

SMART SENIOR IS COMING TO POOLER!

Since the opening of St. Joseph's/Candler's Pooler Campus, it has been our goal to expand SmartSenior activities and events to the Pooler area. This will make it convenient for our members in Richmond Hill, Bloomingdale, Guyton and other areas west of Savannah to take advantage of activities.

We are happy to announce that we have partnered with The First Baptist Church of Pooler, 204 US Highway 80 W. Starting in January, we will offer line dancing every Monday from 3 pm – 4 pm. There will also be lunch and learn seminars every other month starting in February. See Pages 2 and 4 for more details.



MOOD-BOOSTING TIPS TO HELP SOOTHE SEASONAL AFFECTIVE DISORDER DON'T LET YOUR MOOD DROP ALONG WITH THE TEMPERATURES.

If your smile seems to be drooping along with the temperature, it's probably not your imagination. Seasonal affective disorder (SAD), a reaction to reduced sunlight, affects about five percent of Americans, according to the American Psychiatric Association—and it is more common in women than in men. Lethargy, overeating, and being sad can spell disaster for your health. But don't let the shorter days and colder nights get you down: Check out these science-backed ways to beat SAD and feel better.

TAKE A SUNNY STROLL

Go walking in a winter wonderland! Sunlight-drenched strolls help clear your SAD symptoms by giving you a boost of vitamin D, which most of our bodies are craving (especially in gray weather). Vitamin D deficiency has also been linked to depression, and a 2018 study from the Journal of Headache and Pain shows that a vitamin D deficiency may cause cluster headaches in the fall and winter.

SHED SOME LIGHT

The dark gloom of winter dampens your body's production of serotonin, a mood-regulating neurotransmitter. Rejuvenate your serotonin stores with a light box that features blue light-emitting diodes. They're more stimulating and produce less glare than white light boxes. For a simpler fix, open up the blinds! Just make sure you're keeping your bright light exposure to the morning hours; lots of light late in the day can mess with your circadian sleep cycles.

MOVE MORE

We know it's tempting, but resist the urge to hibernate until spring. Walking naturally exposes you to natural sunlight, which can help stave off the winter blues. Too cold to work out outdoors? Try these at-home ab workouts.

PUMP UP YOUR PRODUCE

The secret to happiness may be at the end of your fork. People who experience SAD or are depressed tend to crave sugary,

carbohydrate-rich foods, but overeating these foods have unhealthy consequences. Instead, stock up on these SAD-busting foods, which include, salmon, leafy greens, and whole grains to help brighten your days.

CONSIDER CHAMOMILE

If your mood needs to be soothed, consider a chamomile supplement. A 2016 study from Phytomedicine shows that chamomile extract can help reduce generalized anxiety disorder symptoms.

LEND A HELPING HAND

Look for volunteer opportunities where you can make a difference, Lombardo suggests. Collect coats for the homeless, conduct a toy drive for needy children, or spend time volunteering at an animal shelter during the holiday rush. Philanthropic work is a well-documented mood improver, she says.

SAD-PROOF YOUR SURROUNDINGS

You may not be able to control the weather around you, but you can control your own environment, says psychotherapist and wellness expert Jenny Giblin, MFT. Simple switches like painting your walls a brighter or lighter color, buying colorful office supplies, hanging inspiring artwork, and changing the background of your computer to a beachy scene can lift your spirits.

SOURCE: *The Editors of Prevention*

SMARTSENIOR OFFICE HOURS

Mon thru Fri 8:30 am – 5:00 pm
(Closed for lunch: 12PM - 1PM)

836 E. 65th St., Ste 8 • Savannah, GA 31405
(912) 352-4405

OFFICE CLOSED

Monday, January 20
Martin Luther King, Jr. Day
Monday, February 17
President's Day

Bring Your Love For Life to Savannah Commons

No Wait List!
Move In Ready
One and Two
Bedroom apartments
in Independent,
Assisted and Memory
Care Living available!



