

A publication of St.Joseph's/Candler













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

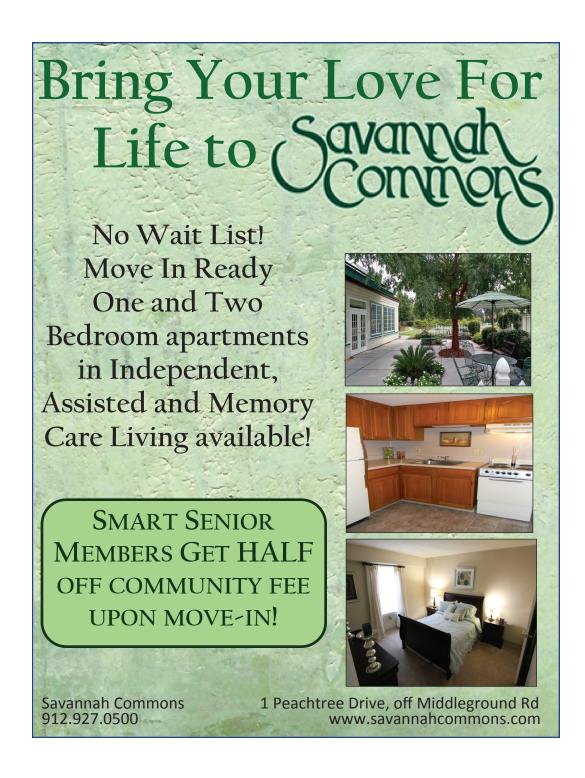
Mon thru Fri 8:30 am – 5:00 pm (Closed for lunch: 12PM - 1PM)

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







John-Wesley Villas of Savannah



- Independent Gold Plus Living
- Assisted Living
- Recuperative Care
- Limousine transportation
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- Delicious cuisine
- Valet trash service
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- Personal grocery shopper
- Housekeeping and Laundry
- Housekeeping and Laund
- Family owned
- No buy-in fees

Ground-level apartment available now!

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
			New Year's Day Office Closed	Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	Walking Group 10AM	4
5	Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	Advance Line Dance 9AM Walking Group 10AM	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	Walking Group 10AM Movie Day 2PM	11
12	Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	14 Advance Line Dance 9AM Walking Group 10AM	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	Martin Luther King, Jr. Day Office Closed MLK *DAY*	21 Advance Line Dance 9AM Walking Group 10AM	Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM Quilting Class 3PM	Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	24 Walking Group 10AM Lunch & Learn 11:30AM	25
26	Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	28 Advance Line Dance 9AM Walking Group 10AM	Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	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.



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
2 Ground Hog Day	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	6 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	7 Walking Group 10AM	8
9	Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	Advance Line Dance 9AM Walking Group 10AM Lunch & Learn 11:30AM Craft Class 2PM	Quilting Class 3PM 12 Hearing Screening Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	14 Valentine's Day Walking Group 10AM Movie Day 2PM	15
16	Presidents' Day Office Closed	18 Advance Line Dance 9AM Walking Group 10AM Craft Class 2PM	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 you 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.



CHATHAM COUNTY

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.

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

<u>ART</u>

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

AAA Auto Club

712 Mall Blvd., 912-352-8222

20% off Classic Membership and FREE Family Member

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

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

M&E Automotive Service Center

280 Johnny Mercer Blvd., 912-898-1950 10% discount on parts and labor.

Savannah Tire Brake and Alignment Centers

Loyalty Rewards Program card. \$5.00 in discounts for every 100 points accumulated. 9 locations see website www.savannahtire.com

BAKERIES/DESSERTS

Gottliebs 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

Acme Sales & Bookstore

5406 Skidaway Rd, 912-352-2203. 10% off USED book

Bay Camera Company

4604 Habersham Street, Habersham Shopping Village.

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, Whitemarsh, Hinesville and

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).

The Uniform Source/The All Size Outlet

Savannah Mall, Savannah, Garden City, 912-964-7974 10% discount off regular prices; does not include sale

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

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.

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

1 Old Hwy 80, Tybee Island, 912-786-4000

North Island Surf and Kayak

\$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

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.

FURNITURE

FRAMING Savannah Framing Co.

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

10305 Abercorn Extension, 912-920-1266

Farmers Furniture (Sav only)

10% off all regular-price merchandise. Royal Furniture & Rugs arden City, 912-964-9983 Hwv. 80 We

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

GOLF Crosswinds Golf Club

Henderson Golf Club

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

merchandise or licensed collectibles).

