



Help us celebrate National Senior Citizen's Day with a day filled with fun and games! We'll kick things off with a delicious meal, so you can settle in and enjoy some great food before we dive into an afternoon of your favorite board and card games like Rummikub, Uno, Phase 10, Skip-Bo, Mexican Train, Spoons, and more!

 Friday, August 29

 \$8 per person

 11:30 a.m.

 Marsh Auditorium

How to Register

Call (912) 352-4405 to register.

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New merchant highlight:
Harmony Savannah

SMARTSENIOR OFFICE HOURS

Monday-Thursday: 8:30 a.m. – 4:30 p.m.
Friday: 8:30 a.m. – 4 p.m.

836 E. 65th Street, Suite 8
Savannah, GA 31405

(912) 352-4405

www.sjchs.org/smartsenior

OFFICE CLOSED

Independence Day (July 4)

MEMBER SPOTLIGHT

Kathy Gideon was born in Memphis, TN. Her mom was from England and her father was from Mississippi. Her parents met while he was in the Air Force, which gave her a childhood on the move. The first time that she lived in Savannah was when she was in the first grade and then she was off to numerous places only to return to Savannah and graduate from Jenkins High School. Kathy has many passions.



Did you know that Kathy helped start a Savannah Child Finds Group with her paralegal friend?

After the abduction of the six-year-old Adam Walsh, she had to do something to help parents who have had their children go missing. She recalls a successful event at the Oglethorpe Mall where they took palm prints for over 500 children. Did you know that palm prints are more informative than fingerprints? Also, Kathy became friends with Dwayne Hamilton who was a State Representative for Georgia, and he

sponsored the Missing Child Act for Georgia and the bill passed.

Did you know that Kathy was also part of the Search and Rescue Volunteers in Chatham County for many years?

She is no longer part of that group and shared an update that search and rescues are now done by the Marine Squadron Rescue.

Nowadays for fun, Kathy is into birdwatching and photography. Her friend Jack Watts takes her birdwatching and has bought her a camera to teach her photography. One of their favorite places to go for photos is the Savannah National Wildlife Refuge. They are also a member of the Georgia Natural Photographers Association.

Who would have guessed that Kathy is a volunteer at Fort Pulaski?

She welcomes people into the fort, and then she said as she giggled that her job is to make sure guests know where the bathrooms are in the fort.

Kathy wanted to share that she would like to go back to England and take her friend to see family and that her faith is big in her 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: _____ DOB: _____

Mailing Address: _____

City: _____ State: _____ ZIP Code: _____

Primary Phone: _____ Other Phone: _____

Email: _____

Referred By:

Referrer Name: _____ Referrer Phone: _____

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., Ste. 8 • sjchs.org/smartsenior • (912) 352-4405



DID YOU KNOW?

Do you know how many people signed the Declaration of Independence on the fourth of July?

By July 4, 1776, only the names of Congress President John Hancock and Secretary Charles Thompson were printed on the Declaration of Independence.

Source: www.archives.gov/founding-docs/timeline

Do you know who established World Senior Citizen's Day?

Senior Citizens Day is observed annually on August 21 in the United States. This day, established by President Ronald Reagan, is dedicated to honoring and recognizing the contributions of senior citizens to society.

Source: Wikipedia.org

SMARTSENIOR WEEKLY ACTIVITIES

There’s always something going on here at SmartSenior! Learn more about our weekly activities.
You do not need reservations for these activities.

Exercise Class

Mondays 9:30 – 10:15 a.m. | SmartSenior Office
Enjoy our low-impact chair exercise class every Monday! Please bring your own hand weights.

Tai Chi

Mondays 11 – 11:45 a.m. | SmartSenior Office
Tai Chi is a gentle exercise program that can help you build strength, balance, coordination, and a more tranquil spirit. Practice only requires loose comfortable clothing and flat-soled shoes. Chairs will be provided to those who need them.

Mahjong Mondays

Mondays 1 – 3 p.m. | SmartSenior Office
Join us for this classic game every Monday. Advanced players only.

Line Dancing

Advanced: Tuesdays & Thursdays 10 a.m.
Beginner: Tuesdays & Thursdays 11 a.m.
The Episcopal Center (formally called St. Michael’s & All Angels)
3101 Waters Ave.
Grab your dancing shoes and join us for Advanced Line Dancing, Beginner Line Dancing, or both!

Game Days

Tuesdays & Thursdays 1 – 4:15 p.m. | SmartSenior Office
All are welcome! Typical games include cards, chess, and Scrabble.

