

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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HOURS of OPERATION

Monday – Friday

9:00am-5:00pm

Golden Age Program

Mary Flourney Center

Winter Programming: January-April 2026

PROGRAM CODE: [A] ADULT [S] SENIOR [Y] YOUTH

Senior Programming:

SENIORS

DAILY

Coffee and Convo / [S]

9:00am-10:00am

Stay in the loop with lively discussions on local events and updates. Whether it's community news, current happenings, or friendly chats, this is your time to engage, connect, and be informed!

Moving in the Morning / [S]

10:00am-10:30 am

Start your day with gentle movement that energizes the body and sharpens the mind! This staff-led session improves mobility, balance, and focus through simple exercises and mindful motion. Join us to boost your well-being and start your day feeling stronger and brighter.

Congregate Meals / [S]

11:30am-12:30pm

Enjoy a hot, delicious meal with your friends! The monthly menu will be available on a separate calendar at the center. Eat, socialize, and savor the day!

The Hobby Hub/ [S]

1:00pm-2:30 pm

Seniors can pick whatever they like: knitting, sewing, drawing, painting, simple building projects, scrapbooking, or any creative activity they enjoy. This daily habit gives everyone a chance to express themselves, build or maintain fine-motor skills, and sharpen their minds. It's also a moment to slow down, connect with others, and enjoy a sense of calm and accomplishment together.

Spades Showdown and Game Room Fun [S]

9:00am -3:00 pm

Challenge your friends or try your hand against the legendary Trump Tight Legends in a lively game of Spades! Prefer something more low-key? The game room is open daily with puzzles, cards, and playing pool. Whether you're playing for fun or aiming to be the next Spades champ, there's always a seat at the table for you.

WEEKLY

Monday: Pokeno [S]

10:30am -- 11:15am

Join us Monday mornings for a friendly game of Pokeno! This staff led game is a lively card game that blends poker, keno, and bingo. Match the cards on your board and be the first to cover a row to win sweet treats, donated by members or community partners.

Monday: Walking Club [S]

9:30am -- 10:00am

Get your steps in with a friendly walk! Whether you're strolling solo or chatting with a buddy, this staff led club is about staying active while enjoying each other's company.

Tuesday: Table games [S]

10:30am --11:15am

Every Tuesday afternoon, join us around the table for laughter, friendly competition, and brain-boosting fun. From card games and dominos to classic board games, we'll make memories, sharpen minds, and enjoy quality time with no stress, just smiles.

Tuesday: Tech Pals/ [S]

12:30pm - 1:30pm

Join us every week as we make technology friendly, fun, and connected. Whether you're learning to video-chat with loved ones, stream a favorite show, set up your device, or just solve a tech mystery together we'll explore, ask questions, share a laugh, and build confidence in the digital world.

Wednesday: Wellness Wednesday / [S]

10:30am --11:25am

Take charge of your well-being with our staff-led wellness sessions focused on improving your mind, body, and spirit. Activities may include stretching, breathing exercises, nutrition tips, group discussions, or light movement, all designed to support a healthier, happier you. Join us each week as we explore new ways to stay active, informed, and inspired!

Thursday: Book club / [S]

10:00am --11:00am

Join us for a community led weekly hour of shared reading, lively discussion, and warm fellowship perfect for sharpening the mind, lifting the spirits, and forging meaningful friendships among fellow seniors

Friday: Bingo / [S]

10:30am-11:15am

Who's ready for some Bingo fun? It's all about friendly competition and brain-boosting mental stimulation. Join in the fun for a chance to win fabulous prizes donated by members or community partners. Special guests host every month!

MONTHLY

Blood Pressure Checks / [S]

Every 1st Monday

10:00am – 11:00am

Stay healthy and informed with free blood pressure checks provided by the Savannah Fire Department. It's a simple way to keep track of your health and wellness.

Spades Tournament / [S]

Every 4th Friday

It's game time! Join the legendary Trump Tight Legends as they host a spirited Spades Tournament, featuring friendly competition with visiting players from neighboring senior centers. Whether you're a seasoned strategist or just learning the ropes, all are welcome to join in the fun, cheer on your favorites, and enjoy the lively energy of this center-wide card showdown. Who will claim the crown this month?

