



## 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

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### WEBSITE:

[https://www.savannahga.gov/2957/  
Recreation-and-Leisure-Services](https://www.savannahga.gov/2957/Recreation-and-Leisure-Services)

### HOURS of OPERATION

**Monday-Friday  
8:00am-8:00pm**

# J.S. Delaware Center

## Winter Programming: January-April 2025

**PROGRAM CODES** [A] ADULT [S] SENIOR [Y] YOUTH  
[T] THERAPEUTIC

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### Youth and Adult Programming

#### YOUTH AND ADULTS

#### Senior Outreach Program Monday-Thursday 9am-12pm

Our senior outreach program, set to launch in 2025, aims to foster meaningful connections and support for the aging community. This initiative will provide a range of services, including social engagement activities, health and wellness workshops, and access vital resources. By partnering with local organizations, we will create a network that empowers seniors to stay active, informed, and connected. Our goal is to enhance their quality of life and combat isolation, ensuring that every senior feels valued and supported in our community.

#### Save the Date: Special Events:

#### Celebration of Life for the New Year [S] [A]

January 6, 2025  
9:30am-11:30am

Our seniors will enjoy a heartfelt event honoring their experiences and achievements, featuring uplifting stories, music and activities that foster community and connection among participants.

#### Mary Telfair Women Hospital [S] [A]

January 8, 2025  
10:00am-11:00am

A representative will come to the center to speak to our senior population about the importance of making and keeping all appointments. This session is geared toward women and their unique needs.

### **Speaker on Self Defense S] [A]**

January 13, 2025

10:00-11:00am

The speaker will focus on empowering participants with practical skills and strategies to enhance their personal safety and confidence in everyday situations.

### **National Activity Week S] [A]**

January 21-23, 2025

Our seniors will participate in chair exercises, dance to music along with finishing up their arts projects.

### **Mary Kay Speaker & Demonstrator S] [A]**

January 29, 2025

9:30-11:30am

The seniors will enjoy a day of pampering.

### **Heartfelt Recipes [S] [A]**

Each Wednesday in February

10:00-11:00am

In February, our seniors will create the cover for their recipe book, compile their favorite recipes, and share the finished product with each other.

### **International Women's Day [S] [A]**

March 12, 2025

10:00-11:30am

Providing our seniors with an opportunity to honor their experiences and inspire one another through shared stories and wisdom.

### **Springtime Treat Basket for Seniors [S] [A]**

April 14-17, 2025

10:00-11:00am

Each senior creates a delightful collection of seasonal goodies and thoughtful gifts designed to bring joy and brighten their spirits during the spring season.

## **YOUTH AND ADULT**

### **Youth Basketball League [Y]**

January-February 2025

Join us as we tip off the 2025 youth basketball season here at the Delaware Center. Our athletes and their families along with basketball enthusiasts will enjoy a season filled with fun, competition and community spirit.

### **One-on-One Youth Mentorship Program**[Y]

January-April 2025

4<sup>th</sup> Wednesday

5:00-6:00pm

This Winter quarter we were excited to launch our youth mentoring program. Each employee will have the opportunity to make a lasting impact in one youth life through guidance and support. Each member of staff will foster one youth throughout the winter quarter and give monthly elevation to the youth. The staff will be responsible for developing valuable leadership skills, mindful connections within the community and fostering a positive attitude, that will create a brighter future for our youth.

### **Green Thumbs Club: Youth Gardening Adventures**[Y]

February-April

Under the guidance of our staff, volunteers and our seniors, the youth will embark on their first gardening project by planting a variety of vegetables and herbs at the recreation center. This hands-on-experience will not only teach them valuable skills but also foster a sense of community and responsibility.

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

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

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

### **Kids Café is served daily for youth ages 6 -18yrs**

Delaware Center [Y]

Monday-Friday, 4:30pm-5:30pm

Kids Cafe is designed to provide children at-risk for hunger a nutritious evening meal.

### **Creative Arts Workshop** [Y]

3<sup>rd</sup> Tuesday

February-April 2025

5:00-6:00pm

Hands on session where participants can explore painting, canvas & digital arts techniques.

