



## SmartSenior's Annual *Holiday* PARTY

 **FRIDAY, DECEMBER 5**

 **11 A.M. – 2 P.M.**

 **\$20 FOR MEMBERS  
AND \$25 FOR  
MEMBER-GUESTS**

 **ALEE TEMPLE  
100 EISENBURG DR**

Tickets go on sale on Friday, October 3. Due to the high volume of traffic, no regular business will be conducted on the first day of ticket sales.

Seating will be assigned with ticket purchase; please coordinate with your group prior to purchase if you'd like to sit together. If you have questions about your membership status, please call prior to ticket sales.

*Tickets are non-refundable.*

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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. 65<sup>th</sup> Street, Suite 8  
Savannah, GA 31405

(912) 352-4405

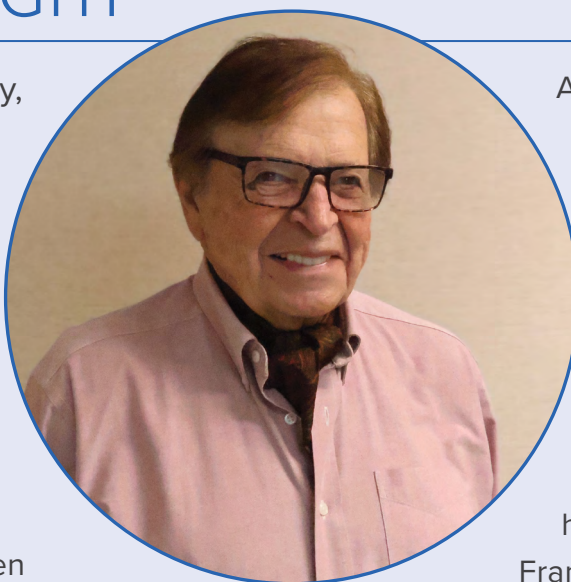
[www.sjchs.org/smartsenior](http://www.sjchs.org/smartsenior)

### OFFICE CLOSED

Labor Day (September 1)  
Columbus Day (October 13)  
Halloween (October 31)

## MEMBER SPOTLIGHT

**Ray lezzi** was born in Jersey City, New Jersey. He served in the US Navy during the Korean War and was assigned to the amphibious forces. His next assignment was with special services, where he performed on the piano for a weekly Navy television show.



Ray's love for the piano started when he was nine years old. Actually, his parents had him taking lessons on the accordion while his sister was taking piano lessons. However, Ray was a natural and picked up playing the piano just by listening to her practice, thus changing his destiny.

**Would you have guessed that Ray graduated with a degree in journalism from Farleigh-Dickinson University?**

One night, when Ray was the featured pianist at the Cafe de la Paix in the St. Moritz Hotel in New York, he could overhear an American executive and an Italian businessman seated nearby having a language barrier problem. As he is fluent in Italian, Ray offered to translate for them, leading to a job offer for Ray to work for Genesco, a large American apparel company.

After two years of management training, Ray was relocated to Florence, Italy, where he became a shoe designer.

Shoes that Ray designed over the years sold in the thousands in department and chain stores across America. Some of his shoe designs were published in FFANY, an American fashion journal. During his career, Ray traveled extensively to France, Italy, Germany, Brazil, China, and India, where his shoes were manufactured.

**Did you know that Ray's professional name is Ray LaRovere (his other family name) under which he became an internationally-known pianist?**

In 1985, he was the featured pianist at a tribute to Frank Sinatra at the Players Club in New York. Members of the Players Club consist of actors, musicians, and other professionals in the entertainment world. Ray was inducted into this exclusive club in 1983. Some of Ray's recordings can be heard on YouTube under his professional name.

Ray would like you to know that life is not a dress rehearsal—this is your one life, so just live it to the fullest!

### SmartSenior

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: \_\_\_\_\_ 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](http://sjchs.org/smartsenior) to pay via credit card)

SmartSenior

836 E. 65<sup>th</sup> St., Ste. 8 • [sjchs.org/smartsenior](http://sjchs.org/smartsenior) • (912) 352-4405



### DID YOU KNOW?

#### Do you know about September?

Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year.

Source: [romeocars.com/september-fun-facts](http://romeocars.com/september-fun-facts)

#### Do you know why October is an excellent month for bird watching?

Migratory birds begin their journey southward in October, making it an excellent month for bird watching.

Source: [ohmyfacts.com/lifestyle/20-october-facts-to-spark-your-autumn-curiosity](http://ohmyfacts.com/lifestyle/20-october-facts-to-spark-your-autumn-curiosity)

# 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.

## 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.

## 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.

## 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.

## SEPTEMBER & OCTOBER MOVIE SCHEDULE

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



### The Thursday Murder Club (PG-13)

**September 5 at 1 p.m.**

**Starring:** Helen Mirren, Pierce Brosnan & Ben Kingsley

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

### Apollo 13: Survival (PG-13)

**September 19 at 1 p.m.**

**Starring:** Neil Armstrong, Jules Bergman & James Burke

Houston, we have a documentary. Nine months after Neil Armstrong landed on the moon, NASA would face its biggest challenge yet, when three astronauts found themselves stranded in outer space after a mid-flight explosion.

