







# ACTIVE OLDER ADULTS

**Habersham YMCA**

**February**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hours of Operation:</b> <b>Monday - Thursday 4:30am-10pm</b> <b>Friday 4:30am-7pm</b> <b>Saturday 6am-6pm, Sunday 11am-6pm</b>				1 11 9-11am Pickleball at Salvation Army CC 1-3:30pm Disc Golf at Forest Hill	2 10:00 am Biking at The Landings	3 10:30am YMCA Critz Run 1-5:30pm Pickleball
4 1-5:30pm Pickleball	5 12pm Table Games 7:30-9:45pm Pickleball	6 9-11:30am Pickleball 10am Crochet Class 1:30pm Bowling	7 12pm Table Games 7:30-9:45pm Pickleball	8 9-11am Pickleball at Salvation Army CC 4pm Shoot Pool	9 10:30am Book Club AOA Committee Meeting -Driftaway Cafe	10 1-5:30pm Pickleball
11 Super Musuem Sunday Sunbury Village Visit 1-5:30pm Pickleball 3pm Improve Fun	12 12pm Table Games 7:30-9:45pm Pickleball	13 9-11:30am Pickleball 10am Crochet Class 1:30pm Bowling	14 12pm Senior Potluck with Speaker 7:30-9:45pm Pickleball	15 9-11am Pickleball at Salvation Army CC 1:30pm Disc Golf	16 12pm Collaborative Games Youth Gym	17 No Pickleball
18 1-5:30pm Pickleball	19 12pm Table Games 7:30-9:45pm Pickleball	20 9-11:30 Pickleball 11am Walk at Berwick 10am Crochet Class 1:30pm Bowling	21 12pm Presentation at Learning Center 12pm Table Games 7:30-9:45pm Pickleball	22 9-11am Pickleball at Salvation Army CC 4pm Shoot Pool	23 10am Archery at Skidaway Island State Park	24 10pm-12pm "Raise your own hens" workshop 1-5:30pm Pickleball
25 1-5:30pm Pickleball 3pm Improv Fun	26 12pm Table Games 7:30-9:45pm Pickleball	27 9-11:30am Pickleball 10am Crochet Class 1:30pm Bowling	28 12pm Table Games 7:30-9:45pm Pickleball	29 9-11am Pickleball at Salvation Army CC 10am Soap Making workshop		

# ACTIVE OLDER ADULTS – February 2024



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.

## WALKING CLUB

Lead Volunteer: Ann Snope — 912-856-4452

Tues., Feb. 20, 11 am – Walk in Berwick. Park by Mexicali in the Berwick/Kroger shopping complex, 50 Berwick Blvd., 31419. Lunch after the walk.

## BIKING CLUB

Lead: Denise Sasportas - [medenise100@aol.com](mailto:medenise100@aol.com)

Fri., Feb. 2, 10 am – Biking at The Landings. Meet in the Publix Parking lot, 6 W. Ridge Ave. Savannah.

## DISC GOLF

Lead Volunteer: Kenny Rowland — 912.659.7854

Thurs., Feb. 1 and 15, 1:30 pm at Forest Hills Discgolf, 127 Allegheny Avenue, Savannah.

## SHOOTING POOL

Lead Volunteer: Mike Graham - 760-712-7003; Co-Lead: Mary Speir - 912-665-1554.

Thurs., Feb. 8 and 22, 4 pm. At Norwood Tavern.

## ARTS & CULTURE

Lead Volunteers: Debbie Palmer—703-901-7820 and Marianna Grevemberg-847-863-5200

Sat., Feb. 3, 10:30 am – YMCA Tybee Critz Run. Volunteer for YMCA Fundraiser. Go to <https://runsignup.com/Race/Volunteer/GA/Tybeelsan/d/TybeeRunFest>.

Sun., Feb. 11 and 25, 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.

Wed., Feb. 21, 12–1 pm – “Photographing Southeast Georgia” by Bryan Stovall at the Learning Center at Senior Citizens Inc. . \$10 for members; \$15 for non members. Contact is Marti Treutelaar, 608-215-5549.

Thurs., Feb. 29, 10 am – Soap making workshop at Nourish, \$30 per person (we need 10 people). Make two products. Soap and salt scrub or dry facemask, Contact Debbie if interested. 703-901-7820.

## BOOK CLUB

Lead Volunteer: Elaine Jones — 914-621-6525

Fri. Feb. 9, 10:30 – Meeting in the Youth Gym. Book: “Thunderstruck” by Erik Larson.

## AOA FLYER & CALENDAR

Lead Volunteer: Roy Fortmann - 919-998-8755

## TABLE and COLLABORATIVE GAMES

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

Table games every Monday and Wednesday at noon in the Aerobics Room. Collaborative games on the third Friday of the month in the Youth Gym.

## 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](mailto:medenise100@aol.com)

Bowling every Tuesday at 1:30 pm at Bowlero located at 115 Tibet Avenue.

## ADVENTURE GROUP

Sun., Feb. 11 - Sunbury Village - Super Museum Sunday - Fort Morris Historic Site in Midway, GA. Free admission. Educational Programs. Nature trail. Contact Carmen at 808-258-3772 if you wish to go.

Fri., Feb. 23, 10:00 am – Archery at Skidaway Island State Park, 52 Diamond Causeway, Savannah. Park at Pavilion #5. \$10.00 per person - Call 912-598-2300, \$5.00 per car parking. Lead: Denise Sasportas, [medenise100@aol.com](mailto:medenise100@aol.com).

Sat., Feb 24, 10am-12n. "Want fresh eggs for breakfast? Raise your own hens." Workshop at Elaine Jones home. \$10pp. Limited to 12 to people. Handouts. Call Elaine at 914-621-6525 to register.

## SENIOR LUNCHEON

Lead Volunteers: Pam Groover—912-663-3912, Wendy Lainer-912-660-4419 and Randy Weeks-912-665-4232

Wed., Feb. 14, Noon - 2 pm – AOA potluck luncheon in the Youth Gym. Presentation: “Sexuality and Intimacy in Older Adults” by Dr. Adrienne Cohen, Director of the Center for Social Gerontology, Georgia Southern University. Call or text Pam what dish you are bringing. Bring a friend. Contact Peggy Bolton at 912-596-2487 if your birthday is in Feb.

## COMING EVENTS

Sat., Mar. 16 – St. Patrick’s Day Parade with YMCA and AOA participation. Call Jackie Orr at 410-562-7607 if you wish to walk the three mile parade route.

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](mailto:ymcaofcoastalga.org)

CARMEN YOUNG, 808.258.3772, [carmen.a.young@gmail.com](mailto:carmen.a.young@gmail.com)

**CHECK THE CALENDAR FOR DATES  
AND TIMES OF PLANNED ACTIVITIES**