



SmartSenior Annual

Holiday Party

FRIDAY, DECEMBER 4 **11:00 AM - 2:00 PM**

ALEE TEMPLE
100 EISENBERG DR.

\$25 FOR MEMBERS
AND GUESTS

Tickets will go on sale Friday, October 9th!

Due to the high volume of traffic, no regular business will be conducted on the day of ticket sales.

Seating will be assigned with ticket purchase. Please coordinate with your group prior to purchase if you would like to sit together. If you have questions about your membership status, please call prior to ticket sales. Tickets are non-refundable. **Please use the Holiday Ticket Sales Form on the back (page 8). This form is also available at the SmartSenior office.**

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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

Labor Day (September 7)

Columbus Day (October 12)

Halloween Monster Mash (October 30)

MEMBER SPOTLIGHT

Steve Theccanat is a second-generation son from East Africa. His mother was born in Tanzania, his older brother in Kenya, and Steve in Ethiopia.

As a young man, Steve dreamed of becoming a doctor. When he was unable to attend Addis Ababa University due to the Revolution, he enrolled in medical school in South India instead. After graduating in 1987, he moved to the United States and completed a residency in Psychiatry and a fellowship in public psychiatry in New York City. He worked closely with the indigent population. In 1988, he met Lou, who would become both his husband, and the love of his life. The couple later moved to New Jersey, where Steve built a successful medical career, serving as Outpatient Medical Director and Chairman of Psychiatry.

Although practicing medicine was deeply rewarding, Steve always had a strong desire to learn and master new things. When Lou expressed an interest in raising chickens, they started with four. True to his nature, Steve immersed himself in the subject, watching videos and reading books to learn everything he could about caring for them.

One day, a homesteader featured in a video mentioned raising goats and making soap. Intrigued, Steve began researching the craft and soon learned to make natural



soaps in his basement studio. His creations eventually sold in two retail stores. Not to stop there, Steve added cheesemaking to his growing list of accomplishments. He explained that cheeses such as Mozzarella, Ricotta, and Paneer (Indian cheese) are quick to make, while the Camembert aging process takes six weeks. However, making Colby, Cheddar, or Cheshire can take up to six months.

When I asked Steve what brought him to Savannah, he said “retirement.” After exploring numerous cities, including Miami, Houston, Austin, and Phoenix, he and Lou returned to Savannah for a second visit. They decided it was the place they wanted to call home and relocated in 2022.

Steve loves Savannah’s rich history, the learning opportunities through The Learning Center, and, most recently, the chance to fulfill his passion for playing and teaching the American version of Mah Jongg, which is the 19th-century Chinese version called “Mahjong.” He conducted extensive research on Mah Jongg and created two websites. One is a complete guide to the history, rules, and strategy of American Mah Jongg, and the other is to play American Mah Jongg online.

Steve’s words of wisdom are that the glass is half full. He believes in focusing on the positives in any situation and that we can make changes by focusing on what we can control.



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.
- See reservation policy updates for Holiday Party ticket sales.
- **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! 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!

Bridge

Tuesdays 2 – 3 p.m. | SmartSenior Office
Calling all Bridge players, join us to play a fun game of Bridge.

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.

SEPTEMBER & OCTOBER MOVIE SCHEDULE

Reservations are required for all of the following movies.

The Legend of Bagger Vance (PG-13)

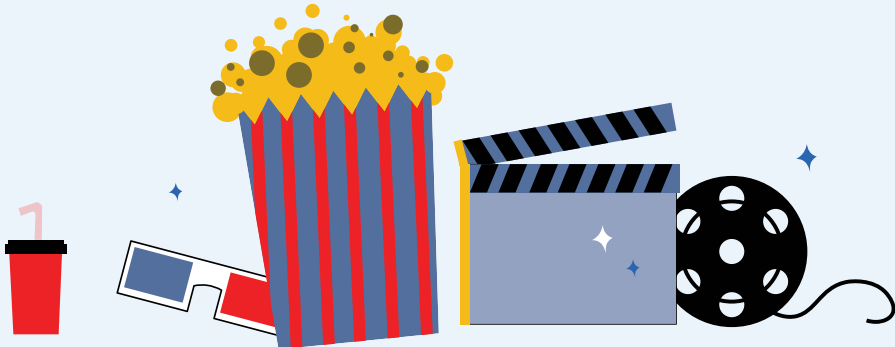
September 4 at 1 p.m.
Starring: Will Smith, Matt Damon, and Charlize Theron
During the Great Depression, Georgia socialite Adele Invergordon announces a publicity-garnering high-stakes match at her struggling family golf course, featuring the greatest golfers of the era.

