

2023

Celebrating an Active Year at SmartSenior

More than 10 new programs added to our regular activities, including Tuesday Tea and Book Club.

New special event: Active in the Arts!

550 New Members!

New flooring, game rooms, book nook, and other office updates.

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SMARTSENIOR OFFICE HOURS

Monday - Friday 9 a.m. – 5 p.m.

836 E. 65th St., Ste 8 • Savannah, GA 31405
912.352.4405

www.sjchs.org/smartsenior

OFFICE CLOSED

November 10
Veteran's Day

November 23-24
Thanksgiving

December 1
Holiday Party

December 25-26
Christmas



THE SEASON OF GIVING

With the holidays quickly approaching, there's a lot to be thankful for. Did you know that December is National Giving Month? SmartSenior has a beautiful tradition of giving to those in need during the holiday season. This year, we will continue that tradition with our very own SmartSenior Angel Tree, benefitting local seniors at St. Mary's Community Center.

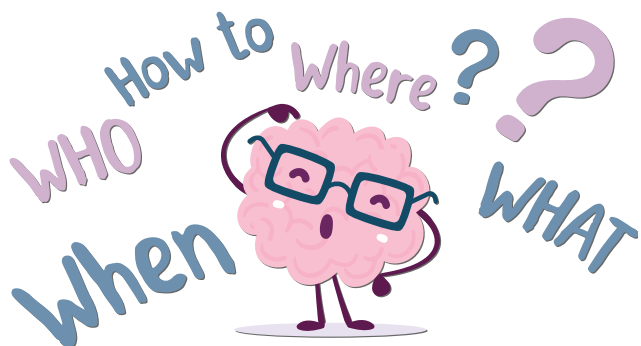
St. Mary's Community Center is a community outreach initiative of St. Joseph's/Candler and a living demonstration of our mission. The Center serves many individuals and families from Savannah's poorest census tracts. The ramifications of poverty are many - unemployment, illiteracy, lack of health care, substandard housing, drugs and crime. The Center strives to help people improve their quality of life through:

- Workforce Training
- Free Tax Prep
- Medicaid and Medicare Assistance
- Food Stamps
- Free Eye Exams
- Free Office Services
- Free Bread Days
- And much more

St. Mary's is an important part of our St. Joseph's/Candler family. As part of their many important community outreach programs, St. Mary's also directly benefits local seniors. That is why we chose to partner with them.

Beginning November 1, the SmartSenior Angel Tree will be available with tags at our office. Take an angel, buy a gift, and return it no later than December 7.

If you are interested in participating in any way, please call or stop by the SmartSenior office.



MEMORY CAFÉ

The Memory Café is a welcoming place for people with changes in their memory and their care-partner(s) to come together, enjoy social engagement, and play fun memory games!

November 8 | 11 a.m.
SmartSenior Office

This program is brought to you by the RiteCare Center for Communication Disorders and SmartSenior.

Contact the SmartSenior Office at 912.352.4405 to register today!



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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.

Our weekly activities are open to members only.

Exercise Class

SmartSenior Office

Mondays 9:15-10 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. New to the game? Ask about our intro classes.

Bible Study

SmartSenior Office

Mondays 2-4 p.m.

Join us for a Bible Study led by fellow SmartSenior, Rev. Willie B. Chisholm. Lesson notes will be provided.



Line Dancing

St. Michael and All Angels Episcopal Church

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 Day

SmartSenior Office

Tuesdays 1 p.m.

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

Sewing Society **NEW TIME!**

SmartSenior Office

Wednesdays 12:15- 2:45 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 **NEW TIME!**

SmartSenior Office

Wednesdays 3-4 p.m.

Beginning Wednesday, November 1, attendance in our Chair Yoga will be on a first-come first-served basis. Reservations will no longer be accepted. All participants must arrive before 3 p.m. in order to attend. The door will close promptly at 3 p.m.



Painting with Shawn

SmartSenior Office

Wednesdays & Fridays 9:45-11:45 a.m.

Enjoy a one-on-one personalized painting experience with local artist Shawn Bland as she helps you create your next masterpiece. Five classes for \$100. To learn more, or to register, contact Shawn directly at 912.777.2504 or shawnphd@hotmail.com.

