



JOIN US FOR OUR Give Thanks Luncheons

Give Thanks Luncheon
Thursday, November 14 | 11:30 a.m.
Marsh Auditorium, Candler Hospital
\$8 per person

Join us for our annual Thanksgiving celebration!
Enjoy entertainment from the 13th Colony Sound and all
your favorite Thanksgiving treats.

Give Thanks Luncheon & Movie
Tuesday, November 26 | 11:30 a.m.
Marsh Auditorium, Candler Hospital
\$8 per person

Help us celebrate the season with lunch and a movie.
Enjoy a traditional Thanksgiving feast followed with a
viewing of *Grumpy Old Men*.

Reservations are now open!
Please call 912.352.4405 or come by the office.

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November & December
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SMARTSENIOR OFFICE HOURS

Monday- Thursday: 8:30 a.m. – 4:30 p.m.
Friday: 8:30 a.m. – 4 p.m.
836 E. 65th St., Ste. 8
Savannah, GA 31405
912.352.4405
www.sjchs.org/smartsenior

OFFICE CLOSED

November 11 Veterans Day	December 13 Board Holiday Party
November 28-29 Thanksgiving Holiday	December 25-27 Christmas Holiday

MEMBER SPOTLIGHT

Richard is a Savannah native and was born on February 6, 1944 at the old St Joseph's Hospital downtown. He grew up with the Savannah High crowd but graduated from Jenkins High School, giving him the feeling that he knew everyone in Savannah.

Did you know that Richard went to Clemson on a track scholarship? When he returned to Savannah, he entered the business world by taking a government exam to be a licensed Customhouse Broker, which is a person proficient in clearing imports in America.

He joined an army reserve medical unit at age 23 and stayed there for eight years. I bet you didn't know that he was a golden glove boxer and played for the only semi-pro football team in Savannah, the Savannah Indians! He climbed radio and TV towers for 10 years, changing the light bulbs. He also was a stevedore on the riverfront for two years.

At age 33, Richard decided that he wanted more and set his sights on becoming a green beret. This was a huge feat because of the many phases it takes. One particular phase that stands out the most, was the swimming test. Richard saved a man's life while they were taking this test in the dangerous swamp. At age 50, he stepped away from being a green beret with a total of 200 jumps. Richard has written his first book *The Heart Of This Green Beret*.

Now can you imagine Richard in a barber shop quartet? He was for many years and just recently retired from it.

How about Richard the hunter? He shot, killed, and ate an alligator after it bit his dog. This also protected the neighborhood kids. Even though he is a former green beret, he knows how to relax and enjoy a stress free life with his wife Jackie while living in his house on Country Club Creek that was built in 1895.



RICHARD TOWNS

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)

SmartSenior

836 E 65th St, Suite 8 • Savannah, GA 31405
sjchs.org/smartsenior • 912.352.4405



DID YOU KNOW?

Do You Know About Advance Directives?

An advance directive is a document stating your choices about medical treatment.

You want to pick a person that will honor your healthcare wishes. In Georgia, there is no need for a lawyer or notary.

Advance directive forms are available at the SmartSenior office.

Do You Know "The Fabulous Four"?

Do you know that in her retirement, SmartSenior member Yvonne Roberts is an extra for movies?

Most recently, she was in the movie *The Fabulous Four* with Bette Midler, Susan Sarandon, and Megan Mullally.

Don't miss it on our November 22 movie day!

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

SmartSenior Office

Mondays 9:30 – 10:15 a.m.

Enjoy our low-impact chair exercise class every Monday!

Mahjong Mondays

SmartSenior Office

Mondays 1 – 3 p.m.

Join us for this classic game every Monday. Advance players only.

Farm Truck 912

SmartSenior Parking Lot

Mondays 1:30 – 2:30 p.m.

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.



Bible Study

SmartSenior Office

Mondays 2 – 4 p.m.

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

Eclipse Episcopal Church (Formally Called St. Michael's & All Angels) | 3101 Waters Ave

Advanced: Tuesdays & Thursdays 10 a.m.

Beginner: Tuesdays & Thursdays 11 a.m.

Grab your dancing shoes and join us for Advanced Line Dancing, Beginner Line Dancing, or both!

Game Days

SmartSenior Office

Tuesdays & Thursdays 1 – 4:15 p.m.

All are welcome! Typical games include cards, chess, and Scrabble.

Sew Girls

SmartSenior Office

Wednesdays 9am – 12 p.m.

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

SmartSenior Office

Wednesdays 2 – 3p.m.

Enjoy this body and mind engaging activity. Please remember to bring your own mat.

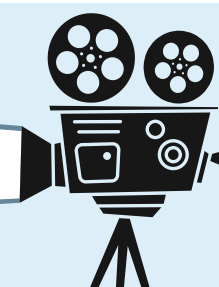
Intro Mahjong

SmartSenior Office

Thursdays 1 – 3 p.m.

