



BINGO bash!

Don't miss the fun and excitement at our annual Bingo Bash Luncheon!

 **FRIDAY, MAY 1**

 **11:00 AM**

 **ALEE TEMPLE 100
EISENBURG DR.**

 **\$10 FOR MEMBERS
\$15 FOR GUESTS**

**Luncheon tickets go on sale
Friday, March 13 at 8:30 AM!**

*Ticket sales are limited to no more than
one table (10 seats) per person.*

Due to the high volume of traffic, no regular business will be conducted on the first day of ticket sales. Seating will be assigned with ticket purchase; please coordinate with your group prior to purchase if you'd like to sit together. If you have questions about your membership status, please call prior to ticket sales.

Tickets will only be sold in person. The luncheon is only open to SmartSenior members and their guests. Members are limited to one guest per person. Seats are limited to the first 300 people. Tickets are non-refundable. No minors are allowed.

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SMARTSENIOR OFFICE HOURS

Monday-Friday: 8:00 a.m. - 4:00 p.m.

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

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

OFFICE CLOSED

St. Patrick's Day
March 16: closed
March 17: office open from
8:00 a.m. - 12:00 p.m.

Good Friday
April 3

MEMBER SPOTLIGHT

Tom Jenkins was born in Brooklyn, New York. In seventh grade, a memorable event happened that changed his life—one he still remembers today. Tom was running in the 220-Dash Catholic Youth Organization Championship race. When at the start he fell, picked himself up, and ran his heart out to win.



He also recalls another defining moment in his life. It was when he met his high school math teacher. This man introduced him to his love of math, which started him on his life journey to becoming an engineer. Tom graduated from St. Michael's College in Winsooki Park, Vermont.

Do you know how Tom spent his summers of his freshman, junior and senior years of college? He attended officer training courses in the Marine Corps at Quantico, Virginia. Immediately after his graduation, and at the start of his third consecutive summer of being the Platoon Leader Corps, the

unthinkable happened. He was injured and hospitalized, leading to his medical discharged. His engineering career began at Grumman Aerospace as a Real Time Simulation Engineer. His first professional project was to train the astronauts to land on the moon and then successfully return to earth. In 1969, he trained Neil Armstrong, Buzz Aldrin, and Michael Collins. He continued to work in NASA's Space Program until after the Apollo 13 mission. He then worked on simulation models for multiple Grumman aircrafts. He retired from Grumman after 30 years and started his second career in Savannah working for Gulfstream. Tom was hired as the simulation engineer. He was added to the team to build Gulfstream's first realtime simulator for the G5 Program. He retired from Gulfstream after 15 years.

His third act keeps him quite busy. Tom is spending time with his children and grandchildren. He also spends his time being a Sir Knight, parish usher, Pre-Cana leader, and volunteer for parish events. Tom would like to share the words of wisdom that his father gave him to live by, "Don't lie to me." He shared that wisdom often with his kids.



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!

Name: _____ DOB: _____

Mailing Address: _____

City: _____ State: _____ ZIP Code: _____

Primary Phone: _____ Other Phone: _____

Email: _____

Referred By:

Referrer Name: _____ Referrer Phone: _____

Annual Membership Dues: \$20

Payment Method (select one):

Cash

Check (payable to SmartSenior)

Credit Card (please call (912) 352-4405 or visit sjchs.org/smartsenior to pay via credit card)

SmartSenior

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



What's new at SmartSenior?

SmartSenior has a new manager, Kim Flood!

She wants everyone to know she has an open-door policy, a grateful heart, and wants all members to be sure to bring any ideas, concerns, or comments so that we can continue to grow and bring new and exciting events and services to Smart Senior.

Beginning March 2, 2026, new hours will be 8:00 a.m. to 4:00 p.m. Monday through Friday.

Please be sure to see our updated reservation policy.

We are currently undergoing updates and improvements to our SmartSenior center. Keep on the lookout for more to come!

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 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.

MARCH & APRIL MOVIE SCHEDULE

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



Mama Mia! Here We Go Again (PG-13)

March 6 at 1 p.m.

Starring: Meryl Streep, Amanda Seyfried, and Pierce Brosnan

In 1979 young Donna, Tanya and Rosie graduate from Oxford University – leaving Donna free to embark on a series of adventures throughout Europe.

Ford V Ferrari (PG-13)

March 20 at 1 p.m.

Starring: Christian Bale, Matt Damon, and Caitriona Balfe

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 Co.

Knives Out (PG-13)

April 10 at 1 p.m.

