



Department Overview

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

CONTACT

CENTER SUPERVISOR:

Andrea Worriels
Andrea.worriels@savannahga.gov

ADDRESS:

1410 Richards Street
Savannah, GA 31415

PHONE:

912-644-7737

WEBSITE:

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

HOURS of OPERATION

Monday-Friday
8:00 AM to 8:00 PM

Saturday
9:00 am to 5:00 pm

Moses Jackson/Grant Center

Winter Programming: January-April 2026

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] [S]

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] [S]

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] [S]

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 specifically 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.

Walk Across America Chair Exercises**2nd Tuesdays 10:00 am-10:30 am**

Navigating through different cities visiting historical sites. Imagine traveling cross country while exercising!

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] [S]

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, social, emotional, and spiritual wellness.

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 /Beading & Jewelry Making [S]

Thursdays 10:00am

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

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.

Affini's Hospice Health Visit / [SADC] [S]

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] [S]

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 at 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] [S]

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

Enjoy a movie and snack on some popcorn.

Senior Kickball (Outside) [S]

Every Wednesday 11:00am-12:00pm

Providing physical activity and social interactions, a low impact activity that can improve cardiovascular health, strength, balance and coordination.

Lunch & Learn [S]

Every 2nd Monday

11:00 am-11:20 am

A different fruit/vegetable of the month. Seniors will learn about then sample the different fruits and vegetables.

Sit N Fit [SADC}

Every 1st & 3rd Friday

10:00 am-10:45 am

Go at your own pace with weight and cardio focused on physical training.

Golden Oldies Bingo [SADC}

Every 2nd & 4th Friday

10:00 am-11:00 am

The therapy spin on the traditional BINGO game with music and prizes

Essential Self Care [SADC}

Savannah Tech Barbering

2nd & 4th Thursday

10:30 am-11:30 am

Skills to promote self-hair care and offer haircuts to seniors

Google Basics [SADC}

Technology Shared Foundation, Inc

4th Wednesday of the Month

10:30 am- 11:30 am

Learn Basic Skills on how to use Google Technology including google docs, drive and so much more

Current Events {S}

Every Monday

9:30 am -10:00 am

Open discussion about Top news

Juicing {S}{Y}

Every 2nd & 4th Wednesday

10:30 am-12:00pm

Improved digestion, boosted energy levels, and enhanced immune functions. For seniors, a way of getting in those important nutrients that they may not be able to chew. For youth, consuming nutrients may not like in a different form.

Senior Choice Day / {S}

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

SPECIAL EVENTS

Welcome 2026 New Year's Bubbly on-Alcoholic) {SADC}

January 2, 2026

Seniors New Year, New Beginnings Celebration

The Life of Dr. Martin Luther King Jr Discussion {SADC}

January 19, 2026

The seniors will each discuss their life experiences about how/what Dr. King has impacted them.

Winter Chili Recipe/Kick It Up a Notch {S}

January 16th and 30th, 2026

Seniors will present and serve their best chili recipes from countries all over the world. May the Best Chili (Country) Win!!!

Senior Super Bowl/ Football Touchdown Party {SADC}

February 6, 2026

Seniors will gather with their football jerseys on and enjoy some delicious treats.

Unique Valentine's Dance/Dinner {SADC}

February 13, 2026

Senior Love

Black History Month of Events {S}

February

- Share a Quote (Everyday)
- What do you remember
- Name this famous person

Senior Winter Olympics {S}

February 20th, 2026

10:00 am -12:00 pm

Opening ceremony for the Senior Winter Olympics! Seniors will engage in some winter games & activities.

Valentine's Pin the Heart on Cupid/Love Songs Sing Along {S}

February 13, 2026

Seniors will engage in Valentine's activities

2026 Beginner Financial Tech Sessions {S}

Every Monday 2026

Seniors will learn how to deviate through electronic devices in learning how to pay their bills through cell phones, tablets or desktops. In today's world we want our seniors to be able to operate their devices.

Announcement of the Grand Marshal for the St. Patrick's Day Parade Celebration {SADC}

March 6, 2026

Every year our seniors are excited to see who will lead the St. Patrick's festivities.

Annual St. Patrick's Day Parade {SADC} {S}

March 17, 2026

Seniors will watch the exciting festivities of the parade at the center

St Patrick's Day {S}

March 17, 2026

Leprechaun's Pot of Gold/Wear Green

Making Creative Easter Baskets {S}

Beginning in March

Our Seniors will make creative Easter baskets to give as gifts

Easter Bunny Hop/Chocolate Covered Bunnies {SADC}

April 3, 2026

Lake Mayer

Savannah Adult Daycare's Easter Egg Hunt at Lake Mayer

Seniors on the Runway {SADC}

April 17, 2026

All Westside Centers

Bringing all the Westside Centers together to strut their stuff down the runway!

