

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
8:00am to 7:00pm

Saturday
11:00am-5:00pm

Windsor Forest Center

Winter Programming: January-April 2026

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

Senior Programming

SENIORS

DAILY

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

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

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.

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.

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

Various physical activities to promote physical fitness, and overall health. Activities may include dancing to great music, walking with your buddies, and chair bicycling to burn a ton of calories.

WEEKLY

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-1:30pm

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]

Thursdays 10:00am-11:30am

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

Sing Along / [S]

Thursdays 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)

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

Ukulele/Rusty Strings[S]

Wednesday 12:30 pm

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.

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 10:30am

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

Soul To Sole w/Micael 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-11:20am

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.

MONTHLY

Karaoke / [S]

Every 4th 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]

4th 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 members' birthday for each current month.

Brown Bag Pick Up [S]**Date and Time TBA**

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

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.

Bring Your Own Polish (BYOP) / [S]**Every First Thursday 1:00pm-2:00pm**

The goal is to improve confidence, beauty, and socialization with seniors while adding a pop of color through painting their fingernails once a month.

Senior Show and Tell / [S]**Once a month every 1st Thursday 1:00pm-2:00pm**

Seniors are invited to present and talk with other members about a certain hobby, history, talent, etc., that they would like to share through items and discussions.

Beautification Walk & Talk / [S]**Weather permitting walking can be done anytime**

Purpose is to provide an outside activity while taking a walk and picking up light trash around the center grounds monthly.

Parent University / [S]**Month by Month starting in September 2026**

Partnership helping grands with great grands with the parents or grandparents who help with raising their grandchildren will be able to understand the educational sector in which the children are going through.

Ceramics / [S]**This activity will run for 8 weeks between January and April, divided into two 4-week sessions**

Reintroduce ceramics using current program resources to increase member participation, responding to past interest in arts based.

SPECIAL EVENTS FOR SENIORS

Savannah Country Day School / [S]

Day of Service

Wednesday, January 14, 2026

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 9, 2026

Time: 12:30pm

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 2026

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

Valentine's Day Party / [S]

Friday, February 13, 2026

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 13, 2026

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

Youth LEGO Building Club [Y]

Monday, 4:00pm-5:00pm

Call all creative youth who love to build, imagine, and explore Great for creativity, STEM learning, and teamwork.

L.A.N.D.Y. Program [Y]

Learning Achievement and Nourishment for Developing Youth

Tuesday, 4:30pm-5:00pm

Come out and join us for some serious fun. Learn exciting and creative ways 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]

Friday, April 10th, and 24th, 6:00pm-7:00pm

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.

Volleyball [Y] [A] [S]

Every 1st Wednesdays 5:30pm-6:30pm

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.

WERQ 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.

Garden Club [Y] [A] [S]

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

Engage in community service projects, such as creating and maintainng a garden club allows you to meet and connect with others. It's a great way to make new friends and build a network of like-minded individuals.

Youth Cornhole Challenge [Y]

Toss, Score, and Have a Blast!

Tuesday, 5:00pm-6:00pm

Calling all youth! Join us for a fun filled Cornhole Program designed just kids and teens. This is your chance to learn the game, improve your aim, and compete with friends in a positive, team-building environment.

Stride for Health [Y] [A] [S]

Wednesday, 5:00pm-6:00pm

Looking to boost your heart health, lift your mood, and manage your weight in a fun and supportive environment.

Pickleball Power: Serve, Rally, Play! [Y] [A] [S]

Every 1st and 3rd Monday 5:30pm-6:30pm

Looking for a fun way to stay active and connect with others? Pickleball Power: Serve, rally, play! Is your new go-to program for all ages.

VIDEO SHOWDOWN! [Y] [A] [S]

Every Thursday, 5:30pm-6:00pm

Bring your best skills, team spirit, and game face Lets find out which center truly runs the game!

Family Fun Fridays: Play, Laugh, Connect! [Y] [A] [S]

Every Fridays @ 5:30pm – 7:00pm

Looking for a way to bond, laugh, and make memories as a family? Join us for Family Fun Fridays.

Five on Five Youth Basketball

Every Thursday, 5:30pm-7:00pm

Lace up your sneakers and hit the court for an exciting day of fast-paced basketball action.

Kids' Clothing Swap / Community Sale! [Y] [A] [S]

Every Second Saturday, 1:00pm – 3:00pm

Bring what you can - take what you need! Free clothing swap designed just for kids!

SPECIAL EVENTS

Battle of the Generations

Friday, March 27, 2026

5:30pm-7:00pm

It's a battle between the fathers and sons, who come out to see who has the best talent.

Jazz in the Forest

Friday, January 9, 2026

6:00pm-7:00pm

Whether you're a longtime jazz lover or new to the scene, this is a night you don't want to miss. Bring your friends, relax, and let the music move you.

Valentine's Photo Booth

Friday, February 13, 2026

5:30pm-6:30pm

Celebrate the season of love with fun and festive photos! Whether you're striking a pose with your sweetheart, your bestie, or flying solo, our **Valentine's Photo Booth** is the perfect place to make memories.

Easter Coloring Contest

April 17, 2026

4:30pm-5:30pm

Hop into the fun and show off your creativity!

