



**A NEW YEAR**

**A NEW YOU**

**A NEW NORMAL**

## What to look forward to this year at SmartSenior

At SmartSenior we understand that 2020 was an unexpected year for everyone. While we still are not able to gather in person, we want our members to know that we have been thinking of more activities to give you virtually. SmartSenior is excited to announce two new zoom activities! The first activity is free bingo and the second is free trivia. These activities will take place over zoom and we will be hosting them in January and February. In order to play bingo, you must call the SmartSenior office and register before January 11th. Once you have registered, we will mail a bingo card to you. Trivia will have a rotating theme each issue and you must call to register. Also make sure to have paper and something to write with to show your trivia answers. The winners of bingo and trivia will be sent prizes in the mail for winning. The staff at SmartSenior are continuously thinking of ways to add programming & activities to keep you active during the pandemic. Make sure to continue to watch your newsletter for updates and activities.

As a reminder, our office is open by appointment for services such as photo copies, notary services, laminating, secure document shredding, scanning and printing. Please call SmartSenior at (912) 352-4405 to set your appointment. You will be required to wear a mask (must provide your own) during your visit to ensure safety for all. With the start of the New Year we also want to remind our members that we have a large library. We are so thankful to our members who donate books to our collection and they are here for all our members to enjoy!



## NEW YEAR'S RESOLUTIONS: HOW TO KEEP THEM

The New Year has finally arrived and that means you might have some resolutions. Accomplishing goals can sometimes be difficult because you set too many. Here are some tips to accomplish your New Year resolutions.

### Keep it Simple

Sometimes people find themselves aiming for an overhaul of their entire lifestyle, and this is simply a recipe for disappointment and guilt. It may be understandable at this time of year, when self-improvement is on your mind, but experience shows these things can't all be achieved at once. The best approach is to focus clearly on one or two of your most important goals.

### Be Realistic

Don't aim too high and ignore reality – consider your previous experience with resolutions. What led to failure then? It may be that you resolved to lose too much weight or save an unrealistic amount of money. Remember, there will always be more opportunities to start on the next phase, so set realistic goals. When setting your resolutions set clear short-term goals.

### Small Goals lead to milestones

Break goals down to manageable chunks. This is perhaps the most essential ingredient for success, as the more planning you do now; the more likely you are to get there in the end. The planning process is when you build up that all-important willpower which you will undoubtedly need to fall back on along the way. Set clear, realistic goals such as losing 5 pounds, saving \$30 a month, or going for a run once a week. Decide exactly how you will make this happen.

### Exercise every day

One of the best ways to fight aging is staying active. However staying active doesn't mean you have to go to the gym every day and lift weights. It can be as simple as walking. Making sure to get outside and move every day is important because it keeps your body fluid. Walking down the street or going for a walk in the park for 10 minutes is a great way to get started and stay active.

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### 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

January 1  
New Year's Day  
&  
January 18  
Martin Luther King, Jr. Day



**St. Joseph's/Candler**  
*Live smart.*

# 55 or Better? Join Today!

If you or someone you know is interested in becoming a SmartSenior Member, fill out this form, clip out and mail to, SmartSenior at 836 East 65th St. - Suite 8, Savannah, GA 31405. Or call our office at (912) 352-4405 to join by phone with a credit card.

Mr. \_\_\_\_\_ Birthdate \_\_\_\_\_

Mrs./Miss/Ms. \_\_\_\_\_ Birthdate \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

MEMBERSHIP DUES:     ☐ \$18 for one person     ☐ \$36 for two people

DELIVERY OPTION:     ☐ Email                             ☐ Mail

PAYMENT METHOD:     ☐ Check (payable to SmartSenior)

