The background of the entire page is a photograph of a sunset or sunrise over a body of water. The sky is filled with warm, orange, yellow, and pink hues, with scattered clouds. In the foreground, there's a wooden boardwalk or dock extending from the bottom right towards the center. The water reflects the colors of the sky.

September 2022

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

GET CRACKIN'

Don't get caught doing the crab walk over! Run while you have the chance to enjoy great food and even better entertainment!

The Today Show

A show unlike any other that will bring fun and laughter to all of us at FSS, all while supporting Meals On Wheels!

An Apple A Day

Take a bite into this fresh, crisp, sweet salad that will have your taste buds screaming for more and more.

Live Well. Age Well.

Oktoberfest

Thursday October 27

5 p.m. to 8 p.m.

Fayetteville
4 Center Drive

\$15 | Ticket

770.461.0813

Featuring: The Bucky Lastards



Event Sponsored By:

Fayette Senior Services
Making Life Better™

Mark Gray, Agent

770-487-8561

 **State Farm**™

Heritage
BANK

 **Senior
Helpers**®

September

featured

Friendships New and Old 10

Get to know cafe volunteer Joe, someone who brings the phrase "never meets a stranger" to life!

Suddenly Salad 11

This unique and tasty salad recipe is one for the cookbook! You'll be making it again and again.

Life in the Low Country 15

You can't beat this change for a great evening out full of a delicious feast and incredible tunes.

FSS Welcomes Guests to The Today Show 15

You heard that right! Our very own version of The Today Show, featuring guests you won't want to miss.

in every issue

2022 HOLIDAY CLOSINGS

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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Fayette Senior Services

Making Life Better™

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)

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

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

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

Phil King
Driver

Alan Simmons
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. *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 à 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 à la carte, plus tax. Beverages are included with any meal purchase (iced tea, coffee, and water).

Coming Soon...

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, Senior Helpers 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

Healthy Aging

Does it seem that the older we get, the faster time moves? It's unbelievable. September is already here and 2022 is fastly approaching it's close. Where did the time go and how well did we make use of it?

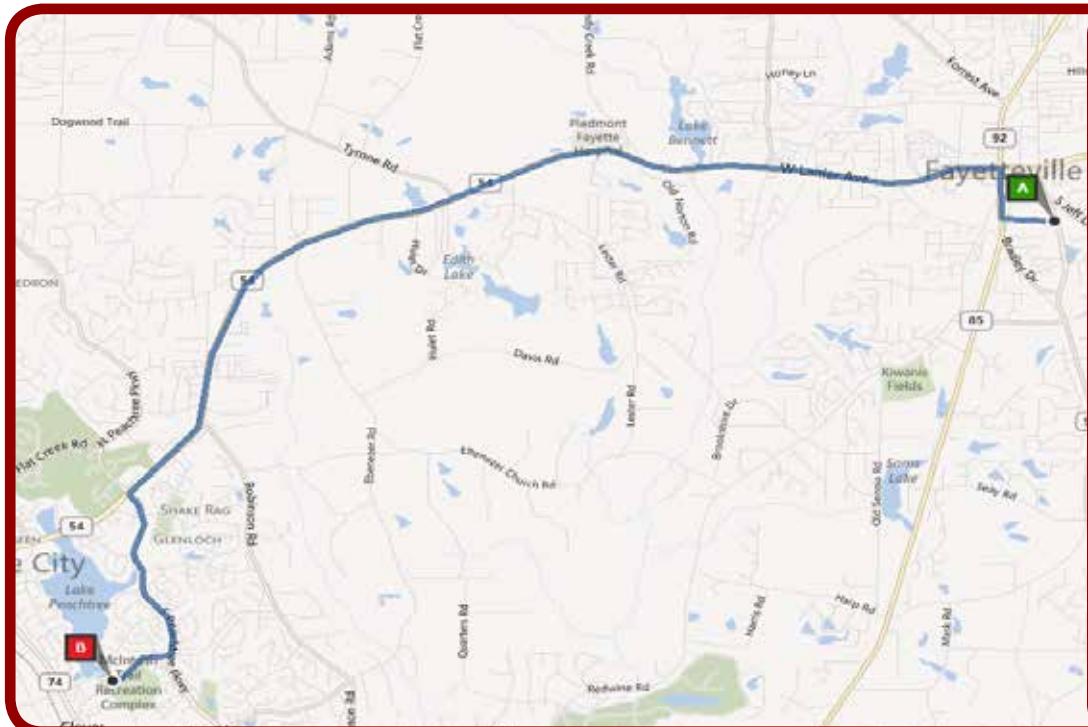
Since September is Healthy Aging Month, this is a great time to examine these questions. The World Health Organization (WHO) describes healthy aging as "the process of developing and maintaining the functional ability that enables wellbeing in older age." How many of us can truly say that we are practicing that? Or have we left open a few too many areas of opportunity? Despite the answer, here are a few basic tips to help lead and/or keep us on the right track:

