









Dalemine's Day Dance

- FEBRUARY 13
- 11:30 AM
- MARSH AUDITORIUM

 CANDLER HOSPITAL
- **\$8 PER PERSON**

Get ready to boogie down at our annual
Valentine's Day Dance! Enjoy friends,
dancing, and all of your favorite Valentine's
Day treats. Take a trip back to the disco era
with fun and nostalgic hits from the 70s.
Lunch is included in the ticket price. Seats are
limited to the first 80 members.

To make your reservations, please call (912) 352-4405.

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SMARTSENIOR OFFICE HOURS

Monday-Thursday: 8:30 a.m. - 4:30 p.m. Friday: 8:30 a.m. - 4 p.m.

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

(912) 352-4405 www.sjchs.org/smartsenior

OFFICE CLOSED

New Year's Day (January 1)

MLK Day (January 19)

Presidents' Day (February 16)



Celebrating

BLACK HISTORY Month

Help us celebrate Black History Month here at SmartSenior!

For the entire month of February, we will feature movies by wellknown Black actors.

This is a partial list:

- Eddie Murphy
- Kevin Hart
- KeKe Palmer
- Tessa Tompson
- Ruth Negga

For a full list of the movie schedule,

please visit page 3.

Please remember, reservations are required for all movies. Seating is limited and includes popcorn and drinks. Don't forget about our reservation policy! Our policy can be found to the right.

To make your reservations, please call the SmartSenior Office at (912) 352-4405.

⊠ RESERVATIONS

We are pleased to have so many of our members participating in our events. This is just a reminder that our programs sell out very quickly.

Please call or come by to make your reservations as soon as you have received your newsletter, to ensure you have a spot!

Reminders:

- Anything under our weekly activities does not require reservations.
- If you do not call or show up for 3
 Lunch & Learns, you will be unable to make reservations for two consecutive newsletters. We always have a waiting list, so it is important to let us know if you cannot attend if you have made a reservation.

Please do not wait until the week before the event to make your reservations. We fill up fast!

If you have any questions, please reach out to the SmartSenior Office.

Smart **Senior**

A Community Initiative of St. Joseph's/Candler

55 or Better? Join Today!

Membership Request Form

If interested in becoming a SmartSenior Member, please fill out this form and return with payment to the SmartSenior office. You can also join online at sjchs.org/smartsenior, or *via* phone at (912) 352-4405!

1					
Name:	DOB:				
Mailing Address:					
City:	State:	ZIP Code:			
Primary Phone:	Phone: Other Phone:				
Email:					
Referred By:					
Referrer Name:	Refer	rer Phone:			
Annual Membership Dues: \$20					
Payment Method (select one):					
☐ Cash	☐ Che	ck (payable to SmartSenior)			
□ Credit Card (please call (912) via credit card)	352-4405 or vi	sit sjchs.org/smartsenior to pay			

SmartSenior 836 E. 65th St., Ste. 8 • sichs.org/smartsenior • (912) 352-4405 ?

DID YOU KNOW?

Do you know how many people keep their New Years' Resolutions?

About six-in-ten adults who made at least one resolution (59%) say they have kept all of them so far, while 28% say they have kept some of them.

Source: Pew Research Center, 2024

Did you know that Honeybees can recognize human faces?

There is a study that shows honeybees, who have 0.01% of the neurons that humans do, can recognize and remember individual human faces.

Source: Science | AAAS

SMARTSENIOR WEEKLY ACTIVITIES

There's always something going on here at SmartSenior! Learn more about our weekly activities.

You do not need reservations for these activities.

Chair Exercise Class

Mondays 9:30 - 10:15 a.m. | SmartSenior Office

Enjoy our low-impact chair exercise class every Monday! Please bring your own hand weights.

Tai Chi

Mondays 11 - 11:45 a.m. | SmartSenior Office

Tai Chi is a gentle exercise program that can help you build strength, balance, coordination, and a more tranquil spirit.

Practice only requires loose, comfortable clothing and flat-soled shoes. Chairs will be provided to those who need them.

Advanced Mahjong

Mondays 1 - 3 p.m. | SmartSenior Office

Join us for this classic game every Monday. Advanced players only.

