



**ANNUAL  
SMART SENIOR  
CHRISTMAS PARTY**

FRIDAY DECEMBER 3, NOON, ALEE TEMPLE  
(DOORS OPEN AT 11:30 A.M.)

JOIN US FOR MUSIC, DINING,  
DANCING AND DOOR PRIZES!

TICKETS GO ON SALE AT 10:00 A.M.  
WEDNESDAY, OCTOBER 13TH

TICKETS- \$15.00 FOR MEMBERS  
\$25.00 FOR GUEST/NON-MEMBERS

CHRISTMAS PARTY DATE AND TIME IS  
SUBJECT TO CHANGE OR BE CANCELED  
DUE TO UNFORESEEN CIRCUMSTANCES.  
PLEASE MASK IF YOU HAVE  
NOT BEEN VACCINATED.

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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

Monday, September 6<sup>th</sup>  
Labor Day



# KNOW THE DIFFERENCE BETWEEN AGING AND ALZHEIMER'S

An estimated one in nine people age 65 and older has Alzheimer's disease. Alzheimer's disease is a subgroup of dementia, which is the term for issues with memory loss and other intellectual impairments.

It is common to hear the symptoms related to Alzheimer's and think that they are just general symptoms of aging. However, there are specific differences between changes from aging and changes from Alzheimer's or dementia.

- Forgetting which day it is and remembering later can be a normal occurrence as you age, but losing track of the date or what season we are in is associated with Alzheimer's or dementia.
- Forgetting what word to use when having a conversation is a typical change when aging, but a sign of Alzheimer's or dementia is difficulty having a conversation.
- It is normal to lose things or misplace things as we age, but being unable to trace your steps to find the object is a sign of Alzheimer's or dementia.
- Missing or forgetting to make a monthly payment can happen as we age, but the inability to manage a budget or your finances is a sign of Alzheimer's or dementia.
- Making a poor decision every once in a while can be a change that happens with age, but poor decision-

making skills and impaired judgment is a sign of Alzheimer's or dementia.

This brain disorder impairs memory and judgment. Those affected by Alzheimer's may get to the point that they are completely incapacitated and require a high level of care. While there is no cure for Alzheimer's yet, there is plenty of research that has found how to best manage and deal with the disorder.

Living a full life can offset the effects of cognitive aging. The Alzheimer's Drug Discovery Foundation defines cognitive aging as changes in memory, learning, and other mental processes associated with aging. There are steps that individuals can take to lead a full life that incorporates actions that can assist brain health. Eating a diet that is healthy, balanced, and high in Omega-3 fatty acids has a proven association with better brain activity in older individuals. Getting enough sleep seems obvious, but this is the one time that the brain has during your day to heal itself and take a rest. Staying active and getting enough exercise keeps your blood flowing and your mind engaged. Stress, loneliness, and depression can all harm your brain health. Try to find ways to stay connected through your friends and family or our SmartSenior community.

Source: [sjchs.org/living-smart-blog](http://sjchs.org/living-smart-blog) and [alz.org](http://alz.org)



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## MERCHANT DISCOUNT CHANGES

### REMOVED MERCHANTS

**Eugene B. McLaurin, MD**  
(Eye Wear/Vision)

**Antioch Foot & Ankle Group**  
(Foot Care)

**Singh's Computer Help**  
(Computers)

**Gottliebs Bakery**  
(Bakeries/Desserts)

**Hester and Zipperer**  
(Florist/Garden/Gifts)

### MERCHANT UPDATE

#### AAA Auto Club

712 mall Blvd., 912-920-1093  
20% off Classic Membership and Free Family Member for first year new members only

See the Complete Discount List in the Jan/Feb 2022 Issue!



## VIRTUAL AND IN-PERSON ACTIVITIES

SmartSenior will host virtual Lunch & Learn Seminars. Simply call (912) 352-4405 and register with your email address. SmartSenior will email you a link or phone number to call to join our seminars. On the day of the Lunch & Learn, you will make a delicious meal of your choice, call or log-in to the seminar and just sit back and enjoy in the safety of your home. If you log-in through a device such as a Smart Phone, tablet or your lap top/computer, you will be able to visually see the presentation. If you call in by phone, then you will be able to “listen only” to the presentation.

