







ACTIVE OLDER ADULTS

Habersham YMCA

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hours of Operation: Monday – Thursday 4:30am–10pm Friday 4:30am–7pm Saturday 6am–6pm, Sunday 11am–6pm				1 	2 1–5:30pm Pickleball 7:30pm Handel's Messiah
3 1–5:30pm Pickleball 3pm Improv Fun 3pm Glass Blowing	4 12pm Table Games 7:30–9:45pm Pickleball	5 9–11:30am Pickleball 10am Crochet Class 1:30pm Bowling	6 12pm Table Games 7:30–9:45pm Pickleball	7 9–11am Pickleball at Salvation Army CC 1–3:30pm Disc Golf at Forest Hills	8 10:30am Book Club 12pm AOA Holiday Committee Meeting–Board Room	9 1–5:30pm Pickleball
10 1–5:30pm Pickleball	11 12pm Table Games 7:30–9:45pm Pickleball	12 9–11:30 Pickleball 10am Crochet Class 11am Walk at Isle of Hope Marina 1:30pm Bowling	13 12pm Potluck w/Holiday Entertainment 7:30–9:45pm Pickleball	14 9–11am Pickleball at Salvation Army CC	15 12pm Collaborative Games Group Exercise room 4pm Glass Blowing	16 1–5:30pm Pickleball
17 1–5:30pm Pickleball 3pm Improv Fun	18 12pm Table Games 7:30–9:45pm Pickleball	19 10am Crochet Class 1:30pm Bowling	20 12pm Table Games 7:30–9:45pm Pickleball	21 9–11am Pickleball at Salvation Army CC	22 10am Archery at Skidaway Island State Park	23 1–5:30pm Pickleball
24/31 YMCA Closed	25 YMCA Closed 	26 9–11:30am Pickleball 10am Crochet Class 1:30pm Bowling	27 12pm Table Games 7:30–9:45pm Pickleball	28 9–11am Pickleball at Salvation Army CC	29 	30 1–5:30pm Pickleball

ACTIVE OLDER ADULTS – December 2023



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S ANOTHER BEAUTIFUL
DAY WITH THE AOA -
JOIN YOUR FRIENDS
AT THE Y



PICKLEBALL

Lead Volunteer: Bernard Doyle — 912-247-3715
See calendar for times of open play at the Habersham YMCA and Thursdays at the Salvation Army Community Center (SA CC) on Bee Rd. For more information, ask Bernard to add you to the Habersham Y Pickleball GroupMe site.

WALKING CLUB

Lead Volunteer: Ann Snope – 912-856-4452
Tues., Dec. 12, 11 am – Walk at the Isle of Hope Marina, 50 W Bluff Dr, Savannah.

BIKING CLUB

Lead: Denise Sasportas - medenise100@aol.com
No biking planned for December.

DISC GOLF

Lead Volunteer: Kenny Rowland – 912.659.7854
Thurs., Dec. 7, 1:30 pm at Forest Hills Discgolf, 127 Allegheny Avenue, Savannah. Contact Kenny Rowland for information.

KAYAKING OUTINGS

Lead Volunteer: Ann Scott — 912-659-1718
No kayaking outings planned for December.

ARTS & CULTURE

Lead Volunteers: Debbie Palmer—703-901-7820 and Marianna Grevemberg-847-863-5200
Sat., Dec. 2, 7:30 pm – Handel's Messiah at Calvary Baptist Temple, 4625 Waters Ave Savannah. Tickets: \$35; use code calvary10 for 10% discount at link: (<https://tickets.savannahboxoffice.com/order/tickets?rea.asp?p=3826&a=2042>). Contact/lead is Jackie Orr, 410-562-7607 or jaorr09@gmail.com.

Sun., Dec. 3 and 17, 3 pm – “Better Than Therapy Improv Fun Session” at River’s Edge Community (in the Activity Room), 6206 Waters Ave, Savannah. Contact: Teresa Middleton, 912-604-2902.

Fri., Dec. 15, 4 pm – Glass blowing class at Blown Studios, 2301 Atlantic Ave, Savannah. Create a Christmas ornament, snowman, flower, bird, or paper weight. \$99 pp. Must have 4 people for the class. Get together for dinner following the class. Contact Suzie Schulz, 912-604-6154 if interested.

BOOK CLUB

Lead Volunteer: Elaine Jones — 914-621-6525
Fri. Dec. 8, 10:30 – Meeting in the Youth Gym. Book: “Lessons in Chemistry” by Bonnie Garmus.

TABLE and COLLABORATIVE GAMES

Lead Volunteer (Table): Deborah Staab — 912-604-9087
Lead Volunteer (Collaborative): Teresa Middleton – 912-604-2902

Table games every Monday and Wednesday at noon in the YMCA hallway. Collaborative games on the third Friday of the month in the Aerobics room.

MOVIES

Lead Volunteer: Annette Thomas —214-649-4578
Movies at a local theater. Movie and showtime TBA mid-month. Contact Annette Thomas for info.

BOWLING CLUB

Lead: Denise Sasportas— medenise100@aol.com
Bowling every Tuesday at 1:30 pm at Bowlero located at 115 Tibet Avenue.

ADVENTURE GROUP

Lead Volunteer: Roni Libow—912-308-1004
Fri., Dec. 22, 10:00 am – Archery at Skidaway Island State Park, 52 Diamond Causeway, Savannah. Park in the second lot picnic area, \$10.00 per person due Dec. 15th - Call 912-598-2300, \$5.00 per car parking. Lead: Denise Sasportas, medenise100@aol.com.

SENIOR LUNCHEON

Lead Volunteers: Pam Groover—912-663-3912, Wendy Lainer-912-660-4419 and Randy Weeks-912-665-4232
Wed., Dec. 13, Noon - 2 pm – AOA holiday potluck luncheon in the Youth Gym. At the luncheon, Gerald Ford will show how he does 3D printing with many examples. Enjoy the holiday luncheon with entertainment by Gary Strickland, a musician, clown, and actor. Call or text Pam what dish you are bringing. Bring a friend.

COMMUNITY GARDEN

Lead Volunteer: Donald Williams —862-888-2964
Join AOA members tending the garden at the Habersham YMCA and work with the Pre-K students.

The goal of the Active Older Adults group is to support YMCA members of our senior community with maintaining a social and active lifestyle!

More Information:

ymcaofcoastalga.org

CARMEN YOUNG, 808.258.3772, carmen.a.young@gmail.com

CHECK THE CALENDAR FOR DATES
AND TIMES OF PLANNED ACTIVITIES