



## 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:

Gracie Brown  
gbrown@savannahga.gov

#### Center Supervisor:

Rosalyn Wright  
Rosalyn.wright@savannahga.gov

131 Darling Street  
Savannah, Georgia 31408

### PHONE

912-965-2373

### 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

# June 2023

# Woodville Center

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

## 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

**Classic Movie Monday / [S]**

**1:00pm -- 3:00pm**

Enjoy a movie and popcorn. Each month will feature a different movie genre.

**Tech Prep Class / [S]**

**Tuesdays 10:00am – 11:00am**

Staff led class that teaches participants basic smart phone and computer skills.

**Bingo! / [S]**

**Wednesdays 10:30pm -- 11:30pm**

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.

**Read It Out**

**Fridays 12:30pm – 1:30pm**

Members read and discuss information and resources to promote wellness.

**MONTHLY**

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

**Every 2nd Tuesday 10:00am -- 10:30am**

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

**Lunch & Learn [S]**

**Every 3<sup>rd</sup> Wednesday 11:30am -- 12:30pm**

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

**Birthday Bash / [S]**

**Every 1<sup>st</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**

**Longest Day Walk / [S]**

**Wednesday, June 21<sup>st</sup> 11:00am – 2:00pm**

Observance of Alzheimer's through exercise, walking and games.

**Juneteenth Celebration / [S]**

**Thursday, June 15<sup>th</sup> , 11:00am – 2:00pm**  
Movie, popcorn and trivia in observance of Juneteenth.

**National Food Truck Day / [S]**

**Friday, June 30<sup>th</sup>, 11:00am – 2:00pm**

Enjoy craft barbeque and other comfort foods with Bowtie Food Service.

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

#### **YOUTH AND ADULT**

**After School Power Hour [Y]**

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

Woodville Community Center will offer a safe environment with structured activities that convene regularly in the hour afterschool.

**Kids Café [Y]**

**Second Harvest**

**Woodville Community Center**

**Monday-Friday**

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

**Ages 3-18yrs**

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

**Walking Woodville Warriors [Y] [A]**

**Tuesday & Thursday**

**3:30pm – 4:00pm**

Walking Woodville Warriors will consist of a 30-minute walk around the outdoor field area which will help participants with their cardiovascular health and lower body function.

**Fun Friday [Y] [A]**

**June 2, 9, 16, 23, & 30th**

**5:00pm-6:30pm**

Come out and enjoy. Games, movies, refreshments, etc.

**Family Bingo [Y] [A] [S]**

**June 15,2023**

**5:30pm-6:30pm**

Fun night of BINGO to exercise your brain and social interactions and win a PRIZE! Light refreshments will be served.

### **Community Meetings/Hosted Events**

#### **Woodville Community Meetings**

**Every 2<sup>nd</sup> Wednesday, 6:00pm – 7:00pm**

Community meetings is designed to bring the community together to plan, meet, and act.

**Woodville Tompkins Alumni Meetings**

**Every 3<sup>rd</sup> Wednesday, 6:00pm – 7:00pm**

Alumni meetings is designed to continue to network and foster a connection with the alma mater.