



Department Overview

To promote community wellness by providing high quality recreation and leisure opportunities that are diverse, convenient, affordable, accessible, and FUN!

CONTACT

Adult Day Care Supervisor:
Rose Phillips
rphillips@savannahga.gov

Senior Center Supervisor:
Linda Johnson
Ljohnson01@savannahga.gov

Center Supervisor:
Jerri Pollard Gilford
jpollarddillard@savannahga.gov

1410 Richards Street
Savannah, GA 31415

PHONE

Center Supervisor:
912-651-6785

Senior Supervisor:
912-651-6774

WEBSITE

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

HOURS of OPERATION

Monday-Friday

9:00am to 3:00pm
Golden Age and SADC

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

Moses Jackson/Grant Center

Winter Programming: January-April 2025

**PROGRAM CODES [A] ADULT [S] SENIOR [Y] YOUTH
[SADC] SAVANNAH ADULT DAY CARE [E] EVERYONE**

Senior Programming:

SENIORS AND SAVANNAH ADULT DAY CARE

DAILY

Morning Meditation / [SADC]

8:00am-9:00am

Quiet relaxation and reflection. Spend time listening to soothing music while quieting the mind.

Morning Snack / [SADC]

9:00am-9:30am

Enjoy a healthy snack to break the fast.

Art Therapy / [S]

9:00am-9:30am

Experience the therapeutic benefits of art through a variety of artistic endeavors.

Morning Sing – a - Long / [SADC]

9:30am-10:00am

Group Sing – a –Long to your favorite old tunes.

Drop Into Fitness / [S]

9:30am-10:00am

Various physical activities to promote physical fitness wellbeing. Activities may include dancing to great music or walking with your buddies to burn a ton of calories.

Chair Exercise / [SADC]

10:00am-10:30am

Join Coach Deloach for seated stretching and exercise. Tone your body while enjoying a few laughs as well.

Congregate Meal (Lunch) / [S] [SADC]

11:30am-12:30pm

Enjoy a healthy, well-balanced meal.

Table Games & Computer Lab / [S]

9:00am-3:00pm

WEEKLY

Arts & Crafts / [SADC] [S]

Mondays & Wednesdays 10:30am-11:30am

Let's get creative! Make a variety of craft projects while maintaining fine motor skills.

Senior Safety/ [SADC]

Mondays 10:00am – 11:30am

Join Mr. Landy to learn home safety specific for older adults. Topics such as home evacuation, fire safety, emergency planning, and more.

Computer Class 1.0 / [SADC]

Tuesdays 12:30pm – 1:45pm

Beginner computer class. Learn to use computer hardware and navigation basics.

Computer Class 2.0 / [SADC]

Wednesdays 12:30pm – 1:45pm

Intermediate computer class. Learn to use the internet and search engines.

Crochet/ Sewing Club [S]

Tuesdays 12:30p.m.-2:00p.m.

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

Nutrition / [SADC]

Tuesdays 10:00am-11:00am

Healthy food demonstration. Test your knowledge of nutritional facts with Nutrition Bingo.

Current Events/ [SADC]

Thursdays 10:30am – 11:30am

Join Coach Deloach for lively discussion on all of today's hot topics. A variety of topics from world affairs to local events are examined.

Brain Teasers/ [SADC] [S]

Wednesday 12:30pm – 1:45pm

Stimulate your mind! Engage in a variety of brain games and activities.

Muscle Memory/ [SADC]

Thursdays 12:30pm – 1:45pm

Exercise the brain. Participate in activities to improve memory and cognition.

Mobile Device Class / [SADC]

Thursday 10:30am – 11:30am

Learn the basics of navigating your mobile device. Both Android and Apple devices are explained.

Wellness Wednesdays/ [SADC]

Wednesdays 12:30pm – 1:45pm

Join Ms. Marian for senior wellness. Participants engage in discussions centered around overall wellness. Learn some of the best ways to maintain physical, socially, emotional, and spiritual wellness.

Daylong Wednesdays / [S]

12:30p.m.-1:30p.m.

The seniors are writing their own stories. Each week we write about a different topic and then share our stories with one another. This leads to a great discussion.

Second Harvest / [SADC]

Tuesdays & Wednesdays 11:00am-11:30am

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

Table Talk Thursday / [S]

Thursdays 10:00am

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

Zoom Chair Fitness with Audrey [S]

Every Thursday form 10:00am –11:00am

Seniors engage with chair exercises with zoom instructor for New Jersey,

Spa Day/ [SADC]

Thursdays 10:00am – 11:00am

Visit the vocational tech school for haircuts, facial grooming, and nail painting.

MONTHLY

Alzheimer's Awareness / [SADC]

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

Learn about the signs and symptoms of Dementia and Alzheimer's. Hear the latest news on how to combat cognitive decline.

Play games and participate in activities to improve cognitive skills.

Affinis Hospice Health Visit / [SADC]

Every 3rd Thursday 10:00am -- 11:00am

Monthly blood pressure checks and health awareness and demonstrations.