### CLASSES

#### EXERCISE CLASS (In Person)

Monday, September 13,20,27, 9:15 a.m.-10:00 a.m.

Monday, October 4,11,18,25, 9:15 a.m.-10:00 a.m.

SmartSenior Office, 836 East 65th Street, Suite 8

Call (912) 352-4405 to register

#### DANCE CLASS (In Person)

Advance Dance Class at 10:00 a.m.

Beginner Dance Class at 11:00 a.m.

Tuesday's September 7,14,21,28

Thursday's September 2,9,16, 23, 30

Tuesday's October 5,12,19,26

Thursday's October 7,14,21,28

SmartSenior Office, 836 East 65th Street, Suite 8

Call (912) 352-4405 to register

#### YOGA CLASS (In Person)

Wednesday's September 1,8,15,22,29,

2:00 p.m.-3:00 p.m.

Wednesday's October 6,13,20,27, 2:00 p.m.-3:00 p.m.

SmartSenior Office, 836 East 65th Street, Suite 8

Call (912) 352-4405 to register

#### CRAFT CLASS (In Person)

Thursday, September 2,9,16, 23, 30

Thursday, October 7,14,21,28

The new added Craft Class Will require that SmartSenior Members to bring their own supplies for the crafting.

Materials will not be provided. This class will take place over 2 months. Please call the office at (912) 352-4405 to sign up and we will let you know what the craft is. The materials list will be given at the first class.

SmartSenior Office, 836 East 65th Street, Suite 8

Call (912) 352-4405 to register

#### PAINT CLASS (In Person)

September 3,10,17,24, 9:45 a.m.-11:45 a.m.

October 1,8,15,22,29, 9:45 a.m.-11:45 a.m.

Artist/Instructor, Shawn Blend, 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

### VIRTUAL SEMINARS

“How Preventable is a Stroke?”

Cristen Wood, RN, Stroke Coordinator at

St. Joseph's/Candler

Thursday September 16, 11:30 a.m.-12:30 a.m

Call (912) 352-4405 to register

Did you know that about 75% of strokes that happen annually are from people over the age of 65? Strokes are extremely preventable and if treated quickly cannot only save your life but also get you back to your normal life

sooner. Learn about stroke preventions and the stroke program at St. Joseph's/Candler with Stroke Coordinator Cristen Woods.

“The Importance of Women's Health ”

Malissa Kennedy, RN, Mary Telfair Women's Hospital at

St. Joseph's/Candler

Thursday October 21, 11:30 a.m.-12:30 a.m.

Call (912) 352-4405 to register

The month of October is National Breast Cancer awareness month. About 100,000 women are diagnosed with breast cancer each year. It's important to have information about what can put you at risk and have resources available to make sure you stay healthy. Join us with Malissa Kennedy, RN as she talks about the importance of mammograms and preventative care to help reduce your risk of breast cancer.

### MOVIES

#### Movie Day (In Person)

*The God Committee*

Starring Julia Stiles & Kelsey Grammer

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

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

SmartSenior Office, 836 East 65th Street, Suite 8

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

An organ transplant committee has one hour to decide which of three patients deserves a life-saving heart. Seven years later, the committee members struggle with the consequences of that fateful decision.

#### Movie Day (In Person)

*Respect*

Starring Jennifer Hudson & Marlon Wayans

Friday, October 8, 2:00 p.m. or

Friday, October 22, 2:00 p.m.

SmartSenior Office, 836 East 65th Street, Suite 8

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

This biopic tells the story of legendary US singer-songwriter Aretha Franklin (Jennifer Hudson) as she attempts to find her voice in 1960's America and make her mark on the music industry.

### VIRTUAL ACTIVITIES

#### FREE Bingo (Via Zoom)

Tuesday September, 7 at 2:00p.m.

Tuesday October, 5 at 2:00 p.m.

Call (912) 352-4405 to register

#### FREE Trivia (Via Zoom)

Thursday September, 23 at 2:00 p.m.

Thursday October, 19 at 2:00 p.m.