- 1) Surround yourself with positive and happy people who make you smile and laugh. Laughter will forever be the best medicine.
- 2) Spread your social butterfly wings. Regularly volunteer and continue to attend, engage and participate at functions.
- 3) Incorporate daily a variety of colorful and nutritious foods because you are, indeed, what you eat. Trust me when I tell you, the Twinkie in turtleneck style is not the coveted look for this season.
- 4) Learn technology, a new language or skill. Research has proven that cognitive decline can begin once the brain stops receiving exercise (i.e., work). Like with everything - if you don't use it, you lose it.
- 5) Include realistic amounts of regular physical activity of some sort EVERY DAY. It really is the gift that keeps on giving. After all, we can't leave a car parked forever and expect the battery to not go dead.

Happy Healthy Aging!

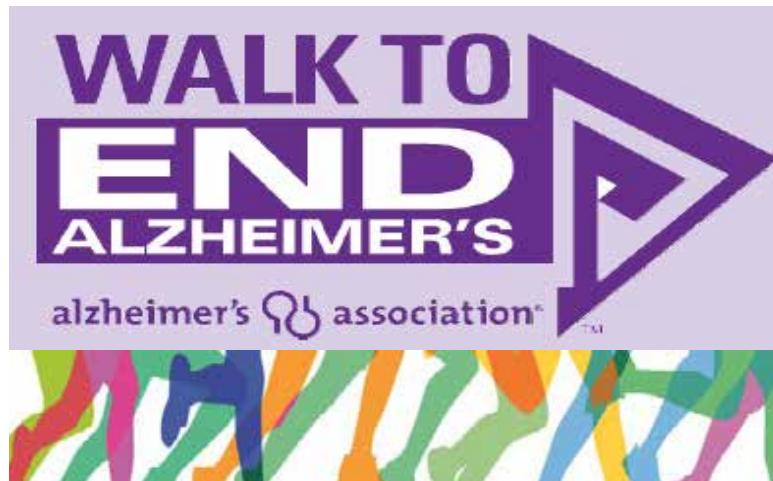
Need Directions?

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



Talk the talk and walk the walk by joining our team, the Silver Bullets

Saturday, October 1 | 9 a.m.
203 McIntosh Trail | The Gathering Place

\$10 minimum donation to join the team

See Miriam for more details
miriamj.jones@yahoo.com



**Partner in
Senior Security**

Fayette Senior Services presents

THE TODAY SHOW

WITH CARLA WATERS AND DENNY DANYLCHAK

TUESDAY, SEPTEMBER 27
2:00 P.M. TO 3:30 P.M.

4 CENTER DRIVE
FAYETTEVILLE

Join us for an afternoon of fun and fundraising! For \$5 help support Fayette Senior Services' Meals On Wheels program and be entertained while doing so!

Dear Volunteer, You Make a Difference!

Serving With A Passion

Written By: Carrie Bittinger



We are lucky to have volunteers who love what they do so much that they want to get their friends involved. This rings true for café volunteer Joe Fumei. After becoming friends with FSS Chef Bonnie, Joe decided to start volunteering. It didn't take long for him to bring his friend, Pickles, into the volunteer family, and later, his friend Brian. The joy that Joe has for volunteering has permeated his friendships and brought many to the team. And we know these won't be the last people that Joe brings to us, and we are beyond thankful for that.