Chair Yoga

Wednesdays 2 – 3 p.m. | SmartSenior Office
Enjoy this body and mind engaging activity. Please remember to bring your own mat.

Sew Girls Group

Wednesdays 9 a.m. – 12 p.m. | SmartSenior Office
Do you enjoy fabric and fibers? Our group works individually on different types of projects in different mediums. Bring your own machine and materials. This is not a sewing instruction class.

Intro Mahjong

Thursdays 1 – 3 p.m. | SmartSenior Office
Have you always wanted to learn how to play this classic tile game? Stop by our introductory class to get started.

NEW RESERVATION POLICY

Due to the high volume of reservations that we have been experiencing, we are instituting a new reservation policy. There are a limited number of reservations allowed for these events and we have been keeping waiting lists in the event a member cancels. "No shows" and day of cancellations make it difficult to offer a space to those on the waiting list. Therefore, if you miss more than three Lunch & Learns or Movie Days, you will have to wait for **two issues of the newsletter** to come out before you are eligible to make reservations again. For example, if you have missed the April, May, and June Lunch & Learns without advanced notice, you will not be eligible for reservations until the November/December Newsletter comes out. If this applies to you, we will notify you at booking that you have one more chance to meet your reservation before a break is needed. This ensures everyone can attend our events. For questions, please call the office.

JULY & AUGUST MOVIE SCHEDULE

Reservations are required for all of the following movies.



The Lucky One (PG-13)

July 11 at 2 p.m.
Starring: Zac Efron, Taylor Schilling, and Blythe Danner
A Marine travels to Louisiana after serving three tours in Iraq and searches for the unknown woman he believes was his good luck charm during the war.

Nonnas (PG)

July 25 at 2 p.m.
Starring: Vince Vaughn, Susan Sarandon, and Lorraine Bracco
After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs.

Viva Las Vegas (N/A)

August 8 at 2 p.m.
Starring: Elvis Presley, Ann Margaret, and Cesare Danova
A race-car driver preparing for the Grand Prix wiles his time in Las Vegas working as a waiter to pay for his new engine and soon strikes up a romance with a beautiful young woman.

My Blue Heaven (PG-13)

August 22 at 2 p.m.
Starring: Steve Martin, Rick Moranis, and Joan Cusack
An all too uptight FBI agent must protect a larger than life mobster with a heart of gold, currently under witness protection in the suburbs.



JULY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	<div>1</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>2</div> <div>Sew Girls Group 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>3</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>4</div> <div>Office Closed Independence Day</div>
<div>7</div> <div>Exercise Class 9:30 a.m.</div> <div>Tai Chi 11 a.m.</div> <div>Mahjong 1 p.m.</div>	<div>8</div> <div>Memory Café 10 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>9</div> <div>Sew Girls Group 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>10</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Heart Healthy Series 11 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	<div>11</div> <div>Movie Day 2 p.m.</div>
<div>14</div> <div>Exercise Class 9:30 a.m.</div> <div>Tai Chi 11 a.m.</div> <div>Mahjong 1 p.m.</div>	<div>15</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>16</div> <div>Sew Girls Group 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>17</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Heart Healthy Series 11 a.m.</div> <div>Lunch & Learn 11:30 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	<div>18</div> <div>Discover Local 11 a.m.</div>
<div>21</div> <div>Exercise Class 9:30 a.m.</div> <div>Tai Chi 11 a.m.</div> <div>Mahjong 1 p.m.</div>	<div>22</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>23</div> <div>Sew Girls Group 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>24</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Heart Healthy Series 11 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	<div>25</div> <div>Book Club 11 a.m.</div> <div>Movie Day 2 p.m.</div>
<div>28</div> <div>Exercise Class 9:30 a.m.</div> <div>Tai Chi 11 a.m.</div> <div>Mahjong 1 p.m.</div>	<div>29</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>30</div> <div>Sew Girls Group 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>31</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Heart Healthy Series 11 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	

Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> <div>Discover Local 10:30 a.m.</div>
<div>4</div> <div>Exercise Class 9:30 a.m.</div> <div>Tai Chi 11 a.m.</div> <div>Mahjong 1 p.m.</div>	<div>5</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>6</div> <div>Sew Girls 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>7</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>8</div> <div>Movie Day 2 p.m.</div>
<div>11</div> <div>Exercise Class 9:30 a.m.</div> <div>Tai Chi 11 a.m.</div> <div>Mahjong 1 p.m.</div>	<div>12</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>13</div> <div>Sew Girls 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>14</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Tai Chi Workshop 11:30 a.m.</div> <div>Intro Mahjong 1 p.m.</div> <div>Game Day 1 p.m.</div>	<div>15</div>
<div>18</div> <div>Exercise Class 9:30 a.m.</div> <div>Tai Chi 11 a.m.</div> <div>Mahjong 1 p.m.</div>	<div>19</div> <div>Advanced Line Dancing 10 a.m.</div> <div>Beginner Line Dancing 11 a.m.</div> <div>Lunch & Learn 11:30 a.m.</div> <div>Game Day 1 p.m.</div>	<div>20</div> <div>Sew Girls 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>21</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>22</div> <div>Book Club 11 a.m.</div> <div>Movie Day 2 p.m.</div>
<div>25</div> <div>Exercise Class 9:30 a.m.</div> <div>Tai Chi 11 a.m.</div> <div>Mahjong 1 p.m.</div>	<div>26</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>27</div> <div>Sew Girls 9 a.m.</div> <div>Chair Yoga 2 p.m.</div>	<div>28</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>29</div> <div>Tabletop Takeover 11:30 a.m.</div>



JULY 2025 EVENTS

Please make reservations for all of the following events. Call the SmartSenior office at (912) 352-4405 to register.

Memory Café

Tuesday, July 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.

Heart Healthy Series | Presented by the Department of Public Health

Weekly, Thursdays, July 10–31 | 11 a.m. | SmartSenior Office

In 2025, heart disease remains the leading cause of death in the US. Nearly 47% of US adults have high blood pressure, and more than half have type 2 diabetes or prediabetes. The Department of Public Health will lead us on a four-part heart healthy seminar.

Lunch & Learn | Heart Attack Symptoms in Both Genders

Lisa Dyke, MD | Thursday, July 17

11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium

Did you know that 64% of women who die suddenly of coronary heart disease had no previous symptoms? Dr. Lisa Dyke, an Interventional Cardiologist, will educate us on the different warning signs of heart attack for both men and women and discuss prevention options.

Discover Local

Abercorn Commons Shopping Center Scavenger Hunt

Friday, July 18 | 11 a.m. | 8108 Abercorn Street

Shop till you drop with us at the Abercorn Commons shopping center. Hunt with us as we explore shops like HomeGoods, Shoe Station, Marshalls, Popshelf, and more. There is no charge for the event, however, shop at your own risk! Join us for a Dutch treat lunch at the new Jim 'N Nick's at 11 a.m. to fuel us up for our shopping adventure.

Tuesday Tea

All The Light We Cannot See

Tuesdays, July 22 – August 12 | 2 p.m. | SmartSenior Office

Enjoy tea, treats, and television at our Tuesday Tea! Join us as we travel through time to WWII in this thrilling drama where the paths of blind French teenager Marie-Laure and German soldier Werner cross in occupied France, as the two try to survive the destruction and dangers of the war.

Book Club

The Third Grave

Friday, July 25 | 11 a.m. | SmartSenior Office

Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *The Third Grave* by Lisa Jackson. Return to the dark side of Savannah, Georgia where a crime writer and her police detective husband are working a cold case, and hot on the trail of a killer whose work isn't done. Far from an isolated act, those deaths were just the beginning. *Two copies are available in office.*



AUGUST 2025 EVENTS

Discover Local

John Davis Flower Arranging Brunch

Friday, August 1 | 10:30 a.m. | SmartSenior Office

\$25 per person

Get your bloom on! Join us for a private flower arranging brunch filled with snacks, creativity, and gorgeous flowers by John Davis Florist. Enjoy a fun, summer spread while learning tips and tricks to create your own stunning floral masterpiece with new and old friends. Ticket price includes food and a take home arrangement. Reservations limited to the first 15 people.

Tuesday Tea

All The Light We Cannot See

Tuesdays, July 22 – August 12 | 2 p.m. | SmartSenior Office

Enjoy tea, treats, and television at our Tuesday Tea! Join us as we travel through time to WWII in this thrilling drama where the paths of blind French teenager Marie-Laure and German soldier Werner cross in occupied France, as the two try to survive the destruction and dangers of the war.

Tai Chi Demo & Workshop

Li Li, Ph.D. | Thursday, August 14

11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium

Tai Chi offers numerous benefits for seniors, including improved balance, reduced fall risk, increased flexibility and strength, and improved cardiovascular health. Learn about the benefits of this martial art with Dr. Li Li of Georgia Southern University.

