

March 2022

ENRICHMENT

THE INSIDER'S GUIDE TO FAYETTE SENIOR SERVICES' LIFE ENRICHMENT CENTER

FAYETTEVILLE | PEACHTREE CITY



All in the Luck

You'll have the best time at our annual St. Patrick's Day Celebration, leaving all who don't attend green with envy.

Thanks a Bunch

Bunch together the perfect floral arrangement during this fun, hands-on class putting together a beautiful piece.

Brownie Points

Enjoy these melt in your mouth brownies with a bit of an Irish twist to celebrate the St. Patrick's Day holiday!

Live Well. Age Well.

Fayette Senior Services Presents:

St. Patrick's Day Celebration

Live music, Irish dancers, and delicious
food for an evening full of luck!

Thursday, March 17
5 p.m. to 8 p.m.

\$15 | Ticket
Pre-registration
required

Peachtree City
203 McIntosh Trail
770.461.0813

Event Sponsored By:

Fayette Senior Services
Making Life Better™



March

featured

A Lifetime of Volunteering 10

Get to know Garden and MOW volunteer Michael Isham, who is truly one in a million!

A Brownie a Day Keeps the Stress Away 11

Ooey, gooey, goodness! Add a twist of flavor and you've got the perfect Irish Cream brownie to enjoy!

The Luck of the Irish 15

Throw on some green and come on over for an evening of music, Irish dancers, and delicious food.

Continue to Blossom 15

You can never beat a fresh floral arrangement to spruce up your home. Learn how to make great ones!

2022 HOLIDAY CLOSINGS

Memorial Day.....	May 30, 2022
Annual Maintenance.....	June 7, 2022
Independence Day.....	July 4, 2022
Labor Day.....	September 5, 2022
Thanksgiving.....	November 24, 2022
Thanksgiving.....	November 25, 2022
Christmas.....	December 26, 2022
HolidaysDecember 27, 2022
HolidaysDecember 28, 2022
HolidaysDecember 29, 2022
New Years.....	December 30, 2022

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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 other than 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.
W 8 a.m. to 4 p.m.
(Same complex as the Frederick Brown Jr. Amphitheater)

Website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Emily Poole

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

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.

Ani-Meals

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 (Seniors Together After Retirement) 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 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.

Home Repair Services

We assist older adults who are either physically and/or financially unable to perform minor home safety maintenance tasks and repairs by referring to local resources.

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.

Meet Our Staff!

ADMINISTRATION

Nancy Meaders
President & CEO

Dan Gibbs
Director of Operations

Morgan Lanier
Program Development
Coordinator

Carrie Bittinger
Center & Volunteer
Coordinator

Michelle Williamson
Finance Officer

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

Casey Williamson
Member Services

Paul Hives
Technology Development

THE ULTIMATE CAFE

Bonnie Kanofsky
Executive Chef

Pedro Cruz
Sous Chef

Candice Bailey
Kitchen Manager

LaVarr Woods
Café Assistant

Albert Marpuri
Café Assistant

MEALS ON WHEELS

Carrie Bittinger
Meals On Wheels
Coordinator

Arnold Powell
Meals On Wheels
Ambassador

CARE MANAGEMENT

Natalie Hynson
Care Manager

Iris Harris
Care Manager

TRANSPORTATION

Jeff Wix
Transportation Manager

Adrienne Bellantoni
Transportation Coordinator

Roger Grandt
Driver

Jane Rode
Driver

Jan Perkins
Driver

Dennis Duke
Driver

Harold Gunnin Jr.
Driver

Charlie Hawkins
Driver

Cheryl Hembree
Driver

Terry Billingsley
Driver

Chris Parker
Driver

Paula Byram
Driver

Sabrina Bazydlo
Driver

Laurie Brasher
Driver

Membership

Our nominal annual membership fee helps Fayette Senior Services (FSS), a non-profit 501(c)(3) organization, sustain its operations, programs and services in order for us to maintain our beautiful facilities and continue to offer great programs and café services at a great value to our members. For more information about FSS, please contact the center administrator.

Membership Dues: \$30 for Fayette County residents (\$90/out-of-county*). Membership applications **must be made in person** and are available at the reception desk in both FSS locations. **We regret that we cannot accept mail-in applications. Photo ID/Proof of residency required.**

Volunteers are eligible for a FREE membership after 75 hours of service per 12 months. Fayette Senior Services accepts VISA, MASTERCARD and DISCOVER cards.

*No one is excluded for inability to pay. Complimentary memberships can be arranged with a care manager. Please call Iris Harris Care Manager, 770-461-0813 ext. 116 for information or arrange for a confidential meeting.

As we create more opportunities to enrich the lives of older adults in the community, your rewards of being a Fayette Senior Services Member grow as we do. Your membership will be honored at both our Fayetteville and Peachtree City locations.

Membership Has Its Rewards

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

Mr. Handyman

1000 Cooper Circle, Suite 103
Peachtree City, GA
(678) 971-0151

Receive 5% discount off services with valid FSS Membership Card. We specialize in ALL major and minor home repairs; including grab bars, handicap accessible rooms, ramps, and doorways.

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.

Tom's Pest Control Co.

(770) 487-9506
Receive 10% off all services from Tom's Pest Control Co. 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.

Visiting Guests

We welcome visitors to our center, but ask all guests check in at the reception desk. This allows us to give our guests a tour, answer questions, and track the number of visitors to our center. Group Reservations: We welcome groups to visit our Center for a tour and lunch, but to better serve you, please call 770-461-0813 in advance to set up with our staff! Guest is not a substitute for membership! If a member-eligible guest has more than two visits to our center, we ask they become a member to continue enjoying the center.

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.

The Ultimate Café

- Fayetteville -

Our dining services are for members only. 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 front desk before dining.

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...

April 2022

Volunteer Appreciation Dinner
Fayetteville | Monday, April 18
5 p.m. to 7 p.m. | FREE for FSS Volunteers
If you are a current Fayette Senior Services volunteer, join us as we celebrate YOU! We'll kick off National Volunteer Appreciation week with a dinner and awards night.

April 2022

Sounds of Spring
Fayetteville | Thursday, April 28
5:30 p.m. to 7:30 p.m. | \$15
Enjoy the beautiful weather and a private concert performed by The Southern Crescent Chorale. This event will be held outside, so bring your chairs! Sponsored by State Farm Agent Mark Gray.

