



To promote community wellness by providing high quality recreation and leisure opportunities that are diverse, convenient, affordable, accessible, and FUN!

#### CONTACT

##### Senior Center Supervisor

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##### Center Supervisor:

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#### PHONE

912-651-6287

#### 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

# Tatemville Community Center

## Fall Programming: September-December 2023

**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 the 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

### **Pokeno! / [S]**

Mondays 10:30am -- 11:30am

Are you someone who likes to play cards? Try your hand at Pokeno.

### **Wellness Roundtable / [S]**

Tuesdays 10:30am -- 11:30am

Participants learn what impacts their body, mind, and soul wellbeing. This activity is offered in a “round table” format to include questions and answers and encourage participation.

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

Wednesdays 11:30am -- 12:30pm

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

### **Book Club / [S]**

Wednesdays 10:00am – 11:00am

Hosted by Reverend James Hudson, participants engage in discussions centered around religion, scriptures, and daily practices.

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

Fridays 12:30pm -- 1:30pm

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.

## MONTHLY

### **Cycle Club / [S]**

Every 1<sup>st</sup> Wednesday 10:30am -- 11:30am

Participants utilized the 3 wheeled trikes to enjoy exercising indoors and outdoors.

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

Every 3<sup>rd</sup> Wednesday 10:30am -- 11:30am

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

### **Movie & Popcorn / [S]**

Every 3<sup>rd</sup> Friday 12:30pm -- 2:00pm

Enjoy a movie and popcorn while eating daily congregate meal.

### **Birthday Club Celebration / [S]**

Every 4<sup>th</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 [S]**

- Movie in the Theater & Lunch, September 8, 2023
- Flag Day Celebration, September 14, 2023
- Fall Fest Celebration, September 21, 2023
- Field Trip to the Pumkin Patch, October 11, 2023
- Breast Cancer Awareness Month – Wear Pink to Kick off the Month, October 2, 2023
- Halloween Celebration, Tuesday, October 31, 2023, 4:00pm-6:00pm
- Invite a Friends, Friday. November 17, 2023
- Christmas Celebration
- Thursday, December 21, 2023

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

#### **YOUTH AND ADULT**

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

Monday-Thursday, 4:00pm-5:00pm

The afterschool Program offer a safe environment to all youth from the community, the program runs during the school year four days A week, we pen point on structured activities. Also focuses on Academic enrichment, participating children and teens will also Be using resources in the computer lab.

#### **Kids Café Second Harvest [Y]**

Monday – Friday 4:00pm-5:00pm

Kids Café runs during the school year. It provides youths and teens with a nutritious meal.

#### **Pickleball Open Play [Y][A]**

Mondays rotating Wednesdays Ending Nov. 18<sup>th</sup> 6:00pm-7:00pm

Ages 10 and up. Bring a competitive spirit and get your paddles ready. Join us, this is a great opportunity for those who have never played pickleball before and are interested in learning the fastest-growing sport.

**Crafting With Cricut (Y)**

Tatemville Community Center

Mondays - 5:00pm-6:00pm

Teaching participants how to make crafts with a circuit machine as well as promoting social skills.

**Line Dance with Savannah Show Stoppers [S][A]**

Mondays 6:30pm-8:00pm

Lamont-Instructor

Free line dancing class for whoever would like to learn

**The Coffee Foundation (S) (A) (Y)**

Daphane Coffee Founder [thecoffeefoundation20@gmail.com](mailto:thecoffeefoundation20@gmail.com) (912)  
272-2328 PO Box 61113 Savannah Ga 20 31420

Every other Thursday – 4:00pm – 6:30pm

Is based on positive values and provides ongoing membership for youth. We focus on youth development, college career readiness, life skills workshops, academic support counseling and behavior support.

**The Internet-Beginners Guide to Using the Computer (A) (S)**

Monday And Wednesday 5:30pm-6:30p.m.

Learning how to use the keyboard, getting on and off the internet

Learn how to look up just about anything. Also browse the web.

**Yoga By The Lake (S) (A) (Y)**

Thursday 5:00pm-6:00pm

Being active is the secret to staying healthy, and walking is one of the easiest ways to get moving. Bring your shoes and water for a walk around the lake.

**Double Dutch / Jump Rope (S) (A) (Y)**

Every other Wednesday 5:00pm-6:00pm

Double Dutch encourages creativity, teamwork, and sportsmanship.

**Computer Bingo (S)**

Tuesday 4:00pm-5:00pm

Just like paper bingo, players must match the numbers on there Electronic cards on the computer. This is awesome, create your Own bingo cards with numbers, words, and images.

**SPECIAL EVENTS** [Y][A]

**Halloween Costume Party**

Tuesday, October 31, 2023,  
4:00pm-6:00pm

**Friends & Family Celebration,**

Friday, November 17, 2023, 4:00pm – 6:00pm

**Christmas Make It Take It Workshop**

Thursday, December 21, 2023, 4:00pm – 6:00pm

**Tatemville Community Organization (A) (S)**

Monthly Community Meeting, 3rd Monday

Of each Month, 6:pm-7:00pm

The Community meet at the community center each month.  
Neighbors come together for information opinions are shared.  
Resources, goals, and action plans are set and assigned.