Call (912) 352-4405 to register



With some work, we can increase the health of our hearts. Since the heart is a muscle, the more you train it, the stronger it gets. The World Heart Federation celebrates World Heart Day on September 29 each year. Raising awareness about cardiovascular disease, heart attack, and stroke can teach people about prevention measures and leading healthy lives.

Atrial Fibrillation, high cholesterol, high blood pressure, and high blood sugar are a few causes of heart problems. It is not uncommon to develop heart problems while dealing with other health-related issues. The risk factors for one health issue may overlap with those of heart disease. While genetics can play a part in your risk for those factors, you can be the changemaker in your health path.

Cardiovascular disease (CVD) is the leading cause of death in both men and women 65 and older in the United States. An average of 68.5% of 60 - 79 year-olds and 85.3% of 80+ year-olds deal with CVD. The risk of disease is higher in individuals who smoke, are obese or overweight, are not physically active, have a family history of heart disease, or eat a diet with high saturated fat foods. Most of those risks are a part of your health that you can work to manage. Knowing the risks and symptoms associated with heart disease could help save your life or the life of someone you know. Typically symptoms of cardiovascular disease are a pain in the arms, head, and back; a heaviness, tightness, or pressure in the chest; shortness of breath; fatigue; nausea; and sweating.

### **ATRIAL FIBRILLATION**

Atrial Fibrillation, otherwise known as AFib or AF, is the most common type of heart rhythm disorder treated. The primary symptom is an irregular heartbeat that is either too fast or too slow. Millions of Americans experience AFib each year, and it is most common in older adults. The condition causes the upper heart chambers and the lower heart chambers not to beat in sync. While AFib is not typically life-threatening, complications could lead to stroke and even heart failure.

Doctors may recommend a variety of options to treat AFib. Typically treatments are medication, such as blood thinners or medicines that can help to regulate heart rhythm, surgery, and often lifestyle changes. Physical activity, avoiding smoking and alcohol, eating a heart-healthy diet, maintaining a healthy weight, and incorporating stress-reducing activities can help prevent AFib.

A life with AFib is still a full and long one. Many people do not have any life-changing symptoms and can work with their doctors to create a treatment plan that is right for them. Spread awareness by speaking with friends and family about warning signs and what to do in an emergency. Raising awareness and educating those around you can help everyone lead healthier and longer lives.

### **HIGH CHOLESTEROL**

As we age, our risk for high cholesterol goes up. High levels of cholesterol are a key predictor of heart disease in older individuals. Did you know that high cholesterol can have no signs or symptoms? Conversations with your doctor may help to identify whether you are at risk and how to develop a treatment plan specific to you.

### **How to take control of high cholesterol:**

#### **1. Make Healthy Eating Choices**

Cholesterol is a naturally occurring substance in your liver. Your liver creates all that you need, so try to limit food with high saturated fat, trans fat, sodium, and sugar content (such as dairy and fatty meats). Good alternatives are seafood, lean meats, whole grains, and fruits and vegetables.

#### **2. Maintain Regular Exercise**

Doctors recommend that adults have at least 2 hours and 30 minutes of exercise each week. Doctors also recommend that children and adolescents get at least 1 hour of exercise each day. Beneficial activities include walking, biking, hiking, and swimming.

#### **3. Stop Smoking**

Smoking increases your risk of heart disease by damaging blood vessels and hardening the arteries of the heart.

#### **4. Limit Alcohol Use**

Alcohol can increase cholesterol levels and fat levels in the blood. Men and women should limit the number of drinks they have a day or stop altogether.

#### **5. Take Medication as Prescribed**

A conversation with your doctor can lead to the use of medication to regulate your cholesterol levels. The type of drug used to treat high cholesterol is called statins, which slow down the liver's production of cholesterol.

### **Common Myths and Facts about Cholesterol**

**MYTH:** Cholesterol levels can't be changed and there is nothing I can do.

**FACT:** Following the guides above and checking in with your doctor can help lower your cholesterol levels and help you stay healthy.

*continued on page 5*

# HEART MONTH *continued*

MYTH: Cholesterol is bad.

FACT: Certain levels of cholesterol are essential for a healthy body. There are good and bad levels of cholesterol. Bad levels build up over time and can be managed or lowered.

