



## Midsummer Mayhem



Midsummer is June 24, so we've dedicated the month of June to all things mystery and mayhem! Join us for a month of mystery themed fun.

More details on each event can be found inside.

### CLUE MYSTERY DAY

Wednesday, June 12 | 1 p.m.  
SmartSenior Office

### BOOK CLUB

Featuring *The Fury*  
By Alex Michaelides  
Monday, June 24 | 11 a.m.  
SmartSenior Office

### MYSTERY MOVIES

*A Haunting in Venice*  
Friday, June 14 | 2 p.m.  
SmartSenior Office  
Starring Kenneth Branagh,  
Jamie Dornan, and Tina Fey

*To Catch a Thief*  
Friday, June 28 | 2 p.m.  
SmartSenior Office  
Starring Cary Grant, Grace  
Kelly, and Jessie Royce Landis

### MIDSUMMER MURDER MYSTERY LUNCH

Tuesday, June 25 | 11:30am  
Marsh Auditorium, Candler Hospital  
\$8 per person

Reservations are now available for all events. Please call the office at 912.352.4405 to make your reservations today!

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#### SMARTSENIOR OFFICE HOURS

Monday-Thursday: 9 a.m. - 5 p.m.  
Friday: 8:30 a.m. - 4:30 p.m.  
Closed from 12-12:30 p.m. for lunch

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

[www.sjchs.org/smartsenior](http://www.sjchs.org/smartsenior)

#### OFFICE CLOSED

May 3  
Bingo Bash

May 27  
Memorial Day

June 19  
Juneteenth



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: \$18

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**  
836 E 65<sup>th</sup> St, Suite 8 • Savannah, GA 31405  
[sjchs.org/smartsenior](http://sjchs.org/smartsenior) • 912.352.4405



## BEST BIRDWATCHING IN SAVANNAH

Looking for new and exciting birds to discover? Check out these unique Savannah locations.

### Fort Pulaski National Monument **SPECIALTIES**

Painted bunting, American oystercatcher, Wilson's plover, red knot, whimbrel, white ibis, great blue heron, snowy egret, osprey, bald eagle, seaside sparrow, saltmarsh sparrow and Nelson's sparrow.



### **TIPS**

Look for painted buntings from spring through summer along woodland edges on Cockspar Island. This is an excellent place to see migratory songbirds in spring and late summer through fall.

### Skidaway Island State Park **SPECIALTIES**

Osprey, painted bunting, pileated woodpecker, bald eagle.

### **TIPS**

Warbler watching can be spectacular during spring and fall migrations. Look for nesting ospreys in spring and summer. Listen and look for marsh wrens and clapper rails in salt marshes.

### **Did You Know?**

In May, Oatland Island Wildlife Center turns into a rookery! All slew of different birds migrate to the area and call the beautiful wooded marshland home for a short time.

Source: [georgiabirdingtrails.com](http://georgiabirdingtrails.com)



## We Want You!

### For the SmartSenior Advisory Board

SmartSenior is dedicated to creating an active and engaging lifestyle for those aged 55 and better! One of the ways we accomplish this is through the input of our Advisory Board.

An advisory board is a structured, collaborative method for our organizations to engage our members. Board members volunteer at events and programs, provide staff with important insight, and represent SmartSenior in the community.

We are currently looking for four to five individuals who have the time and willingness to serve as a member of our Advisory Board. The Advisory Board also adopts special projects quarterly that helps with a need in our senior community.

Board applications are now available at the SmartSenior office. Applications must be completed by Friday, May 31. Board terms run from July through June of the following year and are valid for one year.



## ARE YOU INTERESTED IN GIVING BACK TO SMARTSENIOR? JOIN OUR VOLUNTEER COMMITTEE!

Opportunities include, event assistance, front desk assistance, inner office assistance, and more!

Call 912.352.4405 or stop by the office to learn more!



### 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:

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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 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 arrive by 2 p.m.

## Line Dancing

**St. Michael's 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 Days

**SmartSenior Office | Tuesdays & Thursdays 1 p.m.**

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



## 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 to create your next masterpiece! Five lessons for \$125, or \$25 per lesson with a monthly registration. To learn more, or to register, contact Shawn directly at 912.777.2504 or shawnphd@hotmail.com.

