

November 2022

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

It's Showtime

Draw back the curtains for our annual Dinner Theater and enjoy a night of entertainment featuring *White Christmas*!

Celebrate the Brave

Join us as we honor our Veterans who have and are serving our country during this Veterans Day Celebration!

Above Bar

No, it isn't a fig-ment of your imagination...these nutty bars truly are that delicious! Orange you glad you tried?

Live Well. Age Well.

**Fayette Senior Services & Town Square Playhouse
Present:**

“White Christmas”

DINNER THEATER

**Thursday, November 17
5:30 p.m. to 8:30 p.m.**

**4 Center Drive
Tickets | \$15**

Event Sponsored By:

Fayette Senior Services
Making Life Better™

 **KAISER PERMANENTE**
Senior Advantage

SONDER
HEALTH PLANS
Your Doctors, Your Neighbors, Your Friends

SOUTHCARE
CREMATION & FUNERAL SOCIETY
OVER 25 YEARS

2022 PROJECT ∞ LOVE

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

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

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

2022 Project Love Sponsor:



November

featured

If the Shoe Fits 10

Fitness Center volunteer Linda Garrett may have come to us by chance, but there's never been a better fit!

Get Figgy With It 11

These delicious and easy bars are not only quick to make but taste better than you could imagine.

Dinner & A Show 15

Enjoy an elegant dinner before kickstarting your holiday season with this rendition of the classic *White Christmas*.

Thank You Veterans 15

Home of the free, because of the brave. Share your gratitude for the brave citizens who have served.

2022 HOLIDAY CLOSINGS

Thanksgiving.....	November 24, 2022
Thanksgiving.....	November 25, 2022
Annual Maintenance.....	December 20, 2022
Christmas.....	December 26, 2022
Holidays	December 27, 2022
Holidays	December 28, 2022
Holidays	December 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.
(Same complex as the Frederick Brown Jr. Amphitheater)

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | 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

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

Paul Hives
Technology Development

Lynne Leatherman
Finance Officer

Kimberly Cotton
Center & Volunteer
Coordinator

THE ULTIMATE CAFÉ

Bonnie Kanofsky
Executive Chef

Ashley Loggins
Executive Chef

Pedro Cruz
Sous Chef

Candice Bailey
Kitchen Manager

Maria Marin
Café Assistant

MEALS ON WHEELS

Natalie Hynson
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

Adrianne 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

Membership

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

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

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

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

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

Membership Has Its Rewards

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

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...

December 2022

Rocking Around the Christmas Tree Christmas Party

Fayetteville

Monday, December 19

2 p.m. to 3:30 p.m. | Free for FSS members

It's the most wonderful time of year! Grab a group of friends and jingle on over. Put on your best tacky sweater and join Santa and friends for our annual Christmas party. Enter the cookie contest - see front desk for more details.

Dashing Through the Snow Christmas Party

Peachtree City

Wednesday, December 21

2 p.m. to 3:30 p.m. | Free for FSS members

Join the holiday festivities as we gather around for a Christmas extravaganza. Spread the holiday cheer and take on the fun and hilarious game of White Elephant gift exchange. Bring a max \$10 gag gift to participate in this holiday game of swaps and steals.

