



**COS, RECREATION & LEISURE  
SERVICES TR PROGRAM**

**LOCATION(S)**

John S. Delaware Center  
1815 Lincoln St.  
Savannah, GA 31401

**PHONE:**

Office ~ 912-651-6791 OR 6792  
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**WEBSITE:**

<http://www.savannahga.gov/therapeuticapplication>

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**HOURS of OPERATION**

**Monday-Thursday 8-6**  
Lunch 11:30 – 12:30 daily

**Friday 8-12noon**  
**Closed Sat. & Sun.**

# FALL QUARTER 2023

AUGUST 14 – NOVEMBER 3

## THERAPEUTIC RECREATION

We make the impossible, POSSIBLE!

### PROGRAMMING EVENTS

#### Adult Morning (AMP) Monday – Friday

**Various Exercises & Developmental Bocce and Softball Skills**

**Location: Paulson Softball Complex**

**Instructors: TR Staff**

**Mondays & Tuesdays August 14 – October 30 8:30am – 10:45am**

Developmental skills are an excellent form of exercise, a way to release energy, and for pure enjoyment of playing and learning sports. It helps a person's overall fitness; it improves cognitive health, better control of weight, healthier bone density and better emotional and psychological health. It can also help boost self-confidence, improve skills relationship building and working as a part of a team.

**(Virtual Chair/Mat Yoga will be available on Tuesdays & Thursdays beginning August 15 – November 3)**

**Social Skills Activities and Arts & Crafts 8:30 – 10:45PM**

**Location: John S. Delaware Ctr.**

**Instructors: Telfair/Jepson Museum Staff/TR Staff**

**Wednesday - Fridays August 9 – November 3**

Each week, participants will engage in a different activity to stimulate the mind, soul, and spirit.

#### Youth After School Program (YASP) Mondays & Wednesdays

**Developmental Bocce and Softball Skills/Basketball Skills 3:00 – 4:00pm**

**Snack (4:30 – 5:45pm)**

**Locations: Paulson Softball Complex & John S. Delaware Ctr.**

**Instructors: TR Staff**

**Mondays (Bocce & Softball) August 14 – September 25**

**Mondays (*Basketball Skills*) October 10 - October 30**

Developmental skills are an excellent form of exercise, a way to release energy, and for pure enjoyment of playing and learning sports. It helps a person's overall fitness; it improves cognitive health, better control of weight, healthier bone density and better emotional and psychological health. It can also help boost self-confidence, improve skills relationship building and working as a part of a team.

**Bowling and Musical Therapy & Ceramics 3:00 – 4:00pm**

**Snack (4:30 – 5:45pm)**

**Locations: Frames 'n Games, Pooler & SCAC**

**Instructors: TR Staff / SCAC**

**Wednesdays (*Bowling*) August 16, 23, 30; Sept. 6, 13, 20, & 27**

**Wednesdays (*MT & Ceramics*) Oct. 4 – Nov. 1**

Participants will learn techniques of bowling while enjoying the fun in learning the game. Not only will they get some exercise in but they will learn to recognize their names as well as their teammates' names and numbers (score). This sport will bring hand and eye coordinator, footwork, and techniques all together in a fun way. While bowling will be enjoyable and fun, Musical Movement and Ceramics will teach participants how to have fun in other ways and be creative in their own way.

**Adult After Work Program (AAWP) Tuesdays & Thursdays**

**Various Exercises/Developmental Bocce & Softball Other Skills/Bowling/Arts & Crafts 3:30 – 5:45PM**

**Locations: Paulson Softball Complex & John S. Delaware Ctr.**

**Instructors: TR Staff**

**Tuesdays (*Bocce & Softball Skills*) August 15 – October 3**

**Tuesdays (*Arts & Crafts & Basketball Skills*) Oct. 10 – 31**

Developmental skills are an excellent form of exercise, a way to release energy, and for pure enjoyment of playing and learning sports. It helps a person's overall fitness; it improves cognitive health, better control of weight, healthier bone density and better emotional and psychological health. It can also help boost self-confidence, improve skills relationship building and working as a part of a team.

**Bowling 3:30 – 5:30PM**

**Location: Frames ‘n Games, Pooler**

**Instructors: TR Staff**

**Thursdays (Bowling) August 17, 24, 31; Sept. 7, 14, 21, 28; Oct. 12, 19, & 26**

**Participants will learn techniques of bowling while enjoying the fun in learning the game. Not only will they get exercise in, but they will learn to recognize their names as well as their teammates’ names and numbers (score). This sport will bring hand and eye coordinator, footwork, and techniques all together in a fun way. For participants this will be for fun but for others (Special Olympic Athletes) this will be training for competition for the Indoor Winter Games in January 2024!**

**Various Exercises ~ Chair/Mat Yoga (Virtual Programming)**

**Location: Virtual**

**Instructor: Franessa Stalter**

**Tuesdays & Thursdays (can be used for up to 30 days)**

**This gentle form of yoga is a practice that brings together mind and body. It provides breathing exercises, meditation and poses to encourage relaxation and reduce stress. Chair yoga is designed to support healthy aging and/or recovery from injury or illness. Chair yoga is an ideal class if you are new to yoga, have trouble getting up and down off the floor and/or want to build strength, flexibility, and balance. This program is for all participants in the program (adult or youth).**

**\*\*ALL APPLICATIONS FOR EACH SESSION CAN BE FOUND ONLINE ON THE CITY OF SAVANNAH WEBSITE UNDER RECREATION & LEISURE SERVICES, THEN THERAPEUTICS\*\***

## **DATES TO REMEMBER!**

**NO PROGRAMMING – MONDAY, SEPT. 4 – LABOR DAY HOLIDAY**

**NO PROGRAMMING ~ THURSDAY & FRIDAY, OCT. 5<sup>TH</sup> & 6<sup>TH</sup> (DUE TO FALL GAMES ~ OCT. 6 – 8)**

**NO PROGRAMMING FOR YOUTH ~ MONDAY, OCT. 9 ~ HOLIDAY**

**HOLIDAY BALL ~ FRIDAY, DECEMBER 1, 2023**

**WINTER QUARTER BEGINS ~ MONDAY, JANUARY 8, 2024**  
(Applications will be sent out in December)

**HAVE A HAPPY HOLIDAY SEASON!!!**



**SAVANNAH**  
Recreation and Leisure Services





