




*give* **THANKS**  
*celebration!*

Join us on Thursday, November 21st at 11:30 am to celebrate the holiday season. Tickets are \$5.00 per person with all proceeds going to assist seniors at St. Mary's Community Center.

*See Page 3 for details.*



**VETERANS DAY**

Veterans Day is a U.S. legal holiday dedicated to American veterans of all wars, and Veterans Day 2019 occurs on Monday, November 11. In 1918, on the 11th hour of the 11th day of the 11th month, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in World War I, then known as "the Great War." Commemorated in many countries as Armistice Day the following year, November 11th became a federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became known as Veterans Day.

Source: History.com

## SANTA'S HELPERS

There are some seniors in our area who, unfortunately, will not be visited by Santa Claus. You can help bring Christmas cheer to those who might not receive any gifts during the holiday season. There are two ways to help a needy senior, you can "Pick an Ornament", or join us for our "Give Thanks Celebration" or DO BOTH!

### PICK AN ORNAMENT

Each ornament has a senior's name and a list of their Christmas wishes. SmartSenior will have these special "ornaments" available beginning November 19th. Bring your purchased gifts in a gift bag with the ornament attached to the SmartSenior office by Thursday, December 5th. St. Mary's Community Center will distribute your presents to these senior citizens.

*For more information, call Smart Senior at 912-352-4405.*

### SMARTSENIOR OFFICE HOURS

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

836 E. 65th St., Ste 8 • Savannah, GA 31405

(912) 352-4405

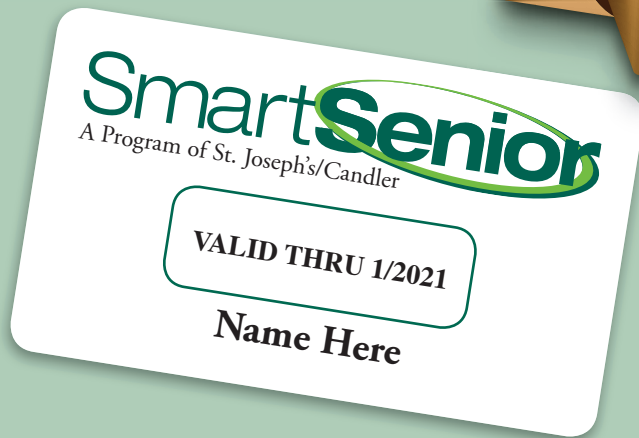
### OFFICE CLOSED

November 28 & 29, Thanksgiving

December 25 to January 1



## GIVE THE GIFT OF A MEMBERSHIP



As a member of SmartSenior, you know the benefits that are included such as informational seminars with hot meals, free movies, classes such as chair yoga, crafts, and dance lessons. The merchant discount program and SmartSenior Travel Club helped you pay for your membership. Why not give a gift membership to someone you know for the holidays? Your \$18.00 present will be a year-long gift they can enjoy and save money too! We will let the new member know of your generous gift by way of a letter included in their welcome packet.

### SmartSenior Gift Membership Form

Fill out this form, clip out and mail or bring to the SmartSenior office 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 \_\_\_\_\_

DELIVERY OPTION:     Email                       Mail

#### **CURRENT MEMBER INFO** (person purchasing new membership)

A letter will be included in the new membership packet explaining who gifted the membership.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

MEMBERSHIP DUES:     \$18 for one person     \$36 for two people

PAYMENT METHOD:     Check (payable to SmartSenior)

Credit Card Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## REGULARLY SCHEDULED ACTIVITIES

NO REGISTRATION NECESSARY FOR THE FOLLOWING LISTINGS

#### **FREE! Line Dancing** **M**

Beginner: Thursdays, 9am – 11am  
Advanced: Tuesdays, 9am – 11am  
**No classes Dec 23 to January 6**  
St. Michael and All Angels Episcopal Church, Washington & Waters Ave.

#### **FREE! Exercise Class** **S**

Mondays, 9:15am – 10am,  
SmartSenior Office.

#### **FREE! SmartSenior Walking Group** **S**

Do you enjoy walking but don't want to do it alone? SmartSenior has a walking group that walks through the Medical Arts Complex Monday thru Friday at 10:00 am (weather permitting).

#### **FREE! Jigsaw Puzzle** **S**

We have a jigsaw puzzle to work on in the SmartSenior Office. You can come and work on it at your leisure from 9:00 am to 12 noon or 1 pm to 4:30pm anytime the SmartSenior office is open.

#### **FREE! Game Day** **S**

Have fun playing a variety of games including card games, board games, and Domino's, every Monday at 10:00 am at the SmartSenior Office.

#### **FREE! Chair Yoga** **S**

Wednesdays, 2 pm – 3 pm,  
SmartSenior Office.

