



Give Thanks Luncheons

Family Feud Give Thanks Luncheon

 **THURSDAY,
NOVEMBER 13**

 **MARSH AUDITORIUM,
CANDLER HOSPITAL**

 **11:30 AM**

 **\$8 PER PERSON**

Join us for our annual Thanksgiving celebration! This year, we will celebrate with the traditional game, Family Feud. We are looking for two teams of six people. You do not need to be a family to form your group. If you are interested in being on a team, let the office know when you book your ticket.

Give Thanks Luncheon Dinner & A Movie

 **TUESDAY,
NOVEMBER 25**

 **MARSH AUDITORIUM,
CANDLER HOSPITAL**

 **11:30 AM**

 **\$8 PER PERSON**

Help us celebrate the season with lunch and a movie. Enjoy a traditional Thanksgiving feast followed by the classic film *White Christmas*.

Reservations are now open! Please call (912) 352-4405 or come by the office.

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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

Thanksgiving (November 27 & 28)
Christmas (December 25 & 26)

MEMBER SPOTLIGHT

Regina D. Thomas was born in Savannah at the Charity Hospital on Florence and 36th Street. She graduated from Alfred Ely Beach High School and attended Baltimore City Community College.

Did you know that Regina started her career at the Savannah Housing Authority?

Then she worked for the City of Savannah, which influenced her path in politics in the 70s, and her destiny began. She remembers how some politicians acted at that time, making promises they didn't keep, and she was determined to be different!

Regina’s husband had a carwash business, and she suggested that she take an H&R Block course to help with taxes. When she completed the course, she was asked to go work for them.

Did you know that Regina’s political career started in the House of Representatives?

She would drive to Atlanta on Mondays for session and drive back to Savannah on a Friday and do taxes



through Sunday. She eventually would stop doing taxes, but continued her political career as a Georgia State Representative. She also served in the State Senate for nine years. After her political career ended, she was approached again by H&R Block to come back to work where she worked there seasonally.

Regina was known for advocating and facilitating resources for everyone while she was in politics, and she is still that way today.

Did you know that Regina’s true passion is...dancing?

She will go anywhere and everywhere to dance. Regina goes to St. Joseph’s and Candler Cafeterias to buy her meals with her SmartSenior card! She has been doing it for so long that people actually believe that she works at both hospitals. She also washes her own car and cuts her own grass. She was married for 49 years to Ervin J. Thomas, Sr., an amazing man. She has four children, twelve grandchildren, and four great grands.

Regina would like you to know to live life, enjoy life, and remember that we do not control anything, so be ready to adapt!



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 what November’s full moon is called?

November’s full moon is traditionally called the Beaver Moon. In the Colonial Era, this was the month to set one’s beaver traps before the swamps froze and beavers retired to their lodges.

Source: romeotoyotaofglensfalls.com/november-fun-facts.html

Do you know this fun fact about Poinsettias?

Poinsettias can be painted any color to match holiday decor.

Source: National NFA Organization

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.

Chair 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.

Advanced Mahjong

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.

Rummikub

Tuesdays 2 – 3 p.m. | SmartSenior Office
Join us to play the classic, fun game of Rummikub. Beginners and experts are invited!

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.

Chess Club

Wednesdays 1 p.m. | SmartSenior Office
Join us for the ancient game of chess. Beginners and experts are invited!

Chair Yoga

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

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.

NOVEMBER & DECEMBER MOVIE SCHEDULE

Reservations are required for all of the following movies.
Please note the new time of 1:00 p.m.



The Woman in Cabin 10 (R)

November 7 at 1 p.m.
Starring: Keira Knightley, Guy Pearce, and Gugu Mbatha-Raw
A travel writer stumbles upon a gruesome secret while traveling aboard a luxury cruise ship.

Mother of the Bride (PG-13)

November 14 at 1 p.m.
Starring: Brooke Shields, Benjamin Bratt, and Miranda Cosgrove
Stunned by her daughter’s bombshell wedding announcement, Lana soon faces another shock: the groom’s father is the man who broke her heart years ago.

Last Christmas (PG-13)

December 19 at 10 a.m.
Starring: Emilia Clarke, Emma Thompson, and Henry Golding
Working as an elf in a year-round Christmas store is not good for Kate, the wannabe singer. However, she meets Tom there. Her life takes a new turn—that seems too good to be true.