June 2022

Boot Scoot & BBQ
Fayetteville | Friday, June 24
5 p.m. to 8 p.m. | \$15
Put on your boots and enjoy a wonderful BBQ dinner along with a night full of dancing for a boot scootin' good time! Sponsored by Kaiser Permanente.

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

Miriam's Fitness Corner

Nipping Allergy Season in the Bud

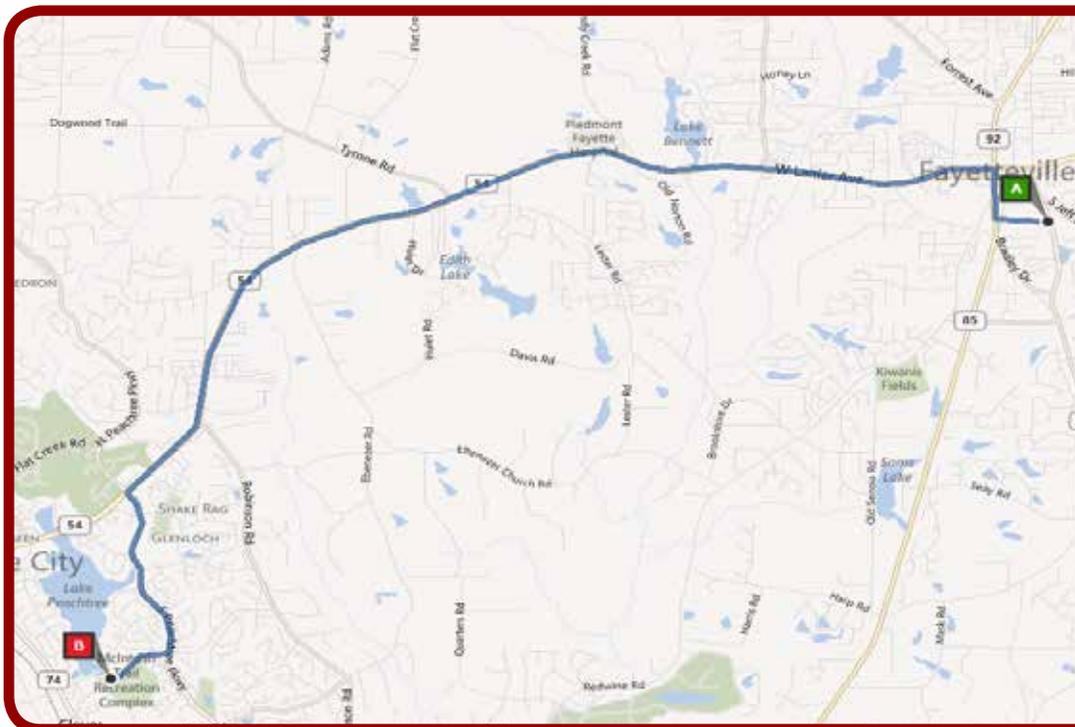
Many of us have been eagerly anticipating the arrival of consistently warmer temperatures. Mainly because warm weather allows us to spend more time outdoors. The downside, however, yields greater exposure to troublesome allergens that can make some of us downright miserable. But you know what? As with most things in life, preparation can be a lifesaver. Here are a few preventive measures to soften the potentially upcoming seasonal blow.

- 1) Begin taking (or adjust your daily consumption to) 2000 mg of Vitamin C daily. It will reduce the amount of histamines your body produces when confronted with certain allergens, therefore, making it a natural antihistamine.
- 2) Keep those windows and doors closed. Fresh spring air is a luxury not for allergy sufferers. Leave the irritants outside.
- 3) Ditch those clothes and shoes the second you enter the door, followed by a shower to free skin and hair of tenacious allergens. Be intentional.
- 4) Mask up, not just for Covid. Face masks not only protect us from germs and viruses but also environmental and seasonal culprits.
- 5) Do the pro thing and take a probiotic daily. Increasing good bacteria in your gut gives your immune system a boost.
- 6) Flush those passages! Whether it's nasal spray or Nettie pot - irrigate, irrigate, irrigate.
- 7) Lastly, consider investing in a HEPA (high-efficiency particulate air) filter to ensure you're inhaling the cleanest quality air possible when indoors.

Now that we're armed, let's enjoy this gorgeous weather!

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

The Southern
Crescent Chorale

Fayette Senior
Services
present

SOUNDS of SPRING



Thursday, April 28
5:30 pm to 7:30 pm
Tickets \$15

Fayetteville location
4 Center Drive
770.461.0813

Enjoy an evening of dinner & music as the Southern Crescent Chorale performs a collection of their most popular pieces, including some from their upcoming concert!

Event Sponsored By:

Southern Crescent
CHORALE

Fayette Senior Services
Making Life Better™

Mark Gray, Agent
770-487-8561

 **State Farm™**

Dear Volunteer, You Make a Difference!

A Blooming Volunteer

Written By: Carrie Bittinger



For some people, volunteering is in their blood. Whether it was something that was encouraged while growing up or if they just always had a desire to give back, these people are destined to be volunteers. Volunteering courses through the veins of FSS volunteer Michael Isham. Growing up, he was always volunteering with his family—it was not something you should do, but something that you did. All these years later, volunteering is something that Michael just does instinctually.

Michael grew up in Southern Michigan, where his parents emigrated from Canada. His father worked for a power company, starting out as a tree trimmer and working his way up in the company to become a lineman. His mother was a housewife and raised Michael and his brothers. Michael is the oldest of 5 boys with a 13 year age gap between him and his youngest brother. When they were younger, they lived in the country so they had the run of the neighborhood! They built forts in the woods and rode bicycles to their friends' houses. No matter the season, they were always outside! They would swim in the small lake behind the house in the summer and in the winter they would ice skate and play hockey on it.

After graduating from a small high school in the industrial town of Albion, Michael attended three different colleges. He started his

college career at Bob Jones University where he was kicked out for dating off campus without the permission of the administration, which looking back on Michael finds really funny. He went to a state school for a little bit before joining the Air Force for 4 years in the early 70's. Michael then took the G.I. bill and graduated from Lake Superior State University with a degree in environmental engineering. After college, Michael worked for the next 31 years in the commercial nuclear power business. He retired from The Institute of Nuclear Power Operations in 2005 and then he worked for 5 years as a contracted Incident Investigator. Michael has two daughters, Alyssa, who is the financial controller for the Atlanta Center for Puppetry Arts, and Anne, who is a staff attorney for the Georgia Advocacy Office. Both daughters live nearby in Atlanta and he has a seven year old granddaughter named Zadie.

