

July 2022

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Game On

Fayette Senior Services' champion has a nice ring to it. Go for the gold at our summer olympic games.

## Stay Brewtiful

Head on over to the Line Creek Bus Barn for a private tasting and educational session with their brew crew.

## Nuts About Dessert

Dive into your favorite FSS dessert from home now with this Peanut Butter Pie recipe, straight from the cafe!

*Live Well. Age Well.*

# ALOHA

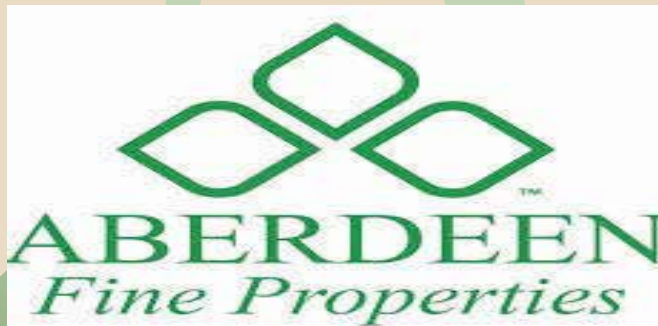
JOIN US FOR A

# LUAAU PARTY

THURSDAY  
AUGUST 25

5 PM

ISLAND FEVER LUAU  
203 McINTOSH TRAIL | PEACHTREE CITY  
Tickets only \$15!





# July

## featured

### **The Sweet Pickle 10**

Meet volunteer Paul West who values being a part of the community and those around him.

### **You Butter Believe It 11**

Candice is finally sharing her popular, mouth-watering Peanut Butter Pie recipe!

### **Going for Gold 15**

Our very own Miriam Jones has put together a series of fun challenges to compete for the gold.

### **Working On Your Six Pack 15**

Finally, a six pack we can all get on board with! Enjoy an afternoon at the brewery for a beer tasting.

## **2022 HOLIDAY CLOSINGS**

<b>Independence Day.....</b>	<b>July 4, 2022</b>
Labor Day.....	September 5, 2022
Thanksgiving.....	November 24, 2022
Thanksgiving.....	November 25, 2022
Christmas.....	December 26, 2022
Holidays .....	...December 27, 2022
Holidays .....	...December 28, 2022
Holidays .....	...December 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](http://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.

## 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 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.

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

Deana Wright  
PTC Center Coordinator

Marilyn Walker  
Member Services PTC

Casey Williamson  
Member Services

Paul Hives  
Technology Development

Lynne Leatherman  
Finance Officer

## THE ULTIMATE CAFÉ

Bonnie Kanofsky  
Executive Chef

Pedro Cruz  
Sous Chef

Candice Bailey  
Kitchen Manager

LaVarr Woods  
Café Assistant

Hunter Bailey  
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

Angie Hotard  
Care Administrator

## 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

Cheryl Hembree  
Driver

Terry Billingsley  
Driver

Chris Parker  
Driver

Paula Byram  
Driver

Sabrina Bazydlo  
Driver

Laurie Brasher  
Driver

Bob Corleto  
Driver

John Flebinger  
Driver

Wesley Richardson  
Driver

# Fayette Senior Services

*Making Life Better™*

## 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.

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](mailto: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:

## **BLB Handyman Services**

Ben Bosworth  
(678) 777-0871

Receive a 10% discount off services with a valid FSS membership card. Ben is a local fireman and the owner and operator of BLB Handyman Services, LLC. Serving Fayette and Coweta county.

## **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...

### August 2022

#### **Island Fever Luau**

Peachtree City | Thursday, August 25  
5 p.m. to 8 p.m. | \$15

*Shake off your grass skirts, dust off your ukuleles, and turn up those island records for a wonderful evening, aloha style in Hawaii. This event is sponsored by Aberdeen Fine Properties.*

### September 2022

#### **Low Country Boil**

Fayetteville | Friday, September 23  
5 p.m. to 8 p.m. | \$20

*Fill your plates, bring out your Cajun side, and get those crab claws crackin'! It's time to have a ragin' Cajun good time at our Low Country Boil! Event sponsored by Heritage Bank.*

### October 2022

#### **Oktoberfest**

Fayetteville | Thursday, October 27  
5 p.m. to 8 p.m. | \$15

*Guten Tag y'all! It's Oktoberfest in the South. Enjoy an evening of music and Polka and fill your bellies full of authentic German cuisine. Event sponsored by State Farm – Agent Mark Gray and Heritage Bank.*

