



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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Location

1410 Richards Street
Savannah, GA 31415

WEBSITE

<https://www.savannahga.gov/2957/Recreation-and-Leisure-Services>

HOURS of OPERATION

Golden Age and SADC

Monday-Friday

8:00am to 4:00pm

Moses Jackson/Grant Center

Fall Programming: September-December 2023

**PROGRAM CODES [A] ADULT [S] SENIOR [Y] YOUTH
[SADC] SAVANNAH ADULT DAY CARE**

Senior Programming:

SENIORS AND SAVANNAH ADULT DAY CARE

DAILY

Coffee & Conversation / [S]

9:00am – 10:00am

Come enjoy a hot cup of coffee as we discuss current events both locally and abroad daily. We want to make sure that everyone is kept abreast of what is going on.

Drop Into Fitness / [S]

9:30am – 10:00am

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.

Arts/Crafts Your Way / [S]

10:30am – 3:00pm

Participants will experience the therapeutic benefits of art through a variety of artistic endeavors.

Congregate Meal (Lunch) / [S] [SADC]

11:30am – 12:30pm

Enjoy a healthy, well-balanced meal.

Morning Meditation / [SADC]

8:00am-9:00am

Quiet relaxation and reflection. Spend time listening to soothing music while quieting the mind.

Youth and Adult

Monday-Friday

4:00pm to 8:00pm

Morning Snack / [S] [SADC]

9:00am –9:30am

Enjoy a healthy snack to break the fast.

Morning Sing--a--Long / [SADC]

9:30am –10:00am

Group Sing –a – Long to your favorite old tunes.

Table Games & Computer Lab / [S]

9:00am –3:00pm

WEEKLY

Cooking with Seniors [S]

Mondays, 9am—10:30am

Participants will learn new recipes and baking techniques.

Rock – Read Book Sessions [S]

Wednesdays & Thursdays, 10:00am—11:15am

Participants will share and discuss their views after reading a variety of books, newspapers, and magazine articles.

Arts & Crafts / [SADC]

Mondays & Wednesdays 10:30am-11:30am

Let's get creative! Make a variety of craft projects while maintaining fine motor skills.

Chair Exercise/ [SADC]

10:00am - 10:30am

Join Coach Deloach for seated stretching and exercise. Tone your body while enjoying a few laughs as well.

Computer Class 1.0 / [SADC]

Wednesday, 10:00am –11:15am

Beginner computer class. Learn to use computer hardware and navigation basics.

Computer Class 2.0 / [SADC]

Wednesdays 12:30pm – 1:45pm

Intermediate computer class. Learn to use the internet and search Engines.

Ceramics / [S]

Mondays 10:00am –11:15am

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.

Current Events / [SADC]

Thursday 10:30am –11:30am

Join Coach Deloach for lively discussion on all of today’s hot topics. A variety of topics from world affairs to local events are examined.

Nutrition / [SADC]

Tuesdays 10:0am –11:00am

Healthy food demonstration. Test your knowledge of nutritional facts with Nutrition Bingo.

Brain Teasers/ [SADC]

Tuesdays, Wednesday 12:30pm – 1:45pm

Stimulate your mind! Engage in a variety of brain games and activities.

Muscle Memory [SADC]

Thursday 12:30 – 1:45PM

Exercise the brain. Participate in activities to improve memory and cognition.

Mobile Device Class [SADC]

Thursday 10:30 AM – 11:30AM

Learn the basics of navigating your mobile device. Both Android and Apple devices are explained.

Wellness Wednesday [SADC]

Join Marian for senior wellness topics. Participants engage in discussion on various topics for physical wellness and home safety. Learn about keeping well physically, socially, and emotionally.

Second Harvest [SADC]

Tuesday & Wednesday 11:00 – 11:30 am

Participants receive fresh produce, bread, and pastries to take home promoting healthy nutritional wellness.

Senior Safety [SADC]

Monday 10am-11:30am

Learn home safety specific to older adults. Topics such as home evacuation, fire safety, emergency planning and more.

MONTHLY

Alzheimer's Association / [SADC]

Every 2nd Monday 10:00am -- 11:00am

Learn about the signs and symptoms of Dementia and Alzheimer's. Gain knowledge around how to delay progression of illnesses.

Screen Team ECHO / [S]

Every 4th Thursday 11:30am – 12:30pm

Intergeneration youth CNA medical team will educate and assist seniors with monitoring their vital signs.

Affinis Hospice Health Visit / [SADC]

Every 3rd Thursday 10:00am -- 11:00am

Monthly blood pressure checks and healthcare talks.

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Every 3rd Thursday 11:00am -- 11:30am

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CIGNA-Health & Wellness Insurance Monthly Changes [S]

Every 3rd Friday 10:30am –11:30am

Sponsor will provide information on changes and educate with Health Insurance Coverages.