Joe lived in New York City until he was 8 years old before moving to Georgia. His father was a certified public accountant. When he was just 4 years old, his mother passed away. Joe has a sister, Gina, who is three years younger. Although they grew up with different friend groups, Joe always looked out for his little sister. He spent most of his time either playing baseball or tennis. He was pretty good and played all through high school and into his first year of college. Joe attended the University of West Georgia in Carrollton and pursued an accounting degree. For 30 years, Joe worked for the State of Georgia for two different agencies

in the state as an Accounting Director. He retired in 2018. Joe will be celebrating his 25th wedding anniversary to his wife in August! He met Sheree on a blind date that was set up by both of their best friends who were dating each other. They met at a sports bar and the rest is history! Together they have a 21 year old son who works in restaurants.

Joe has always had a passion for senior citizens. Throughout his life from his days as a child into adulthood, he had a great relationship with all four of his grandparents. He feels as if that generation has so much wisdom to share that he can learn from. As Joe got to know Chef Bonnie over the years and she told him all about FSS, he knew this was a place he wanted to be involved. Joe started volunteering in late March of 2021. He has always loved helping in restaurants, so the café was the perfect place for him! In his free time, he also helps with Wild Caught Seafood's food truck. Another reason he loves working in the café is because he enjoys seeing the smiles on the faces of all the members he serves. For anyone who wants to volunteer, Joe would tell them to make sure they are volunteering for the right reasons and to "keep the perspective as to the importance of the job you are doing. And do it with a smile!"

His outlook on life has been a great influence on his volunteering. "I try to live each day as if it could be my last. You never know what is going to happen. So I will live each day and roll with the punches. I just want to enjoy each and every day to the fullest." Joe brings this enthusiasm into his volunteering. He has a passion for life and for seniors that is evident when he comes through our doors. Smiling faces like Joe's are the reason many people love coming to the center again and again. Thank you Joe for serving up smiles every time you come to volunteer!

From Our Kitchen To Yours

Flame Grape & Green Apple Salad

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



Photo by Favorite Family Recipes

Ingredients

- 1 cup of seedless grapes (flame/globe)
- 1 green apple, cut into wedges
- 1 big bunch of Bibb lettuce leaves
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1/2 tsp fresh dill
- 1/2 tsp thyme
- 1/2 tsp parsley
- Salt and pepper to taste

Directions

- Wash and dry the lettuce leaves
- Combine the mayo, lemon juice, and herbs in a small glass bottle
- Shake well to combine
- Add dressing to fruit combination just before serving
- Serve on Bibb lettuce leaves
- Note: You can substitute sour cream for mayo

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.

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.

Tuesdays

Happy 2Soms:

3rd Tuesday of month

2 p.m. to 4 p.m.

This group meets monthly
to play bingo.

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 meeting actor Tupua Ain'u in Peachtree City.



FSS Senior Olympics competition heating up!

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 enjoying a game of chess together.



Working out with Miriam during aerobics in Fayetteville.

Special Events



Photo via patspoutine.com

Low Country Boil

FAYETTEVILLE

Friday, September 23

5 p.m. to 8 p.m.

\$20

Members and non-members

Pre-registration required

Come fill your plate at FSS' annual Low Country Boil! Enjoy a wonderfully prepared dinner by the kitchen crew full of shrimp, crab, sausage and corn. Dance the evening away to Eddie Huffman's incredible DJ tunes and dance moves! Bring out your Cajun side for the night with a delicious and traditional raging Cajun dinner while busting your dance moves out the proper way! This event is sponsored by Heritage Bank, Heal, and Clear Spring Health. Non-seafood option available.

The Today Show

FAYETTEVILLE

Tuesday, September 27

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

\$5

Members and non-members

Pre-registration required

Come one, come all for a variety show unlike any other! Join us for The Today Show as hosts Carla Waters and Denny Danylchak interview some of the center's most interesting people! From a guest appearance by the one and only Julia Child, to a trip around the world with an adventurous travel guru, and everything in between. You'll be entertained from start to finish! Full of music, movement, laughs, feelings, and more, you won't want to miss this afternoon of fun. This event will support Fayette Senior Services' Meals On Wheels program!

