




Member Appreciation Day

 **FRIDAY, JUNE 12**

 **10:00 AM - 2:00 PM**

 **SMARTSENIOR OFFICE**

Calling all members! We are incredibly grateful that you are a member of our SmartSenior program and want to say "Thank you". We are dedicating a day just for you to show our appreciation!

Please stop by the SmartSenior Office and pick out a member appreciation gift. Light refreshments will be served as well.

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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

Memorial Day (May 25)

Juneteenth (June 19)

MEMBER SPOTLIGHT

Elizabeth Massey, fondly known as “Liz,” was born in Chapel Hill, North Carolina. She is the firstborn in her family. At three years old, she had an imaginary friend named Katherine. An interesting coincidence is that Liz, throughout her life, keeps making friends named Katherine.



Liz lived in Paris for nine months when she was in college, and her adventurous side continued. She traveled to India by herself for a month with no cellphone. Can you imagine being totally on your own and going to a place where you do not know anyone? When I asked Liz what brought her to Savannah, she simply said, “the water.” Her goal at age 70 is to swim the Shark’s Swim in San Francisco, which will be in a few years.

Liz had her own photography studio and was a fine art photographer. She had gallery shows in Atlanta. In Drawbridge, California, she was an art counselor who brought expressive arts facilitation to groups in transitional housing and domestic violence shelters.

Her inspiration to start practicing yoga came from several teachers in California, which became the pivot time in her life. Liz also worked at the Jepson Center/ Telfair Museum as a creative art therapist in their outreach program. However, Liz feels her heart is with yoga. She has been doing yoga since 1999 and trained with Subtle Yoga in Asheville, North Carolina, with a public health focus, obtaining both 200 and 500 hours of certification. Liz also has a 100-hour therapeutic yoga certification from Phoenix Rising.

She has done gentle yoga, chair yoga and yoga for special needs. Liz teaches a chair yoga class here at SmartSenior, and it is a very popular class. In the future, she is considering expanding her training to include aqua yoga.

Liz loves walking her dogs, even though they zigzag. She loves her book club, swimming, Auspicious Bakery (*especially the pastries and the people*), and most of all her family.

Lastly, Liz would like to share these words of wisdom: “Yoga has helped her find physical balance and balance of the mind.” She really enjoys how it has helped her to have compassion and boundaries.



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?

- **New hours** are Monday – Friday 8:00 a.m. – 4:00 p.m.
- **“Lunch and Learn”** Marsh Auditorium doors will be opening at 11:00 a.m.
- Stop by to see our newly remodeled “puzzle room!”
- Keep on the lookout for new and upcoming [Discover locals](#) and community events.
- **Merchant discounts** have been updated – Autos shine renewed!
- Friendly reminder that all paying events are non-refundable.

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.

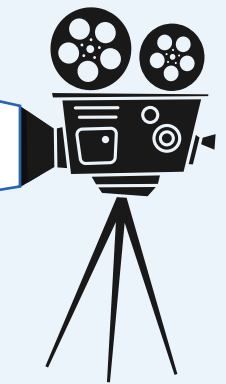
Intro Mahjong

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.

MAY & JUNE MOVIE SCHEDULE

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



First Knight (PG-13)

May 15 at 1 p.m.

Starring: Sean Connery, Richard Gere and Julia Ormond

A new vision Of King Arthur's Camelot. A vision of breathtaking battles, of heart-pounding courage, of the undeniable love that brought an entire kingdom to its knees and of undying passions that made it live forever.

The High Note (PG-13)

May 29 at 1 p.m.

Starring: Dakota Johnson, Tracee Ellis Ross, and Bill Pullman

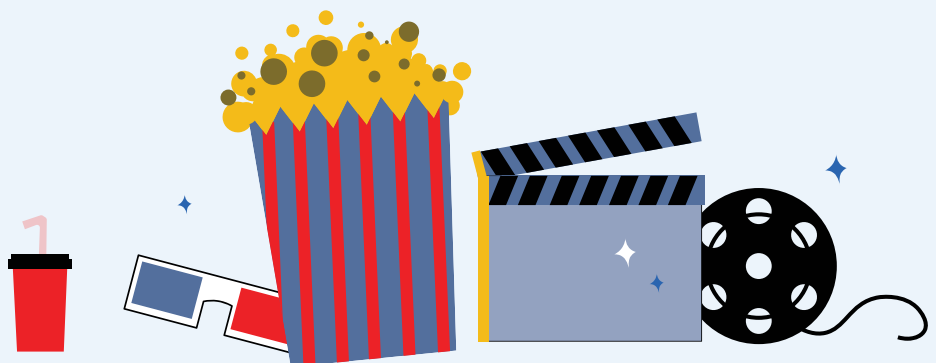
A superstar singer and her overwhelmed personal assistant are presented with a choice that could alter the course off their perspective careers.