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

## Miriam's Fitness Corner

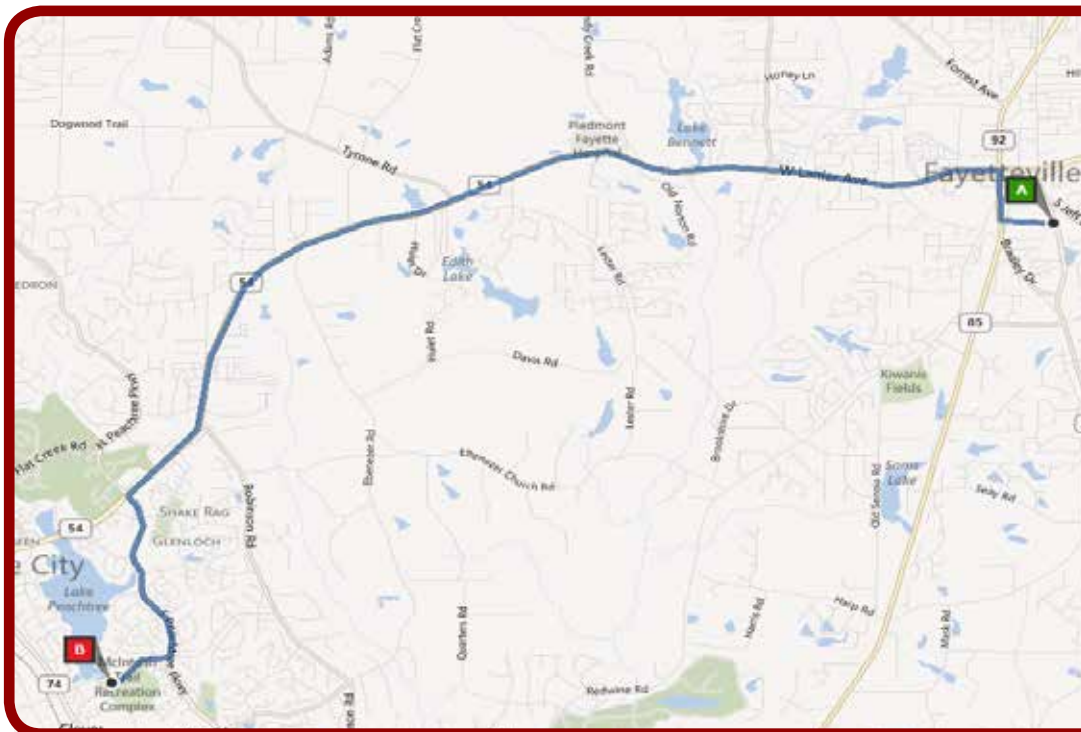
### ***Happy 'Independent's Day'***

There is little greater than the joy of self independence. Living on our own terms and not having to depend on anyone is underrated. Being on your own feels amazing. Once you have experienced independence, it can be very hard to give it up. Yet, unfortunately as we age circumstances sometimes dictate otherwise. Thankfully, there are things we can do to prolong independence.

The first recommendation is to stay on top of all doctor appointments. Early detection of illness is key. Those routine checkups can literally be life saving. Second, make sure your home is aging friendly. For example, the frequent use of stairs becomes cumbersome as we age. Lower maintenance and smaller square footage homes become more desirable because they are easier to navigate and require less upkeep. Third, keep that social life going. Continue to get out and mingle. Just because you're aging doesn't mean you're old. Old is a state of mind and we're as young as we feel - mentally and physically. Which brings me to our fourth and final tip - exercise regularly. Keeping our bodies physically strong wards off so many illnesses and increases stamina. It's hard to be social when your body is always tired, slow or aching. Therefore, regularly scheduled physical activity is a must. It will keep you ahead of the game. "A body in motion stays in motion. A body at rest stays at rest." You've seen the commercial. And I'm here to remind you that we all want and need the body that's in motion. That's the body that's going to allow us to live out the rest of our days on our own terms - happy and independent. Cheers to independence!

## 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**



# 2022 FAYETTE SENIOR SERVICES + PIEDMONT FAYETTE HOSPITAL WELLNESS SERIES

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](mailto:register@fayss.org).

**Fayette Senior Services**  
*Making Life Better™*

 **Piedmont**  
FAYETTE

## VOLUNTEERS

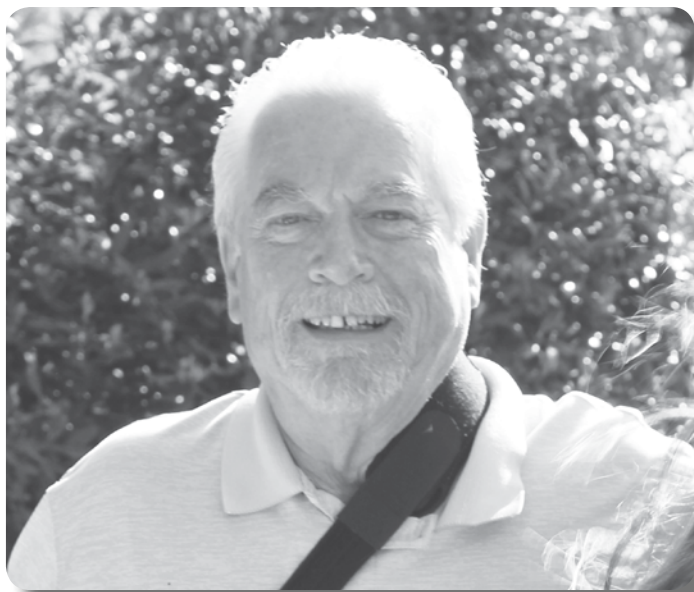
Fayette Senior Services  
A WORK OF HEART

**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](mailto:cbittinger@fayss.org) or 770-461-0813 to learn how you can get involved in our FSS volunteer family!**

# Dear Volunteer, You Make a Difference!

*Pickles, 13732, Reporting For Duty*

Written By: Carrie Bittinger



You know you must be doing something right when a potential volunteer comes to us saying they spoke to someone who told them “you have to volunteer at Fayette Senior Services!” That is exactly how Paul “Pickles” West came to be a volunteer with us at FSS! Fellow volunteer Joe Fumei was sitting at a restaurant with Pickles when he told him about his experience with FSS. It wasn’t long before Joe got Pickles to fill out an application. In no time, Pickles became a core part of our kitchen team and it hasn’t been the same since!

