



**COS, RECREATION & LEISURE
SERVICES TR PROGRAM**

LOCATION (S)

John S. Delaware Center
1815 Lincoln St.
Savannah, GA 31401

PHONE:

Office ~ 912-651-6791 OR 6792
Cell ~ 912-547-1164 OR 912-547-3267

WEBSITE:

http://www.savannahga.gov/the_rapeuti_csapplication

EMAILS:

VGreen@Savannahga.gov
Lashunda.brown@savannahga.gov
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HOURS of OPERATION

Monday-Thursday 8-6
Lunch 11:30 – 12:30 daily

Friday 8-12noon
Closed Sat. & Sun.

FALL QUARTER 2023

AUGUST 14 - NOVEMBER 3
**THERAPEUTIC
RECREATION**

We make the impossible, POSSIBLE!

PROGRAMMING EVENTS

Adult Morning (AMP) Monday – Friday

Various Exercises & Developmental Bocce and Softball Skills

Location: Paulson Softball Complex

Instructors: TR Staff

Mondays & Tuesdays August 14 – October 30 8:30am – 10:45am

Developmental skills are an excellent form of exercise, a way to release energy, and for pure enjoyment of playing and learning sports. It helps a person's overall fitness; it improves cognitive health, better control of weight, healthier bone density and better emotional and psychological health. It can also help boost self-confidence, improve skills relationship building and working as a part of a team.

(Virtual Chair/Mat Yoga will be available on Tuesdays & Thursdays beginning August 15 – November 3)

Social Skills Activities and Arts & Crafts 8:30 – 10:45PM

Location: John S. Delaware Ctr.

Instructors: Telfair/Jepson Museum Staff/TR Staff

Wednesday - Fridays August 9 – November 3

Each week, participants will engage in a different activity to stimulate the mind, soul, and spirit.

Youth After School Program (YASP) Mondays & Wednesdays

Developmental Bocce and Softball Skills/Basketball Skills 3:00 – 4:00pm

Snack (4:30 – 5:45pm)

Locations: Paulson Softball Complex & John S. Delaware Ctr.

Instructors: TR Staff

Mondays (Bocce & Softball) August 14 – September 25

Mondays (*Basketball Skills*) October 10 - October 30

Developmental skills are an excellent form of exercise, a way to release energy, and for pure enjoyment of playing and learning sports. It helps a person's overall fitness; it improves cognitive health, better control of weight, healthier bone density and better emotional and psychological health. It can also help boost self-confidence, improve skills relationship building and working as a part of a team.

**Bowling and Musical Therapy & Ceramics 3:00 – 4:00pm
Snack (4:30 – 5:45pm)**

Locations: Frames 'n Games, Pooler & SCAC

Instructors: TR Staff / SCAC

Wednesdays (*Bowling*) August 16, 23, 30; Sept. 6, 13, 20, & 27

Wednesdays (*MT & Ceramics*) Oct. 4 – Nov. 1

Participants will learn techniques of bowling while enjoying the fun in learning the game. Not only will they get some exercise in but they will learn to recognize their names as well as their teammates' names and numbers (score). This sport will bring hand and eye coordination, footwork, and techniques all together in a fun way. While bowling will be enjoyable and fun, Musical Movement and Ceramics will teach participants how to have fun in other ways and be creative in their own way.

Adult After Work Program (AAWP) Tuesdays & Thursdays

Various Exercises/Developmental Bocce & Softball Other Skills/Bowling/Arts & Crafts 3:30 – 5:45PM

Locations: Paulson Softball Complex & John S. Delaware Ctr.

Instructors: TR Staff

Tuesdays (*Bocce & Softball Skills*) August 15 – October 3

Tuesdays (*Arts & Crafts & Basketball Skills*) Oct. 10 – 31

Developmental skills are an excellent form of exercise, a way to release energy, and for pure enjoyment of playing and learning sports. It helps a person's overall fitness; it improves cognitive health, better control of weight, healthier bone density and better emotional and psychological health. It can also help boost self-confidence, improve skills relationship building and working as a part of a team.

Bowling 3:30 – 5:30PM

Location: Frames 'n Games, Pooler

Instructors: TR Staff

Thursdays (Bowling) August 17, 24, 31; Sept. 7, 14, 21, 28; Oct. 12, 19, & 26

Participants will learn techniques of bowling while enjoying the fun in learning the game. Not only will they get exercise in, but they will learn to recognize their names as well as their teammates' names and numbers (score). This sport will bring hand and eye coordinator, footwork, and techniques all together in a fun way. For participants this will be for fun but for others (Special Olympic Athletes) this will be training for competition for the Indoor Winter Games in January 2024!

Various Exercises ~ Chair/Mat Yoga (Virtual Programming)

Location: Virtual

Instructor: Franessa Stalter

Tuesdays & Thursdays (can be used for up to 30 days)

This gentle form of yoga is a practice that brings together mind and body. It provides breathing exercises, meditation and poses to encourage relaxation and reduce stress. Chair yoga is designed to support healthy aging and/or recovery from injury or illness. Chair yoga is an ideal class if you are new to yoga, have trouble getting up and down off the floor and/or want to build strength, flexibility, and balance. This program is for all participants in the program (adult or youth).

****ALL APPLICATIONS FOR EACH SESSION CAN BE FOUND ONLINE ON THE CITY OF SAVANNAH WEBSITE UNDER RECREATION & LEISURE SERVICES, THEN THERAPEUTICS****

DATES TO REMEMBER!

NO PROGRAMMING – MONDAY, SEPT. 4 – LABOR DAY HOLIDAY

NO PROGRAMMING ~ THURSDAY & FRIDAY, OCT. 5TH & 6TH (DUE TO FALL GAMES ~ OCT. 6 – 8)

NO PROGRAMMING FOR YOUTH ~ MONDAY, OCT. 9 ~ HOLIDAY

HOLIDAY BALL ~ FRIDAY, DECEMBER 1, 2023

WINTER QUARTER BEGINS ~ MONDAY, JANUARY 8, 2024
(Applications will be sent out in December)

HAVE A HAPPY HOLIDAY SEASON!!!



SAVANNAH
Recreation and Leisure Services



