



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

HOURS of OPERATION

Monday-Friday
8:00am-7:00pm

Saturday
11:00am-5:00pm

J.S. Delaware Center

Winter Programming:
January-April 2026

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

Youth and Adult Programming

Design IT [A] [S] [Y]

3rd Mondays 4:30pm – 6:00pm

Unleash your creativity and learn the basics of design using a Cricut machine! In this fun, hands-on program, participants of all ages will explore how to create custom designs for a variety of projects—from personalized t-shirts and greeting cards to home décor and more.

G.E.A.R. (Girls Excited About Recreation) Girls Program
Develop, Learn and Grow [Y]

Mondays 6:00pm-7:00pm beginning March 2nd

Girls Excited about Recreation (G.E.A.R.) is a high-energy basketball program designed to inspire confidence, build skills, and keep young girls loving the game. Through fun drills and team play, we empower them to shine on and off the court!

Catch Me If You Can [Y]

Flag Football Fundamentals

Mondays 4:30pm-5:30pm

A fun, energetic program designed to teach the basic skills, rules, and teamwork of flag football through exciting games and drills. Open to youth ages 6-17.

Yoga [A] [S]

Mondays 6:00pm-7:00pm

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

**Creative Crafting [A] [S]**

**Tuesdays 11:30am – 1:00pm**

Unleash your inner artist and dive into the world of creativity! Discover just how crafty you can be as you experiment with colors, textures, and ideas—turning everyday moments into fun, hands-on masterpieces! Ready to get crafty and have a blast? Let’s make something amazing together.

**Art Around the World & Through the Seasons [A] [S] [Y]**

**3<sup>rd</sup> Tuesdays 11:30am-1:30pm and 5:30pm-7:00pm**

All participants will be introduced to diverse artistic styles and traditions from around the world, connected to seasonal themes, through monthly creative activities over the course of the year.

**Checkers with a TWIST [A] [S] [Y]**

**Tuesdays 4:30pm-5:30pm**

A fun and engaging program where the participants learn strategy, creativity, and teamwork through the classic game of checkers-with exciting new twists each week.

**Hop Into Health [A] [S]**

**Wednesdays 11:30am-1:00pm**

Each month, discover a new Awareness topic—boost your health knowledge and fuel your passion for advocacy and support!

**Think & Move BINGO [Y]**

**Wednesdays 4:30pm-5:30pm**

Keep minds sharp and bodies energized this winter with an exciting twist on BINGO! This fun, interactive game challenges players with math, logic, social skills, and world knowledge — all while having a blast together!

**SheMoves! [Y]**

**Wednesdays 4:30pm-6:00pm**

SheMoves!, is a girl-centered, free, bi-weekly after-school program providing a nurturing and empowering environment for girls 6-17 years of age to learn emotional regulation strategies, increase confidence, improve communication and grounded rhythm and movement activities such as dance, yoga, drumming and sound therapy as a vehicle to promote confidence, self-awareness, and resilience.

**African Dance with Kwanzaa365 Connection [A] [S] [Y]**

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

Join us as **Kwanzaa365 Connection** brings the rhythm and spirit of the culture alive with a vibrant African dance experience that celebrates unity, heritage, and joy. This high-energy event will have the whole community moving, connecting, and embracing the powerful traditions of the African diaspora through music and movement.

**Community Connection Series [A] [S]**

**Thursdays 1:00pm-2:00pm**

Get ready to connect, create, and thrive! This program brings our community together through exciting, wellness-focused activities that make the winter and early spring months lively and engaging.

**Let's Groove with Trell Line Dancing [A] [S]**

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

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

**Money Matters: Financial Foundations for Life [Y]**

**Thursdays 3:30pm-4:30pm**

Money Matters is an interactive program designed to prepare high school students for real-world financial success. Through engaging discussions, hands-on activities, and practical simulations, students will learn how to manage money wisely, build good financial habits, and make confident decisions as they prepare for adulthood.