Joyful Noise (PG-13)

June 5 at 1 p.m.

Starring: Queen Latifah, Dolly Parton, and Chole Bailey

A small Georgia town has fallen on hard times and is counting on the church choir to lift everyone's spirits by winning the national Joyful Noise Competition.



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Bingo Bash 11 a.m.
4	5	6	7	8
Exercise Class 9:30 a.m.	Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	Advanced Line Dancing 10 a.m.	Discover Local – Fort Pulaski 11 a.m.
Tai Chi 11 a.m.	Beginner Line Dancing 11 a.m.	Chess 1 p.m.	Beginner Line Dancing 11 a.m.	
Advanced Mahjong 1 p.m.	Game Day 1 p.m.	Chair Yoga 2 p.m.	Intro Mahjong 1 p.m.	
	Rummikub 2 p.m.		Game Day 1 p.m.	
11	12	13	14	15
Exercise Class 9:30 a.m.	Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	Advanced Line Dancing 10 a.m.	Book Club 11 a.m.
Tai Chi 11 a.m.	Beginner Line Dancing 11 a.m.	Chess 1 p.m.	Beginner Line Dancing 11 a.m.	Movie Day 1 p.m.
Advanced Mahjong 1 p.m.	Lunch & Learn 11:30 a.m.	Chair Yoga 2 p.m.	Intro Mahjong 1 p.m.	
	Game Day 1 p.m.		Game Day 1 p.m.	
	Rummikub 2 p.m.			
18	19	20	21	22
Exercise Class 9:30 a.m.	Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	Advanced Line Dancing 10 a.m.	Alzheimer's Awareness 1-3 p.m.
Tai Chi 11 a.m.	Beginner Line Dancing 11 a.m.	Chess 1 p.m.	Beginner Line Dancing 11 a.m.	
Advanced Mahjong 1 p.m.	Game Day 1 p.m.	Chair Yoga 2 p.m.	Intro Mahjong 1 p.m.	
	Rummikub 2 p.m.		Game Day 1 p.m.	
25	26	27	28	29
Office Closed for Memorial Day	Advanced Line Dancing 10 a.m.	Sew Girls Group 9 a.m.	Advanced Line Dancing 10 a.m.	Movie Day 1 p.m.
	Beginner Line Dancing 11 a.m.	Chess 1 p.m.	Beginner Line Dancing 11 a.m.	
	Game Day 1 p.m.	Chair Yoga 2 p.m.	Intro Mahjong 1 p.m.	
	Rummikub 2 p.m.		Game Day 1 p.m.	

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p> Exercise Class 9:30 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</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> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</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> Movie Day 1 p.m.</p>
8	9	10	11	12
<p> Exercise Class 9:30 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</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> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</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> Member Appreciation 10 a.m.-2 p.m.</p>
15	16	17	18	19
<p> Exercise Class 9:30 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</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> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</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> Office Closed for Juneteenth</p>
22	23	24	25	26
<p> Exercise Class 9:30 a.m.</p> <p> Book Club 11 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</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> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</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> Intro Mahjong 1 p.m.</p> <p> Game Day 1 p.m.</p>	<p> Discover Local - Auspicious/Oatland 8:30 a.m.</p>
27	28	29	30	
<p> Exercise Class 9:30 a.m.</p> <p> Tai Chi 11 a.m.</p> <p> Advanced Mahjong 1 p.m.</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> Sew Girls Group 9 a.m.</p> <p> Chess 1 p.m.</p> <p> Chair Yoga 2 p.m.</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>	



MAY 2026 EVENTS

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

Bingo Bash

Friday, May 1 | 11 a.m. | Alee Temple, 100 Eisenberg Drive
Tickets to this event are sold out. Doors to this event will not be opened until 11:00 a.m.

Discover Local | **Fort Pulaski**

Friday, May 8 | 11:00 a.m. | 101 Fort Pulaski Road
\$10.00 Admission per person at the front gate. We will meet in the parking lot near the visitors' center to begin our walk on one of the trails. Then at 12:00 p.m. will head to the picnic area so bring a brown bag lunch and drink. Dessert will be provided by us. Reservations are open to the first 15 people.

Lunch & Learn | **Osteoporosis**

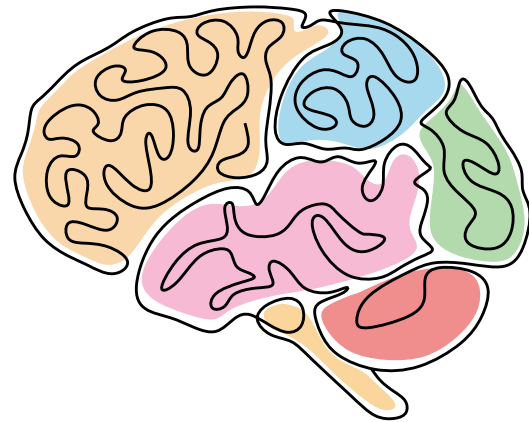
Carolyn Nelson, M.D. | Tuesday, May 12
11:30 a.m. lunch, 12:00 p.m. presentation | Marsh Auditorium
What to know about Osteoporosis for men and women. Hear about Osteoporosis, the silent disease. What it is? Who is at risk? How do they screen? Most importantly, what are the risks of untreated Osteoporosis? Reservations are open to the first 80 people.