### **Healthy Cooking Classes** Y]

Special Guest Each Week

4<sup>th</sup> Thursday February-April

5:00-6:30pm

Interactive cooking lessons focused on preparing nutritious meals and snacks, promoting healthy eating habits.

### **Heartfelt Connections: A Youth Valentine Celebration [Y]**

February 7, 2025

5:00-7:00pm

The youth will participate in DIY cards, friendship bracelets, painted rocks, photo booth props and move in celebration of Valentines Day.

### **Spring Craft Fair[Y]**

April 14-18, 2025

6:00-7:30pm

Staff will organize a craft fair where youth can make handmade Easter themed crafts, such as bunny masks or spring decoration, egg decorating and a Bunny Hop relay race.

### **Pickle Ball [S] [A] [Y]**

1<sup>st</sup> Friday – 5:30pm – 6:30pm

An enjoyable racquet game that has begun overtaking tennis in popularity, thanks to its simple rules and inclusive nature. Pickleball gives a good aerobic workout for youths and adults.

### **Fun Friday/Volleyball**

2<sup>nd</sup> Friday 5:00pm -6:30 pm[Y] [A]

Recreation activities offer parents and adults and opportunity to stay active and develop healthy lifestyles, connect with new friends in the community, explore new social activities, and develop new skills.

### **Basic Computer Classes[S] [A] [Y]**

Monday-Friday

9:30-11:00 am

4:00-5:00 pm

Calling all Adults and youth! If you feel the need to navigate the computer this workshop is for you. Whether you are a beginner or have computer experience, come check this program out.

## **ATHLETICS**

### **Sports and Fitness [Y]**

Mon-Wed-Friday 4:00-

5:30pm

Sports are a means to physical and emotional well-being and the development of strong leadership skills like communication and organization. Sports can play a potential role in alleviating a wide range of social problems in communities that may otherwise be afflicted with substance abuse, crime academic underachievement, and lack of a social identity.

**Aerobics/Dance Line [A] [S]**

Tuesday  
11:00-12:00pm

Take pride in providing our community with exercise with the most up to date line dancing and creating endless sources of inspiration.

**Arts Exposed Dance Collective [A] [S]**

Every Friday  
6:00-7:00pm

Parker and Ryan will join forces to empower and educate learners on dance techniques.

**Yoga [A] [S]**

Every Wednesday  
5:00pm-6:30pm

Yoga is a practice that combines physical postures, breathing techniques, and meditation to enhance overall well-being.

**Step Team (Front Porch) [Y]**

Every Thursday  
6:00-7:00pm

This energetic form of expression often combines elements of music and choreography, showcasing creativity and teamwork. Step teams promote unity, discipline, and a sense of belonging.

**Martial Arts and Self-Defense Classes (TBA) [Y]**

[Community Meetings/Special Events](#)

**Taco Fiesta**

February 25, 2025  
5:00-6:30pm

The youth gathered at the recreation center, sharing laughter and delicious food as they enjoyed their monthly community meal together.

[Community Meetings](#)

Thomas Square Neighborhood Association Meeting  
3<sup>rd</sup> Tuesday of each month, 6:00-8:00pm

LBGTQ Meeting 2<sup>nd</sup> Monday of each month 6:00-7:00pm

DDCS Community Meeting 3<sup>rd</sup> Thursday of each month 6:00-7:30pm

Legal Women’s Voters 3<sup>rd</sup> Monday of each month 6:00-7:00pm

Chronic Disease Community Meeting 2<sup>nd</sup> Saturday 12:00-1:00pm

## THERAPEUTIC PROGRAMMING

### Adult Morning (AMP) Monday – Friday

#### **Various Sports & Developmental Badminton and Volleyball Skills 8:30 am – 10:45 am**

Location: John S. Delaware Ctr.

Instructors: TR Staff

Mondays January 13 – March 11

Developmental skills are an excellent form of exercise, a way to release energy, and for the 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 and improve skills in relationship building and working as a part of a team. We will complete a different sports skill each week.

*Week 1 – 4 Badminton Skills*

*Week 5 – 9 Volleyball Skills*

#### **Chair/Mat Yoga/Social Skills Activities 8:30 am – 10:45 am**

Location: John S. Delaware Ctr.

Instructors: TR Staff

Tuesdays January 14 – March 11

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

#### **Craft N' Creations 8:30 am - 10:45 am**

Location: John S. Delaware Ctr.