Pat's Poutine Food Truck

PEACHTREE CITY

Friday, September 30

12 p.m. to 1 p.m.

FREE to attend

Prices vary for food items

Members and non-members

Pre-registration required

Come on over for a food truck lunch right here at Fayette Senior Services as we welcome Pat's Poutine for a delicious afternoon! Enjoy mouthwatering poutine choices. This authentic Canadian dish consists of fresh cut fries topped with smooth and creamy locally sourced cheese curds, and a choice of fresh hot beef or mushroom gravy... mmmmm! Payment will be made directly to the food truck the day of the event. Visit www.PatsPoutine.com to check out the menu.

Sunday	Monday	Tuesday	Wednesday																																																																																											
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September Program Schedule



Needlework

Crochet: Fall Wreath

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

Autumn is just around the corner! Welcome it in with this wreath for your door. Materials needed: 12 or 16 inch foam wreath; 4 fall colors of yarn (including orange and brown); size H crochet hook; tapestry needle. Beginner to intermediate level. Contact Nancy at icrochet2@bellsouth.net with questions. Picture available at front desk.

Crochet: Corner to Corner Stitch Diagonal Box Stitch

FAYETTEVILLE
Monday, September 19
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Learn this easy stitch to make a pot holder. After mastering it, use it to make scarves and afghans. Materials needed: One skein each of yellow, orange, and white cotton yarn; crochet hook size H or I. Beginner level. Contact Nancy at icrochet2@bellsouth.net with questions. Picture available at front desk.

Quilting Sew Day

Instructor: Darlene Hubble

FAYETTEVILLE

Wednesday, September 14
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required

FAYETTEVILLE

Monday, September 19
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: Sweet and Simple with a Twist

FAYETTEVILLE
Wednesday, September 28
9 a.m. to 3 p.m.
\$30 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

Create a quilt from one basic 12 inch block. Choose three fabrics, a focus print and two complimentary fabrics. Then decide on your size and design your favorite layout. There is no trimming and no points to match. You are ready to get started on this quick quilt and will go home with a finished top. Must provide your own sewing machine.



Creative Pursuits

Painting Workshop

PEACHTREE CITY
Tuesday, September 20

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 collection of gorgeous bright yellow sunflowers.

Watercolor: Acrylic Flow

PEACHTREE CITY
Friday, September 16
9:30 a.m. to 12:30 p.m.
\$30 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Cover five different methods of using fluid acrylics – pour, dirty pour, swipe, pull and drip, and pull. Practice these methods on small canvases and choose your favorite to make a larger painting. Class is for beginners and advanced alike, no previous experience is 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.

Beginner Line Dance

FAYETTEVILLE

Tuesday

12 p.m. to 1 p.m.

\$15 | Month

Instructor: Eddie Huffman

Keep those line dancing moves sharp! This class is designed for those who have at least six months experience in dancing. Dancing is the best activity to keep your mind sharp and focused. Take the quarterly step workshop too in order to enhance your experience, learn proper dance steps and line dance etiquette.

Improver Line Dance

FAYETTEVILLE

Tuesday

11 a.m. to 12 p.m.

\$15 | Month

Instructor: Eddie Huffman

Keep advancing and become a line dance expert in no time. For those who have had at least 12 months of Beginner Line Dancing. When you reach the Improver level, you are on your way to learn a myriad of new and

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

Line Dance Step Workshop

FAYETTEVILLE

Monday, September 19

10 a.m. to 12 p.m.

\$10

Instructor: Eddie Huffman

This workshop will teach beginners dance steps in an iterative progressive method. Learn and practice to short music segments while concentrating on steps and their names, not dances. Build dance knowledge and muscle memory for greater confidence in your line dance classes.

Free Moves Line Dance

FAYETTEVILLE

Fridays

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!