What Women Want? (PG-13)

September 18 at 1 p.m.
Starring: Mel Gibson, Helen Hunt, and Alan Alda
A cocky, chauvinistic advertising executive magically acquires the ability to hear what women are thinking.

Practical Magic (PG-13)

October 16 at 1 p.m.
Starring: Sandra Bullock, Nicole Kidman, and Aidan Quinn
Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse that threatens to prevent them from ever finding true love.



SEPTEMBER 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. ♣ Bridge 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 🎬 Movie Day 1 p.m.
7 🚫 Office Closed for Labor Day	8 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. ■ Rummikub 2 p.m. ♣ Bridge 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 🍀 Lunch Club - Molly McGuire's 11 a.m.
14 🧘 Exercise Class 9:30 a.m. 🌀 Tai Chi 11 a.m. 🀄 Advanced Mahjong 1 p.m.	15 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. ■ Rummikub 2 p.m. ♣ Bridge 2 p.m.	16 ✂ Sew Girls Group 9 a.m. ♠ Chess 1 p.m. 🪑 Chair Yoga 2 p.m.	17 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 🀄 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	18 ☕ Memory Café 10 a.m. 📖 Book Club 11 a.m. 🎬 Movie Day 1 p.m.
21 🧘 Exercise Class 9:30 a.m. 🌀 Tai Chi 11 a.m. 🀄 Advanced Mahjong 1 p.m.	22 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 🎓 Lunch & Learn 11:30 a.m. ♠ Game Day 1 p.m. ■ Rummikub 2 p.m. ♣ Bridge 2 p.m.	23 ✂ Sew Girls Group 9 a.m. ♠ Chess 1 p.m. 🪑 Chair Yoga 2 p.m.	24 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 🀄 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	25 🍴 Lunch Club - King & I 11 a.m.
28 🧘 Exercise Class 9:30 a.m. 🌀 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. ♣ Bridge 2 p.m.	30 ✂ Sew Girls Group 9 a.m. ♠ Chess 1 p.m. 🪑 Chair Yoga 2 p.m.		

OCTOBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 東 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	2 Discover Local - Dave Produce / The Corner Grill 10 a.m.
5 🧘 Exercise Class 9:30 a.m. 🌀 Tai Chi 11 a.m. 東 Advanced Mahjong 1 p.m.	6 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. 🎲 Rummikub 2 p.m. ♣ Bridge 2 p.m.	7 🧵 Sew Girls Group 9 a.m. 👑 Chess 1 p.m. 🧘 Chair Yoga 2 p.m.	8 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 東 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	9 * Holiday Party Ticket Sales 8:30 a.m.-12 p.m.
12 🚫 Office Closed for Columbus Day	13 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. 🎲 Rummikub 2 p.m. ♣ Bridge 2 p.m.	14 🧵 Sew Girls Group 9 a.m. 👑 Chess 1 p.m. 🧘 Chair Yoga 2 p.m.	15 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 東 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	16 ☕ Memory Café 10 a.m. 📖 Book Club 11 a.m. 🎬 Movie Day 1 p.m.
19 🧘 Exercise Class 9:30 a.m. 🌀 Tai Chi 11 a.m. 東 Advanced Mahjong 1 p.m.	20 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. 🎲 Rummikub 2 p.m. ♣ Bridge 2 p.m.	21 🧵 Sew Girls Group 9 a.m. 👑 Chess 1 p.m. 🧘 Chair Yoga 2 p.m.	22 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 🎓 Lunch & Learn 11:30 a.m 東 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	23 Discover Local - Tybee Island Marine Science Center / Zunzibar 10 a.m.
26 🧘 Exercise Class 9:30 a.m. 🌀 Tai Chi 11 a.m. 東 Advanced Mahjong 1 p.m.	27 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. ♠ Game Day 1 p.m. 🎲 Rummikub 2 p.m. ♣ Bridge 2 p.m.	28 🧵 Sew Girls Group 9 a.m. 👑 Chess 1 p.m. 🧘 Chair Yoga 2 p.m.	29 ◆ Advanced Line Dancing 10 a.m. ■ Beginner Line Dancing 11 a.m. 東 Intro Mahjong 1 p.m. ♠ Game Day 1 p.m.	30 👻 Closed for Halloween Monster Mash Marsh Auditorim 11:30 a.m.



