

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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**WEBSITE:**  
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**HOURS of OPERATION**

**Monday-Friday**

**9:00am to 3:00pm**  
Golden Age Program

**3:00pm to 8:00pm**  
Youth and Adult

**Saturday**  
**12:00pm-4:00pm**  
Youth and Adult

# Windsor Forest Center

## Winter Programming: January-April 2025

**PROGRAM CODES [A] ADULT [S] SENIOR [Y] YOUTH**

### Senior Programming

#### SENIORS

#### DAILY

**Coffee & Conversation / [S]**  
**9:00am-11:00m**

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

**Drop Into Fitness / [S]**  
**10:00am-10:45am**

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]**  
**11:15am - 11:45am**

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

**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]**  
**12:30pm - 1:30pm**

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

**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**

**Soul To Sole w/ Michael Cohen-Senior Fitness/ Movement Disorder Specialist / [S]**

**“From Fitness and Wellness to Weightlifting, Michael has a proven track record of Success”**

**Every Tuesday and Thursday 12:30pm -1:15pm**

Soul to sole teaches movement, improve balance, mental stability, and a lot of laughing.

**Work-Based Training Program with Windsor Forest High School Savannah-Chatham County Public Schools / [S]**

**Every Monday, Tuesday, Wednesday, and Friday 9:30am-11:30am**

The purpose of this program is to provide students with disabilities an opportunity to perform vocational skills that cannot be duplicated in the classroom. During participation in CBVI, students will have many training experiences as part of their career development. Students will be allowed the opportunity to develop positive attitudes and work habits and to expand their knowledge of employment requirements and working conditions. The educational and occupational experiences gained through on-the-job training will help students make a smooth transition into the world of work.

**Zumba Fitness w/ Robin / [S]**

**Mondays 10:00am-10:45am**

Upbeat dance fitness to encourage cardio and benefit individuals' physical health.

**Bingo / [S]**

**Mondays 12:30pm**

The popular game to get a row of BINGO with prizes available that are 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.

**Crochet/ Sewing Club / [S]**

**Tuesday & Thursday 10:30am-11:30am**

Staff led activity that will teach participants crochet and sewing techniques and produce various textiles.

**Sing Along / [S]**

**Thursday 10:30am-11:30am**

Let your voice ring out! Harmonize with other members to uplifting and inspirational songs.

**Line Dance Craze / [S]**

**Wednesday 12:30pm / Friday 10:30am (Beginners)**

**Wednesday 1:30pm / Friday 12:30pm (Intermediate/ Advanced)**

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

**Ukulele / [S]**

**Every Wednesday 12:30 pm 1:30pm**

Have you ever thought about learning how to play the Ukulele instrument, well now is the time! Come and join us every Wednesday to learn how to play different songs with the Ukulele. If you do not have an instrument you can get into contact with any local Live Oak Library to possibly rent out an instrument.

**Mind, Body, and Soul / [S]**

**Wednesday 10:00am**

With the many different exercise classes offered at the Windsor Forest Golden Age Center, this class in particular steps outside of the box. Not only does the class focus on exercising, but the class is also tailored around how important it is to maintain your balance and breathing. The instructor of the class teaches participants how to properly utilize the different gym equipment while maintaining a good safe workout.

**Senior Steppers / [S]**

**Tuesday & Friday 9:30 am**

Looking for a refreshing good morning walk outdoors, something you will feel proud that you took the initiative to do as a form of exercise? Well, look no further! Join us every Tuesday & Friday for a morning walk outdoors.

**Laughing Yoga / [S]**

**Wednesday 10:30 am**

Laughing yoga is a practice that combines traditional yoga, breathing exercises, and laughter. Other benefits include stress relief, improved mood, an improved immune system, improved cardiac health, and much more.

## MONTHLY

### **Bingocize / [S]**

**Every 2nd Wednesday 10:00am- 11:00am** Bingocize is an evidence-based health promotion program approved through both SNAP-ED and the National Council on Aging CNCOA. Participants (Bingocizers) complete a series of strategically inserted exercise designed to increase or decrease the intensity and volume of exercise. Health education questions are also inserted into the game.

### **Karaoke / [S]**

**Every 4<sup>th</sup> Thursday 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!

### **Health & Nutrition Class / [S]**

**4<sup>th</sup> Tuesday 11:00am**

Presented by Jackie from The University of Georgia. The presenter provides seniors with information about nutrition, physical fitness, and nutrition-related health issues.

### **Monthly Birthday Celebrations / [S]**

**Date and Time TBA**

Every Month the Windsor Forest Golden Age Booster Club celebrates member's birthday for each current month.

### **Brown Bag Pick Up / [S]**

**Date and Time TBA**

Every Month Brown Bag pick up takes place at the Windsor Forest Golden Age Center. This provides seniors with the opportunity to receive extra food to prepare meals at home.