Fitness

Chair Yoga

PEACHTREE CITY

Tuesday

10 a.m. to 11 a.m.

\$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 twice a week with Miriam as she provides a great session intended to get you moving and feeling better throughout each week. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided.

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

What's for Lunch?

PEACHTREE CITY

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY

Thursday, September 8 | 1:30 p.m.

Jungle Cruise (2021) | PG-13

Starring: Dwayne Johnson, Emily Blunt. Dr. Lily Houghton travels to the Amazon jungle and enlists wisecracking skipper Frank Wolff's questionable services to guide her downriver on his ramshackle boat. Lily is determined to uncover an ancient tree with health abilities to enhance the future of medicine. Thrust on this epic quest together, the unlikely duo encounters the dangers and supernatural forces of the rainforest.

PEACHTREE CITY

Thursday, September 29 | 1:30 p.m.

Hustle (2022) | R

FAYETTEVILLE

Friday, September 30 | 1:30 p.m.

Hustle (2022) | R

Starring: Adam Sandler, Juancho Hernagomez. When a down-on-his-luck NBA basketball scout Stanley Bren is pounding the pavement looking for prospects, he keeps hitting dead ends. He finally finds one in Bo Cruz, a Spanish streetball player with a troubled past, but his team manager isn't convinced. Now, it's up to the pair to prove that Cruz has got what the NBA wants.

Movie sponsored by:



KAISER PERMANENTE®

Senior Advantage

Thursday, September 1
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 local restaurant Crosstown Grille in Peachtree City.

Get to Know Fayette Senior Services

PEACHTREE CITY
Thursday, September 1
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!

Honey, I'm Home

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

The current market is one unlike any other, and the trends seen in senior living are no different. Andrea Farley with Dream Real Estate provides information on local senior housing options, market trends, elder support services and

connecting with senior-focused professionals in aspects of a sale or move. From home modifications, wellness, outdoor living, technology and more, you'll gain insight on many of the newest senior living trends!

Garden Club

FAYETTEVILLE
Tuesday, September 6
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.

Volunteer Open House

FAYETTEVILLE
Tuesday, September 13
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 monthly meeting! Enjoy refreshments, meet with other volunteers, learn about upcoming events, current volunteer opportunities, and get center news and updates.

The Bee's Knees

FAYETTEVILLE
Tuesday, September 6
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
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! Join Tom Bonnell, bee enthusiast, as he shares the ins and outs to these insects and their hive.

Check It Out: Library Card Registration

FAYETTEVILLE
Wednesday, September 7
11 a.m. to 1 p.m.
FREE
Members and non-members
Pre-registration required

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

iPad Workshop

PEACHTREE CITY
Wednesday, September 7
1 p.m. to 3 p.m.
\$15
Members and non-members
Pre-registration required

If you still can't figure out your iPad or just don't feel like you're getting the most use out of it, this is the class for you! The world of iPads can be confusing since they don't navigate similar to the computers we often use. When using the Apple system, there are many differences, but so many things to take advantage of. Join tech expert Samuel

Tisdale as he covers the basics to using your iPad. Learn how to utilize your product to get the most out of your tablet. Must have an Apple iPad to participate and bring with you to class to follow along.

AARP Smart Driver's Course

FAYETTEVILLE
Thursday, September 8
9 a.m. to 4 p.m.
\$20 | AAPR Member
\$25 | Non AARP Member
FSS Member exclusive
Pre-registration required

The AARP Smart Driver's Course is a refresher course for adult drivers that has helped millions of drivers remain safe on today's roads. Tune up your driving skills and update your knowledge. Most auto insurance companies provide a multi-year discount to graduates as well.

A Walk in the Woods: Line Creek Nature Area

PEACHTREE CITY
Friday, September 9
Meet at 1:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Charlee Martin, Environmental Education Coordinator with the Southern Conservation Trust and take a walk through Line Creek Nature Area. Meet at the nature area off Line Creek Drive, Peachtree City (adjacent to the shopping center with TJ Maxx and Newks near Walmart) and take a walk through this 70-acre preserve. This nature

area offers a mix of habitats – upland hardwood forest, beautiful Creekside granite outcroppings, and a rushing stream boardered by native azaleas. Wear comfortable shoes and clothes.

