



SMARTSENIOR MOVES ONE STEP CLOSER TO NORMAL



We have finally past the one year anniversary of the first COVID-19 case in the United States. While it feels like it has been much longer, we have been able to see history unfold right in-front of us. Unfortunately, like the rest of the world, had to cancel some our biggest events like the Bingo Bash, The Smart Living Expo & Health Fair and the annual holiday party. This did not stop us from still providing services to our members. In fact, we changed to an online system that would allow our members to be able to participate in one of our most popular activities which is our seminars. While switching to digital options, we continued to provide activities and added trivia and bingo as more ways to stay connected and entertained.

At SmartSenior, we have been working and planning to give our members more activities as more restrictions are lifted. We have already brought back some of our regular scheduled activities, such as dance class, yoga and movie days. It is with great pleasure that we announce that we will be adding exercise classes starting in May. The classes will take place on Monday's (see page 3 for more details). This class has very limited space, so call early to get registered. To sign up, all you have to do is call SmartSenior at 912-352-4405. Looking ahead, as restrictions get lifted, we are ready to adjust and expand the size of classes making sure more people can participate. Along with this, we are following the Health System very closely to adjust with them as changes are made.

As St. Joseph's/Candler progresses we will adjust accordingly. The visitor policy at St. Joseph's/Candler has been updated to allow ONE visitor per patient during visiting hours. Visitors will be allowed to switch out with others during visiting hours to allow different visitors per patient. Visiting hours are restricted to six hours: 11 a.m. to 5 p.m. Along with this, as the number of COVID-19 patient's decrease in the health system, we will be able to start using the facilities again. If all continues to run smoothly and people get vaccinated we hope to bring back in person seminars before the year is over. As it stands with all of the information we now have, we are scheduled to have our annual holiday party in December. We again thank our members for being patient and look forward to seeing you in person again!

INSIDE THIS ISSUE

- 2** SmartSenior Membership Application
Puzzle Prize
- 3** Virtual and In-person Activities
- 4** May Day Word Search
Frequently Asked Questions
- 5** COVID-19 Vaccine Myth vs. Fact
Buttermilk Biscuits Recipe
- 6** National Skin Cancer Month
- 7** Merchant Discount Updates
Sign-up for Email Updates
- 8** Office Services
AARP Update

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

May 31
Memorial Day

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 _____

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 today!



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

For more, call 912-472-6092
www.AssistedLivingSavannah.

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



PUZZLE PRIZE

1. It stalks the countryside with ears that can't hear. What is it?
2. What five-letter word becomes shorter when you add two letters to it?
3. What tastes better than it smells?
4. What has a head and a tail but no body?
5. What has 13 hearts, but no other organs?
6. What can travel all around the world without leaving its corner?
7. What can you catch, but not throw?
8. What has hands, but can't clap?
9. What has lots of eyes, but can't see?
10. What has many needles, but doesn't sew?

Call 912-352-4405 and let us know how many you answered correctly to be entered in drawing.

Source: *parade.com*

1. Corn
2. Short
3. Your Tongue
4. A coin
5. A deck of cards
6. A stamp
7. A cold
8. A clock
9. A potato
10. A Christmas Tree

Answers



Virtual and In-Person Activities

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.

Exercise Class (In Person)

Monday, May 3,10,17,24, 9:15 a.m.-10:00 a.m.
SmartSenior Office, 836 East 65th Street, Suite 8
Call (912) 352-4405 to register

FREE Bingo (Via Zoom)

Sponsored by The Social
Tuesday, May 4, 2:00 p.m.
Call (912) 352-4405 to register

Dance Class (In Person)

Tuesday May 4,11,18,25, 10:00 a.m.-11:00 a.m.
Thursday May 6,13,20,27, 10:00 a.m.-11:00 a.m.
SmartSenior Office, 836 East 65th Street, Suite 8
Call (912) 352-4405 to register

Yoga (In Person)

Wednesday, May 5,12,19,26, 2:00 p.m.
SmartSenior Office, 836 East 65th Street, Suite 8
Call (912) 352-4405 to register

Movie Day (In Person)

I am Woman
Starring Tilda Cobham-Hervey & Evan Peters
Friday, May 7, 2:00 p.m. or Friday, May 21, 2:00 p.m.
SmartSenior Office, 836 East 65th Street, Suite 8
Call (912) 352-4405 to register
(Very limited space due to social distancing)
In 1966, single-mother Helen Reddy leaves her old life in Australia for New York and stardom, only to find that the industry doesn't take her seriously.