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

HAIR

Angelora Color Salon

340 Eisenhower Dr. #1308, 912-354-0098 50% off 1st visit and 10% off following visits. Contact: Morgan Fulton.

B-Smooth Image Group

5548 Ogeechee Rd., Suite H, 912-238-5018 15% off all Barber and Salon Services

1190 King George Blvd, 912-349-1988. 30% off Men's haircut & 15% off Women's services.

Devalon @ Corner Stone Salon

111 Tibet Ave., Suite D, 912-507-7064 15% off beauty salon services.

Executive Coiffures Salon

811 E 66th St., 912-355-9821 15% off all salon services. Ask for Jamie.

Glitz & Glam Hair Studio

320 E. Montgomery Xrds, 912-660-1121 10% Off

NEW - Lavish Hair Studio

1212 Hwy. 80 E, Ste 1100 - Pooler, 912-348-3053 10% off haircuts Mon-Fri

NEW – SSP Barber & Beauty

1109 Hwy. 80 E, Ste C - Pooler, 10% off services

HEALTH & FITNESS

24 Seven Family Fitness & Tanning Centers

14045 Abercorn St, Ste 1536, 912-920-7734 \$24.99 per month, 24 month agreement with \$20 key fee up front.

NEW - Arbonne

529 Beauregard Street, 912-341-7479 20% off list price

Center for WellBeing Candler Hospital

912-819-6463, Massage discounts.

Essential Bodywear, LLC

Jill Brooks, The Landings, 912-658-6211 Vicki Teague, Southbridge, 912-655-9287 10% discount off total order Bra sizes 32A-44C

Planet Fitness

3609 Ogeechee Rd., 912-231-3733 50% OFF Enrollment Fee

Wellness Center at Candler

912-819-8811.

\$5.00 discount off joiners fee. Senior rate (65 & older) \$35.00 initiation fee & \$26 per month. Senior Couple rate \$42.00 per month. All members receive a personalized fitness assessment and personal exercise instruction with their membership.

Wetherington Chiropractic Clinic

329 Eisenhower Dr, Suite D, 912-351-0005 20% discount off services. NEW Pooler location too!

Women's Health Boutique

5702 Skidaway Rd., 912-692-0100 10% off wigs, hats, turbans, post mastectomy bras, swimwear and breast prosthesis. (Items covered by insurance - not eligible for discount)

YMCA of Coastal Georgia

SmartSeniors receive 50% off Joiner's Fee. Senior Family \$51.75 Senior Single \$35.75

Spry Mind+Body

7360 Skidaway Rd., Unit J-3, 912-323-7356 www.sprymindbody.com 20% off all Spry Chair & Matbased yoga & meditation classes.

Essential Bodywear, LLC

Jill Brooks, The Landings, 912-658-6211 Vicki Teague, Southbridge, 912-655-9287 10% discount off total order Bra sizes 32A-44C

Transformation Station

1st Floor of the Nancy N. & J.C. Lewis Cancer & Research Pavilion, 912-819-8368 Receive 20% off hats, turbans, wigs, scarves, mastectomy swimwear, bras and breast prostheses. Receive free wig care kit (\$50 value) with wig purchase. Items covered by insurance do not quality for discount.

Women's Health Boutique

5702 Skidaway Road, 912-692-0100 10% off wigs, hats, turbans, post mastectomy bras, swimwear and breast prosthesis. (Items covered by insurance - not eligible for discount)

NEW - Arbonne

529 Beauregard Street, 912-341-7479 20% off list price

HEARING AIDS

Audiology and Hearing Aid Services of Savannah

5203 Frederick Street, 912-351-3038 10% discount on all services (not valid with other specials)

Elliott Hearing Aid Center

1415 Abercorn Street, 912-232-1000 10% Discount.

Optimal Hearing Systems, Inc.

12% discount (excludes other promotions) 527 Stephenson Ave. Ste A3, 912-352-8530 5 Plaza East, Statesboro, 912-764-7795 Ga. Highway 292, Lyons, (800) 593-9003 104 Follins Ln, St. Simons Isl., 800- 593-9003; 23 Plantation Park Dr., Bluffton, 843-706-2933.

HOME IMPROVEMENT

Berwick Maintenance Services

619 Berwick Drive, 912-398-6935 10% off parts and labor. Ed Fonanilla, Owner **Poppell Brothers Interiors**

9133 White Bluff Rd., 912-925-1886

10% off on purchase of carpet, tile or rugs. Safe Step Walk-In Tubs

402 BNA Ave., Nashville, TN 37012, 912-401-4772

Extra \$750 off plus other advertised discount.

Sherwin Williams

Any location, 15% Off regular priced items 5% Off sale priced items.

S.K. Allen Home Improvements

912-272-1415, Free Estimates; 10% Off remodeling, painting, privacy fences, etc.

Vinyl Industries of Savannah

3005 Skidaway Road, 912- 354-22231 15% off the price of the job,

Wilson Home Improvement

DeRenne Avenue, 352-8722-1201 Labor 10% off-materials at cost.