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

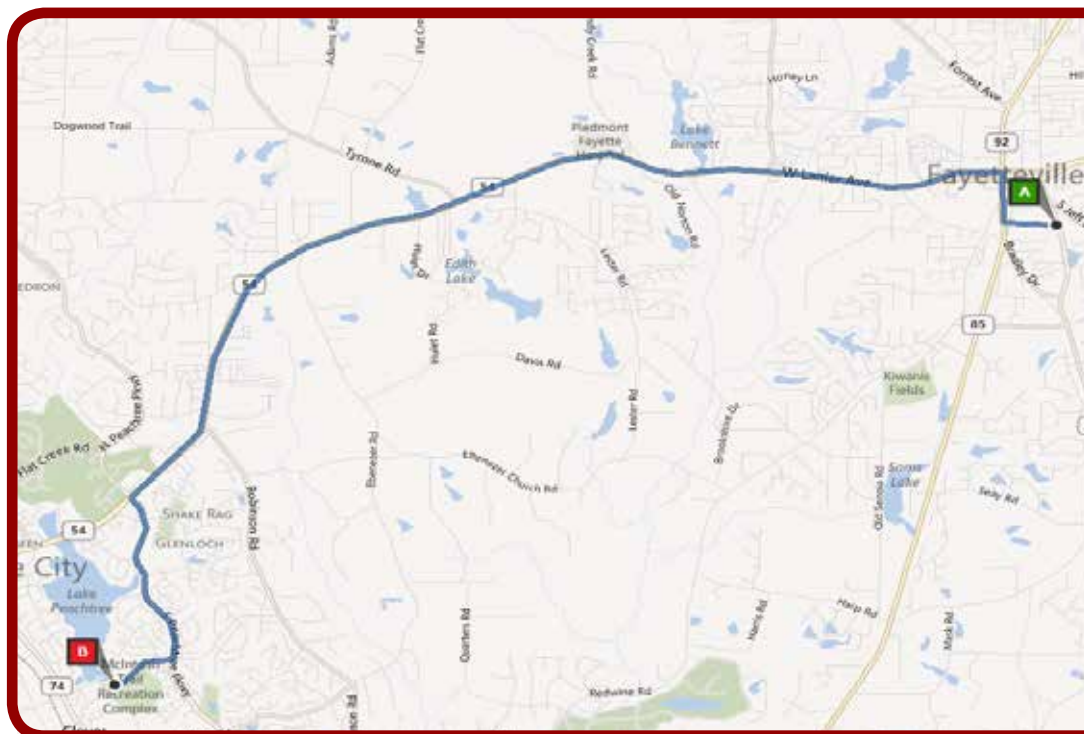
Miriam's Fitness Corner

Take A Hike

I'll bet you didn't know that November 17th is National Hiking Day. Neither did I, until recently. With over 60,000 miles of trails across the country, there is literally no excuse not to "go take a hike." Hiking, which is merely a fancy word for a dramatic walk with unpredictable grades, is the perfect way to counter the effects of this upcoming smorgasbord season. This type of workout will challenge the entire body. Those fluctuating inclines, declines and flat surfaces give the legs, rear end, core and heart a workout that is hard to forget. Therefore, the health benefits are endless. This variety of cardio builds endurance and stamina, as well as firms muscles and increases bone density. It can lower blood pressure, blood sugar and cholesterol almost immediately. While walking, endorphins are released and your mood is enhanced within minutes. The fresh air inhaled, sounds of nature and beauty of creation energize the soul. Plus, the obvious added benefit of calorie burn is merely icing on the cake. So mark your calendars for November 17th, and find a trail, park or neighborhood to join the millions of us who will be taking a hike for our health.

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.




Help us deliver a difference and become a Meals on Wheels driver!



Fayette Senior Services' Meals On Wheels program is in need of volunteers! Come volunteer, grab a group of friends or your grandkids, or adopt a route together as a business or organization. Each route takes approximately 1 to 2 hours.

For more details on how to get involved, please contact us at 770-461-0813 or info@fayss.org.

Life happens. And you want to be ready when it does.

Let us help you take care of what matters most

Getting to know you and what you care most about—planning for college, taking care of an elder family member, passing a legacy to future generations, buying a second home—is so important. Once we understand your priorities, together, we can help you pursue the goals you've set for yourself and your family. Call to learn more today.



The Truitt Group
Merrill Lynch Wealth Management
 900 Westpark Drive
 Suite 200
 Peachtree City, GA 30269
 770.632.1031
fa.ml.com/truittgroup



Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as "MLPF&S" or "Merrill") makes available certain investment products sponsored, managed, distributed or provided by companies that are affiliates of Bank of America Corporation ("BoFA Corp."). MLPF&S is a registered broker-dealer, registered investment adviser, Member SIPC and a wholly owned subsidiary of BoFA Corp. Banking products are provided by Bank of America, N.A., Member FDIC and a wholly owned subsidiary of BoFA Corp.

Investment products: **Are Not FDIC Insured** **Are Not Bank Guaranteed** **May Lose Value**

The Bull Symbol and Merrill are registered trademarks of Bank of America Corporation.
 © 2021 Bank of America Corporation. All rights reserved.

MAP3688497 | AD-09-21-0496 | 471089PM-0821 | 10/2021

Dear Volunteer, You Make a Difference!

Luck of the Draw

Written By: Carrie Bittinger



fondly remembers the days of her brothers teaching her how to drive the tractor.

She attended Osborn High School in Marietta. When she was just 15 years old in high school, she had her first job at the Kmart by the KFC Big Chicken, a landmark of Marietta. After high school, Linda continued her education at Clayton State. For her entire adult career, 54 years to be exact, she sold industrial tooling for various companies. In December of 2021, Linda finally retired. She has one son named Chad and 2 step grandchildren, 1 that goes to UGA and the other attends Sequoyah High School. In her free time, Linda enjoys going to the mountains or the beach. She loves line dancing and takes many classes at the center. Visiting her family is one of her favorite things to do!

Getting out of your comfort zone can be one of the best decisions you ever make. Other times getting out of your comfort zone can come upon you completely by accident. This happy accident is what brought us fitness center volunteer, Linda Garrett! At the beginning of this year, she thought she was joining an education program on weight loss... but little did she know, she joined our month long weight loss challenge, Weight No More. This month long class allowed her access to the fitness center, something she hadn't taken advantage of at FSS yet. Linda realized the need for volunteers in the fitness center and decided to be a part of the fun! The rest speaks for itself, as you'll find her in the fitness center each week now.

Linda is a true Georgia Peach. She grew up in Cobb County and has always lived in the area. Her father worked for Lockheed as a final assembly worker. Her mother stayed at home with the kids and she had her hands more than full. Linda is one of seven children. Yes, you read that right, seven children! She has five brothers and one sister. Growing up they all loved to play endless amounts of games. They lived near a lake, so swimming and frolicking around the water was one of their favorite activities. Linda refers to her childhood as one that was spent doing a lot of "country stuff". She

Linda has been coming to the center since late 2019, but it was that happy accident that finally brought her to us as a volunteer. After visiting the fitness center at FSS, she quickly fell in love with the ease of using it. It became clear that she wanted to be in there more, but she wasn't sure in what capacity that would be. With a little bit of encouragement, she started volunteering in the Fitness Center in March of 2022. Shortly after she started, she became our Fitness Center Orientation instructor. She is so fond of FSS and says, "I love getting to know the people. It is such a fun part of volunteering. I have gotten to know the crowd and that's exciting. It's fun! If you are thinking of becoming a volunteer, enjoy yourself and enjoy the ride. It's a good one!"