Pickles grew up in Northville, Michigan. His dad worked for Ford Motor Company in Public Relations and his mom was a housewife who gave her time volunteering for the Red Cross and Salvation Army. Perhaps this is where he developed a desire to volunteer in his community. Pickles has a half-brother who is twelve years older than him. Growing up, Pickles said they “did things that kids don’t do today.” They were always outside playing in the creek and being competitive in all kinds of sports such as football and basketball. He went to Northville High School for two years and then graduated from Western Military Academy in Alton, Illinois. While in school, he worked at a golf course, cutting the greens and manicuring the fairways.

In 1988, Pickles met his wife, Betty at Malone’s Restaurant. Betty was one of his friend’s sisters, making the connection simple! They got married in 1990. Pickles has had many careers throughout his life, each one playing a role in who he is today. He worked on the assembly line for Ford Motor Company, for the National Linen

Services delivering linens to hospitals in Georgia and Alabama, and was in Respiratory Therapy, delivering oxygen, nebulizers, hospital beds, and various other home medical equipment. Pickles has two children from his previous marriage to fellow FSS volunteer Coni Gilmer, and they still remain great friends to this day. Their daughter Julie lives in Fayetteville and works for the City of Atlanta, and their son Chris lives in Kansas and works for General Electric Jet Engines in quality control. He has 3 grandsons; Chris has 2 boys and Julie has 1; and he shines when he speaks of them!

Many may be wondering how he got the nickname Pickles. According to him, “it is a lame story.” After the show *Chips* went off the air in 1983, you may recall that Erik Estrada starred in a commercial where he was riding a motorcycle with a monkey named “Mr. Pickles” on the back. That commercial started as a joke with his friend and they started calling him Pickles, and it stuck. He wishes there was a better story, so maybe we’ll tell people he won a pickle eating contest or that he has an award winning pickle recipe to give the nickname a little more excitement! But either way, what’s the saying? As the story goes...

Pickles has always had a love for cooking. It was something that came naturally to him and he always enjoyed doing. He opened a barbeque restaurant for a couple of years in 2015 with a friend of his. After the restaurant closed and Pickles was bored with retirement, he started cooking at Old Courthouse Tavern, and that connection is what brought him to FSS. One of our volunteers, Joe, whom Pickles met through the Tavern, told him that volunteering here was so much fun. Pickles decided to give it a try and started volunteering in June of 2021. He knew Bonnie, so he felt confident he would love working in the café with her. He reached out to see how he could help out at FSS and the rest is history. The best part of volunteering for Pickles is working with the people in the café and assisting with general food prep. He says that he volunteers so he can focus on something besides himself, and not just be sitting around his home. If you are considering volunteering, Pickles would tell you to “enjoy what you are doing and appreciate the people you’re volunteering with.” Here we are a year later, with such a dedicated volunteer who has greatly enhanced our café team!



# From Our Kitchen To Yours

## Candice's Famous Peanut Butter Pie

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



Photo by Little Sunny Kitchen

You guys asked, and we delivered! Enjoy one of the most requested menu items/recipes in the cafe, made by our amazing kitchen team member, Candice Bailey!

### Ingredients

- 1 cup peanut butter
- 8 oz cream cheese, softened
- 3/4 cup powdered sugar
- 8 oz cool whip
- Pre-made pie shell (or home make one!)

### Directions

- Combine the peanut butter and powdered sugar and mix well
- Add in the cream cheese and mix until smooth
- Fold in the cool whip until mixed well
- Pour into a pie shell and make it level
- Chill for at least 1 hour
- If you'd like to add some flare to it, drizzle with chocolate syrup, crumble cookies or crushed peanut butter cups, or put a dollop of cool whip on top

*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.

**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.

**Blood Pressure Check:**

10:30 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 12 p.m.

**Mexican Train****Dominoes:**

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

**Scrabble:**

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

**Bid Whist:**

1:30 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:

12 p.m. to 4 p.m.

### Canasta:

12 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 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.



Members enjoying lunch together during What's For Lunch?



11 Alive News Anchor Cheryl Preheim speaking at FSS

# 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.

**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.



Celebrating Ms. Eliza's 103rd...yes you read that right...birthday!



Pasta making class in Peachtree City!



# Special Events



## Let Freedom Sing

PEACHTREE CITY

Friday, July 15

1:30 p.m. to 2:15 p.m.

