

November 2026

ENRICHMENT

THE INSIDER'S GUIDE TO FAYETTE SENIOR SERVICES LIFE ENRICHMENT CENTER
FAYETTEVILLE | PEACHTREE CITY

A Voyage Dinner

Set sail for an unforgettable evening of dinner, drama, and mystery on the high seas! Follow the clues and uncover the truth before the curtain falls.

A Table Full

Join this festive Thanksgiving feast where plates are full and dessert is meant to be shared. Leave full of turkey, treats and new delicious recipes.

Holiday Cravings

A bite-sized twist on a holiday classic, these delicious Pecan Pie Muffins are packed with flavor! They're made for sharing or keeping all to yourself!

Live Well. Age Well.

MURDER *on the* TITANIC

Dinner Theater

Fayette Senior Services &
Town Square Playhouse
Presents



Thursday
November
12th



5:00 p.m.
to
8:00 p.m.



FSS
Fayetteville
4 Center Dr.

Tickets Only
\$20

A night of mystery, mayhem, and murder awaits on the high seas!

PROLEVEL
RECOVERY
2 | November 20

AZALEA ESTATES
ASSISTED LIVING
AND
RETIREMENT COMMUNITY

Mark Gray, Agent
770-487-8561

 **State Farm** 770-461-0813 | FAYSS.ORG

November

featured

The Heart Behind Every Bloom 10

Behind every beautiful bloom is a volunteer who helps make it possible. Join us in celebrating the incredible hands and hearts that bring the garden to life!

Muffin To Brag About 11

Sweet, nutty, and perfectly petite, this recipe brings all the cozy flavors of the season into one irresistible bite. A festive treat that's sure to disappear fast!

A Dinner To Remember 15

Step into an evening where dinner comes with a side of drama, laughter, and unexpected twists! See if you can crack the case before the night is over.

Stuffed with Goodness 15

Gather with friends for a feast worth sharing. Bring a favorite dessert and its recipe, and leave with new flavors and inspiration for your holiday table!

2026 HOLIDAY CLOSINGS

Thanksgiving.....	November 26, 2026
Thanksgiving.....	November 27, 2026
Holidays.....	December 21, 2026
Holidays	December 22, 2026
Holidays	December 23, 2026
Christmas	December 24, 2026
Christmas	December 25, 2026

in every issue

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ABOUT US

Since 1978, Fayette Senior Services, Inc., (FSS) an independent, nonprofit, 501(c)(3) organization, has been providing a wide array of life enriching services to Fayette County residents age 50 and better. Fayette County, Georgia, is home to one of the fastest growing senior populations in metro Atlanta – and the age 50+ population segment is projected to grow an astonishing 450% by 2040. This statistic alone makes our mission — to make a meaningful difference in the emotional, social, and physical well-being of older adults — all the more critical. By fostering independence, improving quality of life, and enhancing the community connection, the programs and services we provide are an essential part of our community.

Not-for-profit FSS enjoys a unique public/private partnership with Fayette County government. Through this agreement we provide a variety of supportive services such as Meals On Wheels, Transportation, In-home Personal Care/Homemaker Services, Care Management, Information Assistance, and more. We could not do that without our government partners; however, we believe it is our responsibility to complement the public support to ensure we can continue serving Fayette's seniors for generations to come. Therefore, we feel it's important to note that less than half of our revenue comes from sources like the federal, state, and local governments.

Fayette Senior Services is recognized as a model of sustainability and social entrepreneurship among peer organizations and non-government funders. Although we are proud of this recognition, we could not do all that we do without the support from charitable donors, center members, volunteers, grantees, and the community that so generously supports our fundraising efforts.

The aging transition can be paved with a broad spectrum of challenges. However, it can also prove to be rich with opportunities. The key to “aging well” is knowledge. When it comes to addressing those unique needs, Fayette Senior Services Life Enrichment Center is the one-stop shop for empowering older adults to live well and age well.

Our Life Enrichment Centers in Fayetteville and Peachtree City are uniquely different from traditional senior centers. Our beautiful facilities are a vibrant place where adults age 50+ come to socialize with friends, enjoy a great meal in our Ultimate Café, re-energize their bodies, exercise their minds, and lift their spirits.

To make sure our programs and activities are within easy reach to more seniors, we are proud to have established a community partnership with the city of Peachtree City. We also offer many programs and activities in Peachtree City at the Gathering Place (next to “The Fred” Amphitheater).

We are proud to be making life better in our community!
The Fayette Senior Services Staff

Members can enjoy Fayette Senior Services Life Enrichment Center activities in two great locations. Membership includes both of our locations and we encourage everyone to take advantage of all we have to offer at each place!

Fayetteville Location:

4 Center Drive
Fayetteville, GA 30214
Phone: 770-461-0813
Fax: 770-461-2448
M-F 7:30 a.m. to 4 p.m.
(Same complex as the Fayette County Justice Center)

Peachtree City Location

The Gathering Place:

203 McIntosh Trail
Peachtree City, GA 30269
Phone: 770-461-0813
M-F 8:30 a.m. to 4 p.m.
(Same complex as the Frederick Brown Jr. Amphitheater)

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Donnie Davis

DIRECTOR | Paige Cotchett

DIRECTOR | Lynn Black

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When You Need a Little Help From Some Friends...

We offer supportive services that make a meaningful difference in the emotional, social, and physical well-being of older adults by preserving their independence, improving their quality of life, and connecting them to the community.

Meals On Wheels

Meals on Wheels is a needs-based program for homebound or semi-homebound seniors who are unable to provide themselves with regular nutritious meals due to physical or financial challenges. The service also connects homebound seniors to the community through daily social contact, which also helps to ensure their well-being.

AniMeals

To many homebound seniors, having a pet is a source of companionship and comfort. The AniMeals™ program is designed to give our Meals On Wheels clients a little help with the cost of pet food to make sure that maintaining that important bond isn't an added burden.

STAR Program (Seniors Together After Retirement)

Our STAR program offers individuals 60 and older an opportunity to come together for socialization, recreational activities, health and wellness classes, and a nutritious meal in our Ultimate Cafe. Transportation to and from the center may also be available to eligible participants.

Transportation

For older adults who no longer drive, getting to essential medical appointments, to the pharmacy, to church or to the grocery store can be a challenge putting their health and well-being at risk. We provide safe and affordable door-to-door transportation options. Wheelchair assistance available.

In-Home Personal Care/ Homemaker Services

This service enables older adults to

Eligibility requirements apply for some programs. Some services may be provided free of charge or based on a sliding scale of income. Tax deductible donations welcome for services. Contact us at 770-461-0813 for more information.



remain living independently by providing compassionate care from trained personnel who perform simple homemaker and/or personal care tasks, such as light housekeeping or assistance with bathing. Delivered with the utmost personal respect and dignity, our services can also bring much needed respite to caregivers.

Care Management

Our professional staff of social workers helps older adults make informed decisions to enhance independent living and quality of life. Our Care Managers offer consultations, assessments, and follow-up to assist individuals and families in planning and care. We also provide invaluable support to caregivers.

Medical Equipment Lending

We lend gently-used medical equipment to individuals, families and caregivers. Equipment is loaned on a first-come first-served basis.



Meet Our Staff!

ADMINISTRATION

Nancy Meaders
President & CEO

Dan Gibbs
Director of Operations

Morgan Lanier
Program Development
Coordinator

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

Amber Oliver
Center & Volunteer
Coordinator

Cristie Pollard
Finance Officer

THE ULTIMATE CAFÉ

Michelle Clanton
Kitchen Manager

Pedro Cruz
Sous Chef

Arnold Powell
Café Assistant

Kristie Weaver
Café Assistant

Owen Daniel
Café Assistant

MEALS ON WHEELS

Stevie Coachman
Meals On Wheels
Coordinator

Jane Rode
MOW Delivery Driver

Judy Sieman
MOW Delivery Specialist

CARE MANAGEMENT

Kelly Rigsby
Care Manager

Angie Hotard
Care Administrator

TRANSPORTATION

Jeff Wix
Transportation Manager

Adrienne Bellantoni
Transportation Coordinator

Roger Grandt
Driver

Dennis Duke
Driver

Harold Gunnin Jr.
Driver

Cheryl Hembree
Driver

Terry Billingsley
Driver

Paula Byram
Driver

Laurie Brasher
Driver

Alan Simmons
Driver

Donna Johnson
Driver

Michael Dixon
Driver

John Felbinger
Driver

Martin Anderson
Driver

Danny Tallent
Driver

Chris Clanton
Driver

Kim Oliveira
Driver

Glenn Murph
Driver

Jason Sherman
Driver

Tom Kirby
Driver

Bill Miller
Driver

Anthony Cumento
Driver

Scott Ledford
Driver



Membership

Become part of the vibrant community at Fayette Senior Services (FSS)! Your annual membership helps support the programs, services, and welcoming spaces that make FSS such a valuable resource for older adults throughout our community. As a nonprofit 501(c)(3) organization, FSS relies on membership support to help maintain our beautiful facilities while continuing to offer engaging programs, wellness opportunities, and café services at an exceptional value. For more information about FSS, please reach out in person, by phone, or by email at info@fayss.org.

Annual Membership Dues:

- Fayette County residents: \$30
- Out-of-county residents: \$90

Membership registration must be completed in person and is available at the reception desk at both of FSS' locations. Please note that mail-in applications cannot be accepted. A photo ID/proof of residency are required at the time of registration.

Volunteer Membership Benefits: Volunteers who complete 75 service hours within a 12-month period are eligible to receive a complimentary membership as a thank-you for their dedication and support.

Fayette Senior Services accepts cash, checks, and all major credit cards.

Membership Assistance:

FSS is committed to ensuring that no one is excluded due to an inability to pay. Complimentary memberships may be available through our care management team. To learn more or arrange a confidential conversation with a care manager, please call 770-461-0813.