MYTH: High cholesterol can be treated without medicine.

FACT: While a healthy diet and frequent exercise can help manage high cholesterol, sometimes medication is needed for some people.

## HIGH BLOOD PRESSURE

Individuals with high cholesterol often deal with high blood pressure as well. High blood pressure happens when the arteries become stiff or narrowed, forcing the heart to pump harder to get blood throughout your body. Just like high cholesterol, high blood pressure can be present with no symptoms. As we age, it is common to develop high blood pressure. It is the most common heart condition for people 75 and older.

Blood pressure is measured by finding two numbers. The first is the top number called systolic pressure, which is the pressure that the heart reaches when it pumps blood through the body. The second number, the diastolic pressure, is measured by the pressure when the heart fills with blood. Your doctor will take your blood pressure at most checkups, and you can measure it yourself at home with a blood pressure cuff.

What blood pressure number means:

- Normal blood pressure is a systolic less than 120 and a diastolic less than 80 (120/80).
- Elevated blood pressure is a systolic between 120 and 129 and a diastolic less than 80.
- Stage 1 high blood pressure is a systolic between 130 and 139 and a diastolic between 80 and 89.
- Stage 2 blood pressure is a systolic higher than 140 and a diastolic higher than 90.

A single high blood pressure measurement may not mean that you have high blood pressure. Your doctor will want to monitor you over time to find if the high blood pressure measurement is a symptom of high blood pressure.

Talking with your doctor regularly about your heart health can keep you on the right path. Cardiovascular disease can be avoided. It takes work to maintain a healthy body, but small steps and changes can lead to a longer and stronger life

Source: [sjchs.org/living-smart-blog](http://sjchs.org/living-smart-blog) and [cdc.gov](http://cdc.gov)

## SmartSenior Membership Referral Contest 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 \_\_\_\_\_

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 \_\_\_\_\_

### CURRENT MEMBER INFO (person referring new member)

Name \_\_\_\_\_

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

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

## SHARE THE BENEFITS MEMBERS CAMPAIGN



Refer a new member to SmartSenior to receive a free tote bag and be entered to win a \$100.00 Gift Card to Walmart.

As a current SmartSenior member you are the best resource we have for helping us continue to grow our program by encouraging your friends and family who are 55 or older to join and take advantage of all the benefits that SmartSenior has to offer.

It's easy to do! Just include your information under Current Member Info on the application. Give the form to a friend or family member and if they join by the end of September, you will receive a free tote bag and also be entered into the drawing for a chance to win a \$100.00 Walmart Gift Card. Call the SmartSenior office at 912-352-4405 for further information, application or additional contest forms.



# THE IMPORTANCE OF THE COVID-19 VACCINE

Now more than ever it is important to get your COVID-19 vaccine. We know that not only locally but nationwide we have seen the vaccination rate become stagnate over the last few months and in turn we have seen a huge spike in COVID-19. If we want to stop the spread of COVID-19 and more variants we need to get vaccinated. Hospitalizations all over the United States are increasing. While information is changing daily, we do know that the vaccine helps prevent COVID-19 and that it can reduce your chances of being hospitalized along with decreasing the severity of the symptoms. The benefits still outweigh any known risk. Below are 9 different benefits of getting the COVID-19 vaccine.

## Benefits

- Based on what we know about the vaccines for other diseases, experts believe that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get covid-19.
- Resume domestic travel and refrain from testing before or after travel and from self-quarantine after travel.
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States.
- Refrain from routine screening testing if feasible.
- Reduce anxiety when doing normal everyday things such as grocery shopping, eating out or traveling.
- Reduce chance of spreading COVID-19 to friends and loved ones.
- The vaccine is FREE.
- Per CDC guidance, resume many activities that you did before the pandemic.
- Helping the world eradicate COVID-19.

## What We Know about How Well COVID-19 Vaccines Are Working

COVID-19 vaccination reduces the risk of COVID-19 and its potentially severe complications. All COVID-19 vaccines currently authorized for use in the United States helped protect people against COVID-19, including severe illness in most cases, in clinical trial settings. So far, studies that have looked at how COVID-19 vaccines work in real-world conditions. To view specific data and information about the studies go to [cdc.gov/covid-19](https://cdc.gov/covid-19).