### EVENT LOCATIONS

**C** **Candler Hospital Marsh Auditorium**  
located on the Candler Campus, 5353 Reynolds Street, on the first floor.

**J** **St. Joseph's Hospital Sr. Cornile Meeting Rooms** located on the St. Joseph's Campus, 11705 Mercy Blvd., 2nd floor over the Emergency Department. Take the elevators located next to the Outpatient Registration Desk.

**M** **St. Michael and All Angels Episcopal Church**, Washington & Waters Ave.


**S** **SmartSenior** located at 836 E. 65th St., Ste 8

**P** **Pooler Campus** located on the Pooler Pkwy next to Lowe's.

The Staff, Board Members and Volunteers of SmartSenior want to extend our warmest wishes to all our members during the holidays. It is a pleasure to serve you and we enjoy each and every one of you every day of the year.

# NOVEMBER 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Walking Group 10AM	2
3	4 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM	5 Advance Line Dance 9AM Walking Group 10AM Craft Class 1:30PM	6 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	7 Beginner Line Dance 9AM Walking Group 10AM	8 Walking Group 10AM Lunch & Learn 11:30AM Movie Day 2PM	9
10	11 Veterans Day Exercise Class 9:15AM Walking Group 10AM Game Day 10AM	12 Advance Line Dance 9AM Walking Group 10AM Craft Class 1:30PM	13 Hearing Screening Painting Class 9:45AM Walking Group 10AM Lunch & Learn 11:30AM Chair Yoga 2PM	14 Beginner Line Dance 9AM Walking Group 10AM	15 Walking Group 10AM Medicine Event 2-4PM	16
17	18 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM	19 Advance Line Dance 9AM Walking Group 10AM Craft Class 1:30PM	20 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	21 Beginner Line Dance 9AM Walking Group 10AM Give Thanks 11:30AM	22 Walking Group 10AM	23
24	25 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM	26 Advance Line Dance 9AM Walking Group 10AM Craft Class 1:30PM	27 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	28 Thanksgiving Day Office Closed 	29 Office Closed	30

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



## NOVEMBER EVENTS

### REGULARLY SCHEDULED ACTIVITIES

See page 2 for a complete detail of listings.

### SEMINARS

#### Lunch & Learn

"Smells and Taste - They Change As We Age"

Tyler DeBlieux, MD

Friday, November 8, 11:30am

It's no surprise to many of us that certain foods just don't taste the same as they used to. What may surprise us is how smell plays a part in this change.

#### Lunch & Learn

"What's the News on Sleep Medicine?"

Anthony Costrini, MD

Wednesday, November 13, 11:30am

Dr. Costrini will update us on sleep medications, new and old. He will also discuss ways to approach end of life issues.

### SPECIAL EVENTS

#### "Give Thanks Luncheon"

Thursday, November 21, 11:30am

A traditional Thanksgiving meal will be served. Tickets - \$5.00 per person. All proceeds to benefit senior citizens at St. Mary's Community Center. Tickets can be purchased at the SmartSenior Office and are non-refundable

#### "Brown Bag Medicine Event" (By appointment only)

Friday, November 15, 2pm to 4pm

Meet one-on-one with UGA School of Pharmacy to discuss your medication(s), including prescription, over-the-counter, vitamins/ minerals or herbal supplements, and any health-related questions or concerns you may have regarding what you are taking. Please do not bring any not-in-use or out of date prescriptions as they cannot be accepted at this event.

### HEALTH & LEARNING

#### FREE! Hearing Screening (By appointment only)

Wednesday, November 13

#### SmartSenior Painting Class

Wednesdays, 9:45am - 11:45am

Artist/Instructor, Shawn Bland, provides instruction in acrylics and various subject matters. 6 classes for \$100. Supplies included.

#### Craft Classes

Tuesdays, 1:30pm - 3:30pm | See page 8 for details.

### MOVIE DAY

#### The Hustle

Friday, November 8, 2pm

Starring Anne Hathaway and Rebel Wilson

Two hard scrabble competing con artists challenge each other to a contest to scam a wealthy mark into matrimony, with the loser promising to leave town.

# DECEMBER 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM	3 Advance Line Dance 9AM Walking Group 10AM Craft Class 1:30PM	4 Defensive Driving 9AM Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	5 Office Closed Holiday Party Prep	6 Office Closed Holiday Party	7
8	9 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM	10 Advance Line Dance 9AM Walking Group 10AM Craft Class 1:30PM	11 Hearing Screening Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	12 Breakfast Bunch 9AM Beginner Line Dance 9AM Walking Group 10AM	13 Walking Group 10AM Movie Day 2PM	14
15	16 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Lunch & Learn 11:30AM	17 Advance Line Dance 9AM Walking Group 10AM Craft Class 1:30PM Wormsloe 3PM	18 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	19 Beginner Line Dance 9AM Walking Group 10AM	20 Walking Group 10AM	21
22	23 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM	24 Christmas Eve	25 Christmas Day Office Closed 	26 Office Closed	27 Office Closed	28
29	30 Office Closed	31 New Year's Eve Office Closed	JAN 2020 1 New Year's Day Office Closed 			

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



## DECEMBER EVENTS

### REGULARLY SCHEDULED ACTIVITIES

See page 2 for a complete detail of listings.

