



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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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

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

Drop Into Fitness / [S]
Monday, Tuesday, Thursday, Friday: 10:30am-11:30am
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.

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.

Food Talk / [S]
1:00pm-1:30pm
Fact sharing and conversation that focuses on planning healthy meals on a budget.

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

### **What's the News! / [S]**

Wednesdays and Fridays 11:00am – 11:30am

Announcements of current events and sharing updates to keep members informed.

### **Sewing With Cherry [S]**

Tuesdays 10:00a.m.-11:30a.m. & 12:30p.m.-2:00p.m.

The sewing group is led by volunteer Cherry Ross. She provides instructions on how to sew various items.

### **Word Search & Brain Games [S]**

Thursdays 10:00a.m.-11:30a.m. & 12:30p.m.-2:00p.m.

The seniors are given a variety of word searches and timed to see how long it takes to complete. They are also given a variety of trivia questions as well to challenge their memory.

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

Fridays 12:30pm -- 1:30pm

Instructor or staff lead energetic steps to some popular line dance songs. Some you may know and some new to you!

## MONTHLY

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

Every 1<sup>st</sup> Wednesday 11:30am -- 12:30pm

Hosted by Jackie Ogden, U.G.A.

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

Every 4<sup>th</sup> Friday 12:30p.m.-2:00p.m.

Enjoy a movie and popcorn while eating daily congregate meal.

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

Every 2<sup>ND</sup> Wednesday 10:30a.m.--11:30a.m.

Blood pressure checks completed by Affinis Hospice to meet members' health needs to remain informed of their individual health.

Hosted by Melissa Singleton

### **Second Harvest [S]**

Every 3<sup>rd</sup> Monday 11:00a.m.- 3:00p.m.

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

## SPECIAL EVENTS

### **September 14, 2023 [S]**

National Coloring Day 10:00a.m.-11:30a.m.

The seniors will be issued a variety of coloring sheets to engage in art therapy which is known as a stress reliever.

### **September 15, 2023 [S]**

International Clean Up Day 10:00a.m.-11:30a.m.

The seniors and staff will clean up the parking lot of the Carver Village Community Center.

### **September 21, 2023 [S]**

World Alzheimer's Day 10:30a.m.-11:30a.m.

The seniors and staff will wear purple on that day to refresh awareness of this disease that affects so many people. We will also have a discussion as to how it may have affected family or friends of ours.

### **October 05, 2023 [S]**

Breast Cancer Awareness Day 10:00a.m.-11:30a.m.

The seniors and staff will wear pink on that day. We will also make a craft project to honor the lives of those that we have lost to cancer or to those who are currently battling the disease.

### **October 10, 2023 [S]**

Mental Health Awareness Day 10:30a.m.-11:30a.m.

We will discuss mental illness and, the stigma that surrounds individuals diagnosed with this illness.

### **October 18, 2023 [S]**

Fall Parking Lot Festival 10:00a.m.-2:00p.m.

The seniors, family members, Police, and a few Pastors will come together for a good time.

### **November 16, 2023 [S]**

Thanksgiving Luncheon [S] 11:00a.m.-3:00p.m.

The seniors and staff will get together to share a meal and also to express some of the things that we are thankful for.

### **November 20, 2023 [S]**

World Safety 10:30a.m.-11:30a.m.

World Safety Week will be highlighted by refreshing the senior's memories concerning road safety and, also safety measures at home to prevent accidents.

**December 13, 2023 [S]**

National Cocoa Day 10:00a.m.-11:30a.m.

The seniors will enjoy hot cocoa along with a variety of candy canes. We will also sing some Christmas carols.

**December 15, 2023 [S]**

Christmas Luncheon 10:30a.m.-12:30p.m.

The seniors will meet at Western Sizzlin for Christmas lunch.

**Youth and Adult Programming:**

**YOUTH AND ADULT**

**After School Power Hour [Y]**

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

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

**Kids Café [Y]**

Carver Village

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

Kids Cafe is a nutrition program designed to provide healthy meals to at-risk children in a safe environment.

**United Mentoring Association [Y]**

Mondays, Wednesdays, Fridays 4:30pm-6:30pm

This mentoring program provides youth with mentors who can develop an emotional bond with the mentee and can provide support, guidance, and opportunities to help youth succeed in life and meet their goals.

**Fitness Hour [A]**

Carver Village

Mondays, 5:30pm-6:30pm

This class is a high energy, all cardio workout that will have you sweating, smiling, and having fun!

**Line Dancing [A]**

Carver Village

Tuesdays, Thursdays, 6:00pm-7:30pm

A group of individuals having a fun and exciting time doing different, strategic dances in unison.

**“Say it with your Chess” [Y]**

Tuesdays 5:00pm-6:00pm

Kids learn and play chess to help stimulate their mind.

**Word search Wednesdays [Y]**

Wednesdays 5:00pm-6:00pm

Activity to challenge kids to complete word games and puzzles. Also good for interaction with each other.

**Fun Friday: [Y]**

Fun Friday is designed to create a fun and joyous atmosphere for youth to participate in activities such as video games, air hockey, dance competitions and much more. All video games will consist of sports only.

**COMMUNITY MEETINGS**

**Carver Village**

Second Monday of each month 6:00-7:30pm

Individuals come together to discuss events and crimes happening in and around the community

**DATES TO REMEMBER**

Center will be closed:

September 4

November 10, 23, 24

December 22, 25

**SPECIAL EVENTS**

October 31 Halloween Festival