Michael has made volunteering a lifelong commitment for himself. He has volunteered with FSS for 5 years as well many other places within Fayette County and beyond. When asked what made Michael want to volunteer, he jokingly and lovingly says, "Your pathetic garden." Five years ago, Michael came by the center and saw that the garden needed some extra love. He continued to come back because he was impressed by the center itself, enjoyed the staff that worked here, and then had lunch here and that sealed the deal! He loves interacting with the people who work and volunteer here. Although Michael began as a garden volunteer, he has since joined the Meals on Wheels team, helping pack meals throughout the week. "The best thing I could tell someone who wanted to volunteer is to spend time learning your role. That is crucial. And enjoy it!"

The last five years Michael has given to FSS has truly had an impact on us. While he may just be one piece of the FSS puzzle, without that piece, the puzzle would not be complete. His constant willingness to take on any challenge makes him a stand out volunteer. It helps that his sense of humor always has everyone laughing and smiling too! Thank you Michael for the last five years and for many more to come!

From Our Kitchen To Yours

Irish Cream Brownies

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



Photo via www.eatgood4life.com

Ingredients

Brownies

- 1 (21 1/2 oz) pkg of Pillsbury Fudge Brownie Mix
- 1/2 cup Irish cream liqueur
- 1/2 cup oil
- 2 eggs

Frosting

- 1/2 cup butter or margarine, softened
- 2 cups powdered sugar
- 1/2 teaspoon vanilla
- 2 tablespoons Irish cream liqueur
- 2 to 3 teaspoons milk

Glaze

- 1 oz (1 square) semi-sweet chocolate, chopped
- 1 teaspoon butter or margarine

Directions

- Heat oven to 350 degrees. Grease the bottom only of a 13x9 inch pan
- In a large bowl, combine all brownie ingredients. Beat about 50 strokes with a spoon. Spread in greased pan and bake 350 degrees for 30 to 35 minutes (do not overbake)
- Once done, let them cool completely
- In a small bowl, beat 1/2 cup butter until light and fluffy. Beat in remaining frosting ingredients. Spread over cooled brownies
- In a small saucepan over low heat, melt glaze ingredients, stirring occasionally. Drizzle over frosted brownies. Refrigerate until firm

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.

Zoom Sit and Get Fit:

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

Canasta:

8 a.m. to 12 p.m.

Regular and Hand & Foot

Advanced Bridge:

2nd Monday of month

10 a.m. to 3 p.m.

Mexican Train**Dominoes:**

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

Sit and Stitch:

1 p.m. to 4 p.m.

Monday Bridge:

1 p.m. to 4 p.m.

Chess Club:

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

Bid Whist:

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

Tuesdays

Uno:

10 a.m. to 12 p.m.

Scrabble:

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

Tuesday Bridge Club:

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

Phase 10:

1 p.m. to 4 p.m.

Wednesdays

Sit and Get Fit:

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

Zoom Sit and Get Fit:

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

Pinochle:

8 a.m. to 12 p.m.

Canasta:

8 a.m. to 12 p.m.

Free Blood Pressure**Check:**

10 a.m. to 11 a.m.

Rummikub:

12:30 p.m. to 2:30 p.m.

Modern Mahjong:

1:15 p.m. to 4 p.m.

Thursdays

Uno:

10 a.m. to 12 p.m.

Sit and Stitch:

1 p.m. to 4 p.m.

Bunco:

1:15 p.m. to 4 p.m.

Fridays

Sit and Get Fit:

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

Zoom Sit and Get Fit:

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

Pinochle:

8 a.m. to 12 p.m.

Canasta:

8:30 a.m. to to 12 p.m.

Mexican Train**Dominoes:**

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

Scrabble:

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

Calling all pool sharks!

Practice your skills
and have fun playing
billiards or take some
free lessons on Mondays,
Wednesdays and Fridays
from 10 a.m. to 2 p.m.
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:

11 a.m. to 3 p.m.

Canasta:

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

Tuesdays

Happy 2Soms:

3rd Tuesday of month

2 p.m. to 4 p.m.

This group meets monthly to play bingo.

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:

1st, 3rd, and 4th Wednesday

10 a.m. to 3 p.m.

Thursdays

Intermediate Social

Bridge Free Play:

11 a.m. to 3 p.m.

Fridays

Morning Stretch:

9 a.m. to 10 a.m.

Mahjong:

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

Canasta:

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

Game Day:

1 p.m. to 4 p.m.

Turn the Pages!

Check out the collection of books and magazines of all genres that we have available for pick up at both our Peachtree City and Fayetteville locations! Have some you aren't using? We are currently accepting book donations.



Some of the Morning Stretch ladies working out outside!



Members enjoying an evening during A Taste of Italy event.

Rules, Regulations & Cancellation Policies

Register early! Many of our classes are extremely popular and fill up quickly! All classes have a class-size limit that varies with each class. 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.

TRIPS: Trips are for FSS members only. Payments must be made at the time of reservations. Payments of cash or checks are strongly encouraged. Reservations for mailed-in checks will not be made until the check has been received by Fayette Senior Services. For any questions, please contact Morgan Lanier at 770-461-0813. See trip schedules for refund policy.

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.



Some of our FSS volunteers together at a Volunteer Appreciation Social.



Getting a fun workout in during Miriam's Aerobics class!

Special Events



Floral Arranging Made Simple

- F** FAYETTEVILLE
Thursday, March 10
1 p.m. to 3 p.m.
\$40 | Includes materials
Members and non-members
Pre-registration required

Get tips and master the skills to creating beautiful floral arrangements to decorate your home or give as gifts. Sierra Pyron with Gracie's Garden Floral Studio will teach the basics of spring floral designs while working with fresh and silk flowers and fun accessories. Sierra will provide all the materials and tools needed and will take us through the steps to putting together a breathtaking arrangement. You will take home your project after the class.



