



*Join us Friday, May 3
for our annual Bingo Bash*

TICKETS GO ON SALE MONDAY, MARCH 4!

\$10 per person for lunch and one bingo packet.

Additional packets can be purchased
for \$8 on event day.

Friday, May 3, 2024
Alee Temple | 100 Eisenburg Dr.

SCHEDULE

Bingo: 11 a.m.–12 p.m.

Lunch: 12–1 p.m.

Bingo: 1–2 p.m.

Tickets are non-refundable unless the event is canceled.

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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

March 29
Good Friday



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: \$18

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

Savannah SENIORS RESOURCE DIRECTORY

Helpful Information for Aging Adults and Caregivers



**CLICK LINK BELOW to SCAN QR CODE
to VIEW & DOWNLOAD OUR GUIDE
to YOUR SMARTPHONE or TABLET**

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



To receive a directory, additional resources
or advertise, please contact:
John Basile • 843-901-1134
Email: jbasilesrd@gmail.com

VITAMIN D AND ARTHRITIS

Vitamin D helps your bones absorb calcium, which is vital to bone health. It's also crucial for muscle movement, communication between nerves, and fighting inflammation.

According to the Arthritis Foundation, people who take oral steroids have a vitamin D deficiency twice as often as people who don't take them.

A study conducted by the Department of Endocrinology at the Red Cross Hospital in Athens, Greece found that a vitamin D deficiency has been implicated in the development of autoimmune diseases, such as diabetes mellitus type 1 and multiple sclerosis. The study also found that reduced vitamin D intake has been linked to increased susceptibility to the development of rheumatoid arthritis (RA).

The biggest concern for vitamin D deficiency is osteoporosis, or brittle bones. This condition

increases your risk for bone fractures, bone pain, and even hearing loss.

Here are some easy ways to incorporate Vitamin D into your everyday life to combat a vitamin D deficiency and its serious side effects.

Exercise

Strong muscles around the joints can ease some of the discomfort caused by arthritis. This is because stronger muscles take some of the stress off of damaged cartilage in the joints, and also support the bones.

Some exercises such as yoga or lifting weights may increase your risk for falls. Talk to your doctor about the right exercises for you if you have arthritis and osteoporosis.

Diet

Calcium is essential to keeping your bones healthy, while vitamin D helps your body absorb calcium

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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!

**March 8
April 12
10 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!



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 9:15-10 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. Please let us know if you’re interested in instruction of this classic game.

Bible Study

SmartSenior Office | Mondays 2 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.

Sewing Society

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.

Movie Days

SmartSenior Office | Fridays 2 p.m.
Let us pop the popcorn, and come enjoy a special treat at our Movie Days. Drinks will be provided.

MARCH & APRIL 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!

MARCH 8 AT 2 P.M.

Beasts of the Southern Wild - Rated PG-13
Starring Quvenzhané Wallis, Dwight Henry, and Levy Easterly
Six-year-old Hushpuppy lives with her father, Wink, in a remote Delta community. Wink is a stern taskmaster, but he is preparing his young daughter for the end of the world. When Wink falls mysteriously ill, nature seems to fall ill with him. Temperatures rise, the ice caps melt and fearsome prehistoric beasts called aurochs run loose. Rising waters threaten to engulf their community, sending Hushpuppy in search of her long-lost mother.

MARCH 22 AT 2 P.M.

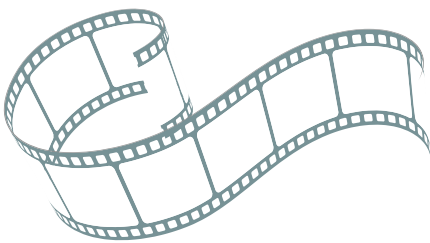
Jesus Revolution - Rated PG-13
Starring Jonathan Roumie, Kelsey Grammar, and Kimberly Williams-Paisley
In the 1970s, Greg Laurie and a sea of young people descend on sunny Southern California to redefine truth through all means of liberation. Inadvertently, Laurie meets a charismatic street preacher and a pastor who open the doors to a church to a stream of wandering youth. What unfolds is a counterculture movement that becomes the greatest spiritual awakening in American history.