**SMART SENIOR
MEMBERS GET HALF
OFF COMMUNITY FEE
UPON MOVE-IN!**

Savannah Commons
912.927.0500

1 Peachtree Drive, off Middleground Rd
www.savannahcommons.com



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- Independent - Gold Plus Living
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- Delicious cuisine
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**Ground-level apartment
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For more, call 912-257-4908
www.AssistedLivingSavannah.com

John-Wesley Villas of Savannah, Inc. • 231 W. Montgomery Crossroads, Savannah

REGULARLY SCHEDULED ACTIVITIES

NO REGISTRATION NECESSARY
FOR THE FOLLOWING LISTINGS

FREE! Line Dancing

Beginner: Thursdays, 9am – 11am
Advanced: Tuesdays, 9am – 11am
St. Michael and All Angels
Episcopal Church, Washington &
Waters Ave.

NEW! Line Dancing

Thursdays, 5:15 pm – 6pm
Candler Wellness Center

NEW! Line Dancing

Mondays, 3pm – 4pm
First Baptist Church of Pooler

FREE! Exercise Class

Mondays, 9:15am – 10am,
SmartSenior Office.

FREE! SmartSenior Walking Group

Do you enjoy walking but don't
want to do it alone? SmartSenior
has a walking group that walks
through the Medical Arts
Complex Monday thru Friday at
10:00 am (weather permitting).

FREE! Jigsaw Puzzle

We have a jigsaw puzzle to work
on in the SmartSenior Office. You
can come and work on it at your
leisure from 9:00 am to 12 noon
or 1 pm to 4:30pm anytime the
SmartSenior office is open.

FREE! Game Day

Have fun playing a variety of
games including card games,
board games, and Domino's,
every Monday at 10:00 am at the
SmartSenior Office.

FREE! Chair Yoga

Wednesdays, 2 pm – 3 pm,
SmartSenior Office.

EVENT LOCATIONS

Candler Hospital Marsh Auditorium
located on the Candler Campus,
5353 Reynolds Street, first floor.

**St. Joseph's Hospital Sr. Cornile
Meeting Rooms** located on the
St. Joseph's Campus, 11705 Mercy
Blvd., 2nd floor over the Emergency
Department. Take the elevators
located next to the Outpatient
Registration Desk.

**St. Michael and All Angels
Episcopal Church**, Washington &
Waters Ave.

SmartSenior, 836 E. 65th St., Ste 8

Pooler Campus located on the
Pooler Pkwy next to Lowe's.

First Baptist Church 204, US Hwy 80
West, Pooler

*"The beginning of every New Year is
always the best time to give another
chance to your neglected talents!"*

JANUARY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day Office Closed 	2 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	3 Walking Group 10AM	4
5	6 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	7 Advance Line Dance 9AM Walking Group 10AM	8 Hearing Screening Painting Class 9:45AM Storytelling Class 10AM Chair Yoga 2PM Quilting Class 3PM	9 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	10 Walking Group 10AM Movie Day 2PM	11
12	13 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	14 Advance Line Dance 9AM Walking Group 10AM	15 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	16 Beginner Line Dance 9AM Walking Group 10AM Lunch & Learn 11:30AM Line Dancing 5:15PM	17 Walking Group 10AM	18
19	20 Martin Luther King, Jr. Day Office Closed 	21 Advance Line Dance 9AM Walking Group 10AM	22 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM Quilting Class 3PM	23 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	24 Walking Group 10AM Lunch & Learn 11:30AM	25
26	27 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	28 Advance Line Dance 9AM Walking Group 10AM	29 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	30 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	31 Walking Group 10AM	

CALL 352-4405 TO REGISTER FOR THE PROGRAMS LISTED BELOW.
FRIENDLY REMINDER: YOU MUST BE A CURRENT MEMBER TO ATTEND.



JANUARY EVENTS

REGULARLY SCHEDULED ACTIVITIES

See page 2 for a complete detail of listings.