“Incontinence: What are my options?” (Via Zoom)

Mallory Barnes, Pelvic Floor & Continence Center at St. Joseph's/Candler
Tuesday May 11, 11:30 a.m.
Call (912) 352-4405 to register
Over 10 million Americans suffer from incontinence including men. Do you suffer from incontinence? Did you know there are a variety of treatments? Join us as Nurse Practitioner Mallory Barnes from the newly opened Pelvic Floor & Continence center at St. Joseph's/Candler talks about different treatments available.

FREE Trivia (Via Zoom)

Sponsored by The Social
Thursday, May 20, 2:00 p.m.
Call (912) 352-4405 to register

“Lupus: The Basics” (Via Zoom)

Stephen A. White, MD
St. Joseph's/Candler Summit Cancer Care
Thursday, May 27, 11:30 a.m.
Call (912) 352-4405 to register
Lupus affects about 1.5 million Americans in the United States. Approximately 90% of people who have Lupus are women. People with Lupus can experience significant symptoms while others experience none. Learn more about this autoimmune disease with Dr. Stephen A. White.

Movie Day (In Person)

The Sapphires
Starring Jessica Mauboy & Chris O'Dowd
Friday, June 4, 2:00 p.m. or Friday, June 18, 2:00 p.m.
SmartSenior Office, 836 East 65th Street, Suite 8
Call (912) 352-4405 to register
(Very limited space due to social distancing)
In 1968, four young, talented Australian Aboriginal girls learn about love, friendship and war as their all-girl group The Sapphires travels to Vietnam to entertain the US troops.

Exercise Class (In Person)

Monday, June 7,14,21,28, 9:15 a.m.-10:00 a.m.
SmartSenior Office, 836 East 65th Street, Suite 8
Call (912) 352-4405 to register

Dance Class (In Person)

Tuesday June 8,15,22,29, 10:00 a.m.-11:00 a.m.
Thursday June 10,17,24, 10:00 a.m.-11:00 a.m.
SmartSenior Office, 836 East 65th Street, Suite 8
Call (912) 352-4405 to register

FREE Bingo (Via Zoom)

Sponsored by Members First Credit Union
Tuesday, June 8, 2:00 p.m. (via Zoom)
Call (912) 352-4405 to register

Yoga (In Person)

Wednesday, June 9,16,23,30, 2:00 p.m.
SmartSenior Office, 836 East 65th Street, Suite 8
Call (912) 352-4405 to register

“The Importance of Bees and Honey” (Via Zoom)

Thomas Hinely, Capital Bee Company
Tuesday June 15, 11:30 a.m.
Call (912) 352-4405 to register
Spring time is when nature begins to come back to life and when bees start to pollinate. They are extremely important during spring because they help so many things grow. Please join us in learning about bees, honey and some of the health benefits you can receive from adding honey into your diet.

FREE Trivia (Via Zoom)

Sponsored by The Social
Tuesday, June 17, 2:00 p.m.
Call (912) 352-4405 to register

“Benefits of Yoga?” (Via Zoom)

Susan Pinkston Yoga Teacher
Tuesday June 24, 11:30 a.m.
Call (912) 352-4405 to register
Yoga has become extremely popular over the last few years. It provides lots of health benefits including heart health, back pain relief, energy and increase flexibility. The best part about yoga is that it is easy to start and anyone can do it. Join us as (Title) Susan Pinkston talks about the basics and benefits of yoga.

Frequently Asked Questions about Participating in SmartSenior

Do I have to be a member?
Answer: Yes! You must be a member in order to attend. If you are not sure, feel free to call the office at 912-352-4405 to check your membership status.

Where do the in person events take place?
Answer: The events will be held in the SmartSenior office, as more people get the vaccine and guidelines change, we will also change accordingly.

Can we use the computers?
Answer: The computers are still currently closed because of COVID-19.

Does Yoga use chairs?
Answer: You have the option of using chair or you can use a regular yoga mat.

The Consos Group is celebrating 39 years!

Medicare, Individual, Small Group Health and Life Insurance
Contracted with all major carriers!



Congratulations to Donald Consos, Elaine Hyche and Sonia Enslow!

WINNER:

Aetna 2020 Front Runner

Aetna 2020 Top Sales Project Eagle #1

2021 Marketplace Circle of Champions

Thank you to all our friends and clients! With our experience and over 565 members insured on Medicare, we look forward to serving our community and SmartSenior members for many more years to come!