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

Youth and Adult Programming:
Grant Regional Gym

YOUTH AND ADULT

Daily

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 of age

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

Game Room [Y]

Monday-Friday

4:00 pm-7:30pm

Ages 8-18yrs of age

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

4:30 pm-7:00 pm

Toddlers 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

11:00 am – 7:00 pm

Ages 18 years of age and 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]

Monday-Friday

8:00 am- 7:30 pm

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

Youth Basketball & Activities [Y]

Mondays, Wednesdays, and Fridays

3:00 pm- 7:30 pm

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

Adult Basketball [A]

Thursdays

Instructors: Coach Johnny, Kenny and Mannie

5:00pm-7:00 pm

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

Word Search Therapy [Y]

Monday-Friday

3:30 pm-7:30 pm

Improving vocabulary, spelling and memory. They can also boost **cognitive** skills like pattern recognition, focus, and problem -solving abilities.

Arts & Crafts [Y]

Tuesdays and Thursdays

3:30 pm-6:30 pm

Come join us for some arts and crafts activities Exploring the broad creativity of each individual youth

Coloring for Comfort [Y}

Monday-Friday

3:30 pm-7:30 pm

Coloring helps with reducing stress and anxiety by focusing the mind, promoting mindfulness, and boosting creativity.

Coaching 6, 8 & 10 Under Basketball {Y}

Monday-Friday

6:00 pm-7:30 pm

Youth from ages 6-10 years old will be taught dribbling, passing, offense, defense, set plays, teamwork, discipline, and have fun while learning the game of basketball. Each Coach will evaluate the players progress daily, and by the end of each week discussions will happen.

Weekly

Mondays

Fitness for Seniors [SADC] [S]

Mondays & Wednesdays

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] [SADC] [S]

Fridays

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]

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.

2026 Vision Board [Y]

Mondays

6:00-7:00 pm

Youth will visualize their goals and aspirations as a way of focusing on their dreams through pictures and words encouraging them to think about their future.

Introduction to Tennis {Y}

Every 1st & 3rd Monday

5:00 pm -6:00 pm

Tennis offers significant physical, mental, and social benefits for youth, including improved coordination, agility, and health. It builds life skills such as problem solving, strategy, sportsmanship and self-confidence.

Tuesdays

Gaming w/Mannie[Y]

Tuesdays

Ages 10-16

5:00pm -6:00pm

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

Young Kings Workshop [Y]

Every other Tuesday

4:00pm-5:00pm

This mentoring workshop is for young men ages 10-17 years of age. We will collaborate with ONSET Program and the Savannah Impact Program. This program is geared towards providing positive life skills, role models and knowledge in hopes of empowering the young men in our community.

Sweet MJ Youths {Y}

1st Tuesday of each Month

4:00 pm-5:00 pm

Youth will come up with a treat each month that they will bake from scratch. While the act of baking together helps children develop life skills, confidence, and teamwork

Toddler Basketball Boot Camp [Y]

Lady Bamford Daycare

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

Fitness for Females {Y}

Every other Wednesday

4:00 pm-5:00 pm

Jump start your fitness journey and build lifelong healthy habits with our Women's Fitness Program!

Designed to inspire a love for fitness, this program offers a supportive and empowering environment for young ladies of all fitness levels. Participants will engage in a variety of workouts, including cardio, strength training with machines and free weights, also with other dynamic exercises to help reach individual fitness goals

Technology for Teens [Y]

5:00-6:00 pm

Join us in some basic computer skills and knowledge that will allow individuals the ability to use computers and related technology efficiently

Introduction to Soccer Bootcamp {Y}

6:00 pm-7:00 pm

Youth will learn the fundamentals of soccer from teamwork, discipline, offense, defense, set plays from all staff led instructions. Participants feedback each week and Coaches surveys will be accessed on the progress over the course of three months.

Thursdays

Youth Empowerment Outreach [Y]

Instructor: Mrs. Williams

Thursday & Friday

4:00pm-5:00pm

Ages 5-18 years of age

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

Public Speaking/Journaling through Expression [Y]

Thursdays 4:30pm – 5:30pm

Public speaking is a vital skill for youth by enhancing their confidence with their communication abilities and the opportunities for success. Youth will record themselves weekly, they will critique themselves on what areas need improvement.

BINGO [Y]

1st and 3rd Thursdays

5:30 pm-6:30 pm

Join us in a fun game of BINGO for all ages! BINGO is a game of chance in which each player matches the numbers printed in different arrangements on cards.