We love a good member to volunteer story and Linda has a great one! It was pure happenstance that got Linda to begin volunteering. She hasn't looked back since. It has been such a pleasure to see her grow into her volunteer position, spread new wings and expand what she does. Thank you, Linda, for all that you do for FSS!

From Our Kitchen To Yours

More the Merrier Orange, Fig & Walnut Bars

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



Ingredients

- 1 package (18 1/4 oz) orange cake mix
- 1 jar (10 oz) fig preserves
- 1/2 cup canola oil
- 1 egg
- 2 cups chopped walnuts

Directions

- In a large bowl, combine the cake mix, preserves, oil and egg; beat on low speed until blended
- Stir in walnuts (batter should be thick)
- Spread into a greased 13x9 inch baking pan
- Bake at 350 degrees for 25-30 minutes or until a toothpick inserted in center comes out clean
- Cool on a wire rack
- Cut into squares or bars

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:

2nd Wednesday of month

10 a.m. to 2 p.m.

Social Duplicate Bridge:

1st, 3rd, and 4th Wednesday

10 a.m. to 3 p.m.

Thursdays

Intermediate Social

Bridge Free Play:

11 a.m. to 3 p.m.

Fridays

Morning Stretch:

9 a.m. to 10 a.m.

Mahjong:

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

Canasta:

12 p.m. to 4 p.m.

Game Day:

1 p.m. to 4 p.m.

Turn the Pages!

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



Members enjoying the new cornhole league once a month!



FSS volunteers Lynn Black and Beverly Witkowski.

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.



FSS garden volunteers at the annual Garden Party.



Center member's parrot wanted to see how great FSS was!

Special Events



A Salute to Our Veterans: Veterans Day Celebration

FAYETTEVILLE

Friday, November 11

2 p.m. to 3 p.m.

FREE

Members and non-members
Pre-registration required

Come together as we celebrate and honor the Veterans that have served our country. Calling all Veterans, family and friends, and patriots alike to join in the celebration as we honor the men and women who have served and who are still serving our country during this Veterans Day program. This day of celebration will feature Veterans and supporters throughout our community. We welcome Bren Briggs with The Eden Project, Veteran members of the American Legion Post 105, another Veteran to share their story of valor, Veteran singer Nancy Davis, members of the Fayette County High School ROTC program, and Veteran bugler Robert Fox. Hear about the history of Veterans Day and the true reason we recognize this respected day, discover the meaning behind the 13 folds of the American flag, enjoy a posting and retiring of the colors, and much more. It will be a celebration worth writing home about!



Dinner Theater: *White Christmas*

FAYETTEVILLE

Thursday, November 17

5:30 p.m. to 8:30 p.m.

\$15 | Members can purchase tickets at front desk

Pre-registration required

Grab a group of friends and come on over to enjoy a production right here at FSS. Enjoy a delicious dinner from our kitchen crew as well! Local theater company Town Square Playhouse presents *White Christmas*. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love A Piano," "How Deep Is the Ocean," and the perennial title song, *White Christmas* is a heartwarming musical adaptation of the beloved, timeless film. Event sponsored by Kaiser Permanente, SouthCare Cremation & Funeral Society and Sonder Health Plans.



Photo by sportsandson via Flickr

Spa Day: Mini Massages

PEACHTREE CITY

Tuesday, November 29

1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

It's time to relax! Take a little time for yourself and stop by for a mini treat to help you get on your way to relaxation. A licensed massage therapist with WellCare will be on site to perform five minute mini massages to help you get in a calmer state. A healthier you begins with de-stressing and this is the perfect chance to start that routine.

Sunday	Monday	Tuesday	Wednesday
		1 Massage pg. 27 Boost Your Immunity pg. 27 Seasonings Greetings pg. 22	Quilting Day p Medicare Open E Wartime Sur
6	7 Dig Up the Past pg. 23	8 Volunteer Open House pg. 23 Car Wash pg. 23 Ins and Outs of Inflation pg. 23 Eyeglass Repair and Adjustments pg. 28	Quilting: Topper Da Give 'Em P Talk About Chimney Sw
13	14 Crochet: Little Angels pg. 18 Tastes So Good pg. 28 AARP Smart Driver TEK pg. 24	15 Book Club pg. 24 Painting Workshop pg. 18 Water You Here For pg. 24 The Art of Origami pg. 24	Quilting Day p The Value of Yo Fitness Road V Computer Assis
20	21 1-on-1 Medicare Consultations pg. 25 The Season to Be Leaf pg. 25 Aging in Place pg. 26	22 The Bright Cider Life pg. 26 Vein Screenings pg. 28	Movie Day Express Lur Movie Da
27	28 Quilting: Sew Day pg. 18 Broke for the Holidays pg. 26 Stress Reduction pg. 28	29 Mental Note pg. 28 Spa Day: Mini Massages pg. 15 Computer Assistance pg. 27	Cornhole Hearing Aid Maintenance Outwit Your Sma Thrive Th Holidays