St. Patrick's Day Celebration

- P** PEACHTREE CITY
Thursday, March 17
5 p.m. to 8 p.m.
\$15
Members and non-members
Pre-registration required

Top of the morning to ya! Want to share some Irish luck? This St. Patrick's Day Celebration event is one which will leave all around green with envy who don't attend! We will kick start the evening with holiday traditions including green drinks and good eats. To top off an evening of fun, the Big Dogs band will be playing live music and Kelly Porter Dance Academy will be performing river dances to keep the night rolling. Don't miss this sure to remember night of fun! This event is sponsored by Aberdeen Fine Properties.



Photo by Camillo Gonzalez via Flickr

Hibachi Luncheon

- P** PEACHTREE CITY
Wednesday, March 23
11:45 a.m.
\$18 | Chicken
\$18 | Shrimp
\$20 | Steak
Members and non-members
Pre-registration required

Treat yourself to a wonderful and personal lunch experience. Enjoy not only a delicious lunch, but the entertainment provided by traveling hibachi chef Jaybi Benedicto. He will have a grill and cook a fresh hibachi meal right in front of us. Meal includes choice of meat (pricing above), rice, veggies, and tip.

Sunday	Monday	Tuesday	Wednesday
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March Program Schedule

Needlework

Crochet: Leprechaun Gnome

- F FAYETTEVILLE
Monday, March 14
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Make this cute little guy in time for St. Patrick's Day! Materials needed: Green (2 shades), yellow, orange, tan and black yarn (most just need small amounts); size F hook. Nancy will bring the stuffing. Contact Nancy at icrochet2@bellsouth.net with questions. Picture available at front desk.

Crochet: Daffodil Pencil Topper

- F FAYETTEVILLE
Monday, March 21
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

It's that time of year for flowers! Make a bunch to brighten your day. Materials needed: Yarn in Daffodil colors such as yellow, white, gold and green (most just need small amounts); size E hook; pencil(s). Contact Nancy at icrochet2@bellsouth.net with questions. Picture available at front desk.

Quilting: Star Power

- F FAYETTEVILLE
Wednesday, March 2
9 a.m. to 3 p.m.

\$30 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

This quilt has two basic blocks. You can go scrappy or structured with fat quarters, accent fabric and a background. You can decide what size – Throw to a King. Materials list and picture at front desk. Must provide your own sewing machine.

Quilting Sew Day

Instructor: Darlene Hubble

- F FAYETTEVILLE
Wednesday, March 9
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required

FAYETTEVILLE
Wednesday, March 30
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required

Take time to finish up projects. This class is not instruction based, just free time to work on a personal project with others. Must provide your own sewing machine.

Quilting: Carpenter Stars' Cross

- F FAYETTEVILLE
Wednesday, March 23
9 a.m. to 3 p.m.
\$30 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

This quilt is built of four individual blocks to form a cross and mitered corner border. The quilt is in two colors, beige and brown.

Materials list and picture at front desk. Must provide your own sewing machine.

Creative Pursuits

Painting Workshop

- P PEACHTREE CITY
Tuesday, March 15
10 a.m. to 12 p.m.
\$35 | 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 an adorable bunny in time for Easter and spring.

Watercolor: Iris

- P PEACHTREE CITY
Friday, March 25
9 a.m. to 12 p.m.
\$25 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Paint a beautiful watercolor Iris. Learn about basic watercolor techniques including tips on mixing colors, types of application techniques, how to capture the whites of a painting, and much more. Take home a finished painting. Designed for all levels, no previous experience needed. See front desk for picture.

To Dye For Tie Dye Shirts

- FAYETTEVILLE
Thursday, March 24
1:30 p.m. to 3 p.m.
\$5 | Includes tie dye materials
(Bring your own shirts)
Member exclusive
Pre-registration required

Learn two methods to tie-dyeing shirts at home. Bring one plain white t-shirt and one plain dark t-shirt with you to class and all other materials will be provided to make them and take home. Carrie will teach the regular method and reverse method to bring a creative side to your wardrobe and give you the skills to make more later. You'll be surprised at how easy these are to make!



Dance

Peachtree City Beginner I Line Dance

- PEACHTREE CITY
Tuesday
11:30 a.m. to 12:30 p.m.
\$15 | Month
Instructor: Stella Joshua

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

Peachtree City Beginner II Line Dance

- PEACHTREE CITY
Tuesday
12:30 p.m. to 1:30 p.m.
\$15 | 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.

Introduction to Line Dance

- FAYETTEVILLE
Monday
11 a.m. to 12 p.m.
\$15 | Month
Instructor: Sandy Murphy

This class is designed for those with little to no line dance experience. This introduction class will teach the basic steps and terminology and get you comfortable on the dance floor.

Beginner II Line Dance

- FAYETTEVILLE
Monday
12:45 p.m. to 1:45 p.m.
\$15 | Month
Instructor: Sandy Murphy

Keep those line dancing moves sharp! This class is designed for those who have at least six months experience in dancing.

Improver Line Dance

- FAYETTEVILLE
Monday
2 p.m. to 3 p.m.
\$15 | Month
Instructor: Sandy Murphy

Keep advancing and become a line dance expert in no time. For those who have had at least 6 months of Beginner II Line Dancing.

Intermediate Line Dance

- FAYETTEVILLE
Tuesday
11 a.m. to 12 p.m.
\$15 | Month
Instructor: Eddie Huffman

Higher level dance steps and line dances will get you going in this line dance class.

Free Moves Line Dance

- FAYETTEVILLE
Friday, March 4, 11 & 18
10 a.m. to 12 p.m.
FREE
Members exclusive
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!

Open Line Dance

- FAYETTEVILLE
Friday, March 25
10 a.m. to 12 p.m.
FREE
Members exclusive
Pre-registration required

All levels welcome to dance the afternoon away. Enjoy songs that all groups are currently working on and mix and match your moves with all the variety! This class is not instruction based.



Fitness

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.

Yoga: Fayetteville Zoom Live Session

Via Zoom from your home
Friday
8:45 a.m. to 9:45 a.m.
\$20 | Month
Instructor: T. Michael

This will feature the Yoga class live via Zoom so you can participate in the same great class in the comfort of your home.

Yoga: Peachtree City

▶ PEACHTREE CITY
Thursday
9 a.m. to 10 a.m.
\$20 | Month
Instructor: Renee Morris

A form of mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm.

