

December 2022

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY



'Tis the Season

Walk in a winter wonderland with all of us at Fayette Senior Services as we celebrate the holidays at our annual parties!

Home Sweet Home

Take your memories back to your childhood during this Gingerbread House making event.

Full of Zest

This sweet and tart salad will be one you'll be making all holiday season! It's simply the zest!

Live Well. Age Well.



A Holiday Story:

THE GIFT OF MEMORIES

An unopened gift sat in Dad's old rocking chair. There was no tag on it, and the mysterious package had everyone in the family guessing as we gathered together for Christmas dinner.

I admit, I had been apprehensive about the holiday season this year because I was our first since Dad passed away. You see, he just loved this time of year. His joy and enthusiasm *made* the holidays for this family, and it was hard to imagine that they were here, and he wasn't.

Although the mystery of the gift seemed to bring our family closer together, I wondered how not having Dad here would affect us...especially my Mother. She reminisced about their second Christmas together. They had just learned she was expecting their first child. How special that Christmas was! Everyone loved hearing mom tell the story.

Like many times before, our family enjoyed a wonderful dinner, but this year we also shared memories of holidays past, especially



those with Dad. Soon, it was time to exchange our gifts. As the younger grandchildren eagerly tore into the brightly wrapped packages, it took me back to when I was a child. Dad had always made Christmas special for us, and he always seemed to know how to pick just the right gift.



Finally, the only unopened package that remained was the one on Dad's chair.

We weren't sure who

should open it, but after some discussion, we agreed that it should be my oldest son, since he had always been very close to his Grandfather. He said it was an honor to be chosen, and there were smiles and tears all around when we saw the gift was a handsome, framed portrait of Dad - just the way we always remember him.



Who in our family had been thoughtful enough to give us this gift? It still remains a mystery, but it made me realize that all memories are a gift - ours to cherish for the rest of our lives. Having them helps us keep Dad as close as our hearts.

Wishing your family the gift of memories...

MOWELL

FUNERAL HOME
& Cremation Service

Mowell Funeral Home & Cremation Service - Fayetteville
180 N. Jeff Davis Drive, Fayetteville, GA 30214
770-461-7641

Mowell Funeral Home & Cremation Service - Peachtree City
200 Robinson Road, Peachtree City, GA 30269
770-487-3959



SELECTED INDEPENDENT FUNERAL HOMES®
Member by Invitation

December

featured

Serving Up Friendships 10

Meet cafe volunteer Brian Kennedy who completed the trio of friends volunteering in the kitchen at FSS.

When Life Gives You Lemons 11

Mix it up with some delicious and sweet pineapple and you'll have a unique salad you'll absolutely love.

Ho, Ho, Ho-liday Fun 15

Kick off your holiday celebrations with your Fayette Senior Services family at our annual Christmas parties.

Cookies in the House 15

Put your architecture skills to the test - but really, just have a little fun! Build and decorate a Gingerbread House.

2022 HOLIDAY CLOSINGS

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

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ABOUT US

Since 1978, Fayette Senior Services, Inc., (FSS) an independent, nonprofit, 501(c)(3) organization, has been providing a wide array of life enriching services to Fayette County residents age 50 and better. Fayette County, Georgia, is home to one of the fastest growing senior populations in metro Atlanta – and the age 50+ population segment is projected to grow an astonishing 450% by 2040. This statistic alone makes our mission — to make a meaningful difference in the emotional, social, and physical well-being of older adults — all the more critical. By fostering independence, improving quality of life, and enhancing the community connection, the programs and services we provide are an essential part of our community.

Not-for-profit FSS enjoys a unique public/private partnership with Fayette County government. Through this agreement we provide a variety of supportive services such as Meals On Wheels, Transportation, In-home Personal Care/ Homemaker Services, Care Management, Information Assistance, and more. We could not do that without our government partners; however, we believe it is our responsibility to complement the public support to ensure we can continue serving Fayette's seniors for generations to come. Therefore, we feel it's important to note that less than half of our revenue comes from sources other than federal, state, and local governments.