HOTELS

Best Western - Gateway

1 Gateway Blvd E., 912-925-7363, 10% off

Bohemian Hotel- Riverfront

102 West Bay St., 912-721-5013 10% off standard rates - Friday & Saturday

Country Inn & Suites by Carlson

7576 White Bluff Road, 912-692-0404 \$89 in season. \$79 out of season

Courtyard by Marriott-Historic

415 West Liberty St., 912-790-8287 \$109 per night -based upon availability

Extended Stay America 5511 Abercorn Street, 912-692-0076

15% off room rate. (this location only) Fairfield Inn & Suites

17027 Abercorn St, I-95 South, 912-925-5050 Sun - Wed \$79, Thurs - Sat \$99.

Hampton Inn & Suites

Savannah Historic District 603 W. Oglethorpe Ave., 912-721-1600

Hampton Inn & Suites

Savannah/Midtown 20 Johnston St., 912-721-3700 Friday - Saturday 10% off.

Hilton Garden Inn/Midtown

5711 Abercorn St., 912-652-9300 10% off Best Available Rate Fri & Sat.

Mansion on Forsyth Park

700 Drayton St., 912-721-5013 10% Off Standard Rates Fri & Sat.

Springhill Suites by Marriot, Midtown

11317 Abercorn St., 912-920-3787 \$94.00 (please reference code TJHW)

HOUSE CLEANING

MaidPro

10% OFF all cleaning services! 930 E. Morgan's Corner Road, Suite E, Pooler, 912-450-6776

INSURANCE ETC.

Advantage Insurance

820 E. DeRenne Ave., 912-920-0278 Free evaluation – Medicare Supplements & Advantage Plans Part C & D. Auto Insurance for Seniors

The Consos Group Insurance

912-303-0101, Complimentary consultations for health insurance and Medicare parts C & D.

Georgia Medicare 101 Insurance

912-412-3100, Email: davelittle@outlook.com Complimentary consultation for health insurance and Medicare parts C & D.

Humana Market Point Insurance

912-412-3100, Complimentary consultation for health insurance and Medicare parts C & D.

Southern Harvest Insurance

5501 Abercorn St., Ste A, 912-201-3332 All agency Fees waived

JEWELRY

Anderson Jewelers

260 Eisenhower Dr., 912-355-8515 20% off storewide - excludes estate jewelry, consignments & repair

Jewelry & Silver Specialists, LLC.

912-692-1113 - by appointment only; 10% off jewelry & silver purchases/15% off all appraisal services.

Jewlery Consignment Network 139 Bull Street, 912-234-0207

30% Off Anything in Store including Jewelry Repair

LAWN CARE SERVICES

Complete Lawn Care Service

912-927-0827, Savannah & 912-685-5112, Metter 25% discount.

Ground Control

403 Lisa Dr., 912-856-8043 15% off after estimate

LIMOUSINE SERVICE

G.R.A.C.E. Limousine Service, Inc. 908 Mill St., 912-657-4155 \$65 per hour (regular rate: \$75)

MAILING, SHIPPING & PRINTING

13051 Abercorn Street, Ste. B-3, 912-201-1452 10% Off all purchases

MASSAGE

Daydream Massage and Bodywork

7505 Waters Avenue, D-8, 912-354-5687 20% off all services.

Scholar Rehabilitation 128 Frances Meeks Way, 15% off massage.

MEDICAL EQUIPMENT **Lewis Medical Supplies**

4104 Iron Horse Crossing Richmond Hill 912-727-2583, 15% off on all cash sales

MISCELLANEOUS

Errand Boy Services, LLC

10% off services., 912-433-0330

The Mint Green Tag Sale Co.

www. the mint green tags ale company. com404-403-4751, \$50 off full service estate sale packagey.

Savannah Facial Plastic Surgery

5356 Reynolds Street, Ste 510, 912-644-0744 10% off all treatments & services, including surgery.

Sit & Sleep Mattress

30 West Montgomery Crossroads, 912-348-2379 10% OFF any mattress set, (excludes Tempur-Pedic & iComfort)

MOVERS

Savannah Moving

912-272-7996 15% off total bill – excludes other discounts

Specialty Moving & Delivery

912-925-9528, Free moving boxes -\$50 value

ORGANIC FOOD AND NUTRITION

Blueberry Hill Organic Market

4104 Iron Horse Crossing, Richmond Hill, 912-727-2583 10% discount on Thursdays. Discount card with purchase of \$10 or more. Fill card and receive \$10 off next purchase or ½ off the cost of a massage at Scholar Rehabilitation.