As Fayette Senior Services continues to grow and create new opportunities for older adults, the benefits of membership continue to grow as well. Memberships are honored at both our Fayetteville and Peachtree City locations, giving you access to programs, services, and connections across the FSS community.

Advertising Information. We appreciate the support from our advertisers, which helps defray the cost of printing our newsletter. For information about FSS advertising and other sponsorship opportunities, please contact Morgan Lanier at 770-461-0813 or mlanier@fayss.org. *The appearance of advertising in Fayette Senior Services, Inc. newsletter, website, classes, programs, or other promotional materials is neither a guarantee nor an endorsement by Fayette Senior Services, Inc. of the product, service, or company or the claims made for the product in such advertising.

Membership Has Its Rewards

Just show your FSS membership card at these retailers and receive discounts:

The Art of Landscaping

1120 GA-85 in Fayetteville | (770) 461-4860
Receive a 15% discount for in-store nursery purchases when you show a valid FSS membership card. No landscaping services included.

TRINITY Services of Georgia, Inc

Electrical contractor/Low-Voltage Contractor
Ben Miller | (770) 402-0181
Helping to meet your residential, industrial and commercial electrical needs. 10% off all parts involved with service work with valid FSS membership card.

Above & Beyond Pest Management

(770) 487-9506
Receive 10% off all services from this company with a valid membership card.

TCBY

532 Crosstown Drive in Peachtree City.
(770) 631-9803
10% off your purchases when you show a valid FSS membership card.

Jolly Technologies

(678) 653-5169
Receive \$10 discount/hour (total: \$65/hour) off services for computer maintenance when you show a valid FSS membership card.

Pristine Touch Cleaning

470-580-0025
Receive a 10% discount on cleanings when you show a valid FSS membership card.. Price varies based on square footage and cleaning needs. Free quotes.

Stuffed-Tastic: Meal Prep

470-400-9396
Receive \$5 off a \$30 order when you show your FSS membership card at the Peachtree City Farmer's Market where you can find Stuffed-tastic on Wednesday and Saturdays from 9 a.m. to 1 p.m.

Visiting Guests

We welcome guests to our center, but ask that they check in at the reception desk so we can provide a tour and answer questions about membership opportunities. While guests may attend non-member indicated programs, we ask that they join as a member to participate in member based programs. Guest visits are not a substitute for membership, so guests may not participate in member exclusive programs. We welcome groups to visit our center for a tour, but to better serve you, please call 770-461-0813 in advance to schedule.

2026 Technology Sponsor



The Fitness Center

- Fayetteville -

Monday-Friday

7:30 a.m. to 4 p.m.

The fitness center is open to members for only \$10 per month. Our fitness center is a great place to get fit, enjoy friends & maintain a healthy lifestyle. Take a one-time orientation to learn about the equipment.

The Ultimate Café

- Fayetteville -

The Ultimate Café is member exclusive. It's one of the many benefits of membership! Members may bring guests to the café, but we ask that all guests sign in at the café register. Guest visits are not a substitute for membership. If a member-eligible guest has more than two visits to the café, we ask they become a member to continue enjoying the amenities.

Breakfast

Monday through Friday

8:30 a.m. to 10 a.m.

Hot breakfast item served every day

Enjoy a choice of continental breakfast items

(cereal, muffins, bagels, fruit, juice, milk).

Pricing is á la carte, plus tax.

Coffee and tea are complimentary.

Lunch

Monday through Friday

11:15 a.m. to 1 p.m.

Choose from two chef-prepared hot entrees, side dishes, soup du jour, small garden-fresh salad, choice of desserts or fruit. Pricing is á la carte, plus tax. Beverages are included with any meal purchase (iced tea, coffee, and water).

Coming Soon...

December 2026

Rocking Around the Christmas Tree Christmas Party
Fayetteville | Tuesday, December 15
2 p.m. to 3:30 p.m. | FREE

It's that time of year again, a time to celebrate the holidays with family and friends! What better way to spread some holiday cheer than with Santa, Mrs. Claus, and our very own FSS family? Put on your tackiest Christmas sweater and join us for our Christmas Party! We'll have delicious holiday treats and Christmas-themed Karaoke throughout the party, so warm up those vocal cords and get ready to fa la la la la! Member exclusive.

Dashing Through the Snow Christmas Party
Peachtree City | Friday, December 18
1:30 p.m. to 3 p.m. | FREE

Join in on the holiday festivities as we gather for our Christmas extravaganza! Savor delicious holiday treats, enjoy music full of festive cheer, and join us for a White Elephant gift exchange. Bring a gag gift valued at \$10 or less and get ready for a hilarious game of swaps, steals, and surprises! The funnier the gift, the better! Member exclusive.

Registration opens Friday, November 20

**All events are subject to change in date/time.
Stay tuned for more details!*

FAYETTE SENIOR SERVICES Life Enrichment Center

Making Life Better™

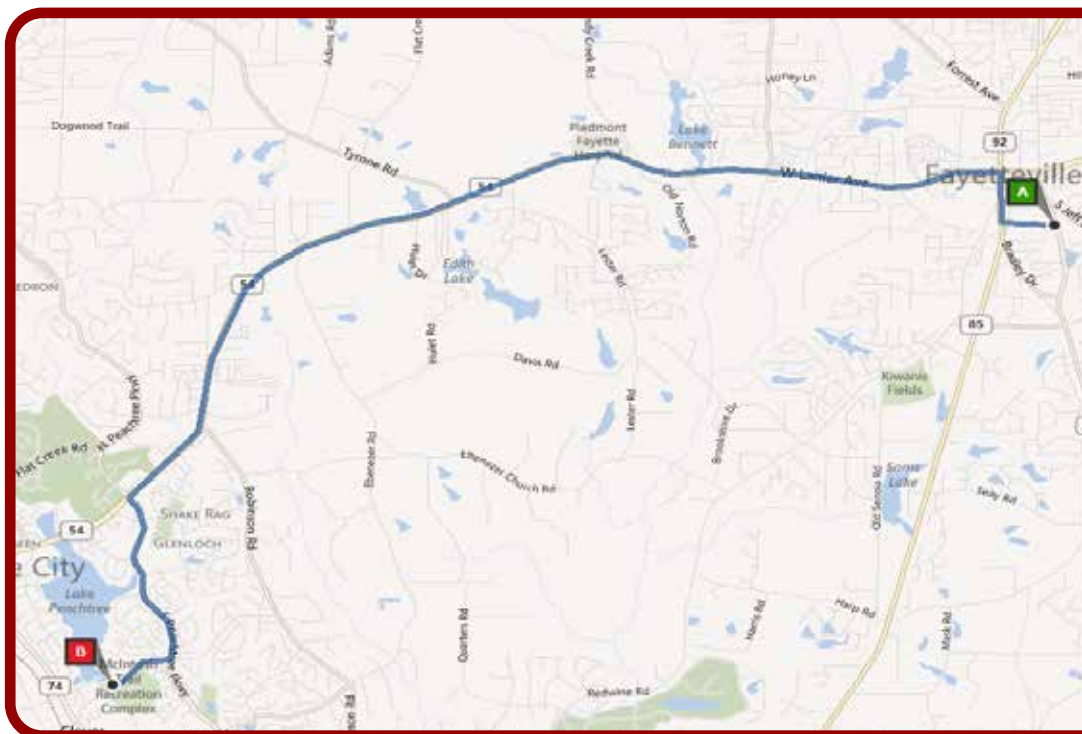
Fayetteville | Peachtree City

2027 Sponsorships NOW AVAILABLE

Contact Morgan Lanier at
mlanier@fayss.org
or **770-769-8430**
for more information.

Need Directions?

How to get from FSS Fayetteville to FSS Peachtree City.



1. Head west on Center Drive towards GA-85/ Glynn Street S.

3. Continue Straight onto Melear Way.

3. Turn Right onto GA-85/ Glynn Street S.

4. Turn left onto GA-54 S/E Lanier Ave.

5. Turn left onto S. Peachtree Parkway

6. Turn right onto McIntosh Trail

Destination will be on the left



IN THE MOOD FOR GRATITUDE

Gratitude is often associated with November - the time of year when people focus the most on giving thanks. Families gather from near and far to feast together and count their blessings. But gratitude should be more than just an annual holiday tradition! Practiced consistently, it can support both our psychological and physiological well-being, making it a habit worth embracing year-round.

Did you know that gratitude can influence our body's stress response? That's right! Taking time to recognize what we appreciate can help reduce stress and promote a greater sense of calm. Chronic stress inevitably places strain on the body and as a result quality sleep, blood pressure, immune function, and cardiovascular health can all be affected. Conversely, gratitude can help create conditions that support overall physical wellness by encouraging relaxation and promoting a positive emotional state.

Gratitude also benefits the brain, championing mental health. Regularly reflecting on positive experiences can strengthen positive thought patterns and shift attention away from constant worry and negativity. Obviously, we won't be able to avoid life's challenges, but we can fully perceive and embrace all the good that exists alongside the difficult. And what's more beautiful is that gratitude costs us nothing. A handwritten note, a sincere "thank you," a moment of reflection, or simply acknowledging someone's impact can make gratitude visible in everyday life.

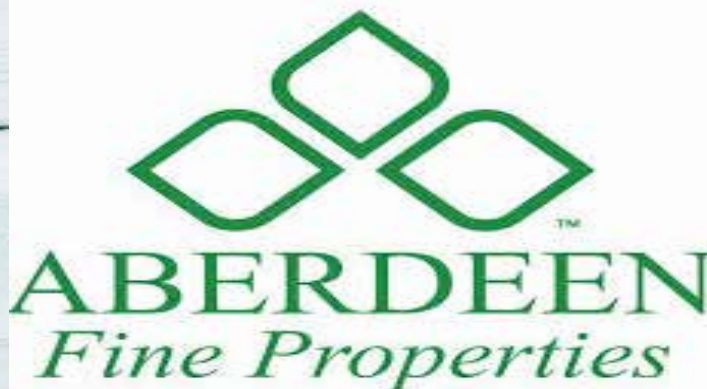
Most importantly, gratitude should never have a season. November can be a reminder, but it should not be the deadline. Make gratitude your way of life. Demonstrate it, celebrate it, and carry it with you through every season! Thank someone who matters. Acknowledge and give thanks for personal victories, both large and small. Appreciate the people who make life better. Look for something good, even on the difficult days. Don't pack gratitude away when November ends. Display it! Speak it! Live it! Let gratitude become a year-round practice, and not just a November tradition.