BINGO!! / [SADC] [S]

Every 2nd and 4th Friday 10:00am -- 11:00am

Test your brain and win a prize. Hosted by Moses Jackson Advancement Center.

What's Your Pressure? / [S]

2nd Thursday 10:00am- 11:00am

Blood pressure checks completed by Savannah Fire Department to meet member health need to remain informed of their individual health

Brown Bags / [SADC]

Every 3rd Monday 1:00pm -- 2:00pm

Members receive brown bags filled with fresh produce to be taken home to promote healthy nutritional wellness.

Field Trips / [SADC]

Every 1st and 3rd Friday 10:00am -- 2:00pm

Get out and about. Visit local tourist attractions, go shopping, have lunch, and learn about Savannah and its surrounding areas.

Humana Visit / [SADC] [S]

Every 3rd Wednesday 10:00am -- 11:00am

Every 2nd Tuesday 10:00am

A representative from Humana insurance provides information on Medicare options as well as senior wellness tips.

Movie & Popcorn / [SADC] [S]

Every 2nd and 4th Friday 12:30pm -- 2:30pm

Every 1st and 2nd Friday 11:00am – 2:00pm

Enjoy a movie and snack on some popcorn.

SPECIAL EVENTS [SADC]

Savannah Adult Day Care

Special Events

SEPTEMBER

Friday, September 1st In observance of Labor Day

Celebrate with Family and Friends at

Lake Mayers 9am - 2pm

Tuesday, September 5th Royal Cinemas

Movie Equalizer 4 with Denzal Washington.

Picnic lunch at the park. 9am-2pm.

Monday, September 11, Fall Prevention awareness day

Take care of yourself.

Wednesday, September 13th National Peanut Day

Seniors will learn how to make special square bars.

Thursday, September 21st, World Alzheimer's Day

Seniors will wear purple ribbons and shirts and have a special speaker about Alzheimer educate them more about Alzheimer.

Friday, September 22, National Ice cream day.

Participants will visit Leopolds manufacturing facility for a special session on the history of Leopolds and enjoy ice cream.

OCTOBER

Thursday, October 5th National Coaches Day.

Seniors would form groups and celebrate their most popular coaches.

Friday, October 6th Dorchester Academy Part 2

Seniors will tour the museum and dormitories on the history site.

Tuesday, October 10th World Homeless Day

Participants would pass out socks to homeless shelter / salvation Army.

Friday, October 20th National Chicken and Waffles Day

Seniors would engage in a Harty morning snack / chicken and waffles.

Friday, October 27th Rodeo Hoe Down Western event with

Specials centers

Tuesday, October 31st National Knock Knock joke Day

Participants will share their knock knock jokes with each other.

NOVEMBER

Wednesday, November 1st-National Author Day- SADC seniors will tour Banned and Nobles Book Store to read and Purchase books of their favor Author and shear with the other seniors.

Thursday, November 2nd-Seniors would enjoy a fun outing at the savannah river street sweet shop where they would have an experience to see how some of their traditional candy, include pecan pralines, gophers, pecan log roll are made at savannah river sweets.

Monday, November 6th –SADC is having a romantic/relaxing day of music with the saxophone melody and taste of Noches.

Tuesday, November 7th –The seniors would be learning how to check and balance their Coins/dollars at the Ebenezer discount thrift store in Garden city, Ga.

Tuesday, November-7th –SADC men would be touring the National Museum of the Mighty Eight 175 Bourne Av, Pooler, GA 32322

Wednesday, November 8th- SADC seniors would be inviting their family members as well as caregivers to a morning snack and different types of Cappuccinos, coffee, hot tea.

Thursday, November 9th-National World Freedom Day- seniors would learn about world Freedom Day/celebration of World Freedom Day. Who Declared world Freedom Day.

Friday, November 10th SADC, and Moses Jackson would send a special thanks' out to Veterans with a salute and honoring Veterans by the participants wearing camouflage dancing and having fun.

Tuesday, November 14th- National Diabetes Seniors find out more about world Diabetes Day / wear light blue by International Diabetes Federation.

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Friday, November 17th – SADC Thanksgiving calibration at the ole time country buffet in Hinesville, GA 741 Oglethorpe Hwy

Tuesday, November-21st National Gingerbread Cookie Day- The seniors would be icing cooking.

Tuesday, November 21st -Kosher style Dill Pickles- Seniors will Can cumpers and watch them turn into Koshers Dill pickles.

Friday, November 24th Closed Happy Thanksgiving.