Credit Card Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Puzzle Prize

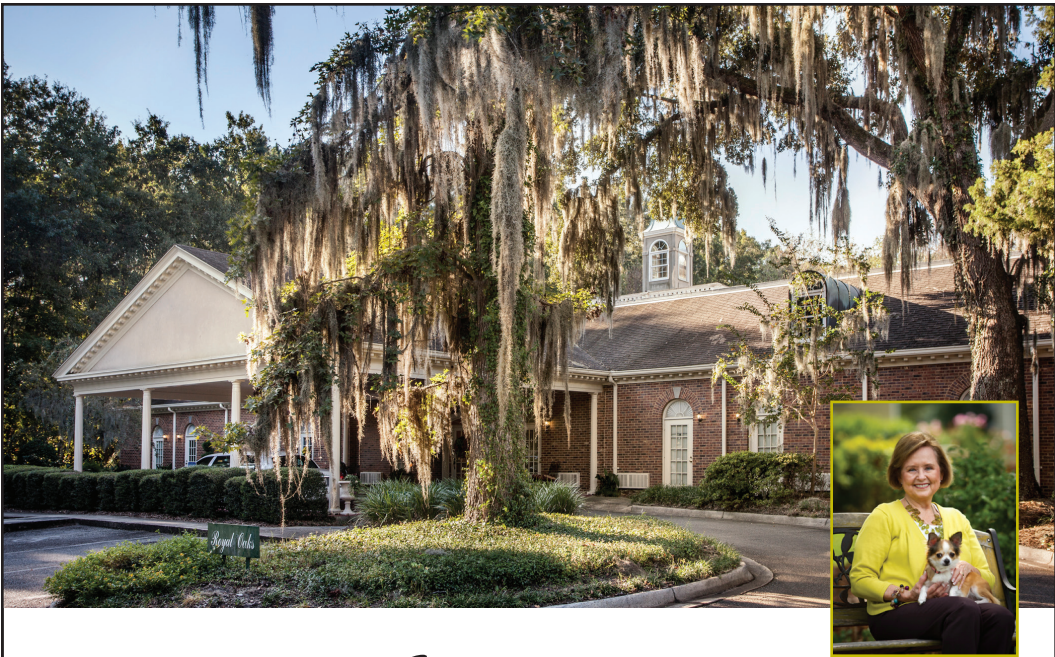
1. What word is spelled incorrectly in every dictionary?
2. What never asks a question but gets answered all the time?
3. What goes up but never comes down?
4. What starts with an e and ends with an e but has only one letter in it?
5. How do you make the number one disappear?
6. What will you find at the end of every rainbow?
7. How many months have twenty-eight days?
8. How many seconds are there in a year?
9. What can you hold without touching it at all?
10. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?

Source: *suddenlysenior.com*

*Call 912-352-4405 to  
be entered in drawing*

1. Incorrectly
2. Although it never asks you a question, you answer your phone every time it rings
3. Your age
4. The world is Envelope
5. Making the number one disappear is easy, and it doesn't involve an eraser. Simply add the letter "g" to the front of the word, and "one" is now "gone!"
6. The letter W
7. Every month has 28 days
8. Although the musical Rent taught us that there are five hundred twenty-five thousand six hundred minutes in a year, you don't have to bust out your calculator to figure out the number of seconds. There are twelve of them – January 2nd, February 2nd, March 2nd, and so on.
9. Conversation
10. Yesterday, today and tomorrow

Answers



## John-Wesley Villas of Savannah

- Independent - Gold Plus Living
- Assisted Living
- Recuperative Care
- Limousine transportation
- Full calendar of activities
- Delicious cuisine
- Valet trash service
- Pet friendly apartments
- Personal grocery shopper
- Housekeeping and Laundry
- Family owned
- No buy-in fees

**Call for an in-person or virtual tour!**



**Ground-level apartment  
available now. Ask about our  
move-in special!**

For more, call **912-472-6092**  
[www.AssistedLivingSavannah.com](http://www.AssistedLivingSavannah.com)

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





# Virtual Lunch & Learns

SmartSenior will host virtual Lunch & Learn Seminars. Simply call (912) 352-4405 and register with your email address. SmartSenior will email you a link or phone number to call to join our seminars. On the day of the Lunch & Learn, you will make a delicious meal of your choice, call or log-in to the seminar and just sit back and enjoy in the safety of your home. If you log-in through a device such as a Smart Phone, tablet or your lap top/computer, you will be able to visually see the presentation. If you call in by phone, then you will be able to “listen only” to the presentation.