A Simple Daily Gratitude Challenge - Make gratitude a daily practice with this simple 3-2-1 challenge:

👉 3 things you're grateful for: Name three things each day, big or small.

👉 2 people you appreciate. Reach out: thank them, or simply reflect on why they matter.

👉 1 action of gratitude: Do something that shows appreciation, whether it's writing a note, offering encouragement, lending a hand, or being fully present with someone.



**Agents Linda Sorrow, Lee
McKinney & Kay Lloyd**

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- Parkinson's Care
- Companionship
- Personal Care
- Surgery Recovery
- Transition Assistance and More!

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Dear Volunteer, You Make a Difference!

Growing Beauty Through Time, Talent & Heart

Behind every garden in full bloom are the hands and hearts that help it grow. And while our garden may bloom with flowers, its true beauty grows from the hearts of the volunteers who care for it. The ones who share their time, talents, dedication, and a whole lot of heart to make it happen. We are so grateful for the wonderful volunteers who give all of these things to make our garden a beautiful place for everyone to enjoy.

Our garden volunteers gather together, make their plans, roll up their sleeves, and get to work. From weeding and mowing to trimming, shaping, planting, and caring for the garden, they give their sweat and energy to creating a space that brings beauty and joy to everyone around.

A BIG SHOUT-OUT TO OUR GARDEN VOLUNTEERS!

Thank you Patsy Britt, Mary Anne Crocker, Gary Crozat, Joyce Dunn, Don Gauld, Irene Gibby, Robert Gibby, Sherry Smith, Michael Isham, and Ernestine Witcher for all that you do!

Your heart, time, and dedication make a difference. Every weed pulled, every blade of grass mowed, every branch trimmed, and every garden bed shaped is part of the beauty you are creating for all of us to share. We appreciate your dedication, and we celebrate YOU!

Thank you for helping our garden and our community bloom!



2026 Volunteer Sponsor
Attorney David R. Moore
www.peachtreelawgroup.com
770-487-0202

From Our Kitchen To Yours

Pecan Pie Muffins

Enjoy this delicious recipe to try at home from the kitchen of the Fayette Senior Services' family!



Ingredients

- 1 cup firmly packed light brown sugar
- 1 cup chopped pecans
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup butter, melted
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract

Directions

- Preheat the oven to 425 degrees
- Lightly grease (or coat with nonstick cooking spray) 3 miniature muffin pans
- In a large bowl, combine the brown sugar, pecans, flour, baking powder and salt. Make a well in the center of the mixture
- In a small bowl, mix together the butter, eggs and vanilla. Pour the wet ingredients into the dry ingredients and stir until combined
- Spoon the batter evenly into the miniature muffin pans, filling each compartment 3/4 full
- Bake for 8 to 10 minutes, until lightly browned

Yields about 30 mini muffins

Enjoy!

Join us in the Ultimate Cafe in Fayetteville!

Breakfast:

Monday through Friday 8:30 a.m. to 10 a.m.
Hot breakfast item served each day
(a la carte pricing plus tax)

Lunch:

Monday through Friday
11:15 a.m. to 1 p.m.
(a la carte pricing plus tax)



MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

As a member, there are many membership benefits available to you, including a variety of FREE activities...every day! Not big on classes or group activities? No problem! Many members enjoy the use of both Fayetteville and Peachtree City locations to relax, read a book, meet friends, or just grab a cup of coffee. In addition, we always have a schedule of free programs on the calendar (see our monthly events section). It pays to be a member!

IMPORTANT INFORMATION TO FITNESS STUDENTS

Some fitness classes are free to center members while some have a fee. We also have a fitness center housing many workout machines and equipment, however, an orientation must be done prior to starting. *Please check with your doctor before starting any new fitness program. "We Card!" Please help us preserve your member benefits...be prepared to show your member ID card when asked. Thank you.

Free in Fayetteville

Mondays

Sit and Get Fit:

10 a.m. to 10:40 a.m.

Canasta:

8 a.m. to 3 p.m.

Regular and Hand & Foot

Blood Pressure Check:

12 p.m. to 1 p.m.

Mexican Train**Dominoes:**

12:30 p.m. to 3 p.m.

Sit and Stitch:

1 p.m. to 4 p.m.

Bid Whist:

1:30 p.m. to 4 p.m.

Tuesdays

Pinochle:

9 a.m. to 12 p.m.

Scrabble:

1 p.m. to 4 p.m.

Chess Club:

1:30 p.m. to 3 p.m.

Tuesday Bridge Club:

1:30 p.m. to 4 p.m.

Wednesdays

Sit and Get Fit:

10 a.m. to 10:40 a.m.

Canasta:

8 a.m. to 3 p.m.

Blood Pressure Check:

10 a.m. to 12 p.m.

Rummikub:

12:30 p.m. to 3 p.m.

Game Day:

1:30 p.m. to 4 p.m.

Bring your favorite game to share and play with others around the center

Thursdays

Blood Pressure Check:

10:30 a.m. to 12 p.m.

Bunco:

1 p.m. to 3:30 p.m.

Scrabble:

1 p.m. to 4 p.m.

Fridays

Pinochle:

9 a.m. to 12 p.m.

Sit and Get Fit:

10 a.m. to 10:40 a.m.

Canasta:

8:30 a.m. to 3 p.m.

Game Day:

12 p.m. to 3 p.m.

Bring your favorite game to share and play with others around the center

Mexican Train**Dominoes:**

12:30 p.m. to 3 p.m.

Bid Whist:

1:30 p.m. to 4 p.m.

Calling all pool sharks!

Practice your skills and have fun playing billiards. Join this fun group of friends who have made the pool room their second home! Enjoy some friendly competition and banter any day of the week during our regular business hours.

Men & women welcome!

Free in Peachtree City

The Gathering Place location in Peachtree City has a room located in the building right next door to it. Some classes are held in that room throughout the week. Please call 770-461-0813 to check or stop by the front desk and we will point you in the right direction.

Mondays

Morning Stretch:

9 a.m. to 10 a.m.

Blood Pressure Checks:

9:45 a.m. to 10:30 a.m.

Intermediate Social

Bridge Free Play:

12 p.m. to 4 p.m.

Canasta:

12:30 p.m. to 4 p.m.

Tuesdays

Chinese Mahjong:

1 p.m. to 4 p.m.

This different variation to American Mahjong is less challenging but just as fun! The group will teach you to play if you are unfamiliar with the game.

Bingo Bash:

3rd Tuesday of the month
2 p.m. to 4 p.m.

Wednesdays

Morning Stretch:

9 a.m. to 10 a.m.

Marathon Bridge:

2nd Wednesday of month
10 a.m. to 2 p.m.

Social Duplicate Bridge:

Wednesday (does not meet
2nd Wednesday of month)
10 a.m. to 3 p.m.

American Mahjong:

12 p.m. to 4 p.m.

Advanced play, experience
needed. Observers welcome!

Thursdays

Mexican Train Dominoes:

10 a.m. to 12 p.m.

Double Deck Pinochle:

12:30 p.m. to 3 p.m.

Fridays

Morning Stretch:

9 a.m. to 10 a.m.

American Mahjong:

12 p.m. to 4 p.m.

Advanced play, experience
needed. Observers welcome!

Canasta:

1 p.m. to 4 p.m.

Game Day:

1 p.m. to 4 p.m.

Turn the Pages!

Check out the collection of books from all genres. Available for pick up at both our Peachtree City and Fayetteville locations! Have some you aren't using? We are always accepting book donations!



Some of our incredible volunteers giving back to the community!



Members enjoying a tour of the U.S. Soccer Training Center.

Rules, Regulations & Cancellation Policies

Register early! Many of our classes are extremely popular and fill up quickly! All classes have a maximum limit that varies. All classes – free or fee-based – require registration unless otherwise noted. Any applicable fees must be paid at the time of registration, or you are not considered registered for the class.

REGISTRATION: Please stop by the Fayetteville or Peachtree City location or call the Center receptionist to register for classes. All fees are payable in advance – cash, check, or credit card.

CANCELLATIONS: Fayette Senior Services reserves the right to cancel any class due to insufficient registration or at the instructor's request. If cancellation is necessary, anyone already registered will be notified and receive a full credit to their account. Please note that some classes have specific registration deadlines.

WAITING LIST: All classes, activities, trips, and special events are offered on a first-come, first-served basis. If a class or activity is full, you may be placed on a waiting list.

REFUNDS: Refunds will be issued if registration is cancelled by the participant up to 5 working days prior to the start date. Any event costs incurred will be deducted from the requested refund in addition to a 10% administration fee. No refunds awarded after that deadline. Refunds will be issued in the form of an FSS credit towards future program registration or membership dues.

CLASSROOM PARTICIPATION REQUIREMENTS: Participants must be mobile as well as physically, mentally, and medically able to participate without disruption in any class or activity. Fayette Senior Services reserves the right to evaluate participants to determine an individual's participation ability. Some classes require a medical release and/or a fitness readiness questionnaire.



FSS Fashion Show models made the evening absolutely amazing!



Members enjoying a gorgeous morning at the Garden Party.

