



# Crusader 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 the center staff daily.

#### Drop Into Fitness / [S]

**10:00am –10:15am**

Various physical activities to promote physical fitness wellbeing. Activities may include dancing to great music, walking with your buddies, and a variety of chair activities to burn off calories.

#### Crochet/Sewing Club [S]

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

Staff led activity that will teach participants how to crochet, how to use some sewing techniques and how to produce various textiles.

#### Talk for the Day [S]

**11:15am – 11:30am**

Individuals share stories based on their life, how they are feeling and any community updates. Staff also share useful information and resources.

#### 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.

### 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:

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#### PHONE

912-921-2103

#### WEBSITE:

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

#### HOURS of OPERATION

#### Monday-Friday

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

**Golden Age Program**

**3:00pm to 8:00pm**

**Youth and Adult**

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

**1:00pm - 2:00pm**

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

### **Computers Lab [S]**

**9:00am - 3:00pm**

The computer lab is open for individuals to engage in throughout the day at their convenience.

### **Table Games / [S]**

**9:00am - 3:00pm**

Spades, Phase 10, UNO games, puzzles and other word activities.

## **WEEKLY**

### **Bingo [S]**

**10:00am - 11:15 am Monday and Wednesday**

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.

### **Chair Yoga / [S]**

**Mondays/Wednesdays (Biweekly) 9:45am - 10:00am**

Manageable movement in chairs to promote physical fitness wellbeing.

### **Walk Club / [S]**

**Beginners / Advance –Thursday/Friday 1:00pm - 2:00am**

Staff lead walking tailored to the seniors' walking capacity of endurance.

## **MONTHLY**

### **Name That Tune [S]**

**Every 3<sup>rd</sup> Tuesday 12:30pm – 1:30pm**

**Krista Brown w/Pruitt Health**

Participants compete to identify songs from popular tv shows and a variety of music from all our favorite artist.

### **University of Georgia / Extension [S]**

**Healthy Talk 3<sup>rd</sup> Monday 12:30pm – 1:30pm**

A representative comes out and talks healthy with the seniors.

### **“BINGO” [S]**

**Check the Schedule 12:30pm – 1:30pm**

## **Audra Taylor w/Humana**

Members participate in BINGO to maintain their cognitive abilities and focus, along with hand-eye coordination and social interaction.

## **SPECIAL EVENTS**

**NEW YEARS**

**MARTIN LUTHER KING, JR.**

**BLACK HISTORY MONTH**

**VALENTINES DAY**

**SUPER BOWL LIX / NEW ORLEANS**

**MARDI GRAIS**

**ST. PATRICKS DAY**

**EASTER**

## **Youth and Adult Programming:**

### **YOUTH AND ADULT**

#### **After School Power Hour [Y]**

**January- April 4:00pm-5:00pm**

Crusader Community Centers will offer a safe environment with structured activities that convene regularly in the hour afterschool.

#### **Kids Café**

**Second Harvest**

**Crusader Community Center, [Y]**

**Monday-Friday, starting August 5<sup>th</sup> –May 21st**

**4:30pm-5:30pm**

**Ages 3-18yrs** Kids Cafe is designed to provide children at-risk for hunger a nutritious evening meal.

#### **Story Walk [Y]**

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

**Ages 6-12yrs**

**Tuesday February 18<sup>th</sup> 2025**

Story walk will consist of participants taking a walking along the outdoor trail area where they will be able to walk and share a couple wonderful stories that they would like to share among the group of participants that are walking the trail each participant will be able to share at least two stories that they wouldn't mind talking about with the group, story walk will help build confidence among kids that are shy about opening up and also help build up social skills which is much needed in today's generation.

**Kids Talk Media 4:30pm-5:30pm [Y]**

**Ages 9-12yrs January –2025**

Kids talk media will give participants the opportunity to discuss what kids really think about latest movies, apps video games, television shows, books and music, this will give kids a chance to talk among each other about media content that

**Track and Field Conditioning**

**Mon-Fri**

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

**March-April**

**Ages 6-13yrs**

Track and Field Conditioning will help the participants develop endurance build stamina, so that each participant can push through any of their events, with Track and Field it can be a very fatigue sport if not training or conditioning the proper way, so we will focus on training the whole body from the upper and lower body and build up the cardiovascular system with different styles of running drills.

