



Get ready to dance the night away as we celebrate the season of love with a 70s themed dance party! Enjoy the season of love with our Valentine's Day themed lunch and dance party.

Friday, February 14 | 11:30 a.m.
Marsh Auditorium, Candler Hospital

REGISTRATION

\$8 per person

Please call (912) 352-4405 to register.

Seats are limited to the first eighty members.

INSIDE THIS ISSUE

- 2** SmartSenior Application
Member Spotlight
Did you know?
- 3** Weekly Activities
Movie Schedule
- 4** January Calendar
- 5** February Calendar
- 6** January & February Events
- 7** Merchant Discount
Common Symptoms of Seasonal Affective Disorder

SMARTSENIOR OFFICE HOURS

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

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

836 E. 65th Street, Suite 8
Savannah, GA 31405

(912) 352-4405

www.sjchs.org/smartsenior

OFFICE CLOSED

New Year's Day (January 1)

Martin Luther King Jr. Day (January 20)

Presidents Day (February 17)



ST. Joseph's | Candler
Live smart.

MEMBER SPOTLIGHT

Coco Hines was born in Manhattan and is one of 10 siblings. Her father was a gospel singer which inspired her love of music at an early age. She moved to Savannah in 2005.

You may know that Coco is a retired registered nurse, but did you know that was not her first career choice? She wanted to be a choreographer, but her Dad told her she had to have a practical career. So, Coco planned to attend a vocational high school where she could graduate as a practical nurse and later become a LPN. However, her guidance counselor had other aspirations for her and redirected her focus on becoming a registered nurse. Who gives up on their dreams? Sometimes you just need to modify it. Coco made a modification by teaching at a university sponsored community program in Syracuse in the 70's where she taught modern dance, jazz and African dance for four years.

Did you know that Coco was in the army from 1976 to 1998? She started in the reserves as a Lieutenant and then was on active duty for 7 years. When she



left the army she was a Major. Coco was stationed stateside and was an ICU surgical nurse in the operation center. She remembers when the Mash units were changed to MUST (Medical Unit Self-contained Transportable units). In 1998, she received the Meritorious Service Medal for exemplary service.

Who would have guessed that Coco was a motivational speaker for the Girl Scouts in New Jersey and that she owned a ceramic company where she was asked to teach a ceramic class for a badge?

Can you imagine Coco in the Poconos taking lessons in the Djembe (drum) or The Baliphone African Vibes learning a song? She also tried belly dancing classes.

How about Coco playing the violin or having a sustainable container garden or being a part of the Sew Girls here at SmartSenior?

Did you know that she helps with the AARP as a tax aide at several of the libraries?

Coco loves life and is always looking for her next adventure.

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, 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 to pay via credit card)

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DID YOU KNOW?

Do You Know About These Inventions?

The ironing board (invented by Sarah Boone), the traffic light system (invented by Garrett Morgan), and the home security system (invented by Marie Van Brittan Brown) all came down to us from black inventors.

Do You Know the Origin of the "I Have a Dream" Speech?

In 1963, Martin Luther King, Jr. visited the Second African Baptist Church and recited lines that would later be part of his "I Have a Dream" speech. The church commemorates this event annually.

Source: gallivantertours.com

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. Advance players only.

Bible Study

Mondays 2 – 4 p.m. | SmartSenior Office

Led by SmartSenior Rev. Willie B. Chisholm. Lesson notes will be provided. Please bring your own Bible and arrive by 2 p.m.

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.

JANUARY & FEBRUARY MOVIE SCHEDULE

Reservations are required for all of the following movies.



Grumpier Old Men (PG)

January 10 at 2 p.m.

Starring: Walter Matthau, Jack Lemmon, Burgess Meredith, Ann-Margret

Elderly, angling and contentious friends Max and John back-burner their bickering when their kids get engaged, but fishing season opens a can of romantic worms as newcomer Maria plans to turn their beloved bait shop into a restaurant. Botched matchmaking leads to some major romantic mix-ups, until an unexpected death in the family helps everyone realize that the most important thing in life is love.

