



Give Thanks LUNCHEON

 TUESDAY, NOVEMBER 24

 11:30 AM – 1:00 PM

 MARSH AUDITORIUM

 \$8 PER PERSON

Join us for our Annual Thanksgiving Celebration!
Enjoy a traditional feast followed by a fun activity.
Each table will have its own game of Turkey Toss.
Reservations are open to the first 80 people.



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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

Veterans Day (November 11)

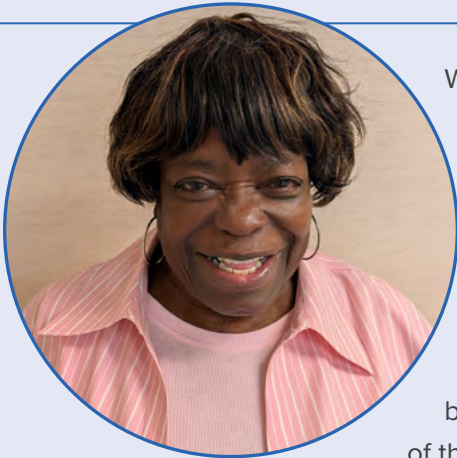
Thanksgiving (November 26-27)

Christmas (December 24-25)

MEMBER SPOTLIGHT

Leila Shelton was born in Atlanta, Georgia. She was the middle child of three girls. From the beginning, she was a daddy’s girl, spoiled by her father, who made sure that she knew just how special she was.

As she grew up, her father told her every day how beautiful she was, but high school introduced her to a different reality. For the first time, Leila discovered that her darker skin was a challenge for some students. Academically, however, Leila was unstoppable. She was a straight-A student just as her father expected. For Leila, there was only one choice for college: Spelman College. When she wasn’t accepted, she enrolled at Morris Brown College, coincidentally located on the same historic campus as Spelman. Leila’s first professional job came in the 1970’s, when she went to work for the City of Atlanta as a secretary to the Commissioner. She remained in that position for 4 years. Then one ordinary day changed the course of her life. Leila went to work as usual and headed out for her lunch. She walked her normal route to the river where some men would unfortunately shout comments at women passing by. However, this particular day, one man crossed the line. He approached her and grabbed her by the arm and refused to let go. She shouted repeatedly, “Turn me loose”. Eventually, she managed to break free. She immediately walked into the Commissioner’s office and asked to be transferred to the Atlanta Police Department.



While waiting to be accepted into the police academy, she worked the 666 phones, which later became 911. It gave her firsthand knowledge of emergency procedures, police codes, policies, and the realities of responding to people in crisis. Eventually, she was accepted into the police academy. The instructors tried to discourage her because she was a woman, petite, and because of the physical demands. Her tenacity carried her through running five miles a day, 200 push-ups, and passing her quizzes. On her final exam, her creativity and quick thinking led to the arrest without drawing her weapon and firing. She passed and graduated. By the 1980’s, Leila was an academy graduate and working patrol. At first, she had her own cruiser. Then she was assigned to one of the deadliest zones in Atlanta with a partner. Next, she was recruited to work undercover with the Federal Bureau of Investigation on a food stamp scam. Then she did other undercover work that included being a “lady of the evening.” Her wigs were legendary along with her outfits. Over her illustrious career, Leila arrested people from all walks of life, including famous preachers, newsmen, judges, and bank robbers. She even delivered two babies. Leila retired in 2002 at the age of 55 and moved to Savannah. She volunteers and loves her son, family, and life. She will soon be a great-grandmother. The words she lives by are: “Live life to the fullest without regrets!”



A Community Initiative of St. Joseph’s/Candler

55 or Better? Join Today!

Membership Request Form

If interested in becoming a SmartSenior Member, please fill out this form and return with payment to the SmartSenior office. You can also join online at sjchs.org/smartsenior, or via phone at (912) 352-4405!