### SEMINARS

#### Breakfast Bunch **C**

"Pest Problems South of the Fall Line,"

Mike Warren, Savannah Termite and Pest Control

Thursday, December 12, 9am

Pests are picky about where they want to set up house. In the South, they seem to be everywhere. Find out what pests are more active where you live.

#### Lunch & Learn **C**

"Neighbor to Neighbor" | Kendra Tuma, Care Patrol  
Monday, December 16, 11:30am

Many seniors are aging in place in their homes. Being a good neighbor to that senior may possibly save that person's life. Learn what you can do to be a good neighbor.

### DISCOVER LOCAL

Join us as we explore local businesses and places of interest. You must provide your own transportation. Directions and details provided after your ticket purchase. Tickets are non-refundable.

Wormsloe State Historic Site | December 17, 3pm  
7601 Skidaway Rd, Savannah | Tickets - \$9

### HEALTH & LEARNING

FREE! Hearing Screening **S** (By appointment only)  
Wednesday, December 11

#### AARP Defensive Driving Class

Wednesday, December 4th, 9am – 3pm

Savannah Squares Retirement Community

Save up to 10% on your automobile insurance. \$15 for AARP members, \$20 for nonmembers.

#### SmartSenior Painting Class **S**

Wednesdays, 9:45am – 11:45am

Artist/Instructor, Shawn Bland, provides instruction in acrylics and various subject matters. 6 classes for \$100. Supplies included.

#### Craft Classes **S**

Tuesdays, 1:30pm – 3:30pm | See page 8 for details.

### MOVIE DAY

#### Christmas with the Kranks **M**

Friday, December 13, 2pm

Starring Tim Allen, Jamie Lee Curtis and Dan Aykroyd

With their daughter away, the Kranks decide to skip Christmas altogether until she decides to come home, causing an uproar when they have to celebrate the holiday at the last minute.

MEMBERSHIP IS  
A GIFT THAT LAST  
ALL YEAR LONG!



## MERCHANT DISCOUNT CHANGES

### NEW MERCHANTS

**Savannah Termite and Pest Control**  
7505 Waters Ave. #D6  
912-358-6088  
\$19 for 1st Month of Pest Control

### Pristine Poochies

310 E. Montgomery Crossroads, Ste. 14  
850-867-4011  
5% off any service & free nail smoothing

### SSP CUTZ Barbershop

310 E. Montgomery Crossroads  
912-373-4720  
10% off Every Wednesday

### Glitz & Glam Hair Studio

320 E. Montgomery Crossroads  
10% Off

### Board and Brush of Savannah

48 W. Montgomery Cross Roads  
912-675-4770  
20% off any Pick Your Project Workshop  
Use Registration Code: SMART20

### BRYAN COUNTY

**Ways Station Senior Apartments**  
201 Kroger Drive, Richmond Hill  
912-598-4100  
\$250 Off 1st Month's Rent &  
Gift Basket

### CHANGE

**YMCA of Coastal Georgia**  
75% off Joiner's Fee

### CORRECTION

**AAA Auto Club**  
712 Mall Blvd.  
912-352-8222 Ext. 2262  
Must Contact Travis Rager  
20% off Classic Membership  
(New Members Only)  
Plus Free Family Member for  
1 year

See the Next Complete Discount  
List in the Jan/Feb 2020 Edition of  
SmartSenior!

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Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

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## SLEEP AND AGING

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable
- Have memory problems or be forgetful
- Feel depressed
- Have more falls or accidents

### GET A GOOD NIGHT'S SLEEP

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- Avoid napping in the late afternoon or evening, if you can. Naps may keep you awake at night.



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[www.AssistedLivingSavannah.com](http://www.AssistedLivingSavannah.com)

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

- Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible.
- Use low lighting in the evenings and as you prepare for bed.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Avoid eating large meals close to bedtime—they can keep you awake.
- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- Remember—alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

Source: National Institute on Aging

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**Peace, Love, & Harmony**  
**Senior Services**

**NOW ACCEPTING DEPOSITS**

Harmony Senior Services is not the “home” your parents once knew. At Harmony we create an environment that allows our residents to meet new people, learn new things, and go new places - all with the security of professional care on hand, 24-hours a day, should they need it.

