



## BACK AGAIN: DISCOVER LOCAL!

SmartSenior has slowly but surely been bringing back more and more activities each month. We started by bringing back our in-person exercise/yoga and dance classes, movie days and our Annual Christmas Party. Now, we are happy to announce Discover Local is back!

Discover Local is a unique program to SmartSenior. The program looks at local merchants, museums and activities/places of interest in and around the Savannah area. We are very fortunate to live in an area that is rich with history and beautiful sites to "discover". Sometimes the "best kept secrets" are in our very own backyard! SmartSenior's have enjoyed a variety of tours in the past which included learning the "ins & outs" of the WTOC newsroom and how they produce the daily shows and news. For those who love nature and being outdoors, we have toured Bethesda School, walked the beautiful grounds and even got to meet the "famous" Donkey and her cows! SmartSenior's even learned a little about the making of spirits at our own local Ghost Coast Distillery. These are just a few places SmartSenior's have learned about in the past. Looking forward, SmartSenior is planning a wide variety of places for you to DISCOVER LOCAL! Do not forget to always check the Activities Page in your SmartSenior newsletter to see where we will be going next!

The first Discover Local tour will take place in May and will be a guided tour of Bonaventure Cemetery with a picnic box lunch included. The second tour will be at the National Museum of the Mighty Eighth Air Force with a delicious buffet lunch at Miss Sophie's Market Place. There is always a limit for the number of people who can participate in the tours. If you are interested in purchasing tickets for Discover Local, please call SmartSenior at (912) 352-4405 or for more details about the event, and please see the "Discover Local" listing in our Activities section on page 3.

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#### SMARTSENIOR OFFICE HOURS

Mon thru Fri 8:30 am – 5:00 pm  
(Closed for lunch: 12PM - 1PM)

836 E. 65th St., Ste 8  
Savannah, GA 31405  
(912) 352-4405

#### OFFICE CLOSED

May 6  
Bingo Bash

May 30  
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 \_\_\_\_\_



## The Benefits of In-Season Vegetables & Fruit

As we age, it is important to make sure we are keeping our bodies healthy. While exercise is one of the most talked about ways to be healthy as we age, having the right diet is a big factor. Eating plenty of fruits and vegetables is important at any age, because produce is a top source of fiber and other nutrients that are necessary for good health. Many of these nutrients have been shown to help prevent or lower the risk of the illnesses that occur as we advance in years. Therefore, it is more important than ever to eat a healthy diet. Below are some vegetables and fruit that are great for the aging body, but also are in season.

### VEGETABLES

**Corn:** Is rich in vitamin C, high in fiber and contains antioxidants that support the immune system.

**Cucumbers:** Has vitamin K, keeps bones healthy, can keep you hydrated and is easy to add to your diet.

**Eggplants:** Contains vitamins A, C, and high in natural plant chemicals called polyphenols, which can help your body process sugar, if you have diabetes.

**Green Beans:** High in vitamin K and contains a good amount of calcium which helps maintaining strong and healthy bones.

**Peas:** Are rich in vitamins C and E, zinc and other nutrients like vitamin A and B, which help reduce inflammation and lower risk of chronic conditions.

**Rhubarb:** Is rich in antioxidants, specifically anthocyanin's that gives it its red color. These antioxidants have anti-bacterial and anti-inflammatory benefits.

**Sweet Onion:** Are rich in Vitamin C, chromium, folate and fiber.

### FRUIT

**Apricots:** Have beta-carotene, vitamin A and are excellent for promoting eye health.

**Blueberries:** Are packed with antioxidants, high in potassium and vitamin C.

**Cantaloupe:** Contains 100% of the daily value for Vitamin C along with antioxidants that protect your cells from damage.

**Cherries:** Are low in calories, full of fiber and vitamins A,C,K.

**Kiwi:** High in vitamin C, dietary fiber, and can support digestive health.

## Senior Living with a Fresh Perspective



**Do you want to just age, or do you want to THRIVE?**  
**More friends. More fun. More living options. More great dining options. More outdoors. More you!**

Because after all, there's still always more time. And it's all yours.