The Naked Gun (PG)

January 24 at 2 p.m.

Starring: Leslie Nielsen, David Zucker, Priscilla Presley

The Naked Gun media franchise consists of several American crime spoof-comedies, based on an original story written by the comedy film-making trio Zucker, Abrahams and Zucker.

An Affair to Remember (Not Rated)

February 14 at 2 p.m.

Starring: Cary Grant, Deborah Kerr, Cathleen Nesbitt

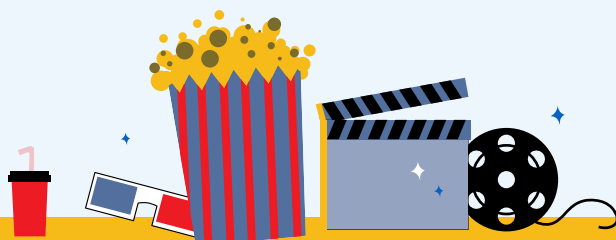
A man and a woman have a romance while on a cruise from Europe to New York. Despite being engaged to other people, both agree to reunite at the top of the Empire State Building in six months. However, an unfortunate accident keeps her from the reunion, and he fears that she has married or does not love him anymore.

Sleepless in Seattle (PG)

February 28 at 2 p.m.

Starring: Tom Hanks, Meg Ryan, Ross Malinger, Rosie O'Donnell

After the death of his wife, Sam Baldwin moves to Seattle with his son, Jonah. When Jonah calls in to a talk-radio program to find a new wife for his father, Sam grudgingly gets on the line to discuss his feelings. Annie Reed, a reporter in Baltimore, hears Sam speak and falls for him, even though she is engaged. Unsure where it will lead, she writes Sam a letter asking him to meet her at the Empire State Building on Valentine's Day.



JANUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Office Closed New Year's Day	2 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	3
6 Exercise Class 9:30 a.m. Mahjong 1 p.m. Bible Study 2 p.m.	7 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	8 Sew Girls 9 a.m. Chair Yoga 2 p.m.	9 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	10 Movie Day 2 p.m.
13 Exercise Class 9:30 a.m. Mahjong 1 p.m. Bible Study 2 p.m.	14 Coffee Chat 10 a.m. Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	15 Sew Girls 9 a.m. Chair Yoga 2 p.m.	16 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Lunch & Learn 11:30 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	17 Discover Local 2 p.m.
20 Office Closed MLK Day	21 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	22 Sew Girls 9 a.m. Chair Yoga 2 p.m.	23 Name That Tune 10 a.m. Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	24 Movie Day 2 p.m.
27 Exercise Class 9:30 a.m. Mahjong 1 p.m. Bible Study 2 p.m.	28 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	29 Sew Girls 9 a.m. Chair Yoga 2 p.m.	30 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	31 Memory Cafe 10 a.m.

FEBRUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Exercise Class 9:30 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Bible Study 2 p.m.</p>	<p>4</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Game Day 1 p.m.</p>	<p>5</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>6</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Intro Mahjong 1 p.m.</p> <p>Game Day 1 p.m.</p>	<p>7</p> <p>Movie Day 2 p.m.</p>
<p>10</p> <p>Exercise Class 9:30 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Bible Study 2 p.m.</p>	<p>11</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Game Day 1 p.m.</p>	<p>12</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>13</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Discover Local 1:30 p.m.</p>	<p>14</p> <p>Valentine's Day Disco 11:30 a.m.</p>
<p>17</p> <p>Office Closed Presidents Day</p>	<p>18</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Game Day 1 p.m.</p>	<p>19</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>20</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Lunch & Learn 11:30 a.m.</p> <p>Intro Mahjong 1 p.m.</p> <p>Game Day 1 p.m.</p>	<p>21</p> <p>Book Club 11 a.m.</p> <p>Movie Day 2 p.m.</p>
<p>24</p> <p>Exercise Class 9:30 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Bible Study 2 p.m.</p>	<p>25</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Game Day 1 p.m.</p>	<p>26</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>27</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Intro Mahjong 1 p.m.</p> <p>Game Day 1 p.m.</p>	<p>28</p> <p>Memory Cafe 10 a.m.</p> <p>Hearing Screening 11 a.m.</p>