Special Events



A Salute to Our Veterans: Veterans Day Celebration

FAYETTEVILLE
Wednesday, November 11
2 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

Come together as we celebrate and honor the veterans who have served our country. Veterans, family and friends, and patriots alike are invited to join us as we recognize the men and women who have served and those who continue to serve our country. This special celebration will feature veterans and supporters from throughout our community, including veterans with The Eden Project, members of the Noteworthy's singing group, and veteran bugler Robert Fox, who will share a beautiful rendition of TAPS. Learn about the history of Veterans Day and the true reason we pause to recognize and honor this important day. Enjoy beautiful patriotic music, meaningful reflections, and an opportunity to come together as a community in gratitude and remembrance. It will be a meaningful celebration filled with gratitude and patriotism as we honor those who have served our nation. We hope you will join us for a Veterans Day celebration worth writing home about!



Murder on the Titanic: Murder Mystery Dinner Theater

FAYETTEVILLE
Thursday, November 12
5 p.m. to 8 p.m.
\$20
Members can purchase tickets at front desk
Pre-registration required

Local theater company Town Square Playhouse presents *Murder on the Titanic*. All aboard for a night of mystery, mayhem, and murder on the high seas! The Titanic has set sail on its maiden voyage, but the trip takes a deadly turn when Quartermaster Edmund Fitzgerald is found murdered—and suddenly, everyone is a suspect. Was it the Captain? The unsinkable Molly Brown? Rose? Jack? Or perhaps Quartermaster Robert Hitchens has something to hide? Keep your eyes peeled, your suspicions high, and your alibis straight as the clues begin to surface and secrets start spilling overboard. With plenty of laughs, unexpected twists, and a killer dinner to enjoy along the way, it's up to you to crack the case before this voyage leaves everyone with a... sinking feeling! Join us for an unforgettable evening of interactive murder mystery dinner theatre, where YOU are part of the show. Event sponsored by State Farm Agent Mark Gray, Azalea Estates, and Pro Level Recovery.



The Turkey Trot: Thanksgiving Feast and Dessert Swap

PEACHTREE CITY
Friday, November 20
12:15 p.m. to 1:15 p.m.
\$12
Member exclusive
Pre-registration required

Gobble gobble, it's time to talk turkey...and taste it too! Join us for a fun and festive Thanksgiving lunch where the only thing stuffed will be your plate. We'll take care of the Thanksgiving feast with mouthwatering turkey and gravy, classic cornbread dressing, green bean casserole, and dinner rolls — you just bring a favorite dessert to share, along with the recipe! Swap sweet secrets and discover new treats as everyone's desserts add a little something extra to the celebration. Come hungry, leave happy, and take home a bundle of new dessert recipes to add to your own holiday table. It's a feast, a recipe exchange, and a whole lot of fun, all rolled into one delicious afternoon!

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October 2026

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November Program Schedule

Needlework

Crochet: Granny Stitch Sweater

FAYETTEVILLE
Monday, November 9
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

This granny stitch cardigan is a beginner-friendly crochet pattern that features a striking contrast between vertical granny stitches on the front and back, and horizontal stitches on the sleeves. The sleeve length can be adjusted. Materials needed: #3 yarn – since this is a multi-sized project, the amount of yarn needed will vary. Contact Nancy by email to determine amount you will need for your size; crochet hook size G or H; stitch markers; and your method of row counting. Contact Nancy at icrochet2@bellsouth.net with questions.

Stitch By Stitch: Introduction to Sewing

FAYETTEVILLE
Thursday, November 12
12:30 p.m. to 3 p.m.
\$15 | Includes materials
Member exclusive
Pre-registration required

Think sewing is just about threading a needle? Let's stitch that idea right up! Join Design to Sew Now for a hands-on sewing workshop as you sew and create. Whether you're a complete beginner or simply looking to brush up on your sewing skills, this class is a great opportunity to practice and get creative! Learn foundational hand-sewing techniques, explore essential tools and skills, and receive clear instruction and hands-on guidance every step of the way. While hand sewing will be the main focus, you'll also have an opportunity to practice using one of their sewing machines. Put your new techniques to work during

class as you sew a festive holiday home item that you can proudly display or share during the holiday season.

Crochet: The Year of Stitches

FAYETTEVILLE
Monday, November 23
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Explore various crochet stitches throughout the year. This month, create a hat for the season as you learn about ribbing stitches. Materials needed: Any worsted weight yarn in color of your choice; size H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, November 4
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, November 11
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, November 18
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

Take time to finish up projects. Search your quilt area and grab your oldest UFO to get it finished. This class is not instruction based, just free time to work on a personal project with others. Must provide your own sewing machine. Some quilting experience required, not for beginners.

Creative Pursuits

A Touch of Greeting: Christmas Gift Card Holders

FAYETTEVILLE
Monday, November 9
10 a.m. to 11:15 a.m.
\$10 | Includes materials
Member exclusive
Pre-registration required
Instructor: Karen Wimberly

Who knew paper could be this much fun, especially with a little holiday magic mixed in? Get ready to create as you turn cardstock into festive Christmas-themed gift card holders that are almost as fun to give as the gift inside! Mix and match festive designs while adding your own personal style to each creation. These handmade holders are a fun way to dress up gift cards and make even the simplest present feel a little more thoughtful and special this holiday season! Walk away with four gift card holders ready to tuck under the tree, slip into a stocking, or share with someone on your Christmas list. It's a merry little twist on paper crafting that adds a handmade touch to your holiday giving!

Painting Workshop

PEACHTREE CITY
Tuesday, November 17
10 a.m. to 12 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a gorgeous autumn mountain landscape bursting with rich fall and winter colors.

The Craft of Origami

PEACHTREE CITY
Friday, November 20
10 a.m. to 11 a.m.
\$5 | Includes materials

Pre-registration required

Discover the ancient art of origami in this interactive class designed for all skill levels. Learn how to fold traditional origami figures with step-by-step guidance from origami guru Marilyn Weigle. Along the way, you'll challenge your brain as you build creative thinking, memory, and analytical skills while exploring basic drawing and design techniques. Decorate your finished pieces with colored pencils, adding a personal artistic touch. No prior experience is necessary, and everyone will leave with a unique piece of handmade artwork to take home. This month, we will be creating seasonal origami table decorations.

'Tis the Season for Greeting Cards

PEACHTREE CITY
Friday, November 20
9:30 a.m. to 12:30 p.m.
\$30 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Get creative and festive with watercolor! Learn to paint charming little watercolor designs that you can frame, turn into greeting cards, or share as handmade gifts. Discover basic watercolor techniques, an easy way to copy designs, plus fun tips and tricks to make your paintings shine. A variety of designs will be provided, including festive holiday cards and other ideas for greeting cards throughout the year. You'll also receive a simple template for creating your own cards at home. Perfect for all skill levels, no previous experience needed. See front desk for picture!

Dance

Belly Dancing

FAYETTEVILLE
Will resume in January
3 p.m. to 3:45 p.m.
\$25 | Month
Instructor: Dawn Morrison

Tone your body while having a blast learning the art of belly dance! In this low impact workout you will move to the beat and rhythm while

strengthening your core through belly dance isolations. Styles taught include Turkish, Egyptian Raqs Sharqi, and American cabaret. Experience the joy, movement and confidence that belly dancing brings during this alternative workout.

Introduction to Line Dance

FAYETTEVILLE
Wednesday
12:30 p.m. to 1:30 p.m.
\$20 | Month
Instructor: Sunshine Osborne

This introduction class will teach the basic steps and dance terminology and get you comfortable on the dance floor. Designed for those with little to no line dance experience. Dance your way to sunshine with southern flavor dancing vibes!

Beginner I Line Dance

PEACHTREE CITY
Tuesday
11:30 a.m. to 12:30 p.m.
\$20 | Month
Instructor: Stella Joshua

For those who are new to line dance. Learn the basic dance steps, dance terminology and some of the popular party, reunion and reception dances.

Beginner II Line Dance

PEACHTREE CITY
Tuesday
12:30 p.m. to 1:30 p.m.
\$20 | Month
Instructor: Stella Joshua

For those who have had at least six months of Beginner I Line Dance. This class develops more complex dances, steps and turns.

Improver Plus Line Dance

FAYETTEVILLE
Tuesday
1:45 p.m. to 2:45 p.m.
\$20 | Month
Instructor: Linda Vaughn

Keep advancing and become a line dance expert in no time. When you reach the Improver level, you are on your way to learning a myriad of new and fun

challenging dances. Remember line dancing is excellent for mind, body and social networking. Reach out and connect to workshops, seminars and open dance parties in order to reach your maximum capacity.

Intermediate Line Dance

FAYETTEVILLE
Tuesday
3 p.m. to 4 p.m.
\$20 | Month
Instructor: Linda Vaughn

This class is geared to those who are comfortable with improver dances and would like to begin dancing intermediate dances. This class will include both classic and new intermediate line dances. Get ready to expand your line dance repertoire and at the same time keep your mind and body tuned up.

Advanced Beginner Line Dance

PEACHTREE CITY
Monday
3 p.m. to 4 p.m.
\$20 | Month
Instructor: Jennifer Glavosek

Learn additional line dance steps and more challenging routines. This class will teach you new and older classic dances that many have been enjoying for years. This class will be energetic and great for the mind. For dancers who already have a knowledge of the basic line dance steps.

Free Moves Line Dance

FAYETTEVILLE
Friday
10 a.m. to 12 p.m.
FREE
No pre-registration required

Enjoy a morning of dancing during this self-led group. Gather together to move to the music. This is just a casual dance and not instruction based. No teacher will be present, just members who love dancing!

Fitness

Mobility & Motion Pilates

FAYETTEVILLE

Monday

9 a.m. to 9:50 a.m.

\$25 | Month

Instructor: Meagan Dawnavette

Build strength, improve balance and mobility, and move through everyday life with greater confidence! Combine accessible Pilates exercises with intentional stretching and functional movement. Modifications available to meet a range of fitness levels. Whether you're returning to Pilates or trying it for the first time, come ready to strengthen, stretch and move well. Please bring a mat with you to class.

