

ANNUAL
Holiday
PARTY

Friday, December 6
11 a.m. - 2 p.m.

\$20 for members
\$25 for member-guests

Seating will be assigned with ticket purchase;
please coordinate with your group prior to
purchase if you'd like to sit together.

Tickets are non-refundable unless the event is canceled.

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ARE YOU OR YOUR FAMILY A VETERAN?

We would love to highlight you in the next issue of the SmartSenior newsletter!
Please get back to us no later than **Monday, September 16.**

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

September 2
Labor Day

October 14
Columbus Day

October 31
Halloween Party

MEMBER SPOTLIGHT

Tom was born in Pensacola, Florida. His father was an instructor pilot in World War II and was killed in an accident three weeks after his birth. His mom moved back to New England to raise him.

He moved to Savannah in 2006 from New Jersey, where he had lived for 45 years with his wife, to help take care of his aging parents. Three months after the move, his mom passed. Then a couple of years later, his wife passed, and then his dad in 2011.



TOM EVERETT

Did you know? Tom raced motorcycles! He found his passion at only 19 years of age. He was constantly pulled over for speeding tickets. He still remembers the police officer's name, Dick Lyons, who changed his world by suggesting that he should race on a drag race track. By the end of that summer, Tom was the top gun at the track! He graduated to dirt track racing where he continued winning, and eventually became an amateur race car driver.

He actually got his first job at Johnson & Johnson because of this hobby. His interviewer was a SCCA race car driver!

Would you have guessed that Tom was a tree climber and owned a successful tree service for 11 years?

Can you see Tom in a big red truck pulling trailers on the open highway? He loves to drive and did that for eight years.

In 1996, Tom and his wife "Flea Market Flipped," finding hidden treasures to "flip" and sell on eBay. They found a 500 piece wood puzzle completely intact, with the original label, from a vintage, out-of-business company for only \$5. They listed it for \$80, and it sold for \$1,250.

Did you know that in his early 30s, Tom was trained by America's most renowned tracker and wilderness survival expert, Tom Brown? He became an Apache tracker, which stems from his interest in hunting and his curiosity of the survival techniques of the Native American Indians. He still has these survival skills today.

Tom would like you to know that he knows what to do and how to overcome adversities. He is a survivor and loves life!



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



MEMBERSHIP DUES UPDATE NOTICE

Effective July 1, 2024, our membership dues have changed from \$18 a year, to \$20 a year.

This annual membership remains tax free and gives you access to our merchant discounts, free office services, secure document shredding, and all of our excellent programming.



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.

For more information contact us at:

(912) 303-0101

7505 Waters Avenue, Suite D2,
Savannah, GA 31406

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! Reservations are not required for this activity.

Mahjong Mondays

SmartSenior Office

Mondays 1-3 p.m.

Join us on Mondays for Mahjong. Please let us know if you're interested in instruction of this classic game.

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 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 9 a.m.-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 2-3 p.m.

Reservations are no longer required for Chair Yoga. All participants must arrive before 3 p.m. in order to attend.

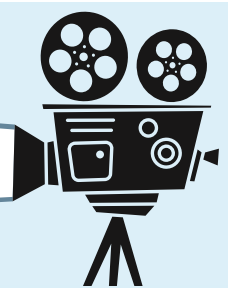
Intro Mahjong

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.

SEPTEMBER & OCTOBER MOVIE SCHEDULE



All of our movie showings take place on Fridays at 2 p.m. in the SmartSenior office. Entrance to all movies are included in your membership and include complimentary popcorn and drinks. **Please register in advance.**

SEPTEMBER 13 AT 2 P.M.

Me Before You - Rated PG-13

Starring Sam Claflin, Emilia Clarke, and Matthew Lewis

Young and quirky Louisa Clark moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor, a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined.

SEPTEMBER 27 AT 2 P.M.

Austenland - Rated PG-13

Starring Keri Russell, JJ Field, and Jennifer Coolidge

Obsessed with *Pride and Prejudice* (1995), a woman travels to a Jane Austen theme park in search for her perfect gentleman.

OCTOBER 4 AT 2 P.M.

So I Married an Axe Murderer - Rated PG-13

Starring Mike Myers, Nancy Travis, and Phil Hartman

In this romantic comedy, a San Francisco poet who fears commitment suspects his girlfriend may have a knack for killing off her significant others.

OCTOBER 11 AT 2 P.M.

Addams Family Values - Rated PG-13

Starring Mark Walburg, Bear Grylls, and Nathalie Emmanuel

The members of the odd Addams Family are up to more macabre antics in this sequel. This time around, Gomez and Morticia are celebrating the arrival of a baby boy. But Wednesday and Pugsley are none too happy about the new addition, and try their best to eliminate the infant. When nanny Debbie Jelinsky appears to keep the kids in line, her presence leads to an unexpected treacherous twist.



