

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:
Latriviell Duncan
lduncan01@savannahga.gov

1001 West 39th St.
Savannah, Georgia 31405

PHONE

912-651-2192

WEBSITE:

[https://www.savannahga.gov/2957/
Recreation-and-Leisure-Services](https://www.savannahga.gov/2957/Recreation-and-Leisure-Services)

HOURS of OPERATION

Monday – Friday
9:00am-3:00pm
Golden Age Program

Mary Flourney Center

Fall Programming: September-December 2023

PROGRAM CODE: [S] SENIOR

Senior Programming

SENIORS

DAILY

Coffee & Conversation/ [S]

9:30am-10:00am

Healthy conversation and information sharing to remain updated on the happenings in the community.

Craft Your Way / [S]

9:00am-3:00pm

Individual paced and sometimes staff led time to let your creativity flow through coloring, painting, textiles, or any other art forms.

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.

Drop Into Fitness / [S]

10:00am --10:30am

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]

11:45pm-12:30pm

Let's stay informed on health and nutrition and center announcements

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

Beginners Line Dance/ [S]

Mondays and Wednesdays

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!

Bingo Fridays! / [S]

Fridays

10:30am - 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.

Let's Cruise the Neighborhood

Mondays

10:00am

Come grab a tricycle (Trike) and don't forget your helmet. Cycling will allow seniors to enjoy the outdoors while exercising.

Lunch and a Movie/ [S]

Fridays

11:30am

Catch a movie with us. Let's laugh, cry, or even cover our eyes. Don't forget to bring your popcorn and coke.

MONTHLY

Second Harvest / [S]

Every 1st Monday

12:00pm -- 1:00pm

Members receive brown bags filled with nutrition items to be taken home to promote healthy eating.

Lunch & Learn / [S]

Every 1st Thursday 11:30am -- 12:30pm

Hosted by Jackie Ogden, Nutritionist, UGA Extension

Blood Pressure Checks / [S]

Every 1st Monday 10:00am – 11:00am

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

Wellness Check In / [S]

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

Hosted by Melissa Singleton, Affinis Hospice

SPECIAL EVENTS

September

World Alzheimer's Day

Thursday, September 21, 2023

10:00am

Purple is the official color of the Alzheimer's movement. Join us in wearing purple and participating in activities to bring awareness to Alzheimer. Guest Speaker: TBA

October

Breast Cancer Awareness Event

Date: TBA

10:00am

Join us is wearing pink and participating in activities to bring awareness to Breast Cancer. Guest Speaker: TBA

Fall Festival /Costume Contest

Friday, October 20, 2023

10:00am-12:00pm

Come have some fun playing a variety of games and winning a prize. Don't forget the costume contest.

November

Honoring Who Served

Thursday, November 9, 2023

10:00am

Veterans Day 2023 is on Saturday, November 11, 2023. Let's wear a little camouflage and thank our Veterans.

Guest Speaker(s) TBA

Give Thanks

Wednesday, November 22, 2023

11:00am

Seniors will express thanks in poems, words of thanks, etc.

December

Winter Ball

Thursday, December 7, 2023

11:30am-2:30pm

Seniors will enjoy a day of dancing, socializing, and delicious lunch.