### “A New Normal”

Julia Cochran, PhD

Thursday, January 14, 11:30 a.m. (via Zoom)

Call (912) 352-4405 to register

Having trouble sleeping? Are you a little more anxious than usual? With 2020 finally over, you might be waiting for things to get back to normal. We might not ever get our “normal” back, but we can look to the future with its new normal. Explore with Dr. Cochran what you might be feeling, and what your new normal might look like.

### FREE Bingo

Sponsored by Thrive On Skidaway

Thursday, January 21, 2:00 p.m. (via Zoom)

Call (912) 352-4405 to register

### FREE Trivia: 1950 & 1960

Sponsored by Kelly Tours

Tuesday, January 26, 2:00 p.m. (via Zoom)

Call (912) 352-4405 to register

### “A Review of Common Upper Extremity Aliments”

Gregory P. Kolovich, MD

Thursday, January 28, 11:30 a.m. (via Zoom)

Call (912) 352-4405 to register

Upper extremity ailments can interfere with your daily task. Learn more about hand, wrist and elbow with Dr. Kolovich.

Your upper extremities consist of three sections, the upper arm, forearm and hand. It extends from the shoulder joint to the fingers. Learn more about the common problems that occur in our upper extremities and what are the treatment options.

### FREE Bingo

Sponsored by Thrive On Skidaway

Thursday, February 4, 2:00 p.m. (via Zoom)

Call (912) 352-4405 to register

### “What Does High Blood Pressure Say About Your Heart?”

Andrew Mrugala, MD

Thursday, February 11, 11:30 a.m. (via Zoom)

Call (912) 352-4405 to register

Did you know that February is heart month? This time of year is taken to spread awareness about your heart and different ways to keep it healthy. High blood pressure can make your heart work harder and increase your risk of a heart attack. Learn more about how high blood pressure can affect your heart with Dr. Mrugala.

### FREE Trivia: 1970 & 1980

Sponsored by Kelly Tours

Tuesday, February 16, 2:00 p.m. (via Zoom)

Call (912) 352-4405 to register

## HEALTHY CHICKEN AND RICE MEATBALLS

A great way to start out the New Year is by accomplishing one of your New Year resolutions. One of the most popular and easiest goals is healthy eating. These chicken and rice meatballs are super easy to make and are a healthy twist from the modern classic chicken and rice casserole. Chicken meatballs are best served with roasted veggies of your choice.



### Ingredients

Cooking spray, for pan

- 2 Garlic cloves
- 1 lb. Ground Chicken
- 3 Green Onion, Chopped finely
- 1 ½ Cup cooked white rice
- 1 inch of shredded ginger
- 1 tsp. curry powder
- 1 tsp. cayenne or spice blend of your choice
- ½ tsp. salt
- ¼ Cup olive oil

### Directions

1. Preheat oven to 425
2. Mix in a medium bowl cooked rice, green onions, garlic, ginger, ground chicken, rice, oil, salt, curry powder and spice blend. Make sure not to over mix!
3. Form mixture into about 1 ½ inch balls it should yield 12
4. Finally place meatballs on rimmed baking sheet for about 15 minutes or until internal temperature is 165(°F)

Source: [bonappetit.com](https://www.bonappetit.com)

## RESOLUTIONS *continued*

### Read more books

Books are always a good way to pass time, learn something new and discover new places. In today’s busy world it is important to remember to take time for yourself. Books are a great way to escape when you can’t leave the house. We at SmartSenior have a vast collection of books! To get one all you have to do is call, book an appointment and pick out a book and start reading.

