



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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PHONE

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WEBSITE:

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

HOURS of OPERATION

Monday – Friday
9:00am-3:00pm
Golden Age Program

June 2023

Mary Flourney Center

PROGRAM CODE: [S] SENIOR

Senior Programming

SENIORS

DAILY

Coffee & Conversation / [S]
9:00am-11:00am

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

Craft Your Way / [S]
9:00am-1:00am

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

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.

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

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.

Food For Thought / [S]
11:15pm-11:45pm

Let's stay informed on health and nutrition and center announcements.

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

Karaoke with Me / [S]

10:00am-10:30am

Grab a partner or rock out a solo to your favorite song. It is even more fun when the whole group joins in!

Bible Class / [S]

Thursdays 10:00am – 11:15am

Hosted by Rosalyn Butler, participants engage in discussions centered around religion, scriptures, and daily practices.

Bingo Fridays! / [S]

Fridays 1:00pm -- 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

Second Harvest / [S]

Every 1st Monday

12:00pm -- 1:00pm

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

Lunch & learn / [S]

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

Hosted by Jackie Ogden, Nutritionist, Georgia Southern University

Blood Pressure Checks / [S]

Every 1st Monday 10:00am – 11:00am

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

Wellness Check In / [S]

Every 2nd Monday 10:00am -- 11:00am

Hosted by Melissa Singleton, Medicare Representative

SPECIAL EVENTS

Father's Day Celebrate

Intro to Line Dance w/Bonnie / [S]

Friday, June 23, 2023, 1:30-2:30

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