

August 2022

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY



Island Time

Shake out your grass skirt and join us as the evening sky settles for a great time at our annual Island Fever Luau.

Shark Bait

Deep dive into this hands-on activity as you discover the world of sharks during this fascinating opportunity.

Casserole With It

Enjoy this delicious creamy potato casserole that is as delicious as it is easy to put together!

Live Well. Age Well.

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!**

Event Sponsored By:


Heritage
BANK

Fayette Senior Services
Making Life Better™

 **heal**®

August

featured

A Heart for Seniors 10

Meet Meals On Wheels volunteer Cat Gray, who is impacting the lives of so many seniors every day!

Hot Potato 11

You'll be craving it nonstop after you take just one bite of this cheesy, creamy, delicious potato casserole.

Let's Get Tropical 15

Shake your palm palms at our annual Island Fever Luau, with delicious food and great entertainment.

Fins to the Left, Fins to the Right 15

You won't have to worry about Jaws during this shark demonstration packed with information!

2022 HOLIDAY CLOSINGS

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

in every issue

About FSS	4
Supportive Services	5
Meet Our Staff	6
Membership & Center Info	6-7
Coming Soon	8
Free Stuff - Every Day!	12-13
Special Events	15
Classes & Programs	18-29



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.

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

Maria Marin
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

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. *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...

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 and Heal.

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.

November 2022

Dinner Theater

Thursday, November 17
5:30 p.m. to 8 p.m. | \$15

Enjoy an evening as we bring the theater right here to FSS! Enjoy dinner and a live performance by Town Square Playhouse. Event sponsored Kaiser Permanente.

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

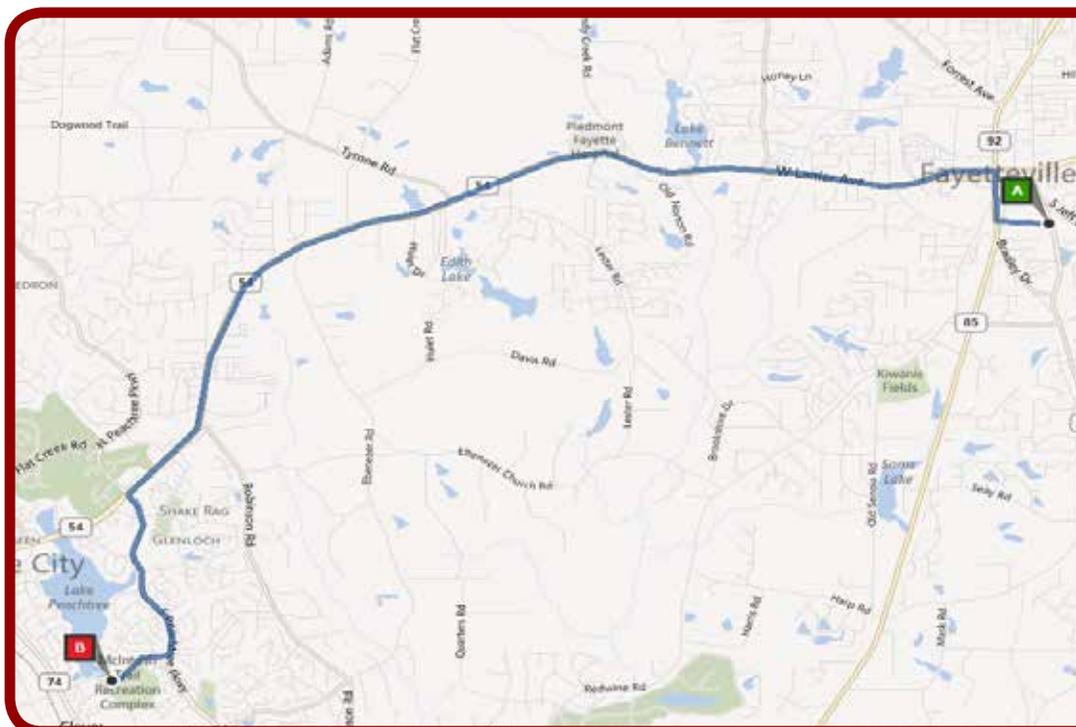
Miriam's Fitness Corner

Aging Backwards

How does the saying go? "Once a man, twice a child." As much as I heard that growing up, I've only learned the true meaning in recent years. Life invariably comes full circle. And if we filter out life's background noise, we can realize that what worked for us as children continues to work as we age. It's very easy to become distracted by the world's constant introduction of the next big anti-aging trend but we mustn't. My Mom always says, "If it ain't broke, don't fix it." And, per usual, she is right. This means that some of us need to get off the bandwagons and get back to the basics. Growing up, the importance of healthy brain development, strong motor skills and building a capable fit body in children was primary. We were told to eat nutritious and balanced meals for energy and drink lots of milk for calcium so our bones and teeth would be strong. Eight cups of water daily plus an early regular bedtime was advised to boost our immune system. Daily physical activity allowed kids to blow off steam and expel excess energy for better concentration while simultaneously strengthening their bodies and managing weight. Children were encouraged to participate in extra curricular activities and clubs to enhance social skills and incite interaction. All things in place to promote overall well being. And they worked! So today, what are all the healthy aging experts and articles recommending for enhanced quality of living? Are the suggestions almost identical to our described childhood standard? Would we benefit from going back to the basics? YES. And we must embrace it. So keep attending your adult P.E. classes (aerobics), putting together puzzles, playing trivia and other games, watching what you eat, building Scrabble words and line dancing, just to list a few. These things will help keep your mind sharp and your body strong just like when you were a kid. You will find yourself blissfully aging backwards.

