



Don't miss the fun and excitement at our annual Bingo Bash Luncheon!

**Friday, May 2, 2025**

Alee Temple

100 Eisenburg Drive

Savannah, Georgia 31406

### **Ticket Details**

Tickets will go on sale Friday, March 14 at 9 a.m.!

The cost of lunch for members is \$10 and \$15 for member guests.

**New this Year:** All seats will be assigned at the time of ticket purchase. Tickets will only be sold in person. The event is only open to SmartSenior members and their guests. Members are limited to one guest per person. Seats are limited to the first 300 people. Tickets are non-refundable.

## INSIDE THIS ISSUE

- 2** SmartSenior Application  
Member Spotlight  
Did you know?
- 3** Weekly Activities  
Movie Schedule
- 4** March Calendar
- 5** April Calendar
- 6** March & April Events
- 7** Allergy Quiz  
Eight tips for eating through cancer treatment

### SMARTSENIOR OFFICE HOURS

Monday-Thursday: 8:30 a.m. - 4:30 p.m.

Friday: 8:30 a.m. - 4 p.m.

836 E. 65<sup>th</sup> Street, Suite 8  
Savannah, GA 31405

(912) 352-4405  
www.sjchs.org/smartsenior

### OFFICE CLOSED

St. Patrick's Day (March 17)

Good Friday Day (April 18)

## MEMBER SPOTLIGHT

**Gerris Farris** was born in New York City and lived on 9996 Brook Ave 161<sup>st</sup> off Grand Concourse near the ballpark. Did you know that Gerris is a junior accountant and has a degree in Anthropology and Photography? People are most surprised to find out that Gerris taught math. She taught math in New York, New Orleans, Ohio, Florida, Nigeria and more.



One of her many gifts is the ability to be inclusive with all children in her teaching. She was up for any challenge especially because the majority of her students were nonverbal. Many times she found creative ways to grab their attention and then motivate them to learn. She did not use traditional teaching methods. For instance, in Nigeria she played dodgeball to gain her students' trust in order for them to open up to her for learning. Gerris also taught American Sign Language in Nigeria. She also used Chess as a way to incorporate math.

*Would you have guessed that Gerris started her photography in New Orleans and continued momentum throughout her travels?*

For instance, her big break was at UGA where she met Professor Layli, who wanted to use her photos in a start-up magazine called "The Womanist" which was a spin-off of "Black Sage." Did you know that "The

Womanist" first printed copy can be found in the Smithsonian? Also, Gerris had an opportunity to do a photoshoot in Cuba where she shadowed farmers that were women to show the differences between American women and Cuban women.

*Did you know Gerris had art gallery showings of her photography in Ohio at Cleveland State University?*

Gerris came to Savannah because of health reasons. She enjoys the warm weather so much that she persuaded her sister Evelyn to move to Savannah four years ago from Ohio. Gerris still remembers and lives by what her mom told her as a little girl which was, "You have the right to say what is on your mind."

## SmartSenior

A Community Initiative of St. Joseph's/Candler

### 55 or Better? Join Today!

#### Membership Request Form

If interested in becoming a SmartSenior Member, please fill out this form and return with payment to the SmartSenior office. You can also join online at [sjchs.org/smartsenior](http://sjchs.org/smartsenior), or via phone at (912) 352-4405!

**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP Code:** \_\_\_\_\_

**Primary Phone:** \_\_\_\_\_ **Other Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Annual Membership Dues: \$20**

Payment Method (select one):

Cash  Check (payable to SmartSenior)

Credit Card (please call (912) 352-4405 or visit [sjchs.org/smartsenior](http://sjchs.org/smartsenior) to pay via credit card)

**SmartSenior**

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[sjchs.org/smartsenior](http://sjchs.org/smartsenior) • (912) 352-4405



### DID YOU KNOW?

**Do you know when the White House hosted its first Easter Egg Roll?**

The first annual White House Easter Egg Roll was held on April 22, 1878 after President Rutherford B. Hayes agreed to open the White House Grounds on Easter.

Source: White House Historical Association

**Do you know where the Easter Bunny originated?**

The Easter Bunny originated in Germany, where hares were a symbol of fertility and spring.

Source: Country Living Magazine

# SMARTSENIOR WEEKLY ACTIVITIES

There's always something going on here at SmartSenior! Just a reminder, please make reservations for all of the following events. Call the SmartSenior office at (912) 352-4405 to register.