### Healthy Eating

Food is extremely important for your body. It provides you with fuel that you need to be active and healthy. Instead of forcing yourself to eat different trendy “health foods”, try setting small attainable goals. For example, ask for a side salad instead of fries with your burger or try making sure you have one vegetable with every meal.

Source: [psychcentral.com](https://www.psychcentral.com)



## HEART HEALTH KNOWLEDGE

### Heart Attack Symptoms

Did you know that heart attack symptoms can be different for men in women? While some symptoms are the same there are some different symptoms that knowing could save your life.

Both men and women are susceptible to heart attacks, but there are some differences in how they experience them. Men are statistically more likely than women to have a heart attack, but the risk of death is generally higher in women who have heart attacks. Part of the reason for this is that men and women often have different heart attack symptoms, and women sometimes don't recognize their need for immediate medical attention.

The most obvious signs of a heart attack may be experienced the same way by both men and women. These include:

- Chest pain and/or pressure
- Pain/pressure radiating from the chest to shoulders to arms
- Shortness of breath
- Severe fatigue

Signs of a heart attack most commonly described by men include:

- Intense chest pressure (often described as feeling like an elephant is sitting on one's chest)
- Upper body pain, often radiating to left shoulder or arm
- Irregular or rapid heartbeat
- Cold sweat
- Stomach discomfort/feeling of indigestion
- Dizziness, feeling faint

While women may experience any of the above symptoms, they typically have a higher frequency of atypical presenting symptoms including:

- Severe or prolonged fatigue
- Difficulty sleeping
- Pain in the left arm, back, jaw or neck
- Indigestion, nausea and vomiting
- Feeling of lightheadedness

While men and women often experience heart attacks differently, it's important to understand that either men or women may experience any of these symptoms and none of these possible signs of a heart attack should be ignored.

### What Can Cause Heart Attacks?

A heart attack, also called myocardial infarction, happens when one or more areas of the heart muscle don't get enough oxygen. This typically happens when blood flow, which brings oxygen to the heart, is obstructed, explains Dr. Michael Babcock, cardiologist with Cardiology

Associates of Savannah and director of the Chest Pain Center at The Heart Hospital at St. Joseph's/Candler.

Heart attacks are oftentimes caused from plaque buildup within blood vessels to the heart, says Dr. Babcock. Plaque is made up of deposits of cholesterol and other substances. When plaque breaks, or ruptures, blood clots quickly form. Ruptures usually are the result of stressors such as ongoing medical issues, uncontrolled blood pressure, diabetes, smoking or drug abuse, Dr. Babcock says.

If a clot cuts off the supply of blood and oxygen to the heart, the muscle cells of the heart begin to suffer damage and start to die. The result is heart muscle affected by the lack of oxygen no longer works as it should.

A heart attack also can occur if the heart is not able to receive enough blood from significant blood loss or dangerously low blood pressure, Dr. Babcock adds.

An estimated 805,000 Americans have a heart attack yearly, according to the Centers for Disease Control and Prevention. Heart attacks alone don't always lead to death, if action is taken quickly. It's important to get help as soon as possible if you think you or a loved one is having a heart attack because the longer a person goes without treatment, the greater the damage.

### Quick Facts

- The leading cause of death in the United States is heart disease
- A person dies every 36 seconds in the United States from cardiovascular disease
- About 655,000 Americans dies from heart disease each year
- Coronary heart disease is the most common type of heart disease
- About 18.2 million adults age 20 and older have coronary artery disease
- 10.9% of adults aged 45 years and older reported having coronary heart disease (CHD).
  - 7.1% adults aged 45 to 64 years reported having CHD compared with 17.0% of adults aged 65 years and older.
- 13.6% of men reported having CHD compared with 8.4% of women.
- The prevalence of CHD varied among racial/ethnic groups: 11.4% of whites, 10.0% of blacks/African Americans, 8.8% of Hispanics, and 6.3% of Asians and Pacific Islanders.
- Prevalence of CHD was lower in adults with more years of formal education (10.9% with post high school education) compared with adults with few years of formal education (16.5% with less than a high school diploma).