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.

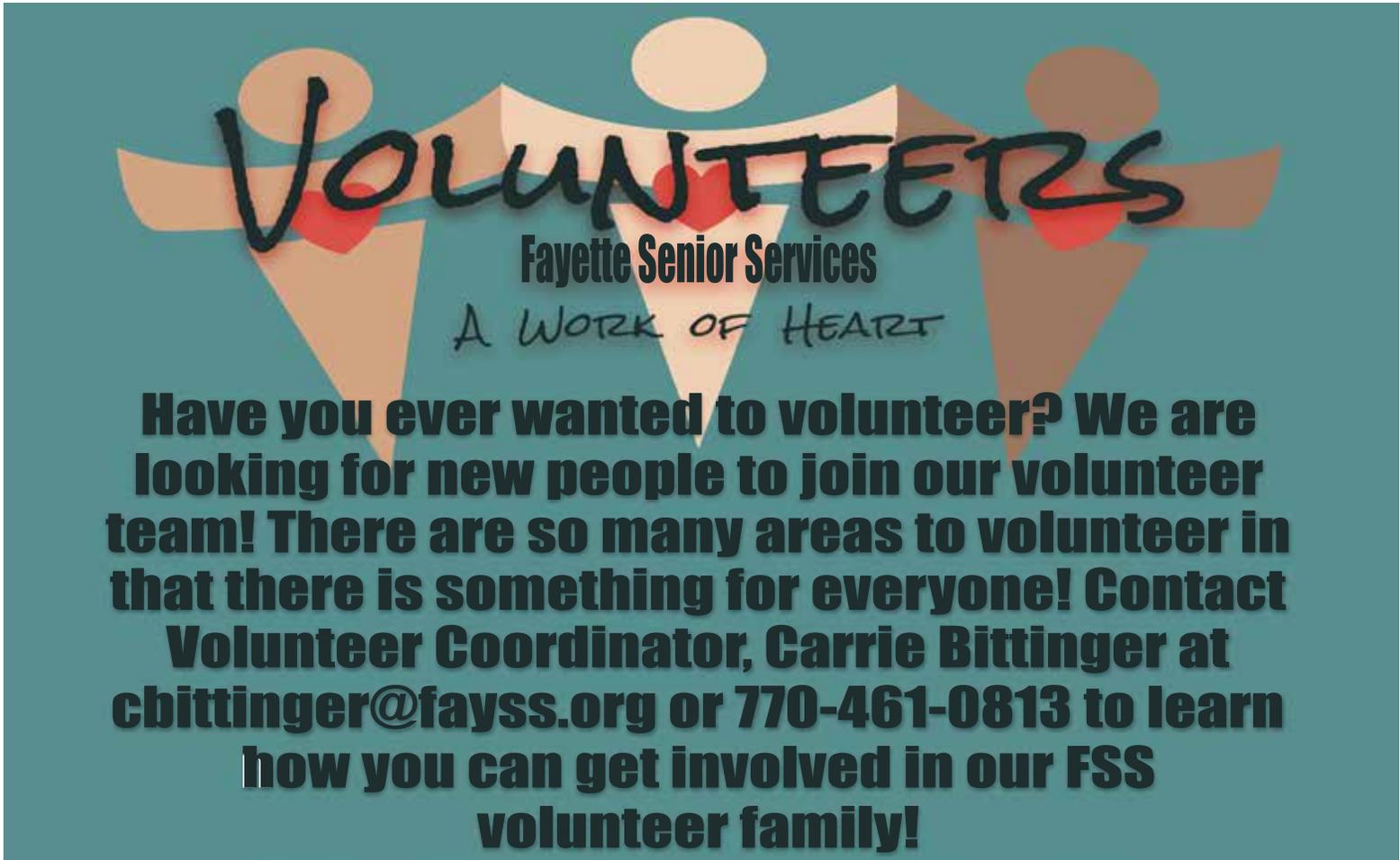
Fayette Senior Services
Making Life Better™

Piedmont
FAYETTE

Premium Sponsor



Partner in Senior Security



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 or 770-461-0813 to learn how you can get involved in our FSS volunteer family!

Dear Volunteer, You Make a Difference!

Cat Gray: A Gray-tful Servant

Written By: Carrie Bittinger



she worked as a certified nursing assistant in a nursing home. This was a job that she absolutely loved and led her to pursue her education in geriatrics. She completed her undergraduate degree at Georgia College and State University and earned her Masters of Geriatric Health from A.T. Still University. Cat has spent her career working as a geriatric social worker and has worked in nursing homes for years.

In 2007, Cat met her husband, Gibson, on eHarmony. A year later, the two were married. Together they have two children; their son, Asa, is 10 and their daughter, Vera, is 7. Although Cat volunteers year-round, during the summer months, volunteering with Meals on Wheels is a family affair! Asa and Vera love to go out on routes with their mom and meet all of the clients she talks about all year long. Gibson even joins in on the fun when he isn't working! They love spending time together as a family and delivering Meals on Wheels is the perfect way to do so!

We believe that a love for seniors is something that every volunteer with Fayette Senior Services embodies. Even more than that, many of our volunteers have a unique awareness of what goes on around them, and a desire to help in areas needed. That need and desire to go above and beyond for the people in our community is a trait that is clearly displayed by Meals on Wheels volunteer Cat Gray. She continually goes the extra mile for all of the clients she delivers to and makes each person feel special, seen, and heard.