FREE

Members and non-members

Pre-registration required

Sit back and enjoy a mini concert by the talented Nancy Davis. Nancy will perform a beautiful concert using a collection of some of her favorite songs with patriotic tunes sprinkled in. A treat for the ears for an afternoon of music you won't want to miss out on!



## Let the Games Begin

FAYETTEVILLE

Wednesday, July 20

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

Get ready, get set, GO! It's time for our very own Fayette Senior Services Olympic games. Bring out your competitive side or just join in for some fun and laughter as we take you through a series of simple challenges to find the champion of FSS. Take part in some fun games, a few obstacles, some fitness challenges, and rack up your score. Our very own Miriam Jones will be leading us through the Olympic games. It's time to bring home the gold medal!



## Meet Me At the Bus Barn

FAYETTEVILLE

Thursday, July 21

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

\$10

Members exclusive

Pre-registration required

Ride on over and meet us at The Bus Barn! Join us at the Fayetteville Line Creek Brewing – 300 City Center Parkway – for a refreshing afternoon! Pull up a chair and relax for a tasting of some of Line Creek's most popular beers on tap. As they go through the tastings, they'll share details about each type of beer from how it's made, what makes it unique, food pairing suggestions, in addition to other interesting information. Price includes at least 6 small beer tastings. Cheers! We'll see you there.

Sunday							Monday							Tuesday							Wednesday						
June 2022							August 2022																				
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26	27	28	29	30			28	29	30	31																	
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							CLOSED							Garden Club pg. 22							Christmas						
							Independence Day							Volunteer Open House pg. 22							Quilting Sew						
														A Pain in the Nerve pg. 27							Get To Know						
														Grandkid Movie Day: Encanto pg. 22							Senior Serv						
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10							11							12													
							Crochet: Mini Yip pg. 18							Outwit Your Smart Phone pg. 23							The Laws o						
							A Painting of Georgia pg. 23							Living in the Low Country pg. 23							Therapy						
							In Good Health pg. 28														Quilting						
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							1-on-1 Medicare Consultations pg. 24							Toss It Up pg. 28							Christmas						
							The Medicine of the Mind pg. 28							Painting Workshop pg. 18							Quilting Sew						
							The Making of a Mill pg. 24														Computer Assis						
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							Crochet: Watermelon Coasters pg. 18														Around the C						

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# July Program Schedule

## Needlework

### Crochet: Mini Yip

FAYETTEVILLE  
Monday, July 11  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

Make this cute little critter. It can be used as a gift holder! Materials needed: Small amount of yarn and size E or F crochet hook; other materials provided. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions. Picture available at front desk.

### Crochet: Watermelon Coasters

FAYETTEVILLE  
Monday, July 25  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

Watermelons are a key to summer, so let's make some fun watermelon coasters. Materials needed: Bright pink and bright green 100% cotton yarn (1 ball each); small amount of black cotton yarn; size H crochet hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions. Picture available at front desk.

### Quilting Sew Day

FAYETTEVILLE  
Wednesday, July 13  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required

Instructor: Darlene Hubble

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.

### Christmas In July: Quilting Sew Day

Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, July 6  
9 a.m. to 3 p.m.  
\$25 | Materials not included  
Pre-registration required

FAYETTEVILLE  
Wednesday, July 20  
9 a.m. to 3 p.m.  
\$25 | Materials not included  
Pre-registration required

Before we know it, Christmas will be upon us. Each week will feature two Christmas runners. Use the remainder of class time to sew on a project of your choice or work on a runner. Must provide your own sewing machine.

## Creative Pursuits

### Painting Workshop

PEACHTREE CITY  
Tuesday, July 19  
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, travel under the sea and paint a turtle using bright Caribbean colors or subdued realistic colors.

### Brusho Powdered Watercolor

PEACHTREE CITY  
Friday, July 15  
9:30 a.m. to 12:30 p.m.  
\$30 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

This unique spin to watercolor painting is called Brusho; a powdered watercolor using shadow pictures and Brusho for backgrounds. Learn about basic 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. Some silhouettes will be provided but if you'd like to bring your own, bring one approximately 7 by 9 or smaller. See front desk for picture.

## 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 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, July 1, 8, 15 & 29  
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, July 22  
10 a.m. to 12 p.m.  
FREE  
Members exclusive  
Pre-registration required

Join once a month for an open line dance! All levels welcome to dance the morning 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**

### **Chair Yoga**

PEACHTREE CITY  
Tuesday  
10 a.m. to 11 .am.  
\$25 | Month  
Instructor: Kathryn Martin

A great yoga workout that incorporates gentle stretches and builds awareness through breathing exercises and meditation as well as movement with the focus on your body of many traditional floor yoga poses.

### **Aloha to Hula Dancing**

PEACHTREE CITY  
Thursday  
10 a.m. to 10:45 a.m.  
FREE  
FSS Member exclusive  
Pre-registration required

Get in the flow with Tupua, of Arbor Terrace, and learn to Hula. This traditional Hawaiian dance is unique and fascinating to learn, and a great workout. A trip to Hawaii is incomplete without a hula performance, and here is your chance to bring the Island culture to Georgia. Aloha!

### **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 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 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.  
Thursday (no 3rd Thursday)  
10 a.m. to 11:30 a.m.  
FREE  
No pre-registration required

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 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.