PEST CONTROL

Ideal Pest Control

115 Gerrard Ave., 912-232-4992 10% off initial visit only

Savannah Termite & Pest Control

7505 Waters Ave., #D6, 912-358-6088 \$19 1st Month of Pest Control

Pristine Poochies

310 E. Montgomery Xrds, Ste. 14, 850-867-4011 \$5 off any service and FREE nail smoothing

Apollo Pharmacy

418 West Broughton St., 912-999-6101 Free Delivery for SmartSenior members *conditions apply. We accept all major insurances

Candler Prescription Center 5354 Reynolds Street, Candler

10% off prescriptions

PHOTOGRAPHY

Professional Office Building, 912-819-7272

Scrapbook Weddings & Photography 980-329-5884, Call for SJ/C Discounts. 31420

329 Commercial Dr. #100, 912-596-2814

REAL ESTATE Mary Smith Team of Keller Williams Realty

One free professional interior house Cleaning w/ purchase or sale of home/condo. Up to \$350.00 value.

RESTAURANTS Bella's Italian Café

4420 Habersham St., 912-354-4005 5.00 off any order of 25.00 or more. *Valid lunch & dinner. *Valid for parties of 6 or fewer only.

Coffee • Deli

4517 Habersham Street, 912-656-4725 10% off on Tuesdays

It's A Jerk Shack 610 US Hwy. 80 West, Garden City, 224-301-5316

15% off Mon thru Wed, 10% off Thurs thru Sat

Larry's Giant Subs 7805 Abercorn St., 912-352-2411 4745 Waters Ave., 912-692-0807 Members receive "double stamps" on Saturdays/

Sundays, when making an appropriate purchase. Lovezzola's Pizza

320 East Highway 80, Pooler, 912-748-6414

Marche de Macarons 5002 Paulsen St., Ste. 109 912-665-9894

8-bag of macarons for 6-bag price (\$12) Savannah Menu.com 912-961-0522, VIP Special rate for VIP Dining Club

Card. Save \$5 to \$20 every time you use it. St. Joseph's and Candler Hospital Cafeteria's

20% discount Monday – Friday and 25% discount on Saturday and Sunday Stoner's Pizza Joint Midtown

Taca Sushi and Japanese Fusion 513 East Oglethorpe Ave., 912-232-8222

1100 Eisenhower Drive, 912-495-5372

238 Eisenhower Drive, 912-355-6160

10% off total bill, Excludes alcohol, Mon-Thur 5pm -9pm **Unforgetable Bakery & Cafe**

Wright Square Cafe

10% Off

10% off

21 W. York St., 912-238-1150 Mon - Fri, 20% off, Sat, 9am - 1 pm 25% off

10% off excluding beverages

RETAIL Unwind Yarn & Gift

7710 Waters Avenue, 912-303-3970

SECURITY SYSTEMS

Covenant Security Surveillance Company

6711 Forest Park Dr., 912-272-4383 Discount packages, with FREE installation.

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 upholstering

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

 $\frac{1}{2}$ price on Wednesday's at all five locations. (Garden City, Montgomery X-Rds, Whitemarsh, 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. Attornevs 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.

MEDICARE HEALTH INSURANCE

JOHN DOE 1EG4-TE5-MK72 HOSPITAL (PART A) 01-01-2020 MEDICAL (PART B) 01-01-2020

Clover Health offers...

- * \$0 PPO plans in your area
- * \$0 copays for primary care visits
- * \$0 for many generic drugs
- ★ \$1,000 comprehensive dental
- Tision, 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.

J 1-888-3<u>87-0925 (TTY 711)</u>

Call or visit cloverhealth.com/newplan to learn more.

Clover Health

There's no better Medicare plan



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! 912.244.9880

Harmony Senior Services is not the "home" your parents once knew. We strive to create an environment that allows our residents to meet new people, learn new things, and go to new places - all with the security of professional care on hand 24 hours a day, should they need it.



9136 Old Montgomery Rd | Savannah, GA 31406 HarmonyAtSavannah.com * Located behind Hesse Elementary

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE





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

ADDRESS SERVICE REQUESTED

DID YOU KNOW

...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?



Smart Seniors receive a \$5 discount on all day trips and a 5% discount on marked overnight tours.



SAVE \$5 ON ALL DAY TRIPS!

LIGHTS OF MAGNOLIA

Mar 7 | \$129 | Trip#13920 Join us for a unique opportunity to explore Magnolia Gardens as unforgettable imagery

beautiful lanterns depict Enjoy an included dinner before our evening tour.



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.



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.

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.







Health Insurance choices have you confused? Whether you are 25 or 75, The Consos Group's 36 years of experience can help you choose. We are licensed with the major carriers for Medigap and Medicare Advantage Plans and also the Federal Marketplace for individuals. Please call for your free consultation.

> The Consos Group 7505 Waters Avenue, Suite D2 Savannah, GA 31406 (912) 303-0101