APRIL 12 AT 2 P.M.

My One and Only - Rated PG-13
Starring Renée Zellweger, Kevin Bacon, and Chris Noth
Tired of her bandleader husband's philandering ways, Ann Devereaux packs her sons, Robbie and George, into their 1953 Cadillac and hits the road in search of a new man who can bankroll their future. Finding a new mate is not as easy as she thought, however, and as time and miles roll on, George begins to resent life on the road and his mother's seemingly selfish choices.

APRIL 26 AT 2 P.M.

Begin Again - Rated PG-13
Starring Kiera Knightley, Mark Ruffalo, and Adam Levine
Gretta and her songwriting boyfriend head for New York when he lands a record deal with a major label. However, Gretta is suddenly left on her own when Dave gives in to the temptations that come with his newfound success. Things take a turn for the better for her when a disgraced record executive discovers Gretta performing in a club. A mutually life-changing bond forms between the pair as they work together on Gretta's first album.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	Exercise Class 9:15 a.m.	5	Eggs with an Expert 9:30 a.m.	6	Painting Class 9:45 a.m.	7	Advanced Line Dancing 10 a.m.	1	Painting Class 9:45 a.m.
	Mahjong 1 p.m.		Advanced Line Dancing 10 a.m.		Sewing Society 12:15 p.m.		Beginner Line Dancing 11 a.m.		
	Bible Study 2 p.m.		Beginner Line Dancing 11 a.m.		Chair Yoga 3 p.m.		Game Day 1 p.m.		
11		12	Game Day 1 p.m.	13		14		8	
			Tuesday Tea 2 p.m.						Painting Class 9:45 a.m.
									Memory Cafe 10 a.m.
4	Exercise Class 9:15 a.m.	19	Advanced Line Dancing 10 a.m.	20	Painting Class 9:45 a.m.	21	Advanced Line Dancing 10 a.m.	22	Discover Local 9 a.m.
	Mahjong 1 p.m.		Beginner Line Dancing 11 a.m.		Sewing Society 12:15 p.m.		Beginner Line Dancing 11 a.m.		Painting Class 9:45 a.m.
	Bible Study 2 p.m.		Board Meeting Office Closed 11 a.m. – 1 p.m.		Chair Yoga 3 p.m.		Intro Mahjong 1 p.m.		
18		26	Tuesday Tea 2 p.m.	27		28	Game Day 1 p.m.	29	
	Exercise Class 9:15 a.m.		Advanced Line Dancing 10 a.m.		Painting Class 9:45 a.m.		Advanced Line Dancing 10 a.m.		Painting Class 9:45 a.m.
	Mahjong 1 p.m.		Beginner Line Dancing 11 a.m.		Sewing Society 12:15 p.m.		Beginner Line Dancing 11 a.m.		Movie Day 2 p.m.
25	Bible Study 2 p.m.	26	Easter Brunch 11:30 a.m.	27	Chair Yoga 3 p.m.	28	Intro Mahjong 1 p.m.	29	
			Tuesday Tea 2 p.m.				Game Day 1 p.m.		Office Closed Good Friday
	Exercise Class 9:15 a.m.	26	Advanced Line Dancing 10 a.m.	27	Painting Class 9:45 a.m.	28	Advanced Line Dancing 10 a.m.	29	
	Book Club 11 a.m.		Beginner Line Dancing 11 a.m.		Sewing Society 12:15 p.m.		Beginner Line Dancing 11 a.m.		
	Mahjong 1 p.m.		Game Day 1 p.m.		Chair Yoga 3 p.m.		Intro Mahjong 1 p.m.		
	Bible Study 2 p.m.	26	Tuesday Tea 2 p.m.	27		28	Game Day 1 p.m.	29	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>Exercise Class 9:15 a.m.</div> <div>Mahjong 1 p.m.</div> <div>Bible Study 2 p.m.</div> <div></div>	<div>2</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Game Day 1 p.m.</div> <div>Tuesday Tea 2 p.m.</div>	<div>3</div> <div>Painting Class 9:45 a.m.</div> <div>Sewing Society 12:15 p.m.</div> <div>Chair Yoga 3 p.m.</div> <div></div>	<div>4</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	<div>5</div> <div>Painting Class 9:45 a.m.</div> <div></div> <div></div> <div></div>
<div>8</div> <div>Exercise Class 9:15 a.m.</div> <div>Mahjong 1 p.m.</div> <div>Bible Study 2 p.m.</div> <div></div>	<div>9</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Game Day 1 p.m.</div> <div>Tuesday Tea 2 p.m.</div>	<div>10</div> <div>Painting Class 9:45 a.m.</div> <div>Sewing Society 12:15 p.m.</div> <div>Chair Yoga 3 p.m.</div> <div></div>	<div>11</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	<div>12</div> <div>Painting Class 9:45 a.m.</div> <div>Memory Cafe 10 a.m.</div> <div>Movie Day 2 p.m.</div> <div></div>
<div>15</div> <div>Exercise Class 9:15 a.m.</div> <div>Mahjong 1 p.m.</div> <div>Bible Study 2 p.m.</div> <div></div>	<div>16</div> <div>Eggs with an Expert 9:30 a.m.</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Game Day 1 p.m.</div> <div>Tuesday Tea 2 p.m.</div>	<div>17</div> <div>Painting Class 9:45 a.m.</div> <div>Sewing Society 12:15 p.m.</div> <div>Chair Yoga 3 p.m.</div> <div></div>	<div>18</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	<div>19</div> <div>Painting Class 9:45 a.m.</div> <div></div> <div></div> <div></div>
<div>22</div> <div>Exercise Class 9:15 a.m.</div> <div>Mahjong 1 p.m.</div> <div>Bible Study 2 p.m.</div> <div></div>	<div>23</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Game Day 1 p.m.</div> <div>Discover Local 2 p.m.</div>	<div>24</div> <div>Painting Class 9:45 a.m.</div> <div>Sewing Society 12:15 p.m.</div> <div>Chair Yoga 3 p.m.</div> <div></div>	<div>25</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	<div>26</div> <div>Painting Class 9:45 a.m.</div> <div>Movie Day 2 p.m.</div> <div></div> <div></div>
<div>29</div> <div>Exercise Class 9:15 a.m.</div> <div>Book Club 11 a.m.</div> <div>Mahjong 1 p.m.</div> <div>Bible Study 2 p.m.</div>	<div>30</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Game Day 1 p.m.</div> <div></div>	<div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div>