Name: _____ DOB: _____

Mailing Address: _____

City: _____ State: _____ ZIP Code: _____

Primary Phone: _____ Other Phone: _____

Email: _____

Referred By:

Referrer Name: _____ Referrer Phone: _____

Annual Membership Dues: \$20

Payment Method (select one):

☐ Cash

☐ Check (payable to SmartSenior)

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

SmartSenior

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



What's new at SmartSenior?

- **SmartSenior hours** are Monday – Friday: 8:00 a.m. – 4:00 p.m. We will close early on Discover Local and Lunch Club events.
- **Review reservation policy for new updates.**
- **Merchant discounts** have been updated – stop by to see what’s new!
- Friendly reminder that all paying events are **non-refundable**.
- **Calling all members:** Please drop by the SmartSenior office during your birthday week and pick up a sweet treat!

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!

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.

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.

NOVEMBER & DECEMBER MOVIE SCHEDULE

Reservations are required for all of the following movies.

Uncle Buck (PG-13)

November 6 at 1 p.m.
Starring: John Candy, Macaulay Culkin, and Amy Madigan
Laid-back, commitment-phobic Buck babysits his brother's rebellious teenage daughter and her cute younger brother and sister.

Sabrina (PG)

November 13 at 1 p.m.
Starring: Harrison Ford, Julia Ormond, and Greg Kinnear
A remake of a movie starring Audrey Hepburn, Humphrey Bogart, and William Holden.

While You Were Sleeping (PG-13)

December 16 at 10 a.m.
Starring: Sandra Bullock, Bill Pullman, and Peter Boyle
When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate.

The Holiday (PG-13)

December 18 at 12 p.m.
Starring: Cameron Diaz, Jude Law, and Kate Winslet
Two women on the verge of an emotional breakdown swap houses for the holidays. One lives in Los Angeles and the other in England.



NOVEMBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Exercise Class – Cancelled Tai Chi 11 a.m. Advanced Mahjong 1 p.m.	Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m.	Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. PACK 10 a.m. – 12 p.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	Movie Day 1 p.m.
9	10	11	12	13
Exercise Class 9:30 a.m. Tai Chi – Cancelled Advanced Mahjong 1 p.m.	Diabetes Presentation 10 a.m. - 12 p.m. Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	Office Closed for Veteran's Day	Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	Movie Day 1 p.m.
16	17	18	19	20
Exercise Class 9:30 a.m. Tai Chi 11 a.m. Book Club 11 a.m. Advanced Mahjong 1 p.m.	Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Rummikub 2 p.m.	Sew Girls Group 9 a.m. Chess 1 p.m. Chair Yoga 2 p.m.	Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Lunch & Learn 11:30 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	Memory Café 10 a.m. Hearing Screening 11 a.m.
23	24	25	26	27
Exercise Class 9:30 a.m. Tai Chi 11 a.m. Advanced Mahjong 1 p.m.	Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Give Thanks Luncheon 11:30 am Game Day 1 p.m. Rummikub 2 p.m.	Office Hours 8 a.m. – 12 p.m.	Office Closed for Thanksgiving	Office Closed for Thanksgiving
30				
Exercise Class 9:30 a.m. Tai Chi 11 a.m. Advanced Mahjong 1 p.m.				

DECEMBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. ■ Rummikub 2 p.m.	2 ✂ Sew Girls Group 9 a.m. ♠ Chess 1 p.m. 🧘 Chair Yoga 2 p.m.	3 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 🀄 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	4 * Holiday Party Alee Temple 11 a.m.
7 🧘 Exercise Class 9:30 a.m. 🌀 Tai Chi 11 a.m. 🀄 Advanced Mahjong 1 p.m.	8 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. ■ Rummikub 2 p.m.	9 ✂ Sew Girls Group 9 a.m. ♠ Chess 1 p.m. 🧘 Chair Yoga 2 p.m.	10 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 🀄 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	11 🕒 Office Hours 8 a.m. – 10 a.m. ★ Advisory Board Party 11 a.m.
14 🧘 Exercise Class 9:30 a.m. 🌀 Tai Chi 11 a.m. 📖 Book Club 11 a.m. 🀄 Advanced Mahjong 1 p.m.	15 ☕ Cookie & Hot Cocoa Bar 10 a.m.-12 p.m. ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. ■ Rummikub 2 p.m.	16 🎬 Holiday Movie Day 10 a.m. ♠ Chess 1 p.m. 🧘 Chair Yoga 2 p.m.	17 🎲 Holiday Games 10 a.m. – 12 p.m. ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 🀄 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	18 🎬 Movie Day 12 p.m.
21 🧘 Exercise Class 9:30 a.m. 🌀 Tai Chi – Cancelled 🀄 Advanced Mahjong 1 p.m.	22 ◆ Advanced Line Dancing Cancelled ■ Beginner Line Dancing Cancelled ♠ Game Day 1 p.m. ■ Rummikub 2 p.m.	23 🕒 Office Hours 8 a.m. – 12 p.m.	24 🚫 Office Closed for Christmas Eve	25 🚫 Office Closed for Christmas
28 🧘 Exercise Class – Cancelled 🌀 Tai Chi 11 a.m. 🀄 Advanced Mahjong 1 p.m.	29 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. ■ Rummikub 2 p.m.	30 ✂ Sew Girls Group 9 a.m. ♠ Chess 1 p.m. 🧘 Chair Yoga 2 p.m.	31 🕒 Office Hours 8 a.m. – 12 p.m.	



NOVEMBER 2026 EVENTS

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



PACK | Community Event

Thursday, November 5 | 10 a.m. – 12 p.m. | 4 Mall Terrace
Join us at PACK (People of Action Caring for Kids) to give back to the community by packing lunch kits for school-age children.



Diabetes Presentation

Tuesday, November 10 | 10 a.m. – 12 p.m. | SmartSenior Office
Join us for a presentation on Advocating for Your Health, Blue Zones, and Diabetes Nutrition, led by Cristina Gibson and Mecca Mason from the Coastal Health District of Georgia (GADPH). Reservations are open to the first 25 people.



Book Club | *The Underground Library*

Monday, November 16 | 11 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion, featuring *The Underground Library* by Jennifer Ryan. When the Blitz imperils the heart of a London neighborhood, three young women must use their fighting spirit to save the community's beloved library in this novel based on true events from the author's life.



Lunch & Learn | Colorectal Cancer

Madiha Aziz, MD | Thursday, November 19
11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium
Dr. Madiha Aziz, Colorectal Surgeon with St. Joseph's/Candler, will be speaking about colorectal cancer, the natural progression of the disease, and the importance of screening. The new guideline is to start at age 45 (not 50), and the rate of colorectal cancer is actually going up. Reservations are open to the first 80 people.



Memory Café

Friday, November 20 | 10 a.m. | SmartSenior Office
The RiteCare Center is partnering with SmartSenior to offer Memory Café. This is a monthly gathering to allow individuals to connect, socialize, and build new support networks. Memory Café is facilitated by the graduate students in speech-language pathology at Georgia Southern University. Reservations are open to the first 25 people.