## 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  
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 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

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.

# The Center Box Office

## Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, July 14 | 1:30 p.m.  
*The Lost Leonardo* (2021) | PG-13

In this fascinating documentary that unfolds like a thriller, an ancient painting sparks an art world frenzy as experts declare it the work of Leonardo da Vinci. But, after fetching a record price at auction, the canvas vanishes before exhibition.

PEACHTREE CITY  
Thursday, July 28 | 1:30 p.m.  
*The Eyes of Tammy Faye* (2021) | PG-13

FAYETTEVILLE  
Friday, July 29 | 1:30 p.m.  
*The Eyes of Tammy Faye* (2021) | PG-13

Starring: Jessica Chastain, Andrew Garfield. In the 1970s and 1980s, Tammy Faye and Jim Bakker built a burgeoning religious broadcasting network and theme park – until rivals, financial wrongdoing, and scandal toppled their empire.

Movie sponsored by:



**KAISER PERMANENTE®**  
Senior Advantage



## Special Interest

### Grandkid Movie Day: *Sing 2*

PEACHTREE CITY

Friday, July 1

1:30 p.m.

FREE

Members and grandkids

Pre-registration required

Bring out your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing *Sing 2* (PG). The ever-optimistic koala, Buster Moon, and his cast have big dreams of staging their most dazzling show yet in the glittering entertainment capital of the world, Redshore City. There's just one hitch; they must persuade the world's most reclusive rock star to join them. Enjoy spectacularly popular hit songs and electrifying performances. No need to see *Sing 1* first, you can keep up without seeing both!

### The Human Tugboat

FAYETTEVILLE

Friday, July 1

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

FREE

Members and non-members

Pre-registration required

Hear the unbelievable story of honor and valor as Jim Scott tells the tale of Charles Jackson French. This Navy cook did the unthinkable as his ship went down to save members of the crew in a time of desperate need. Honored for this heroism, but not in a way many felt he should be, NBC picked up this story

in 1944, sharing his act of courage with the world.

### Garden Club

FAYETTEVILLE

Tuesday, July 5

9:30 a.m.

Members and non-members

No pre-registration required

If you have a green thumb, love gardening and are interested in volunteering, join the garden club! Learn about ongoing projects and ways you can get involved. For more information, contact Carrie Bittinger at [cbittinger@fayss.org](mailto:cbittinger@fayss.org).

### Grandkid Movie Day: *Encanto*

FAYETTEVILLE

Tuesday, July 5

1:30 p.m.

FREE

Members and grandkids

Pre-registration required

Bring out your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing *Encanto* (PG). Enjoy one of Disney's newest animated films! Hear the tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Columbia in a magical house in the town of Encanto. The magic of Encanto has blessed every child in the family with a unique gift except Mirabel. But when she discovers that the magic of Encanto is in danger, she realizes she might just be the family's last hope.

### Volunteer Open House

FAYETTEVILLE

Tuesday, July 5

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.

### Legal Consultations

FAYETTEVILLE

Wednesday, July 6

1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Meet with attorneys from Georgia Legal Services for advice on your non-criminal legal questions. Georgia Legal Services Program offers guidance, advice, and information on how to best handle your legal situation. Come with your questions on basic estate planning, family law matters, housing, and contract disputes.

### Get To Know Fayette Senior Services

PEACHTREE CITY

Wednesday, July 6

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!

## What's for Lunch?

### PEACHTREE CITY

Thursday, July 7

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 Due South in Peachtree City.

## The Travel Bug: International

### PEACHTREE CITY

Thursday, July 7

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

FREE

Members and non-members  
Pre-registration required

The travel bug has bitten, and if it hasn't yet, it will after you hear from travel agent Amy Metzger with Travel Edge! Now that the world seems to finally be open again, join in to hear about some amazing options for travel to unique and wondrous places around the world. Get your passports ready for those stamps and explore some great places for international vacation plans.

## The Stunt Double

### FAYETTEVILLE

Friday, July 8

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

FREE

Members and non-members  
Pre-registration required

Stuntwoman Shauna Galligan shares the story of

her experiences in the film industry over the years. For more than 13 years, Shauna has been a stunt double in over 90 features; including shows like CSI, The Walking Dead, Bones, and several of the Avengers movies, The Divergent Series, and more notable titles. Discover what goes into this fascinating career and the adrenaline rush that comes with this high stake job. Shauna will also share some of her favorite stories from over the years.

## A Painting of Georgia

### PEACHTREE CITY

Monday, July 11

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

FREE

Members and non-members  
Pre-registration required

If you appreciate art, you'll more than appreciate this guide to Georgia's most acknowledged and famous painters. Kathleen Brewer strokes through history with stories and paintings of some of the most well-known artists of our home state. Discover how art styles have changed through time and learn about some of the folk artists that have called Fayette County home.

## Outwit Your Smart Phone

### FAYETTEVILLE

Tuesday, July 12

10 a.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 and 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.

## Living in the Low Country

### PEACHTREE CITY

Tuesday, July 12

2:30 p.m. to 3:30 p.m.