## Sew Girls

**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

**SmartSenior Office | Wednesdays 3-4 p.m.**

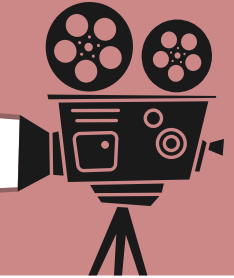
Reservations are no longer required for Chair Yoga. All participants must arrive before 3 p.m. in order to attend.

## Intro Mahjong

**SmartSenior Office | Thursdays 1 p.m.**

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

## MAY & JUNE 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. We look forward to seeing you there!

### MAY 10 AT 2 P.M.

**The Color Purple** - Rated PG-13

Starring Fantasia Barrino, Taraji P. Henson, and Danielle Brooks

Torn apart from her sister and her children, Celie faces many hardships in life, including an abusive husband. With support from a sultry singer named Shug Avery, as well as her stand-her-ground stepdaughter, Celie ultimately finds extraordinary strength in the unbreakable bonds of a new kind of sisterhood.

### MAY 24 AT 2 P.M.

**Wonka** - Rated PG

Starring Timothée Chalamet, Keegan Michael Key, and Hugh Grant

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers.

### JUNE 14 AT 2 P.M.

**A Haunting in Venice** - Rated PG-13

Starring Kenneth Branagh, Jamie Dornan, and Tina Fey

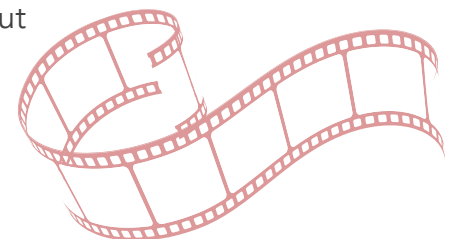
Now retired and living in self-imposed exile in the world's most glamorous city, Poirot reluctantly attends a seance at a decaying, haunted palazzo. He is soon thrust into a sinister world of shadows and secrets when one of the guests is murdered.

### JUNE 28 AT 2 P.M.

**To Catch a Thief** - Rated PG

Starring Cary Grant, Grace Kelly, and Jessie Royce Landis

A retired jewel thief sets out to prove his innocence after being suspected of returning to his former occupation.



# MAY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Painting Class 9:45 a.m. Sew Girls 12:15 p.m. Chair Yoga 3 p.m.	2 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	3 Office Closed Bingo Bash 11 a.m.
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. Tuesday Tea 2 p.m.	8 Painting Class 9:45 a.m. Sew Girls 12:15 p.m. Chair Yoga 3 p.m.	9 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Estate Planning Workshop 11:30 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	10 Painting Class 9:45 a.m. Movie Day 2 p.m.
13 Exercise Class 9:30 a.m. Mahjong 1 p.m. Bible Study 2 p.m.	14 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	15 Painting Class 9:45 a.m. Sew Girls 12:15 p.m. Chair Yoga 3 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 Painting Class 9:45 a.m. Discover Local 1 p.m.
20 Exercise Class 9:30 a.m. Mahjong 1 p.m. Bible Study 2 p.m.	21 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	22 Painting Class 9:45 a.m. Sew Girls 12:15 p.m. Chair Yoga 3 p.m.	23 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	24 Painting Class 9:45 a.m. Movie Day 2 p.m.
27 Office Closed Memorial Day	28 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	29 Painting Class 9:45 a.m. Sew Girls 12:15 p.m. Chair Yoga 3 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 Painting Class 9:45 a.m. Movie Day 2 p.m.