SEMINARS

Lunch & Learn

"Music to My Ears" | Candace Deshler, LPMT, MT-BC

Thursday, January 16, 11:30am

Marsh Auditorium, Candler Hospital

Music therapy is an evidence-based clinical use of musical interventions to improve clients' quality of life.

Lunch & Learn

"2020 Travel Destinations"

Don Adams, President, Kelly Tours

Friday, January 24, 11:30am

Marsh Auditorium, Candler Hospital

It's time to discover the new and exciting trips Kelly Tours will be offering SmartSenior members for 2020.

HEALTH & LEARNING

Storytelling 101

Instructor – Bess Chappas

Wednesday, January 8, 10am – 11am | SmartSenior

Did you know there are different ways to tell a story? Would you like to learn how to tell stories? This class is designed to show you different techniques on how to tell a good story.

SmartSenior Painting Class

Wednesdays, 9:45am – 11:45am | SmartSenior

Artist/Instructor, Shawn Bland, provides instruction in acrylics and various subject matters. 6 classes for \$100. Supplies included.

Quilting Class

Wednesday, January 8 & 22, 3pm – 4:45pm

SmartSenior

Message Quilt based on the Underground Railroad.

FREE! Hearing Screening (By appointment only)

Wednesday, January 8 | SmartSenior

Call 352-4405 to make an appointment.

MOVIE DAY

The Peanut Butter Falcon

Friday, January 10, 2pm


St. Michael and All Angels Church

Starring Shia LaBeouf and Dakota Johnson

A modern day Mark Twain style adventure about a young man (Zak) with Down syndrome, who runs away from his residential home to follow his dream of attending the same wrestling school as his idol (Salt Water Redneck). Zak meets Tyler and Eleanor, who help him along his adventure all the while learning much from each other.

FEBRUARY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Ground Hog Day 	3 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	4 Advance Line Dance 9AM Walking Group 10AM Craft Class 2PM	5 Painting Class 9:45AM Walking Group 10AM Storytelling Class 10AM Lunch & Learn 11:30AM Chair Yoga 2PM Quilting Class 3PM	6 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	7 Walking Group 10AM	8
9	10 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	11 Advance Line Dance 9AM Walking Group 10AM Lunch & Learn 11:30AM Craft Class 2PM	12 Hearing Screening Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	13 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	14 Valentine's Day Walking Group 10AM Movie Day 2PM 	15
16	17 Presidents' Day Office Closed	18 Advance Line Dance 9AM Walking Group 10AM Craft Class 2PM	19 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM Quilting Class 3PM	20 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	21 Walking Group 10AM	22
23	24 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	25 Advance Line Dance 9AM Walking Group 10AM	26 Ash Wednesday Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	27 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	28 Walking Group 10AM Lunch & Learn 11:30AM	29

CALL 352-4405 TO REGISTER FOR THE PROGRAMS LISTED BELOW.
FRIENDLY REMINDER: YOU MUST BE A CURRENT MEMBER TO ATTEND.



FEBRUARY EVENTS

REGULARLY SCHEDULED ACTIVITIES

See page 2 for a complete detail of listings.

SEMINARS

Lunch & Learn

"The Rising Seas"

Dr. Clark Alexander, The Skidaway Marine Institute

Wednesday, February 5, 11:30am

Marsh Auditorium, Candler Hospital

Predictions of sea level rise over the next century vary from the current rate of roughly 30 centimeters—about a foot—to as much as two meters—about 6 feet. Learn how this will affect the marshes and other areas around the Savannah area.

Lunch & Learn

"What's New in Funeral Pre-planning"

Robert Etheridge, Baker McCullough Funeral Homes

Tuesday, February 11, 11:30am

First Baptist Church of Pooler

From bio-degradable caskets to egg shaped burial pods, learn about the new ways to plan your final arrangements

Lunch & Learn

"Spine Health and Prevention of Back Pain"

D'Mitri Sofianos, MD, Chatham Orthopedics

Friday, February 28, 11:30am

Marsh Auditorium, Candler Hospital

"Oh, my aching back" are words no one wants to say. Find out how to avoid back pain.

