



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

Windsor Forest Center

Fall Programming: September-December 2023

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

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.

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 - 11:30am

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]

12:30pm - 1:30pm

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

Zumba Fitness w/ Robin / [S]

Mondays 10:00am-10:45am

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.

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

Sing Along / [S]

Thursday 10:30am-11:30am

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

Line Dance Craze/ [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!

Basic Computer Course Training @ Windsor Forest Golden Age

Tuesday, September 5th, 1:00pm, Tuesday, September 12th, 1:00pm, Tuesday, September 19th, 1:00pm, and Tuesday, September 26th, 1:00pm [S]

Beginning on September 5th at 1:00pm, there will be an instructor by the name of Dr. Kimberly Nixon, who will be providing a basic computer class that will be teaching seniors how to operate the different components of the computer.

MONTHLY

Karaoke / [S]

Every 4th 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!

Health & Nutrition Class / [S]

4th 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.

SPECIAL EVENTS

Senior Services Farmer's Market

Windsor Forest & Crusaders Members Only [S]

Wednesday, September 6th 9:00am-2:00pm

The Coastal Regional Commission Program will be hosting their annual vegetable and fruit giveaway to all participating members of the golden age program.

Candle Making with Deja!

In celebration of Grandparent's Day [S]

Friday, September 8, 2023, 12:30pm

In celebration of Grandparent's Day, the seniors will be making their very own custom candles. A fun design because they get to pick colors and fragrances provided.

Black & White Party [S]

Saturday, September 23, 1:00pm to 4:00pm

Windsor Forest Golden Age Booster Club will be having a Black and White Party/Fundraiser to raise funds for all up and coming field trips and transportation.

Movie Day [S]

Friday September 29, 2023, 12:30pm

We will have a selected movie chosen by the seniors to play on the big screen located in the multipurpose room at Windsor Forest Golden Age Center.

Breast Cancer Awareness Program [S]

Thursday, October 19, 2023, 12:30pm

We will be having a program to discuss early detection signs, resources on receiving mammograms, and testimonies from guest speakers.

Halloween Bash with a mix of Fall Treats [S]

Friday, October 27, 2023, 10:00am

We will celebrate one of the most epic holidays with treats, games, and seniors dressing up in spooky costumes.

Lunch and Learn with Shawnessey Cargile [S]

Wednesday, November 8, 2023, 11:30am

Our speaker is from the Front Porch and will come out to speak with seniors on how to see signs of depression in children and teenagers. Shrimp and grits will be provided.

Thanksgiving Brunch [S]

Thursday, November 16, 2023, 10:00am

The senior program will have a Thanksgiving Brunch.

Winter Wonderland Ball [S]

Thursday, December 7, 2023, 11:30am to 2:30pm

Senior Services will be hosting a magical and memorable dance, and the seniors will be dressed up in their finest attire, ready to dance and enjoy delicious food.

Windsor Forest Christmas Party [S]

Thursday, December 14, 2023, 10:00am

Windsor Forest Seniors will be celebrating their annual Christmas Party at Hilliard's Restaurant.

Youth and Adult Programming:

Youth and Adult

After School Power Hour [Y]

Monday-Thursday, 4:30pm-5:30pm

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

Wind-Down Wednesdays [A]

Wednesdays, 5:30pm-6:30pm

An open forum for parents to exchange ideas, learn and acquire useful resources information.

Roller Skating [Y] [A] [S]

Wednesdays 6:30pm-7:45pm

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.