October 2022

Wednesday		Thursday		Friday		Saturday	
2		3		4		5	
g: Sew pg. 18 nrollment pg. 22 vival pg. 22		Balance Assessments pg. 27 What's for Lunch? pg. 22 Get to Know Fayette Senior Services pg. 22		Bad to the Bow pg. 22 Sights of Senoia pg. 23			
9		10		11		12	
Runner ay pg. 18 umpkin to ut pg. 23 weep pg. 23		Movie Day pg. 21 Express Lunch pg. 26 Pilgrims and Puritans pg. 24		A Salute to Our Veterans: Veterans Day Celebration pg. 15 Smart House pg. 24			
16		17		18		19	
g: Sew g. 18 ur Home pg. 25 Warrior pg. 28 stance pg. 27		Book Club pg. 25 ALS Support Group pg. 25 The Grape Escape pg. 25 Dinner Theater: White Christmas pg. 15 Dementia Caregiver Support Group pg. 25		A Fresh Breath of Air pg. 28 'Tis the Season for Greeting Cards pg. 18 Get Trinket With It: Trinket Dishes pg. 18 Shop Safe pg. 25			
23		24		25		26	
y pg. 21 ch pg. 26 y pg. 21		CLOSED Thanksgiving		CLOSED Thanksgiving			
30				October 2022		December 2022	
e pg. 26 Cleanings & ce pg. 29 rt Phone pg. 26 rough the s pg. 29				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 31	

November Program Schedule

Needlework

Crochet: Little Angels

FAYETTEVILLE

Monday, November 14
10 a.m. to 12 p.m.

\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

These adorable little angels are perfect for hanging on your Christmas tree, using on a package, or as a pin. Materials needed: Small amounts of sport weight yarn in color(s) of your choice; crochet hook size G. Contact Nancy at icrochet2@bellsouth.net with questions. Picture available at front desk.

Quilting Sew Day

FAYETTEVILLE

Wednesday, November 2
9 a.m. to 3 p.m.

\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

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

Quilting Sew Day

FAYETTEVILLE

Wednesday, November 16
9 a.m. to 3 p.m.

\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

Take time to finish up projects. This class is not instruction

based, just free time to work on a personal project with others. Must provide your own sewing machine.

Quilting Sew Day

FAYETTEVILLE

Monday, November 28
9 a.m. to 3 p.m.

\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

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

Quilting: Runner Topper Day

FAYETTEVILLE

Wednesday, November 9
9 a.m. to 3 p.m.

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

We are just in time for the holidays with a table topper or quick hexagon centerpiece. Choose your favorite print and accent. See front desk for picture. Must provide your own sewing machine.

Creative Pursuits

Painting Workshop

PEACHTREE CITY

Tuesday, November 15
10 a.m. to 12 p.m.

\$35 | Includes materials
Pre-registration required

Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a unique rooster.

'Tis the Season for Greeting Cards

PEACHTREE CITY

Friday, November 18
9:30 a.m. to 12:30 p.m.

\$25 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Learn to make small watercolor paintings that you can frame or use for greeting cards! Discover the basic watercolor techniques as well as a quick way to copy the designs and other tips and tricks. Designs will be provided for holiday cards among others for different greeting cards. A template for making your own cards at home will be provided. Designed for all levels, no previous experience needed.

Get Trinket With It: Trinket Dish

FAYETTEVILLE

Friday, November 18
1:30 p.m. to 2:30 p.m.

\$10 | Includes materials
Pre-registration required
Instructor: Carrie Bittinger

Need a place to store your jewelry, keys or other little knickknacks you have around the house? Join Carrie and learn how to make a trinket dish using pressed flowers

and clay! Leave with a dish worthy of your finest jewelry!



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

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.

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

Winter Mix Workout Series: Circuit Circus

FAYETTEVILLE
Wednesday, November 2
11 a.m. to 11:45 a.m.
\$5
Instructor: Miriam Jones

This fun and engaging workout will leave you feeling pumped and energized. All you need is an open mind and willing spirit. Suitable for all fitness levels.

Winter Mix Workout Series: Man, I'm Stiff

FAYETTEVILLE
Tuesday, November 8
11 a.m. to 11:45 a.m.
\$5
Instructor: Miriam Jones

Men, here is a class just for you! No women allowed. This stretch class will improve flexibility and circulation. Man up because you need this. Suitable for all fitness levels. Bring exercise mat.

Winter Mix Workout Series: Walk this Weigh

FAYETTEVILLE
Thursday, November 17
1 p.m. to 1:45 p.m.
\$5
Instructor: Miriam Jones

What better way to celebrate National Hiking Day than with this low impact good for your sole, happy heart walk, and light stretching workout. Suitable for all fitness levels.

Winter Mix Workout Series: Chair Stretch

FAYETTEVILLE
Wednesday, November 30
1 p.m. to 1:45 p.m.
\$5
Instructor: Miriam Jones

This basic body movement class will improve circulation and loosen stiff joints and muscles almost instantly. Suitable for all fitness levels.

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.

Yoga: Fayetteville

FAYETTEVILLE

Friday

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

\$20 | Month

Instructor: T. Michael

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

Yoga: Fayetteville Zoom Live Session

Via Zoom from your home

Friday

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

\$20 | Month

Instructor: T. Michael

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

Yoga: Peachtree City

PEACHTREE CITY

Thursday

9 a.m. to 10 a.m.

\$20 | Month

Instructor: Renee Morris

A form of mind-body exercise

that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm.

Yoga: Peachtree City Zoom Live Session

Via Zoom from your home

Thursday

9 a.m. to 10 a.m.

\$20 | Month

Instructor: Renee Morris

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

Walking Group: Fayetteville

Meets at McCurry Park

Monday

9 a.m. to 10 a.m.

FREE

No pre-registration required

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

Tai Chi Club

FAYETTEVILLE

Tuesday

2 p.m. to 4 p.m.