BINGO!! / [SADC] [S]

Every 1st and 3rd Friday 10:00am-11:15am

Hosted by Golden Age Center.

Every 2nd and 4th Friday 10:00am -- 11:00am

Play world renowned Bingo, with SADC and the Advancement Center Bingo with a "Twist" popular themed bingo. Lots of fun and laughter.

Hosted by Moses Jackson Advancement Center.

What's Your Pressure? / [S]

2nd Thursday 10:00am- 11:00am

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

Brown Bags / [SADC]

Every 3rd Monday 1:00pm -- 2:00pm

Members receive brown bags filled with non-perishable food to promote healthy eating. Thanks to our Partners at the Second Harvest Food Bank. Supplies are limited to registered participants.

Field Trips / [SADC]

Every 1st and 3rd Friday 10:00am -- 2:00pm

Get out and about. Visit local tourist attractions, go shopping, have lunch, and learn what's new and old in Savannah and its surrounding areas.

Humana Visit / [SADC] [S]

Every 2nd Tuesday 10:00am

Every 3rd Wednesday 10:00am -- 11:00am

A representative from Humana insurance provides information on Medicare options as well as senior wellness tips.

Movie & Popcorn / [SADC]

Every 2nd and 4th Friday 12:30pm – 1:45pm

Enjoy a movie and snack on some popcorn.

Senior Choice Day / [S]

Every 2nd & 4th Friday 12:30pm-3:00pm

SPECIAL EVENTS

Dress to Impress [SADC]

September 6, 2024

The seniors and staff will recognize the day by dressing for their desired profession.

Touch-Down Throw Down Super Bowl Tailgate Party [S]

February 7, 2025 Friday 11:00am to 2:00pm

Seniors will engage with the winning team of Superbowl 2025 by wearing your favorite football jersey or color. Then visit vendors booth to participate with a variety of games.

Spring Senior Game Olympics March 2025 [S]

**March 26th, 27th and 28th (Wednesday Thursday and Friday)
10:00am - 12noon**

Seniors age 60 and older will participate for 3 days variety of indoor and outdoor sporting games. To promote the benefits of active aging and physical fitness and competitive sports.

Ladies Healthy Harvest Cooking Challenge [S]

April 25, 2025- Friday 10:00am to 1:00pm

The seniors will harvest the fruits and vegetables they have eagerly planted during fall of 2024. Their crops have harvested and now the ladies are ready to start cooking their vegetables. Seniors will pair up into 2 teams and have a cooking demo and tasting dishes.

Webb Military Museum [SADC]

Friday, November 8, 2024

Wednesday, Every Wednesday is CAT Connect, Shuttles to Roses and Food Lion 9am –4pm from Mose Jackson Community Center

YOUTH AND ADULT

After School Power Hour [Y]

**Monday-Friday,
4:00pm-5:00pm**

Moses Jackson Community Center will offer a safe environment with structured activities that convene regularly in the hour after school. Monopoly, Checkers, Spades, Connect 4 and UNO

Kids Café [Y]

**Second Harvest
Moses Jackson Cafeteria
Monday-Friday,
4:30pm-5:30pm**

Ages 3-18yrs

Kids Cafe is designed to provide children at-risk with a nutritious evening meal.

Game Room [Y]

**Monday-Friday
5:30pm-7:30pm
Ages 8-18yrs**

Kids can enjoy a game of ping pong, table games or simply play Ms. Pac Man and Donkey Kong on the arcade game.

Toddler Room [Y]

**Monday-Friday
4:30pm-7:00 pm**

Young kids can enjoy wall climbing, playing in the playhouse and jungle gym, inside this cool safe and age-appropriate atmosphere. Parent supervision is required

Fitness Room [Y] [A]

**Monday-Friday
9am – 7 pm
Ages 18 & up**

One of the best ways to make sure that you are healthy is to work out! We offer top quality equipment with no fees or paperwork! Come check out our fitness room and get healthy!

Computer Work or Fun [Y] [A]

**Everyday
8:00am- 7:30pm**

Writing a paper or just surfing the internet, our computer lab is here for all your technology needs!

Youth Basketball & Activities [Y]

Instructor: Coach Johnny & Kenny

Mondays, Wednesdays, and Fridays

3:00pm-& 7:30 pm

Youth can enjoy playing horse, 3 on 3, full court basketball, volleyball and badminton.

Adult Basketball [A]

Tuesdays & Thursdays

Instructors: Coach Johnny, Kenny & Brown

5:00pm-7:00 pm

Adults sign up to play an invigorating and fun full court game of basketball!

Weekly

Mondays

SADC{SADC}

Instructor: Coach Johnny

Mondays

11:00am-12:00 pm

Moderate physical activity that can benefit seniors' overall health. We will incorporate activities such as walking and strength training.

Community Walking Club [A]

Instructor: Coach Johnny

Mondays & Wednesday

12:00pm-1:00 pm

A walking club offering guidance and direction to start walking in shape in a cool and peaceful environment.

Let's Talk [Y]

Instructor: Ms. Green

Mondays

4:00pm-5:00 pm

An open forum for teens to exchange ideas, learn how to cope with ups and downs of being a teenager, useful information from local speakers.