SEPTEMBER 2024



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Office Closed Labor Day	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	Mahjong 1 p.m. Bible Study 2 p.m.	10	Making Marks 9:30 a.m. Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	11	Sew Girls 9 a.m. Chair Yoga 2 p.m.	12	Helping Hands Popup 10 a.m. 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.	13	Movie Day 2 p.m.
16	Exercise Class 9:30 a.m. Mahjong 1 p.m. Bible Study 2 p.m.	17	Making Marks 9:30 a.m. Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	18	Sew Girls 9 a.m. Chair Yoga 2 p.m.	19	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.	20	Memory Cafe 10 a.m. Discover Local 1 p.m.
23	Exercise Class 9:30 a.m. Mahjong 1 p.m. Bible Study 2 p.m.	24	Making Marks 9:30 a.m. Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	25	Sew Girls 9 a.m. Chair Yoga 2 p.m.	26	Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	27	Movie Day 2 p.m.
30	Exercise Class 9:30 a.m. Mahjong 1 p.m. Bible Study 2 p.m.								

OCTOBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>Exercise Class 9:30 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Bible Study 2 p.m.</p>	<p>1</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>Game Day 1 p.m.</p> <p>Tuesday Tea 2 p.m.</p>	<p>2</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>3</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>4</p> <p>Movie Day 2 p.m.</p>
<p>14</p> <p>Office Closed</p> <p>Columbus Day</p>	<p>8</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>Tuesday Tea 2 p.m.</p>	<p>9</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>10</p> <p>Get the Scoop Pop Up 10 a.m.</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Advisory Board Meeting 12 p.m.</p> <p>Intro Mahjong 1 p.m.</p> <p>Game Day 1 p.m.</p>	<p>11</p> <p>Movie Day 2 p.m.</p>
<p>21</p> <p>Exercise Class 9:30 a.m.</p> <p>Book Club 11 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Bible Study 2 p.m.</p>	<p>15</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>Tuesday Tea 2 p.m.</p>	<p>16</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>17</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>18</p> <p>Memory Cafe 10 a.m.</p> <p>Discover Local 12 p.m.</p>
<p>28</p> <p>Exercise Class 9:30 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Bible Study 2 p.m.</p>	<p>22</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>Tuesday Tea 2 p.m.</p>	<p>23</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>24</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>25</p>
<p>31</p> <p>Office Closed</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Halloween Party 11:30 a.m.</p>	<p>30</p> <p>Sew Girls 9 a.m.</p> <p>Chair Yoga 2 p.m.</p>	<p>31</p> <p>Office Closed</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Halloween Party 11:30 a.m.</p>		



SEPTEMBER 2024 EVENTS

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

TUESDAY TEA

Downton Abbey

Tuesday, September 10 - Tuesday, October 22

2 p.m. | SmartSenior Office

Join us for tea, treats, and television at our next Tuesday Tea! Enjoy season one of this modern classic following the lives of the Crawley family and their servants in this historical drama.

MAKING MARKS WITH TELFAIR MUSEUMS

Tuesdays, September 10, 17, & 24

9:30am | SmartSenior Office

In conjunction with SJ/C Movement Disorders, this program is a three session art class open to those with movement disorders. Participants will receive instruction from Telfair Museums' staff. The artwork created during this program will be displayed in the Jepson Center's exhibition Making Marks. To register, please contact Katy Harne at 912.663.6803 or harneka@sjchs.org.

LUNCH & LEARN

Early Detection & Breast Radiation Therapies with John Mikell, MD

Thursday, September 19 | 11:30 a.m. lunch

12 p.m. presentation

Marsh Auditorium, Candler Hospital

Did you know that radiation therapy can reduce the 10-year risk of first recurrence from 35% to 19.3%? Join us for a discussion on the importance of breast cancer early detection and modern developments in breast radiation therapy.

MEMORY CAFÉ

Friday, September 20 | 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.

DISCOVER LOCAL

Sail Through History Tybee Lighthouse Museum Tour

Friday, September 20 | 12 p.m.

30 Meddin Dr., Tybee Island, GA

\$10 per person; two-hour parking in the lighthouse parking lot is included

Sail through history with a tour of Georgia's oldest and tallest light station at the Tybee Island Light Station and Museum. Feeling adventurous? Climb all 178 steps to the top of this 145 feet tall lighthouse. Handicap ramps are available around the guard station, but not the lighthouse itself.