Thursday (no 3rd Thursday)

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

FREE

No pre-registration required

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

Power Aerobics

FAYETTEVILLE

Tuesday and Thursday

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

\$20 | Month

Instructor: Miriam Jones

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

Intermediate I Aerobics

FAYETTEVILLE

Tuesday and Thursday

8:40 a.m. to 9:30 a.m.

\$20 | Month

Instructor: Miriam Jones

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

Intermediate I Aerobics: Zoom Live Session

Via Zoom from your home

Tuesday and Thursday

8:40 a.m. to 9:30 a.m.

\$20 | Month per class

Instructor: Miriam Jones

This will feature the

Intermediate I Aerobics class live via Zoom so you can participate in the same great class in your home.

Intermediate II Aerobics

FAYETTEVILLE
Tuesday and Thursday
9:40 a.m. to 10:30 a.m.
\$20 | Month
Instructor: Miriam Jones

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

Stretch for Movement

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.

Stretch for Movement: Pre-recorded Sessions

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

Grab an extra day of this great stretch class. We'll feature one of Miriam's previously recorded stretch for movement sessions. A series of simple and easy to follow stretch combinations to improve your balance, coordination, and range of motion.

Walking Group: Peachtree City

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

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

Personal Training

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

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, November 10 | 1:30 p.m.
Elvis (2021) | PG-13

FAYETTEVILLE
Wednesday, November 23 | 1:30 p.m.
Elvis (2021) | PG-13

Starring: Austin Butler, Tom Hanks. Elvis' story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the significant and influential people in Elvis' life, Priscilla Presley.

PEACHTREE CITY
Wednesday, November 23 | 1:30 p.m.
Stillwater (2021) | R

Starring: Matt Damon, Camille Cottin. An American oil-rig roughneck from Oklahoma travels to Marseilles to visit his estranged daughter, in prison for a murder she claims she did not commit. Confronted with language barriers, cultural differences, and a complicated legal system, Bill Baker builds a new life for himself in France as he makes it his personal mission to exonerate his daughter

Movie sponsored by:



KAISER PERMANENTE®
Senior Advantage

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.



Garden Club

FAYETTEVILLE

Will return in February
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. The garden club will return for meetings in February, but if you'd like to join the team, reach out to us at info@fayss.org.

Seasonings Greetings

FAYETTEVILLE

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

FREE

Members and non-members
Pre-registration required

It's true, there are too many cooks in the kitchen over the holidays! Take on the head chef role with these tips for cooking throughout the season. Thoughts of holiday cooking can quickly fade away from the most wonderful time of year, but don't let them hold you back! These useful tricks for cooking a delicious

and easy holiday meal for Thanksgiving, Christmas, and all the gatherings in between will quickly ease the burden. Anne Lord with The Real Cajun Market brings the joy back to cooking over the holiday season! Enjoy cooking tips and recipe ideas.

Medicare Open Enrollment

PEACHTREE CITY

Wednesday, November 2
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Medicare expert Starr Slade with GeorgiaCares will prepare us on all we need to know for the upcoming Medicare Open Enrollment period. Learn about the different types of Medicare options and benefits available for you to choose between as well as the updates for next year. Learn about new updates, changes, and what you should be aware of during this year's enrollment period.

Wartime Survival

FAYETTEVILLE

Wednesday, November 2
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

With legions of high altitude bombers filling the skies over Europe and the Pacific, and no shortage of fighter planes and flak attempting to bring them down, World War II is full of stories of young airmen falling from extreme heights--and improbably

living to tell about it. Jim Scott shares three stories of wartime survival that are almost unbelievable to imagine.

What's for Lunch?

PEACHTREE CITY

Thursday, November 3
11:30 a.m.

FREE

Member exclusive

Pre-registration required

Meet us at a local restaurant for an afternoon out with great friends! FSS will make reservations and everyone will meet there to enjoy time with others. Must be registered to attend due to reservation numbers. This month, lunch will be at Blackbird Café in Woodbury.

Get to Know Fayette Senior Services

PEACHTREE CITY

Thursday, November 3
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!

Bad to the Bow

FAYETTEVILLE

Friday, November 4
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Decorating enthusiast Bethany Vickery gets us in

the holiday spirit during this bow making & gift wrapping demonstration. Learn to tie some great bows using a variety of methods that you can use for gift-wrapping, decorations any time of year, and more. Tie one up during this hands-on demonstration! Bring your own ribbon - wired is best - and practice making your holiday bows with Bethany's help.

Sights of Senoia

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

The quaint, neighboring town of Senoia has blossomed over recent years, quickly becoming one of the most popular spots around. Join Bonnie Bobbitt with the Senoia Historical Society as she shares the history of Senoia, then and now. Take a fascinating look at what made this interesting town what it is today.

Dig Up the Past

FAYETTEVILLE
Monday, November 7
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Dig into the past as Genealogist Jan Bryant provides strategies on how to begin your family genealogy research. Learn more insight into your family history by branching out your family tree with these tips for basic genealogy research. Talking with family members

is a great way to conduct and preserve your lineage. Hear about resources available to create a family tree and discover where to find documents that support your family history.

Car Wash

PEACHTREE CITY
Tuesday, November 8
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 extremely dirty interior.