Most vaccine effectiveness data now available are related to mRNA vaccines (Pfizer-BioNTech and Moderna) because these vaccines have been available longer. CDC and other experts continue to study the effectiveness of both mRNA vaccines and the Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 vaccine in real-world conditions.

## COVID-19 Vaccines Help Protect against Severe Illness with COVID-19 Vaccine Breakthrough Cases

While COVID-19 vaccines are working well, some people who are fully vaccinated against COVID-19 will still get sick, because no vaccines are 100% effective. These are called vaccine breakthrough cases. However, there are some data to suggest that vaccination may make symptoms less severe in people who are vaccinated but still get COVID-19. This includes people 65 years and older who are at higher risk of severe outcomes from COVID-19. It typically takes about 2 weeks for the body to build protection after vaccination. You are considered fully vaccinated two weeks after your second dose of Pfizer or Moderna vaccine and two weeks after your single dose of J&J/Janssen vaccine. It is possible you could still get COVID-19. Masking is a great way to prevent transmission. Watch for CDC and local, state and federal requirements on masking and social distancing.

Below are some locations in the Savannah area where you can get the vaccine.

- Chatham County Health Department (912) 651-3378
- Village Walk Pharmacy (Savannah): Schedule Online
- Kroger: Schedule Online
- Publix: Schedule Online
- CVS: Schedule Online
- Walgreens: Schedule Online
- Walmart: Schedule Online
- Sam's Club: Schedule Online
- Compounding Solutions of Savannah: Pre-Register
- Lo Cost Pharmacy (Savannah): Schedule Online
- Or book your appointment online at <https://www.gachd.org/vaccine/>

The CDC states "Infections happen in only small proportion of people who are fully vaccinated, even with the Delta variant. However, preliminary evidence suggests that fully vaccinated people who do become infected with the delta variant can spread the virus to others." This means that the vaccines are benefiting people and protecting them from COVID-19. CDC will continue to evaluate and update public health recommendations for fully vaccinated people as more information, including on Delta and other new variants, becomes available.

Source: [cdc.gov](https://cdc.gov)



## HURRICANE GO BAG

A go bag is a bag that has all of your essential items for survival that is ready at a moment's notice. This bag can be stored in a closet or in a car.

- ✓ Canned food
- ✓ Peanut butter
- ✓ Granola bars
- ✓ 1 gallon water per person
- ✓ Flashlight
- ✓ Extra batteries
- ✓ Water proof matches
- ✓ Radio
- ✓ Fire extinguisher
- ✓ Copies of Important documents
- ✓ Medications
- ✓ Whistle
- ✓ Cash/Cashier check
- ✓ 1 change a pair of cloths
- ✓ Charge pack for your phone
- ✓ Mask
- ✓ Small Hygiene Kit
- ✓ Pet Supplies (If you have a pet)
- ✓ First Aid
- ✓ Moist Towelettes
- ✓ Plastic Bags
- ✓ Garbage Bags
- ✓ Sleeping Bag

Source: [ready.gov/kit](https://www.ready.gov/kit)



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**ANNO DOMINI NARROWAY**  
SEP 11 #14530 \$129 PER PERSON  
The Story of Stephen for a limited engagement again in 2021. Exploring the stirring story of Stephen and the Apostles, see how cowards become champions, flawed mortals become valiant martyrs and how the faith that revolutionized a world was born. As expected with a NarroWay experience, the show includes talented actors, live animals, inspiring music and a delicious lunch served prior to the matinee show by the cast themselves!



**DAUFUSKIE ISLAND**  
SEP 15 #14617 \$169 PER PERSON  
Daufuskie, located between Hilton Head Island and Savannah, is the southernmost semi-inhabited sea island in South Carolina, is only accessible by ferry and is very wild! Board the Delta Lady ferry for a cruise over to the island and keep an eye out for dolphins! Upon arrival, enjoy an included lunch at the Old Daufuskie Crab Company, a beloved local restaurant. Next, embark on a tour of the island onboard the only form of motorized transport allowed on the island - Golf Carts!