Birthday Luncheon/ [S]

Every 4th Thursday

Let's celebrate YOU! Join us each month as we honor our birthday stars with a special luncheon filled with laughter, delicious food, and great company. Come enjoy music, cake, and good cheer because every year deserves a party!

Second Harvest-Brown Bag / [S]

Every 4th Tuesday

9:00am

Stock up on nutrition! Receive a brown bag filled with healthy food items to help you prepare well-balanced meals at home. This monthly program supports food security and wellness for all members.

Lunch and Learn / [S]

Every 1st and 3rd Thursday

11:30am – 12:30am

Feed your body and your brain! Led by Jackie Ogden, Nutritionist from UGA Extension, this session combines a light meal with practical tips on healthy eating, nutrition, and overall wellness. Come curious, leave informed!

SPECIAL EVENTS FOR SENIORS

January 2026

New Years Resolution week [S]

January 5th – 9th

10:30am – 11:00am

Join us for a special week where we set simple, meaningful goals together, moving our bodies, stretching our minds, connecting with each other, and looking ahead to the year with hope and purpose. Each day we'll try a new mini-activity, share our intentions, and support each other in taking the first step.

Trivia Day [S]

Monday, January 12th

10:30am – 11:30am

Put your thinking caps on! Join us for a fun-filled trivia session full of brain teasers, interesting facts, and friendly competition with fellow members.

Piece by Piece Challenge [S]

Every Thursday in January

Team up and tackle our month-long jigsaw race! Starting at the beginning of the month, pairs will work together to complete the puzzle. Prizes will be awarded on the 29th for the fastest finishers and most creative teamwork. Let's piece it together and celebrate!

Adventure Days – Exploring the Coastal Empire/ [S]

January 13, 2026

10:00 am – 1:00 pm

Get ready to explore exciting new places with our upcoming field trips! We're finalizing the schedule and destinations, and you get to help decide where we go and when! Members will have the chance to vote on trip options, so the adventures reflect what the community wants most. Stay tuned for announcements and get ready for fun outings around town and beyond!

Dream & Move [S]
Friday, January 16th
10:30am 11:00am

Come together for a gentle walk, reflection, and community-craft experience in honor of Martin Luther King Jr.'s dream. We'll stroll, stretch, share our hopes, and build a "Dream Wall" of each person's vision for kindness, connection, and community. Small movement, big meaning

Hot Chocolate Happy Hour [S]
Wednesday, January 21st
9:30am – 10:30am

Cozy up with friends for a warm cup and sweet conversation. Join us for our Hot Chocolate Happy Hour customize your hot cocoa with fun toppings, enjoy comforting company, and share laughter in a relaxed, winter-friendly setting.

Herb Haven & Hands-On [S]
Wednesday, January 28th
12:30pm – 1:30pm

Create your own mini-indoor garden! Join us to pot herbs, decorate containers, and bring a breath of fresh green into the season. It's hands-on, sensory, and satisfying grow something delicious and beautiful to enjoy all winter long.

February 2026

Celebrate Heritage • Strengthen Hearts [S]

February invites us to remember and rejoice in Black history while caring for our most vital organ. We'll combine culture, memory-sharing, music and movement with heart-healthy choices, gentle exercise, and community connection. Because every heart counts, and every story matters.

SOUPer Bowl Party [S]
Friday, February 6th
12:00 pm – 2:00pm

Bring your favorite soup using your favorite recipe to our community "SOUPer Bowl Show-down"! We'll taste, compare, and cheer each other on. At the end we'll crown the most flavorful creation. Warm your heart, warm your bowls, and help us pick a winner!

Valentine's Card-Making & Share-A-Story [S]

Monday, February 9th

10:30am – 11:30am

A Time to Gather and Give Thanks! Come together with friends for a warm and hearty Thanksgiving meal at a location chosen by our community. Enjoy delicious food, festive décor, and moments of reflection on everything we're grateful for this season.