Yoga: Peachtree City Zoom Live Session

Via Zoom from your home
Thursday
9 a.m. to 10 a.m.
\$20 | Month
Instructor: Renee Morris

This will feature the Yoga class live via Zoom so you can participate in the same great class in the comfort of your home.

Walking Group: Fayetteville

Meets at McCurry Park
Monday
9 a.m. to 10 a.m.
FREE
No pre-registration required

Meets at McCurry Park in Fayetteville (164 McDonough Road) to take advantage of the walking trails. Improve physical fitness with a dose of cardio. Self-led group.

Tai Chi Club

▶ FAYETTEVILLE
Tuesday
2 p.m. to 4 p.m.
FREE
Self-led group

This self-lead 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 overall fitness.

Power Aerobics

▶ FAYETTEVILLE
Tuesday and Thursday
7:40 a.m. to 8:30 a.m.
\$20 | 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 always provided.

Intermediate I Aerobics

▶ FAYETTEVILLE
Tuesday and Thursday
8:40 a.m. to 9:30 a.m.
\$20 | 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 always provided.

Intermediate I Aerobics: Zoom Live Session

Via Zoom from your home
Tuesday and Thursday
8:40 a.m. to 9:30 a.m.
\$20 | Month per class
Instructor: Miriam Jones

This will feature the Intermediate I Aerobics class live via Zoom so you can participate in the same great class in the comfort of your home.

Intermediate II Aerobics

▶ FAYETTEVILLE
Tuesday and Thursday
9:40 a.m. to 10:30 a.m.
\$20 | 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 always provided. This class will be held outside!

Aerobics & More

▶ PEACHTREE CITY
 Wednesday
 8 a.m. to 8:50 a.m.
 \$10 | Month
 Instructor: Miriam Jones

Are you needing a little exercise spice in your life? If so, break the fitness monotony. These weekly total body workout sessions are never the same and will have you feeling strong and more energized. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications always provided. Bring a mat with you.

Stretch for Movement

▶ FAYETTEVILLE
 Monday
 9:45 a.m. to 10:30 a.m.
 \$10 | Month
 Instructor: Kelly Tringali

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

A series of simple and easy to follow stretch combinations to improve your balance, coordination, and range of motion.

Stretch for Movement: Zoom Live Session

Via Zoom from your home
 Monday
 9:45 a.m. to 10:30 a.m.
 \$10 | Month
 Instructor: Kelly Tringali

Via Zoom from your home
 Wednesday
 9:45 a.m. to 10:30 a.m.
 \$10 | Month
 Instructor: Miriam Jones

This will feature the Stretch for Movement class live via Zoom so you can participate in the same great class in the comfort of your home.

Walking Group: Peachtree City

▶ PEACHTREE CITY
 Thursday
 10 a.m.
 FREE
 No pre-registration required

Meet at the Gathering Place to check in and then take advantage of the paths around the center to add social interaction with a dose of cardio. Self-led group.

Personal Training

▶ FAYETTEVILLE
 Scheduled by request only
 \$50 | Session (1 hour)
 Instructor: Miriam Jones and T Michael

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
 Thursday, March 10 | 1:30 p.m.
The Tender Bar (2021) | R

Starring: Ben Affleck, Tye Sheridan. In 1972, 9-year-old J.R. Maguire moves into his grandfather's dilapidated house in Long Island. Searching for a father figure, he falls under the unconventional tutelage of his Uncle Charlie, a charismatic, self-educated bartender who introduces him to a handful of the bar's colorful regulars. As the years pass and J.R. becomes a man, he tries to fulfill his dream of becoming a writer.

PEACHTREE CITY
 Thursday, March 24 | 1:30 p.m.
King Richard (2021) | PG-13

FAYETTEVILLE
 Friday, March 25 | 1:30 p.m.
King Richard (2021) | PG-13

Starring: Will Smith, Aunjanue Ellis, Saniyya Sidney. The true story of Venus and Serena Williams. Richard Williams is an undeterred father instrumental in raising two of the most extraordinarily gifted athletes of all time, who will end up changing the sport of tennis forever. Driven by a clear vision of their future and using unconventional methods, Richard has a plan that will take Venus and Serena from the streets of Compton to the global stage as legendary icons.
 Movie Sponsored By:



If you are searching for a more structured setting to get the most of your workout, this one-on-one training is for you! Learn methods to working out specifically designed to help you reach your goals. Access to fitness center during session. Call Miriam at 404-644-6598 to set up session.

Special Interest

AARP Tax-Aide Assistance

- ▶ PEACHTREE CITY
Tuesday & Thursday
March 1 through April 15
9 a.m. to 1 p.m.
FREE
Members and non-members
Pre-registration required

AARP is here to offer free tax aid to assist us with personal income tax returns. Bring last year's tax return and other tax documents necessary for your 2021 filing. This is your chance to meet one-on-one with an AARP representative to get help filing taxes. Must have an appointment set to attend, no walk-in appointments available.

Flip A Coin

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

Collecting coins is a fascinating hobby. People collect coins for many reasons, including historic or artistic value, memories sparked, or to invest in coins for a long-term profit. Maybe one of your coins is worth a pretty penny! Local coin expert

Mark Lennon, owner of RG Greene Rare Coins, will share all about rare coins and answer questions you may have about your coin collection. He will also bring along a few of his favorite coins for all to see!

Volunteer Open House

- ▶ FAYETTEVILLE
Tuesday, March 1
2 p.m.
Members and non-members
Pre-registration required

If you are an FSS volunteer or are interested in becoming one, join us for our monthly meeting! Enjoy refreshments, meet with other volunteers, learn about upcoming events, current volunteer opportunities, and get center news and updates.

Get to Know Fayette Senior Services

- ▶ PEACHTREE CITY
Wednesday, March 2
1:30 p.m. to 2:15 p.m.
FREE
Members and non-members
Pre-registration required

Learn more about the programs, opportunities to get involved and social services offered by our organization and how to take advantage of them when needed. We are here to help you age well and live well!

Trim Your Budget

- ▶ FAYETTEVILLE
Wednesday, March 2
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

Pre-registration required

Stretching your budget shouldn't have to be a necessary step to achieving your financial goals. But sometimes, that can be the case. Ryan Behrens with Delta Community Credit Union helps us better understand our budgets and shares smart ways to save on the things that impact our finances most, such as food, health care, insurance, and more.

What's for Lunch?