**See for yourself. Tour The Social at Savannah today.**  
**Thrive, because you deserve it.**



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# Activities

## CLASSES

### Exercise Class (In Person)

Monday, May, 2,9,16,23

Monday, June, 6,13,20,27

SmartSenior Office, 836 East 65th Street, Suite 8

Call (912) 352-4405 to register

### Dance Class (In Person)

Tuesday's & Thursday's Advance Dance Class at  
10:00 a.m. – 10:45 a.m.

Tuesday's & Thursday's Beginner Dance Class at  
11:00 a.m. – 11:45 a.m.

New Location St Michael's & All Angel's Episcopal  
Church Corner of Washington and Waters Ave.

### Paint Class (In Person)

May- Wednesday's & Friday's 10:00 a.m.-12:00 a.m.

June- Wednesday's & Friday's 10:00 a.m.-12:00 a.m.

Artist/instructor, Shawn Bland, Provides instruction in  
acrylics and various subject matters. 5 classes for \$100

SmartSenior Office, 836 East 65th Street, Suite 8

Call (912) 352-4405 to register

## MOVIES

### Movies Day – (In Person – Mask Required)

#### *Desperate Riders*

Starring Drew Waters & Trace Adkins

Friday, May 13, 2:00 p.m. or

Friday, May 27, 2:00 p.m.

SmartSenior Office, 836 E 65th St, Suite 8

Call (912) 352-4405 to register (very limited space)

The Desperate Riders is a western focusing on the exploits of the main character as a heroic figure. When Kansas Red rescues a young boy named Billy during a shootout over a card game, he begs the gunman to stop an outlaw named Thorn. The villain has kidnapped the boy's mother, Carol, and the pair rides off to rescue her from his clutches.

Along the way, they encounter Leslie, a woman that has escaped Thorn and who gives them the reason behind the plot. Kansas Red and company race to stop a wedding, but is Carol truly unwilling?

### Movies Day – (In Person – Mask Required)

#### *Red Notice*

Starring Dwayne Johnson & Ryan Reynolds

Friday, June 10, 2:00 p.m. or

Friday, June 24, 2:00 p.m.

SmartSenior Office, 836 E 65th St, Suite 8

Call (912) 352-4405 to register (very limited space)

When an Interpol-issued Red Notice the highest-level warrant to hunt and capture the world's most wanted goes out, the FBI's top profiler John Hartley (Dwayne Johnson) is on the case. His global pursuit finds him smack dab in the middle of a daring heist where he's forced to

partner with the world's greatest art thief Nolan Booth (Ryan Reynolds) in order to catch the world's most wanted art thief, "The Bishop" (Gal Gadot). The high-flying adventure that ensues takes the trio around the world, across the dance floor, trapped in a secluded prison, into the jungle and, worst of all for them, constantly into each other's company.

## NEW

### Bonaventure Tour

330 Bonaventure Rd, Thunderbolt, GA 31404

Wednesday May 18th • 10:30 a.m.

**MUST PROVIDE YOUR OWN TRANSPORTATION**

**Tickets: \$10.00 per person (includes guided tour and boxed lunch)**

**(Non-Refundable unless canceled)**

**Call (912) 352-4405 for tickets and/or information**

Though not Savannah's oldest cemetery, Bonaventure Cemetery is certainly its most famous and hauntingly beautiful in Savannah. Quintessentially Southern Gothic, it has captured the imaginations of writers, poets, naturalists, photographers, and filmmakers for more than 150 years. Part natural cathedral, part sculptural garden, you transcend time on our Bonaventure Cemetery Tours. Join SmartSenior as we enjoy a guided tour of the property and a boxed picnic lunch afterwards in the adjoining picnic area. Please note: This is a walking tour. Please wear comfortable walking shoes and bring water to keep hydrated.

### National Museum of the Mighty Eighth Air Force & Lunch at Miss Sophies

175 Bourne Ave, Pooler, GA 31322

Friday, June 3rd • 10:00 a.m.