Have you always wanted to learn how to play this classic tile game? Stop by our introductory class to get started.

NOVEMBER & DECEMBER MOVIE SCHEDULE



Reservations are required for all of the following movies.

NOVEMBER 8 AT 2 PM

Bob Marley: One Love - Rated PG-13

Starring: Kingsley Ben-Adir, Lashana Lynch, and James Norton

Jamaican singer-songwriter Bob Marley overcomes adversity to become the most famous reggae musician in the world.

NOVEMBER 22 AT 2 PM

The Fabulous Four - Rated R

Starring Bette Midler, Susan Sarandon, and Megan Mullally

Join us for this free-for-all comedy about the story of two friends who travel to be bridesmaids in a surprise wedding of their college girlfriend.

DECEMBER 20 FROM 1 – 3 PM

CHRISTMAS MOVIE MARATHON

Five More Minutes - Rated G

Starring Nikki DeLoach, David Haydn-Jones, and Sherry Miller

Returning to her old home for the holidays, a young widow's Christmas wish for her son gets answered in unexpected ways.

A Little Christmas Charm - Rated G

Starring Ashley Greene, Brendan Penny, and Ann Marie Loder

A jewelry designer teams up with an investigative reporter to find the owner of a charm bracelet before Christmas Eve.



NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
<div data-bbox="180 707 689 883"> <p>Exercise Class 9:30 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Farm Truck 912 1:30pm</p> <p>Bible Study 2 p.m.</p> </div>	<div data-bbox="736 707 1252 838"> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Game Day 1 p.m.</p> </div>	<div data-bbox="1299 707 1811 838"> <p>Sew Girls 9 a.m.</p> <p>Lunch & Learn 11:30 a.m.</p> <p>Chair Yoga 2 p.m.</p> </div>	<div data-bbox="1858 707 2371 883"> <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> </div>	<div data-bbox="2418 707 2930 747"> <p>Movie Day 2 p.m.</p> </div>
11	12	13	14	15
<div data-bbox="180 1003 689 1094"> <p>Office Closed</p> <p>Veterans Day</p> </div>	<div data-bbox="736 1003 1252 1135"> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Game Day 1 p.m.</p> </div>	<div data-bbox="1299 1003 1811 1135"> <p>Sew Girls 9 a.m.</p> <p>Legacy Planning Workshop 11:30 a.m.</p> <p>Chair Yoga 2 p.m.</p> </div>	<div data-bbox="1858 1003 2371 1135"> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Give Thanks Luncheon 11:30 a.m.</p> </div>	<div data-bbox="2418 1003 2930 1044"> <p>Memory Cafe 10 a.m.</p> </div>
18	19	20	21	22
<div data-bbox="180 1296 689 1518"> <p>Exercise Class 9:30 a.m.</p> <p>Coffee Chat 10 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Farm Truck 912 1:30pm</p> <p>Bible Study 2 p.m.</p> </div>	<div data-bbox="736 1296 1252 1427"> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Game Day 1 p.m.</p> </div>	<div data-bbox="1299 1296 1811 1376"> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p> </div>	<div data-bbox="1858 1296 2371 1471"> <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> </div>	<div data-bbox="2418 1296 2930 1336"> <p>Movie Day 2 p.m.</p> </div>
25	26	27	28	29
<div data-bbox="180 1628 689 1804"> <p>Exercise Class 9:30 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Farm Truck 912 1:30pm</p> <p>Bible Study 2 p.m.</p> </div>	<div data-bbox="736 1628 1252 1804"> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Give Thanks Luncheon 11:30 a.m.</p> <p>Game Day 1 p.m.</p> </div>	<div data-bbox="1299 1628 1811 1709"> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p> </div>	<div data-bbox="1858 1628 2371 1719"> <p>Office Closed</p> <p>Thanksgiving</p> </div>	<div data-bbox="2418 1628 2930 1669"> <p>Office Closed</p> </div>

4

DECEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30pm Bible Study 2 p.m.	3 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	4 Sew Girls 9 a.m. Chair Yoga 2 p.m.	5 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	6
9 Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30pm Bible Study 2 p.m.	10 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	11 Sew Girls 9 a.m. Chair Yoga 2 p.m.	12 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	13 Office Closed Board Holiday Party
16 Exercise Class 9:30 a.m. Book Club 11 a.m. Mahjong 1 p.m. Farm Truck 912 1:30pm Bible Study 2 p.m.	17 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Discover Local 11 a.m.	18 Sew Girls 9 a.m. Hot Coco Charcuterie 12:30 p.m. Chair Yoga 2 p.m.	19 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Cookie Recipe Swap 11a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	20 Christmas Karaoke 11a.m. Christmas Movie Marathon 1 p.m.
23 Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30pm Bible Study 2 p.m.	24 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	25 Office Closed Christmas	26 Office Closed	27 Office Closed
30 Exercise Class 9:30 a.m. Mahjong 1 p.m. Farm Truck 912 1:30pm Bible Study 2 p.m.	31 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.			