Monday, November 27th SADC Senior will Honor late Chadwick Bosman History part #1

Tuesday, November 28th SADC Seniors will Honor the late Chadwick Boseman Movie, Black Panther part #2

Wednesday, November 29th SADC seniors will Honor the late Chadwick Boseman Movie, James Brown Part #3

DECEMBER

Friday, December 1st Eat a Red Apple Day

Seniors would be given a fresh fruit /Red Apple and be educated about what's Healthy about Red Apples.

Friday, December 1, Rosa Parks Day

Seniors would share their stories in history about Rosa Parks/the Rosa Parks movies/Rosea Parks Trivia

Monday, December 4th - National Sock Day

SADC Seniors would share with the community at the salvation Army sock to be given to the Homeless.

Wednesday, December 6th Christmas Card- The seniors would share Christmas card with another Senior center /Woodville center.

Thursday, December-7th Winter Wonder Land

Christmas ball/savannah civic center (Christmas Ball).

Friday, December-8th Count your coins /Ollie's community outreach.

Tuesday, December -12th Gingerbread House Day

The seniors Would have a Ginger House Day contest.

Thursday, December -14th Seniors will go Christmas Caroling (community outreach)

Wednesday, December -15th Seniors will have a special Christmas brunch.

Monday, December -18th National Ugly Sweater Day the seniors would be pulling out their ugly sweater.

Thursday, December – 21st National Crossword Puzzle Day – Seniors would enjoy the day working on Puzzles.

Friday, December -22nd Seniors would go to see the trees of lights and enjoy a cup of hot coffee.

SPECIAL EVENTS

Cross-Country Indoor Walking Challenge / [S]

Friday, August 4 thru September 1, 2023, 10:00am – 11:00am

Each participant will walk daily inside the center at least two rounds and who walked the longest miles will be the winner. The winner will be named on September 1, 2023.

Bingo with a Twist / [S]

Moses Jackson Senior/Advancement Center

Friday, September 8 & 22, 2023, 10:30am – 11:30am

Participants can win bingo as much as they can. Winner Takes All!

National Tasting Ginger and Root Beer Day / [S]

Friday, September 29, 2023, 10:00am – 1:00pm

Participants will get a chance to taste two different types of soda.

The SADC Fall Festival Cowboy and Cowgirl Country and Western Day / [S]

Friday, October 27, 2023, 10:30am – 1:30pm

Seniors will participate in the Savannah Adult Daycare dressed in their denim country western attire.

Sweets and More Sweets Treats Day / [S]

Tuesday, October 31, 2023, 10:00am – 11:30am

Participants will share Halloween Candy Bags!

Veteran's Day Fall Camouflage Festival / [S]

Thursday, November 9, 2023, 10:30am – 2:00pm

Participants can wear their best military attire from the Army, Navy, Marine and Airforce in honoring all veterans around the world today.

Pre-Thanksgiving Brunch / [S]

Friday, November 17, 2023, 10:30am – 2:00pm

Participants will fellowship and enjoy this day by giving thanks and acknowledgement for all the positive miles stones from their family history.

Senior Services Department Winter wonderland White Ball-Formal Attire / [S]

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

Secret Santa Christmas Holiday Celebration / [S]

Thursday, December 21, 2023, 10:30am – 2:30pm

Participants will sing Christmas Carols and exchange Christmas gifts with each other.

Youth and Adult Programming:

YOUTH AND ADULT

DAILY

After School Power Hour [Y]

3:45pm-4:45pm, Ages 6 – 12yrs

Moses Jackson Community Center will offer a safe environment with structured activities that convene regularly in the hour after school. Concentrating on Cursive writing (Sept) Telling Time (Oct) Reading Skills (Nov) Writing (Dec)

Kids Café [Y]

America's Second Harvest of Coastal Georgia

Moses Jackson Cafeteria

4:30pm-5:30pm

Ages 6-18yrs

Kids Café is designed to provide children at risk of hunger with a nutritious evening meal.

Brainstorming Puzzles [Y]

Every Monday

5:00pm-6:00pm

We'll get together, pair up and then work on puzzles while enjoying a healthy snack. The point is to have a fun meet up with peers in a low-pressure environment with no "winners" but also involves thinking skills and fun.

YARN-in Around [Y]

Every Tuesday

5:00pm-6:00pm

Looking for fun yarn crafts and activities, come join us in YARN-in Around. Kids will focus on the material and the manual labor required to produce great artwork.

JENGA, Don't Make Em' Fall [Y]

Every Wednesday

5:00pm-6:00pm

This is a fun but friendly competition that the kids can compete in. Make sure not to pull the wrong block, or your tower will come tumbling down! Join us for a fun Wednesday with a game of Jenga.

Smart Snacks [Y]

Every Thursday
5:00pm-6:00pm

Snacks play a major and growing role in children's diets. Kids will learn the importance of healthy snacks and be able to sample and enjoy some great treats.