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

**Thursdays (every other week) 6:00pm-7:00pm**

This energetic form of expression often combines elements of music and choreography, showcasing creativity and teamwork

**Fun Fridays Movie Day [A] [S] [Y]**

**1<sup>st</sup> Friday 1:00pm-3:00pm**

**3<sup>rd</sup> Friday 4:30pm-6:00pm**

Enjoy movies and popcorn. Action, Comedy, Drama, Sci-Fi, Suspense come out and watch.

**Family and Friends Game Day [A] [S] [Y]**

**4<sup>th</sup> Fridays 5:30pm-7:00pm**

Blending old tradition with new innovations by revitalizing classic game activities.

**Powder Puff Basketball [Y] (3-6 years of age)**

**3<sup>rd</sup> and 4<sup>th</sup> Saturdays 10:00am-11:30am beginning February 21st**

Your little one will enjoy the weekend with some exercise and fun! Learn the very basics of basketball-dribbling, passing and shooting, but more importantly, socialization, teamwork, and good sportsmanship. Lower hoops for younger children.

**Girl Scout Troop 30307 [Y]**

**3<sup>rd</sup> Saturdays 12:00-2:00pm**

Girl Scouts is an organization that emphasizes building skills, fostering friendship, and empowering girls to “make the world a better place.”

## DAILY

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

#### **Monday-Friday 4:00pm-5:00pm**

The center will offer a safe environment with structured activities that are convened regularly in the hours after school.

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

#### **Monday-Friday, 11:30am-12:30pm and 3:30pm-4:30pm**

If you feel the need to navigate the computer these classes are for you. Whether you are a beginner or have computer experience, come check these classes out.

### **Kids Café 6 -18yrs [Y]**

#### **Monday-Friday 4:30pm-5:30pm**

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

### **Skillz 2026 [Y]**

#### **Monday-Friday 3:00pm-5:30pm**

Open access to video games and tabletop games. Tournaments and challenges weekly.

### **Play on the Spot! [A] [S] [Y]**

#### **Monday-Friday 3:00pm-7:00pm**

**Play on the Spot!** is a spontaneous, drop-in recreation program designed for community members ages **5 to 99+**. Each session offers a rotating mix of **active games, creative arts, and tech-based fun**, giving participants the freedom to join in, try something new, and connect with others in a relaxed, welcoming environment!

## SPECIAL EVENTS

### **Popcorn with a Politician**

**January 16, 2026, 1:30pm-3:00pm**

Pull up a chair, grab some popcorn, and join us for a laid-back conversation with your local leaders! **Popcorn with a Politician** is all about connecting the community — no podiums, no pressure, just real talk and friendly faces.

### **A Fireman and Fish Fry**

**January 30, 2026, 4:00pm-5:30pm**

Bring the whole family out for a fun-filled afternoon at **A Fireman and Fish Fry!** Enjoy a delicious fish dinner, meet your local firefighters, and learn about fire safety in a relaxed, family-friendly atmosphere.

Kids can explore the fire truck, snap photos with real-life heroes, and enjoy games and activities.

### **Candle Making Workshop**

**Candles by D'Luxe**

**February 12, 2026, 5:30pm-7:00pm**

Join us for the Candle Making Workshop with **Candles by D'Luxe** and ignite your creativity! Learn the art of crafting beautiful, personalized candles from scratch, choose your favorite scents, colors, and designs to create stunning pieces that light up any space. Whether you're a beginner or a DIY pro, this hands-on experience is perfect for relaxing, having fun, and taking home your very own luxurious candle masterpiece. Don't miss out on this glowing opportunity!

### **Daddy & Daughter Dance**

**February 28, 2026, 5:00pm-7:00pm**

Get ready for an unforgettable evening as dads and daughters take the dance floor together at our **Daddy & Daughter Dance!** This special night is all about celebrating love, laughter, and the one-of-a-kind bond between fathers and their little girls.

### **Forever Young Formal**

**March 13, 2026, 5:30pm-7:00pm**

Step into an unforgettable night of style, laughter, and dancing at our **Forever Young Formal!** This special event invites our **Senior Community** to dress to impress, relive those classic prom memories, and celebrate the joy of staying young at heart.