Adolescent Health [Y}

2nd and 4th Thursday

5:30 pm-6:30 pm

Improving the overall health of young people between the ages of 10 and 19 years of age by addressing their physical, mental, and social needs during their critical stages of development.

- Physical
- Mental
- Prevention of Risk-Taking Behaviors
- Skill Development

Fridays

Inside (Outside If Weather Permits) Fun Fridays [Y]

1st and 3rd Fridays

5:30-7:30 pm

Grant/Park

Kickball/Flag Football

2nd and 4th Fridays [Y]

5:30pm-7:30pm

Grant Gym

Pickleball/Badminton/Cornball

Physical activity to improve physical and mental health, increased energy and reduced risk of chronic diseases

Name That Tunes {Y}

Youth will listen to music from their genre; by raising their hands they will have the opportunity to name the name of the song or artist

Painting with a Purpose [Y]

2nd Thurs in Jan, Feb, March and April

5:00pm-6:30pm

Youth will have the opportunity to express their creativity by painting on a canvas. This activity will be conducted outside/inside

MONTHLY EVENTS

SCAD [Y]

5:00pm-7:00pm

Creativity

Students from SCAD will present different forms of art through painting and hand crafts to our youth

Team Building [Y]

5:00pm-7:00pm

2nd Wednesday of Each Month

Each month we will build strategies for creating stronger collaboration, communication and leadership skills for our youth.

Retro Games/Game Night [Y]

1st and 3rd Thursday

5:00pm-7:00pm

Fun and engaging interaction, we will learn games from back in the day to present day games that teach teamwork and communication

Line Dance [Y]

5:00pm-7:00pm

2nd Thursday

Inspired Movement Dance created as an artistic expression that tells a story

SPECIAL EVENTS

2026 New Year's Celebration [Y]

January 2, 2026

3:00-6:00 pm

Welcoming in the New Year with fun activities and games

The Amazing Race Collaboration with Hudson Hill {Y}

Jan 5th, 2026

2:00 pm-6:00 pm

May the best team win! The battle between Hudson Hill, Crusaders and Moses Jackson!

Dr. King Celebration [Y]

January 14th, 2026

4:00 -5:00 pm

Youth will celebrate with a parade and cake & ice cream.

Hudson Hill/Moses Jackson/Carver/Woodville Valentine's

Sneaker Ball {Y}

February 13th, 2026

4:00-6:00 pm

A special day of LOVE just for our youth!

Movie Night at Moses Jackson Center [Y]

Warm Chocolate Chip Cookies & Hot Chocolate

February 26th, 2026

5:30pm-7:30pm

Join us in watching a movie (TBA) while enjoying the warmth of some sweet treats!

Spring Forward with Daylight Saving Time {Y}

March 6th, 2026

5:00 pm- 6:30 pm

Youth will explore the reasons why we turn our clocks an hour forward and behind. Why during certain seasons, it's lighter outside longer and darker in others.

St. Patrick's Celebration {Y}

March 17th, 2026

5:00 pm -6:30 pm

Join us in learning all about Leprechauns and Shamrocks!

Soccer Tournament {Y}

March 27th, 2026

5:00 pm – 7:00 pm

Youth will come together to compete and showcase their skills.

Spring Fling Week {Y}

March 30th-April 3rd, 2026

Join us in a week of fun activities, ranging from soccer, tennis, kickball and flag football, arts & crafts, music and creativity!

Easter Egg Hunt & Activities {Y}

April 3rd, 2026

5:00 pm-7:00 pm

Youth will discuss what Easter means to them, play games, fellowship with friends then see who can find the golden eggs.

Good Friday Tie Dye {Y}

April 16th, 2026

4:00 pm-5:30 pm

Join us in the lab as we have fun with this hands-on art project where youth will fold twists and dye socks/hats to create colorful patterns. They will explore color mixing, patterns and creativity and leave with their very own personalized tie dye item.

April Field Events {Y}

April 30th, 2026

5:00 pm-6:00 pm

Moses Jackson's youth will travel to Carver Community Center to enjoy a day of outside events including playground play, basketball, tennis and soccer!

COMMUNITY EVENTS/MEETINGS

West Savannah Community Organization {E}

Every 4th Tuesday of the Month

Meetings begin at 6:00 pm

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 the month.

Community Cop [Y] [A] E}

Instructor: CPL Joshua Flynn

(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.

Days to Remember:

January 01, 2026 New Year's Day

January 19, 2026 Dr. King's Day

February 02, 2026 Groundhog Day

February 14, 2026 Valentine's Day

February 16, 2026 Presidents Day

March 08, 2026 Daylight Saving

March 15, 2026 Mother's Day

March 17, 2026

St Patrick's Day

April 03, 2026

Good Friday

April 05, 2026

Easter Sunday