Book Club | **The Frozen River**

Friday, May 15 | 11:00 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion and featuring *The Frozen River* by Ariel Lawhon. It is a historical fiction novel based on a true story of Martha Ballard, a midwife in 1789 living in Maine who investigates a murder and scandal, using her diary to uncover the truth and challenge the era's justices against women.

Alzheimer's Awareness Presentation

Friday, May 22 | 1:00 p.m.- 3:00 p.m. | SmartSenior Office
An exciting opportunity to learn about the impact of Alzheimer's, new advances in treatment, 10 warning signs of Alzheimer's, and other informative information. Reservations are open to the first 25 people.



JUNE 2026 EVENTS

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

★ Member Appreciation Day

Friday, June 12 | 10:00 a.m.- 2:00 p.m.
Stop by and get a member appreciation gift and treat.
We love our SmartSeniors!

Book Club | **Anatomy of an Alibi**

Monday, June 22 | 11:00 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion and featuring *Anatomy of an Alibi* by Ashley Elston. It is a thriller about two women, Aubrey and Camille, who swap lives for 12 hours so Camille can spy on her husband, Ben, but their plan goes wrong when Ben is found murdered, leaving both women needing an alibi for the same time.

Lunch & Learn | **Vestibular Related Balance Issues**

Patrick Pead, Au.D.,CC-A | Thursday, June 25th
11:30 a.m. lunch, 12:00 p.m. presentation | Marsh Auditorium
Vestibular Related Balance Issues in Seniors. Did you know that your ear is vitally important for your balance? Understanding vestibular system function and dysfunction will empower you to feel steady on your feet and reduce fall risk. Reservations are open to the first 80 people.

Discover Local | **"Bread & Butter" & Oatland Island Wildlife Center**

Friday, June 26 | 8:30 a.m. | 104 Bryan Woods Rd
Meet us at "Bread & Butter" located in the back of Auspicious Bakery for a Dutch breakfast and then we will head over for a nature walk at 10:00 a.m. to Oatland Wildlife Center. It is a \$3.00 Admission fee per person for seniors. Reservations are open to the first 15 people.



Spotlight on Dr. Carolyn Nelson

Endocrinologist brings her specialty in diabetes, hormones and metabolism treatment to Savannah region.



DR. CAROLYN NELSON, MD
Endocrinology
St. Joseph/Candler

SJ/C: What made you decide to become a doctor?

I really liked human anatomy and physiology, which pushed me towards medicine. Most of all, I enjoy the aspect of being able to work directly with patients and help them manage chronic illness, so that life is not so overwhelming.

SJ/C: What made you choose endocrinology specifically?

Endocrinology encompasses so much. It never gets boring. I like the complexities of it and the hormone pathways that feedback on each other. There's a lot of lab work that is needed, and I enjoy the challenge involved in the interpretation of these labs. I am also able to intervene and improve a lot of illnesses that I treat, which is so rewarding for me and my patients.

Additionally, I have type 1 diabetes, so that gives me a deeper connection to my patients with diabetes that I've never felt in any other field.

"I can give advice, but at the end of the day, you are the person with the disease, so you are going to be your best advocate."

SJ/C: How would you describe what endocrinology is, and what are some of the conditions that you help patients manage?

When I mention that I'm an endocrinologist, a lot of people don't know what that is. I follow that up with, 'I'm a hormone doctor.' Diabetes and thyroid disorders are probably the biggest conditions that most people know about. I treat adrenal, pituitary, and bone disorders, like osteoporosis. It's a broad field.

SJ/C: What are two pieces of advice you commonly share with patients?

The first one is to be honest with your doctors. For safety reasons, it's really important for me to know if you're not taking your medication. We are here to help and encourage in the absence of judgement.

My second piece of advice for patients is to be proactive in your healthcare. I can give advice, but at the end of the day, you are the person with the disease, so you are going to be your best advocate. Take control of your health, know your history and medications, and ask questions. Like I said, there's a lot of information out there, and it can get overwhelming and confusing. The best person you can get those answers from is your doctor. Don't be shy or think that you are bothering us. The more you know about a disease, the more you're going to be able to control it and the less scary it becomes.

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



THE SHOPS AT SEA PINES CENTER
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LIVE LIFE IN HARMONY



Harmony
at Savannah

Family Serving Families

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE

EXPERIENCE
YOUR VIP TOUR
& A FREE LUNCH!



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