Waves of Wellness Water Aerobics

PIEDMONT WELLNESS CENTER

Monday

11 a.m. to 11:45 a.m.

\$25 | Month

Instructor: Piedmont Wellness Center

PIEDMONT WELLNESS CENTER

Thursday

11 a.m. to 11:45 a.m.

\$25 | Month

Instructor: Piedmont Wellness Center

Make a splash while staying fit with this water aerobics class, exclusively for Fayette Senior Services members! This low-impact workout is perfect for improving strength, flexibility, and endurance, all while being easy on the joints. Enjoy energizing routines in a warm water indoor pool that provides a great way to stay active in a unique experience. You do have to be a member of Fayette Senior Services, but you do not have to be a member of Piedmont Wellness Center to take this specific class.

Just Beat It: Cardio Drumming

FAYETTEVILLE

Monday

11:45 a.m. to 12:30 p.m.

FREE

Instructor: Pam Tate

FAYETTEVILLE

Wednesday

11:15 a.m. to 12 p.m.

FREE

Instructor: Pam Tate

Drum roll please...it's time to join in the fun with this upbeat and dynamic cardio workout that is a little outside the box! Cardio drumming combines cardio exercise and drumming to the rhythm of music in an easy but effective workout regime. This exciting, low-impact workout is for all ages and helps improve coordination and motor skills, boost your mood, and enhance overall health.

Fit For Life

FAYETTEVILLE

Monday

10:30 a.m. to 11:20 a.m.

\$15 | Month

Instructor: Euriel Reynolds

Build strength to make your daily activities easier, whether you exercise best in a chair or on your feet. Strength training provides an abundance of benefits. It contributes to better coordination, balance, mobility, and overall health, to name a few. Use hand weights, elastic bands and balls to strengthen muscles and increase range of movement during this full body workout for all fitness levels.

Chair Yoga

PEACHTREE CITY

Tuesday | 10 a.m. to 11 a.m.

Thursday | 10 a.m. to 11 a.m.

*1 or 2 day option available

\$25 | Month – 1 class

\$35 | Month – 2 classes

Instructor: Lori Clark

Choose between 2 days a week or 1 day a week (either Tuesday OR Thursday). Chair yoga is a gentle yoga practice in which poses are performed in a chair or aided by a chair while standing on a mat. This class will build strength, balance, and flexibility, while incorporating breathing exercises and meditation to calm the body and mind and increase awareness.

Yoga: Fayetteville

FAYETTEVILLE

Friday

8:45 a.m. to 9:45 a.m.

\$20 | Month

Instructor: T. Michael

A form of mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm. Please bring a mat with you to class.

Dance and Tone

PEACHTREE CITY

Tuesday

9 a.m. to 9:45 a.m.

\$18 | Month

Instructor: Lori Clark

PEACHTREE CITY

Thursday

9 a.m. to 9:45 a.m.

\$18 | Month

Instructor: Lori Clark

Make your workout more fun as you dance and tone during this class. This easy-to-follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light weights, followed by a cool down and stretch. Boost your cardiovascular fitness, tone muscles, improve your coordination and memory in an interactive way that doesn't feel like your typical workout.

Cardio, Core & More

PEACHTREE CITY

Thursday

12 p.m. to 12:50 p.m.

\$18 | Month

Instructor: Miriam Jones

If early morning workouts aren't your thing, this is the class for you! Miriam feels your pain and is happy to reciprocate! Join for a fun and different mix of effective, yet easy-to-follow exercises that will strengthen your body and enhance your mood.

Power Aerobics

FAYETTEVILLE

Tuesday and Thursday

7:40 a.m. to 8:30 a.m.

\$35 | Month

Instructor: Miriam Jones

These super fun, up-tempo total body workout sessions are designed to strengthen your muscles and core while simultaneously improving balance, coordination, and flexibility. Prepare to be safely challenged as no workout is ever the same. You'll gain energy and friendships. Each Thursday workout includes

floor work so bring a mat that day. Modifications provided.

Intermediate I Aerobics

FAYETTEVILLE
Tuesday and Thursday
8:40 a.m. to 9:30 a.m.
\$35 | Month
Instructor: Miriam Jones

Whether you're a fitness enthusiast or dread the idea of exercise, this is the class for you. Take the routine out of fitness. These total body workouts are never the same and will have you feeling stronger and more energized. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided. Bring a mat on Thursdays.

Intermediate II Aerobics

FAYETTEVILLE
Tuesday and Thursday
9:40 a.m. to 10:30 a.m.
\$35 | Month
Instructor: Miriam Jones

This total body workout will leave you feeling stronger and more energized. Start your morning off twice a week with Miriam as she provides a great session intended to get you moving and feeling better throughout each week. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided. Bring a mat on Thursdays.

Stretch for Movement

FAYETTEVILLE
Wednesday
9:45 a.m. to 10:30 a.m.
\$18 | Month
Instructor: Miriam Jones

A series of simple and easy-to-follow stretch combinations to improve your balance, coordination, and range of motion as well as helping relieve stress through a series of breathing techniques. Bring a mat to class.

Seated Stretch for Movement

FAYETTEVILLE
Friday
12:15 p.m. to 1 p.m.
\$18 | Month
Instructor: Miriam Jones

Flex! It's time to get stretched. This class is guaranteed to enhance mood, boost energy, improve circulation and reduce muscle stiffness. Experience increased range of motion, better balance and reduced risk of falls and other injuries. Prepare to feel and move better.

Strength In Motion

PEACHTREE CITY
Monday
12 p.m. to 12:45 p.m.
\$15 | Month
Instructor: Lori Clark

PEACHTREE CITY
Friday
12 p.m. to 12:45 p.m.
\$15 | Month
Instructor: Lori Clark

Strength is one of the best investments you can make for your health, helping support balance, bone health, mobility, and the

confidence to stay active every day! Focus on muscle-conditioning exercises designed to improve strength, functional movement, and overall fitness. With modifications available throughout, it's suitable for all fitness levels and makes it easy to build strength at your own pace.

Tai Chi Club

FAYETTEVILLE
Wednesday
2 p.m. to 4 p.m.
FREE
No pre-registration required

This self-led group meets to practice their form together. This is not instruction based and previous Tai Chi experience is needed. Tai Chi provides a safe, gradual way to improve flexibility, increase circulation, reduce stress, strengthen bones, lower blood pressure, and increase fitness.

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, November 12 | 1:15 p.m.
The Whisper Man (2026) | R

Starring: Robert De Niro, Michelle Monaghan, Adam Scott. After the sudden disappearance of his young son, a father turns to a notorious former serial killer for help finding him. As the search unfolds, long-buried secrets and a chilling connection to the past come to light.

PEACHTREE CITY
Wednesday, November 25 | 1:15 p.m.
The Life List (2025) | PG-13

FAYETTEVILLE
Wednesday, November 25 | 1:15 p.m.
The Life List (2025) | PG-13

Starring: Sofia Carson, Kyle Allen. After her mother's passing, a young woman sets out to accomplish the childhood goals she once wrote down for herself. Along the way, she reconnects with her dreams and discovers unexpected lessons about love, family, and what it truly means to live life to the fullest.

Fayette Senior Services
Making Life Better™



Special Interest

Medicare Scam Shield

PEACHTREE CITY
Monday, November 2
10 a.m. to 11 a.m.
FREE
Members and non-members
Pre-registration required

Think that a Medicare scam could never fool you? Well, think again! You'd be surprised how creative scammers can be. Learn how to spot common Medicare scams and protect yourself from fraud, especially when Open Enrollment brings an increase in calls, mail, and offers promising to help with your Medicare choices. Nathan Coflin with Georgia Senior Medicare Patrol will share practical tips for recognizing red flags and finding legitimate, trustworthy help when you have questions. You'll also learn simple ways to protect your information and what to do if something doesn't seem right. Come away feeling more confident, informed, and ready to keep your Medicare benefits safe.

Protect Your Pockets

FAYETTEVILLE
Monday, November 2
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Spot the red flags before they become real trouble! Financial fraud can be convincing, but knowing what to watch for can make all the difference in protecting yourself and your finances. Join Financial Advisor Jennifer Camp with Edward Jones as she uncovers common warning signs that may signal something isn't quite right. Discover steps you can take now to help safeguard yourself before it happens as you discuss what to do if you've been targeted and where to turn for helpful resources and support. With a little awareness and the right tools in your corner, you can feel more prepared to recognize suspicious situations and stay one step ahead of financial fraud.

Introduction to Mahjong

PEACHTREE CITY
Tuesday, November 3, 10 & 24
9 a.m. to 11 a.m.
\$10
Member exclusive
Pre-registration required

Ready to dive into the exciting world of American Mahjong? Perfect for complete beginners who want to learn the ins and outs of this classic game and have no prior experience or knowledge of mahjong. You'll discover the fun of matching tiles, strategizing your moves, and mastering the basic rules, all in a relaxed, hands-on environment. Instructor will place tables based on skill level.

Beginner Mahjong

PEACHTREE CITY
Tuesday
Does not meet 3rd Tuesday
9 a.m. to 12:45 p.m.
FREE
Member exclusive
Pre-registration required

Ready to turn your American mahjong basics into confident, winning play? This beginner-friendly class is perfect for players who already know the tiles and general flow of the game but want guided practice to feel more comfortable at the table. From 9 to 11 a.m., an instructor will be on hand to answer questions, clarify rules, and share helpful tips and strategies to strengthen your skills. After that, the group will continue in a relaxed, self-led format so you can build confidence through play. If you have a mahjong set, bring it to share! Please bring an official 2026 Mahjong card from the National Mahjong League.

Garden Club

FAYETTEVILLE
Will Resume in March
9:30 a.m.
FREE
Members and non-members
No pre-registration required

Garden meetings are dormant, just like our plants, but join us in March! If you have a green thumb, love gardening and are

interested in volunteering, join the Garden Club. It's never too early to get involved, so contact Amber Oliver at aoliver@fayss.org for more information.

