

A publication of St.Joseph's/Candler















# SMARTSENIOR IMPLEMENTS THOUGHTFUL REOPENING OF ACTIVITIES



SmartSenior thanks each of you for your patience during the COVID-19 Global Pandemic. After much careful planning, SmartSenior will be reopening some of our regularly scheduled activities. To start with, we will have to limit the amount of people at each class offered. A face mask (must provide your own) will be required to attend any events/activities. You will be required to call and register for all events/activities (no exceptions). This allows us to guarantee social distancing for your safety. Some of our activities will be offered multiple times during the same day to ensure more of our members can enjoy participating. All of our activity rooms and equipment will be cleaned and sanitized between all classes/activities for your safety. We ask that you take note of the location changes made to some of the activities. All activities will be taking place at the SmartSenior office, located at 836 E 65th Street, Suite 8 in Savannah. Our Lunch and Learn seminars will be held at Candler Hospital's Marsh Auditorium. As time passes we look forward to returning to St. Joseph's on the Southside and Pooler with our lectures and seminars!

Office Services at SmartSenior will also have a "new look". SmartSenior members must call to make an appointment for any of our free office services. This will include photo copies, faxing, secure document shredding, notary services and laminating. Again, you will be required to wear a mask (must provide your own) during your visit to the office. There will be a limit of 2 members in our office per appointment to ensure social distancing is followed.

SmartSenior rescheduled our most popular spring event – BINGO BASH LUNCHEON – to Friday, August 7th. Tickets are still available. You can purchase your tickets by phone with a debit or credit card or make an appointment to stop by our office in person. Tickets that were purchased during the spring will be honored on the new date. Please keep in mind that all scheduled events are subject to change. If we experience a second wave of COVID-19 or have concerns about the current status of the community, this event could be postponed again.

Please bear with us as things seem to be changing ever so rapidly. We encourage you to call us at (912)352-4405 with any questions, concerns or to check on the status of our events and activities. SmartSenior looks forward to seeing and hearing from you!



Note: Tickets purchased for the luncheon on May 1st will be honored. Hold on to original ticket.

**BY PHONE** 

912-352-4405.

# **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

Friday, August 7
For Bingo Bash Luncheon



# 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	Bi	Birthdate				
Mrs./Miss/Ms	Bi	Birthdate				
Mailing Address						
City	State Zi	p Code				
Home Phone	ome Phone Cell Phone					
Email						
MEMBERSHIP DUES:	○\$18 for one person	○\$36 for two people				
DELIVERY OPTION:	○ Email	O Mail				
PAYMENT METHOD:	O Check (payable to SmartSenior)					
Credit Card Account Number						
Expiration Date	_ Cardholder Name					
Signature		Date				



# 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

# 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

YOU MUST REGISTER TO ATTEND ALL THE FOLLOWING LISTINGS • CALL (912) 352-4405 TO REGISTER

FREE! Line Dancing Must call to register (912) 352-4405

Tuesday's

Session One: 9:00 am – 10:00 am Session Two: 10:15 am – 11:15 am

Thursday's

Session One: 9:00 am – 10:00 am Session Two: 10:15 am – 11:15 am Classes held at SmartSenior

FREE! Exercise Class Must call to register (912) 352-4405

Mondays, 9:15 am – 10:00 am Classes held at SmartSenior

FREE! Chair Yoga Must call to register (912) 352-4405

Wednesday's Session One: 1:15 |

Session One: 1:15 pm – 2:00 pm Session Two: 2:15 pm – 3:00 pm Classes held at SmartSenior

**EVENT LOCATION** 

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



# MERCHANT DISCOUNT CHANGES

NEW MERCHANT

Medical Equipment

AbleMed Supply, LLC 11 Gateway Blvd S., Suite 13 Savannah 912-344-4675 10% off on all products in store

See the
Complete Discount List
on page 5 in this edition
of SmartSenior!