HEALTH & LEARNING

Quilting Class

Wednesday, February 5 & 19, 3pm – 4:45pm

SmartSenior

Message Quilt based on the Underground Railroad.

SmartSenior Painting Class

Wednesdays, 9:45am – 11:45am | SmartSenior

Artist/Instructor, Shawn Bland, provides instruction in acrylics and various subject matters. 6 classes for \$100. Supplies included.

Craft Classes

Space is limited.

Tuesdays, 2pm – 3pm | SmartSenior

February 4 – Bow Making Wired Ribbon Only

February 11 – Valentine Wreath or Gift Basket

February 18 – Funky Bow, Florist Bow on a project

Hearing Screening (By appointment only)

Wednesday, February 12 | SmartSenior

AARP Defensive Driving Class

Wednesday, February 5, 9am – 3pm

Savannah Squares Retirement Community

Save up to 10% on your automobile insurance. \$15 for AARP members, \$20 for nonmembers.

MOVIE DAY

Judy

Friday, February 14, 2pm

St. Michael and All Angels Church

Starring Renée Zellweger and Finn Wittrock

A biographical drama about singer and actress Judy Garland, the story follows Judy Garland during the last year of her life when she relocated her stage career to Great Britain.



SHOW YOUR CARD AND SAVE MERCHANT DISCOUNT PROGRAM

CHATHAM COUNTY

ANTIQUES

Jewelry Consignment Network
139 Bull Street, 912-234-0207
www.jewelryconsignment.com
30% Off Anything in Store including Jewelry Repair

APARTMENTS & TOWNHOMES

Century Fenwick Village
101 Fenwick Village Dr., 912-495-9392
\$250 OFF First Month's Rent

Colonial Grand at Hammocks
25 Johnny Mercer Blvd., 912-898-0064
\$150 OFF Processing Fees

River Crossing Apartments
2612 Dogwood Ave, Ste H-12, 912-355-3722
No Deposit!; \$100 OFF Administration Fee; \$200 OFF your first month's rent!

Village at Rice Hope
203 Magnolia Blvd., Port Wentworth, 912-964-3333
\$250 OFF First Month's Rent - only one discount offered per apartment

APPAREL

John B. Rourke
7135 Hodgson Memorial Drive, 912-355-1211
10% off retail price.

The Uniform Source/The All Size Outlet
Savannah Mall, Savannah, Garden City, 912-964-7974
10% off regular prices; does not include sale items.

Fleet Feet
3405 Waters Avenue, 912-355-3527
10% off

ART

Waterline Productions
912-308-8051, email: waterlineprod@aol.com.
maritime art: 15% off original works in stock; 10% off on signed/numbered limited edition prints.

ASSISTED CARE

The Gardens of Savannah
249 Holland Drive, 912-925-3445
\$500 off Community Fee

Griswald Home Care of Savannah
6605 Abercorn St., 107A, 912-349-5264
5% off Regular Weekly Service

Shepherd Living @ Savannah Quarters
101 Shepherd Way, Pooler, 844-876-6537
10% off Beauty Salon or Massage Therapy visit

ATTORNEY

Mahoney & Cole, Attorneys at Law
337 Commercial Dr., Suite 500
Savannah, GA 31406, 912-233-7272
25% of Wills and Trusts

Stone & Sullivan, LLC
302 E. Oglethorpe Ave., 912-999-8255
15% off a Will or Trust Package

AUTO

AAA Auto Club
712 Mall Blvd., 912-352-8222
20% off Classic Membership and FREE Family Member for 1 yr.

AUTO SALES & RENTAL

Enterprise Rent-a-Car
11506A Abercorn Expressway, 912-920-1093
5% off the rates being quoted

Southern Motors Honda
10300 Abercorn St., 912-927-0700
1% UNDER Invoice on in stock models only, plus tax, tag, title, accessories and dealer fees
Excludes Civic Si's, HRV's and All Touring models; \$500 off used vehicles. Excludes Internet pricing

AUTO MAINTENANCE

Auto Intensive Care
912-355-6312
10% off parts and labor at all locations: 4406 Waters Ave; 8434 Waters & Montgomery Crossroads; 215 Hwy 80 Garden City.