The Consos Group (912) 303-0101

7505 Waters Avenue, #D2 · Savannah, GA 31406

May Day Word Search

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

ANCIENT	MAY DAY
BASKET	MAY QUEEN
BELTANE	MAYDAY
BLOOM	MAYPOLE
BLOSSOM	OUTSIDE
BUDS	PARADE
BUTTERFLY	PURITANS
CELEBRATE	RAINBOW
CHILDREN	RAINDROPS
COLORS	RIBBONS
FERTILITY	ROMANS
FESTIVAL	SINGING
FLOWERS	SPRING
FUN	SUNSHINE
LAUGHTER	TRADITION

Word search puzzle compliments of wordmint.com

COVID-19 VACCINE MYTH VS. FACT



Now that anyone above the age of 16 is eligible to get the Covid-19 vaccine in Georgia we are starting to hear more myths/rumors about how the vaccine works and how it affects people. Below are the facts about the Covid-19 vaccine. For more information about the myths and facts about the Covid-19 vaccines check out sjchs.org/living-smart-blog.

MYTH: The COVID-19 vaccine enters your cells and changes your DNA.

FACT: Not true. This question most commonly comes up related to the first two COVID-19 vaccines available which are designed to help your body's immune system fight the coronavirus. The messenger RNA from two of the first types of COVID-19 vaccines does enter cells, but not the nucleus of the cells where DNA resides. The mRNA does its job to cause the cell to make protein to stimulate the immune system, and then it quickly breaks down—without affecting your DNA. The CDC recommends that you should be vaccinated if you've already had COVID-19. The vaccine offers better protection for coronavirus than natural infection.

MYTH: The COVID-19 vaccine can affect women's fertility.

FACT: Not true. Currently there is no evidence that the COVID-19 vaccine will affect fertility. Confusion arose when a false report surfaced on social media, saying that the spike protein on this coronavirus was the same as another spike protein called syncitin-1 that is involved in the growth and attachment of the placenta during pregnancy. The two spike proteins are completely different and distinct, and getting the COVID-19 vaccine will not affect the fertility of women who are seeking to become pregnant, including through in vitro fertilization methods. During the Pfizer vaccine tests, 23 women volunteers involved in the study became pregnant, and the only one who suffered a pregnancy loss had not received the actual vaccine, but a placebo. Getting COVID-19, on the other hand, can have potentially serious impact on pregnancy and the mother's health. St. Joseph's/Candler encourages women to reach

out to their medical providers to discuss other questions they have about COVID-19 as it relates to fertility or pregnancy.

MYTH: Women who are breastfeeding should not receive the vaccine.

FACT: Not true. Preliminary research shows there is no evidence at this time that women who are breastfeeding should not receive the vaccine. If you have concerns about getting the vaccine, we recommend that you consult with your physician prior to receiving.

MYTH: If I've already had COVID-19, I don't need a vaccine.

FACT: Not true. While having COVID does give you some protection, the amount of time varies significantly and there is not enough information yet to know how long after the infection someone is protected. Some people might only have immunity for a few weeks while some might have immunity longer. Unless you are regularly tested for antibodies, you have no way of knowing when you are no longer protected.

MYTH: If I've already had COVID-19, I don't need a vaccine.

FACT: Not true. While having COVID does give you some protection, the amount of time varies significantly and there is not enough information yet to know how long after the infection someone is protected. Some people might only have immunity for a few weeks while some might have immunity longer. Unless you are regularly tested for antibodies, you have no way of knowing when you are no longer protected.

Source: sjchs.org/living-smart-blog

BUTTERMILK BISCUITS

INGREDIENTS

2 ½ teaspoons of baking powder	¼ teaspoon baking soda	(make sure it's cold)
2 teaspoons kosher salt	3 ½ cup all purpose flour	1 cup chilled butter milk
2 teaspoons sugar	1 cup (2 sticks) chilled butter cubed	

DIRECTIONS

Step 1

Preheat oven to 425°. Pulse baking powder, salt, sugar, baking soda, and 3½ cups flour in a food processor to combine. Add chilled butter and pulse until largest pieces of butter are the size of a pea. Transfer to a large bowl and gradually drizzle buttermilk over top, tossing with a fork as you go to incorporate. Knead mixture a few times in bowl until a shaggy dough forms (mixture will look a little dry), then turn out onto a clean surface and pat into a 1"-thick square.

Step 2

Using a knife or bench scraper, cut dough into 4 pieces. Stack pieces on top of one another, sandwiching any loose dry bits of dough between layers, and press down to flatten. Lift up dough with bench scraper and dust surface with flour. Roll dough into a 1"-thick rectangle

and trim a thin border around sides of dough to create clean edges. Cut into a 4x3 grid to make 12 biscuits (don't reroll scraps). Transfer to a parchment-lined baking sheet, spacing 2" apart; freeze 10 minutes.