OCTOBER 2024 EVENTS

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

LUNCH & LEARN

Alzheimer's Healthy Living for Your Brain and Body with Nicole Mangani

Tuesday, October 1 | 11:30 a.m. lunch

12 p.m. presentation

Marsh Auditorium, Candler Hospital

This educational program is presented by community outreach expert, Corporal Nicole Magnani, Senior Instructor with the Chatham County Sheriff's Office and the Alzheimer's Association.

MEMORY CAFÉ

Friday, October 18 | 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.

DISCOVER LOCAL

Walking Ghost Tour of Downtown Savannah

Friday, October 18 | 12 p.m. | 147 Abercorn St

\$8 per person

Join us for a haunted ghost tour of downtown Savannah. Wear comfy shoes for this one mile walking tour! The ghostly afternoon will begin with a dutch-treat lunch at PJ Thai before the first stop at the Colonial Park Cemetery and culminate with a stop at Leopold's Ice Cream for a spooky sweet treat. If you are skittish or squeamish, this may not be the tour for you.

BOOK CLUB

The Rose Code by Katie Quinn

Monday, October 21 | 11 a.m. | SmartSenior Office

Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *The Rose Code* by Katie Quinn. Enjoy this fascinating tale based in Bletchley Park during WWII, where the best minds in Britain train to break German military codes.

GET YOUR HAUNT ON AT OUR ANNUAL HALLOWEEN PARTY

THURSDAY, OCTOBER 31 | 11:30AM | MARSH AUDITORIUM, CANDLER HOSPITAL

\$8 PER PERSON

Join us for a spooktacular Halloween Party filled with frightful trivia on all things Halloween. Dress your best for our costume contest! A haunting lunch will be provided.

Remember to park your brooms in designated broom zone.

Call 912.352.4405 to register!

YOU'RE INVITED!

POP UP EVENTS AT SMARTSENIOR!

HELPING HANDS POP UP
Thursday, September 12 | 10 a.m. - 12 p.m.
SmartSenior Front Porch

Looking to volunteer in our community? Don't miss this pop up event designed to showcase opportunities to engage in our local non-profit community.

Some of the people you will meet are:

- St. Joseph's/Candler
- Hospice Savannah
- Savannah VA Clinic
- Loop it Up Savannah
- Humane Society for Greater Savannah

- And other local non-profits!

GET THE SCOOP POP UP
Thursday, October 10 | 10 a.m. - 12 p.m.
SmartSenior Front Porch

As we grow and mature, the world changes around us. Learn about all the new opportunities in Savannah for seniors at this resource based event.

Having trouble finding local resources? Get the scoop is a senior resource mini pop-up event designed to educate our members on all the new and exciting resources in town like:

- RiteCare® Center for Communication Disorders
- Oasis Senior Advisors
- Naborforce
- Vital Bridge Wellness
- FODAC
- Simple Hive Organizing
- Fathom Realty
- And more!

Mark your calendars for these free stop-by events!
Snacks and raffle prizes will be available.

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.

(912) 691-8752
www.rightathome.net/savannah



IS AQUATIC THERAPY RIGHT FOR YOU?

A swimming pool can be used for a lot more than a game of Marco Polo or cooling off in the summer sun. With a trained staff, an aquatic environment is a great source of exercise or therapy for many ailments.

Aquatic therapy is rehabilitation, prevention and wellness for a wide array of patients in a safe aquatic environment. It employs the principles of physical therapy just in water, says Ashlee Cloud, physical therapy assistant with Candler Hospital Outpatient Rehab.

"We like to describe aquatic therapy as a stepping stone to land therapy. There's a lot less impact on your joints, so for many patients it's a good place to start," Cloud says. "Because gravity doesn't work exactly the same in water, you are basically weightless. Where the water sits, it takes about 75 percent of your body weight off your joints, so a lot of people who can't walk on land or have trouble walking find they are walking great in the pool."

Exercises can include anything from walking forward to help hip flexors to walking sideways to help hip abductors to quad stretches, leg kicks and core exercises. Cloud also does something with patients called deep-water traction, which is basically a whole body stretch. Lightweights will be placed on your ankles and floats placed on your arms and together they pull your body, stretching everything out.

What are the benefits to aquatic therapy?

The physical characteristics of water are used to support, resist and/or assist in increasing flexibility and muscle strengthening while an injury heals or a chronic issue improves.

Aquatic therapy also has been shown to increase:

- Circulation
- Flexibility
- Blood flow
- Muscle strength and tone
- Range of motion
- Coordination

It also helps reduce swelling and stress to painful joints and promotes better posture. There's also the fact that it just feels good and is held in a relaxed atmosphere.

For more information about aquatic therapy or any of the St. Joseph's/Candler Outpatient Rehabilitation services, call 912-819-6176.

Source: Living Smart Blog



836 E. 65th Street - Suite 8
Savannah, Georgia 31405

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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.

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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](#)

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