Can't Contain Myself

FAYETTEVILLE
Monday, September 12
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Enhance your landscape and indoors using unique container gardens. Potted plants are easy and mobile which make them a great way to display your plants anywhere and conveniently care for them as well! Join WellCare as they teach us how to grow vegetables and herbs in containers during this hands-on demonstration. Learn how you can use potted plants both inside and outside, how to maintain them in certain environments, how to care for them. Everyone will make a container garden to take home as well.

Garden Party

FAYETTEVILLE
Tuesday, September 13
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Celebrate the hands of so many who work together to create the garden we all cherish and get to take advantage of. The flowers are in full bloom, the veggies are here, and the weather is gorgeous! Enjoy

it all with us at this fabulous Garden Party. Relish in a morning out in Fayette Senior Services' beautiful garden and help honor the people and volunteers who make it possible with all of the beauty surrounding us. We'll have refreshments and treats being served and will enjoy live music during the event by Bill Webb and Steve Puett.

The Nuts and Bolts of Stocks

PEACHTREE CITY
Tuesday, September 13
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Dive into the nuts and bolts of stocks as Brett Bexely with Edward Jones teaches basic information to help investors evaluate if stocks fit into their overall financial strategy. Discuss common vs. preferred stock, dividends, investment strategy, and different ways to own stock.

ALS Support Group

FAYETTEVILLE
Thursday, September 15
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.

Just Want to Have Funds

FAYETTEVILLE
Thursday, September 15
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

With most investments in decline this year, your retirement plan may be in question. Join Certified Financial Planner Will Stone with On Purpose Financial Management and explore how the current market compares to previous ones, the key issues impacting the financial markets, and what events may help turn things around. Discuss how using a Retirement Income Model can help retirees reduce anxiety and keep a long term perspective during challenging investment environments.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, September 15
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, September 15
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 Greek wines.

Store It For Later

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

Does an unorganized, packed drawer seem familiar to you and even stress you out a bit? Join Bonita Prigmore with Medicare and Other Red Tape as she helps you discover new storage hacks for those pesky potholders, foil and plastic wrap boxes, overflowing cooking utensils and more. Learn some new ways to utilize Lazy Susans and shed some new light on that mess under your kitchen sink! Much of what we'll discuss will also work well in other cluttered areas of your home as well! Here's your chance to discover how to get your small spaces organized for maximum function at a minimal cost.

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, September 19
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 Travel Bug: Cruises

FAYETTEVILLE
Monday, September 19
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! Set sail with the latest and greatest in Cruising! Ocean, River and Expedition style cruises; the possibilities are endless! With restrictions lifting, now is the time to get awesome packages on cruises with both air and land options. Step aboard as we take on the waters of the world!

Plant One On Me

FAYETTEVILLE
Tuesday, September 20
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

It's almost time for those beautiful crisp fall days! And there is no better time to start your planting than now. The best time of year to plant trees, shrubs, and perennials is in the fall. Kim Toal with the Extension Office shares tips for fall planting and planting options to add to your landscapes.

A Novel Idea Book Club

PEACHTREE CITY

Tuesday, September 20
1:45 p.m.
FREE
Member exclusive
No pre-registration required

September book:
Between Two Kingdoms
by Suleika Jaouard. For
more information, please
contact Meghan Caton at
megcaton@gmail.com.

Once Upon A Starr's Mill

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

Trace the history of an iconic landmark in Fayette County, Starr's Mill. The official Fayette County Historian, John Lynch, shares the details of this mill's influence in our county and why it's one of the major historic landmarks in our area. With his roots in Fayette County dating back to the 1820s, John has an understanding unlike most people. He will also share the story of one of the county's unsolved murders that took place right on the steps of the mill, the murder of his grandfather George Lynch.

P“age” Turners Book Club

FAYETTEVILLE
Thursday, September 22
1:30 p.m.
FREE
Member exclusive
No pre-registration required

September book: *A Great Deliverance* by Elizabeth

George. October book:
Tinkers by Paul Harding. 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.