- ▶ PEACHTREE CITY
Thursday, March 3
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. Must be registered to attend due to reservation numbers. This month, lunch will be at LaFayette's Bon Temps Tavern on the square in downtown Fayetteville.

Survival of the Fittest

- ▶ FAYETTEVILLE
Friday, March 4
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

It seems strange to compare the human species to a species of plants, but in some cases we can be similar. Jim Scott dives into the nature of competition – is it a driver or catalyst for survival in

living species? According to academia, the conclusion may surprise you! He'll begin with plants and end with humans and discuss how we all compete for the things we need in order to survive.

The Estate of It All

- ▶ PEACHTREE CITY
Friday, March 4
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

No matter your level of wealth, effective planning can help you preserve, protect and control your wealth. Brandon Jordan with Arch Advisory joins us to discuss reasons why people avoid estate planning and even more reasons why you shouldn't. Do you need an estate plan or if you have one, is it time to update it? Discover how to create a personal plan for you and how to monitor and revise that plan as needed.

AARP Tax-Aide Assistance

- ▶ FAYETTEVILLE
Monday, March 7
8:30 a.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required
- ▶ FAYETTEVILLE
Monday, March 28
8:30 a.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

AARP is here to offer free tax aid to assist us with personal income returns. Bring last year's tax return and other tax documents necessary for

your 2021 filing. This is your chance to meet one-on-one with an AARP representative to get help filing taxes. Must have an appointment set to attend, no walk-in appointments available.

The Price We Pay

- ▶ PEACHTREE CITY
Monday, March 7
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

It's no surprise when looking for a new home, or let's face it just looking for the fun of it, how people price out their home is a thought that comes to the forefront. Local Real Estate professional Matt Tuff, Realtor with Keller Williams and Matt Tuff Real Estate shares insight on how home prices are determined. Hear more about what determines the value of a home from location, schools, house sales nearby, updates, and so much more can play a major role in the expense of a home. Matt will also touch base about the local market and why some areas are so much more expensive than others that are just a few short miles down the road!

The Art of Deep Nature Connection

- ▶ PEACHTREE CITY
Mondays
March 7 thru April 4
1:30 p.m. to 2:30 p.m.
\$25
Members and non-members
Pre-registration required

This 5-week outdoor (weather permitting) course

is designed to help you understand the internal conversation and spirit connections within the natural world through a deep, fulfilling and profound way. It is also an opportunity to completely unplug from the busy modern world and recharge and reset yourself. Each session will begin with an element of meditative sitting and conversing in nature as we gradually reveal the conversation around us and what it actually means to us personally and as a group. Ben Marchman with Nature Link helps us make the connection within ourselves by nourishing our bodies with authentic and safe conversations around life, true meaning, and purpose. Develop skills such as strengthening sensory awareness and observation skills, discover core values through self and group communication, and take action in goal setting creating successful skillsets.

Check It Out Library Card Registration

- ▶ FAYETTEVILLE
Tuesday, March 8
11 a.m. to 1 p.m.
FREE
Members and non-members
No pre-registration required

The Fayette County Public Library will be on-site opening new library cards, renewing existing cards and sharing information about library programs and resources. Interested applicants will need a current GA I.D. or driver's license with their current address printed on it.

You're Oil I Need

▷ PEACHTREE CITY

Tuesday, March 8
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Extra virgin olive oils can really make a difference in our recipes and cooking methods, but how do you really know which one to choose with all the varieties out there? Tia Adams from Branch and Vine will be here to enlighten us on the ins and outs of olive oils. Join us for a tasting of premium extra virgin olive oils sourced from around the world. Learn how to properly taste these oils, the importance and health benefits of them, the difference in taste between fresh and not fresh, and much more. Enjoy an oil and bread tasting during class.

Fraud Alert

▷ FAYETTEVILLE

Wednesday, March 9
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

On a daily basis, you can read about another victim of an online scam or someone whose identity has been compromised. In today's world, it seems easy to fall prey to another scam. How do you safely navigate life in the digital age and avoid cyber threats, fraud and scams? Join Will Stone, CFP, for a session designed to help you increase awareness of common scams, how to protect yourself from them as well as red flags to be aware of for the future.

In A Pickle: All About Pickleball

▷ PEACHTREE CITY

Monday, March 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

We are sure by now you've heard about Pickleball, the newest sport that seems to be all the craze. What is this and what's it all about? Certified Coach Sharon Conrad with the PTC-Fayette Pickleball Association shares the history of this game, how it was created and the rules of the game. This paddle sport that combines elements of tennis, badminton, and ping-pong is fun and a great form of exercise. Here's your chance to learn all about it and see what all the fuss is really about!

I Can't Contain Myself

▷ FAYETTEVILLE

Monday, March 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Do you have a small backyard or porch that receives plenty of sunshine and could use a little sprucing up? Then you might just have the perfect spot for a small vegetable garden! Kim Toal with the Extension Office joins us to talk about using containers to grow a beautiful and tasty garden. Learn how to grow vegetables in containers and varieties that will produce well for you.

A Novel Idea Book Club

▷ PEACHTREE CITY

Tuesday, March 15
1:45 p.m.
FREE
Member exclusive
No pre-registration required

March book: *The Dutch House* by Ann Patchett. April book: *Lincoln Highway* by Amor Towles. For more information, please contact Meghan Caton at megcaton@gmail.com.

Tax Free Assets

▷ PEACHTREE CITY

Wednesday, March 16
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Tax free investing allows investors to earn interest income tax free while encouraging household savings. Brett Bexley with Edward Jones unravels the details of tax free investing and provides an overview of these investments.

ALS Support Group

▷ FAYETTEVILLE

Thursday, March 17
10 a.m. to 12 p.m.
FREE
Members and non-members
No pre-registration required

For more information, contact Anita Flowers at 404-636-9909 or by email at anita@alsaga.org.

Dementia Caregiver Support Group

▷ PEACHTREE CITY

Thursday, March 17
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

For more information, contact
Lynnette Dunn at 770-506-
1538 or by email at lynnette.
dunn@piedmont.org.

A Touch of Spring

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

Spring is among us, it's time to brighten our lives! Out with the muted winter décor and colors, get ready for spring and summer as Bethany Vickery brings the sunshine into our homes with simple tips and tricks. Discover budget friendly, easy ways to change out your décor to match the season!

Need A Lift?

