

## 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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#### WEBSITE:

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

### HOURS of OPERATION

#### Monday-Friday

**9:00am to 3:00pm**

**Golden Age Program**

**4:00pm to 8:00pm**

**Youth and Adult**

# Liberty City Center

## Winter Programming: January-April 2025

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

### Senior Programming:

#### **SENIORS**

#### DAILY

#### Coffee & Conversation **[S]**

**9:00am-10:00am**

Conversation and information sharing to remain updated on the happenings in the community. Coffee is provided and served by center staff daily.

#### Drop Into Fitness **[S]**

**10:00am-11:30am**

Various physical activities to promote physical fitness wellbeing. Activities may include dancing to great music, chair exercises, 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.

#### Craft Your Way **[S]**

**1:00pm-3:00pm**

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

#### 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

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

**Monday & Friday 9:00am-10:00am**

Members receive fresh produce, bread, and pastries to be taken home to promote healthy nutritional wellness.

### **Pokeno! [S]**

**Tuesdays 10:30am -- 11:30am**

Are you someone who likes to play cards? Try your hand at Pokeno.

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

**Tuesdays 12:30am – 1:00pm**

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

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

**Thursday 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

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

**Every 1<sup>st</sup> Tuesday 10:00am - 10:30am**

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

### **Brown Bag [S]**

**Every 3<sup>rd</sup> Monday 9am-10am**

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

### **Spoken Word [S]**

**Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 10:30am-11:30am**

Poetry Readings, Short Stories and Childhood Memories.

### **Lunch & Learn [S]**

**Every 3<sup>rd</sup> Thursday 11:30am -12:30pm**

Presented by Nutritionist, Jackie Ogden from Georgia Southern University. Jackie provides useful dietary information during the time lunch is served.

### **Birthday Bash [S]**

**Every 4<sup>th</sup> Friday 12:30pm -- 1:30pm**

Do you have a birthday this month? We celebrate you and anyone else who has a birthday this month with a special treat.

## SPECIAL EVENTS

**Mindy, Body and Wellness Event [S]**  
**Friday January 10<sup>th</sup> 10:30am-11:30am**

**Valentine Brunch [S]**  
**Friday February 14<sup>th</sup> 10:00am-11:30am**

**Spring Fling Challenge**  
**Friday March 21<sup>st</sup>, 10:30am-11:30am**

**Brush and Strokes Art Party**  
**Friday April 11<sup>th</sup> 10am –11:30am**

### **Youth and Adult Programming:**

## YOUTH AND ADULT

**After School Power Hour [Y]**  
**Monday-Thursday, 4:00pm-5:00pm**  
Liberty City Center will offer a safe environment with structured activities that convene regularly in the hour after school.

**Half-Court Basketball [Y] [A]**  
**Monday-Friday, 3:00pm-6:00pm**  
Half courts drills and games for youth and adults. Must have sneakers to play.

**Line Dance with Savannah Show Stoppers [Y] [A] [S]**  
**Every Tuesday & 1<sup>st</sup> and 3<sup>rd</sup> Thursday, 6:30pm-8:00pm**  
Free line dancing class for whoever would like to learn  
Lamont Hunter-Instructor

**Wellness Wednesday [Y][A][S]**  
**Every Wednesday, 6:00pm-7:00pm**  
A group of likeminded people coming together for a common goal...to Walk It Out! Meet new people, keep each other motivated, improve your accountability and health. Each month, we attempt to add in new components to move our community into a healthier lifestyle.

**Year, New Juice [Y][A][S]**  
**Every Tuesday in January, 6:00pm-6:30pm**  
We're getting a jumpstart on our health by trying something new...juicing. Join us for a quick session, leave with fresh and delicious juice. Line Dance immediately after each session.

**Table Game Tournament [Y][A][S]**

**Every Wednesday in January 8th-29th, 5:30pm-6:30pm**

Table Tennis & Air Hockey are on the table! Are you up for the challenge? Bragging rights are up for grabs!

**Intergenerational Skills [Y][A][S]**

**January 14th, 5:00pm-6:30pm**

A program meant to bridge the gap between generations, passing skills from one generation to the other, building stronger bonds, and having fun while doing so. Session 1 is all about Crocheting!

**Genealogy Workshop [Y][A][S]**

**February 4th, 4:30pm-5:30pm**

Drop in to do a little family history research, never know what you'll find.

**Pre-Valentine's Day Celebration-Game Night Edition [Y][A][S]**

**February 13th, 5:30pm-7:00pm**

Cards, board games, table games, and much more. Are you up for a challenge? Come out and enjoy a night of fun, laughter, and gaming!

**Black History Month Celebration [Y][A][S]**

**February 19th, 5:00pm-7:30pm**

We're honoring those before us, presently with us, and future leaders. We're honoring black excellence, and we need your help! Be a part of the celebration. Practice schedule: every Thursday Jan. 16th-Feb. 6 and Feb. 12 from 6p-7p.

**Drum Circle [Y][A][S]**

**February 19th, 6:30pm-7:30pm**

The close out event you don't want to miss. It's time to bond through music. No experience needed.

**Foil Art [Y][A]**

**February 27th, 5:30pm-6:30pm**

This drop-in class is for our littles to learn an alternative style of art.

**Mindful Meditation [Y][A][S]**

**Every Wednesday in March, 5:30pm-6:30pm**

Drop in to learn ways to reduce stress and anxiety through meditation.

**Dancin' Through the Decades Costume Party [A][S]**

**March 20th, 5:30pm-7:00pm**

Choose your favorite era to represent and join us for a night of dancing, laughter, and unforgettable memories. Dress up to take things to the next level!

**March into Fitness [Y][A][S]**

**March 20-April 30, weekends excluded**

Put your steps to the test, let's see who can drop the most. Here's an easy 30-day challenge and all we need you to do is be active! With weekly check-ins, track your progress. If you lose, you win!

**National Tie Dye Celebration-Tie-Dye in Reverse [Y][A][S]**

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

This time we're celebrating National Tie Dye Day so bring a t-shirt or whatever item (must be BLACK) you want to decorate. Dress for a mess and let's have some fun with tie dye.

**Easter Party [Y][A][S]**

**Tompkins Center, April 16th, 5:30pm-7:00pm**

Drop in for some Easter fun!

**COMMUNITY MEETINGS**

**Liberty City-Richfield-South over Community Meeting**

**1<sup>st</sup> Monday of each month, 6:00pm-7:00pm**

Glynda Jones-President

**Summerside Neighborhood Association Meeting**

**3<sup>rd</sup> Monday of each month, 6:30pm-7:30pm**

Phyllis Anderson-President