## Exercise Class

**Mondays 9:30 – 10:15 a.m.** | SmartSenior Office  
Enjoy our low-impact chair exercise class every Monday!

## Mahjong Mondays

**Mondays 1 – 3 p.m.** | SmartSenior Office  
Join us for this classic game every Monday. Advanced players only.

## Farm Truck 912

**Mondays 1:30-2:30 p.m.** | SmartSenior Parking Lot  
Farm Truck 912 is the Forsyth Farmers Market's mobile farmers market designed to bring local seasonal fruits and vegetables to Savannah neighborhoods! Every week the Farm Truck will be available in our parking lot with fresh produce. The Truck accepts cash, card and SNAP payments.

## Line Dancing

**Advanced:** Tuesdays & Thursdays 10 a.m.  
**Beginner:** Tuesdays & Thursdays 11 a.m.  
**Eclipse Episcopal Church, 3101 Waters Avenue**  
(formally St. Michael's & All Angels)  
Grab your dancing shoes and join us for Advanced Line Dancing, Beginner Line Dancing, or both!

## Game Days

**Tuesdays & Thursdays 1 – 4:15 p.m.** | SmartSenior Office  
All are welcome! Typical games include cards, chess, and Scrabble.

## Sew Girls

**Wednesdays 9 a.m. – 12 p.m.** | SmartSenior Office  
Do you like to sew? Our group works on various projects throughout the month at their own pace. Bring your own machine and materials!

## Chair Yoga

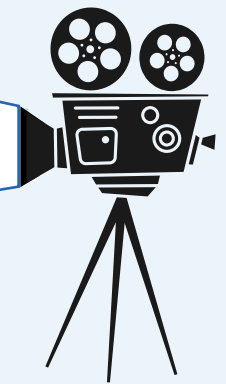
**Wednesdays 2 – 3 p.m.** | SmartSenior Office  
Enjoy this body and mind engaging activity. Please remember to bring your own mat.

## Intro Mahjong

**Thursdays 1 – 3 p.m.** | SmartSenior Office  
Have you always wanted to learn how to play this classic tile game? Stop by our introductory class to get started.

## MARCH & APRIL MOVIE SCHEDULE

Reservations are required for all of the following movies.



### Juror #2 (PG-13)

**March 7 at 2 p.m.**

**Starring:** Nicholas Hoult, Zoey Deutch, and Toni Collette

In Savannah, Georgia, a juror for a high-profile murder trial finds himself struggling with a serious moral dilemma that could influence the verdict and potentially convict, or free, the accused killer.

### Beetlejuice Beetlejuice (PG-13)

**March 21 at 2 p.m.**

**Starring:** Michael Keaton, Winona Ryder, and Jenna Ortega

Still haunted by Beetlejuice, Lydia's life gets turned upside down when her daughter discovers a portal to the afterlife. When someone says Beetlejuice's name three times, the mischievous demon soon returns to unleash his very own brand of mayhem.

### Baby Boom (PG)

**April 4 at 2 p.m.**

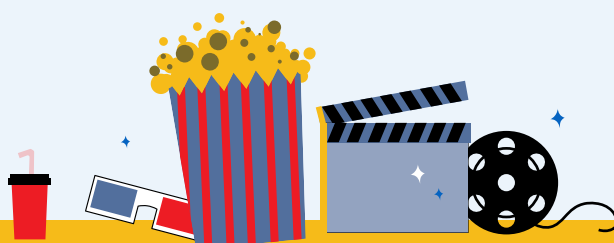
**Starring:** Diane Keaton, Harold Ramis, and Sam Shephard

The life of super-yuppie J.C. is thrown into turmoil when she inherits a baby from a distant relative. But when offered the opportunity, will she return to her corporate ways?

### Calendar Girls (PG-13)

**April 25 at 2 p.m.**

**Starring:** Helen Mirren, Julie Walters, and Celia Imrie  
Best friends Chris and Annie are members of a charitable institute. When Annie's husband succumbs to leukemia, the friends decide to pose nude for a calendar to raise funds for a local hospital.



# MARCH 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30 p.m.	<b>4</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>5</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>6</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>7</b> Movie Day 2 p.m.
<b>10</b> Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30 p.m.	<b>11</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>12</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>13</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Advisory Board Meeting 12 p.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>14</b> Bingo Bash Tickets on Sale 9 a.m.
<b>17</b> Office Closed St. Patrick's Day	<b>18</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>19</b> Lunch & Learn 11:30 a.m. Chair Yoga 2 p.m.	<b>20</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>21</b> Book Club 11 a.m. Movie Day 2 p.m.
<b>24</b> Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30 p.m.	<b>25</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>26</b> Discover Local 11 a.m. Chair Yoga 2 p.m.	<b>27</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>28</b> Memory Café 10 a.m. Clothing Swap 1:30 p.m.
<b>31</b> Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30 p.m.				