**MUST PROVIDE YOUR OWN TRANSPORTATION**

**Tickets: \$22.00 per person (includes guided tour and buffet lunch)**

**(Non-Refundable unless canceled)**

**Call (912) 352-4405 for tickets and/or information**

Located in Pooler, the National Museum of the Mighty Eighth Air Force aims to preserve the stories of courage, character and patriotism displayed by the men and women of the Eighth Air Force from World War II to the present. At the museum, you'll hear the unforgettable stories of bravery, experience a bomber mission and briefing, and see the ongoing restoration of the World War II B-17 Flying Fortress. The museum doesn't just honor the 8th Air Force – it's also home to exhibits honoring the famed Tuskegee Airmen, WASPs, and Women on the Homefront. A delicious buffet lunch will be enjoyed following the tour at Miss Sophies Market Place located at the museum.

# PHYSICAL ACTIVITY: MEDICINE FOR OLDER ADULTS

As we age, it is important that we continue to keep our bodies moving. Exercise and physical activity are good for just about everyone, especially older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses. With this being said, including exercise in your weekly routine can benefit a wide range of areas of your life.

## STAYING ACTIVE CAN HELP YOU:

- Keep and improve your strength so you can stay independent.
- Have more energy to do the things you want to do and reduce fatigue
- Improve your balance and lower risk of falls and injuries from falls.
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer.
- Sleep better at home.

- Reduce levels of stress and anxiety.
- Reach or maintain a healthy weight and reduce risk of excessive weight gain.
- Control your blood pressure.
- Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity.
- Perk up your mood and reduce feelings of depression.



While going to the gym might be hard and scary to some older adults, there are plenty of alternatives! SmartSenior offers three different types of exercise. We have our chair exercise on Monday's, line dance on Tuesday's and Thursday's and chair yoga on Wednesday's. These types of exercises are a lot of fun and can help you achieve the health benefits listed above.

SmartSenior's chair exercise class is a mixture of chair aerobics and strength circuit. The class is easy for beginners with simple clear instructions and you can rest when you need to. Class runs about 45 minutes and you can burn up to 250 calories. The class also features great classic music that you know the words to and are energy packed. Some specific benefits from participating in chair exercise class are improved posture, decreased joint pain, strengthening of bones and muscles and it boosts your mood which keeps our SmartSenior members coming back for more! SmartSenior member Carmen Lusk says, "SmartSenior classes keep me coming for more every week. Have to keep motivated and healthy." We also have an amazing instructor that teach the class, Sarah Gordon describes, "Mrs. K is hard but she is the best! A drill sergeant good at her job!" The great part about our classes is



“ To help my body stay healthy.

Jane Riner



“ Dancing and exercising compliment each other. I love it. “

Pat Thomas

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# CELEBRATING MEN: MEN'S HEALTH MONTH



Did you know that in the United States, the life expectancy for men is around 78 years old? There are several contributing factors, the biggest one being awareness. In the month of June we celebrate Dad, now is the right time to take measures to guarantee the men in our life are as healthy and physically fit as possible. In conjunction with Father's Day, June is also designated as Men's Health Month – something we must all pay attention to, as men are less likely than women to consult with the doctor, in spite of a reduced life expectancy and an increased tendency for a full 14 out of 15 of the primary reasons for death.

To sum it up: Research shows men go to the doctor less than women and are more likely to have a serious condition when they do go. Men often put their health last. Most men's thinking is, as long as they're working and feeling productive, they aren't considering the risks to their health. Encourage the older men in your life to choose a proactive stance toward healthcare such as yearly routine exams with a primary care physician to help reduce their danger of being diagnosed with these common health problems in senior men:

## CARDIOVASCULAR DISEASE

Followed by stroke, coronary disease is typically the number one cause of death around the world, and American men are at an especially high risk. Preventative steps to take consist of checking (and controlling) cholesterol and blood pressure, and switching to healthy lifestyle choices which include eating lots of vegetables and fruits, exercising, and stopping smoking.

## PROSTATE CANCER

As many as 200,000 men are expected to be informed they have prostate cancer this year alone. Men need to talk to their doctors for a recommendation on prostate cancer screenings. In addition, if you are over the age of 60 you should talk to your doctor about what kind of options you have when it comes to testing for different issues you might be having with your prostate.

## DIABETES

Diabetes is a particular worry for men, because it frequently begins without exhibiting any observable symptoms prior to advancing to an unhealthy level, which could lead to stroke, heart attack, kidney failure, blindness and amputations. Research indicates that men who work out a minimum of a half hour per day can cut the risk of developing diabetes by half.