Cat grew up in Madison, Georgia. Her father worked for the Department of Natural Resources as a forester and her mother taught school until Cat was born. Cat has two younger sisters that she loved spending her time playing with as a child. They lived on a farm and enjoyed horsing around...quite literally. The farm was full of horses, sheep, rabbits, cats, dogs, and peacocks! Spending time on the farm were some of Cat's fondest memories of her childhood.

She graduated from Morgan County High School. To say that working with seniors is a passion for Cat is an understatement! Right after graduating from high school,

Cat is currently a stay-at-home mom and was looking for a way to give back to the community. It wasn't a hard decision for her to seek out a place that serves seniors when choosing where to volunteer. When she decided to volunteer with FSS, she shared, "I love working with the geriatric population. It brings me so much joy to give back to this community!" She has built a strong relationship with each of the clients she delivers to. She loves getting to spend time with each person, chatting and making them smile every time she visits. It is a rare find to have a volunteer like Cat, but we are so lucky to have an organization full of people like her! Her heart for others and seniors specifically is the cherry on top of a great volunteer! Cat goes above and beyond for everyone that she comes in contact with, whether that is a client that she delivers to or anyone that she meets at the center along the way!

From Our Kitchen To Yours

Creamy Potato Casserole

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



Photo by RecipeTin Eats

Ingredients

- 2 ounces Parmesan cheese, grated (1 cup)
- 1 cup Panko bread crumbs
- 4 tablespoons butter, melted, plus 6 tablespoons cut into 6 pieces
- Salt and pepper
- 1 1/2 lbs russet potatoes, peeled and cut into 1-inch chunks
- 3 cups of light cream (may use heavy cream, but don't use half and half, as it has a tendency to break)
- 1/8 teaspoon baking soda

Directions

- Combine Parmesan cheese, Panko crumbs, melted butter, and 1/4 tsp salt and set aside
- Heat oven to 375 degrees
- Bring potatoes, 2/12 cups cream, baking soda, 2 tsp salt, and 1 tsp pepper to a boil in a large saucepan over medium-high heat. Reduce heat to low and cook at bare simmer, stirring often, until paring knife slides easily into potatoes without them crumbling (about 20-25 minutes)
- Off heat, stir remaining 1/2 cup cream and remaining 6 tbsps butter into potato mixture until butter has melted. Transfer potato mixture to a 13x9 baking dish.
- Sprinkle the Parmesan-Panko mixture over top
- Bake uncovered until bubbling around the edges and surface is golden brown, 15 to 20 minutes

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

Canasta:

8 a.m. to 3 p.m.

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:

Will return in September
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.



Aloha to Hula Dancing is back! We couldn't be more excited.



Our STARs group sporting their tiaras on a Tuesday!

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.



Members in Peachtree City mastering the skills to the game of Cornhole!



Root beer floats courtesy of Visiting Angels! Such a nice treat.

Special Events



Lunch & Learn: Caregiver Workshop

FAYETTEVILLE
Tuesday, August 23
10:30 a.m. to 2 p.m.
\$15 | Includes lunch
Members and non-members
Pre-registration required

Caring for a loved one with dementia can be overwhelming. Discover the value of your role as a caregiver and gain insight into dementia. Learn signs and symptoms, develop skills for communication techniques that lead to enhanced care, get tips for elder care law, and hear about community resources available. Speakers include: a Piedmont Fayette Hospital Primary Care Physician, Alzheimer's Association manager Deborah Cotton, Fayette Senior Services Case Manager Iris Harris, and Fayette Law Group attorney Victoria Farrell. This program is part of the 2022 FSS and Piedmont Fayette Hospital Wellness Series.



Island Fever Luau

PEACHTREE CITY
Thursday, August 25
5 p.m. to 8 p.m.
\$15
Member exclusive
Pre-registration required

As the evening sky settles into a spectacular sunset, FSS will be kicking off our Island Fever Luau with a vibrant Hawaiian theme. Help us shake out our grass skirts, dust off our ukuleles, and turn up those island records as we present this evening full of hula dancers, great food, good island music, and all the fun that will have us feeling like we are living aloha style in Hawaii. Island Express Band will be performing live! This event is sponsored by Aberdeen Fine Properties.



Photo via Sharks Info

Fins Up

PEACHTREE CITY
Friday, August 26
1:30 p.m. to 2:30 p.m.
\$10
Members exclusive
Pre-registration required

Explore the biology and anatomy of sharks as you investigate these fascinating creatures. Discover Science Center Peachtree City presents to us this interesting marine science adventure as they bring in a preserved shark for us to learn with. Through this spiny dogfish shark, you'll be able to discover about shark's teeth, skin, anatomy and more through hands-on experience and microscope slides!