Line Dancing

Advanced: Tuesdays & Thursdays 10 a.m. Beginner: Tuesdays & Thursdays 11 a.m.

The Episcopal Center (formally called St. Michael's & All Angels)

3101 Waters Ave.

Grab your dancing shoes and join us for Advanced Line Dancing, Beginner Line Dancing, or both!

Game Days

Tuesdays & Thursdays 1 – 4:15 p.m. | SmartSenior Office

All are welcome! Typical games include cards, chess, and Scrabble.

Rummikub

Tuesdays 2 - 3 p.m. | SmartSenior Office

Join us to play the classic, fun game of Rummikub. Beginners and experts are invited!

Sew Girls Group

Wednesdays 9 a.m. - 12 p.m. | SmartSenior Office

Do you enjoy fabric and fibers? Our group works individually on different types of projects in different mediums. Bring your own machine and materials. This is not a sewing instruction class.

Chess Club

Wednesdays 1 p.m. | SmartSenior Office

Join us for the ancient game of chess. Beginners and experts are invited!

Chair Yoga

Wednesdays 2 - 3 p.m. | SmartSenior Office

Enjoy this body and mind-engaging activity. Please remember to bring your own mat.

Intro Mahjong

Thursdays 1 – 3 p.m. | SmartSenior Office

Have you always wanted to learn how to play this classic tile game? Stop by our introductory class to get started.

JANUARY & FEBRUARY MOVIE SCHEDULE

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



Downton Abbey: The Grand Finale (PG)

January 9 at 1 p.m.

Starring: Michelle Dockery, Lily James, and Matthew Goode

In the summer of 1930, the Crawley's grapple with the threat of social disgrace when Mary finds herself at the center of a public scandal and the family faces financial trouble.

Mission: Impossible – The Final Reckoning (PG-13)

January 23 at 1 p.m.

Starring: Tom Cruise, Hayley Atwell, and Ving Rhame

Ethan Hunt and the IMF team race against time to find the Entity, a rogue artificial intelligence that can destroy mankind.

Passing (PG-13)

February 6 at 10 a.m.

Starring: Tessa Thompson, Ruth Negga, and Andre Holland

"Passing" follows the unexpected reunion of two high school friends, whose renewed acquaintance ignites a mutual obsession that threatens both of their carefully constructed realities.

Lift (PG-13)

February 20 at 1 p.m.

Starring: Kevin Hart, Gugu Mbatha-Raw, and Sam Worthington

Follows a master thief and his Interpol Agent ex-girlfriend who team up to steal \$500 million in gold bullion being transported on an passenger flight.

The Pickup (R)

February 27 at 1 p.m.

Starring: Eddie Murphy, Pete Davidson, and Keke Palmer

A routine cash pickup turns into a deadly pursuit when two mismatched armored truck drivers are ambushed by ruthless criminals with plans beyond the cash.



JANUARY 2026



Monday		Tuesday	Wednesday	Thursday	Friday
				1	2
				Office Closed New Year's Day	
	_		_		
X Exercise Class 9:30 a.m.	5	6	7	8	9 • A : D 1
Tai Chi 11 a.m.		Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	◆ Advanced Line Dancing 10 a.m.	Movie Day 1 p.m.
<u> </u>		Beginner Line Dancing 11 a.m.	Cheir Year 2 p.m.	Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m.	
Mahjong 1 p.m.			↑ Chair Yoga 2 p.m.	◆ Game Day 1 p.m.	
		Rummikub 2 p.m.		Game Day 1 p.m.	
	12	13	14	15	16
X Exercise Class 9:30 a.m.		◆ Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	◆ Advanced Line Dancing 10 a.m.	Discovery Local 11 a.m.
➣ Tai Chi 11 a.m.		■ Beginner Line Dancing 11 a.m.	" Chess 1 p.m.	Beginner Line Dancing 11 a.m.	•
🏄 Mahjong 1 p.m.		◆ Game Day 1 p.m.	→ Chair Yoga 2 p.m.	Intro Mahjong 1 p.m.	
		Rummikub 2 p.m.		◆ Game Day 1 p.m.	
	19	20	21	22	23
Office Closed MLK Day		◆ Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	◆ Advanced Line Dancing 10 a.m.	Book Club 11 a.m.
		Beginner Line Dancing 11 a.m.	[™] Chess 1 p.m.	Beginner Line Dancing 11 a.m.	Movie Day 1 p.m.
		№ Lunch & Learn 11:30 a.m.	→ Chair Yoga 2 p.m.	Nahjong 1 p.m.	
		◆ Game Day 1 p.m.	▼ Edel Caregiver Support Group 2 p.m.	◆ Game Day 1 p.m.	
		Rummikub 2 p.m.			
	26	27	28	29	30
X Exercise Class 9:30 a.m.		◆ Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	◆ Advanced Line Dancing 10 a.m.	Memory Café 10 a.m.
≈ Tai Chi 11 a.m.		Beginner Line Dancing 11 a.m.	[™] Chess 1 p.m.	Beginner Line Dancing 11 a.m.	F Harkleroad Jewelry Appraisal 1 p.m.
Mahjong 1 p.m.		◆ Game Day 1 p.m.	→ Chair Yoga 2 p.m.	Intro Mahjong 1 p.m.	
		Rummikub 2 p.m.		◆ Game Day 1 p.m.	