**Nature Walk Collection [Y]**

**Tuesday January 14<sup>th</sup>**

**5:00pm-6:00pm**

Nature walks are a great way to encourage kids to get outside and explore the natural world. These walks provide an opportunity for children to learn about the environment, observe wildlife, and while receiving exercise in the process.

**Krazy Kick Ball [Y]**

**Wednesday March 12<sup>th</sup> and Friday April 11<sup>th</sup> 2025**

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

In this kickball game everything is quite chaotic, in a normal game you would run to first second then third base and then home. But in crazy kickball the order is different. Players need to get to first base then third base, then second base and all the way across to home base. Each team gets six outs in crazy kickball, and any taken pitch is counted as an out. Since you need to travel a greater distance between bases, each team can have up to five players on a single base at a time. The game will

**All Bout Cheer and Dance [Y]**

**Monday & Wednesday January- April 2025**

**Ages 4-13yrs**

**Monday & Wednesday September- December**

All about cheer and dance brings an exciting style of cheering dancing that incorporates Majorette style of choreography for young ladies

**Fighting Science [Y]**

**Monday's 6pm-7pm**

**January- April 2025**

**Ages 6-18**

This karate class teaches life skills through techniques, and it teaches how to be humble and confident in what you know and learning through repetition.

**ACTIVE ADULT**

**Savannah Nanas Line Dancer [A]**

**Every Wednesday January-April**

**11:30am- 1:30pm**

Savannah bananas line dancer, better known as the Nanas, are a group of Grandmothers that have taken on a role for the Savannah bananas professional baseball team as their entertainment dancers, they have since started practicing at crusader center every Wednesday from 11:30am-1:30pm these group of ladies have high energy and are very passionate about their craft, they teach older participants that are willing to committee to their organization travel when needed and that is determine to learn what it takes to be a Nana dancer.

**Ms. Marsha's Advance Line Dancing [A]**

**Tuesday January – April**

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

Advance line dancing are for those who already know how to line dance but are looking to learn a more complicated dance routine. This class is in between a beginner and expert level.

**Roseann's Line Dancing Class [A]**

**Thursday & Friday January – April**

**10:00am-12:00pm**

Line dance is choreographed dance in which a group of participants dance along to a repeating sequence of steps while arranged in one or more lines or rows. These lines usually face all in the same direction or less commonly face.

**Robin Fitness [A]**

**Tuesday & Thursday January- April**

**6:00pm-7:00pm**

**Ages 18 and up**

Robin Fitness class combines attributes of Pilates, dance, and functional fitness training. Come get a full body workout, that integrate small, isolated movement to fatigue the muscles,

## COMMUNITY MEETINGS/HOSTED EVENTS

### **Crusader Club Meeting (Members Only)**

Meets on the 3<sup>rd</sup> Monday of each month

6:00pm-7:00pm

### **Coffee Bluff Plantation Neighborhood Meeting**

Meet on the 2<sup>nd</sup> Monday of each Month

6:00pm-7:30pm

### **Coffee Pointe Neighborhood Association Meeting**

Meets once every 2 months

Dates will be provided from Coffee Point Neighborhood Association

6:00pm-8:00pm

## SPECIAL EVENTS

### **Egg-Splosion of Fun**

Thursday April 17<sup>th</sup>

5:30pm- 7:00pm

Egg-Splosion of fun will consist of an Egg battle between each participant on the outside field area, there will be over 300 eggs placed throughout the field and even near the playground area and each participant will be placed behind a rope that will be on the ground to keep everyone side by side, and once given the instruction of the event there will be a countdown to start the event and everyone will need to run as fast as they can to gather the most eggs in their basket the participant with the most eggs inside their basket will be deemed the winner and will receive a prize and also there will be one golden egg hidden in a very difficult location. But findable and the participant that retrieves the golden egg will receive a prize as well.