Sunday	Monday	Tuesday	Wednesday
	<p>1</p> <p>Say Watt pg. 21</p>	<p>2</p> <p>Garden Club pg. 22 Reflexology pg. 27 Prehab On Rehab pg. 27 Fayette County and the Civil War pg. 22 Volunteer Open House pg. 22</p>	<p>Quilting Day pg. 27 Aisle Blessings For You A Vision for Fayette</p>
<p>7</p>	<p>8</p> <p>Standing Guard pg. 23 Hear Me Out pg. 27 Crochet: Hummingbird Bag pg. 18</p>	<p>9</p> <p>Give Me Credit pg. 23 Just What the Doctor Ordered pg. 27</p>	<p>On the Defense The Right Stuff Mind Over Matter Quilting: Topper</p>
<p>14</p>	<p>15</p> <p>Hospital Hospitality pg. 28 Balance It Out: Balance Assessments pg. 28 1-on-1 Medicare Consultations pg. 24</p>	<p>16</p> <p>Painting Workshop pg. 18 Book Club pg. 24 A Forensic Sketch pg. 24</p>	<p>Unburying We Computer Assi</p>
<p>21</p>	<p>22</p> <p>Hitler's Sunken Secret pg. 25 Rev Up Your Metabolism pg. 28 How to Read Crochet Patterns pg. 18</p>	<p>23</p> <p>Computer Assistance pg. 27 Shoo Fly pg. 25 Lunch & Learn: Caregiver Workshop pg. 15</p>	<p>Quilting Day pg. 27 Ask the Pharm Movie Da Express Lu</p>
<p>28</p>	<p>29</p> <p>A Tale of Tyrone pg. 25 Vein Screenings pg. 29</p>	<p>30</p> <p>Inspector Home pg. 26 Under Pressure pg. 29</p>	<p>Quilting: We Leading p Virtual Dementi Stolen Ba Untold Sto Hearing Aid Maintenanc</p>

st 2022

Wednesday	Thursday	Friday	Saturday																																																																																											
<p>3</p> <p>Sew pg. 18</p> <p>There pg. 27</p> <p>etteville pg. 22</p>	<p>4</p> <p>What's for Lunch? pg. 22</p> <p>Sing It Loud, Sing It Proud: Karaoke pg. 22</p> <p>In the Forecast pg. 22</p>	<p>5</p> <p>The Rules of the Path pg. 23</p>	<p>6</p>																																																																																											
<p>10</p> <p>sense pg. 23</p> <p>ate of Mind: atter pg. 27</p> <p>er Day pg. 18</p>	<p>11</p> <p>Movie Day pg. 21</p> <p>Express Lunch pg. 26</p> <p>Eyeglass Repair and Adjustments pg. 27</p> <p>Staying On Track pg. 23</p>	<p>12</p> <p>Who Done It? pg. 23</p> <p>A Diet to Lifestyle pg. 28</p>	<p>13</p>																																																																																											
<p>17</p> <p>stview pg. 24</p> <p>stance pg. 27</p>	<p>18</p> <p>Car Wash pg. 24</p> <p>Dementia Caregiver Support Group pg. 24</p> <p>ALS Support Group pg. 24</p> <p>The Grape Escape pg. 24</p>	<p>19</p> <p>Cornhole pg. 24</p> <p>Buzzin' for Pollinators pg. 25</p> <p>All the Crave pg. 28</p> <p>Watercolor: Water Lilies pg. 18</p>	<p>20</p>																																																																																											
<p>24</p> <p>Sew pg. 18</p> <p>macist pg. 28</p> <p>y pg. 21</p> <p>unch pg. 26</p>	<p>25</p> <p>Book Club pg. 25</p> <p>Island Fever Luau pg. 15</p> <p>The Guardian of You pg. 25</p>	<p>26</p> <p>Movie Day pg. 21</p> <p>Fins Up pg. 15</p> <p>Open Line Dance pg. 19</p>	<p>27</p>																																																																																											
<p>31</p> <p>estward pg. 18</p> <p>a Tour pg. 26</p> <p>aby: The ory pg. 26</p> <p>Cleanings & nce pg. 29</p>		<p>July 2022</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> <tr> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>September 2022</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> </tr> </tbody> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
S	M	T	W	T	F	S																																																																																								
					1	2																																																																																								
3	4	5	6	7	8	9																																																																																								
10	11	12	13	14	15	16																																																																																								
17	18	19	20	21	22	23																																																																																								
24	25	26	27	28	29	30																																																																																								
31																																																																																														
S	M	T	W	T	F	S																																																																																								
				1	2	3																																																																																								
4	5	6	7	8	9	10																																																																																								
11	12	13	14	15	16	17																																																																																								
18	19	20	21	22	23	24																																																																																								
25	26	27	28	29	30																																																																																									

August Program Schedule

Needlework

Crochet: Hummingbird Bag

FAYETTEVILLE
Monday, August 8
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

It's a market bag, it's a beach bag, it's a yarn bag! Whatever you choose to use it for, it's an elegant bag to make. Materials needed: 2 skeins Hobby Lobby I Love this Cotton; G hook size. Contact Nancy at icrochet2@bellsouth.net with questions. Picture available at front desk.

How to Read Crochet Patterns

FAYETTEVILLE
Monday, August 22
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

What is a dc or a yo? What do those *s mean? And what are those () doing in my pattern? What is that stuff on the band of the yarn? Take the mystery out of reading a crochet pattern. Good for beginners and experts alike. No materials needed. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Sew Day

Instructor: Darlene Hubble

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

FAYETTEVILLE
Wednesday, August 24
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: Topper Day

FAYETTEVILLE
Wednesday, August 10
9 a.m. to 3 p.m.
\$30 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

Need a wall hanging or a topper for your kitchen table? This is an interesting, quick and easy topper that can be pieced in a day. Your fabric choice and placement can create a totally different look each time. Must provide your own sewing machine.

Quilting: Westward Leading

FAYETTEVILLE
Wednesday, August 31
9 a.m. to 3 p.m.
\$30 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

A strip pattern for 2 ½ strips. A combination of pinwheels and stars to create an amazing quilt. There are six sizes to choose from. You can use a jelly roll or cut your own. Must provide your own sewing machine.

Creative Pursuits

Painting Workshop

FAYETTEVILLE
Tuesday, August 16
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 a beautiful sandy trail of seagrass leading to the ocean.