Red Shirt & Healthy Hearts Day [S]

Wednesday, February 11th

9:30am-4:00pm

Wear your brightest red shirt and join us for a day of awareness, unity, and heart-healthy care. Together we'll honor National Wear Red Day, raise our hearts to wellness, share simple tips for cardiovascular health, and enjoy a gentle movement session to keep our hearts strong. Let's make a statement in red because every heartbeat matters.

Sweetheart Soirée [S]

Friday, February 13th

10:00am – 12:00pm

A light-hearted Valentine's celebration where we dress up (or just come comfortable), dance or sway to familiar tunes, share memories, enjoy refreshments, and soak in the warmth of friendship and connection. A day of laughter, music, and heart-warming moments.

Our Voices [S]

Wednesday, February 18th

10:30am-12:00pm

Join us for a special story-sharing session where residents will share personal memories, reflections or cultural heritage their voices taking center stage as we listen, learn and honor each life's story.

Support & Spotlight [S]

February 23rd -27th

12:30pm- 2:00pm

This week we shine a light on local Black-owned businesses, artists and community contributors. We'll explore their stories, share how we can support them, and celebrate the legacy and creativity they bring to our world.

March

March at a Glance [S]

Spring is in the air! This month, we're celebrating new beginnings, Women's History Month, and the joy of the season with fun and meaningful activities. Join us for crafts, games, wellness programs, and special themed events like our St. Patrick's Day celebration and Spring Social. Let's welcome March with laughter, friendship, and plenty of good times together!

"Her Story" Showcase [S]

Wednesday, March 4th

10:30am – 12:30pm

Honor the inspiring women in our lives! Share stories, photos, or memories of women who have made a difference, and enjoy a heartwarming display celebrating their achievements. exchange. Enjoy music, dancing, delicious food, and a visit from a special guest in red!

St. Patrick's Day at Mary Flournoy [S]

Tuesday, March 17th

9:00am – 2:00pm

Multi-purpose Room

Come out and watch the parade on our large screen TV while enjoying a green theme breakfast featuring green grits. Make signs and added decor to your outfits for the senior parade on March 19, 2025. The parade grand marshal will be selected during this event.

March Madness Game Day [S]

Tuesday, March 17th

10:30am – 3:00pm

Game Room

Bring your game face and join the excitement! Compete in fun games, trivia, and friendly competitions as we celebrate March Madness together with laughter and prizes.

Mary Flournoy St. Patrick's Day Senior Parade [S]

Thursday, March 19th

10:00am – 1:00pm

Get ready to go green! Join us for our St. Patrick's Day Celebration as we spread cheer with our very own Senior Parade. Dress in your best green attire, wave your shamrocks, and march with pride! We'll enjoy festive music, light snacks, and plenty of laughter as we continue to celebrate the luck of the Irish together.

Spring Fling Party [S]

Thursday, March 26th

12:30pm – 2:00pm

Celebrate the arrival of spring with flowers, music, and good company! Join us for a joyful gathering featuring spring-themed treats, fun decorations, and plenty of laughter to welcome the new season.

Spring Craft Corner [S]

Every Tuesday in March

9:30am – 11:00am

Get creative and welcome spring with fun crafts! Make flower arrangements, decorate pots, or create seasonal decorations to brighten up your space.

April 2026

Easter Basket Bonanza [S]

Thursday, April 2nd

12:30pm-2pm

Come hop into the spring season and create and design your own Easter Basket. Design a beautiful basket that will be perfect for gifting grandchildren, loved ones or even a special for yourself.

Denim & White Fashion Show and Day Event [S]

Thursday, April 30th

10:30am – 1:00pm

In honor of Denim Day. Seniors will be sporting their favorite denim attire down the runway. A photography booth will be set up onsite to capture individual and group pictures for the members and staff. Best dress will be awarded to two individuals at the end of the day.

Earth Day!- Earth Day!-Learn all about it! [S]

9:30am – 11:00am

Be involved in the conversation. Learn about environmental factors that are impacting your community. Enjoy a presentation on Earth Day and learn how you can personally make a difference by raising environmental awareness.