## LUNG CANCER

As many as 90% of lung cancer cases stem from smoking; so the good news is, non-smoking men have an advantage in preventing the disease. If your loved one smokes, encourage him to consult with the doctor for assistance with quitting.

## DEPRESSION

Men are just as likely to be impacted by depression as women; however, they are more inclined to push their feelings under the rug rather than seeking help. It is critical to understand that depression is a treatable issue – and left untreated, can lead to suicidal thoughts.

*Below are additional ways to improve your overall health. All of these are applicable to everyone, but men in particular, are more prone to ignore these everyday tips to improve their overall health:*

## SKIN

Believe it or not, your skin is the largest organ in your body. By treating it with care and protecting it from the sun and the others elements, it can keep you looking young. Also, wear sunscreen, hats and protective clothing while outside. Get your skin checked out yearly for skin cancer and other routine screenings with dermatologist.

Even though women are more likely to attempt suicide, men are more likely to carry out an attempt to completion.

## VACCINES

While we do not always like getting vaccinated, it is wise to check with your healthcare professional to make sure you are up-to-date on all needed vaccines appropriate for your age. Shingles Vaccines are especially important for those who had chickenpox because you are at a higher risk for shingles.

## BONE HEALTH

Talk to your primary care physician about evaluating your risk of osteoporosis or bone thinning (it's not exclusive to women). To help prevent this, you should be making sure you are exercising daily.

## ABDOMINAL AORTIC ANEURYSM SCREENING

If you are between the ages 65, 75, and smoked, you should talk to your doctor about an abdominal aortic aneurysm screening. This screening checks for an enlarged or swollen blood vessel in your abdomen that can be extremely dangerous but it can be treated.

## SHARP MIND

Approximately 11 percent of men age 71 and older develop some form of dementia. Researchers believe that exercising your brain can help prevent it. Senior men should spend about 20 minutes a day practicing mental exercises like reading, writing, playing board games, word searches and cross word puzzles.

## EXERCISE

One of the most important tips to age smoothly is by exercising. If you can exercise consistently, you will reduce stress, risk of heart disease and even cancer. You will also notice that you will be stronger and will retain more mobility if you exercise. It is recommended by the Department of Health & Human Services that you exercise



*continued on page 7*

# THE HISTORY OF MOTHER'S DAY



Mother's Day is a holiday that honor's motherhood in all different form's around the world. This year in the United State Mothers Days will occur on Sunday, May 8. However, do you know when Mother's Day started or how it was created?

The celebration of motherhood can be linked back to the ancient Greek and Romans, who held festival's in honor of the mother goddesses Rhea and Cybele. However the clearest modern form of Mother's Day is, actually from a Christian festival know as Mothering Sunday. This celebration was a major tradition in the United Kingdom and took place on the fourth Sunday in Lent. It was seen as a time when the world would return to their "Mother Church" the main church in the vicinity to their home for a special service. Over time, the tradition began to change and become a more secular holiday, and children would give their mothers presents like flowers to show appreciation. Then the custom faded in popularity and merged with American Mother's Day as we know it in the 1930's.

The person who helped get Mother's Day to the place it is today was Anna Jarvis, she was the daughter of Ann Reeves Jarvis. After her mother's death, Anna wanted to create a day that would honor the sacrifices mother's make for their children. She later gained some financial backing from a store owner in Philadelphia. Anna organized the first official modern day Mother's Day in May 1908 at the Methodist Church in Grafton, West Virginia. Following the success, Jarvis, who was still unmarried and childless her whole life, wanted to see her holiday on the official calendar.

Jarvis started a letter writing campaign to newspapers and politicians urging them to adopt the holiday. By 1912 many states, towns and churches had already adopted the holiday and her persistence paid off in 1914 when President Woodrow Wilson signed a measure that officially established the second Sunday in May as Mother's Day.

## May Word Search

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

BEES	CATERPILLAR	MEMORIAL DAY	SOIL
BIRDS	DAFFODIL	MOTHERS DAY	SPRING
BLOSSOMS	DAISY	ORCHIRD	SUNFLOWER
BUNNY	FLOWERS	PLANTING	TULIP
BUDS	GARDEN	SEEDS	VICTORIA DAY
BUTTERFLY	LADYBUG	SHOVEL	
CAMPING	MARIGOLD		

Source: [www.Activityshelter.com](http://www.Activityshelter.com)

## UPDATE

### VISITOR RESTRICTIONS UPDATE

Due to the significant decrease in COVID cases in our community, all restrictions on visiting or accompanying patients at St. Joseph's Hospital, Candler Hospital, Lewis Cancer & Research Pavilion, Pooler Campus and Bluffton Campus have been lifted.