Ins and Outs of Inflation

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

Inflation is a piece of history, coming in waves over the years. As we currently sit in a state of inflation, there are many questions circulating. Judah Sworney with Mediclarity discusses inflation then and now as well as practical steps to protect yourself during retirement. See how today compares to other times, learn the effect inflation has on retirement, and get tips on how to ease the pain of inflation and achieve peace of mind during these times.

Volunteer Open House

FAYETTEVILLE
Tuesday, November 8
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.

Chimney Sweep

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

Colder weather is upon us! It's time for those wonderful, rustic, fireplace evenings! Picture this, it's chilly outside, you have a cup of hot chocolate in hand, and you start the fireplace to sit down and enjoy a show for the evening. When was the last time you've considering cleaning your fireplace, though? Ron Mundy with Fayette Chimney Sweep and former firefighter shares tips for fireplace safety, chimney care, in addition to discussing the various options between wood burning vs. gas logs.

Give 'Em Pumpkin to Talk About

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

From sweet treats, soups, drinks and savory dishes, you'd be surprised what all the versatile pumpkin can do! Join Chef Ashley Smallwood with Rudines as she shares the secrets to cooking pumpkins like a pro. Get tips on the many different ways to cook with pumpkin and discover the abundance of health benefits they have during this cooking demo. Enjoy a small tasting as well!

Pilgrims and Puritans

FAYETTEVILLE

Thursday, November 10

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

FREE

Members and non-members

Pre-registration required

Historian Robert Jones takes a look at two English Protestant groups which would have a huge effect on Colonial America - the Pilgrims and the Puritans. The legacy of the Pilgrims and Puritans in the United States include the first constitution (Mayflower Compact), the first Thanksgiving, democracy through the mechanism of the town hall, morality in governance, and the establishment of Harvard. Hear how so much came to be with the introduction of these two groups!

Smart House

PEACHTREE CITY

Friday, November 11

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

FREE

Members and non-members

Pre-registration required

You don't have to be smart to have a smart house! Let your

house do all the work for you, well when it comes to certain things at least. Join tech expert Samuel Tisdale as he talks about technology that can be used around your home. From items to make your everyday living easier to ways to control things around the home while gone, learn about how easy adding these connections throughout your home can be. From thermostats, lights, security systems and more, you'll hear the benefits and get some recommendations on installation and brands.

AARP Smart Driver TEK

FAYETTEVILLE

Monday, November 14

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

FREE

Members and non-members

Pre-registration required

Cars have seemingly become smarter than us with all the new gadgets included on newer models! Learn the necessary tools to navigate modern vehicle technology. This will help drivers understand current and evolving vehicle safety technologies, how to use them and discover how these new features enhance the driving safety and experience. From parking assistance, Bluetooth, backup cameras and more, you'll learn all the ins and outs to outsmarting your car.

Water You Here For

FAYETTEVILLE

Tuesday, November 15

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

FREE

Members and non-members

Pre-registration required

Join conservationist Danielle Bunch with Newman Wetlands Center to get a firsthand experience on water quality testing. Participate in hands-on water testing demonstrations and discover how water moves through our communities and impacts local resources. Danielle will guide us through testing dissolved oxygen and pH of water from a nearby source, such as Line Creek or Flat Creek, and talk about the importance of balance in aquatic ecosystems.

A Novel Idea Book Club

PEACHTREE CITY

Tuesday, November 15

1:45 p.m.

FREE

Member exclusive

No pre-registration required

November book: *The Diamond Eye* by Kate Quinn. December book: *Darktown* by Thomas Mullen. For more information, please contact Meghan Caton at megcaton@gmail.com.

The Art of Origami

PEACHTREE CITY

Tuesday, November 15

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

FREE

Members and non-members

Pre-registration required

Origami is a tradition that dates back thousands of years, celebrating the culture and uniqueness of the creatives who design them. Making origami can be a great exercise for the brain, hands, and is relaxing to do! Join Zarinah Locke and Alec

Remick with Origami Dojo as they share the history and background to this beautiful art. They'll share samples of their own work and do a demonstration of some advanced pieces. Enjoy a hands-on demo of some simpler patterns and practice a few yourself!

The Value of Your Home

PEACHTREE CITY

Wednesday, November 16

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

FREE

Members and non-members

Pre-registration required

Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, share insight to how realtors, bankers, and appraisers assess the value of your house. Gain a better understanding of comparable sales, appraisals, and values.

ALS Support Group

FAYETTEVILLE

Thursday, November 17

10 a.m. to 12 p.m.

FREE

Members and non-members

No pre-registration required

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

Dementia Caregiver Support Group

PEACHTREE CITY

Thursday, November 17

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

FREE

Members and non-members

No pre-registration required

For more information,

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

P“age” Turners Book Club

FAYETTEVILLE

Thursday, November 17

1:30 p.m.

FREE

Member exclusive

No pre-registration required

November book: *The Shadow King* by Maaza Mengiste. December book: *A Christmas Carol* by Charles Dickens. 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.

The Grape Escape

PEACHTREE CITY

Thursday, November 17

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 wines perfect for a Thanksgiving feast.

Shop Safe

PEACHTREE CITY

Friday, November 18

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

FREE

Members and non-members

Pre-registration required

The 2022 holiday shopping season promises to be an unpredictable one. High inflation rates and increased prices of consumer goods are already throwing a wrench into holiday shopping. Join Anita Harris with the Better Business Bureau as she shares tips and tricks to shopping safe and smart this holiday season.