Coastal Transmission Service
3237 W. Bay St., 912-964-7580
10% off all services or Fleet Pricing* (whichever discount is greater)

M&E Automotive Service Center
280 Johnny Mercer Blvd., 912-898-1950
10% discount on parts and labor.

Savannah Tire Brake and Alignment Centers
912-349-3809
Loyalty Rewards Program card. \$5.00 in discounts for every 100 points accumulated. 9 locations see website www.savannahtire.com

BAKERIES/DESSERTS

Gottlieb's Bakery
100 Eisenhower Dr., Unit 28, 912-777-5133
10% off

Charlotte's Confections
140 Johnny Mercer Blvd., Suite 15, 912-657-2927
10% Off

Flirt with Desserts
205 Johnny Mercer Blvd., Suite G, 912-661-2662
10% Off except custom cakes

BANKS/CREDIT UNIONS

MembersFirst Credit Union
606 East 67th Street, 912-352-2902
Free check printing

Mercy Federal Credit Union
11705 Mercy Blvd (Riley Bldg), Savannah, GA 31419 & 5353 Reynolds St., 912-819-2411

South State Bank
25 Bull St., 912-629-6578
Starkey Mortgage, \$500 Off Closing Cost
6600 Abercorn St, Ste 105, Savannah, GA 31405 & 10221 Ford Ave, Ste 1 Richmond Hill, 912-604-8848

BOOKS

Acme Sales & Bookstore
5406 Skidaway Rd, 912-352-2203. 10% off USED book

CAMERAS

Bay Camera Company
4604 Habersham Street, Habersham Shopping Village. 912-355-3587.
10% discount on all prints developing, plus frames, bags and tripods.

CAR WASH

Auto Shine Car Wash
½ price on Wednesday's at all five locations. (Garden City, Montgomery X-Rds, Whitmarsh, Hinesville and Rincon

Men of Faith Pressure Washing, LLC
PO 2064, Savannah, GA 31402, 912-604-2457
10% Pressure Washing & car detailing

CARPET CLEANING

Genesis Carpet Care
220 Quacco Road Trail, 912-224-6090
10% off carpet and upholstery cleaning (excludes other advertised specials).

CATERING SERVICES

Dixieland Caterers
307Sand Hill Road, 897-1414
10% off any order (chicken, ribs, butts etc.)

CELLULAR PHONES etc.

Wireless Accessory Connection
31 W. Congress St., Suite 100, 912-238-3200.
10% discount off in-store merchandise (excludes special orders).

CLOTHING

The Uniform Source/The All Size Outlet
Savannah Mall, Savannah, Garden City, 912-964-7974
10% discount off regular prices; does not include sale items.

COSMETICS

Mary Kay Cosmetics – Erma Fulcher
912-398-5070, 10% off on all Facial/Skin Care Products
Mary Kay Cosmetics – Delphine Hatton
347-359-7286, 10% off all facial products

COMPUTERS

DELL
1-800-695-8133, Receive a 2-6% discount based on the price of the system you choose. www.dell.com/epp
Use member ID HS31707389

Tweaks By Geeks
200 E. Montgomery Crossroads, 912-920-4335.
1105 Hwy 80 East, Suite C, Pooler, 912-748-4335
10% off labor.

CRAFT/HOBBY STORE

Unwind Yarn & Gift
7710 Waters Avenue, 912-303-3970

Board and Brush of Savannah
48 W. Montgomery Cross Roads, 912-675-4770
20% off any Pick Your Project Workshop
Use Registration Code: SMART20

DAY CARE

Kat's Little Angels Daycare
30-B Ben Kell Rd, Savannah, 912-235-2534
10% discount.