JANUARY 2025 EVENTS

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

Coffee Chat | **Black History**

Tuesday, January 14 | 10 a.m. | SmartSenior Office

Do you know why we celebrate Black History Month? We'll provide the coffee and snacks. You provide the discussion! Topics can include diversity, inspirational black figures, and more.

Lunch & Learn | **Injury Prevention in Active Adults**

Steven A. Greer, MD | Thursday, January 16

11:30 a.m. lunch, 12 p.m. presentation

Marsh Auditorium, Candler Hospital

Dr. Greer is an expert in a number of services including the prevention of injuries, strengthening your joints, and joint flexibility management. He will discuss how to prevent common injuries in adults like shoulder injuries, lower back pain, knee pain, and tennis elbow. *Reservations are required.*

Discover Local | **Have a Ball with Mini Golf at Bogeys**

Friday, January 17 | 2 p.m.

Bogeys Sports Bar & Mini Golf, 7890 US-80 East

\$12 per person

Show us what you've got! Join us for a fun day of mini golf at Bogeys Sports Bar & Mini Golf. Enjoy the 18-Hole Miniature Golf Course, where you play through streams, ponds and rock hazards, just like the real thing! Join us at noon for a Dutch treat lunch at Flying Fish.

Name That Tune

Thursday, January 23 | 10 a.m. | SmartSenior Office

Ready for a trip back in time? Join us for Name That Tune with popular hits through the decades.

Memory Café

Friday, January 31 | 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.*



FEBRUARY 2025 EVENTS

Discover Local | **Galentine's Day Sweet Shop Scavenger Hunt**

Thursday, February 13 | 1:30 p.m. | Wright Square

\$8 per person

Celebrating is for the girls! Join us for a scavenger hunt to some of our favorite sweet shops in downtown Savannah to celebrate Galentine's Day. Meet us at Wright Square to start our hunt. Make sure to bring your phone and/or a camera! The day will end with a Dutch treat visit to Lulu's Chocolate Bar.

Valentine's Day Disco

Friday, February 14 | 11:30 a.m.

Marsh Auditorium, Candler Hospital

\$8 per person

Get ready to dance the night away as we celebrate the season of love with a 70s themed dance party! Enjoy the season of love with our Valentine's Day themed lunch and dance party. *Seats are limited to the first eighty members.*

Lunch & Learn | **Heart Attack Symptoms in Both Genders**

Lisa Dyke, MD | Thursday, February 20

11:30 a.m. lunch, 12 p.m. presentation

Marsh Auditorium, Candler Hospital

Did you know that 64% of women who die suddenly of coronary heart disease had no previous symptoms? Dr. Lisa Dyke will educate us on the different warning signs of heart attack for both men and women and discuss prevention options.

Book Club | **Passing by Nella Larson**

Friday, February 21 | 11 a.m. | SmartSenior Office

Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *Passing* by Nella Larson. Irene Redfield is a Black woman living an affluent, comfortable life with her husband and children in Harlem in the 1920s. When she reconnects with her childhood friend Clare Kendry, who is similarly light-skinned, Irene discovers that Clare has been passing for a white woman after severing ties to her past.

