



# Crusader Center

## Winter Programming: January-April 2026

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

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### Senior Programming:

#### SENIORS

#### DAILY

#### Coffee & Current Events / [S]

**9:00am - 10:00am**

Join us for a hot cup of coffee, friendly faces, and a simple, guided chat about today's headlines. Stay informed, share perspectives, and start the day connected.

#### Join Us for Fun and Fitness! / [S]

**10:00am –10:15am**

Promote your physical fitness and overall well-being through a variety of engaging activities! Enjoy dancing to great music, walking with your buddies, and participating in a range of fun chair exercises designed to burn calories and keep your moving. There's something for everyone—let's get active together!

#### Health and Nutrition [S]

**11:15am – 11:30am**

Join us for our weekly casual conversations on nutrition, health, and more! Also, staff will share useful information and resources.

#### Congregate Meals [S]

**11:30am - 12:30pm**

Enjoy a hot, nutritious meal served daily.

### Department Overview

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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##### WEBSITE:

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

#### HOURS of OPERATION

##### Monday-Friday

**8:00am to 7:00pm**

### **Craft Your Way [S]**

**9:00am - 3:00pm**

Enjoy self-paced and occasionally staff-led sessions where you can express your creativity through coloring, painting, textiles, and other art or craft forms.

### **Computers Lab [S]**

**9:00am - 3:00pm**

The computer lab is open all day for individuals to use at their convenience.

### **Table Games [S]**

**9:00am - 3:00pm**

Let the games begin! Spades, Phase 10, UNO, puzzles, and word fun await!

## **WEEKLY**

### **M&M-Meditation Monday [S]**

**Mondays**

**9:30am- 10:00am**

Join us for a peaceful start to your week. This session offers simple breathing and mindfulness techniques designed to reduce stress, enhance mood, and promote overall well-being. Join us for a peaceful start to your week.

### **Bingo [S]**

**Monday and Wednesday**

**10:00am - 11:15am**

BINGO is always a hit! Players try to get a row for a chance to win fun prizes donated by members or community partners. It's a great way to connect with others, boost hand-eye coordination, and keep your mind sharp.

### **Free Play Ping Pong [S]**

**Monday, Tuesday, Wednesday, and Friday**

**12:30pm – 1:30pm**

Looking for a fun and active way to unwind? Swing by for a casual, drop-in experience. Whether you're a seasoned player or just looking to try something new, come enjoy friendly matches, sharpen your reflexes, and connect with others.

## MONTHLY

### **Tech Talks [S]**

**January-April**

**Tuesday and Thursday**

**10:00am-11:00am**

Each four-week session covers simple “how-to” topics, online safety, and practical tools for everyday use. Participants can receive small tech accessories and enjoy hands-on practice in a friendly, supportive setting.

**Week 1:** Smartphone Basics

**Week 2:** Internet Safety

**Week 3:** Social Connection

**Week 4:** Everyday Tech

## SPECIAL EVENTS

### **January**

**“New Year, New Vision” [S]**

**Vision Board Workshop**

**January 6, 2025**

**10:00am-11:30am**

Bring your dreams to life! Create a personal vision board that captures your hopes and goals for the year ahead. In this uplifting session, participants will explore how the power of visualization can spark motivation, strengthen focus, and invite more positivity into everyday life.

### **February**

**Flashback Faces [S]**

**February 10, 2026**

**12:45pm-2:00pm**

Take a walk down memory lane! Seniors are invited to bring in a favorite photo (submitted prior to the event). All photos will be displayed and numbered for a fun guessing game. Can you guess who’s who? Afterward, we’ll reveal each photo and share a short backstory behind it. Prizes will be awarded for correct guesses!

## Youth and Adult Programming:

### **YOUTH AND ADULT**

#### **Tots in Action [S] [Y] [A]**

**Monday**

**10:00am-11:00am**

**3-5 years old**

**\*Limited spacing**

Get your little ones moving with *Tots in Action!* This fun and engaging program is designed for children a 3–5 years of age and encourages physical activity through playful games, music, and movement. **Note: An adult must accompany each child.**

**Week 1:** Jungle Adventure

**Week 2:** Social Play and Game Skills

**Week 3:** Color and Creativity

**Week 4:** Movement and Instructions

**Week 5:** Let's Have a Ball

**Week 6:** Interactive Play

**Week 7:** Music and Motion

**Week 8:** Parachute and Puppets

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

**September- December**

**Monday-Friday**

**3:00pm-6:00pm**

**Ages 7-13 years old**

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

#### **Share Circle: A Welcoming Place [Y]**

**Monday**

**5:30pm-6:30pm**

**Ages 12-18**

Come join us in a cozy, open circle where people of all ages can connect, share, and grow together. Each gathering invites everyone to share stories, thoughts, and experiences around a meaningful topic in a kind and supportive atmosphere. In the circle, every voice matters creating space for respect, understanding, and genuine connection.

**Learn to Read Music [S] [Y] [A]**

**Monday and Wednesday**

**6:00pm-7:00pm**

**Ages 7 and up**

Discover the magic of reading music notes! Lessons are designed to be fun and easy, opening the door to playing the music you love. Whether the goal is to perform or simply enjoy the pleasure of making music, assistance is available to achieve these goals.