# APRIL 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>2</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>3</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>4</b> Easter Brunch 10 a.m. Movie Day 2 p.m.
<b>7</b> Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30 p.m.	<b>8</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>9</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>10</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>11</b> Discover Local 11:30 a.m.
<b>14</b> Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30 p.m.	<b>15</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Lunch & Learn 11:30 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>16</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>17</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>18</b> Office Closed Good Friday
<b>21</b> Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30 p.m.	<b>22</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>23</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>24</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Advisory Board Meeting 12 p.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>25</b> Memory Café 10 a.m. Book Club 11 a.m. Movie Day 2 p.m.
<b>28</b> Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30 p.m.	<b>29</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>30</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.		



## MARCH 2025 EVENTS

Please make reservations for all of the following events. Call the SmartSenior office at (912) 352-4405 to register.

### Tuesday Tea | **I'll Have What Phil's Having**

**Tuesday, March 11–April 15 | 2 p.m. | SmartSenior Office**  
Enjoy tea, treats, and television at our Tuesday Tea! Join us for a taste around the world tour. Producer Phil Rosenthal, creator of "Everybody Loves Raymond," explores culinary specialties and unusual cuisine from Italy, France, Hong Kong, and more!

### Lunch & Learn | **Prostatic Artery Embolization**

**Robert "Hunter" Dunlap, MD | Wednesday, March 19**  
**11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium**  
Prostatic artery embolization is a minimally invasive treatment that helps improve lower urinary tract symptoms caused by benign prostatic hyperplasia (BPH). BPH is a noncancerous enlargement of the prostate gland and is the most common benign tumor found in men. *Reservations are required.*

### Book Club | **Daisy Jones & The Six**

**Friday, March 21 | 11 a.m. | SmartSenior Office**  
Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *Daisy Jones & The Six* by Taylor Jenkins Reed. This gripping historical fiction tells the story of the whirlwind rise of an iconic 1970s rock group and their beautiful lead singer, revealing the mystery behind their infamous breakup.

### Discover Local | **Wulitzer Wednesday's at the Lucas Theatre**

**Wednesday, March 26 | 11 a.m. | Free of charge**  
**Lucas Theatre For the Arts, 32 Abercorn St.**

Visit Savannah's most historic movie palace for a theater tour and demonstration of its original 1925 Wulitzer theatre organ. The tour culminates in the SCAD-produced silent short film *At Long Last*. Join us for a Dutch treat lunch at Toast All Day after the tour! *Reservations are required.*

### Memory Café

**Friday, March 28 | 10 a.m. | SmartSenior Office**  
The RiteCare Center is partnering with SmartSenior to offer a Memory Café. This is a monthly gathering to allow individuals to connect, socialize, and build new support networks. Memory Café is facilitated by the graduate students in speech-language pathology at Georgia Southern University. Memory Café is free to attend and welcome to all. *Refreshments will be provided.*

### Clothing Swap

**Thursday, March 28 | 1:30 p.m. | SmartSenior Office**  
Have some clothes you haven't worn in a while? Come to our first-ever clothing swap. Please ensure all items are in good condition; torn or excessively worn items will not be accepted. This is a bring-and-take exchange, not a garage sale. While this event is free, *reservations are required.*



## APRIL 2025 EVENTS

### Easter Brunch

**Friday, April 4 | 10 a.m. | Marsh Auditorium | \$8 per person**  
Come and celebrate the new season with an Easter Brunch! Enjoy food, fun, and games. Reservations are limited to the first 80 members.

### Tuesday Tea | **I'll Have What Phil's Having**

**Tuesday, March 11–April 15 | 2 p.m. | SmartSenior Office**  
Enjoy tea, treats, and television at our Tuesday Tea! Join us for a taste around the world tour. Producer Phil Rosenthal, creator of "Everybody Loves Raymond," explores culinary specialties and unusual cuisine from Italy, France, Hong Kong, and more!

### Discover Local | **Boxed Lunch & Tour of Historic Home**

**Thursday, April 11 | 11:30 a.m. | Forsyth Park Fountain**  
**\$8 per person**  
Celebrate the return of warm weather with a fun day of exploration. The day will begin with a box lunch at the Forsyth Park fountain, and then join us for a tour of the historic homes surrounding the park. Please bring your own camp chair to sit in.

### Lunch & Learn | **Healthy Spine, Healthy Aging:**

*Preventing and Treating Back and Neck Issues*

**P. Ryan Lingo, MD | Tuesday, April 15**  
**11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium**  
As we get older, it's common to experience increased aches, pains and joint stiffness. Learn more about what happens to your spine as you age, common spinal conditions in older adults, and ways to help prevent back pain and injuries in the future.