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

There are so many options for car services available, but ride share programs such as Uber and Lyft have provided a safe and easy way to access these types of services. However, with the only option for using these two platforms through a phone app, it can be overwhelming at first. Brian Anderson with Media Mash discusses how to use these apps from first downloading

and setting up an account to getting a ride through the app and keeping up with the progress throughout the ride. Also learn about the safety measures that both of these services have in place for their drivers and riders!

The Grape Escape

P PEACHTREE CITY
Friday, March 18
2 p.m. to 3:30 p.m.
\$20
Member exclusive
Pre-registration required

Wine connoisseur Eric Trout, will be on hand to pass along all his expertise about wines. Join in the fun for a monthly educational program related to different wines, regions, countries, and more. Get information on the monthly choice and become a wine expert in no time. This month, learn about Old World Reds.

1-on-1 Medicare Consultations

P PEACHTREE CITY
Monday, March 21
10 a.m. to 2 p.m.
FREE
Members 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.

The Essentials

F FAYETTEVILLE

Monday, March 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Explore the benefits of essential oils for everyday common uses. Join oil expert Sarah Smith as she teaches us how to incorporate oils so we can enjoy a Lavender-infused bedtime routine or a clean-smelling lemony kitchen and more! These tips and tricks will leave you feeling confident in using your essential oils.

Good Vibes Only

P PEACHTREE CITY
Tuesday, March 22
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Master Psychic Rachel is a visionary who connects with people all over the world through her special talent. Unravel the mystery of auras from how to see and feel them, how to read your own and other's aura, what the different colors mean, and how to use these readings in daily life.

P"age" Turners Book Club

F FAYETTEVILLE
Thursday, March 24
1:30 p.m.
FREE
Member exclusive
No pre-registration required

March book: *The Searcher* by Tana French. April book: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.

For more information, please contact Heidi Williams at jmwhome8332@gmail.com. Zoom option is available to join this meeting, please email Heidi for the Zoom link to join virtually.

In A Pickle: Pickleball Play

KEDRON FIELDHOUSE

Monday, March 28

1 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Learn the game of Pickleball with this hands-on classroom. Meet at the Kedron Fieldhouse (202 Kedron Drive, Peachtree City) as Coach Sharon Conrad with the PTC-Fayette Pickleball Association performs a demo and teaches you as you go through the motions on the court! If you already have Pickleball paddles, bring them with you or if not, she'll have paddles for you to try out. Wear comfortable tennis shoes and get ready to have some fun and laughs as you learn the popular game of Pickleball!

Lunch & Learn: The Gift of Preparedness

F FAYETTEVILLE

Tuesday, March 29

10:30 a.m. to 3 p.m.

\$15 | Includes lunch

Members and non-members
Pre-registration required

Preparation is key! Get information and resources about the importance of advanced planning. Did you know 90% of people say that talking about end-of-life

wishes is important, but only 27% have actually had the conversation? Get properly prepared with the help of experts who will share real experiences, practical advice and essential information. Speakers include: Vicki Farrell with Fayette Law Group, Dana Samples with Brightmoor Hospice, David Mowell with Mowell Funeral Home, and Jennifer Yeager with Sea Glass Therapy.

Walking In A Wetland

F FAYETTEVILLE

Wednesday, March 30

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Our local area is home to many wetlands, providing a vast environment for many species of animals and plants. Jasmine Scott, Conservationist with the Newman Wetlands Center, dives into the fascinating world of wetlands, providing visuals on the habitat, taxidermy examples of a variety of animals, and an Enviroscape. Hear how human impact on these habitats affect the ecosystem as a whole as well as ways to mitigate those impacts.

Outwit Your Smart Phone

P PEACHTREE CITY

Thursday, March 31

1 p.m. to 3 p.m.

FREE

Member exclusive
Pre-registration required

You've finally got a trusty smart phone that seems

smarter than you! We all feel that way when we get a new phone or can't figure out the one we have. Here is your chance to get one-on-one help for the specific questions you have. Gabriel Curtidor with LifeLine Repairs will sit down with you and help you outwit your phone, once and for all. Bring your phone with you.

Express Lunch

P PEACHTREE CITY

Thursday, March 10

12:45 p.m.

\$10 | Pizza

Member exclusive

Pre-registration required

PEACHTREE CITY

Thursday, March 24

12:45 p.m.

\$10 | Pizza

Member exclusive

Pre-registration required

Enjoy a delicious lunch delivered right here at FSS! This month, lunch will include a couple of slices of pizza, a side salad, a cookie, and a drink.

Trivia

F 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

- F FAYETTEVILLE
Wednesdays
11 a.m. to 12:30 p.m.
FREE
Member exclusive
No pre-registration required

Learn to play the dulcimer, a unique string instrument native to the Appalachian region of the United States. Don't be shy – you don't need to know how to play or read music to join in the fun! A practice dulcimer will be provided by instructor if necessary. All levels welcome.

Dulcimer Zoom Live Session

- F FAYETTEVILLE
Wednesdays
11 a.m. to 12:30 p.m.
FREE
Member exclusive
Pre-registration required

This will feature the Dulcimer class live via Zoom so you can participate in the same great class in the comfort of your home.

Technology

Computer Tutor

- F FAYETTEVILLE
- P PEACHTREE CITY
Classes scheduled by request only
\$20 | Session (up to 2 hours)
Instructor: Robert Marcus

Get a one-on-one tutoring session from our well-equipped volunteer tutor. Choose a topic, a date and time, and pick a location at the front desk. Bring your own laptop or use one of

our lab computers.

Computer Technology Assistance

- P PEACHTREE CITY
Wednesday, March 16
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

- F FAYETTEVILLE
Tuesday, March 22
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

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

Wellness

Massage

- F FAYETTEVILLE
Tuesday, March 1
10 a.m. to 2 p.m.
\$35 | 30 minutes
\$55 | 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.

Achy Breaky Arthritis

- P PEACHTREE CITY
Tuesday, March 1
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Oh, my aching joints. Dr. Josh Davis with First Step Physical Therapy discusses the varying causes of arthritis and how we can treat them at home without medication as well as help prevent inflammation and pain associated with it.

Hearing Screenings

- F FAYETTEVILLE
Tuesday, March 8
9 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Huh, What did you say, I didn't hear you? Hearing Life Center will be at FSS just for you. Get a complementary hearing screening without having to deal with all the doctor office visits.