**Playing Drums is Easier Than You Think [S] [Y] [A]**

**Tuesday and Thursday**

**6:00pm-7:00pm**

**Ages 7 and up**

No experience is necessary. Step by step instructions are provided, from holding sticks to playing the first beat

**Unlock the Power of Technology**

**Tuesday and Thursday**

**Ages 8 and up**

**6:00pm-7:00pm [S] [Y] [A]**

Join our Beginner Computer Class. Learn how to navigate your computer with confidence, essential tools like email, word processing, internet browsing, and tips to stay safe online.

No prior experience needed—just bring your curiosity!

**Foundation Building [Y]**

**Friday**

**January -March**

**5:00pm-7:00pm**

**Ages: 6-13**

The Foundation Building Program is designed to prepare young athletes for the upcoming track and field season by focusing on strength, endurance, flexibility, and proper technique. This program helps participants develop a strong athletic base, improve running mechanics, and reduce the risk of injury all while having fun in a motivating, team-based environment.

Whether your child is new to track or a returning athlete, this program will help them become physically and mentally ready to perform at their best.

**Pre-conditioning** is one of the most important phases of track and field training. It serves as the foundation for athletic development and prepares the body for the demands of the competitive season. Pre-conditioning helps athletes increase stamina, strengthen muscles, enhance mobility, and improve overall performance — ensuring they enter the season stronger, faster, and more confident.

## **ACTIVE ADULT**

### **Savannah Nanas Line Dancer [S] [A]**

**Wednesdays**

**10:00am- 12:30pm**

Meet the Nanas – Savannah Bananas Line Dancers!

The Nanas are a dynamic group of grandmothers who have become fan-favorite entertainers for the Savannah Bananas professional baseball team. Known for their high-energy performances and catching spirit, these ladies bring joy wherever they go! The Nanas welcome participants who are passionate, committed, and ready to dance! Come see the Nanas in action or join the fun if you're ready to move, groove, and shine!

### **Roseann's Line Dancing Class [S] [A]**

**Thursdays**

**10:00am-12:00pm**

Grab Your Boots and Hit the Floor!

Join us for some high-energy line dancing fun! Whether you're a seasoned pro or just learning the steps, you'll love moving in sync with a group to catchy tunes and easy-to-follow routines. No partner needed just bring your enthusiasm and let's dance!

### **Robin Fitness [S] [A]**

**Tuesday & Thursday**

**6:00pm-7:00pm**

**Ages 18 and up**

Get ready to sweat! This high-energy class blends cardio and functional fitness for a full-body workout that keeps you moving. You'll target muscles with small, isolated movements that challenge your strength and leave you feeling powerful!

## SPECIAL EVENT

### **JANUARY**

#### **THE AMAZING RACE [Y]**

**Monday, January 5, 2026**

**10:00 am-3:00 pm**

**Ages 10–16**

Hudson Hill, Moses Jackson, and Crusaders will race around Tanger Outlets, completing physical and mental challenges and navigating clues to reach successive “Pit Stops” In different areas with the first team to arrive at the last Pit stop being declared the winner. Registration is required.

### **FEBRUARY**

#### **The Crusader Center Remembered: [S] [Y] [A]**

**Where Past meets Purpose**

**When: TBA**

**Time: TBA**

We're going live! Tune in on Facebook as longtime community members take a walk down memory lane exploring the Crusader Center's roots, growth, and legacy in our community. You won't want to miss it!

### **MARCH**

#### **Swish You Were Here – March Madness [S] [Y] [A]**

**Thursday, March 26, 2026**

**6:00pm**

Join us for a slam dunk celebration! The Swish You Were Here: March Madness Party brings the thrill of college basketball to life with big screens, friendly competitions, and nonstop energy. Cheer on your favorite teams while enjoying game-day snacks, drinks, and fun challenges between matchups.

Take your shot in the mini free-throw contest, show off your team spirit, and see if your bracket survives the madness! Whether you're a die-hard basketball fan or just here for the good vibes, this is the place to be. Bring your friends, wear your team colors, and get ready to

## **APRIL**

### **Eggsplores Egg Hunt [Y]**

**Friday, April 3, 2026**

**5:30pm-7:00pm**

**Ages 12 and under**

Get ready for a field full of fun! The Eggsplores Egg Hunt brings the excitement of a classic Easter egg adventure with over 300 colorful eggs filled with candy and surprises scattered throughout the field. Participants will line up at the start line, listen to the rules, and then race to collect as many eggs as possible once the signal is given!

A few lucky eggs will contain cash prizes, and special golden eggs will hold \$10 bills. To ensure fairness and fun, the hunt will be divided into two age groups — each with its own area and special prizes. Don't forget your basket and your best egg-hunting energy!

### **Beginners Braiding [Y]**

**Date: TBA**

**Time: TBA**

**5<sup>th</sup>-8<sup>th</sup> graders**

Learn the fundamentals of hair braiding in this beginner-friendly program. The program covers basic techniques, sectioning, and tips for creating beautiful and secure braids.

Instructor: Master Cosmetologist Samantha Maxwell