### Memory Café

**Friday, April 25 | 10 a.m. | SmartSenior Office**  
The RiteCare Center is partnering with SmartSenior to offer a Memory Café. This is a monthly gathering to allow individuals to connect, socialize, and build new support networks. Memory Café is facilitated by the graduate students in speech-language pathology at Georgia Southern University. Memory Café is free to attend and welcome to all. *Refreshments will be provided.*

### Book Club | **Pride & Prejudice**

**Friday, April 25 | 11 a.m. | SmartSenior Office**  
Settle in for our next Book Club discussion about Jane Austen's *Pride & Prejudice*. In this classic romance, vivacious heroine Elizabeth Bennett meets the arrogant and wealthy Mr. Darcy. Both must overcome their preconceived notions of people and society to grow and possibly find love.



Quiz | Source: St. Joseph's/Candler's Dr. Russell Lake and healthlibrary.sjchs.org

## How much do you know about seasonal allergies?

For some people, allergies don't just occur when pollen covers our cars and flowers start to bloom in the spring. Seasonal allergies can bring sneezes and sniffles year around. **Take our quiz to learn more about seasonal allergies.**

### 1. What causes seasonal allergies?

- a.) Airborne pollens
- b.) Pet dander
- c.) Outdoor mold spores
- d.) All of the above

### 2. Which of the following is a symptom of seasonal allergies?

- a.) Sneezing
- b.) Stomach pain
- c.) Muscle cramps
- d.) All of the above

### 3. Anyone can develop an allergy?

- True
- False

### 4. Which of the following can reduce allergy symptoms?

- a.) Keeping windows closed at night to prevent pollen and molds from coming inside
- b.) Using air conditioning, which cleans, cools and dries the air
- c.) Taking allergy medications
- d.) All of the above

### 5. Which of the following can increase allergy symptoms?

- a.) Mowing the grass
- b.) Raking leaves
- c.) Overwatering indoor plants
- d.) All of the above

### 6. How can weather affect allergy sufferers?

- a.) Allergy symptoms are reduced when it's rainy, cloudy or calm
- b.) Allergy symptoms are increased when it's hot, dry and windy
- c.) Weather has no effect
- d.) A and B

### 7. When should you see a healthcare provider for your allergies?

- a.) Only in the springtime
- b.) When you sneeze a lot
- c.) When you have a history of seasonal or persistent allergies or asthma
- d.) A and C

### Check Your Answers

Rotate to reveal the correct answers

- 7. C
  - 6. B
  - 5. D
  - 4. D
  - 3. True
  - 2. A
  - 1. D
- Correct Answers:**

## EIGHT TIPS FOR EATING THROUGH CANCER TREATMENT

### Why it's important to maintain weight, muscle mass during your cancer diagnosis

Source: Living Smart Blog, December 5, 2023

**Not wanting to eat during cancer treatment?** Are nausea or difficulty swallowing forcing you to skip meals? You are not alone. Changes

to appetite are a common result of cancer and treatment and even last during remission.

"Occasionally, you'll have an increase in appetite depending on the treatment and depending on the cancer, but most commonly we see a decrease," says Anna Zupan.

#### Why is all this important?

Prevention of weight loss, particularly muscle mass, will ensure chemotherapy and radiation treatments will work as prescribed at the beginning of treatment.

Sustaining a nourishing diet, weight maintenance and inclusion of physical activity also are shown to get you better sooner.

"Trying to maintain your weight and muscle mass will help limit any breaks in treatment or any adjustments that would need to be made since your regiment was based on your weight when you started treatment," Zupan says.

Zupan offers these eight tips for eating through cancer treatment and as your symptoms linger:



Eat with the clock. Schedule your meals by the clock, like breakfast and snacks, and set phone alarms to remind you.



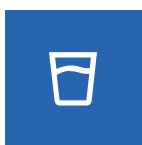
Take advantage of days and times when you feel better. If you can, batch prepare meals and freeze them.



Be sure to get enough protein. Examples: lean chicken, seafood, legumes and beans or other plant-based sources.



Incorporate as much fruits and vegetables into your diet as you can tolerate.



Drink plenty of water, and if you get bored, add in electrolyte drinks.



If you are experiencing mouth sores or difficulty swallowing consider things like broths and soups.



Increase physical activity. This can especially help with fatigue.



Talk to your doctor about adding an appetite stimulant, ensuring it won't interfere with your current medications.

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