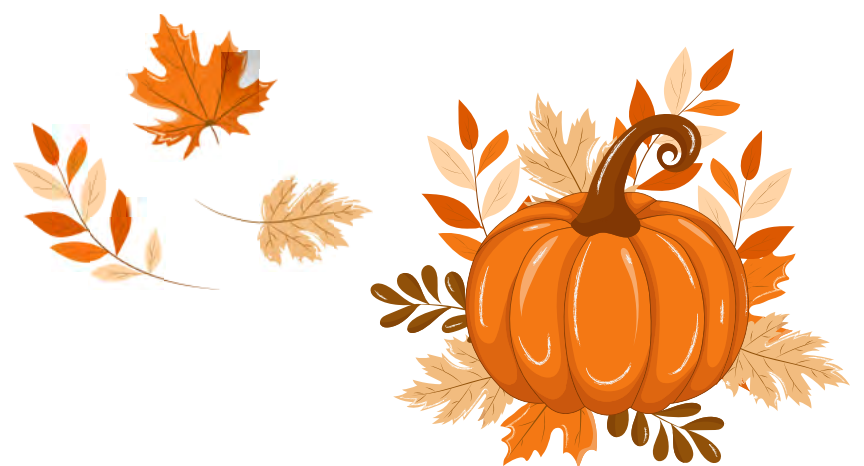
Hearing Screening

Friday, November 20 | 11 a.m. | SmartSenior Office
The RiteCare Center is partnering with SmartSenior to offer basic Hearing Screening. Hearing Screenings are facilitated by the graduate students in speech-language pathology at Georgia Southern University. Reservations are open to the first 25 people.



Give Thanks Luncheon

Tuesday, November 24 | 11:30 a.m. | Marsh Auditorium
Join us for our Annual Thanksgiving Celebration! Enjoy a traditional feast followed by a fun activity.
\$8.00 per person. Reservations are open to the first 80 people.



DECEMBER 2026 EVENTS

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

* Holiday Party | Alee Temple

Friday, December 4 | 11 a.m. | 100 Eisenberg Dr.
This is a sold-out event. Tickets for this event are sold in advance, and seats are assigned.



Book Club | *The Forgotten Room*

Monday, December 14 | 11 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion, featuring *The Forgotten Room* by Beatriz Williams, Karen White, and Lauren Willig. 1945: When critically wounded Captain Cooper Ravenel is brought to a private hospital on Manhattan's Upper West Side, young Dr. Kate Schuyler is drawn into a complex mystery that connects three generations of women in her family to a single extraordinary room in a Gilded Age mansion.



Cookie & Hot Cocoa Bar

Tuesday, December 15 | 10 a.m. – 12 p.m. | SmartSenior Office
Join us for a drop-by to pick up a Christmas cookie and hot cocoa. Sugar, spice, and everything nice. You do not have to make a reservation.



Holiday Games

Thursday, December 17 | 10 a.m. – 12 p.m. | SmartSenior Office
Join us for some holiday laughter and fun! Reservations are open to the first 25 people.



Spotlight on Dr. Madiha Aziz

The only female fellowship-trained colorectal surgeon in the region



DR. MADIHA AZIZ
Colon and Rectal Surgery
St. Joseph's/Candler

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

I was drawn to medicine because I wanted a career that combined science, problem-solving, and, most importantly, the opportunity to make a meaningful difference in people's lives. I have always loved learning, understanding how things work technically, and working with my hands. From a very young age, I knew I wanted a profession centered around people and easing their suffering.

As I went through medical school and training, I came to appreciate what a unique privilege it is to be a physician. Patients place an extraordinary amount of trust in us. They trust us with their well-being, their health, their bodies, and quite literally their lives. Those are some of the most important things we have—things that cannot be replaced—and being entrusted with them is both an honor and a tremendous responsibility.

That trust is something I never take for granted. I feel very fortunate that medicine allows me to build meaningful relationships with people, to listen to what matters most to them, and to be there for them during some of the most important and sometimes vulnerable moments of their lives.

Ultimately, that combination of science, human connection, and the opportunity to make a real difference in someone's life is what made me want to become a doctor—and what continues to make me grateful that I chose this profession.

SJ/C: What made you choose to specialize in the comprehensive care of colon, rectal, and anorectal conditions?

What drew me to colorectal surgery was the unique combination of complexity, precision, and the very real impact we can have on a person's quality of life. I was fascinated by how many different conditions fall within this specialty and how each patient requires a thoughtful, individualized approach.

One thing that has become especially meaningful to me is realizing just how many of us are suffering in silence. Conditions involving this part of the body can feel embarrassing or uncomfortable to talk about, and patients may assume that their symptoms are simply something they have to live with. I am here to say they are not. Very emphatically. Sometimes a problem may seem “minor” medically, but if it is affecting someone's ability to leave the house, sleep comfortably, exercise, travel, socialize, or simply feel confident in their daily life, it is not minor at all. I want my patients to know that they don't have to be embarrassed and that their concerns deserve to be heard.