# JUNE 2024



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>Discover Local 11 a.m.</p> <p>Game Day 1 p.m.</p> <p>Tuesday Tea 2 p.m.</p>	<p>5</p> <p>Painting Class 9:45 a.m.</p> <p>Sew Girls 12:15 p.m.</p> <p>Chair Yoga 3 p.m.</p>	<p>6</p> <p>Memory Cafe 10 a.m.</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>Painting Class 9:45 a.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>Tuesday Tea 2 p.m.</p>	<p>12</p> <p>Painting Class 9:45 a.m.</p> <p>Sew Girls 12:15 p.m.</p> <p>Chair Yoga 3 p.m.</p>	<p>13</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>14</p> <p>Painting Class 9:45 a.m.</p> <p>Movie Day 2 p.m.</p>
<p>17</p> <p>Exercise Class 9:30 a.m.</p> <p>Mahjong 1 p.m.</p> <p>Bible Study 2 p.m.</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>Tuesday Tea 2 p.m.</p>	<p>19</p> <p>Office Closed</p> <p>Juneteeth</p>	<p>20</p> <p>Memory Cafe 10 a.m.</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>21</p> <p>Painting Class 9:45 a.m.</p>
<p>24</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>25</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Midsummer Murder Mystery 11:30 a.m.</p> <p>Game Day 1 p.m.</p> <p>Tuesday Tea 2 p.m.</p>	<p>26</p> <p>Painting Class 9:45 a.m.</p> <p>Sew Girls 12:15 p.m.</p> <p>Chair Yoga 3 p.m.</p>	<p>27</p> <p>Advanced Line Dancing 10 a.m.</p> <p>Beginner Line Dancing 11 a.m.</p> <p>Lunch &amp; Learn 11:30 a.m.</p> <p>Intro Mahjong 1 p.m.</p> <p>Game Day 1 p.m.</p>	<p>28</p> <p>Painting Class 9:45 a.m.</p> <p>Movie Day 2 p.m.</p>





## MAY 2024 EVENTS

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

### BINGO BASH

**Friday, May 3 | 11 a.m. | Alee Temple, 100 Eisenburg Dr.**  
Tickets must be purchased in advance and cannot be purchased at the door. Tickets to this event are sold out.

### TUESDAY TEA

#### **Black Cake**

**Tuesday, May 8- Tuesday, June 26 | 2 p.m.**  
**SmartSenior Office**

Enjoy tea, treats, and television at our Tuesday Tea! In this adaptation of our April Book Club book, Eleanor Bennett leaves her children a flash drive that holds untold stories of her journey from the Caribbean to America; the stories shock her children and challenge everything they know about their family's origin.

### WORKSHOP

#### **Estate Planning Workshop and Lunch**

**Thursday, May 9 | 11:30 a.m.**

**Carey Hilliards, 11111 Abercorn St.**

When Aretha Franklin died without a legal will, she joined a surprisingly long list of people who complicated the task of settling her affairs for her survivors. While your estate may not be as large or complex as a famous singer's, it's just as important to have a plan in place in the event of your passing. Join us for an informational session on the benefits of advanced funeral arrangement planning. Lunch will be served promptly at 11:30 a.m. and is included. This informational event is free of charge.

### LUNCH & LEARN

**Cancer Screening & Prevention with Dr. Leonard Henry**  
**Thursday, May 16 | 11:30 a.m. lunch;**  
**12 p.m. presentation**

**Marsh Auditorium, Candler Hospital**

Lewis Cancer and Research Pavilion Surgical Oncologist and Medical Director Dr. Leonard Henry will lead us in a discussion on the benefits of cancer screenings and provide us with actionable goals for cancer prevention. Dr. Henry served in the United States Naval Medical Corps, which took him all over the world. It also gave him the chance to treat cancer all over the human body.

### DISCOVER LOCAL:

#### **Bee Happy Bee Garden Tour**

**Friday, May 17 | 1 p.m. | Savannah Bee Company,**  
**211 Johnny Mercer Blvd**

**\$12 per person**

Come tour the hive at Savannah Bee Company! The tour begins in the showroom with a class on honeybees, then we will lead into a tour of the hives first hand. Please wear closed shoes and don't eat bananas before your tour. The smell of bananas mimics that of the bees' alarm pheromone!



## JUNE 2024 EVENTS

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

### DISCOVER LOCAL

#### **Go Bananas with a Grayson Stadium Tour**

**Tuesday, June 4 | 11 a.m.**

**Grayson Stadium, 1401 E Victory Dr.**

**\$8 per person**

Did you know the Savannah Nanas got their start here at SmartSenior? Come with us for an insider tour of Grayson Stadium, the home of Savannah's favorite baseball team, the Savannah Bananas.