Eyeglass Repairs and Adjustments

- F FAYETTEVILLE
Wednesday, March 9
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
No pre-registration required

Dale Klauss with Dale's Optical will be here to perform minor repairs, adjustments, maintenance, and cleaning of your glasses.

Pound By Pound

- ▶ PEACHTREE CITY
Wednesday, March 9
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

The associated health effects of excess weight have been known for many years, often connected with a striking reduction in life expectancy, issues with chronic illnesses, on top of inflammation, joint pain and ability to bounce back from sickness, injuries and more. Dietitian Mary Garofalo helps us define how our BMI is calculated and discusses caloric needs, associated health hazards, and preventative measures. The good news is even a modest weight loss of 10% improves comorbidities!

Functional Fitness

- ▶ PEACHTREE CITY
Friday, March 11
11:30 a.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Alex Stanford, a certified Functional Movement Specialist with Laboratory Fitness, provides one-on-one screenings to evaluate how an individual, no matter their age, is moving in everyday life. This short 10 minute screening assesses mobility and stability which allows you and healthcare professionals

to make educated decisions on your mobility. Information gained from the test may be used to create a safe and controlled environment to keep you healthy in everyday life!

Down to the Core

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

Core stability and strength while important for all ages is even more crucial for the health and well-being of older adults. Conditions such as balance deficits, back pain, and poor muscle endurance overall can be significantly improved, if not alleviated, by improving core strength in seniors. Join Piedmont Wellness Center to find out how simply strengthening your core can improve your everyday life, and learn ways to do so without a grueling regimen of crunches.

Bon'e' Appétit

- ▶ PEACHTREE CITY
Monday, March 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Proper nutrition is crucial for a quality lifestyle and keeping your bones strong with healthy nutrients. Good nutrition is also a must before and after joint replacement or other orthopedic surgeries and procedures, aiding in the recovery process in a big way. Join Dr. Domenic

Scalamongna of Piedmont Orthopedics as he discusses bone and joint health and how a healthy diet can prevent and help you recover from orthopedic injury and surgery. He will be doing a small cooking demo as well! This program is part of the 2022 Piedmont Wellness Series.

All In One

- ▶ FAYETTEVILLE
Tuesday, March 22
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Certified Health Coach Jennifer Lunsford for a live demonstration using a pressure cooker (InstaPot) to make quick and easy one-pot meals that can provide hundreds of health benefits, help you lose or maintain weight, and keep you full longer. Jennifer will do a demo on the health benefits of soups and how they can help us stay fuller longer using broth, veggies, and proteins!

Hearing Aid Cleanings & Maintenance

- ▶ FAYETTEVILLE
Wednesday, March 23
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
No pre-registration required

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

The Key to Communication

- F** FAYETTEVILLE
Wednesday, March 23
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Living with Alzheimer's and dementia is not only a lifestyle change for those diagnosed, but also for their loved ones. Learning to relate and understand what they are going through can be challenging. Mia Chester with the Alzheimer's Association explores ways that dementia affects an individual's ability to communicate across different stages. Get tips on ways you can better communicate with people living with this disease.

Food For Thought

- P** PEACHTREE CITY
Friday, March 25
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

It's easy to get out of touch with listening to our hunger cues. We tend to rush through many of our meals and snacks and become distracted while eating. Join Arisahi Valentin, Dietitian from Crane Chiropractic & Applied Kinesiology as she shares how to become more aware of your hunger by shutting down all the distractions around you. Discover how to appreciate food by tapping into your senses so you can enjoy it mindfully and healthily!

Memory Screenings

- P** PEACHTREE CITY
Tuesday, March 29
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

Look What's Coming in April!

Joke's On You

- P** PEACHTREE CITY
Friday, April 1
1:30 p.m. to 2:15 p.m. | FREE
Pre-registration required

Spend April Fool's Day with an afternoon full of laughter. Enjoy local comedian Jimmy Bates side-splitting jokes, much like the style of Minnie Pearl.

Before It's Too Late

- F** FAYETTEVILLE
Monday, April 4
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

After the passing of a loved one, we don't ever anticipate having to finalize more details. Gain insight on what to expect and what needs to be dealt with after a death.

Peach State Wines

- F** FAYETTEVILLE
Wednesday, April 6
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Clink your glasses together for a cheers worthy time! Hear about some of Georgia's best wineries with delicious options and a variety of choices.

GoodRx

- P** PEACHTREE CITY
Thursday, April 7
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Learn to navigate the GoodRx website that tracks prescription drug prices and offers coupons for everyone to use at no cost to you.

Registration for these classes will be available when April newsletter comes out!

Celebrating 25 Years of *Excellence!*

Heritage of Peachtree, the area's top assisted living community, has provided engaging senior living in the Fayette County area since 1996. You'll find southern hospitality, beautifully landscaped courtyards and a homelike environment. With a philosophy that promotes wellness in all areas of living, find the right level of support to empower, purposeful living.



*Discover what makes
Heritage different
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chedule a tour today!

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



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Join us each month for an informative discussion on a variety of topics provided by Piedmont Fayette Hospital affiliates. To request a copy of the 2022 tentative schedule, visit the front desk at either location or by email at register@fayss.org.

Fayette Senior Services
Making Life Better™

 **Piedmont**
FAYETTE

*You are
all
invited*

JOIN US FOR OUR
ANNUAL VOLUNTEER
APPRECIATION
DINNER!

When: MONDAY, APRIL 18

Time: 5 P.M. TO 7 P.M.

Who: ALL CURRENT FSS VOLUNTEERS



Have you ever wanted to volunteer? We are looking for new people to join our volunteer team! There are so many areas to volunteer in that there is something for everyone! Contact Volunteer Coordinator, Carrie Bittinger at cbittinger@fayss.org or 770-461-0813 to learn how you can get involved in our FSS volunteer family!

STARS SPRING CRAFT SALE

Wednesday, April 27

11 a.m. to 2 p.m.

Fayetteville | 4 Center Drive

The STARS have been hard at work crafting! Enjoy some of their homemade crafts in addition to other creative, decorative, and fun items - all while giving back to the program! A great way to enjoy an afternoon shopping while supporting a great cause!

Proceeds go to further benefit the STARS program.

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Malcolm Tallie

Kaiser Permanente Medicare specialist

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