La Dolce Vita

FAYETTEVILLE
Tuesday, November 3
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Benvenuti! Let's head to Italy for a look at the culture, charm, and traditions that make this beloved country so unforgettable. Discover the heart of Italy with Adele Bassanello, a native who was born and raised surrounded by the culture she'll bring to life through her own experiences and stories. Learn about its delicious foods, vibrant traditions, fascinating facts, and captivating stories as she brings a personal perspective to what the culture is really like and the customs that make everyday life there so unique! Hear stories from her own experiences while learning more about the foods, traditions, and way of life that have been passed down through generations. Enjoy a firsthand glimpse into the country Adele calls home as you discover what makes Italian culture so rich, lively, and unforgettable!

The Onion Patch

PEACHTREE CITY
Wednesday, November 4
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

There's more to a great onion than meets the eye, you just have to peel back the layers! Join Tom Bonnell, retired from the UGA Cooperative Extension Office and a Master Gardener, as he shares the secrets to growing healthy, flavorful onions right in your own garden. From choosing varieties that thrive in our Southern climate to knowing when and how to plant, learn what it takes to get those little bulbs off to a strong start and keep them growing their best. Tom will cover helpful techniques for caring for your crop, troubleshooting common problems, and recognizing when your onions

are ready to harvest. You'll also learn how to properly cure and store your homegrown onions so you can enjoy the fruits - or should we say bulbs - of your labor long after the growing season ends! With tips gathered from Tom's own garden since 2001 and a little onion humor mixed in, there's plenty to dig into before planting time rolls around!

What's for Lunch?

PEACHTREE CITY
Thursday, November 5
11:30 a.m.
FREE
Member exclusive
Pre-registration required

Meet us at a local restaurant for an afternoon out with great friends! FSS will make reservations and everyone will meet there to enjoy time with others (payment will be on your own). Must be registered to attend due to reservation numbers. This month, lunch will be at Borgo Italia in Senoia.

The Light of Diwali

PEACHTREE CITY
Thursday, November 5
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Color, tradition, and celebration come together in one of the most joyful holidays of the year! Step into the vibrant world of Diwali, the Festival of Lights, with Namrata Sharma as she brings this beloved holiday and its rich traditions to life. Celebrated by millions of people in India and communities around the world, Diwali is a multi-day festival with deep cultural and religious significance that celebrates light over darkness and good over evil. Discover the meaning behind the glowing lights and joyful celebrations while hearing fascinating stories connected to this special time of year. Get a taste of the culture as Namrata shares more about the delicious foods, meaningful customs, and ways families and communities celebrate. Along the way, gain a deeper appreciation for the spirit of Diwali and why its messages of light, hope, and togetherness continue to make it such a treasured celebration.

The Future of Fayetteville

FAYETTEVILLE
Thursday, November 5
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

There's always something happening around town, and Fayetteville has plenty to talk about! Join Fayetteville Mayor Edward Johnson and City Manager Ray Gibson for a conversation about the latest developments taking shape throughout the city. Hear what's happening now, learn about projects and changes you may have noticed around town, and get an inside look at what's on the horizon. They'll share insight into the City of Fayetteville's continued growth and the plans helping guide its future. Stay connected to your community while getting a closer look at where Fayetteville is today and where it's headed next!

Cornhole

PEACHTREE CITY
Friday, November 6
10:30 a.m. to 11:30 a.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Friday, November 20
10:30 a.m. to 11:30 a.m.
FREE
Member exclusive
Pre-registration required

Bring out your competitive side or join us for a little fun and socialization, either way you'll have a blast! Two-time competitive league cornhole champion Denny Danylchak shares his love for the game and brings it to us at Fayette Senior Services. Enjoy time with friends while sharpening your skills and mastering the game!

The Fragile Years

PEACHTREE CITY
Friday, November 6
1:30 p.m. to 2:30 p.m.
FREE
Member and non-members
Pre-registration required

Aging brings a season of change, challenge, and unexpected moments that can reshape the way we view care, connection, and independence. Join Amy O'Rourke, author of *The Fragile Years*, as she shares insights, stories, and meaningful reflections inspired by her decades of experience working alongside older adults and their families. Drawing from themes explored in her book, Amy will open the door to conversations about navigating life's transitions, making thoughtful choices, and finding strength in the moments that matter most. Whether you are planning for the future, supporting a loved one, or simply looking to better understand the aging journey, this discussion offers perspective and encouragement for you to add wisdom to your years. Leave with a renewed appreciation for the fragile yet beautiful seasons of life and the connections that help us navigate them together!

Rising to Meet the Challenge

FAYETTEVILLE
Monday, November 9
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Navigating life in later years can sometimes feel daunting. You're not alone in the journey. Join this monthly discussion group where we share real-world solutions and helpful resources for managing everyday challenges and responsibilities. Whether it's tackling home repairs, meal planning, or navigating new technology, we learn from each other's experiences and support one another along the way. Each session is a chance to connect, share advice, and discover new strategies for living life to the fullest. No matter what circumstances bring you to the group or how long you've been managing things on your own, all are welcome to contribute their ideas and learn from others. This is a self-led discussion group that will be guided by Marilyn Weigle.

Farmers Market Fresh Finds

PEACHTREE CITY
Monday, November 9
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Fresh finds are even better when you know exactly what to look for! Join Alison Vallee, owner of Peachtree City Market, the local farmers market, as she shares the inside scoop on shopping the market like a pro. Learn how to spot produce at its freshest, what questions are worth asking vendors, and how shopping with the seasons can help you make the most of what's available. Alison will also share helpful tips for storing your market finds so that farm-fresh goodness lasts a little longer once you get it home. Along the way, discover more about the benefits of shopping local and the connection between the people who grow your food and the community that enjoys it. With a little market know-how, your next trip may have you looking at those colorful stands in a whole new way!

The Confidence Chapter

FAYETTEVILLE

Monday, November 9
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

The next chapter might just have a few surprises up its sleeve! Join Michelle Archable, The Confidence Coach with AI Confidence Enterprises, for an empowering look at embracing change and stepping confidently into what comes next. Explore how shifting priorities can create space for new opportunities, fresh interests, and possibilities you may not have considered before. Michelle will share encouragement and ideas for building confidence while giving yourself permission to try something new, pursue an idea that excites you, or take a chance on an opportunity that comes your way. There's plenty of life left to shape, and your next chapter is yours to fill with meaningful experiences, exciting possibilities, and a renewed sense of what's ahead!

And Sew It Begins

FAYETTEVILLE

Tuesday, November 10
11 a.m. to 1 p.m.

FREE

Member exclusive

Pre-registration required

If you've had a button missing for a while or a hole in your favorite shirt, we have just the spot for you! Kelly Farmer joins us to take care of your minor sewing needs such as buttons, holes, hemming, elastic, etc. Materials will be provided, but if you have matching thread or buttons feel free to bring them with you.

Volunteer Open House

FAYETTEVILLE

Tuesday, November 10
2 p.m.

FREE

Members and non-members
No pre-registration required

Are you interested in becoming a volunteer at FSS and sharing your time and talents with the community? Meet our volunteer coordinator, explore different volunteer roles, and discover how your skills and passion can make a difference. We look forward to welcoming you and answering all your questions!

Don't Let the Frost Bite

PEACHTREE CITY

Wednesday, November 11
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members
Pre-registration required

Sweater weather may feel great to us, but our plants might have a different opinion! Join Kim Toal with the Extension Office to learn how changing temperatures can affect the plants growing right outside your door. While some handle the shift to cooler weather with ease, others may need a little extra attention to stay protected as temperatures dip. Learn how to recognize signs of cold-related damage and what you can do to help vulnerable plants weather the change. Kim will share advice for giving your outdoor plantings the right care as the seasons shift, helping you keep your landscape looking its best even when Mother Nature turns down the thermostat.

Get To Know Fayette Senior Services

PEACHTREE CITY

Thursday, November 12
1:30 p.m. to 2:15 p.m.

FREE

Members and non-members
Pre-registration required

Step into a place where aging well and living well truly come together! Discover everything Fayette Senior Services has to offer - from engaging programs and vital social services to meaningful volunteer opportunities that enrich lives and strengthen community connections. Explore how our activities, resources, and support can keep you active, informed, and inspired at every stage. Whether you're looking for involvement, guidance, or simply a warm place to belong, Fayette Senior Services is here to help you thrive every step of the way.

Golden Money Moves

PEACHTREE CITY

Friday, November 13
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

A successful retirement isn't just about how much you've saved, it's about knowing how to make your money work for you. Whether you're already enjoying retirement or looking ahead to the next chapter, understanding your available income sources can help you make confident financial decisions and get the most from your retirement years. Brandon Jordan, Financial Advisor with Arch Advisory Group, explains some common sources of retirement income, including 401(k)s, Traditional and Roth IRAs, Social Security, annuities, and other potential income streams. Discover how these pieces can work together to support your lifestyle, helping you feel more informed and empowered as you enjoy everything retirement has to offer.

1-on-1 Medicare Consultations

FAYETTEVILLE

Monday, November 16
10 a.m. to 2 p.m.

FREE

Member exclusive
Pre-registration required

A representative with Georgia Cares will meet one-on-one with Medicare beneficiaries and their families. Georgia Cares is a State Health Insurance Assistance program that provides free, non-biased information about Medicare. Please bring your Medicare card and list of medications with you to the session.

The Value of Your Home

PEACHTREE CITY
Monday, November 16
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

There's more to your home's value than the number on a "For Sale" sign! Join Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, for an inside look at what really goes into determining what a home is worth. Learn how realtors, banks, and appraisers may look at a property differently and how factors such as comparable sales and current market conditions can influence the final number. Linda and Lee will also share helpful insight into what may increase or decrease a home's value and what homeowners should keep in mind when evaluating their own property. Get a better understanding of the numbers behind the real estate market so you can feel more informed about one of your biggest investments.