\$10

Members and non-members  
Pre-registration required

It's boil season – what do we mean by that? Picture this... a tasty, mouth-watering, aroma filled, delicious Low Country Boil. Bring out your chef side for an afternoon of learning from the best. Bahli Mullins, owner of Seafood Direct Market, deep dives into the process of creating the best low country boil. Hear a variety of ideas of different boils you can do, items you can add, how to tone down or turn up the spice and all you need to know to create a savory boil that will have you craving more! Enjoy a tasting of one of Bahli's favorite Low Country Boil combinations in addition to a delicious treat surprise!

## Set In Your Ways

### PEACHTREE CITY

Wednesday, July 13

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

FREE

Members and non-members  
Pre-registration required

It's happening...we are getting

'set in our ways' as we age... just as the saying goes. We've heard it may happen our entire lives, but didn't think it would come to this! As comical as it seems, cognitive rigidity, or a means of switching from thinking about things one way to thinking about them in a different way, happens more often as we age. Chuck Lenahan, owner and lead therapist with Insight Out Therapeutics, discusses ways to loosen your way of thinking and allow for more flexibility with the ways in which we communicate, think and live.

### **A Virtual Tour: Trilith Studios**

FAYETTEVILLE  
Thursday, July 14  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Get a behind the scenes look of the campus at Trilith Studios. Although the studio does not do tours, Maggie Pyle with Trilith Studios will take us on a one of a kind virtual tour of one of the largest studios in North America. Home to many blockbuster hits filmed right here in our own backyard, it is set across 700 acres and houses more than one million square feet of production facilities. Get a firsthand virtual look as Maggie takes us through the gates and around the grounds to give us a peek into how the film industry thrives right here in Fayette County!

### **1-on-1 Medicare Consultations**

PEACHTREE CITY  
Monday, July 18

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 Making of a Mill**

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

Just a short drive away from us is beautiful Sweetwater Creek State Park, home to Sweetwater Creek Mill. These beautiful ruins hold a story engrained in history and full of fascinating facts. Adrian Fox, Park Ranger with Sweetwater Creek State Park, focuses on the story of this mill. This 1849 mill was originally a manufacturing company that produced clothing and other materials in addition to uniforms for the Confederate Army. It was burned down in Sherman's March to the Sea in 1864, leaving behind ruins that were unchanged until 2015. Adrian will be joining us via Zoom.

### **A Novel Idea Book Club**

PEACHTREE CITY  
Will return in August  
1:45 p.m.  
FREE  
Member exclusive

No pre-registration required

August book: *The Extraordinary Life of Sam Hell* by Robert Dugoni. September book: *Between Two Kingdoms* by Suleika Jaouard. For more information, please contact Meghan Caton at megcaton@gmail.com.

### **ALS Support Group**

FAYETTEVILLE  
Thursday, July 21  
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, July 21  
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.

### **The Grape Escape**

PEACHTREE CITY  
Thursday, July 21  
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 his expertise about wines. Join in the fun for a monthly educational program related to different wines, regions,



and countries. Get information on the monthly choice and become a wine expert in no time. This month, learn about European white wines.

## Hometown History

FAYETTEVILLE

Friday, July 22

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

FREE

Members and non-members

Pre-registration required

Established in 1821, Fayette County is full of rich history that has made it into the place it is today. After the 1821 land lottery when the United States signed a treaty with the Creek Indian people for cession of a large portion of their land, Fayette County was created as the 49th county in Georgia. Susan Sloan with the Fayette County Historical Society tells the story of how we became! From the naming of our county in honor of Marquis de LaFayette, who aided George Washington in the Revolutionary War, and the heritage surrounding our great county, Fayette's beginnings are full of intriguing details combined to tell a story for the ages.

## You Make Me Pop

PEACHTREE CITY

Friday, July 22

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

\$15

Members and non-members

Pre-registration required

Who doesn't love a sweet treat every once a while. Have you tried one of the newest crazes, a cake pop, yet? Karol Sherling with PTC Sweets brings out the goods to show us what all the hype is really

about. These adorable cake bites are formed and styled as a lollipop, mixing cake crumbs with icing and formed in a small sphere and dipped to create a coating of savory icing. Learn the art to making these homemade treats and create 4 of them yourself to eat up during class or take home to enjoy later.

## The Art of Cajun Cooking

PEACHTREE CITY

Monday, July 25

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

FREE

Members and non-members

Pre-registration required

Contrary to popular belief, there is a science behind perfecting the flavor packed tastes of Cajun cooking. Creating a mix of the best ingredients to bring together the perfect blend of spice and flavor to your meal is a talent, but one you can learn! Anne Lord with The Real Cajun Market teaches us the art to Cajun cooking! Discover how to add spice and flavor into dishes, ways to incorporate sausages, chicken, and seafood, and how to craft a great Cajun meal from your home kitchen. Enjoy a tasting of a few of The Real Cajun Market's infamous sausages.

## Lunch & Learn: The Farm to Table Way

FAYETTEVILLE

Tuesday, July 26

11 a.m. to 1:30 p.m.