I also appreciate that colorectal surgery allows me to care for patients throughout very different stages of their lives.

Whether someone is seeking help for a problem they have quietly lived with for years or facing a major diagnosis, I want them to feel that they have a physician who will listen carefully, explain their options clearly, and treat them with compassion and respect.

Ultimately, I chose colorectal surgery because it allows me to combine the technical challenge of surgery with something I value deeply as a physician: helping people feel better, function better, and get back to the life they want to live.

SJ/C: What is a Colorectal Surgeon, and what conditions do you treat?

A colorectal surgeon is a surgeon who specializes in surgical care of conditions affecting the colon, rectum, and anus. We are trained to treat a wide range of problems, from common conditions that can significantly affect quality of life to complex diseases that require advanced medical or surgical care.

Many people think of colorectal surgeons primarily as cancer surgeons, and while caring for patients with colon and rectal cancer is an integral part of my practice, there is so much more to it. I also care for patients with conditions such as hemorrhoids, anal fissures, fistulas, diverticular disease, inflammatory bowel disease, rectal prolapse, fecal incontinence, anal warts, and, of course, colon, rectal, and anal cancer.

One of the things I want people to know is that they do not need to live with a colorectal problem simply because they feel embarrassed to talk about it or because they assume it is just a normal part of getting older. Symptoms such as rectal bleeding, changes in bowel habits, constipation, difficulty with bowel movements, leakage, pain, or a new lump or change around the anus deserve to be discussed with a physician.

My goal is to make those conversations as comfortable and straightforward as possible. Sometimes the best treatment is a simple intervention or a change in management, and sometimes surgery is appropriate. The important first step is understanding what is causing the problem and discussing the options with someone who specializes in this area.

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

First, I encourage people not to ignore changes in their bowel habits or in their body simply because they are getting older. Changes such as new bleeding, a persistent change in bowel habits, increasing constipation, abdominal or rectal pain, or problems with bowel control are worth discussing with your doctor. It doesn't necessarily mean that something serious is wrong, but it does mean that it is worth potentially looking into. You know your body best, so if you have a question or a concern, you should voice it.

Second, I tell my patients that there is no need to be embarrassed about talking about colorectal or bowel problems. I understand that these can be very personal subjects, but I have these conversations every day. What may feel awkward or embarrassing to a patient is simply an important part of their health to me. My job is to listen without judgment, help them understand what is going on, and work with them to find a solution. Thank you for trusting me.

Ultimately, I want my patients to feel comfortable speaking up when something doesn't feel right. Your quality of life matters, and you don't have to simply learn to live with a problem that may be treatable.



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

RESERVATIONS

We are pleased to have so many of our members participating in our events. To ensure that all members have a chance to come to our planned events, please see our updated reservation policy below:

- We have been coordinating with our printing company, email services, and online newsletter to make sure we can get a better estimate of when they will be mailing the newsletter. Typically, the newsletter will be sent the last week of the month.
- The day after the newsletters are mailed out, our online website will post the newsletter. The link is: www.sjchs.org/smartsenior.
- When you receive your newsletter, please call the office and leave a detailed message to include your name, telephone number, and what reservation you wish to make. The voicemail is time-stamped, and all phone messages will be returned in the order they were received. **Please understand that when you leave your message, you will receive a return phone call for confirmation of reservations within 2-3 business days. Please do not call the office to check on your reservation. It takes time to process reservations, and these calls will cause a delay. Thank you for your patience and understanding.**
- When you are calling to make a reservation, you may include yourself and **one** other member.
- For everyone to be able to enjoy a Lunch and Learn, please choose **one** from your newsletter. A PowerPoint presentation of each Lunch and Learn will be available by email to anyone unable to attend.
- If you are consistently a no-show or do not cancel your reservations, we will place you on a waitlist for the next event.

We appreciate your understanding and believe these changes will allow more members to be able to participate in and enjoy our Discover Locals, Lunch and Learns, and other planned events.