Watercolor: Water Lilies

PEACHTREE CITY
Friday, August 19
9:30 a.m. to 12:30 p.m.
\$25 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Paint a gorgeous array of water lilies using watercolor painting techniques. 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.

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 who 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, August 5, 12 & 19
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, August 26
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 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.



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 emphasis on your body that many traditional floor yoga poses focus on.

Aloha to Hula Dancing

PEACHTREE CITY
Thursday
10 a.m. to 10:45 a.m.
FREE
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 with Miriam as she provides a 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.

Special Interest

Say Watt

FAYETTEVILLE

Monday, August 1

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

FREE

Members and non-members

Pre-registration required

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY

Thursday, August 11 | 1:30 p.m.

The Goldfinch (2019) | R

Starring: Ansel Elgort, Oakes Fegley. Theodore "Theo" Decker was 13 years old when his mother was killed in a bombing at the Metropolitan Museum of Art. The tragedy changes the course of his life, sending him on a stirring odyssey of grief and guilt, reinvention and redemption, and even love. Through it all, he holds on to one tangible piece of hope from that terrible day...a painting of a tiny bird chained to its perch, *The Goldfinch*.

PEACHTREE CITY

Wednesday, August 24 | 1:30 p.m.

Dog (2022) | PG-13

FAYETTEVILLE

Friday, August 26 | 1:30 p.m.

Dog (2022) | PG-13

Starring: Channing Tatum, Jane Adams. Army Ranger Briggs and LuLu, a Belgian Malinois, buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral in time. Along the way, they'll drive each other crazy, break a handful of laws, narrowly escape death, and learn to let down their guards in order to have a fighting chance of finding happiness.



KAISER PERMANENTE®

Senior Advantage

Coweta-Fayette EMC is here to share some secrets to help us save some money on our monthly bills. Learn about simple ways to make our homes more energy efficient and useful. A variety of tips and tricks will be shared to help us lower our monthly utility costs and put more money towards other things!

Introduction to Bridge

FAYETTEVILLE
Tuesday and Friday
August 2 thru August 30
9 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Jane King and Wayne King will be teaching this introduction to bridge class. Join us every Tuesday and Friday morning in August and learn the rules of the game. From learning to count points, make bids, playing your hand, and more, you'll be playing bridge in no time! Those with little to no knowledge of the game are best suited for this class.

Garden Club

FAYETTEVILLE
Tuesday, August 2
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.

Fayette County and the Civil War

FAYETTEVILLE

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

Fayette County is full of history and falls nothing short of that when talk of the Civil War comes up. John Lynch is here to shed light on the men of Fayette County who helped furnish the Confederate Army. Even more, he will tell stories about the events that took place right here in Fayette County during the occupation of Georgia by General Sherman.

Volunteer Open House

FAYETTEVILLE
Tuesday, August 2
2 p.m.
Members and non-members
No pre-registration required

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

A Vision for Fayetteville

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

Join Denise Brookins with the City of Fayetteville as she shares details about the newly approved comprehensive plans. Hear about what areas of focus were selected to develop within our beloved city.

What's for Lunch?

PEACHTREE CITY
Thursday, August 4
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 Southern Pit Bar-B-Que in Griffin.

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE
Thursday, August 4
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Just because you can't sing, doesn't mean you shouldn't sing! And if you have a voice worth showing off, come on out and share with everyone! Warm up those vocal cords and join us for some Karaoke. Karaoke gurus Vince and Carla Cloud will make this interactive and noteworthy afternoon something we'll be talking about - or better yet singing about - for a while.

In the Forecast

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

The National Weather Service located right in our backyard here in Peachtree City

will share their expertise in determining our weather every day. Get a look at the science behind the forecast procedure and how weather is predicted, what types of services they provide to the Weather Channel and news stations, as well as what tools they use to provide alerts.

The Rules of the Path

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

When you live in a city with more cart path miles than road miles, it's important to stay up to date on the rules of the paths. Peachtree City Mayor Kim Learnard and the Peachtree City Police Department discuss the rules of the cart paths in addition to golf cart laws. Hear about the biggest golfcart risks, traffic control devices used on the paths, and golf cart ordinances.

Standing Guard

FAYETTEVILLE
Monday, August 8
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

You've worked hard to provide for your family. Whether you're newly retired or a seasoned retiree, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family. Brett Bexley with Edward Jones discusses various ways to

protect your assets during retirement.

Give Me Credit

PEACHTREE CITY
Tuesday, August 9
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

You may think you know all there is to know about credit after many years of experience, but you'd be surprised how much more you can learn. The ever changing financial forecast can change in a heartbeat, and Brandon Jordan with Arch Advisory shares some insight. Dive deeper into credit reports, the guidelines for building credit, ways to beat the bank and tips for reducing interest.

On the Defense

FAYETTEVILLE
Wednesday, August 10
1:30 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

The building blocks to self-defense are important to focus on and Patrick Boyd is here to share those tools. Situational awareness, confidence, and peace of mind are three important parts to self-defense and this class will get us on the right track to protecting ourselves. This hands-on seminar will demonstrate basic moves as well as educate us on ways to avoid and lower our chances of danger. This is a low-impact class and will not be high stress on your body.

Staying on Track

FAYETTEVILLE
Thursday, August 11
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Richelle Mathis with Edward Jones Financial is here to guide us through the rules of the road to all of our financial needs. It is important to review your strategy annually, so don't overlook this topic because you think you are on track. She will share with us the most common investing mistakes, investment strategies for long-term goals, and what we can do now to prepare for our futures.