DRY CLEANING

Coastal Cleaners
Skidaway Road. 10% discount.
Five Star Cleaners
12325 White Bluff Rd., 925-7755
25% off Dry Cleaning Services or \$10.00 or more. (Excluding formal wear, house wears and leather)

DAY SPA

Mani-Pedi Day Spa
4511 Habersham St., Ste.201, 912-438-6149
15% off mani/pedi duos, massage, facial, waxing.

ELECTRICAL SERVICES

Mr. Electric of the Coastal Empire
P. O. Box 30099, Savannah, 912-201-1985
Free Advantage Plan (\$89 value) Includes: 15% discount off standard menu pricing, priority scheduling, extended warranty on our services

ENTERTAINMENT

NEW! The Savannah Theater
222 Bull St., 912-233-7764
\$5.00 off adult ticket, Use Code: SMARTSR
Certain Restrictions Apply. Call for More Information

EYE WEAR/VISION

Dr. David B. Bradley
22 Dukes Drive, Garden City. 10% discount.
myeyedr.

Savannah Mall, Rincon, Statesboro, 912-925-0700
Frames: 50% off usual & customary
Sunglasses: 25% off usual & customary
Contact lenses: 20% off usual & customary

Eugene B. McLaurin, M.D.
415 Eisenhower Drive, Suite 5, 912-355-9020
Free cataract, glaucoma and refractive surgery screenings on Tuesday afternoons by appointment only.

FAMILY ACTIVITIES

Biltmore Estate
1 Approach Road, Asheville, NC 28801
800-211-9805, Special discounts on estate admission tickets. \$10.00 off gate pricing on adult and youth tickets.

Empire EC
A Gaming Center, 912-239-4610
4307 Ogeechee Rd. Ste. 203
50% off products and services

Georgia Aquarium
225 Baker Street, NW, Atlanta, 404-581-4010
Discount on Total Ticket!
www.georgiaaquarium.org/sjchs

North Island Surf and Kayak
1 Old Hwy 80, Tybee Island, 912-786-4000
\$10 off any single kayak rental

FLORIST/GARDEN/GIFTS

From You Flowers
1 Save 25% on flowers and plants from our complete line of FTD and 1800FLOWERS.com items. To Order: Call 800-838-8853 or Visit www.fromyouflowers.com/sjchs Mention code 1032 Note: There will be a \$15 processing fee on each order. 43 Mill Rock Rd East, Old Saybrook, CT 06475 860-395-5730

Hester & Zipperer
6719 Skidaway Road, 912-355-1950
10% off -excludes Stihl Power Equipment, pinestraw, sale items, feed

John Wolf Florist
6228 Waters Avenue, 912-352-9843
15% discount

Johnson Florist and Balloon Company
11151 Abercorn St., 912-920-4644
10% off regular price merchandise (excludes wire orders)

Pink House Florist & Nursery
6725 Waters Ave., 912-351-9930
10% discount off regularly priced merchandise.

Ramelle's Flowers & Gifts
2007 Abercorn St., 912-234-2261
10% off regular price (wire orders excluded).

Richmond Hill Florist
405 Harris Trail Road, Suite D, 912-756-3838
15% discount. (excluding wire service).

FOOT CARE

Antioch Foot & Ankle Group
9104 Middleground Rd., 912-927-8011
3840 Waters Ave., 912-200-3152
5% off all foot care products & therapeutic shoes (not covered by insurance) Free hydrotherapy foot bath with every appointment.

FRAMING

Savannah Framing Co.
5401 Waters Ave., 912-352-4064
20% off custom framing (not valid with other offers or discounts).

FURNITURE

Farmers Furniture (Sav only)
10305 Abercorn Extension, 912-920-1266
10% off all regular-price merchandise.

Royal Furniture & Rugs
403 US Hwy. 80 West, Garden City, 912-964-9983
5% off merchandise.

GIFT SHOPS

Christmas & Gift Shop
129 East Montgomery Crossroads, 912-961-4438
15% off (excludes limited editions).

Sanders Country Store
7908 Hwy. 80 East., 5% discount on any day (excl. sale merchandise or licensed collectibles).