## SPECIAL EVENTS FOR SENIORS

### **Thanksgiving Brunch / [S]**

**November 22, 2024**

**Time: 10:30am – 12:30pm**

**Location: Windsor Forest**

### **Windsor Forest Christmas Party / [S]**

**December 13, 2024**

**Time: 10:15am – 1:30pm**

**Location: Immanuel Baptist Church  
7375 Hodgson Memorial Dr**

**Senior Service Winter Ball / [S]**

**December 17, 2024**

**Time: TBA**

**Location: Alee Temple**

**100 Eisenberg Dr, Savannah, Ga 31406**

**Savannah Country Day School / [S]**

**Wednesday, January 15, 2025**

**Time: 9:00am- 10:15am**

**Location: Windsor Forest**

A group of eight graders will visit the Golden Age Center to socially engage and interact with seniors in an act of kindness. This is their annual initiative towards giving back to the community.

**Windsor Forest New Years Resolution Vision Board Activity / [S]**

**Friday, January 3, 2025,**

**Time: 12:30 pm**

**Location: Windsor Forest**

Let's create a vision board or vision bottle of all the short-term and long-term goals of the new year.

**Martin Luther King Fun Facts while diving into Black History Month / [S]**

**The entire month of January and February 2025**

**Time: 11:15am**

**Location: Windsor Forest**

Food for Thought fun fact shared the entire month of January and February about Martin Luther King and other black pioneers. A person of the day or week will be briefly discussed on how they paved the way toward equal rights for all.

**Valentine's Day Party / [S]**

**Friday, February 14, 2025**

**Time: 10:00am**

**Location: Windsor Forest**

Let's come fill the room with love and good spirits, as we line dance, socialize, and have fun.

**St. Patrick's Day Party / [S]**

**Friday, March 14, 2025**

**Time: 10:00am**

**Location: Windsor Forest**

Golden Age members will turn Windsor Forest Green through food, and fun on this day in honor of St. Patrick's Day!

## YOUTH AND ADULT PROGRAMMING

### Youth and Adult

#### **Learning Achievement and Nourishment for Developing Youth Monday, Wednesday, Thursday, 5:00pm-6:30pm**

Come out and join us for some serious fun. Learn exciting and creative way to incorporate science into your life. This program focuses on STEM based activities and projects with various elements of Science, Technology, Engineering, Arts, and Mathematics.

#### **The BEAT Is HOT! [Y] [A] [S]**

##### **Thursday, September 12<sup>th</sup>, and 26<sup>th</sup>, 6:00pm-7:30pm**

Join us as we listen to the rhythmic, beautiful, electric, warm, lyrical, melodies of different music genres, including blues, jazz, hip hop, R&B, to name a few.

#### **Talk to the HANDS [Y] [A] [S]**

##### **Wednesdays 5:30pm-7:30pm**

Serve it up, smash it down. Unload your mind, unleash your power and get your workout with a game of volleyball at Windsor Forest Gymnasium.

#### **Dance Fitness Workout [Y] [A]**

##### **Every Monday from 5:30pm-6:30pm**

“Are you looking for a workout that doesn’t feel like work? Our Dance Fitness classes are the perfect way to break a sweat while having a blast.

#### **Family Night [Y] [A]**

Fridays, 5:00pm-7:00p

Join team games and exciting activities for all ages.

#### **Stride for Health**

##### **Wednesday-Thursday, 5:00pm-6:00pm [Y] [A] [S]**

Join us to boost cardiovascular health improve mood, And help manage your weight.

#### **Knight’s Book Club [Y] [A]**

##### **Tuesday, 5:00pm-5:45pm**

Share your thoughts, laugh, and connect with fellow book lovers.

## **SPECIAL EVENTS**

### **Trunk or Treat**

**Tuesday, October 29, 2024**

**5:30pm-7:30pm**

Get ready for a spooky good time at our Trunk or Treat Event!

This family-friendly event is open to all ages. So throw on Costumes, grab your candy bags, and join us for a night of fun!

### **Windsor Forest Got Talent**

**Friday, November 22, 2024 @ 5:30pm-7:30pm**

Calling all performers! Whether you are a singer, dancer or comedian we want to see you on the stage.

### **Holly Jolly Hot Bar**

**December 19, 2024**

**5:30pm- 7:00pm**

Join us for a cozy evening filled with warm drinks and holiday Cheer! We'll be screening Polar Express, a perfect way to kick back and enjoy with family and friends.

### **Music and Dance**

**January 15, 2025**

**5:30pm-7:30pm**

Explore the history of jazz, hip-hop or African drumming.

### **Valentine's Photo Booth**

**February 14, 2025**

**5:30pm-6:30pm**

Bring your friends and family and strike a pose with our festive props.

### **Hoops and Heros, Battles of the Generation**

**Friday, March 28, 2025**

**5:30pm-7:30pm**

Join us for Hoops for Heros, where Dads and Sons go head-to-head on the court for a day of fun, friendly competition, and community to show your spirit-all in support of our local hero.

### **Spring Neighborhood Yard Sale**

**April 12, 2025**

Not just a place to shop, but a fun and memorable neighborhood event!