Movie Days

SmartSenior Office

Fridays 1 p.m.

Fridays are for the movies! Let us pop the popcorn, and come and enjoy a different movie with us every week.

NOVEMBER & DECEMBER MOVIE SCHEDULE

Double Feature: November 3 at 1 p.m.

1917 - Rated R

Starring Dean-Charles Chapman, George MacKay, & Colin Firth

During World War I, two British soldiers receive seemingly impossible orders. In a race against time, they must cross over into enemy territory to deliver a message that could potentially save 1,600 of their fellow comrades.

The Princess Bride - Rated PG

Starring Cary Elwis, Robin Wright, & Mandy Patinkin

A bedridden boy's grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies, and allies in his quest to be reunited with his true love.

November 17 at 1 p.m.

The Best Exotic Marigold Hotel - Rated PG-13

Starring Maggie Smith, Judy Dench, & Bill Nighy

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

Double Feature: December 15 at 1 p.m.

The Preacher's Wife - Rated PG

Starring Whitney Houston, Denzel Washington, & Courtney B. Vance

A cleric begins to doubt himself and is visited by an angel. The heavenly emissary is supposed to help the good reverend over his midlife crisis, but he is distracted by the cleric's lovely young wife.

Fiddler on the Roof - Rated G

Starring Topol, Norma Crane, & Leonard Frey

In pre-revolutionary Russia, a Jewish peasant with traditional values contends with marrying off three of his daughters with modern romantic ideals while growing anti-Semitic sentiment threatens his village.

Double Feature: December 22 at 1 p.m.

The Nativity Story - Rated PG

Starring Keisha Castle-Hughes, Oscar Isaac, & Shohreh Aghdashloo

A drama that focuses on the period in Mary and Joseph's life where they journeyed to Bethlehem for the birth of Jesus.

Double Holiday - Rated G

Starring Carly Pope, Kristoffer Polaha, & Laura Cilevitz

In this Hallmark Channel Original Movie, career-minded Rebecca's plans for Hanukkah don't go as expected when a promotion opportunity comes up at work. Rebecca and her insufferable office mate, Chris must overcome their opposing styles in order to succeed.



NOVEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Painting Class 9:45 a.m. Sewing Society 12:15 p.m. Chair Yoga 3 p.m.	2 Magpies 1:30 p.m.	3 Painting Class 9:45 a.m. Movie Day Double Feature 1 p.m.
6 Exercise Class 9:15 a.m. Mahjong Monday 1 p.m. Bible Study 2 p.m.	7 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Sittercize 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	8 Painting Class 9:45 a.m. Memory Cafe 10 a.m. Sewing Society 12:15 p.m. Chair Yoga 3 p.m.	9 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Workshop 1:30 p.m.	10 Office Closed Painting Class 9:45 a.m. Give Thanks Lunch 11 a.m. Give Thanks Dinner 4 p.m.
13 Exercise Class 9:15 a.m. Mahjong Monday 1 p.m. Bible Study 2 p.m.	14 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Lunch and Learn 11:30 a.m. Tuesday Tea 2 p.m.	15 Painting Class 9:45 a.m. Office Closed for Board Meeting 11 a.m. - 2:30 p.m. Sewing Society 12:15 p.m.	16 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Magpies 1:30 p.m.	17 Painting Class 9:45 a.m. Movie Day 1 p.m.
20 Exercise Class 9:15 a.m. Mahjong Monday 1 p.m. Bible Study 2 p.m.	21 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Sittercize 11 a.m. Game Day 1 p.m.	22 Painting Class 9:45 a.m.	23 Office Closed	24 Office Closed
27 Exercise Class 9:15 a.m. Book Club 11 a.m. Mahjong Monday 1 p.m. Bible Study 2 p.m.	28 Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Game Day 1 p.m.	29 Painting Class 9:45 a.m. Sewing Society 12:15 p.m. Chair Yoga 3 p.m.	30 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Birthday Bingo 11 a.m. Magpies 1:30 p.m.	

DECEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Exercise Class 9:15 a.m. Mahjong Monday 1 p.m. Bible Study 2 p.m.	5 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	6 Painting Class 9:45 a.m. Sewing Society 12:15 p.m. Chair Yoga 3 p.m.	7 Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Office Closed 12 p.m. - 5 p.m. Pet Celebration Day 2 p.m.	1 Office Closed Holiday Party 11 a.m.
11 Exercise Class 9:15 a.m. Mahjong Monday 1 p.m. Bible Study 2 p.m.	12 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	13 Painting Class 9:45 a.m. Sewing Society 12:15 p.m. Chair Yoga 3 p.m.	14 Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Magpies 1:30 p.m.	15 Painting Class 9:45 a.m. Movie Day Double Feature 1 p.m.
18 Book Club 11 a.m. Mahjong Monday 1 p.m. Bible Study 2 p.m.	19 Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m. Game Day 1 p.m.	20 Painting Class 9:45 a.m. Sewing Society 12:15 p.m. Chair Yoga 3 p.m.	21 Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Winter Wickets 2 p.m.	22 Painting Class 9:45 a.m. Movie Day Double Feature 1 p.m.
25 Office Closed	26 Office Closed Advanced Line Dance 10 a.m. Beginner Line Dance 11 a.m.	27 Painting Class 9:45 a.m.	28 Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m.	29 Painting Class 9:45 a.m.



NOVEMBER 2023 EVENTS

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

MAGPIES

Thursday, November 2, 16, & 30 | 1:30 p.m.
SmartSenior Office

Scout out an engaging topic, and join us for a lively hour+ with pie and coffee served. Each attendee will present a different article, book review, or other topic of interest to the rest of the group to invite discussion.

SITTERCIZE

Tuesday, November 7 & 21 | 11 a.m.
SmartSenior Office

Sittercize is just like it sounds – chair exercise for all levels of mobility. Enjoy a fabulous morning of fun and fitness!

TUESDAY TEA

Wuthering Heights
Tuesday, November 7 & 14 | 2 p.m.
SmartSenior Office

Join us for the classic gothic tale of love, loss, and drama with our next installment of Tuesday Tea. This adaptation stars Tom Hardy as the brooding Heathcliff, Charlotte Riley as Catherine Earnshaw, and Andrew Lincon and Edgar Linton. Episodes are 90 minutes.

MEMORY CAFE

Tuesday, November 8 | 10 a.m.
SmartSenior Office

The RiteCare Center is collaborating with SmartSenior to offer a Memory Café. Facilitated by the graduate students in speech-language pathology at Georgia Southern University, Memory Café is free to attend and welcome to all.

WORKSHOP

10 Warning Signs Of Alzheimer's
Thursday, November 9 | 1:30-3 p.m.
SmartSenior Office

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.

LUNCH & LEARN

Early Detection of Lung Cancer
Tuesday, November 14

11:30 a.m. lunch; 12 p.m. presentation
Marsh Auditorium, Candler Hospital

Learn more about early detection of lung cancer and the latest Monarch technology used at the Nancy N. and J.C. Lewis Cancer & Research Pavilion from Advanced Thoracic Oncology Center, M. Douglas Mullins, M.D.

BOOK CLUB

The Heart of This Green Beret
Monday, November 27 | 11 a.m.
SmartSenior Office

This month, our book club will read *The Heart of This Green Beret*, a memoir written by fellow SmartSenior, Richard Towns, as part of our memoir writing class.

BIRTHDAY BINGO

Thursday, November 30 | 11 a.m.
SmartSenior Office

Reservations are limited to the first 20 participants.



DECEMBER 2023 EVENTS

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

HOLIDAY PARTY

Friday, December 1 | 11 a.m.
Alee Temple
100 Eisenberg Dr, Savannah, GA
Join us at our annual Holiday Party.

TUESDAY TEA

December Musicals
Tuesday, December 5 & 12 | 2 p.m.
SmartSenior Office

December is for musicals! Help us celebrate the holiday season with two fun, seasonal musicals: *The King & I* starring Yul Brenner and Deborah Kerr, and *Brigadoon* starring Gene Kelly and Cyd Charisse.



PET CELEBRATION DAY

Thursday, December 7 | 2 p.m.
Daffin Dog Park
Bring your pet (or photos and stories) to celebrate with fellow pet owners. If you don't currently have a pet of your own, please join us to participate and enjoy the benefits of pet therapy.