GOLF

Crosswinds Golf Club
232 James B. Blackburn Dr., 912-966-0674
Select Package Rate.

Henderson Golf Club
1 Al Henderson Dr., 912-920-4653
Select Rates, call for details.

Sapelo Hammock Golf Club
1354 Marshview Ln, NE, Shellman Bluff, GA, 912-832-4653
Weekdays, Mon- Thurs: \$30 per round, includes cart. Weekends, Fri, Sat, Sun: \$35 per round, includes cart

Southbridge Golf Club
415 Southbridge Blvd, 912-651-5455
Special Rates for SJ/C!
Monday & Tuesday: \$28 pp Wed & Thurs: \$32 pp Friday, Saturday & Sunday: \$42 pp

SECURITY SYSTEMS

Security Designs, Inc.
 800-627-0800 or 912-368-4000, Hinesville
 10% off equipment & first month's monitoring free
 when purchasing a new security or medical alert system.

TAX SERVICE

Community Income Tax
 820 E. DeRenne Ave, Savannah (inside Advantage
 Insurance), 912-920-0278
 \$25.00 off tax preparation fee, all 50 states, no upfront fee
 program. Free Notary Public Service & convenient parking
 Special - \$35.00 for 1040EZ Federal & State Income Tax
 Preparation & Electronic Filing.

TRAVEL & TOURS

Grey Line Savannah
 223 Martin Luther King Blvd., 912-964-8989
 \$4 off any adult tour

InteleTravel
 912-376-8556
 Website: dorothyrobertstruell.inteletravel.com
 Golf or Spa Rebate (\$50 value) w/ each cruise or
 vacation booking

UPHOLSTERING

Taylor Upholstering Co., Inc.
 12 Television Circle, 912-961-9104
 25% off material with upholstery

BRYAN COUNTY

Papa's Pizza To Go
 2495 US Hwy 17, Richmond Hill, 912-756-5150
 15% Off

Paw Parazzi
 2485 US Hwy 17, Richmond Hill, 912-756-8807
 10% off grooming & retail, Mon to Wed
 Excludes food & flea treatments
 Grooming with proof of ownership

Plums Ice Cream & Sandwich Shop
 2409 US Hwy 17 South, Richmond Hill, 912-756-6000
 10% off

Richmond Hill Florist
 405 Harris Trail Road, Suite D, 912-756 - 3838
 15% discount. (excluding wire service).

Salon 17
 2409 Hwy 17, Ste. D
 Richmond Hill
 912-572-9200
 15% on services

Ways Station Senior Apartments
 201 Kroger Drive, Richmond Hill, 912-598-4100
 \$250 Off 1st Month's Rent & Gift Basket

EFFINGHAM COUNTY

Auto Shine Car Wash
 ½ price on Wednesday's at all five locations. (Garden City,
 Montgomery X-Rds, Whitmarsh, Hinesville and Rincon)

Bashlor's Automotive Service Center
 1110 S. Laurel Street, Springfield, 912-754-6832
 10% Discount on parts and labor

Carellas & Newberry, P.C.
Attorneys at Law
 4405 Silverwood Centre Dr., Rincon
 912-826-7100, 25% Discount on Wills

The Donut Shop of Rincon
 6036 Hwy 21 South, Rincon
 912-826-0325, 10% discount on all purchases

Effingham Animal Hospital
 119 S. Columbia Ave, Rincon, 912-826-5251
 10% discount on services

Joann's Florist
 508 North Laurel Street, Springfield
 912-754-9116, Free delivery on orders over \$49.99

The Optical Shoppe
 Rincon Plaza, Hwy. 21, 10% off (no other specials)

Willowpeg Golf
 1 Clubhouse Dr., Rincon, \$3 off daily fee

REMINDER:

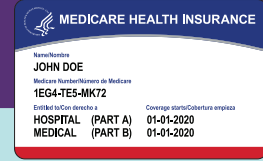
SmartSenior is not liable for
 services or goods obtained through
 these merchants.