The Meaning You Make

FAYETTEVILLE
Monday, November 16
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

A meaningful life isn't measured by what you collect, but by the difference you make along the way! Join Dr. Linda Katz with Fayette Chiropractic for an uplifting conversation about finding purpose in every season of life and recognizing the many ways you can continue making an impact. Take a fresh look at what brings fulfillment to your days and how your experiences, interests, and connections can lead to a renewed sense of meaning. Learn how purpose can shift and evolve over time, sometimes showing up in places you may not have considered before. Explore the idea of legacy as

more than what we leave behind, focusing instead on what we leave within the people whose lives we touch. Your life story still matters, and this encouraging conversation may inspire you to see just how much possibility remains in the pages ahead!

Tellebration Celebration

FAYETTEVILLE
Tuesday, November 17
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

It's time for a tellebration celebration! Every November, a worldwide storytelling event takes place across the globe as storytellers from around the world gather together to share the excitement of stories in their own communities. The Southern Crescent Storytellers group joins us during this interactive and enticing collection of tales and stories put together by these imaginative individuals. Enjoy the afternoon relishing in creative storytelling that will leave you feeling warm and fuzzy as we celebrate the fun and connection that stories provide!

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, November 17
1:45 p.m.
FREE
Member exclusive
No pre-registration required

November book: *The Correspondent* by Virginia Evans. December book: *Theo of Golden* by Allen Levi. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

AARP Smart Driver Course

FAYETTEVILLE
Thursday, November 19
9 a.m. to 3:30 p.m.
\$20 | AARP Member
\$25 | Non AARP Member
FSS Member exclusive
Pre-registration required

The AARP Smart Driver Course

is a refresher program designed for adult drivers, helping millions stay safe and confident on today's roads. Sharpen your driving skills, refresh your knowledge of current traffic laws, and discover practical tips for safer driving. Many auto insurance companies also offer multi-year discounts to course graduates. Bring a lunch or snack, or grab lunch in the café during the midday break.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, November 19
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

This group offers emotional support, practical information, and connection to caregivers for those with memory loss. This is not intended for those suffering from memory loss, and we ask that they do not attend. For more information, contact Lynnette Dunn at 404-271-5652 or by email at lynnette.dunn@piedmont.org.

P"age" Turners Book Club

FAYETTEVILLE
Thursday, November 19
1:30 p.m.
FREE
Member exclusive
No pre-registration required

November book: *Theo of Golden* by Allen Levi. December book: *A Redbird Christmas* by Fannie Flagg. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

The Grape Escape

PEACHTREE CITY
Thursday, November 19
2 p.m. to 3:30 p.m.
\$25
Member exclusive
Pre-registration required

Uncork your curiosity and let the good times pour! Wine connoisseur Renessa Montcalm leads this spirited monthly series, guiding you through the fascinating world of wines from regions and countries around the world.

Each session highlights a featured selection, offering tasty insights that help you grow your wine knowledge one sip at a time. From unexpected flavor notes to the stories behind each bottle, and delicious food pairing suggestions, you'll enjoy a relaxed, engaging journey into all things wine. This month, escape into the world of winter wines fit for both the holiday and cold season as you raise a glass to learn something new!

Car Wash

FAYETTEVILLE
Friday, November 20
9 a.m. to 4 p.m.
\$50
Member exclusive
Pre-registration required

Splish, splash—your car is getting a bath! Hector Antonio from Roll N' Shine will be on-site to give your vehicle a fresh, clean shine inside and out while you relax comfortably in FSS. Enjoy the convenience of a professional wash without ever leaving the building. Please note that Roll N' Shine reserves the right to decline service for excessively dirty interiors. Give your car the care it deserves with this effortless, on-the-spot service!

Shake Things Up

FAYETTEVILLE
Monday, November 23
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Shake things up and raise a glass to creative sips that everyone can enjoy! Join Compassus Palliative Care and Hospice Care Consultant Laurie Breckenridge for a flavorful introduction to the world of mocktails and the many ways to make them anything but ordinary. Get inspired by non-alcoholic alternatives that are readily available and learn how seasonal flavors, sugar-free options, and the perfect garnish can transform a simple drink into something special. Pick up ideas for creating delicious combinations that can be enjoyed alcohol-free or easily adapted at home with your favorite spirit for those who prefer it. Perfect for entertaining, celebrating, or simply trying something new, these recipes offer plenty of possibilities

for your next get-together. Best of all, you'll sample some tasty creations and take home recipes to mix up later!

Revolutionary Roots

PEACHTREE CITY
Tuesday, November 24
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

History isn't just found in textbooks, it's woven into the stories of the people and places that shaped our nation. Some of the most important chapters of the Revolutionary War unfolded right here in Georgia, where courage, sacrifice, and determination played a vital role in the fight for independence. Phillip Ivey of the Sons of the American Revolution brings these stories to life, exploring the influential figures, key events, and lesser-known moments that highlight Georgia's important contributions during the Revolution. As you uncover the people and places behind this remarkable chapter of history, you'll gain a deeper appreciation for the bravery and legacy that helped shape our state's story.

Seize the Clay: Holiday Project

TWO HANDS POTTERY
Monday, November 30
10 a.m. to 12 p.m.
\$40
Member exclusive
Pre-registration required

Come make some Christmas magic! Meet at Two Hands Pottery Studio (240 Glynn Street Fayetteville), for a hands-on class where you'll learn the slab building method to create your own ceramic Christmas tree lantern. Add your own special details and cutouts, then choose a glaze color for the studio to finish after firing. As you create this breathtaking piece of pottery, you'll have friendly guidance every step of the way. Whether it's your first time with clay or you're a seasoned maker, you'll leave with a truly special piece. Registration is required by

Monday, November 23. A sample photo is available at the front desk.

The Probate Process

PEACHTREE CITY
Monday, November 30
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

When it comes to probate, knowing what to expect can make a complicated process feel a whole lot clearer. Join attorney Tanieka Thompson Mungo with Thompson Mungo Firm as she breaks down how the probate process works right here in Georgia. Learn what happens to a person's estate after they pass away, when probate may be necessary, and what families can expect as the process moves forward. Tanieka will help make sense of the roles, responsibilities, and legal steps involved while clearing up common confusion surrounding wills and estates. Gain a better understanding of how planning ahead can make things easier for those you care about and feel more informed about a process we all will have to face at some point.

Trivia

FAYETTEVILLE
Fridays
1:30 p.m. to 3 p.m.
FREE
Member exclusive
No pre-registration required
Host: Linda Abbott

It's not who you know, it's what you know. Join Quiz Queen Linda Abbott for a little friendly competition. Form teams or take 'em on yourself. Answer questions from a variety of categories and test your knowledge.

Dulcimer

FAYETTEVILLE
Monday
8:30 a.m. to 10:30 a.m.
FREE
Member exclusive
No pre-registration required

FAYETTEVILLE
Wednesday
11 a.m. to 12:30 p.m.

FREE
Member exclusive
No pre-registration required

Join our dulcimer group! This group has been playing together for some time, but always welcomes new people! The dulcimer is a unique string instrument native to the Appalachian region of the United States. This is an open group playing music together. You must have your own dulcimer and know how to read music to join. This is not an instruction-based class, just free time to play music together!

Technology

Computer Technology Assistance

PEACHTREE CITY
Wednesday, November 18
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, November 24
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

Bring in your laptop and questions about your computer for 1-on-1 assistance. Lance Collins with PTC Techs will assist with computer technology troubleshooting, removal of unwanted programs, antivirus prevention, and general questions. This is not a computer tutor class

Wellness

Massage

FAYETTEVILLE
Tuesday, November 3
10 a.m. to 4 p.m.
\$70 | 1 hour
Member exclusive
Pre-registration required
Masseuse: Tranquil Escape

There are many health benefits to massages including stress reduction,

increase in blood flow, improving balance, stimulating the nervous system, helping flexibility, assisting in better sleep, and relieving pain. Treat yourself to a relaxing massage! Enjoy this FSS exclusive discount by booking through us, but meet at their quiet and calming studio for your appointment – 500 W. Lanier Avenue Suite 602 | Fayetteville, GA 30214.

On The Move: Functional Movement Assessments

FAYETTEVILLE
Wednesday, November 4
2:30 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

Our daily movements come naturally and without a thought in the world, like second nature. However, as we age, those movements can become more difficult. The team of Physical and Occupational Therapists at Bench Mark Physical Therapy performs one-on-one functional movement assessments to help us determine areas for improvement and provide exercises to assist in making us stronger and more mobile. Functional movement is defined as a movement sequence based on real-world situations such as standing, sitting and lifting. These are performed throughout your day on a regular basis. Determine your potential risk of injury and gain insight on ways to improve your movements to feel better, stronger and become even more mobile.

Remember This

FAYETTEVILLE
Friday, November 6
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Ever walk into a room and immediately think, “Now why did I come in here?” Forgetfulness happens to all of us, but there are ways to make your memory work smarter for you. Join Jane Hutchinson, Brain Health Specialist with Brain Thrive, for a look at how memory works and how simple strategies can help you overcome everyday forgetfulness. Discover

the difference between memory exercises and memory strategies, why both matter, and how to put effective techniques to work in real-life situations. Come away with practical tools to improve your recall, stay organized, support cognitive efficiency, and feel more confident in your memory. Best of all, you can start using these strategies right away to make those frustrating “Where did I put that?” moments a little less frequent!