FEBRUARY 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
X Exercise Class 9:30 a.m.	◆ Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	◆ Advanced Line Dancing 10 a.m.	Movie Day 1 p.m.
≈ Tai Chi 11 a.m.	Beginner Line Dancing 11 a.m.	Thess 1 p.m.	Beginner Line Dancing 11 a.m.	
* Mahjong 1 p.m.	◆ Game Day 1 p.m.	🕂 Chair Yoga 2 p.m.	lntro Mahjong 1 p.m.	
	Rummikub 2 p.m.		◆ Game Day 1 p.m.	
9	10		12	13
Exercise Class 9:30 a.m.	◆ Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	◆ Advanced Line Dancing 10 a.m.	♥ Valentine's Day Dance 11:30am
≈ Tai Chi 11 a.m.	Beginner Line Dancing 11 a.m.	"Chess 1 p.m.	Beginner Line Dancing 11 a.m.	
R Mahjong 1 p.m.	◆ Game Day 1 p.m.	🕂 Chair Yoga 2 p.m.	♪ Intro Mahjong 1 p.m.	
	Rummikub 2 p.m.		◆ Game Day 1 p.m.	
16	17	18	19	20
Office Closed Presidents' Day	◆ Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	◆ Advanced Line Dancing 10 a.m.	Book Club 11 a.m.
	■ Beginner Line Dancing 11 a.m.	" Chess 1 p.m.	■ Beginner Line Dancing 11 a.m.	Movie Day 1 p.m.
	Example 2 Lunch & Learn 11:30 a.m.	🕂 Chair Yoga 2 p.m.	lntro Mahjong 1 p.m.	
	◆ Game Day 1 p.m.	♥ Edel Caregiver Support Group 2 p.m.	◆ Game Day 1 p.m.	
	Rummikub 2 p.m.			
23	24	25	26	27
X Exercise Class 9:30 a.m.	◆ Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	◆ Advanced Line Dancing 10 a.m.	Memory Café 10 a.m.
≈ Tai Chi 11 a.m.	Beginner Line Dancing 11 a.m.	"Chess 1 p.m.	Beginner Line Dancing 11 a.m.	Plearing Screening 11 a.m.
Mahjong 1 p.m.	← Game Day 1 p.m.	₹ Chair Yoga 2 p.m.	Intro Mahjong 1 p.m.	Movie Day 1 p.m.
	Rummikub 2 p.m.		♣ Game Day 1 p.m.	

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

Discover Local | For Fun Painting - The Art **Bash Studio**

Friday, January 16 | 11 a.m. | 7704 Waters Avenue | \$25 per person

Price includes your painting. Choose your own colors and create your unique flower painting. Enjoy a Dutch treat at Spanky's Southside after the event! Reservations are open to the first 15 people.



Lunch & Learn | From Tremors to Tumors: Modern Neurosurgical Solutions for Seniors

P. Ryan Lingo, MD | Tuesday, January 20 11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium

There are so many advances in neurosurgery that are transforming how we care for the brain and spine. For many seniors, these innovations mean surgery is no longer a last resort. Dr. Lingo will help us learn about the best options to move forward.

