

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

Winter Programming: January-April 2025

PROGRAM CODE: [S] SENIOR

Senior Programming

SENIORS

DAILY

Coffee and Convo / [S]

9:00am-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.

Food For Thought / [S]

11:15am - 11:45am

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

Bingo Fridays! / [S]

Friday

10:30pm -- 11:15pm

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.

Drop Into Fitness / [S]

Monday, Wednesday, and Friday

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.

Let's Take a Walk/ [S]

Tuesday and Thursday

10:00am --10:30am

Take a walk-through history. We'll leisurely stroll the wide paths, examine the unique headstones, and take in the fragrances from many of the beautiful flowers throughout historic Laurel Grove South Cemetery.

POKENO/ [S]

Mondays

10:30am

Come join us for a game of Pokeno. It provides mental stimulation that is highly therapeutic.

MONTHLY

Blood Pressure Checks / [S]

Every 1st Monday

10:00am – 11:00am

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

I Can't Stop Laughing-IMPROV / [S]

Every 1st and 3rd Wednesdays

10:30am-11:15am

Join us in having a joyful time making things up on the spot—characters, song lyrics, situations, whole scenes.

Lunch & Learn / [S]

Every 1st Thursday

11:30am -- 12:30pm

Hosted by Jackie Ogden, Nutritionist, University of Georgia Extension

Beginners Painting with a Twist

Every 4th Tuesday

10:15am -11:15am

Come join us in having a relaxing time painting easy step by step acrylic portrait.

Second Harvest-Brown Bag / [S]

Every 4th Monday

9:00am

Members receive brown bags filled with a variety of food items to prepare a healthy nutritional meal at home.

SPECIAL EVENTS FOR SENIORS

January

MLK Celebration [S]

Thursday, January 16, 2025

10:30am

The seniors, guests, and staff will celebrate Martin Luther King, Jr. through poems, skits, songs, etc.

February

Valentine Social [S]

Friday, February 14, 2025

11:00a.m.-1:00p.m.

Seniors will enjoy a day of dancing and socializing. Don't forget to wear red. Light refreshments will be served.

February

Black History Moment [S]

Thursday, February 6, 2025

Thursday, February 13, 2025

Thursday, February 20, 2025

Thursday, February 27, 2025

The seniors, guests, or staff will celebrate Black History through poems, dance, skits, or presenting interesting historical facts.

March

Egg Hunt [S]

Friday, April 18, 2025

10:30am

Come join us in search for the GOLDEN egg. You will be surprised of what is inside. Don't forget your basket.

April

Let's Celebrate Earth Day[S]

Tuesday, April 22, 2025

10:30am

Come join us in celebrating Earth Day 2024. Members will decorate flowerpots, rocks, and plant flowers or vegetables.