# **JULY 2020**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Painting Class 9:45AM Chair Yoga 1 1:15PM Chair Yoga 2 2:15PM	Line Dancing 1 9AM Line Dancing 2 10:15AM	3	4 Independence Day
5	Exercise Class 9:15AM	Line Dancing 1 9AM Line Dancing 2 10:15AM	Painting Class 9:45AM Chair Yoga 1 1:15PM Chair Yoga 2 2:15PM	Line Dancing 1 9AM Line Dancing 2 10:15AM	Movie Day 1st 10AM Movie Day 2nd 2PM	11
12	13 Exercise Class 9:15AM	14 Line Dancing 1 9AM Line Dancing 2 10:15AM	Painting Class 9:45AM Chair Yoga 1 1:15PM Chair Yoga 2 2:15PM	16 Line Dancing 1 9AM Line Dancing 2 10:15AM	17	18
19	20 Exercise Class 9:15AM	21 Line Dancing 1 9AM Line Dancing 2 10:15AM	Painting Class 9:45AM Chair Yoga 1 1:15PM Chair Yoga 2 2:15PM	23 Line Dancing 1 9AM Line Dancing 2 10:15AM	24	25
26	27 Exercise Class 9:15AM Lunch & Learn 11:30AM	28 Line Dancing 1 9AM Line Dancing 2 10:15AM	Painting Class 9:45AM Chair Yoga 1 1:15PM Chair Yoga 2 2:15PM	30 Line Dancing 1 9AM Line Dancing 2 10:15AM	31	

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. Please note: You must register to attend all regular scheduled activities.

# SEMINARS

Lunch & Learn RESCHEDULED!
"Spine Health & Prevention of Back Pain"
D'Mitri Sofianos, MD,
Chatham Orthopaedic Associates
TBD September

Marsh Auditorium, Candler Hospital

As your spine ages, you may start feeling some aches and pains. Dr. Sofianos will discuss why back pain can develop as you age, and what you can do about it. Very Limited Space - Call 352-4405 to Register.

Lunch & Learn
"Planning Your Next Get-Away"

Don Adams, President, Kelly Tours Friday, July 27, 11:30am

Marsh Auditorium, Candler Hospital

We have all been stuck at home way too long, so come on out and join Don Adams of Kelly Tours as he whisks us away to some exciting "virtual" destinations along with wonderful ideas of places to plan your next "getaway". Very Limited Space - Call 352-4405 to Register.

# HEALTH & LEARNING

SmartSenior Painting Class
Wednesdays, July 1 – August 5, 9:45am – 11:45am
SmartSenior Office

Artist/Instructor, Shawn Bland, provides instruction in acrylics and various subject matters. 6 classes for \$100. Call (912) 352-4405 to register (space is very limited).

# MOVIE DAY

Ford vs Ferrari Friday, July 10 First Show 10:00am Second Show 2:00pm

Both showings held at SmartSenior Office Call (912) 352-4405 to register (space very limited) Starring Matt Damon and Christian Bale

American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Company all to compete against the cars of Enzo Ferrari in the 1966 Le Mans race in France.

# **AUGUST 2020**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
	Exercise Class 9:15AM	Line Dancing 1 9AM Line Dancing 2 10:15AM	Driving Class 9AM Painting Class 9:45AM Chair Yoga 1 1:15PM Chair Yoga 2 2:15PM	Line Dancing 1 9AM Line Dancing 2 10:15AM	Office Closed Bingo Bash Luncheon	
9	Exercise Class 9:15AM	Line Dancing 1 9AM Line Dancing 2 10:15AM	Painting Class 9:45AM Chair Yoga 1 1:15PM Chair Yoga 2 2:15PM	Line Dancing 1 9AM Line Dancing 2 10:15AM	Movie Day 1st 10AM  Movie Day 2nd 2PM	15
16	Exercise Class 9:15AM	18 Line Dancing 1 9AM Line Dancing 2 10:15AM	Painting Class 9:45AM Chair Yoga 1 1:15PM Chair Yoga 2 2:15PM	Line Dancing 1 9AM Line Dancing 2 10:15AM	21	22
23	24 Exercise Class 9:15AM	25 Line Dancing 1 9AM Line Dancing 2 10:15AM	26 Painting Class 9:45AM Chair Yoga 1 1:15PM	27 Line Dancing 1 9AM Line Dancing 2 10:15AM	28 Lunch & Learn 11:30AM	29
30	31		Chair Yoga 2 2:15PM			

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



# **AUGUST EVENTS**

# REGULARLY SCHEDULED ACTIVITIES

See page 2 for a complete detail of listings. Please note: You must register to attend all regular scheduled activities.