Cornhole

PEACHTREE CITY
Friday, September 23
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

Bring out your competitive side or just join us 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 times with friends while sharpening your skills and mastering the game of cornhole during these monthly cornhole games!

Gourd-geous Home

PEACHTREE CITY
Monday, September 26
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Freshen up your home's exterior just in time for fall with these great ideas for a cozy décor! Decorating enthusiast Bethany Vickery gives fun and creative ways to incorporate fall into the front of your home for more seasonal curb appeal! Create themes full of layers of pumpkins, mums, rustic

baskets or anything of your choice to have everyone on your street stopping in awe!

Wild Wetlands

PEACHTREE CITY
Tuesday, September 27
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Conservation staff from Newman Wetlands Center to learn about local wetland wildlife in our area. Discover interesting facts about some of the species that reside on the Wetlands Center in addition to other wildlife. Learn about the adaptations they have for thriving in wet conditions, and challenges they face due to human impact.

Lunch & Learn: Filling Your Emergency Kit

PEACHTREE CITY
Wednesday, September 28
11 a.m. to 1 p.m.
\$10 | Includes lunch
Members and non-members
Pre-registration required

Preparation is key! If the unexpected occurs, do you have the right information at hand for yourself or someone else to access? Recent studies have shown that many of us are unprepared for emergencies that may come our way. Attorney Elizabeth Winfield with Simmons, Finney & Winfield, LLC and Tanya Schoenhoff with Senior Provisions share real experiences, practical advice and essential information for preparing in advance. Discover the importance of creating a vital

information file ready and easily available to help in case of emergency as well as what to have prepared legally for uncertain and unforeseen times.

Sold At First Cry

FAYETTEVILLE

Wednesday, September 28
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Join New York Times bestselling author Lisa Wingate as she turns the pages back in history to share her knowledge and research of one of the most devastating orphanage scandals in our time. The Tennessee Children's Home Society was an orphanage operated by the state of Tennessee during the mid 1920s through 1950. As we zone in on the Memphis branch operator Georgia Tann and her role in the organization, you'll discover a story that is almost entirely unbelievable but very real. She organized the kidnapping of children and processed illegal adoptions in an operation that will leave you speechless. Local Peachtree City resident Devy Eyler, one of those stolen babies, will also join us in person. Lisa will be joining us via Zoom.

A Virtual Tour: Trilith Studios

FAYETTEVILLE

Thursday, September 29
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 studios 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 gives us a peek into how the film industry thrives right here in Fayette County!

Express Lunch

PEACHTREE CITY

Thursday, September 8

12:45 p.m.

\$10 | Pizza

Member exclusive

Pre-registration required

PEACHTREE CITY

Thursday, September 29

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.



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, September 21
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, September 27
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

Bring in your laptop and questions about your computer for one-on-one 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

Memory Screenings

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

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

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Friday, September 2
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.

Massage

FAYETTEVILLE
Tuesday, September 6
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.

No Brainer

PEACHTREE CITY
Tuesday, September 6
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Dr. Josh Davis with First Step Physical Therapy shares the positive effects of cognitive rehab therapy. Learn more about this type of therapy and how it can improve attention, brain function, and more. Dr. Davis will share exercises to do at home for better performance and the best methods for learning functional skills to improve your cognitive abilities.

Mini Massages

FAYETTEVILLE
Wednesday, September 7
9 a.m. to 12 p.m.
FREE
Members and non-members
Pre-registration required

It's time to relax and what better way to do that than to give yourself a little treat and TLC! Take a little time for yourself and stop by for a full on relaxation session to help you get on your way to feeling better. Massage students with Peachtree City School of Massage will be on site to perform fifteen-minute mini massages to help you get in a calmer state. A healthier you begins with de-stressing and here is the perfect chance to start that routine.

Brain Games for Brain Health

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

Join Heartis and work your brain! They will demonstrate that brain health and cognitive engagement can be pursued through an assortment of experiences and lifestyle choices. Learn how working out the brain is just as important as other areas of health and take part in a series of exercises and games that help sharpen the mind.