NOVEMBER 2024 EVENTS

Please make reservations for all of the following events. Call the SmartSenior office at 912.352.4405 to register.

LUNCH & LEARN

Genetic Cancer Treatment with Jacob South
Wednesday, November 6 | 11:30 a.m. lunch
12 p.m. presentation

Marsh Auditorium, Candler Hospital

Do you want to learn more about cancer genetics and Medicare fraud with relation to genetic testing? Join us for our next Lunch & Learn featuring Jacob South with the Lewis Cancer and Research Pavilion.

LEAVING A LEGACY WORKSHOP

Wednesday, November 13 | 11:30 a.m. lunch
12 p.m. presentation

Marsh Auditorium, Candler Hospital

Experience a presentation prepared on the different parts of an estate plan and every attendee will be able to leave with an advanced healthcare directive completed.

MEMORY CAFÉ

Friday, November 15 | 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.

COFFEE CHAT: SALUTE TO VETERANS

Monday, November 18 | 10 a.m.

SmartSenior Office

Calling all veterans! Come on over for coffee, sweets, and conversations. Reminiscence with your fellow veterans about the service days. We salute you!

GIVE THANKS LUNCHEON

Thursday, November 14 | 11:30 a.m.
Marsh Auditorium, Candler Hospital
\$8 per person

Join us for our annual Thanksgiving celebration!

Enjoy entertainment from the
13th Colony Sound and all your favorite
Thanksgiving treats.

GIVE THANKS LUNCHEON & MOVIE

Tuesday, November 26 | 11:30 a.m.
Marsh Auditorium, Candler Hospital
\$8 per person

Help us celebrate the season with
lunch and a movie.

Enjoy a traditional Thanksgiving Feast followed
with a viewing of Grumpy Old Men.



DECEMBER 2024 EVENTS

Please make reservations for all of the following events. Call the SmartSenior office at 912.352.4405 to register.

BOOK CLUB

Monday, December 16 | 11 a.m.

SmartSenior Office

Me Before You

Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *Me Before You* by Jojo Moyes. Join us for this powerful love story between two people who had nothing in common until love gave them everything to lose.

DISCOVER LOCAL

Open House Gingerbread House Tour

Tuesday, December 17 | 11 a.m.

Planet Riverside | 400 W. River Street

Come with us as we take a tour down gingerbread lane! There is no cost to attend this event, but parking downtown will be a dutch treat. We will meet inside the J.W. Marriott in the main lobby underneath the dinosaur.

HOT COCO CHARCUTERIE

Wednesday, December 18 | 12:30 p.m.

SmartSenior Office

Enjoy the holiday season with creamy chocolate delights. Join us for a new take on that classic winter treat. With marshmallows, chocolates, mints, and different delectable syrups, it is truly a customized coco bar.

COOKIE RECIPE SWAP

Thursday, December 19 | 11 a.m.

SmartSenior Office

One of the happiest memories you can share is baking cookies at the holidays. Do you have a classic family recipe you shared with your parents and/or children? Please bring in your special family recipe, and we will make copies for everyone. Christmas treats will be provided.



CHRISTMAS KARAOKE

Friday, December 20 | 11 a.m.

SmartSenior Offices

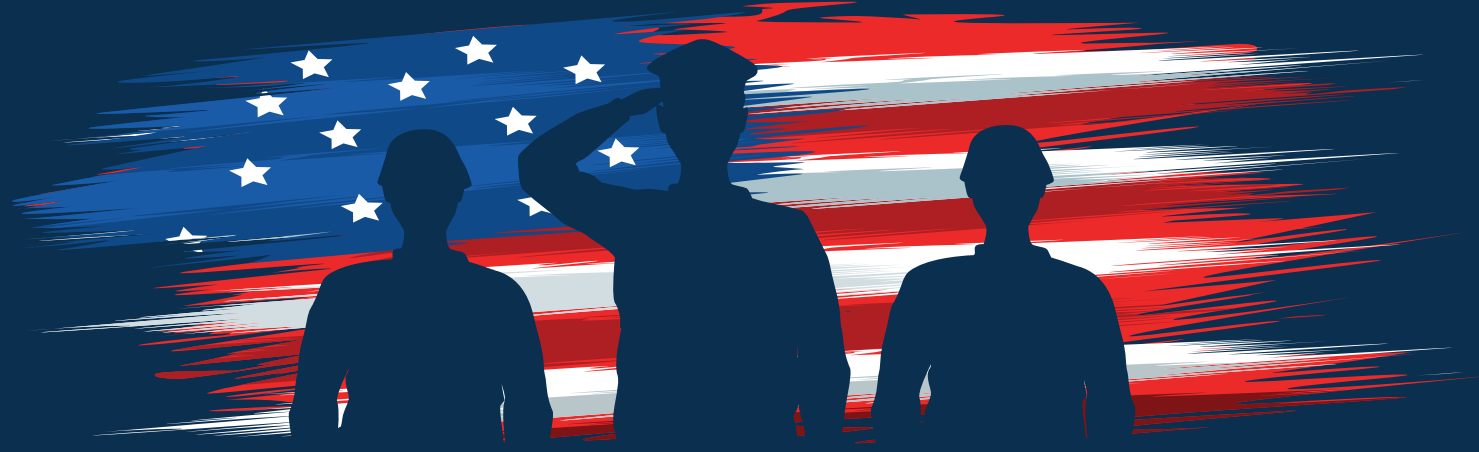
Join us for this fun salute to the holidays. All voices are welcome. No judgements allowed as we sing our hearts out to the classic holiday hits!