1-on-1 Medicare Consultations

PEACHTREE CITY

Monday, November 21

10 a.m. to 2 p.m.

FREE

Members exclusive

Pre-registration required

A representative with GeorgiaCares will meet one-on-one with Medicare beneficiaries and their families. GeorgiaCares is a State Health Insurance Assistance program that provides free, non-biased information about Medicare.

The Season to Be Leaf

FAYETTEVILLE

Monday, November 21

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

FREE

Members and non-members

Pre-registration required

Deck the halls with boughs of holly....or other great holiday plants! During November and December, we typically have more gatherings with family and friends. Sprucing up your get-together by incorporating more festive décor can be easy and fun. Join Kim Toal

with the Extension Office and see different ideas of how to use natural elements in your holiday decorating to bring the outdoors in.

Aging In Place

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

As we age, one of the most important things is adapting our surroundings to keep us independently in our homes longer. Physical Therapists Megan McLain and Ashley Irvin with Intuitive Choice PT share tips to simple and important home modifications we can make to help us throughout the aging process. After all, home is where the heart is!

The Bright Cider Life

FAYETTEVILLE
Tuesday, November 22
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Nothing quite says winter like a warm, delicious, and aroma filled glass of hot cider! Join us for a fun afternoon of music, camaraderie with great company, and a hot cup of cider. This event is made possible by Touching Hearts at Home.

Broke For the Holidays

PEACHTREE CITY
Monday, November 28
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

Pre-registration required
Don't break the bank this holiday season with the help of these spending savvy solutions from Arch Advisory. As we all know, the holidays always seem to mean extra spending, but Brandon Jordan shares financial tips so we can all have happier holidays. It can be easy to overspend this time of year, however, with a bit of planning and budgeting, it is possible to celebrate without maxing out your credit cards. Get tips on ways to alleviate the weight of spending so you can buy everyone a partridge and maybe even a pear tree.

Outwit Your Smart Phone

PEACHTREE CITY
Wednesday, November 30
10 a.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

Cornhole

PEACHTREE CITY
Wednesday, November 30
11 a.m. to 12 p.m.
FREE
Members 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 fun times with friends while sharpening your skills and mastering the game of cornhole during these monthly cornhole games!

Express Lunch

PEACHTREE CITY
Thursday, November 10
12:45 p.m.
\$10 | Pizza
Member exclusive
Pre-registration required

PEACHTREE CITY
Wednesday, November 23
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, November 16

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, November 29

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

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



Wellness

Massage

FAYETTEVILLE

Tuesday, November 1

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.

Boost Your Immunity

PEACHTREE CITY

Tuesday, November 1

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

FREE

Members and non-members

Pre-registration required

Strengthen your immune system with these helpful tips for boosting your immunity. Between diet, exercise, and being proactive there are many factors that can play major roles in your health. Dr. Josh Davis with First Step Physical Therapy helps us gain insight on breathing techniques and good sleep habits in addition to learning how small changes to your diet and exercise routine impact your overall immunity.

Balance Assessments

FAYETTEVILLE

Thursday, November 3

1 p.m. to 3 p.m.

FREE

Members and non-members

Pre-registration required

Alison Bishop, 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,

Alison will discuss the results and make suggestions to achieve a level of wellness and balances you desire.

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Tuesday, November 8

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.

Tastes So Good

PEACHTREE CITY

Monday, November 14

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

FREE

Members and non-members

Pre-registration required

What makes fast food so addictive? Have you ever wondered why food seems to taste better when eating out? Lamura Poore with Diet to Lifestyle will look at various ingredients in fast food that makes it taste better and keep you craving more. Take a look at ways that can help you choose healthier options and cook more at home on a regular basis.

Fitness Road Warrior

FAYETTEVILLE

Wednesday, November 16

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

FREE

Members and non-members

Pre-registration required

We all travel, and let's be honest, we all use it as an

excuse to not exercise. Take your exercise routine on the road and don't let travel be the excuse. Laura Milner with Piedmont Wellness Center explores creative solutions for getting active while you travel. You can even use these tips for home activity as well!

A Fresh Breath of Air

FAYETTEVILLE

Friday, November 18

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

FREE

Members and non-members

Pre-registration required

Respiratory disease can affect people of all ages, but it can become more complex and dangerous for seniors. Piedmont Fayette Pulmonologist Dr. Arvind Ponnambalam will discuss the risk factors, symptoms, screening tools and treatment options for common pulmonary diseases, especially lung cancer. All attendees will be invited to sign up for a virtual screening appointment (later date) with a Piedmont nurse navigator to determine eligibility for a lung cancer screening test. This program is part of the 2022 FSS and Piedmont Fayette Hospital Wellness Series.

Vein Screenings

PEACHTREE CITY

Tuesday, November 22

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

Stress Reduction

FAYETTEVILLE

Monday, November 28

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

FREE

Members and non-members

Pre-registration required

They say the holidays are the most wonderful time of the year, but with that also comes a whole lot of stress. Kathryn Martin, Health and Life Coach with Well Fit Journeys, helps us prepare by having a de-stressing strategy and plan in place. Get tips on ways to practice mindfulness when you become overwhelmed with your great nephew's fourth fit of the evening, or the arguments start over who is winning some game. Relaxation techniques will be provided to help you take away the overwhelming feelings while making good and healthy choices throughout this holiday season.

