



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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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 8:00pm
Youth and Adult

Saturday
12:00pm-4:00pm
Youth and Adult

June 2023

Windsor Forest Center

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

Senior Programming

SENIORS

DAILY

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

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

Drop Into Fitness / [S]
10:00am-10:45am

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]
11:15am - 11:45am

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

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]
9:00am - 3:00pm

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

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

### **Drop Into Fitness w/ Robin / [S]**

**Mondays 10:00am-10:45**

Upbeat dance fitness to encourage cardio and benefit individuals' physical health.

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

**Mondays 12:30pm**

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.

### **Bridge Club/ [S]**

**Tuesdays 12:30pm**

If you are interested in learning and playing the card game Bridge, come join this friendly group.

### **Crochet/ Sewing Club [S]**

**Tuesday & Thursday 10:30am-11:30am**

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

### **Garden Club/ [S]**

**Thursdays 12:30pm**

Do you have a green thumb? Well, come join this friendly group of individuals in the community garden.

### **Line Dance Craze w/Bonnie / [S]**

**Wednesday 12:30pm / Friday 10:30am (Beginners)**

**Wednesday 1:30pm /Friday 12:30 (Intermediate/ Advanced)**

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

### **Pinochle/ [S]**

If you are interested in playing the card game Pinochle, come join us.

### **Sing Along / [S]**

**Thursday 10:30am-11:30am**

Let your voice ring out! Harmonize with other members to uplifting and inspirational songs.

## MONTHLY

### **Blood Pressure Screening/ [S]**

**Every 2<sup>nd</sup> Tuesday 10:30am-11:30am**

Affinis Hospice provide monthly blood pressure screening and health topic discussions.

### **Karaoke / [S]**

**Every 3<sup>th</sup> Thursday 10:30am-11:30am**

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

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

**4<sup>th</sup> Tuesday 11:00am**

Presented by Jackie from The University of Georgia. The presenter provides seniors with information about nutrition, physical fitness, and nutrition-related health issues.

## **Youth and Adult Programming:**

### **Youth and Adult**

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

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

The After School Power Hour program will offer structured academic support, art exploration, enrichment, and recreation.

#### **L.A.N.D.Y. Program [Y]**

**Learning Achievement and Nourishment for Developing Youth**

**Monday, Wednesday, Thursday, 5:00pm-6:30pm**

Come out and join us for some serious fun. Learn exciting and creative way to incorporate science into your life. This program focus on STEM based activities and projects with various elements of Science, Technology, Engineering, Arts, and Mathematics.

#### **Let's Talk [A]**

**Tuesday, January 17th, and 24th 1:00pm-2:00pm**

An open forum for parents to exchange ideas, learn how to cope with ups and downs of parenthood, and acquire useful resources information.

#### **The BEAT Is HOT! [Y] [A] [S]**

**Thursday, January 12<sup>th</sup>, and 26<sup>th</sup>, 6:00pm-7:30pm**

Join us as we listen to the rhythmic, beautiful, electric, warm, lyrical, melodies of different music genres, including blues, jazz, hip hop, R&B, to name a few.

#### **Roller Skating [Y] [A] [S]**

**Wednesdays 6:00pm-8:00pm**

Rock, Skate, Roll, Bounce... Bring your helmet and skates to the Windsor Forest Gymnasium and get a complete lower body workout by roller skating to great music.