Who Done It?

PEACHTREE CITY
Friday, August 12
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Throw on your detective hat, uncover your critical thinking skills and solve the murder. Jim Scott gives us a thrill with this 'Who Done It?' interactive session on a string of gruesome murders that terrorized the people of a midsize town. During the mid 1800s, three years before Jack the Ripper struck London, a town was attacked with a series of murders stopping as abruptly as they began. The murders remained unsolved for 157 years. A few clues to start the hunt: all victims except one were female, the perpetrator(s) seemed to be familiar with the area, and the same type of weapon was used. Get more

clues the day of the program and see if you can solve the mystery!

1-on-1 Medicare Consultations

FAYETTEVILLE
Monday, August 15
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.

A Forensic Sketch

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

Join Kelly Lawson, Forensics Artist with the GBI, as she shares about her extremely interesting career. As Kelly says, "Welcome to my madness, a method that cannot be taught." Hear stories about her time in this incredible job of sketching criminals to help the GBI.

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, August 16
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.

Unburying Westview

PEACHTREE CITY
Wednesday, August 17
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

In 1884, several leading citizens purchased 577 acres to open the now historic Westview Cemetery, located in Atlanta. The rolling terrain, part of which was a site in the Civil War Battle of Ezra Church, became the final resting place for more than 100,000 people. Many prominent locals are buried here today and it is home to one of the nation's largest mausoleums. In addition to the astounding history of this cemetery, Westview also dabbled in many other adventures around the area. Author and historian Jeff Clemmons, with The Westview Cemetery, traces the history of this treasured necropolis and its founders.

Car Wash

FAYETTEVILLE
Thursday, August 18
9 a.m. to 4 p.m.
\$40
Member exclusive
Pre-registration required

Splish splash your car was taking a bath! Hector Antonio with Roll N' Shine will be on site for your convenience to bring your car in for a wash, inside and out, while you wait comfortably in FSS. Roll N' Shine has the right to turn down cleaning service for

an extremely dirty interior of your car.

ALS Support Group

FAYETTEVILLE
Thursday, August 18
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, August 18
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, August 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 light and easy to drink white wines.

Cornhole

PEACHTREE CITY

Friday, August 19
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

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

Buzzin' for Pollinators

FAYETTEVILLE
Friday, August 19
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Ever wonder which plants and flowers attract each type of pollinator? Or why planting for pollinators is so important? Join Charlee Martin with Southern Conservation Trust to learn about the variety of Georgia's amazing pollinators and how valuable they are to us and the environment. Then we'll take what we've learned and participate in the 4th annual Great Georgia Pollinator Census, a citizen science project through the University of Georgia designed for any Georgian to participate in and make a difference for pollinator conservation!

Hitler's Sunken Secret

FAYETTEVILLE
Monday, August 22
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

Pre-registration required

Early in World War II, Adolph Hitler was presented with the idea of the atom bomb. He turned it down, feeling that its 1945 completion date was too late - the war would be over by then. But some people feel that the development project went on anyway, headed by world-renowned physicist Werner Heisenberg. Did Germany actually have an atom bomb program? And what would have been the results if Hitler had had an atom bomb in the early part of 1945? This presentation also takes a quick look at some of the other "wonder weapons" that Hitler may have been counting on.

Shoo Fly

PEACHTREE CITY
Tuesday, August 23
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

We often hear about beneficial insects, but what are they exactly and how do they help our gardens? Insects may be a nuisance, but they can also be helpful around our gardens, the environment, and more. Kim Toal with the Fayette County Extension Office takes a look into beneficial insects common in our back yard and plants that will attract them.

The Guardian Of You

FAYETTEVILLE
Thursday, August 25
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Guardian-what? Conservator-what? All these legal ins and outs can get confusing when thrown at you suddenly, but Fayette County Associate Probate Court Judge Angela Landaard is here to teach you all you need to know. Learn the nuts and bolts of guardianship and conservatorship, why you need them, when to set them up, who needs to be involved and more!

P"age" Turners Book Club

FAYETTEVILLE
Thursday, August 25
1:30 p.m.
FREE
Member exclusive
No pre-registration required

August book: *Ordinary Thunderstorms* by William Boyd. September book: *A Great Deliverance* by Elizabeth George. 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.

A Tale of Tyrone

PEACHTREE CITY
Monday, August 29
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

In the heart of Fayette County sits the quaint town of Tyrone, full of an abundance of rich history. Linda Howard with the Tyrone Museum shares the background of this town and showcases some of the most popular artifacts that call the museum home.

Inspector Home

FAYETTEVILLE

Tuesday, August 30
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Linda Sorrows and Lee McKinney, real estate specialist with Aberdeen Fine Properties, will share the secrets to home inspections. Know your options, learn what you can do to prepare, and what you should be aware of when negotiating the results of a home inspection.

Virtual Dementia Tour

PEACHTREE CITY

Wednesday, August 31
12:30 p.m. to 3:30 p.m.

FREE

Members and non-members
Pre-registration required

It's hard to understand what someone with dementia is going through, but Brightmoor Hospice will help us see into their world for a few short minutes. The Virtual Dementia Tour has been a proven method to building a greater understanding of dementia through the use of sensory tools that give us a chance to step into dementia patient's shoes in a way you never imagined before.

Stolen Baby: The Untold Story

FAYETTEVILLE

Wednesday, August 31
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Devy Eyler, someone you would think of as just another

member of the community, is one with a special story. A story that even she couldn't imagine until the facts were placed in front of her. Devy is one of many babies stolen at birth as part of the Georgia Tann and Tennessee Children's Home Society operation. She is here to share her emotional story that is full of memories and discoveries along her journey to finding her birth family and how her life was forever changed.