\$15 | Includes lunch

Members and non-members

Pre-registration required

The farm-to-table way of

thinking focuses on using extremely fresh ingredients that have been barely modified, sometimes offered raw just a few feet from where they grew. Learn about the health benefits of embracing this philosophy with an emphasis on freshness, seasonality, local availability, and simple preparations. Speakers include: Scott Tyson – Owner of 180 Degree Farms, Registered Dietician Corey Tolbert - Piedmont Fayette Hospital, and Rebecca Jacobs, Erin Guy and Rick Minter - Georgia Farm Bureau. Enjoy a farm fresh lunch and a delicious summer dessert! This program is part of the 2022 FSS and Piedmont Fayette Hospital Wellness Series.

## The Backyard Bucket List

PEACHTREE CITY

Tuesday, July 26

2:30 p.m. to 3:30 p.m.

FREE

Members and non-members

Pre-registration required

Most people don't think about decorating their outdoor spaces, but it's a great way to create an extension of your favorite living spaces! From stylish outdoor kitchens to intimate conversation areas and everything in between, you'll be amazed at how easy it can be to spruce up your outdoor spaces. Join Amy Epperson with Brightmoor Hospice as she gives tips and tricks to create your ideal outdoor space. Bring a little home to your outdoors!

## Around the Clock

FAYETTEVILLE

Wednesday, July 27

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

FREE

Members and non-members

Pre-registration required

There is so much more to an antique clock than you'd imagine. The gears, sprockets, ins and outs are an intricate collection of pieces to bring together the familiar tick tock of the clock. They surely don't make them like they used to. Join Jerry Carlson with Fayetteville Clock Collecting as he shows some of his most unique antique clocks from his collection and shares where to find these clocks. He talks about refurbishing them and performs a demonstration by taking one apart to display the pieces. Bring in your own favorite clock to show the group!

## P"age" Turners Book Club

FAYETTEVILLE

Thursday, July 28

1:30 p.m.

FREE

Member exclusive

No pre-registration required

July book: *A Grown Up Kind of Pretty* by Joshilyn Jackson.  
August book: *Ordinary Thunderstorms* by William Boyd. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com). Zoom option is available to join this meeting, please email Heidi for the Zoom link to join virtually.

## Red, White & Food

PEACHTREE CITY

Friday, July 29

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

FREE

Member exclusive

Pre-registration required

Life's short, eat the dessert! Come on over for an afternoon of fun, complete with delicious sweet treats from the Fayette Senior Services' pastry chef Candice Bailey, music and games! If you've been to the café and enjoyed a dessert from there, you know how mouthwatering they all are. Get a taste of it all as 2nd Family Home Health Care sponsors this dessert social, complete with some themed red, white, and blue treats in addition to some of Candace's most popular choices. After all, you dessert it!

## Express Lunch

PEACHTREE CITY

Thursday, July 14

12:45 p.m.

\$10 | Pizza

Member exclusive

Pre-registration required

PEACHTREE CITY

Thursday, July 28

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

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

Wednesday

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

FAYETTEVILLE

Wednesday

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 your home.



## Technology

## Computer Tutor

FAYETTEVILLE

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

PEACHTREE CITY  
Wednesday, July 20  
1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE  
Tuesday, July 26  
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, general questions, and more. This is not a computer tutoring class.



## Wellness

### Massage

FAYETTEVILLE  
Tuesday, July 5  
10 a.m. to 2 p.m.

\$40 | 30 minutes

\$60 | 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.

### A Pain In the Nerve

PEACHTREE CITY

Tuesday, July 5

2:30 p.m. to 3:30 p.m.

FREE

Members and non-members

Pre-registration required

Dr. Davis with First Step Physical Therapy is here to help us relieve some of that pain the sciatic nerve can cause. He will discuss the common causes that bring on the pain and explain the various signs and symptoms associated with it. Furthermore, learn about treatments and home exercises to help prevent that pain in the rear end!

### Eyeglass Repairs and Adjustments

FAYETTEVILLE

Wednesday, July 6

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.

### The Right State of Mind: Breathe It Out

FAYETTEVILLE

Thursday, July 7

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

FREE

Members and non-members

Pre-registration required

The mind-body connection can be powerful and at the core of this is mindfulness, surging in popularity over the recent years. Mindfulness techniques can help improve health in many ways. Join Piedmont Women's Heart Program Coordinator Avril James and learn how stress impacts our bodies directly and how practicing mindfulness can help alleviate the negative effects of stress. Practice diaphragmatic breathing and walking meditation during this session.

### The Highs and Lows of Cholesterol

PEACHTREE CITY

Friday, July 8

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

FREE

Members and non-members

Pre-registration required

Keeping up with your cholesterol can be very tricky with all those numbers flying around. Pharmacist Chase Bishop can help us figure it out. Gain a better understanding on what all the numbers and terms mean and how medications, nutrition, exercise, and lifestyle choices play a role in controlling cholesterol, and tips to maintaining good levels.

## **In Good Health**

FAYETTEVILLE

Monday, July 11

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

FREE

Members and non-members

Pre-registration required

It's no secret that healthy eating is the key to staying well and maintaining or losing weight. However, learning to cook healthy can be much more of a challenge. Wellcare provides us with tips to develop skills for cooking in a healthier way. Get guidelines on ways to prepare and cook simple and healthy meals at home during this cooking demonstration and enjoy a small tasting.

