



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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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 and SADC

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

June 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

National Doughnut Day / [SADC]

Friday, June 2, 2023, 9:30am -- 10:30am

Coffee with Morning Joe w/ Doughnuts

National Frozen Yogurt Day / [SADC]

Tuesday, June 6, 2023, 10:00am -- 11:30pm

Seniors will enjoy sampling different types of fresh yogurt

Observant of Sickle Cell/Trivia / [SADC]

Wednesday, June 7, 2023, 10:00am -- 11:30am

Seniors will learn about Sickle Cell Trait through trivia games

Observant of Father's Day / [SADC]

Friday, June 9, 2023, 10:00am -- 2:00pm

Father's Day Luncheon

Cooking with Seniors / [S]

Monday, June 12, 2023, 9:30am -- 10:30am

Tasting fresh fruit

National Flag Day / [SADC]

Wednesday, June 14, 2023, 10:00am-2:00pm

Seniors will tour Fort Pulaski National Park

Arts & Crafts Story Telling / [S]

Wednesday, June 14, 2023, 9:00am -- 10:00am

Father's Day-Old Fashion Breakfast / [S]

Friday, June 16, 2023, 10:30am -- 11:30am

Celebration of Juneteenth / [SADC]

Tuesday, June 20th, 2023, 10:00am -- 1:00pm

Celebration of Juneteenth w/ fish fry at Lake Mayer

Alzheimer's Awareness / [SADC]

Wednesday, June 21st, 2023, 10:00am -- 2:00pm

The Longest Day Walk-seniors will enjoy a walk outdoors w/sip and paint day

Youth and Adult Programming:

YOUTH AND ADULT

After School Power Hour [Y]

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]

4:30pm-5:30pm

Ages 3-18yrs

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

Brainstorming Puzzles [Y]

Every Tuesday

5:00pm – 6:00pm

We'll get together, pair up and then work on puzzles while enjoying a healthy snack. 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]

Every Wednesday

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.

Jenga, Don't Make Them Fall [Y]

Every Friday

5:00pm – 6:00pm

This is a fun but friendly competition that the kids can compete in. Make sure not to pull the wrong block, or your tower will come tumbling down. Join us for a fun Friday with a game of Jenga.

Everything Orange [Y]

Every Thursday

5:00pm- 6:00pm

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/Hosted Events

West Savannah Community Organization [Y] [A] [S]

Every 4th Tuesday

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.