SEPTEMBER 2026 EVENTS

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

Lunch Club | **Molly McGuire's**

Friday, September 11 | 11 a.m. | 216 Johnny Mercer Blvd #1
Join us for a Dutch treat at Molly McGuire's. They have burgers, crab cakes, fish tacos, chicken fingers, sandwiches, soup, and more. Reservations are open to the first 15 people.

Memory Café

Friday, September 18 | 10 a.m. | SmartSenior Office
The RiteCare Center is partnering with SmartSenior to offer a 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.

Book Club | **Theo of Golden**

Friday, September 18 | 11 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion, featuring *Theo of Golden* by Allen Levi. It is about a mysterious, kind stranger named Theo, who arrives in the small Southern city of Golden, Georgia, and begins a mission to buy pencil portraits from a local coffeehouse and give them to the people depicted, asking only for their stories in return.

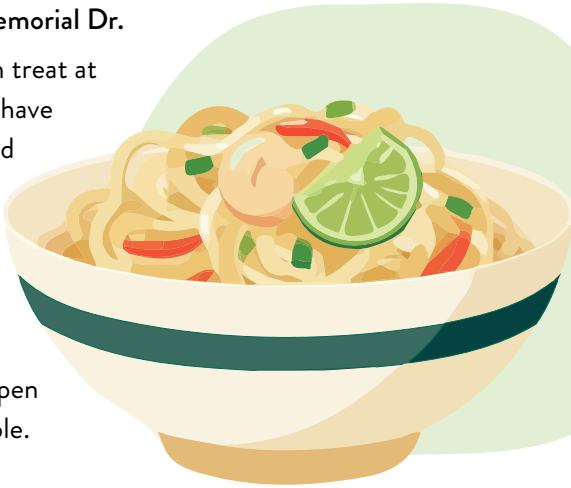
Lunch & Learn | **Coronary Artery Disease (CAD)**

Deyanira Prastein, MD | Tuesday, September 22
11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium
Dr. Deyanira Prastein, Cardiothoracic Surgeon with St. Joseph's/Candler, will be speaking on the deadliest disease that affects Americans: Coronary artery disease (CAD), risk factors, prevention, and treatment options, with emphasis on the CABG procedure. Reservations are open to the first 80 people.

Lunch Club | **King & I**

Friday, September 25, 2026 | 11 a.m.
7098 Hodgson Memorial Dr.

Join us for a Dutch treat at the King & I. They have authentic Thai Food with traditional flavors and a variety of dishes, curries, and noodle specialties. Reservations are open to the first 15 people.



OCTOBER 2026 EVENTS

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

Discover Local | **Davis Produce and The Corner Grill**

Friday, October 2 | 10 a.m. | 7755 US-80, Wilmington Island
Join us for a tour and sampling at Davis Produce. Learn about farm-to-table. Followed by a Dutch treat lunch at The Corner Grill on Whitmarsh. The Corner Grill serves burgers, customized sandwiches, salads, gyros, and more. Reservations are open to the first 15 people.

Memory Café

Friday, October 16 | 10 a.m. | SmartSenior Office
The RiteCare Center is partnering with SmartSenior to offer a 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.

Book Club | **Caller Unknown**

Friday, October 16 | 11 a.m. | SmartSenior Office
Grab a cup of coffee or tea and settle in for our next Book Club discussion, featuring *Caller Unknown* by Gillian McAllister, a high-stakes domestic thriller about a mother, Simone, whose teenage daughter is kidnapped during a Texas vacation. The kidnapper demands that she commit an unthinkable crime for her daughter's return, forcing her to choose between the law and her child's safety.

Lunch & Learn | **Personalized Breast Cancer Treatment**

Anita Johnson, MD | Thursday, October 22
11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium
Dr. Anita Johnson, Breast Surgeon with St. Joseph's/Candler, will be speaking on Breast Disease in the Mature Woman. Reservations are open to the first 80 people.

Discover Local | **Tybee Island Marine Science Center and Zanzibar**

Friday, October 23 | 10 a.m. | 37 Meddin Dr., Tybee Island
Join us for a one-hour guided gallery tour of Tybee Island Marine Science Center. \$15.00 cash per person followed by a Dutch lunch at Zanzibar on Tybee Island. Zanzibar has seafood, wings, wraps, sandwiches, and more. **Reservations are open to the first 20 people.**

Halloween Monster Mash

Friday, October 30 | 11:30 a.m. | Marsh Auditorium
Join us for a celebration packed with spooky decor, haunting dance music, and lunch. \$8.00 per person. Reservations are open to the first 80 people.