Source: *Smartliving blog and CDC.gov*



# 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

#### 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)

#### GDK Car Care Center

224 US Highway 80 E, Pooler 912-748-2550  
\$3.00 off Oil Change

#### Lou's Auto Service & Muffler Shop

2103 US Hwy West. Garden City 912-712-3535  
10% off all service

#### 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

#### 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  
Account holders receive "Free" Stop Payments on checks

#### 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

307 Sand 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

#### Carlisle of York

7 West York Street  
912-495-5076  
15% off

#### 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% 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

### 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)

### 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

#### 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).

### 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



## 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

### Creative Cutz

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

### Executive Coiffures Salon

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

### Lavish Hair Studio

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

### Shear Beauty Hair Salon

404 US Hwy 80 SW, Pooler, 912-661-8898  
25% off

### 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.

### Center for WellBeing Candler Hospital

912-819-6463, Massage discounts.

### 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!

### 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 & Mat-based 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 qualify 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)

### 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

### 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.

### Jewelry 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

### Patriot Postal

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.themintgreentagsalecompany.com  
404-403-4751, \$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

## NUTRITIONAL COUNSELING

### 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

## PHARMACY

### 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  
Professional Office Building, 912-819-7272  
10% off prescriptions

## PHOTOGRAPHY

### Scrapbook Weddings & Photography

980-329-5884, Call for SJ/C Discounts. 31420

## REAL ESTATE

### Mary Smith Team of Keller Williams Realty

329 Commercial Dr. #100, 912-596-2814  
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  
15% off.

### 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

1100 Eisenhower Drive, 912-495-5372  
10% Off

### Taca Sushi and Japanese Fusion

513 East Oglethorpe Ave., 912-232-8222  
10% off total bill, Excludes alcohol, Mon-Thur 5pm -9pm

### Unforgettable Bakery & Cafe

238 Eisenhower Drive, 912-355-6160  
10% off excluding beverages

### Wright Square Cafe

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

## RUGS, CARPETS & TILE

### Poppell Brothers Flooring

22 Windsor Road, 912-925-3638  
10% off flooring

## SECURITY SYSTEMS

### Covenant Security Surveillance Company

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

### 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.

## SENIOR HOME CARE

6605 Abercorn St., 107A, 912-349-5264  
5% Discount w/ Weekly Service

## 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, 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.**  
**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

**New Life Flowers & Gifts**  
159 Commercial Drive, Rincon, 912-826-4261  
15% off gifts / 10% off florals (excluding wire-out)