Lunch & Learn

Healthy Spine, Healthy Aging

P. Ryan Lingo, MD | Tuesday, August 19

11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium

As we get older, it's not uncommon to experience increased aches, pains and joint stiffness. Learn more about what happens to your spine as you age, common spinal conditions in older adults, and ways to help prevent back pain and injuries in the future.

Book Club

Romantic Comedy

Friday, August 22 | 11 a.m. | SmartSenior Office

Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *Romantic Comedy* by Curtis Sittenfeld. A comedy writer thinks she's sworn off love, until a dreamily handsome pop star flips the script on all her assumptions. *Romantic Comedy* is a hilarious, observant and deeply tender novel.

Tabletop Takeover

Friday, August 29 | 11:30 a.m. | Marsh Auditorium

\$8 per person

Help us celebrate National Senior Citizen's Day with a day filled with fun and games! Enjoy some great food before we dive into an afternoon of your favorite board and card games like Rummikub, Uno, Phase 10, Skip-Bo, Mexican Train, Spoons, and more!





Medicine and heat

Pharmacist offers tips to keep your prescriptions safe and effective

Where do you store your medications at your house? If your answer is a medicine cabinet in the bathroom, you may want to consider moving them.

That’s because heat and humidity can negatively affect a medicine’s potency and effectiveness, meaning they break down sooner than their expiration date, explains Abby Case, a clinical pharmacy specialist with the Center for Medication Management and at our primary care offices in Richmond Hill and Rincon.

And with summer approaching, it’s the perfect time to review your medication storage habits both at home and when traveling.

“We tell patients not to store medications in the bathroom because of the moisture in the air,” Case says. “In the kitchen, especially if you don’t have a vent hood

over the stove or oven, the heat and humidity there can cause them to break down too if they are stored near an oven or sink.”

Many medications should be stored at controlled room temperature, which is between 68 to 77 degrees Fahrenheit. So, if your home is unusually hot in the summer or you’re traveling in your car for an extended period of time, it’s important to take precautions.

Tips to store your medication:

- 1 Keep it away from direct sunlight
- 2 Keep it away from moisture
- 3 Try to keep it in its original container

“I tell some patients, if it is on your bedside table or a kitchen cabinet that is not near the sink or oven can be good places to keep your medications,” Case says.

Case also says to be weary of leaving medications in your car. For example, you pick up your prescriptions in Savannah but live an hour away, or you pick up your prescription while out running other errands. In those situations, Case recommends having an insulated cooler bag with you to store the medicines.

“I encourage patients to call me or talk to their community pharmacist wherever they get their prescriptions filled if they have any questions,” Case says.



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4651 US-80 • (912) 927-6808
713 W. Oglethorpe Hwy., Hinesville • (912) 408-2280
6151 GA-21, Rincon, GA • (912) 826-6360
½ price on Wednesday’s at all five locations
- Anderson Jewelers**
260 Eisenhower Dr. • (912) 355-8515
*20% OFF store-wide**
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- Bottom Line Taxes**
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10% OFF grooming & retail** Mon.–Wed.*
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- Plums Restaurant**
2409 US Hwy. 17 S., Richmond Hill • (912) 756-6000
10% OFF
- The Savannah Cheese Straw Company**
906 E. 72nd St. • (912) 495-5444
10% OFF storefront purchases
- The Savannah Theatre**
222 Bull St. • (912) 233-7764
\$10.00 OFF adult regular-priced ticket to in-house show.
Use Code: SMARTSR

- Sea Love Candle Bar & Boutique**
310 W. Broughton St. • (912) 461-3823
71 Lighthouse Rd., Ste. 612, Hilton Head, SC
(843) 548-3823
10% OFF candle making or diffuser making Sun.–Wed.
- Spry Mind+Body**
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10% OFF
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5353 Reynolds St. • (912) 819-6005
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25% discount on Sat. and Sun.
- Wellness Center at Candler Hospital**
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\$5.00 discount off joiners fee. Senior rate (60 & older) \$35.00 initiation fee & \$30 per month. Senior Couple rate \$46.00 per month. All members receive a personalized fitness assessment and personal exercise instruction with their membership.
- YMCA of Coastal Georgia**
Senior 2 Adult household – \$54.75
Senior 1 Adult household – \$37.75
Joiner fee – \$25



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