Starring: Daniel Craig, Jamie Lee Curtis, and Christopher Plummer

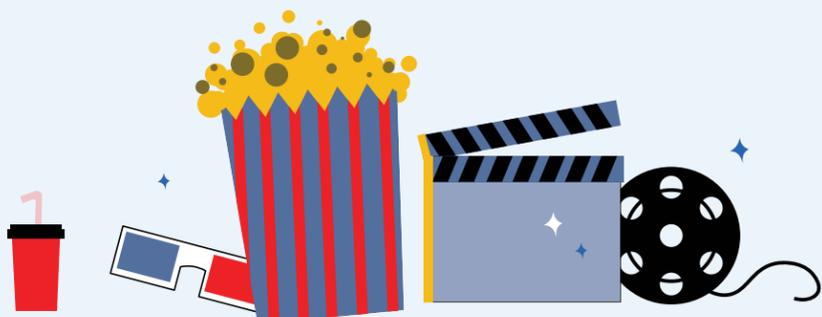
When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate.

The Martian (PG-13)

April 24 at 1 p.m.

Starring: Matt Damon, Jessica Chastin, and Jeff Daniels

An astronaut struggles to survive on Mars after being left behind and NASA's efforts to return him to Earth.



MARCH 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 | 3 | 4 | 5 | 6 |
| Exercise Class 9:30 a.m. Tai Chi 11 a.m. Advanced Mahjong 1 p.m. | Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m. | Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m. | Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m. | Movie Day 1 p.m. |
| 9 | 10 | 11 | 12 | 13 |
| Exercise Class 9:30 a.m. Tai Chi 11 a.m. Advanced Mahjong 1 p.m. | Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Lunch & Learn 11:30 a.m. Game Day 1 p.m. Rummikub 2 p.m. | Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m. | Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m. | Bingo Bash Ticket Sales |
| 16 | 17 | 18 | 19 | 20 |
| Office Closed | St. Patrick's Day Half-Day Hours: 8 a.m. – 12 p.m. | Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m. | Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m. | Book Club 11 a.m. Movie Day 1 p.m. |
| 23 | 24 | 25 | 26 | 27 |
| Exercise Class 9:30 a.m. Tai Chi 11 a.m. Advanced Mahjong 1 p.m. | Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m. | Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m. | Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m. | Memory Café 10 a.m. Lunch Club 12:30 p.m. |
| 30 | 31 | | | |
| Exercise Class 9:30 a.m. Tai Chi 11 a.m. Advanced Mahjong 1 p.m. | Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m. | | | |

APRIL 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | | <p>1</p> <p> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</p> | <p>2</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Intro Mahjong 1 p.m.</p> <p> Game Day 1 p.m.</p> | <p>3</p> <p> Office Closed Good Friday</p> |
| <p>6</p> <p> Exercise Class 9:30 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</p> | <p>7</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Game Day 1 p.m.</p> <p> Rummikub 2 p.m.</p> | <p>8</p> <p> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</p> | <p>9</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Intro Mahjong 1 p.m.</p> <p> Game Day 1 p.m.</p> | <p>10</p> <p> Movie Day 1 p.m.</p> |
| <p>13</p> <p> Exercise Class 9:30 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</p> | <p>14</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Lunch & Learn 11:30 a.m.</p> <p> Game Day 1 p.m.</p> <p> Rummikub 2 p.m.</p> | <p>15</p> <p> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</p> | <p>16</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Intro Mahjong 1 p.m.</p> <p> Game Day 1 p.m.</p> | <p>17</p> <p> Spring Luncheon 11:30 a.m.</p> |
| <p>20</p> <p> Exercise Class 9:30 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</p> | <p>21</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Game Day 1 p.m.</p> <p> Rummikub 2 p.m.</p> | <p>22</p> <p> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</p> | <p>23</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Intro Mahjong 1 p.m.</p> <p> Game Day 1 p.m.</p> | <p>24</p> <p> Memory Café 10 a.m.</p> <p> Book Club 11 a.m.</p> <p> Movie Day 1 p.m.</p> |
| <p>27</p> <p> Exercise Class 9:30 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</p> | <p>28</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Game Day 1 p.m.</p> <p> Rummikub 2 p.m.</p> | <p>29</p> <p> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</p> | <p>30</p> <p> Advanced Line Dancing 10 a.m.</p> <p> Beginner Line Dancing 11 a.m.</p> <p> Intro Mahjong 1 p.m.</p> <p> Game Day 1 p.m.</p> | |



MARCH 2026 EVENTS

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

Bingo Bash | Tickets on Sale March 13

Tickets will sell out fast, so please get them while you can. All seats are assigned. For large groups, please have one person handle all payments. Limit one guest per person, and one table per group. Please check with the office for special operating hours on the date of ticket sales. Feel free to call with any questions.

Lunch & Learn | Common Hernia Issues

Anthony M. Foley, MD | Tuesday, March 10
11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium
Globally, over 20 million hernia repairs are performed annually, with rates increasing over time, particularly in older adults. Learn more about common issues and ailments.