MARCH 2024 EVENTS

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

EGGS WITH AN EXPERT

Benefits of Plant-Based Eating and General Healthy Nutrition Tips with Andrea Manley and Sean Alva, St. Joseph's/Candler

Tuesday, March 5 | 9:30 a.m. breakfast; 10 a.m. presentation

Marsh Auditorium, Candler Hospital

Plant-based foods have numerous health benefits – not to mention environmental – that make it worth giving it a try. Research shows that people who follow a mostly plant-based diet have a reduced risk of heart disease, diabetes, certain cancers, depression and even Alzheimer's disease. Don't miss our deep dive into the benefits of a plant-based diet with Andrea and Sean.

TUESDAY TEA

Tuesday, March 5- Tuesday, March 26 | 2 p.m. SmartSenior Office

Travel to Italy with us for our next Tuesday Tea, *Stanley Tucci: Searching for Italy*. Enjoy beautiful landscape and excellent food as we discover the secrets and delights of Italy's regional cuisines.

MEMORY CAFÉ

Friday, March 8 | 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

Friday, March 15 | 9-10:30 a.m. | Davenport House Museum

\$12 per person

In 1955, the c. 1820 Isaiah Davenport House was set to be demolished to be made into a surface parking lot. It was saved by a group of seven women, who would block the demolition, purchase the property and form the Historic Savannah Foundation. What began as an effort to save one house quickly turned into an organized movement that went on to save an entire city. Join us as we tour this iconic Savannah home.

EASTER BRUNCH

Tuesday, March 19 | 11:30am | Marsh Auditorium, Candler Hospital

\$8 per person

Help us celebrate the holiday with our very own Easter Brunch! Enjoy food, crafts, and an adults only egg hunt!