All visitors and co-workers will still be required to wear masks when inside the hospitals or other St. Joseph's/Candler facilities at all times.

Visiting hours for the hospitals are 8:30 a.m. to 8:30 p.m.

## MEDICINE FOR OLDER ADULTS *continued from page 4*

that if you need to take a quick break/rest during one of the exercises you can.

Did you know that line dancing is extremely good for your health? It helps with memory, balance coordination and improves the cardiovascular system. At SmartSenior, we offer line-dancing class twice on Tuesday's and Thursday's. One class is for beginners and the other is for more advance dancers. Some benefits of line dancing are balance, strengthening muscles, flexibility and improved memory. In addition to all of these benefits, line dancing also creates a great warm welcoming community. Line dancing is one of the most popular classes that we offer. SmartSenior members love what line dancing provides for them and how it has helped them, Mary Lewis says, "Dancing keeps me active and energetic. It also helps with balance and posture." Karen Olenick takes it a step further and says, "I dance for increased balance, muscle memory, socialization and fun!" While some people might think line dancing is super serious you don't need to worry, Brenda Hamilton states, "I enjoy coming to line dancing- physically, spiritually, laughter- all the fun and enjoyment of seeing others smile and laugh when we mess up and then clean up my dance steps." Therefore, you do not need to worry about not being a professional

line dancer. All that matters is that you have fun and enjoy the company of others.

Last but not least, SmartSenior's chair yoga classes. While some people think yoga is just about being flexible and bending their bodies into pretzels, it is actually much milder than you would expect. Chair yoga is a great exercise because it helps people that are struggling with limited mobility, balance issues or people who are extremely stiff. It is also easy for people to pick up and you will start to notice positive changes in your body after a few classes. The most common comment that we receive from class participants is how they gained increased flexibility. SmartSenior member Brenda Hall says she attends classes, "to assist in maintaining agility and flexibility" and Doug Cameron stated that it "keeps me flexible." Being flexible is just one of the benefits of chair yoga but very important for the aging body. Some of the other major benefits include improved strength, increased flexibility and improved special awareness, reduced stress and pain. Yoga instructor Sandy Hardy says, "Chair yoga keeps me limber and moving at 83!" It's never too late to start your own personal journey to being the "best you" possible. Call SmartSenior at (912) 352-4405 and sign up today to start reaping the benefits.

### Our Experts, Our Family



"In our Rhythm Program, we have residents close their eyes and listen to music from their past—maybe Big Band music or Perry Como... Music activates a specific part of the brain, and as with smell, it can elicit powerful memories and emotions."

- Jeffrey Gruber  
Director of Clinical Services

  
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INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

## MEN'S HEALTH MONTH *continued from page 4*

2.5 to 5 hours a week of moderate-intensity exercises and 1.25 to 2.5 hours per week.

### DIET

Food is extremely important especially as we age because it's the fuel we give our body to run on. As long as you are moderating what you eat, you will not have to cut certain foods out of your life permanently. Below are foods that are easy to incorporate into your diet:

- Fruits and vegetables fresh, frozen or in a can with every meal.
- Lean protein fish and lean meat (avoid super fatty cuts of meat).
- Three-ounce servings of whole-grain cereals, bread, rice or pasta.

Avoid using solid fats when cooking and use olive oil, sunflower oil, vegetable oil and coconut oil when making food.

This month of June, we celebrate all the men in our lives! Don't put off to tomorrow what you can do today, take care of yourself! Get out of the house more and socialize more. SmartSenior always has different events and activities each month. Try something new like line dance or come to one of our discover local events. You might find a new interest or hobby. If you need assistance with finding a primary care physician, you can call St. Joseph's/Candler's Central Referral Office at (912) 819-3360.