Book Club | *The Correspondent*

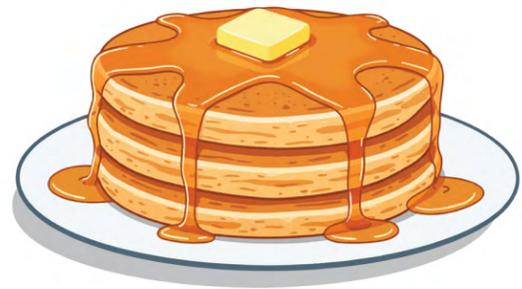
Friday, March 20 | 11 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *The Correspondent* by Virginia Evans. A novel told through letters and emails, focusing on retired lawyer Sybil Van Antwerp as she confronts painful memories from her past after receiving letters from an old acquaintance, forcing her to seek forgiveness, and closure.

Memory Café

Friday, March 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.

Lunch Club at The Original Pancake House

Friday, March 27 | 12:30 p.m. | 7201 Hodgson Memorial Dr B
Join us for a Dutch treat lunch at our first Lunch Club! Anytime of day is a good time for breakfast. Enjoy some of your favorite breakfast treats with us at The Original Pancake House. Reservations are limited to the first 12 people.



APRIL 2026 EVENTS

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

Lunch & Learn | Common Urology Issues

James L. Liu, MD | Tuesday, April 14
11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium
Urological issues are common in seniors, with urinary incontinence affecting nearly half of older women and increasing with age, while enlarged prostate prevalence rises significantly in older men, and UTIs become more common. Join us for an opportunity to learn more and ask questions.

Spring Luncheon

Friday, April 17 | 11:30 a.m. | Marsh Auditorium
Celebrate the return of warm weather and happy times at our Spring Luncheon! Enjoy good food, friendship, and fun party games. Reservations are limited to the first 80 members.

Memory Café

Friday, April 24 | 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.

Book Club | *When You See Me*

Friday, April 24 | 11 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion and featuring *When You See Me* by Lisa Gardner. The story brings together characters D.D. Warren, Flora Dane, and Kimberly Quincy to investigate a cold case linked to a deceased serial kidnapper, Jacob Ness, in a small Georgia town, uncovering a dangerous present-day crime.



Feeling lethargic, especially after lunch? Try these tips.



Do you find yourself constantly feeling tired after lunch? Does brain fog frequently creep in? “When patients say they need help with low energy, my first question is, ‘How are you sleeping?’” says Dr. Rusty Harrington, primary care physician at the St. Joseph’s/Candler Primary Care office on the Islands suggest these tips:

Sleep

- Decrease bright light exposure – AKA get off your electronics.
- Increase your sunlight exposure in the morning and during the early afternoon to help counteract the decline in cognitive performance and alertness.
- Take power naps, if possible. A short nap of about 20 to 30 minutes can significantly improve cognitive performance and reduce fatigue.

Nutrition

Eat more plants, less animal and less processed foods.

- Don’t skip meals.
- Try to avoid high-fat, high-sugar meals and snacks.

- High-protein, high-fiber snacks that are filling and help with mood and cognitive function.
- Make sure you get an adequate intake of vitamins and minerals, such as B vitamins, vitamin C, iron, magnesium and zinc.

Exercise

- Taking a short walk to boost blood flow and alertness.
- Do simple stretches at your desk to energize your body.
- Consider a quick workout session like jumping jacks or arm circles.

Stress

- Listening to music. That’s been found to be an effective behavioral countermeasure to mental fatigue and help with cognitive performance.
- Practicing mindfulness: You may not have time for an hour-long yoga class, but take a few minutes to practice deep breathing exercises or meditation. That can help reduce stress and improve focus.

Hydration

Staying hydrated throughout the day is really important because when you are dehydrated, it makes you feel tired, says Dr. Harrington. Make sure you are getting plenty of water and avoid sugary drinks

as much as possible. Need help consuming more water? Try:

- Carrying a water bottle with you for easy access wherever you go.
- Set an alarm on your phone or calendar to remind yourself to drink water.
- Add fresh flavor to your water with items such as lemons, cucumbers and mint.

Also consider:

- Limiting caffeine
- Avoiding or limiting alcohol intake
- Quit smoking, vaping or use of any tobacco product



DR. RUSTY HARRINGTON,
Primary Care Physician
St. Joseph/Candler

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.
- Please call to cancel at least one week prior so that our members on the waitlist will have a chance to come. These activities are so popular and fill up fast!
- If you are consistently a no-show or not cancelling your reservations we will place you on the waitlist for the next activity.
- Please wait to get any food (including desserts) until an announcement is made that staff is ready to serve. Food is to be served by our staff and lovely volunteers.

If you have any questions, please reach out to the SmartSenior Office. Thank you for your understanding and patience and helping to make these activities a great success!

SmartSenior

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

t&g 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
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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!

Create your own signature scent blend from more than 100 fragrances, and craft a candle or reed diffuser.

Hilton Head SC



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