Memory Café

Friday, February 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.*

Free Hearing Screening

Friday, February 28 | 11 a.m. | SmartSenior Office

Is your hearing as sharp as it used to be? Or are you not so sure? Put it to the test during our free hearing screening event. Speech-Language Pathology students from Georgia Southern University will return with the latest testing equipment to provide this free service. *Please call to register!*



MERCHANT DISCOUNT PROGRAM

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10% off on all products in store

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(912) 408-2280

6151 GA-21, Rincon, GA • (912) 826-6360

½ price on Wednesday's at all five locations

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Papa's Pizza To Go

2495 US Hwy. 17 Richmond Hill, GA 31324
(912) 756-5150
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Paw Parazzi

2485 US Hwy. 17 Richmond Hill, GA 31324
(912) 756-8807
10% off grooming* & retail** Mon – Wed
*Grooming with proof of ownership
**Excludes food & flea treatments

Plums Restaurant

2409 US Hwy. 17 S. Richmond Hill, GA 31324
(912) 756-6000
10% off

The Savannah Cheese Straw Company

906 E. 72nd St. • (912) 495-5444
10% off storefront purchases

The Savannah Theatre

222 Bull St. • (912) 233-7764
\$10.00 off adult regular-priced ticket to in-house show. Use Code: SMARTSR

Spry Mind+Body

7360 Skidaway Rd., Unit J-3
(912) 323-7356
www.sprymindbody.com
10% off all Spry Chair & Mat-based yoga & meditation classes

Sunshine Pottery

121 US-80, Pooler, GA 31322
(912) 988-7398
10% off

St. Joseph's and Candler Hospital Cafeterias

11705 Mercy Blvd. • (912) 819-2412
5353 Reynolds St. • (912) 819-6005
20% discount Monday – Friday and 25% discount on Saturday and Sunday

Wellness Center at Candler Hospital

5353 Reynolds St. • (912) 819-8811
\$5.00 discount off joiners fee. Senior rate (60 & older) \$35.00 initiation fee & \$30 per month. Senior Couple rate \$46.00 per month. All members receive a personalized fitness assessment and personal exercise instruction with their membership.

YMCA of Coastal Georgia

Senior 2 Adult household – \$54.75
Senior 1 Adult household – \$37.75
Joiner fee – \$25

Fighting S.A.D.ness

Source: Living Smart Blog, December 7, 2023



The drop in temperature and the dwindling of daylight, you may feel SAD. Not just sad, but SAD.

It stands for seasonal affective disorder, and it's a form of depression that affects millions of Americans each year.

"Seasonal affective disorder is a subtype of an underlying depression disorder, or in some cases bipolar disorder," explains Dr. Russell Lake, family medicine physician with St. Joseph's/Candler Primary Care in Richmond Hill. "With this condition, a patient's depressive symptoms demonstrably follow a cyclical, seasonal pattern each year."

"A patient may think, 'It can't be seasonal affective disorder. I live in Sun City!'" Dr. Lake says. "But recent studies have shown that a person can suffer from SAD regardless of their latitude.

TIPS FOR BEATING THE WINTER BLUES

Tackle the challenges of SAD head-on with these tips:

- 1 Talk with your healthcare provider.** They may recommend light therapy to make up for the lack of natural sunshine during colder days.
- 2 Focus on positive thoughts** and not too much about how you feel. Instead, distract yourself with your favorite hobbies.
- 3 Push yourself to be more active,** even though it may be cold outside. Exercise can boost your mood and help you maintain a weight that's right for you. Try an indoor workout class online or on TV.
- 4 Spend time with friends and family** and look for ways to get involved in your community, such as volunteering. Socializing can help improve your mood.

Common symptoms of S.A.D. include:

- Having decreased or low energy
- Either too much sleep or not enough sleep
- Either increased appetite (especially for carbohydrates) or decreased
- Withdrawal or isolation, often referred to as hibernating
- Feelings of hopeless, worthless or guilt

"Every patient is different," Dr. Lake says.

"We know these lifestyle habits can help prevent things like heart disease and stroke," Dr. Lake says. "But a commitment to these smart choices is also generally good for our mental health."



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