BOOK CLUB

The Minaturist

Monday, March 25 | 11 a.m. | SmartSenior Office

This month, we're reading *The Minaturist* by Jessie Burton. On a brisk autumn day in 1686, eighteen-year-old Nella Oortman arrives in Amsterdam to begin a new life as the wife of illustrious merchant trader Johannes Brandt. Nella's world changes when Johannes presents her with an extraordinary wedding gift: a cabinet-sized replica of their home. To furnish her gift, Nella engages the services of a miniaturist—an elusive and enigmatic artist whose tiny creations mirror their real-life counterparts in eerie and unexpected ways.

SmartSenior

EASTER BRUNCH

TUESDAY, MARCH 19 | 11:30 A.M. – 1 P.M. MARSH AUDITORIUM | \$8 PER PERSON

Help us celebrate the holiday with our very own Easter Brunch!
Enjoy food, crafts, and an adults only egg hunt!

Tickets are on sale now. Call **912.356.4405** or stop by the office, to make your reservations now!



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SmartSenior
referral
program!

Call the office
to learn more.



APRIL 2024 EVENTS

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

TUESDAY TEA

The Miniaturist
Tuesday, April 2 - Tuesday, April 16 | 2 p.m. | SmartSenior Office

Enjoy the adaptation of our March Book Club pick, *The Miniaturist*. A young woman moves to 17th century Amsterdam and hires a mysterious local miniaturist to furnish the dollhouse she received from her merchant husband as a present, but the lifelike miniatures somehow start eerily foreshadowing her fate.

MEMORY CAFÉ

Friday, April 12 | 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.

EGGS WITH AN EXPERT

Head & Neck Cancer Prevention with Tyler DeBlieux, MD
Tuesday, April 16 | 9:30 a.m. presentation; 10 a.m. breakfast | Marsh Auditorium, Candler Hospital

April is Head & Neck Cancer awareness month. Head and neck cancers comprise 4% of all cancers in the US, and if it is caught early enough has an 80% survival rate. Join Dr. Tyler DeBlieux as he discusses the early warning signs and prevention methods.

DISCOVER LOCAL

Explore The Stacks Bookstore
Tuesday, April 23 | 2 p.m. | The Stacks Bookstore, 2409 Waters Ave

April 23 is World Book Day! Join us as we celebrate by diving into The Stacks, the newest neighborhood independent bookstore. Learn the vision behind this charming little bookstore from the owner, a local author.

BOOK CLUB

Black Cake
Monday, April 29 | 11 a.m. | SmartSenior Office

Join us for our April Book Club pick, *Black Cake* by Charmaine Wilkerson. In present-day California, Eleanor Bennett’s death leaves behind a puzzling inheritance for her two children, Byron and Benny: a black cake, made from a family recipe with a long history, and a voice recording. In her message, Eleanor shares a tumultuous story about a headstrong young swimmer who escapes her island home under suspicion of murder. Creations mirror their real-life counterparts in eerie and unexpected ways.



VITAMIN D AND ARTHRITIS

continued from page 2

as well as protect your bones. Food is your best source of these nutrients. You can get calcium from low-fat milk, yogurt, and cheese. Vitamin D is available in fatty fishes like salmon and tuna.

You can also find fortified breakfast cereals, juices, and other foods that have calcium and vitamin D. The nutrition label on these items will show you roughly how much of your daily value you are getting.

Sunshine

Get outside! Your skin hosts a type of cholesterol that functions as a precursor to vitamin D. When this compound is exposed to UV-B radiation from the sun, it becomes vitamin D. Having time in the sun is a simple, effective way to incorporate some more vitamin D in your life.



Source: www.healthline.com

NEW TO OUR LENDING LIBRARY–AUDIOBOOKS!

Our lending library is now home to audiobooks!

Besides being incredibly beneficial for your eyes, in a study published in the Journal of Neuroscience, researchers from the Gallant Lab at UC Berkeley found that stories stimulated the same cognitive and emotional areas, regardless of their medium.

Our new audiobook library is full of different genres like romance, mystery, crime, and more!

Are you a reader? Join our Book Club that meets the last Monday of every month. Stop by the SmartSenior Office today to take a peek at our newest offerings.





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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.