MAGPIES

Thursday, December 14 | 1:30 p.m.
SmartSenior Office

Scout out an engaging topic, and join us for a lively hour+ with pie and coffee served. Each attendee will present a different article, book review, or other topic of interest to the rest of the group to invite discussion.

BOOK CLUB

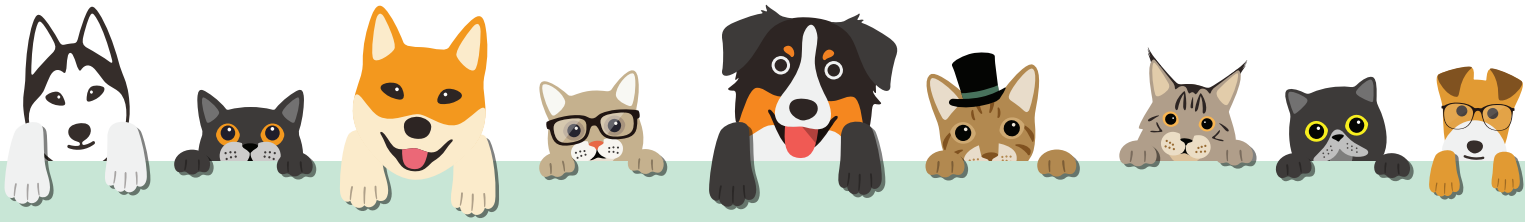
One Day in December
Monday, December 18 | 11 a.m.
SmartSenior Office

This month, our book club will read *One Day in December*. A love story about what happens after you meet, or rather, don't meet the one. Laurie is pretty sure love at first sight doesn't exist anywhere but the movies. But then, through a misted-up bus window one snowy December day, she sees a man who she knows instantly is the one. Their eyes meet, there's a moment of pure magic... and then her bus drives away.

WINTER WICKETS

Thursday, December 21 | 2 p.m.
SmartSenior Lawn

Get ready for croquet on the lawn with our very first Winter Wickets! All materials will be provided.



PETS ARE THE BEST, REGARDLESS OF AGE

For elderly pet owners, pets can help reduce stress, lower blood pressure, increase social interaction and physical activity, and help them learn, according to agingcare.com.

Experiencing health issues can be stressful on both your mind and body. That stress can hinder healing. Animals bring comfort to people, and spending time with animals can make healing faster and easier. Research from Husson University has found a direct connection between interacting with animals and enjoying positive health benefits.

1. Mental Health

For most people, the presence of an animal prompts the body to release serotonin, prolactin and oxytocin. These hormones generate a relaxation and stress-reducing response, according to UCLA Health. This hormone release can lower symptoms of depression and sadness, helping support good mental health.

2. Physical Health

In a 2007 study published in the American Journal of Critical Care, researchers found that visits with therapy dogs improved cardiovascular health in heart patients, precipitating lowered blood pressure and lowered stress hormone levels. The American Heart Association has found that working with therapy animals improves the health of heart failure patients in the hospital.

3. Skills Improvement

A third benefit of animal-assisted therapy is improved skills in therapies of all types. In physical therapy that requires exercise that is sometimes uncomfortable, participants find themselves more motivated to participate in therapy after interacting with a pet. The increased pain threshold that comes with the oxytocin release can also motivate people to push harder in their therapy programs.

November is National Adopt a Senior Pet Month. Elderly pets are often disregarded in favor of younger, more active animals. Stop by one of our local animal shelters to find your next best friend, and/or join us out at Daffin Dog Park for **Pet Celebration Day on Thursday, December 7, at 2 p.m.**

Source: www.husson.edu



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at Savannah
Family Serving Families



Upcoming adoption events through Coastal Pet Rescue:

November 18 & December 16
11 a.m.-1 p.m.

Adoption Day at Bentley's Pet Stuff
on Whitmarsh

December 8-10 & 15-17
5:30 p.m.-8:30 p.m.

Twinkle Bark Stroll 2023 Adoption
Nights Under Holiday Lights



NEW PROGRAM: DVD SWAP

We are expanding our lending
library to now include DVDs!

You can now check out DVDs. Do
you have movies you would like
to contribute? Feel free!

Call the office at 912.352.4405
to learn more!



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"We do not offer every plan available in your area. Currently we represent 8 organizations which offer 97 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options."