Enjoy an evening filled with music, delicious refreshments, photo ops, and a lively dance floor where every step brings back a favorite memory. Whether you come solo, with friends, or as a couple, you'll leave with new connections and lasting smiles.

### **Come Back to the Community**

**March 28, 2026, 1:00pm -5:00pm**

Reconnect with neighbors, enjoy food, music, and family fun, and celebrate the spirit that makes our community strong. It's your invitation to come back, get involved, and make new memories together!

### **I Scream, You Scream, We All Scream for Ice Cream**

**April 13, 2026, 4:30pm-5:30pm**

An old-fashioned ice cream making party. Kids will get a chance to see how ice cream is really made. Many different kinds will be made, and children will have activities and games to participate in to learn the history and fun facts about ice cream.

### **Father & Son Olympics**

**April 25, 2026, 2:00pm to 5:00pm**

A fun and memorable event that strengthens the bond between fathers and sons through teamwork, laughter, and friendly competition. Enjoy exciting activities like basketball bounce-off, tug-of-war, water balloon toss, and plenty more!

JANUARY 12 – MARCH 13

## **THERAPEUTIC RECREATION**

*We make the impossible. POSSIBLE!*

### **PROGRAMMING EVENTS**

#### **Adult Morning (AMP) Monday – Friday**

**Bee Active and Morning Mania 8:30 am – 10:45 am**

**Location: John S. Delaware Ctr.**

**Instructors: TR Staff**

**Mondays & Thursdays January 12 – March 12**

**Kickstart your day with Bee Active and Morning Mania! These lively sessions combine gentle seated exercises with fun games and activities that keep everyone moving, thinking, and smiling. Bee Active boosts flexibility, circulation, and energy, while Morning Mania sparks laughter, teamwork, and mental focus. Together, they create an upbeat and inclusive start to the day that promotes both physical and mental wellness.**

**Bee Active and Table Talk Tuesdays 8:30 am – 10:45 am**

**Location: John S. Delaware Ctr.**

**Instructors: TR Staff**

**Tuesdays, January 13 – March 10**

Join us for Table Talk Tuesday, a fun and interactive nine-week etiquette series designed to help participants build confidence and social skills. Each session explores everyday manners, conversation tips, and dining etiquette through engaging discussions and hands-on activities. Participants will practice kindness, respect, and positive communication in a relaxed and friendly setting.

**Curious Mind Labs 10:00 am – 10:45**

**Location: John S. Delaware Ctr.**

**Instructors: TR Staff**

**Tuesdays, February 17 – March 10**

Spark your imagination with Curious Mind Labs! This hands-on program invites participants to explore the wonders of science through fun and interactive experiments. Each session encourages curiosity, creativity, and critical thinking as participants discover how things work in a safe and engaging environment. It's the perfect blend of learning and fun for all ages!

**Bee Active and Imagine & Create 8:30 am - 10:45 am**

**Location: John S. Delaware Ctr.**

**Instructors: TR Staff**

**Wednesdays, January 14 – March 11**

Unleash your creativity with Imagine and Create, a fun arts and crafts session where participants are offered hands-on projects that inspire self-expression and imagination.

**Bee Active and Brain Buzz Friday 8:30 am - 11:45 am**

**Location: John S. Delaware Ctr.**

**Instructors: TR Staff**

**Fridays, January 16 - March 13**

Get your minds buzzing with Buzz Brain Friday, a fun and interactive session filled with team games. These activities are designed to boost cognitive skills, encourage social interaction, and spark friendly competition in a lively and supportive environment.

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## **Youth After School Program (YASP) Mondays & Wednesdays**

**Bee Active & Developmental Skills 3:00 pm- 4:30 pm**

**Snack (4:30 pm -5:00 pm)**

**Location: John S. Delaware Ctr.**

**Instructors:**

**TR Staff**

**Mondays, January 12 – March 9**

Enhance coordination, teamwork, and physical fitness with Developmental Skills, a fun program alternating between volleyball and basketball. Participants practice basic techniques, build confidence, and develop motor and social skills. Each session emphasizes participation, skill-building, and friendly competition while keeping everyone active and engaged.