**Harmony**  
at Savannah

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE  
9136 Old Montgomery Rd | Savannah | 912.244.9880 | [HarmonyAtSavannah.com](http://HarmonyAtSavannah.com)

**Clover is the Medicare plan that cares.**

Clover goes above and beyond to really take care of its members—answering questions, solving problems, finding doctors, and more. Plus, you get low/no-cost extras to help you live healthier.

**Personalization**  
They take the time to get to know you and your needs and to learn how they can meet them.

**Care**  
They work closely with your doctors to make sure you get the care they recommend.

**Value**  
They provide the benefits members want, while making sure their plans are easy on your budget.

**Join me for a special Medicare session to learn more about Clover.**

Nov 6, Nov 13, Nov 20 @ 10:00 am  
1094-A Eisenhower Dr, Savannah GA

Oct 30, Nov 6, Dec 4 @ 6:00 pm  
1094-A Eisenhower Dr, Savannah GA

Call for additional locations in: Bryan, Effingham, Liberty, and Bulloch Counties Also in South Carolina: Beaufort & Jasper Counties

Seats limited RSVP your attendance:  
Tanya Pilcher (912) 318-8465

**Licensed Sales Representative**  
A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-888-781-3235 (TTY 711).\*

\*You must continue to pay your Medicare Part B premium.  
\*Between April 1st and September 30th, alternate technologies (for example, voicemail) will be used on the weekends and holidays.

Clover Health is a Preferred Provider Organization (PPO) plan and a Health Maintenance Organization (HMO) plan with a Medicare contract. Enrollment in Clover Health depends on contract renewal.

Clover Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-888-657-1207 (TTY 711). ATENCIÓN: Si usted habla español, tenemos servicios de asistencia lingüística disponibles para usted sin costo alguno. Llame al 1-888-657-1207 (TTY 711). 小贴士:如果您说普通话,欢迎使用免费语言协助服务。请拨 1-888-657-1207 (TTY 711).

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## DID YOU KNOW . . . .

...before SmartSenior was SmartSenior, we were Care65?

...our annual Holiday party is attended by over 400 area seniors every year?

...from September '18 to September '19, over 830 seniors joined SmartSenior?

...our members use our computers on average over 400 hours a month?

...the SmartSenior staff will be happy to do a presentation about SmartSenior to your church or civic organization?

...we are always looking for new books to add to our lending library?

...our current members are our greatest advertising tool for new members?

# KELLY TOURS

(912) 964-2010 • KellyTours.com

Smart Seniors receive a \$5 discount on all day trips and a 5% discount on marked overnight tours.

SAVE \$5 ON ALL DAY TRIPS!

<p><b>NUTCRACKER</b> Dec 15   \$184   Trip#13527 Join us for a spellbinding journey through space and time, where everyday objects grow to extraordinary sizes at The Fox Theatre! Lunch included before the show</p>	<p><b>MY FAIR LADY</b> Jan 25   \$189   Trip#13551 <b>\$179 if booked before Nov 1</b> Follow a young flower seller and a linguistics professor's story with hilarious and occasional disastrous results!</p>	<p><b>HELLO DOLLY</b> Feb 15   \$179   Trip#13554 <b>\$169 if booked before Nov 15</b> An irresistible show with humor, romance, high-energy dancing, and just a few of the greatest songs in musical theater history.</p>
<p><b>COLOR PURPLE</b> Feb 29   \$169   Trip#13545 Hailed as a "direct hit to the heart" by The Hollywood Reporter, follow this story about a young woman's journey to love and triumph in the American South.</p>	<p><b>CHRISTMAS TOWN USA</b> Dec 10-11   \$264 double   Trip#13526 Just north of Charlotte lies the town of McAdenville, where inhabitants have decorated their homes &amp; public buildings for over sixty years, earning the nickname, Christmas Town U.S.A.! A visit to the Billy Graham Library is also included where you will celebrate the spirit of Christmas with a live nativity scene and more! Round trip transportation, 1 night lodging, 2 meals included.</p>	<p><b>A YULETIDE CHRISTMAS</b> Dec 13-14   \$349 double   Trip#13518 St. Augustine's "Nights of Lights" holds the distinct honor of being voted one of the 10 Best Holiday Displays in the World by National Geographic. Come enjoy this holiday tradition with more than a million lights filling the Old City. Visits to Ponce de Leon's Fountain of Youth, an Old Town Trolley "Nights of Lights" Tour and a Bed and Breakfast Holiday Tour and plenty of free time to explore the city are all included in this wonderful cheery holiday trip. Round trip transportation, 1 night lodging, 3 meals included.</p>

## CRAFT CLASSES

You will be provided a supply list for each class you register for.

**Tuesday, November 5**  
Christmas Floral Arrangement

**Thursday, November 7**  
Christmas Swag Wreath

**Tuesday, November 12**  
Christmas Gift Basket

**Thursday, November 14**  
Christmas "Crafters Choice"