Step 3

Brush tops of biscuits with melted butter and place in oven. Reduce oven temperature to 400° and bake biscuits until deep golden brown on bottom and golden on top, 20–25 minutes.

Step 4

Do Ahead: Biscuits (unbaked) can be made 1 month ahead. Freeze, uncovered, on baking sheet until solid, then transfer to a resealable plastic bag. Do not thaw before baking, but add a few minutes to baking time.

Source: bonappetit.com



National Skin Cancer Month

The month of May is National Skin cancer awareness month. One in five Americans will develop skin cancer by the age of 70. Did you know that getting a sun burn five or more times can double your chances of skin cancer. This cancer is preventable and treatable. For example when caught early melanoma has a five year survival rate of 99%.

Here top five ways to keep yourself safe from skin cancer

1. Sun Screen

The most important part is by protecting your skin with sunscreen. SPF 30 is adequate enough when outside but higher SPFs are available. Sunscreen should be applied before sun exposure. Be sure to reapply every two hours or after swimming, sweating or toweling off after going in water. Don't forget about your hands and feet. Be sure to rub sunscreen into the skin of the feet and between fingers and toes, applying well enough to avoid slips or falls.

2. Sun Protective Clothing

We know it's hot, but long sleeves are recommended. You can also look for clothes designed with SPF and sun protection. Be sure to follow manufacturer's directions on how to clean these clothes to avoid compromising the protective factor of the clothing.

3. Sun Glasses

Wear appropriate UVA/UVB sun blocking eyewear. Skin cancer can occur in the eye, mainly melanomas of the eye and orbit. In the United States, about 1,800 men and 1,500 women are diagnosed with melanoma of the eye.

4. Self-Examine

It's also important to establish a routine of skin self-exams monthly and to follow up with your dermatologist every three to six months, depending on your personal skin history, or annually for any areas of concern.

5. Mole Mapping

At the Nancy N. and J.C. Lewis Cancer & Research Pavilion, offers annual mole mapping, a digital documentation of the skin from year-to-year. Images are taken by a trained melanographer nurse and then a dermoscopy-certified dermatologist compares documented images to look for any subtle changes that might detect skin cancer lesions at an earlier stage. Keep in mind, this is not a replacement for a yearly dermatologist visit.

QUICK FACTS

- In the U.S., more than 9,500 people are diagnosed with skin cancer every day. More than two people die of the disease every hour.^{1,2, 9}
- More than 5.4 million cases of nonmelanoma skin cancer were treated in over 3.3 million people in the U.S. in 2012, the most recent year new statistics were available.
- More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.
- At least one in five Americans will develop skin cancer by the age of 70.³
- Actinic keratosis is the most common precancer; it affects more than 58 million Americans.
- The annual cost of treating skin cancers in the U.S. is estimated at \$8.1 billion: about \$4.8 billion for nonmelanoma skin cancers and \$3.3 billion for melanoma.

MELANOMA

It's estimated that the number of new melanoma cases diagnosed in 2021 will increase by 5.8 percent.

The number of melanoma deaths is expected to increase by 4.8 percent in 2021.

An estimated 207,390 cases of melanoma will be diagnosed in the U.S. in 2021. Of those, 106,110 cases will be in situ (noninvasive), confined to the epidermis (the top layer of skin), and 101,280 cases will be invasive, penetrating the epidermis into the skin's second layer (the dermis). Of the invasive cases, 62,260 will be men and 43,850 will be women.

In the past decade (2011 – 2021), the number of new invasive melanoma cases diagnosed annually increased by 44 percent.

An estimated 7,180 people will die of melanoma in 2021. Of those, 4,600 will be men and 2,580 will be women.

The vast majority of melanomas are caused by the sun. In fact, one UK study found that about 86 percent of melanomas can be attributed to exposure to ultraviolet (UV) radiation from the sun.

Compared with stage I melanoma patients treated within 30 days of being biopsied, those treated 30 to 59 days after biopsy have a 5 percent higher risk of dying from the disease, and those treated more than 119 days after biopsy have a 41 percent higher risk.

Source: *Smart Living Blog and Skincancer.org*



MERCHANT DISCOUNT UPDATES

NEW MERCHANTS

AbleMed Supply, LLC

11 Gateway Blvd S., Suite #13

Discount 10% off on all
products in store

Call 912 344-4675

Singh's Computer Help

Discount 50% off

Will travel to you and help
teach you how to use a
computer, tablet, phone and
tech devices.

Call 912-755-4667

Email:

18862@georgiasouthern.edu

Smart Choice

Private Duty Service

10% off Companionship and
Sitter Services.