Instructors: TR Staff

Wednesdays January 15 – March 12

Being creative and learning to make your craft build the cognitive mind.

#### **Games, Bingo, & Lip Sync 4 Your Life 8:30 am – 10:45 am**

Location: John S. Delaware Ctr.

Instructors: TR Staff

Thursdays January 16 - March 13

Win fun prizes while increasing your brain process by socializing with old friends and making new friends

#### **Eventful Fridays 8:30 am - 10:45 am**

Location: John S. Delaware Ctr.

Instructors: TR Staff

Fridays January 17 - March 14

It's an exciting way to wind down your week and boost your social skills. Our **eventful Fridays** are here to offer a perfect blend of entertainment, teamwork, and personal growth. These events help participants build stronger social connections while promoting positive behaviors in a relaxed, engaging atmosphere.

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## Youth After School Program (YASP) Mondays & Wednesday

### **Chair Mat Yoga Discover Your Power Within 3:00 pm- 4:00 pm**

Location: John S. Delaware Ctr.

Instructors: Rose Tolbert

Mondays February 10 - March 10

Youth Yoga is a beginner's gentle flow class. The youth learn to connect their breath with the movements into and out of each pose.

The sequence of yoga poses has many physical, social, and emotional advantages stemming from the mindful movement of the body. This class helps with improved balance, posture, dexterity, flexibility, and improved strength and concentration, they will be able to practice communication skills such as listening, following instructions, and relaxation and deep breathing techniques. While also learning to develop social skills, connect with others, and develop self-esteem and self-regulation.

### **Developmental Badminton Skills/ Volleyball Skills**

5:00 pm – 5:45 pm Snack (4:30 pm – 5:00 pm)

Locations: John S. Delaware Ctr.

Instructors: TR Staff

Mondays January 13 – March 10

Developmental skills are an excellent form of exercise, a way to release energy, and for the 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 and improve skills in relationship building and working as a part of a team.

### **Musical Therapy & Ceramics 3:15 pm – 4:15 pm**

Snack (4:30 – 5:45 pm)

Locations: SCAC & John S. Delaware Ctr.

Instructors: SCAC

Wednesdays January 15 – March 12

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**

### **Various Exercises ~ Chair/Mat Yoga 3:30 pm - 4:30 pm**

Location: John S. Delaware Ctr

Instructor: Franessa Stalter

Tuesdays January 14 - March 11

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 ideal 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 and youth).

**Various Exercises/Developmental Badminton & Volleyball Skills & Bingo 4:30 pm – 5:30 pm**

Locations: John S. Delaware Ctr.

Instructors: TR Staff

Thursdays January 14 - March 11

Developmental skills are an excellent form of exercise, a way to release energy, and for the 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 and improve skills in relationship building and working as a part of a team. (Special Olympic Athletes) this will be training for competition for the State Summer Games in May 2025!

Bingo Win fun prizes while increasing your brain process and socializing with old friends and making new friends.

**Free Play 5:00 pm - 5:45 pm**

Locations: John S. Delaware

Instructors: TR Staff

Tuesdays January 14 - March 11

Free Play Engages the mind, body, soul, and spirit by promoting mental and physical well-being. It fosters communication, reduces stress, and enhances emotional regulation. It also allows for self-expression and growth. They also learn to explore their emotions, build relationships, and learn essential life skills.

**Swimming TBD**

Location: Chatham County Aquatic Center

Instructors: TR Staff

Thursdays February 6 - April 10

Participants will learn physical endurance, strength, speed, and technique making it an excellent full-body workout. Participants learn appropriate social behavior and functional knowledge of the rules necessary to participate successfully in aquatics competitions. This will be training for competition for the Summer Games Special Olympics in May 2025!

**\*\*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 – JANUARY 20 – MLK DAY HOLIDAY**

**NO PROGRAMMING ~ THURSDAY & FRIDAY, JAN 30<sup>TH</sup> & 31<sup>ST</sup>  
(DUE TO WINTER GAMES)**

**NO PROGRAMMING ~ MONDAY, FEBRUARY 3**

**NO PROGRAMMING ~ MONDAY, FEBRUARY 17-PRESIDENT'S  
DAY**