**Bend and Balance with Rose 3:15 pm – 4:15 pm**

**Snack (4:30 – 5:00 pm)**

**Location: John S. Delaware Ctr.**

**Instructors:**

**Rose Talbert**

**Wednesdays, January 14 – March 11**

Find calm and strengthen your body with Bend and Balance with Rose, a gentle chair and mat yoga session designed for youth. Participants practice stretches, breathing exercises, and balance techniques in a fun and supportive environment. This session helps improve flexibility, focus, and body awareness while promoting relaxation and mindfulness.

**Virtual Wednesday 5:00 pm – 5:45 pm**

**Location: John S. Delaware Ctr.**

**Instructors:**

**TR Staff**

**Wednesdays, January 14 – March 11**

Join us for Virtual Wednesdays, featuring themed activities inspired by our Therapeutic Recreation Virtual Calendar. Each week offers something different—ranging from games and crafts to music and educational experiences—all designed to keep participants engaged and having fun. It's a great way to enjoy a midweek activity from wherever you are!

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## **Adult After Work Program (AAWP) Tuesdays & Thursdays**

**Chair/Mat Yoga 3:30 pm - 4:30 pm**

**Location: John S. Delaware Ctr**

**Instructor: Franessa Stalter**

**Tuesdays, January 13 - March 10**

This gentle form of yoga is a practice that brings together mind and body. It offers breathing exercises, meditation, and poses to promote relaxation and alleviate stress. Chair yoga is designed to support healthy aging and/or recovery from injury or illness. Chair yoga is ideal for those new to yoga who struggle with getting up and down from the floor, and/or for those looking to build strength, flexibility, and balance.

**Pickleball / 3-On-3 / Team Basketball Skills 4:30 pm – 5:45 pm**

**Location: John S. Delaware Ctr**

**Instructor: TR Staff**

**Tuesdays, January 13 - January 27**

Get in the game with Pickleball, 3-on-3, and Team Basketball Skills! These active sessions focus on teamwork, coordination, and sportsmanship through fun, engaging drills and friendly play. Participants will learn game fundamentals, improve communication, and build confidence while staying active and having a great time. It's the perfect way to develop skills, stay fit, and enjoy the spirit of friendly competition!

**Badminton and Volleyball 4:30 pm – 5:45 pm**

**Location: John S. Delaware Ctr**

**Instructor: TR Staff**

**Tuesdays & Thursdays, February 3 – March 10**

Stay active and have fun with Badminton and Volleyball! These energizing sessions focus on building coordination, teamwork, and communication through engaging rallies and friendly matches. Participants will practice basic skills, improve hand-eye coordination, and boost confidence in a supportive and inclusive setting.

**Swimming *Time TBD***

**Locations: Chatham County Aquatic Center**

**Instructors: TR Staff**

**Thursdays February 5 - March 12**

Make a splash with Swimming! Athletes engage in swim lessons that focus on building techniques, endurance, and water confidence while having fun. These sessions are designed to help participants prepare for the Special Olympics Summer Games, improve skills, and stay active in a supportive and encouraging environment.

**\*\*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, JANUARY 19<sup>TH</sup> – MARTIN LUTHER KING, JR. HOLIDAY**

**NO PROGRAMMING - THURSDAY & FRIDAY, JAN 29<sup>TH</sup> & 30<sup>TH</sup> (DUE TO SPECIAL OLYMPICS INDOOR WINTER GAMES)**

**NO PROGRAMMING - MONDAY, FEBRUARY 2<sup>ND</sup>**

**NO PROGRAMMING - MONDAY, FEBRUARY 16<sup>TH</sup> - PRESIDENT'S DAY**

### **COMMUNITY MEETINGS**

DDCS Community Meeting 4th Wednesday of each month  
6:00pm -7:30pm

Legal Women's Voters 2<sup>nd</sup> Monday of each month  
6:00pm-7:00pm