Ping Pong [Y]

w/Ms. Brown

Monday

5:30pm – 6:30pm

We'll get together, pair up and then work on our mechanical skills in learning the fundamentals of the game.

Tuesdays

Gaming w/Mannie [Y]

Tuesday

Ages 10-16

5:00pm -6:00pm

Looking for fun, come join Mannie in our game room for some strategizing with the latest video games!

Coaching Boys into Men Mentoring [Y]

Instructor: Coach Brown/Mr. Kenny

4:00pm-5:00 pm

This program is a community of dedicated men who can guide and support boys in their journey into manhood.

Toddler Basketball Boot Camp [Y]

Instructor: Coach Johnny

Tuesdays & Thursdays

11:15am-12:15pm

This program focuses on teaching toddlers the fundamentals of basketball such as passing, shooting, rebounding, defense, offense and dribbling. The importance of sportsmanship.

Wednesdays

Golden Ages [S]

Instructor: Coach Johnny

Wednesdays

11:00 am-12:00pm

Moderate physical activity that can benefit seniors' overall health. We will incorporate activities such as walking and strength training.

Nothing but Net [Y]

Instructor: Coach Kenny

Wednesdays, 5:30-6:30 pm

Volleyball, Ping-Pong, Pickle Ball and Badminton

Games designed to sharpen hand and eye coordination.

Hip Hop Chair Exercises, Kids Edition [Y]

Instructor: Ms. Brown

1st Wednesdays, 5:00-6:00 pm

Get fit by sitting in a chair. Join us in exercising while listening to some upbeat tunes!

Thursdays

Youth Empowerment Outreach [Y]

Instructor: Mrs. Williams

Thursday & Friday

4:00pm-5:00pm

Ages 5-18

Programs, activities, and skits to reinforce positive attitudes, healthy behaviors and activities that can reduce risk taking behaviors.

Gaming w/Mannie [Y]

Thursdays

Ages 10-16

5:00pm -6:00pm

Looking for fun, come join Mannie in our game room for some strategizing with the latest video games!

Workout (Weight Room) for Teens [Y]

Instructor: Coach Kenny/Mr. Brown

Thursday

6:00pm-7:00pm

Weight training is an excellent way to build muscle mass and tone your body.

Fridays

Ice Cream Social & Chat [Y]

Instructor: Ms. Green

2nd Fridays

3:45pm-4:15pm

A meet and greet with participants discussing current events while eating ice cream.

Personal Hygiene [Y]

Instructor: Ms. Theresa & Ms. Brown

Every 1st Friday of the Month

5:00pm-6:00 pm

Girls between the ages of 5 to 13 will participate in self-caring activities ranging from nail and hair care, play games, role-play, etc. To promote healthy relationships with themselves as well as their peers.

Civil Rights Painting [Y]

Instructor: Ms. Brown

2nd Wednesday in Jan, Feb, Mar, & Apr

5:00pm-6:30 pm

Youth will have the opportunity to express their creativity by painting on a canvas.

SPECIAL EVENTS

Movie Night @ Moses Jackson Center [Y]

January 19, 2025

5:30pm-7:30pm

Join us in watching a movie about the life of Martin Luther King Jr., the struggles, the accomplishments, and his death.

Black History Month [Y]

February 2025

4:00pm-6:00pm

A month of different speakers from youth to staff speaking on the history of Black Americans which have really impacted their life.

Valentines Day Festivities [Y]

February 14, 2025

5:30pm-6:30pm

Participants will create Valentines cards for family and friends.

Becoming a Business Owner [Y] [A]

Jan, Feb, Mar, & Apr

4:00pm-5:00pm

Local business owners will stop by to discuss how they became business owners and learn the trade of their business.

St. Patrick`s Day Festivities

March 2025

5:30pm-6:30pm

COMMUNITY EVENTS/MEETINGS

Community Cop [Y] [A]

Instructor: CPL Joshua Flynn

3rd Monday (January, February, March, April)

A monthly discussion about crime, laws, and preventive skills to be used in certain situations. Develop new ideas to better serve our community.

Community Walking Club [A]

Instructor: Coach Johnny Williams

Mondays & Wednesdays

11:30am-12:30pm

A walking club offering guidance and direction to start walking in shape in a cool and peaceful environment.

**West Savannah Community Organization [Y] [A] [S]
3rd Tuesday of Every Month
Meeting starts at 6:00pm**

The West Savannah Community Organization strives to be an advocate for the residents, especially the seniors of the West Savannah Community. Please come voice your concerns. Held every 4th Tuesday of each month.

IMPORTANT CALENDAR EVENTS

January 1st	New Year`s day
January 20th	Dr. Martin Luther King Jr. Day
February 17th	President`s Day
May 26	Memorial Day
June 19th	Juneteenth
July 4th	Independence Day
September 1st	Labor Day
November 11th	Veteran`s Day
November 27th	Thanksgiving Day
November 28th	Day after Thanksgiving
December 24th	Christmas Eve
December 25th	Christmas