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**DAY TRIPS**

**JESUS, THE TEACHER**  
JUNE 25, 2022 | TRIP #14898 | \$149.00 PP

We are excited to announce that NarroWay Productions will be featuring their NEW show: "Jesus, The Teacher" for a limited engagement again in 2022. Jesus was born, crucified, and raised to life but tucked between those history-changing events is the life-changing message of Jesus. Sit in the crowd as Jesus tells the world's most famous stories and see them come to life. Watch with excitement as Jesus multiplies a little boy's lunch, then serves you a delicious fried fish lunch with fresh baked loaves, all served to your seat as part of this fun matinee show.

**MULTI-DAY TRIPS**

**LEONARDO DA VINCI AT THE BILTMORE**  
AUG 8-9, 2022 | #14934 | Single: \$519 | Double: \$429

Immerse yourself in the new exhibition series, Legends of Art and Innovation at the beautiful Biltmore Estate. The new Amherst Building, located on the grounds of the Biltmore Estate, is the setting for the much anticipated "Grandes Experiences" Legends of Art and Innovation featuring a homage to the Genius of Leonardo da Vinci. This large-scale, multi-sensory event uses the very latest in immersive technology to illuminate the remarkable life of Da Vinci, his inventions, and art masterpieces. After our Da Vinci immersion, enjoy a wine tasting at the Biltmore Winery. **Includes: 1-night hotel, 1 dinner, 1 lunch, 1 breakfast.**

**TRAIN TO PLAINS**

**JULY 9, 2022 | TRIP #14937 | \$179.00 PP**

All aboard the SAM Shortline train for a trip to Jimmy Carters hometown of Plains, GA! We board the SAM Shortline, a 1949 vintage train, and travel through the rolling farmlands of southern Georgia. Arrive at the train depot in Plains, which in 1975, served as Jimmy Carter's Presidential Campaign HQ, where a boxed lunch is served. Then, meet our guide and tour from the comfort of your coach, the town of Plains, home to Jimmy Carter. In the afternoon, visit historic Andersonville for a guided tour of the Civil War prison site before a plentiful dinner on the way home.

**VETERANS OF AMERICA TOUR**

**AUG 25-31, 2022 | #15029 | Single: \$2,044 | Double: \$1,699**

This interesting trip is our salute to our "VETERANS". Highlights include, memorials & monuments of Washington DC, Arlington National Cemetery, The US Naval Academy Annapolis, Statue of Liberty & Ellis Island NYC, U.S. Military Academy West Point and Boston's Freedom Trail. **Includes: 6-night hotel, 4 dinners, 1 lunch, 6 breakfasts.**

**GRUMPY OLD MEN AT THE ALHAMBRA**

**AUGUST 20, 2022 | TRIP #14926 | \$169.00 PP**

As one of the longest-running professional dinner theaters in the nation, the Alhambra is excited to present this classic comedy now on stage. When a mysterious lady moves in next door, two old "frenemies", who frankly can't stand each other, find old antagonisms resurface and erupt with sidesplitting consequences. It is every Grump for themselves! Lunch is served at your table before the 2:00 pm curtain.

**ELVIS REVISITED**

**AUG 29 - SEP 2, 2022 | #14945 | Single: \$1,299 | Double: \$999**

Pack your Blue Suede Shoes and travel with us to the Birthplace of Elvis Presley, Tupelo, MS. Then overnight at the luxurious Guest House at Graceland Memphis, just steps away from the music world's most important and beloved musical landmark. Spend a full day exploring Graceland, his jets, cars and grounds & experience "Elvis Presley's Memphis" a NEW entertainment complex of Immersive & Interactive exhibits. Enjoy Beale Street and tour Sun Studios. **Includes: 4-night hotel, 2 dinners, 4 breakfasts.**

**HIGH TEA AT HOPEWEE PLANTATION**

**OCTOBER 4, 2022 | TRIP #14998 | \$169.00 PP**

Explore the home from top to bottom, room by room, including the two original slave cabins that still stand on the grounds. Then join Ms. Zenobia Harper for a Gullah tour of the property which will focus on the enslaved African's who worked the Plantation and then flourished into a thriving community & culture. Then it's time for a High Tea at the River Oak Cottage Tearoom. Finally, we meet our local expert step on guide for a tour of Georgetown.

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For more information contact us at:

(912) 303-0101

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