### MEMORY CAFÉ

**Thursday, June 6 & Thursday, June 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.

### CLUE MYSTERY DAY

**Wednesday, June 12 | 1 p.m.**

**SmartSenior Office**

As part of our Midsummer Mayhem celebrations, join us at the SmartSenior office for an exciting day of the classic board game, Clue. Whoever wins the most games will receive a special prize!



### BOOK CLUB

#### **The Fury**

**Monday, June 24 | 11 a.m. | SmartSenior Office**

It's a month of murder and mayhem, and that includes this month's book club pick! *The Fury* is a masterfully paced thriller about a reclusive ex-movie star and her famous friends whose spontaneous trip to a private Greek island is upended by a murder — from the #1 New York Times bestselling author of *The Silent Patient*.

### MIDSUMMER MURDER MYSTERY LUNCH

**Tuesday, June 25 | 11:30 a.m.**

**Marsh Auditorium, Candler Hospital**

**\$8 per person**

Our midsummer mayhem concludes with our Midsummer Murdery Mystery Lunch. Step back in time to the 1940s as a celebration of the end of World War II turns deadly when lavish party host Lord Winchester is found dead in the middle of cocktail hour! Lunch will be included. Feel free to dress up if you feel inspired.

### LUNCH & LEARN

**Hearing Care and Brain Care with Rachel Crout Goldsmith, Au.D., CCC-A**

**Thursday, June 27 | 11:30 a.m. lunch;**

**12 p.m. presentation**

**Marsh Auditorium, Candler Hospital**

Enjoy a reproduction of our January Lunch & Learn with Dr. Crout Goldsmith as we explore the impact of untreated hearing loss, the connection between hearing health and brain health, and options for treating hearing loss.

# SNACK ATTACK!



## The Best Snacks for Diabetics

Everyone needs a snack break. When you're a diabetic, finding healthy snacks that are good for your blood sugar can be difficult. Try out some of these tasty snacks that have known positive benefits for diabetics the next time you are craving a snack.

### Hard Boiled Eggs

One large hard-boiled egg provides 6.3 grams of protein, which is helpful for diabetes because it helps prevent your blood sugar from rising too high after you eat.

Eggs can promote fullness, which may help lower calorie intake and lead to weight loss. People with diabetes who lose at least 10% of their body weight may be able to achieve remission from the disease.



### Yogurt with Berries

Berries are known for their anti-inflammatory properties and are an excellent source of fiber. They are also known to prevent damage to cells of the pancreas, the organ responsible for releasing hormones that lower blood sugar levels.

The probiotics contained in yogurt have been known to improve your body's ability to metabolize foods that contain sugar. Yogurt is also rich in protein, which can help manage blood sugar levels.

Some important key takeaways if you are a diabetic looking for good snacking foods are high fiber content, low carb ratio, and rich in protein. Happy snacking!

### Beef Sticks

What makes beef sticks an excellent snack for people with diabetes are their high protein and low carb contents. Most beef sticks provide around 6 grams of protein per ounce, which may help keep your blood sugar under control.

Beef sticks can also be high in sodium, which can be bad for your blood pressure if consumed in excess.

### Popcorn

Popcorn can be beneficial for diabetics mostly due to its low calorie density. In addition, popcorn provides 1 gram of fiber per 1-cup serving, which helps make it a diabetes-friendly food.

### Trail Mix

A 1-ounce serving of trail mix provides almost 4 grams of protein, which makes it a filling snack that may promote blood sugar control in people with diabetes. Trail mix also provides some healthy fats and fiber from the nuts and seeds, which have been shown to help reduce blood sugar and insulin levels.

Please avoid adding too much dried fruit to your trail mix, as it is quite high in sugar and may spike your blood sugar if you consume too much.

Source: [healthline.com](https://www.healthline.com)

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(912) 691-8752  
[www.rightathome.net/savannah](http://www.rightathome.net/savannah)



## MEMBERSHIP DUES UPDATE NOTICE

Effective July 1, 2024, our membership dues will change 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. Membership dues will remain \$18 a year until July 1.





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## Experience More at The Social.

At The Social at Savannah, 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!

**Schedule your visit today: 912.244.7133**



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## Savannah SENIORS RESOURCE DIRECTORY

*Helpful Information for Aging Adults and Caregivers*



**CLICK LINK BELOW to SCAN QR CODE  
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