National Lampoon’s Christmas Vacation (PG)

December 19 at 1 p.m.
Starring: Chevy Chase, Beverly D’Angelo, and Juliette Lewis
The Griswold family’s plans for a big family Christmas predictably turn into a big disaster.



NOVEMBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	4 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Lunch & Learn 11:30 a.m. Game Day 1 p.m. Rummikub 2 p.m.	5 Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m.	6 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	7 Movie Day 1 p.m.
10 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	11 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	12 Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m.	13 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Give Thanks Luncheon 11:30 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	14 Movie Day 1 p.m.
17 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	18 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	19 Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m. Edel Caregiver Support Group 2 p.m.	20 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	21 Memory Café 10 a.m. Book Club 11 a.m.
24 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	25 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Give Thanks Luncheon 11:30 a.m. Game Day 1 p.m. Rummikub 2 p.m.	26 Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m.	27 Office Closed Thanksgiving	28 Office Closed Thanksgiving

DECEMBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	2 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	3 Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m.	4 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	5 Office Closed Holiday PARTY at Alee Temple
8 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	9 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	10 Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m.	11 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	12 Office Closed Board Holiday Party
15 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m. Hot Coco Celebration 1 p.m.	16 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	17 Sew Girls Group 9 a.m. Cookie Decorating 12:30 p.m. Chess 1 p.m. Chair Yoga 2 p.m.	18 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	19 Holiday Movie Classics 10 a.m. & 1 p.m.
22 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	23 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	24	25 Office Closed Christmas	26 Office Closed Christmas
29 Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	30 Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	31		



NOVEMBER 2025 EVENTS

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

Lunch & Learn | Maintaining Bladder Health as We Age

Joseph T. Stubbs III, MD | Tuesday, November 4
11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium
As we age, our bodies undergo natural changes, and our bladder is no exception. Dr. Stubbs of UROGYN Savannah will provide us with a few simple habits to support your bladder health and maintain a higher quality of life.

Family Feud Give Thanks Luncheon

Thursday, November 13 | 11:30 a.m. | Marsh Auditorium
\$8 per person
Join us for our annual Thanksgiving celebration! This year, we will celebrate with the traditional game, Family Feud. We are looking for two teams of six people. You do not need to be a family, to form your group. If you are interested in being on a team, let the office know when you book your ticket. Tickets are available to the first 75 people.

General Caregiver Support Group

Wednesday, November 19 | 2 p.m. | SmartSenior Office
Hosted by Edel Caregiver Institute
Are you gradually feeling more alone — that those around you just don't seem to get what you are going through? ECI's Caregiver Support Group provides a safe place to connect with other caregivers who truly understand. This group is non-disease specific to encourage caregivers to focus on their own concerns and circumstances. Learn and discover strength, emotional support, and a necessary sense of community with like-minded people.

Memory Café

Friday, November 21 | 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.*

Book Club | Broken Country

Friday, November 21 | 11 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *Broken Country* by Clare Leslie Hall. Beth and her gentle, kind husband Frank are happily married, but their relationship relies on the past staying buried. But when Beth's brother-in-law shoots a dog going after their sheep, Beth doesn't realize that the gunshot will alter the course of their lives.

Give Thanks Luncheon Dinner & A Movie

Tuesday, November 25 | 11:30 a.m. | Marsh Auditorium
\$8 per person
Help us celebrate the season with lunch and a movie. Enjoy a traditional Thanksgiving feast followed by the classic film *White Christmas*. Tickets are available to the first 75 people.



DECEMBER 2025 EVENTS

SmartSenior's Annual Holiday PARTY

Friday, December 5 | 11 a.m. | Alee Temple
This is a sold-out event. Tickets for this event are sold in advance and seats are assigned.

Cocoa Celebration

Monday, December 15 | 1 p.m. | SmartSenior Office
Enjoy the holiday season with creamy chocolate delights. Join us for a new take on that classic winter treat. With marshmallows, chocolates, mints, and different delectable syrups it is truly a customized cocoa bar.

Cookie Decorating

Wednesday, December 17 | 12:30 p.m. | SmartSenior Office
Bring the fun for our cookie decorating event. Enjoy sprinkles, chocolate chips, and more as part of our Holiday celebrations!