## **The Laws of Physical Therapy**

FAYETTEVILLE

Wednesday, July 13

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

FREE

Members and non-members

Pre-registration required

Often, when we think of physical therapy, we think of a post injury or surgery treatment plan, but that is not always the case. Physical therapy can benefit us in so many ways through preventative treatment plans. Kelly Peczka, Clinical Director of PT Solutions Physical Therapy, shares the benefits as we age from treating chronic pain and illness without medication, prehab for surgery, improving strength and balance, instilling confidence in movement among a list of other pros.

## **The Medicine of the Mind**

FAYETTEVILLE

Monday, July 18

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

FREE

Members and non-members

Pre-registration required

Music is powerful, in more ways than you could imagine. It connects us, sparks memories, provides therapy resources, the list goes on. Music can help us in our everyday lives and has a variety of surprising health benefits you would never think of. Research has shown that listening to music can reduce anxiety, lower blood pressure, relieve pain, help with sleep quality, strengthen memory and so much more. Natalie Kirk with Small Steps Music explores the many benefits of music for health and wellness.

## **Toss It Up**

FAYETTEVILLE

Tuesday, July 19

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

FREE

Members and non-members

Pre-registration required

Want to take the guesswork out of creating a healthy, delicious, and filling meal? Join Certified Health Coach and Dietitian Jennifer Lunsford to learn how you can throw together a delicious meal, packed with healthy benefits using a prepared list of ingredients. Jennifer will include tips and tricks to make every meal easy to prepare for breakfast, lunch, and dinner. Recipes will be included!

## **A Taste of Summer**

PEACHTREE CITY

Wednesday, July 20

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

FREE

Members and non-members

Pre-registration required

The last thing you want to think about during a hot summer day is a hearty, full meal that takes forever to put together. Good news...Dr. Delores Davis is here to give us the inspiration we need for ideas full of healthy, light, refreshing ingredients to throw together a simple yet delicious summer meal. Eating light and healthy doesn't have to be boring. Get tips of putting together flavorful and filling summer cuisine and get out of your dinner rut!

## **Breaking Down Behaviors**

FAYETTEVILLE

Monday, July 25

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

FREE

Members and non-members

Pre-registration required

Caring for a loved one with Alzheimer and Dementia can be challenging. The first key to providing the best care is understanding what someone with this ailment goes through and then gaining knowledge on how to best approach a given situation. Deborah Cotton with the Alzheimer's Association provides tips and strategies for responding to some of the most common behaviors exhibited by individuals living with dementia. From confusion, agitation, shut downs, breakdowns and more, you'll



gain confidence in how to best deal with a given situation.

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, July 27

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 Power of Superfoods

PEACHTREE CITY

Wednesday, July 27

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

FREE

Members and non-members  
Pre-registration required

Have you heard of the term 'superfood' and wondered what that meant? What exactly qualifies a food as one and what are the health benefits behind them? Dietitian Lamura Poore with Diet to Lifestyle will help us define the term superfood and discuss if it's a gimmick or not. Get an overview of how these foods can be key to unlocking potential in your overall health and discover ways to incorporate them into your daily life.

## Think Again

FAYETTEVILLE

Thursday, July 28

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

FREE

Members and non-members

Pre-registration required

We all know that exercise is good for the body, but did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more? Sometimes, exercise is about more than just losing and maintaining weight. Join Kim Hershey, Ace certified Personal Trainer and Fitness 54 Personal Training Manager, and discover the endless mental health benefits of exercise and why you should make it a focus in your regular daily routine, even if just for 15 minutes at a time!

# Look What's Coming in August!

## The Prehab on Rehab

PEACHTREE CITY

Tuesday, August 2

2:30 p.m. to 3:30 p.m. | FREE

Pre-registration required

*Discover the importance of prehab and how it differs from and improves your rehab experience. It's amazing to see what a difference your recovery can be with a few prehab sessions.*

## Fayette County and the Civil War

FAYETTEVILLE

Tuesday, August 2

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

Pre-registration required

*Hear the tales of the men of Fayette County who helped the Confederate Army and listen to stories about events that took place in our hometown during the Civil War.*

## In the Forecast

PEACHTREE CITY

Thursday, August 4

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

Pre-registration required

*Learn how the National Weather Service, located right in our backyards in Peachtree City, forecasts and gets the weather news and alerts out.*

## Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE

Thursday, August 4

1 p.m. to 3 p.m. | FREE

Pre-registration required

*Back by popular demand! If you have a voice worth showing off, or even if you don't, come on out and share with everyone during this fun afternoon of karaoke.*

**Registration for these classes will be available when the August newsletter comes out!**

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## STARS SUMMER CRAFT SALE

Wednesday, July 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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# Low Country Boil

**Fayetteville location  
4 Center Drive  
770.461.0813**

**Friday, September 23  
5 p.m. to 8 p.m.**

**Tickets | \$20**

**Bring out your ragin' cajun side  
for an evening of dancing and a  
delicious low country feast!**

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