Vitamin Vitality

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

Vitamins have many different purposes in keeping our bodies working properly. These essential nutrients allow your body to grow and develop and play major roles in good health. Trilogy Wellness discusses the ways they help our bodies and provides tips for determining which you should consider taking.

Flu Shots

PEACHTREE CITY
Wednesday, September 14
9 a.m. to 11 a.m.
FREE with insurance
Fee applies for no insurance
Member exclusive
Pre-registration required

FAYETTEVILLE
Wednesday, September 21
10 a.m. to 12 p.m.
FREE with insurance
Fee applies for no insurance
Member exclusive
Pre-registration required

The Fayette County Health Department in Fayetteville and Walgreens in Peachtree City will be bringing the flu shots right here to us at FSS. Get a flu vaccine so you can protect yourself and help avoid spreading to others. Cash and checks only to be made to the health department or Walgreens the day of event if payment is to be made.

Joint at the Hip

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

Have you had ongoing joint pain in your hip, knee, or shoulder and are wondering if and when you should consider having a joint replacement? Join Ashley Irvin and Megan McLain with Intuitive Choice Physical Therapy and Wellness to learn how to choose exercises that reduce pain, when to talk to your physician about replacement, the importance of working with a physical therapist before surgery, and considerations for surgical recovery.

Shake It Up

PEACHTREE CITY
Friday, September 16
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Oral nutritional supplements and shakes can be a great option to add a little more boost to your diet. These supplements contain essential food ingredients and are taken in addition to a regular diet for enhanced nutrition and improved health. Lamura Poore, dietitian and owner of Diet To Lifestyle, shares the various types, when to take them, and which ones to stay away from.

Snack It To Me

PEACHTREE CITY
Monday, September 19
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Sometimes convenience trumps healthy choices when we are out and about and need a quick bite to eat, but that is not always the best option! Planning ahead can help curb those bad choices while on the go. Join dietitian Arisahi Valentin with Crane Chiropractic & Applied Kinesiology to discuss different options for snacks full of nutrients, easy to prepare, and affordable! For when you're on the go or very hungry, these options can help to achieve your goals.

Hunger Strike

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

Hunger and a healthy appetite are something many of us know well. These signals from our bodies are a sign that it needs energy or is craving a certain type of food. While feeling hungry is a normal sign it's time to eat again, it can also be crippling if it's constant. Certified Health Coach Jennifer Lunsford helps us cut out unhealthy snacking and teaches healthy and natural ways to suppress your appetite. Discover how to lose weight and maintain your weight naturally and stop the unwanted hunger that leads to unhealthy snacking.

The Facts of Fitness

FAYETTEVILLE
Monday, September 26

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

FREE

Members and non-members
Pre-registration required

Discover some of the golden rules of fitness by breaking down myths that could be holding you back from your wellness goals. When it comes to health and fitness, sometimes it is hard to tell fact from fiction. Piedmont Wellness Center debunks some common fitness myths and misconceptions to make sure we are getting the best out of our workouts.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, September 28
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.



Aloha to Hula Dancing fun in Peachtree City..

Look What's Coming in October!

Snake Your Groove Thing

PEACHTREE CITY
Monday, October 3
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Slither on over and hear about the 40 different kinds of snakes that call Georgia home and play an important role in our environment. A live snake will be on site during the presentation!

Take A Back Seat

PEACHTREE CITY
Tuesday, October 4
2:30 p.m. to 3:30 p.m. | FREE
Pre-registration required

Alleviate pain and issues associated with chronic back pain through these tips for stretch and exercises to do at home in addition to learning about options available.

Wheels Up

FAYETTEVILLE
Wednesday, October 5
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Purchasing a new car can be intimidating, but being prepared in advance can create a much smoother process. Gain insight on the true costs of car buying and what to be on the lookout for.

Harvest Cooking

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

Enjoy a savory, warm fall meal with these great ideas for seasonal soup and dishes you can make with fall vegetables and locally sourced ingredients!

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

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