# SEMINARS

Lunch & Learn
"Balance and Movement"
Angela Thomas,
SJ/C Physical & Occupational Therapy
Friday, August 28, 11:30am
Marsh Auditorium, Candler Hospital

Balance disorders are among the most common reasons that older adults seek help from a doctor. They are also one of the top reasons older people fall. Good news, many of the most common causes of balance problems can be prevented and/or treated, especially if recognized early. Very Limited Space – Call 352-4405 to Register.

# **HEALTH & LEARNING**

AARP Defensive Driving Class
Wednesday, August 5, 9am – 3pm
Savannah Squares Retirement Community
Save up to 10% on your automobile insurance.
\$15 for AARP members, \$20 for nonmembers.
Call 352-4405 to Register.

SmartSenior Painting Class
Wednesdays, August 12 – September 16
9:45am – 11:45am | SmartSenior Office

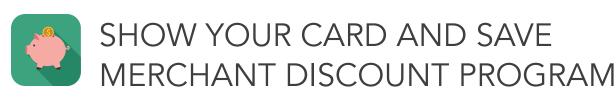
Artist/Instructor, Shawn Bland, provides instruction in acrylics and various subject matter. 6 classes for \$100. Call (912) 352-4405 to register (space is very limited)

# MOVIE DAY

Just Mercy Friday, August 14 First Show 10:00 am Second Show 2:00 pm

Both showings held at SmartSenior Office
Call (912) 352-4405 to register (space very limited)
Starring Michael B Jordan and Jamie Foxx

A powerful and thought-provoking true story, "Just Mercy" follows young lawyer Bryan Stevenson (Jordan) and his history-making battle for justice. After graduating from Harvard, Bryan had his pick of lucrative jobs. Instead, he heads to Alabama to defend those wrongly condemned or who were not afforded proper representation, with the support of local advocate Eva Ansley. One of his first, and most incendiary, cases is that of Walter McMillian (Foxx), who, in 1987, was sentenced to die for the notorious murder of an 18-year-old girl, despite a preponderance of evidence proving his innocence.



## 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

### 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

# **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

# **Coastal Transmission Service**

3237 W. Bay St., 912-964-7580

10% off all services or Fleet Pricing\* (whichever discount

# **GDK Car Care Center**

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

# 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** 

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).

### 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

# 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**

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.

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/ sichs 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

#### Farmers Furniture (Sav only) 10305 Abercorn Extension, 912-920-1266

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

# 5% off merchandise.

#### **GIFT SHOPS** Christmas & Gift Shop

Henderson Golf Club

Hwy. 80 We

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

# Crosswinds Golf Club

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

# 1 Al Henderson Dr., 912-920-4653

Select Rates, call for details. Sapelo Hammock Golf Club

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

1354 Marshview Ln, NE,

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.

### 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 & 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)

# 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

# <u>INSURANCE ETC.</u>

# 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**

# **Patriot Postal**

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

# 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 NEW-AbleMed Supply, LLC

#### 11 Gateway Blvd S., Ste 13, Savannah 912-344-4657, 10% off all products in store

<u>MISCELLANEOUS</u> 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 &

#### **MOVERS**

## Savannah Moving

912-272-7996

15% off total bill – excludes other discounts

#### **Specialty Moving & Delivery** 912-925-9528, Free moving boxes -\$50 value

# Blueberry Hill Organic Market

NUTRITIONAL COUNSELING

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

#### <u>PHARMACY</u>

#### **Apollo Pharmacy**

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**

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.