### The Others (PG-13)

**October 10 at 1 p.m.**

**Starring:** Nicole Kidman, Christopher Eccleston & Fionnula Flanagan

A woman who lives with her two photosensitive children on her darkened old family estate in the Channel Islands becomes convinced that the home is haunted.

### The Man Who Knew Too Much (PG)

**October 24 at 1 p.m.**

**Starring:** James Stewart, Doris Day & Edna Best

Dr. Ben McKenna is on vacation with his family in Morocco when a chance encounter with a stranger sets their trip, and their lives, on a drastically different course.



# SEPTEMBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Office Closed Labor Day	<b>2</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>3</b> Sew Girls Group 9 a.m. Chair Yoga 2 p.m.	<b>4</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>5</b> Movie Day 1 p.m.
<b>8</b> Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	<b>9</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>10</b> Sew Girls Group 9 a.m. Chair Yoga 2 p.m.	<b>11</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>12</b> Discover Local 1 p.m.
<b>15</b> Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	<b>16</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>17</b> Sew Girls Group 9 a.m. Chair Yoga 2 p.m. Edel Caregiver Support Group 2 p.m.	<b>18</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>19</b> Memory Café 10 a.m. Movie Day 1 p.m.
<b>22</b> Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	<b>23</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>24</b> Sew Girls Group 9 a.m. Lunch & Learn 11:30 a.m. Chair Yoga 2 p.m.	<b>25</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>26</b> Book Swap 1 p.m.
<b>29</b> Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	<b>30</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.			

# OCTOBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>2</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>3</b> Holiday Party Tickets on Sale 8:30 a.m.
<b>6</b> Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	<b>7</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>8</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>9</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>10</b> Pop Up Event 11 a.m. Movie Day 1 p.m.
<b>13</b> Office Closed Columbus Day	<b>14</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>15</b> Sew Girls Group 9 a.m. Chair Yoga 2 p.m. Edel Caregiver Support Group 2 p.m.	<b>16</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>17</b> Discover Local 11 a.m.
<b>20</b> Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	<b>21</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>22</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>23</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Lunch & Learn 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>24</b> Memory Café 10 a.m. Book Club 11 a.m. Movie Day 1 p.m.
<b>27</b> Exercise Class 9:30 a.m. Tai Chi 11 a.m. Mahjong 1 p.m.	<b>28</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>29</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>30</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>31</b> Office Closed Halloween Halloween Party 11:30 a.m.



## SEPTEMBER 2025 EVENTS

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

### Discover Local | **Bees & Cream Experience**

Friday, September 12  
11 a.m. tour, 12:15 p.m. ice cream  
211 Johnny Mercer Blvd | \$12 per person  
Join us for a one-hour tour of the Savannah Bee garden and a visit to the new Leopold's Ice Cream Whitmarsh location! Experience honeybees firsthand, then tour hives with skilled Savannah Bee technicians. Wear closed shoes; avoid bananas before the tour (mimics bee alarm pheromone). Ticket price includes tour only. Ice cream is Dutch treat. We'll meet at 107 Charlotte Rd, Suite E directly after.

### **General Caregiver Support Group**

Wednesday, September 17 & October 15  
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, September 19 & October 24 | 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.

### Lunch & Learn | **Minimally Invasive Treatment for Hiatal Hernias**

Jeffrey S. Mandel, MD, FACS | Wednesday, September 24  
11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium  
A hiatal hernia happens when the upper part of the stomach bulges through the diaphragm and can cause you to constantly choke on stomach acid. Jeffrey S. Mandel, MD, FACS will teach us about how the LINX device can be used to treat this hernia and provide immediate relief.

### **Book Swap**

Friday, September 26 | 1 p.m. | SmartSenior Office  
Do you have a recent read you just love or a favorite book you're dying to share, or are you just looking for something fun to read? Come by our Book Swap! Bring some old books and get some new ones. Enjoy light refreshments as we exchange books.



## OCTOBER 2025 EVENTS

### *Holiday PARTY* | Tickets on Sale

Friday, October 3  
8:30 a.m. | SmartSenior Office  
Tickets will sell out fast, so please get them while you can. All seats are assigned. For large groups, one person should handle all payments. Limit one guest per person. Check with the office for special operating hours on ticket sale dates. Call with any questions.

### **Pop Up Senior Resource Fair**

Friday, October 10  
11 a.m. | SmartSenior Office  
Having trouble finding local resources? This mini pop-up event educates members on new and exciting resources in town.