Contact:

Courtney Smart

912-650-1662

LOCATION CHANGE

Marche De Macarons

Discount 8 Bag of Macarons
for 6-bag price (\$12)

New Location:

42 Abercorn St.

Savannah Ga 31401

If you know of a
business in town that might
be interested in joining our
SmartSenior discount program
please tell them to call us at
912-352-4405.

See the Next
Complete Discount List in the
July/Aug 2021 Edition
of SmartSenior!



Sign-Up for Email Updates

SmartSenior would like to email you with updates
and any changes to our program and its' activities.
This is a smart way to get "the latest" information
on what's going on in-between receiving the
SmartSenior Newsletter.

Call (912) 352-4405 today and get signed up!

Don't forget to Stay Connected and Win a free Tote Bag Full of Goodies

Call SmartSenior at (912)-352-4405 and tell us how
many of the Puzzle Prize question you answered
correctly on page 2 to be entered into a weekly
drawing to win a free tote bag full of goodies. There
will be one drawing per week through the end of June.

Moving mom into senior living seemed like a difficult decision until we toured Harmony!



Find Harmony

"Moving my mom into senior living seemed like a difficult
decision until we toured Harmony! The facility is amazing and
every person working that day was warm and welcoming. The
apartment we chose is easily accessible for her needs and she
is in capable hands 24 hrs a day. What a huge relief for us!"
- Jackie Hogan


Harmony
at Savannah

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

Call 912.228.3752 today to schedule a tour • [HarmonyatSavannah.com](https://www.harmonyatsavannah.com)

9136 Old Montgomery Road | Savannah | GA | 31406



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

ADDRESS SERVICE REQUESTED

PRSRT STD
US POSTAGE PAID
SAVANNAH, GA
PERMIT NO. 254

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!

KELLY

TOURS

912-964-2010 800-442-6152 kellytours.com

ALL WAYS AMERICA

View our digital catalog at www.allwaysamerica.com.
Smart Senior discount already included in final price.

MAY 15-19 starting at \$749pp
QUEEN ESTHER- #14484
Travel to Lancaster, PA to experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this original production! Travel on a beautifully restored 100 year old steam locomotive through Amish Country, PA. Dinner show at the Wohlfahrt Hause!

#14484

JUN 30 #14531 \$119 pp
TYBEE ISLAND DOLPHIN CRUISE
Cruise through Tybee Island's waterways in search of dolphin, bird life, estuaries, marshes and more!

#14531

MAY 11 #14539 \$139 pp
AMELIA ISLAND & CUMBERLAND SOUND
Visit the seaport community of Amelia Island and learn about its amazing past involving Timucuan Indians, pirates, shrimpers, nobles, and confederates. A locally guided cruise on the Cumberland Sound will showcase the natural beauty of the Amelia River.

#14539

May 25-26 #14517 starting at \$319 pp
GEORGIA'S GREAT OUTDOORS
On this overnight trip we visit three of the Seven Natural Wonders of Georgia! Check out the ecological & environmental Park just east of the Flint River, Radium Springs. Take in the Majesty that is Providence Canyon State Park also known as Georgia's "Little Grand Canyon". Pay a visit to the Little White house at Warm Springs with a stop at Callaway Gardens and Lane's Southern Orchards.

#14517

JUN 16 #14529 \$159 pp
GULLAH HERITAGE OF THE BEAUFORT SEA ISLANDS
Join our local expert for a 3-hour tour through the Sea Islands and follow the history of these resilient peoples. View the old plantation fields, Gullah cemeteries and travel the impressive Avenues of Oaks with entrance to the Praise House along the way. A low Country Boil lunch will then be served complete with a Gullah storyteller.

#14529

MAY 5 #14516 \$159 pp
SPILL THE TEA IN SAVANNAH
Whether you are from out of town or a local, the City of Savannah still has many delights to discover on this jam-packed day trip. Enjoy a historic trolley tour, lunch at Debi's on Bay, tea at the Davenport house and more! You even get to paint your own Savannah scene as a souvenir!

#14516

We're Here *for life.*

- ★ No-Fee Checking Accounts - for all stages
- ★ Loan Options - for all your needs
- ★ Low-Rate Visa® Credit Cards
- ★ Free Online and Mobile banking services

Banking For Generations

Open your account today!
67th & Paulsen St.
912-352-2902
MembersFirstGA.com

Your Banking, Made Simple.

Membership Means...

OWNERSHIP • OPPORTUNITY • SAVINGS • SECURITY

AARP has extended the delay for in-class Drivers' classes until AFTER SEPTEMBER 1. Please remember that you can sign up for online defensive driving classes online at aarpdriversafety.org.