Bella's Italian Café 4420 Habersham St., 912-354-4005 \$5.00 off any order of \$25.00 or more. \*Valid lunch &

## Coffee • Deli

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

#### 610 US Hwy. 80 West, Garden City, 224-301-5316 15% off Mon thru Wed, 10% off Thurs thru Sat

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

320 East Highway 80, Pooler, 912-748-6414 15% off.

#### 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

20% discount Monday – Friday and 25% discount on Saturday and Sunday

#### Stoner's Pizza Joint Midtown 1100 Eisenhower Drive, 912-495-5372

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

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

Wright Square Cafe 21 W. York St., 912-238-1150

# **RUGS, CARPETS & TILE**

**Poppell Brothers Flooring** 22 Windsor Road, 912-925-3638

# **SECURITY SYSTEMS**

**Covenant Security Surveillance Company** 6711 Forest Park Dr., 912-272-4383 Discount packages, with FREE installation.

6605 Abercorn St., 107A, 912-349-5264

# 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.

# 5% Discount w/ Weekly Service

# Community Income Tax

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

418 West Broughton St., 912-999-6101

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

# **RESTAURANTS**

dinner. \*Valid for parties of 6 or fewer only.

# It's A Jerk Shack

Larry's Giant Subs

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

Marche de Macarons

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

10% off total bill, Excludes alcohol, Mon-Thur 5pm -9pm

# Mon - Fri, 20% off, Sat, 9am - 1 pm 25% off

Unforgetable Bakery & Cafe

# 10% off flooring

**SENIOR HOME CARE** 

# TAX SERVICE

# 820 E. DeRenne Ave, Savannah (inside Advantage

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

#### <u>UPHOLSTERING</u>

### 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

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.

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

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 ervices 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.

# DON'T AVOID YOUR DOCTOR DURING THE CORONAVIRUS PANDEMIC

# Is it safe to go to the doctor?

The media is reporting that fewer people are going to their medical appointments or seeking medical help out of concern about COVID-19 the disease caused by the coronavirus that's led to the global pandemic. Even emergency rooms across the country are seeing fewer patients for serious health problems, such as heart attack, stroke and acute appendicitis. Doctors note that waiting too long to get help for lifethreatening conditions can be more dangerous than infection with the new coronavirus.

# When should I see a doctor in person?

If you're experiencing a medical issue or change in your health, call and talk through your symptoms with your primary care doctor. He or she may suggest a telemedicine visit with him or her, ask that you come into the office or suggest seeking treatment in an urgent care facility or emergency department. Your primary care physician is familiar with your history and medical conditions and can make the best suggestions for your care.

### Is there another medical option?

St. Joseph's/Candler's Smart Care 24/7 offers telemedicine visits for minor medical needs from the comfort of your own home.

#### How does Smart Care 24/7 work?

- You can access a provider through our web portal at www.sjchs.org or through the Smart Care 24/7 app.
- No appointment is needed.
- Register in less than three minutes.
- A provider will be discussing your issue in 20-30 minutes
- Cost is \$49 a visit

Source: Dr. Barry Scott Solomon, hopkinsmedicine.org; St. Joseph's/Candler.org







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

ADDRESS SERVICE REQUESTED

# FREE! OFFICE SERVICES BY APPOINTMENT

SmartSenior is here for you! Call us at (912) 352-4405

To schedule a secure and safe appointment for services such as photo copies, faxing, notary services, laminating, secure document shredding, scanning and printing. You will be required to wear a mask during your visit (must have your own – no exceptions). We look forward to having you stop by and take care of all those things you have been saving until we can go out again!



Or even HEAD INTO PENN DUTCH COUNTRY TO SEE THE AMISH AND TAKE IN THE SIGHT & SOUND PRODUCTION OF QUEEN ESTHER ON THE RESCHEDULED TRIP #14416 ON SEPTEMBER

The choice is yours and we very much look forward to welcoming you again onboard Kelly Tours as we Hit the Road Again!

Yours very sincerely in Travel,







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