Holiday Movie Classics

Friday, December 20 | 10 a.m & 1 p.m.
SmartSenior Office
Join us for some classic holiday tales. At 10 a.m. we will show *Last Christmas* starring Emilia Clarke and Henry Golding. Then, at 1 p.m. we will show *National Lampoons Christmas Vacation* starring Chevy Chase and Beverly D'Angelo. Make your reservations for one movie or both.



MERCHANT DISCOUNT UPDATE AUTO SHINE CAR WASH

MVP: \$30; Deluxe: \$37.95; Basic: \$29.95
Discount valid on Wednesday's only at all five locations.

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4651 US-80 • (912) 927-6808
713 W. Oglethorpe Hwy., Hinesville, GA • (912) 408-2280
6151 GA-21, Rincon, GA • (912) 826-6360

Seven misconceptions about diabetes

St. Joseph’s/Candler Center for Diabetes Management registered dietitian debunks common myths about this common chronic disease



What do you think when someone says they have diabetes? That they can never have sugar or that eventually they are going to lose part of their leg?

Diabetes is a condition in which the body doesn’t make or use insulin correctly. The most common types of diabetes are type 1 and type 2. Type 1 diabetes is an autoimmune disease where essentially the body makes little or no insulin due to an autoimmune reaction that destroys the insulin-producing cells in the pancreas, explains Gabriella Zeigler, registered dietitian for the St. Joseph’s/Candler Center for Diabetes Management.

In type 2 diabetes, your body still makes insulin but for whatever reason – and there are many – not to the degree that is adequately controlling blood sugar. You may not be making enough insulin or it may not be binding properly or your liver is making too much blood sugar or you are digesting your food too quickly, Zeigler says.

“I also like to stress that genetic factors and family history play a huge role in diabetes diagnoses,” Zeigler adds.

The effects of diabetes vary person to person but there are some common misconceptions that should be cleared up.

“I see misconceptions on the disease side itself and misconceptions on the diet part too,” Zeigler says. “I try to let patients with diabetes know that it’s not really what we eat, but how we eat and then making adjustments so you don’t have to never eat your favorite foods ever again.”

Here are some common misconceptions surrounding diabetes:

MISCONCEPTION 1: It’s my fault I have this disease.

“A lot of times it really is predisposition and family genetics,” Zeigler says.

MISCONCEPTION 2: If you are overweight or obese, you will eventually develop type 2 diabetes

There are other risk factors such as family history, ethnicity and age that also play a role. In fact, most overweight people never develop type 2 diabetes, according to the American Diabetes Association.

MISCONCEPTION 3: Eating too much sugar causes diabetes

If you want to avoid diabetes that doesn’t mean you have to totally eliminate sugar from your diet. Focus on reducing the amount of sugar you consume.

MISCONCEPTION 4: If you have diabetes, you shouldn’t eat carbohydrate-rich foods, such as bread, potatoes and pasta.

People with diabetes do need to watch their carbohydrate intake; however, it doesn’t have to be totally eliminated.

MISCONCEPTION 5: People with diabetes can’t eat sweets or chocolate.

If eaten as part of a healthy meal plan and combined with exercise, sweets and desserts can be eaten by people with diabetes.

MISCONCEPTION 6: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you are failing to take care of your diabetes.

Sometimes the body needs a little bit of help,” Zeigler says. “I think because diabetes is so closely tied to diet and exercise that it’s easy to forget that it’s still a chronic disease and your body needs help when it has a disease.”

MISCONCEPTION 7: People with diabetes are going to lose a limb, such as their foot or part of their leg.

Diabetes does not attack your feet. However, diabetes is linked to peripheral neuropathy, which occurs when there’s damage or disease to the nerves.

GABRIELLA ZEIGLER RD, LDN





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

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Open Enrollment is here!

Health Insurance choices have you confused?

Whether you are 26, 65 or 75 - The Consos Group's 40 years of experience can help you choose. We are licensed with the major carriers for Medigap and Medicare Advantage Plans and the Federal Marketplace for individuals. Please call for your free consultation.

The Consos Group
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(912) 303-0101
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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."

SEA LOVE®
Scent Blending & Candle Making



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