🔻 General Caregiver Support Group

Wednesday, January 21 | 2 p.m. | SmartSenior Office Hosted by Edel Caregiver Institute

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

Book Club The Lost Bookshop

Friday, January 23 | 11 a.m. | SmartSenior Office

Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring The Lost Bookshop by Evie Woods. When a vanishing bookshop casts its spell, three strangers will discover that their own stories are every bit as extraordinary as the ones found in the pages of their beloved books.

Memory Café

Friday, January 30 | 10 a.m. | SmartSenior Office

The RiteCare Center is partnering with SmartSenior to offer a Memory Café. This is a monthly gathering to allow individuals to connect, socialize, and build new support networks. Memory Café is facilitated by the graduate students in speech-language pathology at Georgia Southern University. Memory Café is free to attend and welcome to all. Refreshments will be provided.

P Harkleroad Jewelry Appraisal

Friday, January 30 | 1 p.m. | SmartSenior Office

Come and have your jewelry appraised and valued by the professionals at Harkleroad Diamonds & Fine Jewelry.



FEBRUARY 2026 EVENTS

💙 Valentine's Day Dance

Friday, February 13 | 11:30 a.m. | Marsh Auditorium \$8 per person

Enjoy the season of love with our Valentine's Day themed lunch and dance party. Seats are limited to the first eighty members.



📂 Lunch & Learn 📗 Sleep Apnea

Tyler DeBlieux, MD | Tuesday, February 17 11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium

An estimated 30 million adults in the United States have sleep apnea. It occurs when the airway repeatedly collapses during sleep, leading to periods of interrupted breathing. Learn more about prevention and treatment with us.

General Caregiver Support Group

Wednesday, February 18 | 2 p.m. | SmartSenior Office Hosted by Edel Caregiver Institute

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

Book Club Good Dirt

Friday, February 20 | 11 a.m. | SmartSenior Office

Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring Good Dirt by Charmaine Wilkerson. The daughter of an affluent Black family pieces together the connection between a childhood tragedy and a beloved heirloom in this moving novel.

Memory Café

Friday, February 27 | 10 a.m. | SmartSenior Office

The RiteCare Center is partnering with SmartSenior to offer a Memory Café. This is a monthly gathering to allow individuals to connect, socialize, and build new support networks. Memory Café is facilitated by the graduate students in speech-language pathology at Georgia Southern University. Memory Café is free to attend and welcome to all. Refreshments will be provided.

B Free Hearing Screening

Friday, February 27 | 11 a.m. | SmartSenior Office

Is your hearing as sharp as it used to be? Or are you not so sure? Put it to the test during our free hearing screening event. Speech-Language Pathology students from Georgia Southern University will return with the latest testing equipment to provide this free service. Please call to register!

Can you take too much acetaminophen?

St. Joseph's/Candler Emergency Medicine Pharmacy Specialist explains the pros and cons of this commonly used medication.

When you have a headache or a slight fever, taking Tylenol makes sense. Acetaminophen, the generic name, is great at reducing fever and pain, but can you take too much acetaminophen?

"You absolutely could take too much of it," says Devon Burhoe, PharmD, BCPS, an Emergency Medicine Clinical Pharmacy Specialist at St. Joseph's Hospital. "There's an acute ingestion when people purposefully take too much of it or took

extra accidentally. There's also a chronic ingestion where people may not be able to take other medicines like ibuprofen due to kidney disease, so they only take Tylenol, or they are taking multiple combination drugs that have acetaminophen in them on a consistent basis."

Acetaminophen is a class of drugs called antipyretics (fever reducer) and analgesics (pain reliver). The most common brand is Tylenol.

However, what many people may not

realize is that acetaminophen is the most common drug ingredient in America. It's found in many over-the-counter products, such as NyQuil and Excedrin, and prescription medications such as Vicodin and Percocet. In fact, more than 600 medications contain the active ingredient acetaminophen, according to the Acetaminophen Awareness Coalition.

"It's used in a lot of cold remedies like Nyquil and Tylenol PM that people take to help sleep; although, acetaminophen itself does not help people sleep."