Arts & Crafts[Y]

Every Friday
5:00pm-6:00pm

Arts and Crafts comprise a whole host of activities and hobbies that are related to making things with one's own hands and skill. We all have a creative side, let's find yours! Come join us in making crafts, crafts, and more crafts!

WEEKLY

Weekday Warrior Youth Fitness [Y]

Every 2nd and 4th Tuesday (September, October, November and December)
6:00pm-7:00pm

Come get fit with us! We will have our very own fitness instructor here to guide us through some basic training in our new and improved fitness room.

Friendly Keys [Y]

Basic Computer Skills Every Youth Should Know

Every Wednesday (September)

5:00pm-6:00pm

Youth will learn the fundamentals of computers, identifying the different computer hardware systems, using software applications, and basic functions of the computer, internet, etc.

Rhythm in Motion [Y]

Every 1st and 3rd Tuesday (September, October, November and December)
5:00pm-6:00pm

Let's mix it up. We'll teach the old while they teach the new. Everyone will learn older and the latest dance moves. This will give the kids a position in how programming works. Come join us. This should be lots of fun.

GRANT REGIONAL CENTER /GYMNASIUM

Let`s Talk [Y]

Instructor: Coach Johnny Williams
Mondays, 4:00pm-5:00pm

An open forum for teens to exchange ideas, learn how to cope with ups and downs of youth life, and acquire useful information from local speakers.

Black History Current Event [Y]

Instructor: Coach Isaiah Brown
4th Wednesday, 4:30pm-5:00pm

An open discussion about a race of people that endured slavery, the struggles of life and still took major steps to succeed in life.

Coaching Boys into Men Mentoring [Y]

Instructor: Coach Johnny Williams
Tuesdays, 4:30pm-5:00pm

This program is a community of dedicated men who are able to guide and support young, often fatherless boys in their journey to manhood.

Athletes As Leaders Female Mentoring [Y]

Instructor: Coach Michelle McDonald
2nd Wednesdays, 4:30pm-5:00pm

This program is a community of dedicated Females who are able to guide and support young, often motherless girls in their journey to adulthood.

Community Cop: [A] [Y]

Instructor: CPL Joshua Flynn
Every 3rd Monday (September, October, November, and December)
5:00pm-6:00pm

A monthly discussion about crime, laws, and preventive skills to be used in case of certain situations. Developing new ideas to better serve the community.

ATHLETICS

Community Walking Club [Y]

Instructor: Ms. Michelle McDonald

Everyday 11:30-12:00pm

A walking club offering guidance and direction to start walking in shape in a cool and peaceful environment.

Whole Body Chair Workout [S]

Instructor: Ms. Michelle McDonald

Every Thursday, 11:30am-12:00pm

It's free, fun and lifts the mood of the participants!

Nothing But Net [Y]

Instructor: Coach Isaiah Brown

Every Wednesdays, 4:30pm-5:30pm

Volleyball, Ping Pong, Pickle ball, Badminton

Sports games are designed to sharpen hand eye coordination and focus the players on the use of nets for scoring.

Fun Fridays [Y]

Instructor: Coach Johnny Williams

Every Friday 4:00pm-7:00pm

Basketball, Cornhole & Ladder Toss Game, Candy Stripped Hoops, Foot Golf, Jump Rope, Twister, Dodge ball.

Fun Friday is designed to create a fun and joyous atmosphere for youth to participate in activities.

Basketball Boot Camp [Y]

Instructor: Coach Kenneth Williams

Every Tuesday, 5:30pm-6:30pm

This program focuses on teaching kids the fundamentals of basketball such as passing, shooting, rebounding, defense, offense, and sportsmanship in a fun positive environment.

Board Game Fever: [A] [Y]

Every Friday, 12:00pm-1:00pm, 4:00pm-5:00pm

Instructors: Ms. Terry McClain & Coach Isaiah Brown

Checkers, Dominoes, Spades, Monopoly, Bingo, Connect 4.

These games deal with strategies, hand and eye coordination, math skills, and awareness.

CALENDAR EVENTS / [Y]

We will discuss **WHY** we celebrate each of these holidays! / [Y]

SEPTEMBER

Labor Day

Grandparents Day Activities

National Police and Peace Officers' Day

OCTOBER

Columbus Day

NOVEMBER

Election Day

Veterans Day

International Childrens Day

Thanksgiving Day

DECEMBER

Christmas

COMMUNITY CENTER, ALL DAY ACCESS

Monday-Friday

8:00am-8:00pm

Computer Center

Game Room

Toddler Room

Fitness Center

Dance Room

COMMUNITY MEETING/HOSTED EVENTS

West Savannah Community Organization

Every 4th Tuesday of the Month

6:00 pm

The West Savannah Community Organization strives to be an advocate for the residents, especially the seniors of the west Savannah Community. Please come voice your concerns.