Express Lunch

PEACHTREE CITY

Thursday, August 11
12:45 p.m.

\$10 | Pizza

Member exclusive
Pre-registration required

PEACHTREE CITY

Wednesday, August 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

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, August 17
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, August 23
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

Reflexology

FAYETTEVILLE
Tuesday, August 2
10 a.m. to 2 p.m.
\$40 | 30 minutes
\$60 | 1 hour
Member exclusive
Pre-registration required
Reflexologist: Tranquil Escape

Reflexology is the application of specialized pressure techniques that are applied to the hands and feet. Relax while the use of pressure, stretch and movement help lower your stress. 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.

The Prehab on Rehab

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

Dr. Josh Davis talks about the importance of prehab and how it differs from and improves your rehab experience. Hear about the benefits of doing prehab prior to surgeries and rehab and what to expect from a prehab session.

Aisle Be There For You

KROGER CROSSTOWN
Wednesday, August 3
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Dr. Delores Davis for some supermarket fun! Meet at the Crosstown Peachtree City Kroger (564 Crosstown Drive) for an interactive hands-on learning experience. Don't know what to buy or how to choose the best foods to add to your healthy list? Dr. Davis brings the classroom to the grocery aisles as she gives you confidence in your ability to select healthy foods, maximize your savings and know what to look for when planning for a healthy and successful shopping trip. Patrol the hidden ingredients that derail your healthy choices.

Hear Me Out

PEACHTREE CITY
Monday, August 8

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

Dr. Nikki Weaver with Fayette Hearing Clinic shares the newest technology in hearing aids. Hear about options available today, pros and cons to each, Bluetooth technology upgrades to pair with phones and cars, and how to file with your insurance.

Just What the Doctor Ordered

FAYETTEVILLE
Tuesday, August 9
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

A piece of the Medicare puzzle that can be very beneficial when it comes to prescription drugs is knowing what is available to you through available coverage. Starr Slade with Georgia Cares provides advice to consider if you think you may need assistance with the costs of prescription drug coverage. Learn about Medicare Savings Plans, choosing a Prescription Drug Plan, drug assistance programs and extra help available.

The Right State of Mind: Mind Over Matter

PEACHTREE CITY
Wednesday, August 10
1:30 p.m. to 3 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 recent years. Mindfulness techniques can help improve health in many ways. Join Piedmont Women's Heart Program Coordinator Avril James and hear about the cyclical nature of anxiety and its impact on our health. Learn how mindfulness practices can help to break this self-defeating pattern and practice loving-kindness meditation techniques.

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Thursday, August 11

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.

A Diet to Lifestyle

FAYETTEVILLE

Friday, August 12

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

FREE

Members and non-members

Pre-registration required

There are so many diets out there to choose from, but trying to decide which one will work best for you can be overwhelming. Will you benefit from one more than the other? Dietitian Lamura Poore, owner of Diet To Lifestyle, will discuss dietary benefits and health reasons behind choosing a certain diet or lifestyle.

Balance It Out: Balance Assessments

PEACHTREE CITY

Monday, August 15

1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Larissa Aguado, Clinical Director of PT Solutions Physical Therapy, will be on site to perform a short test to determine the strength of your balance. Follow a series of tasks that will help determine different characteristics to test your risk of falls. After, Kelly will discuss the results and make suggestions to achieve a level of wellness and balances you desire.

Hospital Hospitality

FAYETTEVILLE

Monday, August 15

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

FREE

Members and non-members

Pre-registration required

Being admitted to a hospital for any reason can cause high stress, and adding in uncertainty can just stack onto that anxiety. Being aware in advance can help alleviate some tension in an already stressful situation. Patricia Fulvio with My Nurse Consulting helps us prepare for a hospital stay. Learn what to expect when you are admitted to the hospital for some peace of mind when the time comes.

All the Crave

PEACHTREE CITY

Friday, August 19

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

FREE

Members and non-members

Pre-registration required

Cravings...you can't seem

to beat them? They come out of nowhere and build and build until you cave! Sound familiar? Join Kathryn Martin, Health and Life Coach with Well Fit Journeys, as she shares the secrets to beating these unwanted cravings. Discover why we crave things (and it always seems to be the unhealthy items) and get tips on healthy sweet ideas, drink alternatives, and substitutes for healthier options. She'll also share ways to curb those cravings both physically and mentally once and for all.

Rev Up Your Metabolism

PEACHTREE CITY

Monday, August 22

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

FREE

Members and non-members

Pre-registration required

If you feel like your metabolism is slow or nonexistent, you may not be alone! This can happen to the best of us, but there are ways to reset and rev up your metabolism. Health Coach Jennifer Lunsford shares tips on how to restart your metabolism and keep it going. Discuss calorie intake, skipping meals, empty calories and much more.

Ask the Pharmacist

FAYETTEVILLE

Wednesday, August 24

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

Pharmacist Chase Bishop with Kroger Pharmacy at Towne Center will be here to answer all your questions about specific medications. Get an individual one-on-one analysis on all your

medications and how they interact, work, should be taken, and more. Bring in a list of medications and questions and sit down to get the answers you need from one of our local pharmacies.

Vein Screenings

FAYETTEVILLE
Monday, August 29
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Truffles Vein Specialist will be on site to perform routine vein screenings. If you have leg pain, fatigue, leg and ankle swelling, or just want to have your veins checked out, a professional with Truffles will perform a quick examination of your legs and make suggestions as to whether you

should seek further medical attention or not. Please wear shorts or loose pants for the doctor to have easy access to your legs.