Acetaminophen is not an addictive substance; however, you can overdose if too much is digested. The U.S. Food and Drug Administration recommends a maximum of 4,000 milligrams, or 4 grams, of acetaminophen within 24 hours so no more than 10 tablets of Regular Strength Tylenol or no more than six caplets of Extra Strength Tylenol – and that's if those are the only acetaminophen medications

you are taking. Digesting more than 4,000 milligrams in 24 hours can cause liver injury ranging from abnormalities in liver function to acute liver failure to even death.



ACETAMINOPHEN

When taken safely, acetaminophen is a very helpful drug. It's a great fever reducer and pain reliever and it works quicker than ibuprofen and naproxen.



DEVON BURHOE, PharmD, BCPS



MERCHANT DISCOUNT PROGRAM

SHOW YOUR CARD AND SAVE

AbleMed Supply, LLC.

11 Gateway Blvd. S. Ste. 13 • (912) 344-4675 10% OFF on all products in store

Anderson Jewelers

260 Eisenhower Dr. • (912) 355-8515 20% OFF store-wide* *excludes estate jewelry, consignments & repair

Bottom Line Taxes

820 E. DeRenne Ave. • (912) 313-1711 Free notary service & \$25.00 OFF simple wills

Candler Prescription Center

5354 Reynolds St. • (912) 819-7272 (Professional Office Building at Candler Hospital) 15% OFF all over the counter products

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7505 Waters Ave. #D2 • (912) 303-0101 Complimentary consultations for health insurance & Medicare parts C & D

Five Star Cleaners

12325 White Bluff Rd. • (912) 925-7755 25% OFF Dry Cleaning Services of \$10.00 or

*excludes formal wear, house wears and leather

Harmony at Savannah

9136 Old Montgomery Rd. • (912) 318-9845 50% OFF community fee

MaidPro

930 E. Morgan's Corner Rd., Ste. E, Pooler, GA (912) 450-6776 • 10% OFF all cleaning services

MembersFirst Credit Union

606 E. 67th St. • (912) 352-2902 Account holders receive "free" Stop Payment on checks

Papa's Pizza To Go

2495 US Hwy. 17, Richmond Hill, GA (912) 756-5150 • 15% OFF

Paw Parazzi

2485 US Hwy. 17, Richmond Hill, GA (912) 756-8807

10% OFF grooming* & retail** Mon.-Wed. *Grooming with proof of ownership **Excludes food & flea treatments

Plums Restaurant

2409 US Hwy. 17 S., Richmond Hill, GA (912) 756-6000 • 10% OFF

The Savannah Cheese **Straw Company**

906 E. 72nd St. • (912) 495-5444 10% OFF storefront purchases

The Savannah Theatre

222 Bull St. • (912) 233-7764 \$10.00 OFF adult regular-priced ticket to inhouse show • Use Code: SMARTSR

Sea Love Candle Bar & Boutique

310 W. Broughton St. • (912) 461-3823

71 Lighthouse Rd., Ste. 612, Hilton Head, SC (843) 548-3823

10% OFF candle making or diffuser making Sun.-Wed.

Spry Mind+Body

7360 Skidaway Rd., Unit J-3 • (912) 323-7356 www.sprymindbody.com 10% OFF all Spry Chair & Mat-based yoga & meditation classes

Sunshine Pottery

121 US-80, Pooler, GA • (912) 988-7398

St. Joseph's and Candler **Hospital Cafeterias**

11705 Mercy Blvd. • (912) 819-2412 5353 Reynolds St. • (912) 819-6005 25% OFF every day

Wellness Center at Candler Hospital

5353 Reynolds St. • (912) 819-8800 \$5.00 discount on initiation fee

YMCA of Coastal Georgia

Senior (60+) 2 Adult household - \$62 Senior (60+) 1 Adult household - \$41 Senior (55-59) Individual – \$47



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

the Consos Group

Medicare | Individual | Small Group Health | Life



Open Enrollment is here!

Health Insurance choices have you confused?

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

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

donald@consosgroup.com

"We do not offer every plan available in your area. Currently we represent 8 organizations which offer 97 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options."

SEA LOVE® Scent Blending & Candle Making







Fun for all ages!

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