each month. Neighbors come together for information opinions are shared. Resources, goals and action plans are set and assigned.

**UPCOMING EVENTS**

**January 13, 2023**

*Martin Luther King poster / coloring contest*