**HAMILTON!**  
MORAN THEATER JACKSONVILLE, FL  
OCT 5-6 #14680  
\$529 SINGLE \$454 DOUBLE  
DAY ONE- Travel to Jacksonville, FL, home of the Times Union Center Moran Theatre, and enjoy the most exciting and significant musical of the decade. HAMILTON is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, HAMILTON is the story of America then, as told by America now. A dinner is included before the evening 7:30pm show curtain. The show ends late this evening, so after we shall overnight at our Jacksonville area hotel. D  
DAY TWO- Following a leisurely breakfast at the hotel, we start our journey home with a stop for shopping and lunch on Amelia Island. B



**THE GLORY OF GERSHWIN**  
OCT 1 #14582 \$149 PER PERSON  
Come and experience Big Band sounds in the intimate setting of the Forte Jazz Lounge Charleston. Here, delight in the matinee performance of producers Brad and Jennifer Moranz, presentation of "The Glory of Gershwin" - a musical revue celebrating the lives and songs of George and Ira Gershwin, from their beginnings on Tin Pan Alley to their work on Broadway and Hollywood musicals, and finally to their greatest achievement, "Porgy and Bess" written right here in Charleston.



**RHYTHMS & TIMES OF MACON, GA**  
OCT 7 #14632 \$164 PER PERSON  
Macon's music heritage is like no other city in America. It's where native Little Richard Penniman, the "architect of rock 'n' roll," perfected his "wop-bop-a-loo-bop." It's where Otis Redding grew up and first uttered the impassioned strains of "Got-ta, Got-ta" on the stage of the Douglass Theatre. It's where James Brown recorded "Please, Please, Please" leading to his first record deal. Macon is where a young Phil Walden established the South's premier R&B booking and talent agency: Capricorn Records.



**HOPSEWEE PLANTATION**  
OCT 12 #14677 \$134 PER PERSON  
Hopsewee Plantation was one of the South's major rice plantations and birthplace of Thomas Lynch, Jr., a signer of the Declaration of Independence. Explore the home including the two original slave cabins that remain on the grounds. Join a storyteller for a Gullah tour of the property which will focus on the enslaved Africans who worked the plantation and then flourished into a thriving community & culture. Lunch at the plantation included



**JACKSONVILLE JAGUARS VS. ATLANTA FALCONS**  
NOV 28 #14696 \$179 PER PERSON  
Jump onboard your motor coach and head South to Jacksonville, FL and the TIAA Bank Field, one of the most fan-friendly and technologically advanced stadiums in the league and home to the Jacksonville Jaguars. Find your Section 441 on the East Upper Deck seats and enjoy the many concessions before the 1:00pm kick off. Enjoy the game as the Jaguars take on the Falcons!



**COLORS OF THE BLUE RIDGE SCENIC RAILWAY**  
OCT 28-29 #14778  
\$419 SINGLE \$349 DOUBLE  
DAY ONE- Escape into the Blue Ridge Mountains to admire nature's colors at their best! Our first stop is Dahlonega, the Appalachian town famous for a certain color: gold! Lunch on your own downtown before discovering "there's Gold in that there Dahlonega Gold museum!" View massive gold nuggets, mine maps and equipment and learn how in 1849, Dahlonega became the country's first gold rush town, twenty years before the California gold rush.  
Tonight, we'll dine at the historic Smith House, which has been doling out delicious family style country cooking since 1922. As the legend goes, original owner Captain Hall literally struck gold as he broke ground on his home. During a renovation in 2006, an employee punched a hole through the floor directly into a mine shaft! Today the mine shaft opening is the centerpiece of an exhibit that digs deep into the history of Dahlonega at the Smith House. Spend the night in the nearby town of Helen, GA. D  
DAY TWO- Following breakfast we head to the town of Blue Ridge, GA to hop on the Blue Ridge Scenic Railway. Southern Living Magazine recently classified the train ride as one of the top five attractions for experiencing fall color. The train snakes through the Chattahoochee National Forest along the beautiful Toccoa River to the mountain town of McCaysville. Here, enjoy the many lunch options available, nestled in the mountains and free time shopping along Main Street before we board the coach and head back home. B

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