**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 Jenny at kochj@sjchs.org or call our office at 912-352-4405.



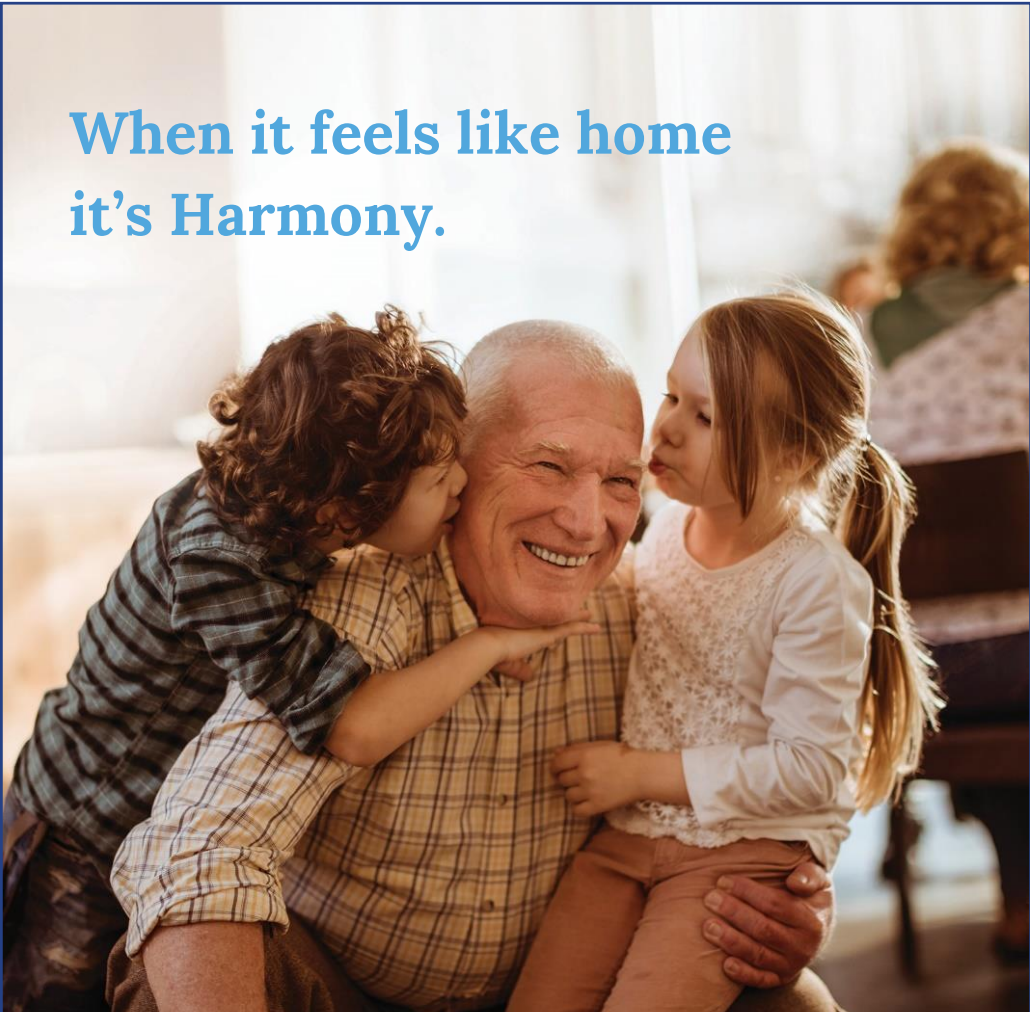
AARP Driving Classes are being offered online until in-person classes resume. You can sign up at [www.aarpdrivesafety.org](http://www.aarpdrivesafety.org).

Valentine's Day Word Search

K I X A R R O W H W G T T G B O  
F I O W V C M P L Z R F F L Q L  
J R D V B X U N Z A I B Z Y N S  
Z V O Y O G L P E G C A N D Y U  
C Q N B H R D H I A E E A X Q W  
W B A P L E F K U D U R B E Q I  
H L M F X V N Q A P J E N M A C  
N N K A H D S G J Q T I K Y S D  
B F O O E F L R U A T A Y G R P  
T H Q U Q S M X L N X S U R A D  
F L O W E R S O E U D H L N S S  
T L S S R G C L L D Z A Y L L W  
K U S O N O A B F F P U H R P E  
K I I K H V Y C I L O V E D K E  
K V B C Y B G W G I A W E Y L T  
Q K Z M G K K N Q Y W H Q B V M

- Heart
- Arrow
- Flowers
- Valentine
- Love
- Sweet
- Candy
- Cupid
- Chocolate
- Hugs
- Kisses
- Gift

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Today's matinee performance is "Singin' in the Rain" considered by aficionados to be the greatest musical ever made! Sit back and relive this classic musical experience, reimagined from the 1952 movie now to the stage!



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FEB 27 #14514 \$129pp

**GEORGIA AQUARIUM – Sharks Predators of the Deep**

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#14514

MAR 6 #14512 \$149pp

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Never seen before at the Alhambra, this is the play that made Tennessee Williams a household name. In it, you will meet Tom, an aspiring poet who toils in a shoe warehouse to support his mother, Amanda, and sister, Laura in this classic Southern play.



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JAN 19-21 #14515 starting at \$364 pp

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#14509

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