Spotlight on Dr. Deyanira (Dee) Prastein

Female cardiac surgeon brings her expertise in heart disease to Savannah



DR. DEYANIRA PRASTEIN, MD
Thoracic and Cardiac Surgery
St. Joseph/Candler

“Nothing is more valuable than your health, it is the highest form of abundance.”

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

I lived through a civil war as a child, and as frightening as the experience was, the fear of injury or loss of life turned into a purpose: I wanted to help people in their darkest time. I wanted to relieve their pain and grief in some way, and the people who were doing that work were either part of the clergy or a medical team. I decided to become a doctor to heal people. There is no greater privilege or honor than to be entrusted with someone’s life.

SJ/C: What is cardiac surgery, and what conditions do you treat?

It is a surgical specialty focusing on treating problems related to the heart. Cardiac surgery commonly involves exposing the heart via the breastbone or the ribs in order to repair a blockage, a valve, a tear, or an aneurysm. We often temporarily stop the heart and use the heart-lung machine to support the body during the surgery. The most common heart surgery we perform is coronary artery bypass grafting (CABG) which treats the deadliest disease in the world: coronary artery disease (CAD). This is a procedure in which the patient’s own arteries or veins are used to bypass coronary arteries that are partially or completely blocked. But, thanks to modern catheter-based technologies, we are also able to safely repair heart valves without surgery. Procedures like transcatheter aortic valve replacement (TAVR) or mitral valve repair (MitraClip) allow us to treat valves using small catheters leading to significantly faster recovery.

SJ/C: What made you choose heart surgery specifically?

Awe. Seeing the Grand Canyon for the first time, I felt awe, walking into the heart room for the first time, I felt awe. It is a microcosm of the absolute best in humanity where a diverse group of highly skilled people work in sync with precisely coordinated movements for the sake of one human life. It never ceases to amaze me that I have the privilege to momentarily stop the heart of someone that has been beating nonstop since its creation in the womb.

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

First, give your body time to heal, be kind to yourself. Even though surgery is for the good, it is a traumatic process and your body doesn’t know the difference between a cut from a bear claw and a scalpel. Recovery from surgery can be as taxing on your spirit as it is on your body. It is natural to feel vulnerable or frustrated by your current physical limitations, so treat yourself as you would a child, with love and patience.

Second, I encourage patients to be moderate in their approach to adopting lifestyle habits that promote long term health. I remind patients to use the stillness of the recovery time to reflect, and make small changes to their daily routine that, over time, will incrementally transform their sense of wellness and quality of life.

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.
- When you receive your newsletter, please call the office and leave a detailed message to include your name, telephone number, and what reservation you want to take. The voicemail is time-stamped, and all phone messages will be returned in the order they were received. Thank you for your patience and understanding.
- If you are consistently a no-show or do not cancel your reservations, we will place you on a waitlist for the next event.
- When you are calling to make a reservation, you may include yourself and **one** other member.
- In order 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 to be emailed to anyone unable to attend.
- Our **Holiday Party ticket sale** requires a reservation form to be completed prior to purchasing tickets. You can clip the form provided on page 8 or pick one up at the SmartSenior office. Please bring your completed form with you on the day of ticket sales. **Tickets are \$25.00 each for both members and guests, with a limit of 6 tickets per purchaser. Every guest must be accompanied by one member in the group.**

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



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

Smart Senior’s Annual

Holiday Party

Holiday Ticket Sales Form (✂ CUT THIS RESERVATION FORM OUT TO RETURN)

Ticket Sales Date:

October 9, 2026

Ticket Sales Hours:

8:30 a.m. – 12:00 p.m.

Ticket Sales Location:

SmartSenior Office

Bring this reservation form completed and filled out with member/guest names and telephone numbers. Tickets for reservations are limited to 6 per person buying tickets. Every guest must be accompanied by one member in the group. Tickets will be \$25.00 for both members and guests. This form will also be available at our SmartSenior Center prior to ticket sales.

Name	Member/Guest	Phone Number
1.		
2.		
3.		
4.		
5.		
6.		

1st Seat Choices:_____

2nd Seat Choices:_____