Moments That Matter

FAYETTEVILLE
Tuesday, November 10
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Some moments are worth more than remembering, they’re worth bringing to life! Join Therapist Megan Terry for a meaningful experience that explores the connection between our past experiences, the stories they hold, and our emotional well-being. Choose a special moment that means something to you and express it through a simple drawing, then add a few words on the back to capture the story or feeling behind it. No artistic talent is needed, as the focus is on reflection, personal meaning, and the experience of putting a treasured piece of your story onto paper. Those who feel comfortable can share the meaning behind their creation with others, opening the door for connection through the experiences and moments that help shape who we are.

Steady As You Go

PEACHTREE CITY
Tuesday, November 10
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Do you feel like the world won’t stop spinning? You’re not alone. Many of us experience vertigo, and it’s no secret how debilitating it can be. Join Dr. Josh Davis from First Step Physical Therapy as he steadies our understanding between vertigo, dizziness, and imbalance.

Learn about the common causes behind this unsettling symptom, effective treatment options, and practical prevention methods. Since vertigo is a symptom rather than a condition itself, Dr. Davis will explain how targeted physical therapy can make a real difference. Discover how to regain your balance, reduce episodes, and improve your quality of life. Don't let vertigo keep you off your feet, take control with expert guidance!

Memory Screenings

PEACHTREE CITY
Wednesday, November 11
1:30 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

Dr. Martinez with the Neuropsychology Center will perform one-on-one memory screenings that are helpful in determining if forgetfulness is more than just normal aging. Immediately following a screening, Dr. Martinez will be available for a brief consultation to review the results.

No More Worries

FAYETTEVILLE
Friday, November 13
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Stress happens, but it doesn't have to call all the shots! Join Medicare Agent Ebonie Jackson for a closer look at how stress can show up in the body and influence the way you feel throughout the day. Discover simple, practical strategies that can help quiet the mental clutter, ease tension, and bring a greater sense of calm when life feels a little overwhelming. Learn ways to let go of everyday worries and redirect your energy toward the things that deserve more of your attention. With a few useful tools in your back pocket, you can approach stressful moments feeling more grounded, more in control, and ready to focus on what matters most.

A Sound Bath

PEACHTREE CITY

Wednesday, November 18
10:30 a.m. to 11:30 a.m.
FREE
Members and non-members
Pre-registration required

Relaxation can be a key component to the healing process no matter if it is physical, mental or emotional. Lei Rhyne with Healing Through Art & Sound takes us on a journey of healing through the unique process of a sound bath which aids in the relaxation process. This technique involves lying down and immersing yourself in resonant sounds around you. These sounds are produced through a combination of singing bowls, gongs and chimes. This meditative practice can help lessen stress and anxiety, boost mood, enhance concentration and induce a calming effect that may enhance your wellbeing and quality of sleep. Take part in this innovative way of healing as you decompress in this session of relaxation and meditation that will have you feeling refreshed. She will have mats, pillows and blankets to use during the session.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, November 18
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
Pre-registration required

Hearing Life Center will be on site to clean hearing aids and perform minor, basic maintenance you may need done.

Fit for the Holidays

FAYETTEVILLE
Wednesday, November 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Don't let the holiday hustle send your healthy habits packing! Piedmont Wellness Center is here to help you navigate busy schedules, holiday travel, and all the seasonal extras without completely losing sight of your wellness goals and fitness routines. Learn realistic ways to make time for movement even when your normal schedule

gets turned upside down, along with tips for staying motivated when workouts are easier to put off. See how keeping exercise in the mix can also help manage holiday stress and give you a little more energy for everything the season brings. With a flexible approach and a few simple strategies, you can enjoy the festivities while still making yourself and your well-being part of the holiday plans.

The Backbone of Wellness

PEACHTREE CITY
Wednesday, November 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Your spine does a lot more than help you stand tall, it plays a major role in how your whole body moves and feels! Join Dr. Noah Marchese with First Choice Chiropractic to discover how the connection between your nerves and spine can influence the way your body moves and feels each day. Learn how your spine works alongside the nervous system and why problems in this area may contribute to discomfort or changes in mobility. Take a closer look at everyday habits that can put added stress on the spine and simple adjustments that may help support better posture and movement. Dr. Marchese will also share how caring for your spine and joints can play a role in staying active, maintaining independence, and keeping your body moving comfortably as the years go by.

Gotta Hand It To You: Massage Moments

FAYETTEVILLE
Thursday, November 19
10 a.m. to 1 p.m.
FREE
Member exclusive
Pre-registration required

Sit back and relax as certified massage therapist Ange Maihorn offers 15 minutes of personalized care tailored to you, tuning in to exactly what your muscles need in the moment. With gentle guidance to focus on your breathing, you'll begin to release tension and quiet the stress of the day. Ange will

thoughtfully work through tight spots and areas that need a restorative touch. It's a chance to pause, reset, and let someone focus entirely on supporting you so you can step back into your day feeling refreshed, lighter, and ready to carry that sense of ease.

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Friday, November 20
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
Pre-registration required

Dale Klauss with Compassion 312 will be here to perform minor repairs, adjustments, maintenance, and cleaning of your glasses.

Heart of the Season

FAYETTEVILLE
Tuesday, November 24
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

Pre-registration required

A little kindness can go a long way, and the person who benefits may not be the one you expect. Shari Douglas of Southern Grace Hospice explores how meaningful connection, genuine gratitude, and simple acts of kindness can brighten someone else's day while quietly strengthening our own mental, physical, and emotional well-being. With warmth, humor, and heart, she'll uncover why kindness has a way of coming full circle and why giving thanks may be just as good for us as receiving it! Take a fresh look at the everyday moments that remind us how we are connected, that our actions matter, and that a little kindness can go a surprisingly long way. Discover a way to feel inspired, encouraged, and reminded that sometimes the greatest gift we give others is one that also gives something back to ourselves!

The Sniffle Shield

FAYETTEVILLE
Monday, November 30
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Keep the sniffles off your guest list this holiday season! Join nutritionist Andrea Bauer with Smart and Simple Nutrition to gain insight on the best practices for building immune-boosting habits to help you stay strong and healthy through the winter months. Learn which foods are rich in vitamin C, zinc, and protein that give your immune system the biggest boost, plus how sleep, hydration, and stress management play a vital role in staying well. Andrea will also share simple holiday pantry swaps to upgrade in your home that help strengthen your immunity all season long. If you're traveling, hosting gatherings, or just trying to stay well through the winter rush, these practical tips will help you feel your best. Power up your immune system, one healthy habit at a time!

Look What's Coming in December!

The Downward Spiral

PEACHTREE CITY
Wednesday, December 2
2:30 p.m. to 3:30 p.m. | FREE
Pre-registration required

Setbacks happen, but a downward spiral doesn't have to. Learn how falls, illness, isolation, and other life changes can affect our well-being as we find ways to recognize warning signs and prevent a setback from becoming something more concerning!

Stretch For It

FAYETTEVILLE
Thursday, December 3
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

A little stretch can go a long way! Join us to learn simple, easy-to-follow stretches that can ease everyday stiffness, improve mobility, and help you feel more comfortable and refreshed throughout each day.

A Memory To Hang Onto: Remembrance Ornaments

PEACHTREE CITY
Friday, December 4
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Keep those memories close this holiday season! Create an ornament keepsake to always remember someone you love. Supplies will be provided, just bring a small photo or special token to personalize your ornament!

Wrap It Up

FAYETTEVILLE
Friday, December 4
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Wrap it up in style! Get ready for the holidays with simple gift-wrapping tips and bow-tying tricks that will have your presents looking polished and picture-perfect. Take these skills with you to use all year long for any gift you may give.

Registration will be available when the December newsletter comes out Friday, November 20th!

Home Helpers® Home Care



At Home Helpers Home Care, we don't just want to make your life easier, we want to make your life better. We do this by providing personal care, companion care and homemaker services, so you can focus on maintaining an active and healthy lifestyle. We're here when you need us.

Veterans are eligible for care through Homemaker and Home Health Aid programs.

678-876-5118

bdow@homehelpershomecare.com
HomeHelpersHomeCare.com

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QTS is proud to be a part of the **Fayetteville Community**

We are committed to being good neighbors in the communities where we live and work.

- › We pay for 100% of the energy used by our facilities so that project costs are not shifted to local residents and businesses.
- › We build data centers that consume no water once operational.
- › We create good jobs in communities in which we operate.
- › We support local community projects that matter to you.
- › We lead with openness and transparency.



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EVERY MILE MATTERS.

**DRIVING CONNECTION.
DELIVERING HOPE.**

The Rotary Club of Peachtree City is proud to donate **\$12,000** to Fayette Senior Services in support of their "Every Mile Matters" campaign.

This vital program provides **reliable transportation** for senior citizens to get to medical appointments and essential services—helping them live well, age well, and stay connected to what matters most.



FAYETTE SENIOR SERVICES
Life Enrichment Center
A Ministry of FAYSS
Monday - Friday | 2:30 a.m. to 4 p.m.
4 Center Drive



TRANSPORTATION
TO APPOINTMENTS
AND ESSENTIAL
SERVICES



SUPPORTING
INDEPENDENCE
AND QUALITY
OF LIFE



BUILDING A
STRONGER,
MORE CONNECTED
COMMUNITY

Thank you, Fayette Senior Services,
for the incredible difference you make
in the lives of seniors every day.

TOGETHER, WE MAKE A DIFFERENCE.

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2026 PROJECT ∞ LOVE

**It's More than a Simple Meal.
Together We Can End Senior Hunger.**



**Help us reach our goal of raising \$50,000 to
help support Meals On Wheels in 2027!**

Make a difference in the life of a senior this year
by giving a gift that may be outside the box!

For a donation as little as \$5, you can provide one holiday or weekend meal to a Meals On Wheels recipient. Spread the cheer by making a generous contribution. For more information or to make a donation, please visit the front desk at either location or call 770-461-0813.

The Project Love campaign provides additional funding to deliver holiday, weekend, and doctor prescribed meals that FSS' annual MOW funding does not cover. Together, we can end senior hunger!



**Scan QR Code for
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Fayette Senior Services
Making Life Better™