



Department Overview

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

CONTACT

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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

June 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!

Sing Along / [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 1st Wednesday 11:30am -- 12:30pm

Hosted by Jackie Ogden from the U.G.A.

Lunch & Learn

Every 2nd Wednesday 11:30a.m.-12:30p.m.

Hosted by Melissa Singleton from Affinis Hospice

Movie & Popcorn / [S]

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

Enjoy a movie, popcorn while eating daily congregate meal.

Special Events{S}

Monday, June 12th 10:30a.m.

Fresh Vegetable Month

The seniors will be served a variety of fresh vegetables and we will discuss the nutritional value of each vegetable. We will also discuss various recipes which shows how the vegetables could be utilized.

Thursday, June 15th 10:00a.m.

Father's Day Picnic & Juneteenth Celebration

The seniors will enjoy some fun in the sun at Kennedy Park while we honor our fathers as well as our history.

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.

Everything Orange [Y]

Every Tuesday

5:00pm- 5:45pm

Every Thursday we'll pick an orange food item to learn about and enjoy the taste. From all things healthy, jello, carrots, oranges, the kids will enjoy this creative activity.

Happy Juneteenth [Y]

June 16th

5:00pm-5:45pm

A celebration for Juneteenth. The kids will learn a brief history lesson about Juneteenth and participant in some fun related activities.

National Flag Day [Y]

June 14th

4:30pm – 5:00pm

Color a flag or design your own. We will give the history on National Flag Day and allow the kids to be creative this day with designing their own flag.

Community Meetings

Carver Village Community Meeting

Monday, of each month 6:00pm-7:30pm

Individuals come together to discuss events and the crime in the community.

Dates to remember

Monday, June 19th, 2023 Juneteenth