Mental Note

FAYETTEVILLE

Tuesday, November 29

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

FREE

Members and non-members

Pre-registration required

Our mental health plays a

major role in our overall health, but is often looked past and not focused on like physical health. Chuck Lenahan, owner and lead therapist with Insight Out Therapeutics, focuses on the importance of putting your mental health first. Discover ways you can prioritize your mental health as Chuck provides techniques and practices to put into place. Learn signs to look for with burnout, gain an understanding about triggers, how to cope, and hear how important it is to put yourself first!

Thrive Through the Holidays

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

FREE
Members and non-members
Pre-registration required

Don't just survive through the holidays, thrive through the holidays! Join certified health coach Jennifer Lunsford for healthy tips and tricks to getting through the holiday season. Avoid putting on all the extra pounds that sometimes comes with this time of year. Get a collection of easy, healthy recipes to enjoy your special upcoming holiday meals without feeling full and miserable for 6 weeks straight! It is possible to thrive through holidays and not just survive through them!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, November 30

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.



Members enjoying the Low Country Boil event in Fayetteville - delicious food and great music.

Look What's Coming in December!

Around the Table

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

You'd never guess how simple it can be to spruce up your dinner table for your holiday gathering. Get advice on decorating the table in the most festive way that will impress all around.

Décor the Halls

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

Get in the holiday spirit by getting your décor in order! Enjoy these great tips for holiday decorating around the home.

Hit the Road

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

Pack your bags and hit the road with these suggestions for travel. Get the inside scoop on traveling in addition to getting access to the best checklist to prepare in advance.

Stay Balanced

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

Balance it out as we discuss the main things that contribute to good stability. Improve overall balance, posture, and coordination with these tips for reducing risks of falls.

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

**Serving our Community.
One Neighbor at a time.**


Heritage
BANK

A Division of Heritage Southeast Bank

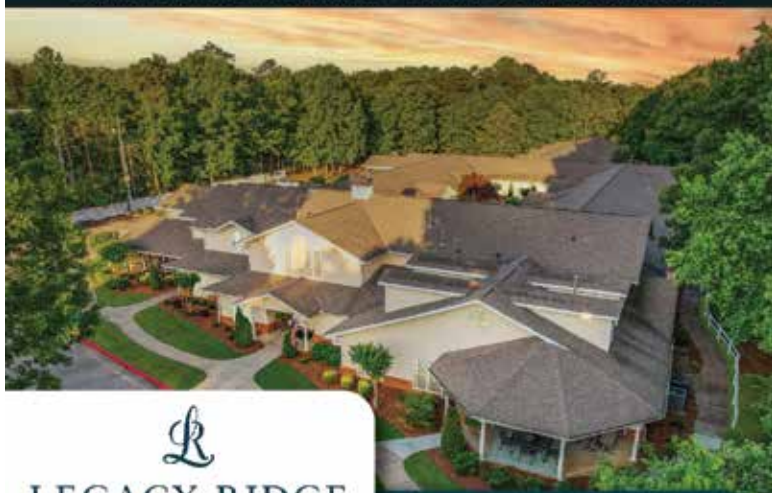
heritagebank.com
770.651.0735
Member FDIC



**COME JOIN
US TODAY**

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

**NOW CONNECTED TO THE PEACHTREE CITY
GOLF CART PATH SYSTEM & PROVIDING IN HOUSE
REHABILITATION THERAPY WITH FOX REHABILITATION**




LEGACY RIDGE
AT PEACHTREE
ASSISTED LIVING

(770) 631-3461

1967 Highway 54 West,
Peachtree City, GA 30269

LegacyRidgePeachtree.com

*Thank you to our
OKTOBERFEST
event sponsors:*

Edward Jones
MAKING SENSE OF INVESTING
Agent Mark Gray

 **SENIOR
Helpers**


Heritage
BANK



warmly embracing your lifeSM

Personal Care • Companionship • Skilled Nursing

Long-term care insurance and Medicaid waiver accepted

770-462-0450

Visit us at sunveracare.com

What some of our clients have said:

"Sunvera and staff went above and beyond to take excellent care of my Mom..."


- JoyAnne D.

"When you have a loved one who needs extra special care, you can depend on Sunvera..."

- Connie M.

HEARTIS | FAYETTEVILLE

Bring your
flair to
Heartis Fayetteville



HEARTIS
SENIORS LIVING



In a city with a vibrant history,
Heartis Fayetteville is your place
to create a vibrant future.
Our luxurious apartments and
upscale amenities provide an
inspiring and inviting environment
for continuing a life well lived.



At Heartis, the heart of
the matter is you. Our senior living
communities are designed to
complement your inspired lifestyle
and elevated tastes.

HEARTIS
SENIORS LIVING



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

YOU DON'T HAVE TO WAIT TO SWITCH

to a 5 out of 5-Star rated
Medicare Health Plan for 2022*



KAISER PERMANENTE MEDICARE HEALTH PLANS

Rated 5 out of 5 Stars in Georgia in 2022* – Medicare's highest possible rating – get great care and great value with Kaiser Permanente Senior Advantage (HMO). Find out how our distinctive services work together to give you more control and convenience – to help you live well and thrive.



Would you like to learn more about Medicare or a Kaiser Permanente Medicare health plan? **Just give me, your local Kaiser Permanente Medicare specialist, a call for more information.**

Christel Finley

Kaiser Permanente Medicare specialist

404-895-8985 (TTY 711)

christel.d.finley@kp.org



* Every year, Medicare evaluates plans based on a 5-star rating system.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305.