NOTE TO MERCHANTS:

If you are interested in promoting
 your business with a free SmartSenior
 discount listing, please contact Lisa at
 demarcol@sjchs.org or call our office
 at 912-352-4405.

**You Could Be Paying Too Much
 for Medicare Coverage**

Clover Health may be the lowest cost Medicare
 Advantage plan available in your area.



Clover Health offers...

- ★ \$0 PPO plans in your area
- ★ \$0 copays for primary care visits
- ★ \$0 for many generic drugs
- ★ \$1,000 comprehensive dental
- ★ Vision, hearing, over-the-counter items, gym, and much more!

ATTENTION: Time Is Running Out! The Medicare enrollment deadline is December 7th!

Our Medicare plan advisors are trained to help with all of your Medicare needs. From checking to see if your doctor and prescriptions are covered, to helping with questions long after you enroll, we are always working to make Medicare simpler for you.

Clover Health is your best option when it comes to providing the benefits you need.

We can help you enroll before time runs out.

1-888-387-0925 (TTY 711)
 Call or visit cloverhealth.com/newplan to learn more.

Clover Health
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*From April 1st through September 30th, alternate technologies (for example, voicemail) will be used on the weekends and holidays.
 Clover Health is a Preferred Provider Organization (PPO) plan and a Health Maintenance Organization (HMO) plan with a Medicare contract. Enrollment in Clover Health depends on contract renewal. This information is not a complete description of benefits. Call 1-888-778-1478 (TTY 711) for more information.
 Y0129_9EX049B_M



Join us for lunch & learn at 11:30 am
 locations and dates below.

July 10
 at Savannah Golf Club

August 22
 at Savannah Country Club

Reserve your spot today!
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...SmartSeniors make new friends when they participate in our activities?

...this year SmartSeniors provided Christmas gifts to 25 underserved seniors at St. Mary's Community Center?

...we have extra newsletters available in the SmartSenior office?

...our members use our computers on average over 400 hours a month?

...the SmartSenior staff will be happy to do a presentation about SmartSenior to your church or civic organization?

...we are always looking for new books to add to our lending library?

...our current members are our greatest advertising tool for new members?

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LIGHTS OF MAGNOLIA
Mar 7 | \$129 | Trip#13920
Join us for a unique opportunity to explore Magnolia Gardens as beautiful lanterns depict unforgettable imagery. Enjoy an included dinner before our evening tour.



GREYHOUND RACING- LAST CHANCE!
Feb 29 | \$99 | Trip#13918
Join us for one last race before the dogs retire their paws for good! We'll ride in a deluxe motorcoach, dine on a deli style buffet lunch at the track, and enjoy plenty of Kelly Tours VIP services.



HAMILTON!
Mar 24 | \$329 | Trip#14081
Travel to Jacksonville, FL, home of the Times Union Center Moran Theatre and enjoy the most exciting and significant musical of the decade. Experience the story of America's Founding Father Alexander Hamilton LIVE! Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, HAMILTON is the story of America then, as told by America now. A dinner is included before the evening 7:30pm show curtain.

COLOR PURPLE
Feb 29 | \$169 | Trip#13545
Hailed as a "direct hit to the heart" by The Hollywood Reporter, follow this story about a young woman's journey to love and triumph in the American South.



QUILT WEEK- QUILT CITY USA-PADUCAH!
Apr 21-25 | \$899 double | Trip#13935
\$879 DOUBLE IF BOOKED BEFORE FEB 15

St. Augustine's "Nights of Lights" holds the distinct honor of being voted one of the 10 Best Holiday Displays in the World by National Geographic. Come enjoy this holiday tradition with more than a million lights filling the Old City. Visits to Ponce de Leon's Fountain of Youth, an Old Town Trolley "Nights of Lights" Tour and a Bed and Breakfast Holiday Tour and plenty of free time to explore the city are all included in this wonderful cheery holiday trip. Round trip transportation, 1 night lodging, 3 meals included.

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