Under Pressure

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

Our bodies were built to work for us and are full of pressure points that can help treat some common ailments we face. Tameca Johnson with Tranquil Escapes shares about these pressure points and how they can be used to relieve tensions, alleviate pain, establish balance, and improve health throughout our bodies. Muscle tightness,

tension and knots can be a result of underlying issues and these pressure points can help pinpoint different areas to help remedy a variety of things.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, August 31
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.

Look What's Coming in September!

Memory Screenings

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

Get a one-on-one memory screening that is helpful in determining if your forgetfulness is more than just normal aging. Following the screening, you'll receive a brief consultation.

The Bees Knees

FAYETTEVILLE
Tuesday, September 6
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Bees are fascinating creatures that play an important role in our ecosystem. Buzz in for a closer look at a year of typical activity inside a Georgia Beehive!

No Brainer

PEACHTREE CITY
Tuesday, September 6
2:30 p.m. to 3:30 p.m. | FREE
Pre-registration required

Hear about the positive effects of Cognitive Rehab Therapy and how it can improve attention, brain function and overall sharpness of the mind.

iPad Workshop

PEACHTREE CITY
Wednesday, September 7
1 p.m. to 3 p.m. | \$15
Pre-registration required

Learn how to navigate the Apple iPad system and ways to take advantage of your device to get the most out of it. Must have Apple iPad to participate and bring to class.

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

HEARTIS | FAYETTEVILLE



THE COMMUNITY THAT COMPLEMENTS YOU

Heartis Fayetteville is a luxurious senior living community offering you fun and engaging ways to continue a life well lived.

Inside our senior apartments, you'll find modern conveniences like stone countertops, stainless steel appliances, large closets, and plenty of space to personalize.

The upscale services and amenities create a vibrant atmosphere with new experiences around every corner. Socialize with neighbors and visitors in the community rooms, courtyards, or theatre. Participate in programs offered by art and fitness instructors. Indulge in a spa day, early afternoon happy hour, or delicious chef-prepared entrée anytime. The options are endless, so you can spend every day doing what makes you happy, no matter what that is.

HEARTIS
SENIORS. LIVING.®

936 West Lanier Avenue | Fayetteville, Georgia 30215
770-461-2555 | heartisfayetteville.com



INDEPENDENT LIVING

Maintain your freedom and sense of adventure with senior apartments that promote engagement, well-being, and unique experiences.



ASSISTED LIVING

The support you need, when you need it. We provide personalized assistance and programming so residents can live a Vibrant Life®.

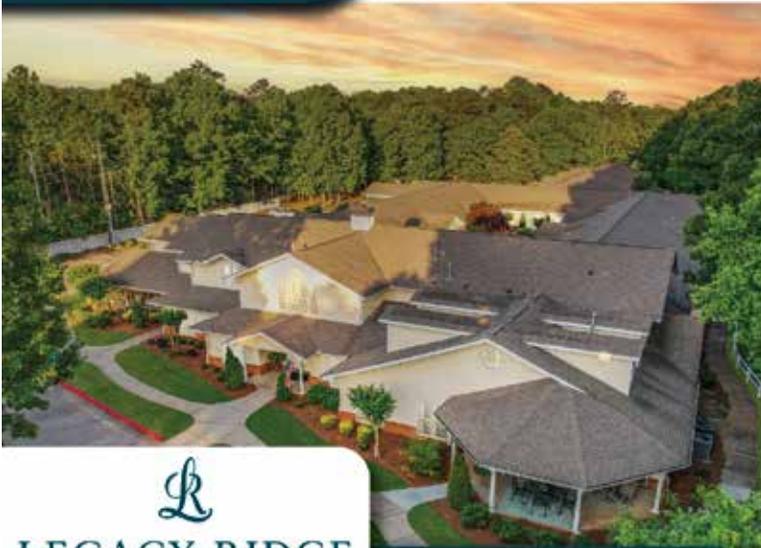


MEMORY CARE

Generations is our signature support program that focuses on an individual's strengths and achievements.

COME JOIN US TODAY

Come Enjoy Fun & Engaging Activities, Outings, & Events, While Receiving As Little Or As Much Care As You Need.



LEGACY RIDGE
AT PEACHTREE
ASSISTED LIVING

(770) 631-3461

1967 Highway 54 West,
Peachtree City, GA 30269

LegacyRidgePeachtree.com



Clothes Less Traveled

Profits from our thrift shop support local charities like Fayette Senior Services and Midwest Food Bank



DONATE

Tuesday to Saturday
9 AM - 2 PM

SHOP

Tuesday to Friday, 10 AM - 6 PM
Saturday, 10 AM - 5 PM



clotheslesstraveled.org

Connecting the pieces for seniors in our community!

Since February 2022:

Over 1300 Bags Delivered

Groceries Valued Over \$65,000



In partnership with Midwest Food Bank and Clothes Less Traveled, Fayette Senior Services (FSS) has been able to connect seniors in the community with the opportunity for fresh groceries! Once a month, FSS has filled the Clothes Less Traveled van full of fresh groceries and shelf staples donated by Midwest Food Bank. FSS' team works endlessly to unpack, organize and put together grocery bags filled to the brim for our Meals On Wheels Clients to enjoy! Thank you to our partners for making this possible!



ALOHA

JOIN US FOR A

LUAAU PARTY

THURSDAY
AUGUST 25

5 PM

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