CHRISTMAS MOVIE MARATHON

Friday, December 20 | 1 p.m.

SmartSenior Office

Be ready for a Hallmark movie marathon to help you get into the holiday spirit featuring back-to-back movies—*Five More Minutes* and *A Little Christmas Charm*.



SALUTE TO VETERANS

We thank you for your service to this country. Below are just a few introductions of our SmartSenior veterans.

Bill Parrott, 96

Army

1947–1969

Bill enlisted into the Army after WWII where he specialized in communication and radar. He also taught German to the soldiers. Do you know any German? Bill can still speak the language and loves to share his skill of learning and remembering languages with others. Bill is also known for his kind heart and friendly greetings.

Ralph "Theron" Sprouse, 86

National Guard

1958–1970 – Cuban Conflict

Theron was born and raised in Greenwood, South Carolina. He joined the National Guard while he was still in high school, and two weeks after graduation, he reported to basic training at Fort Jackson in Columbia. Theron recently retired from the printing business after 63 years. Ask him about how he's a cat superhero next time you see him!

David Carter, 78

Army

1964–1984 – Vietnam

David voluntarily joined the Army for an opportunity to go to college and see the world. He graduated basic training from Fort Gordon. He truly fulfilled his desire to see the world being stationed in places like Vietnam and Oakanowa. David enjoys spending time with family.

Thomas Curran, 73

Army

1983–2005 – Desert Storm, Afghanistan

After marrying his wife Jackie, whose father was a career military officer, Thomas decided to join the weekend warriors. Instead, he upgraded to an enlistee and says it is the best mistake he ever made. Thomas is also an excellent artist who graduated with a fine arts degree from Georgia Southern University in 2020. Ask him how he ended up retiring in Savannah.

Calling all veterans! Our first coffee chat is a salute to you!
Join us on Monday, November 18 from 10–11 a.m. for coffee and conversation.
Bring pictures and share stories about your service.

In-home care for a better quality of life.

Services We Provide:

- Family Respite Care
- Post Surgery Care
- Rehabilitation Care
- Personal Care
- Meal Planning & Preparation
- Fall Prevention & Safety
- Transportation



Right at Home is a global network where most offices are independently owned and operated under a franchise agreement with Right at Home, LLC.

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the Consos Group



Which Plan?

Ads, letters, flyers showing up everyday in your mailbox, tv, or radio ... which plan is right for you? We, at The Consos Group, with 35 years of experience will help you find the right medical and prescription drug coverage you need at a price you can afford.

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Experience More at The Social at Savannah!

At The Social, we're all about living life to the fullest. Say goodbye to everyday responsibilities and hello to a carefree lifestyle! Make new connections, create cherished memories, and enjoy our vibrant community. With a range of amenities and a host of activities to keep you social, it's your time to thrive!

Independent living one bedroom
/ one bathroom starting at **\$2,195** per month.

Included with Monthly Rent

- 24-Hour On-Site Concierge Team
- Scheduled Transportation
- Cable & Internet
- Biweekly Housekeeping
- One Chef-Prepared Meal Daily with the Option to Purchase Two Additional Meals
- Full Kitchens
- Free Laundry Facilities
- Weekly Happy Hours
- Social Calendar with Daily Activities and Outings
- Fitness Center with Classes
- Creative Studio, Library, and Card Room

Additional On-Site Services Available:

Beauty Salon
Physical Therapy provided by Powerback Rehab
And more!

Call today to schedule your visit! 912-244-7133



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Savannah SENIORS RESOURCE DIRECTORY

Helpful Information for Aging Adults and Caregivers



CLICK LINK BELOW or SCAN QR CODE



View Our Guide:
[Savannah Seniors Resource Guide](#)

*Pick up your FREE directory,
and additional resources today at:*

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