### Discover Local **Candles & Confetti at Sea Love Candle Bar**

Friday, October 17 | 11 a.m.  
310 W Broughton St | \$20 per person  
Unleash creativity! Craft signature scented candles & diffusers at Sea Love Candle Bar & Boutique, our newest Merchant Discount List member. Enjoy wine, mimosa, or coffee. Join us for lunch at Goose Feather's Café after.

### Lunch & Learn **Breast Cancer, Breast Health**

Thursday, October 23  
11:30 a.m. lunch, 12 p.m. presentation  
Marsh Auditorium, Candler Hospital  
Did you know that radiation can be used to shrink tumors before surgery, treat cancer that has spread, or manage symptoms like pain? Join Dr. Phillip James Villiotte, Radiation Oncologist, as he dives deep into radiation and breast health.

### **Book Club The Woman in Cabin 10**

Friday, October 24 | 11 a.m.  
SmartSenior Office  
Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *The Woman in Cabin 10* by Ruth Ware. Lo Blacklock, a journalist who writes for a travel magazine, has just been given the assignment of a lifetime: a week on a luxury cruise with only a handful of cabins. But as the week wears on, Lo witnesses what she can only describe as a dark and terrifying nightmare: a woman being thrown overboard. The problem? All passengers remain accounted for and so, despite Lo's desperate attempts to convey that something (or someone) has gone terribly, terribly wrong.

### 👻 **80s Murder Mystery Haunted Halloween Party**

Friday, October 31 | 11:30 a.m.  
Marsh Auditorium | \$8 per person  
It's 1985, and shooting is about to begin on the latest blockbuster movie: the Explosive Teen Musical. The cast of teens (and would-be teens) are assembled, the crew are ready, and visitors to the set are hushed in anticipation. Suddenly, there's an explosion from the next soundstage, and in blows the body of our illustrious producer. Help us solve the mystery, and enjoy a spooky lunch. Feel free to dress up for a little extra fun!



# Wireless technology helps breast surgeons operate with more precision



## It may be tiny, but the SAVI SCOUT allows breast surgeons to remove tissue faster and more precisely.

There's new technology available to breast surgeons that helps them scout out tumors more quickly and precisely. It's called SAVI SCOUT, a radar localization system that helps surgeons locate and remove breast tumors during surgery.

When a tumor is discovered through imaging, and it's decided you need surgery, traditionally you'd get what's called breast needle localization. Typically, the patient would come day of surgery and have a thread-like wire inserted into the breast through a needle during mammogram or ultrasound, explains Pattie Barnes, mammographer at St. Joseph's Hospital. The needle would be placed close to the area of concern and the surgeon uses it as a guide for removing the tumor.

Now, breast surgeons at Candler Hospital and St. Joseph's Hospital have the option to use SAVI SCOUT.

"Basically, there is a tiny, non-toxic radar clip that is placed by the radiologist when an area in the breast or under the arm needs to be localized for surgical removal," explains Dr. Catherine Ronaghan, medical director of

Telfair Breast Surgery at St. Joseph's/Candler. "The clip emits a tiny radar signal. We have a radar detector in the OR, which allows us to precisely localize the area we need to remove."

The clip is smaller than a grain of rice, but with the radar detector, the breast surgeon can find it quickly, often through a smaller incision with the potential of disturbing less tissue.

"It's faster and more precise," Dr. Ronaghan says. "Which means less operative time and a potential lower incidence of lymphedema."

SAVI SCOUT can be placed before surgery, even if a patient has neoadjuvant chemotherapy, meaning chemotherapy before surgery, Barnes adds. But don't worry. You will not be walking around beeping all the time.

The procedure to place SAVI SCOUT is minimally-



CATHERINE RONAGHAN, MD, FACS

invasive. The radiologist will clean the area of the breast or under the arm, numb the area, and then using ultrasound guidance, insert the clip through a one-time, tiny incision, Barnes explains. Two images will then be taken to ensure the clip is where it needs to be.

"It's a great tool available so patients don't have to have that needle anymore," Barnes says. "We are doing it every day, sometimes multiple times a day."

## 📍 POP UP SENIOR RESOURCE FAIR FRIDAY, OCTOBER 10th | 11 A.M. | SMARTSENIOR OFFICE

As we grow and mature, the world changes around us. Learn about all the new opportunities in Savannah for seniors at this resource-based event.

Having trouble finding local resources? Get the scoop is a senior resource mini pop-up event designed to educate our members on all the new and exciting resources in town like:

- Alzheimer's Association
- AARP Safe Driving
- The UGA Extension
- Live Oak Public Library
- The African-American Resource Center
- Purpose & Plants
- Oglethorpe Mall Branch
- And more!

# SmartSenior

836 E. 65<sup>th</sup> Street, Suite 8  
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