Fayette Senior Services is recognized as a model of sustainability and social entrepreneurship among peer organizations and non-government funders. Although we are proud of this recognition, we could not do all that we do without the support from charitable donors, center members, volunteers, grantees, and the community that so generously supports our fundraising efforts.

The aging transition can be paved with a broad spectrum of challenges. However, it can also prove to be rich with opportunities. The key to “aging well” is knowledge. When it comes to addressing those unique needs, Fayette Senior Services Life Enrichment Center is the one-stop shop for empowering older adults to live well and age well.

Our Life Enrichment Centers in Fayetteville and Peachtree City are uniquely different from traditional senior centers. Our beautiful facilities are a vibrant place where adults age 50+ come to socialize with friends, enjoy a great meal in our Ultimate Café, re-energize their bodies, exercise their minds, and lift their spirits.

To make sure our programs and activities are within easy reach to more seniors, we are proud to have established a community partnership with the city of Peachtree City. We also offer many programs and activities in Peachtree City at the Gathering Place (next to “The Fred” Amphitheater)

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

Members can enjoy Fayette Senior Services Life Enrichment Center activities in two great locations. Membership includes both of our locations and we encourage everyone to take advantage of all we have to offer at each place!

Fayetteville Location:

4 Center Drive
Fayetteville, GA 30214
Phone: 770-461-0813
Fax: 770-461-2448
M-F 7:30 a.m. to 4 p.m.
(Same complex as the Fayette County Justice Center)

Peachtree City Location

The Gathering Place:

203 McIntosh Trail
Peachtree City, GA 30269
Phone: 770-461-0813
M-F 8:30 a.m. to 4 p.m.
(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

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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

THE ULTIMATE CAFÉ

Bonnie Kanofsky
Executive Chef

Ashley Loggins
Executive Chef

Pedro Cruz
Sous Chef

Candice Bailey
Kitchen Manager

Maria Marin
Café Assistant

Hunter Bailey
Café Assistant

Callum Nichols
Café Assistant

Carol Roswell
Café Assistant

MEALS ON WHEELS

Natalie Hynson
Meals On Wheels
Coordinator

Arnold Powell
Meals On Wheels
Ambassador

Rebecca Bardo
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

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 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...

January 2023

A Taste of Italy

Fayetteville | Thursday, January 26

4:30 p.m. to 6:30 p.m. | \$10

Enjoy a trip around the world to Italy during this evening while savoring themed hors d'oeuvres, music, and dancing.

February 2023

The Laugh Track Comedy Night

Fayetteville | Thursday, February 23

5:30 p.m. to 7:30 p.m. | \$15

A night of laughter awaits as we welcome a comedian live to FSS! Enjoy a delicious dinner and take in this family friendly humor for some light hearted fun.

March 2023

St. Patrick's Day Celebration

Peachtree City | Thursday, March 16

5 p.m. to 8 p.m. | \$15

Top of the morning to ya! Share some Irish Luck at this St. Patrick's Day event which will leave all who don't attend green with envy.

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

Miriam's Fitness Corner

Warm Hearted for the Winter

Growing up in Georgia, I observed from a very early age the ritual of snowbirds. As a child, I could not understand why anyone from the north would abandon all that beautiful snow. Now I fully understand. As most age, the layer of fat under the skin thins making one more susceptible to cold. And if there is a history of consistently low body temperature, there could be greater risk for organ damage, including heart or kidney disease. Therefore, the importance of keeping warm is not to be taken lightly. But perhaps, you can't relate to any of this. You may have retained a thicker layer of fat under your skin causing you to remain warm-blooded, meaning you warm up easily. Whether hot or cold natured, let's challenge ourselves to display a warm heart whenever possible. Below are a few tips to make that easier this winter:

Cold Natured

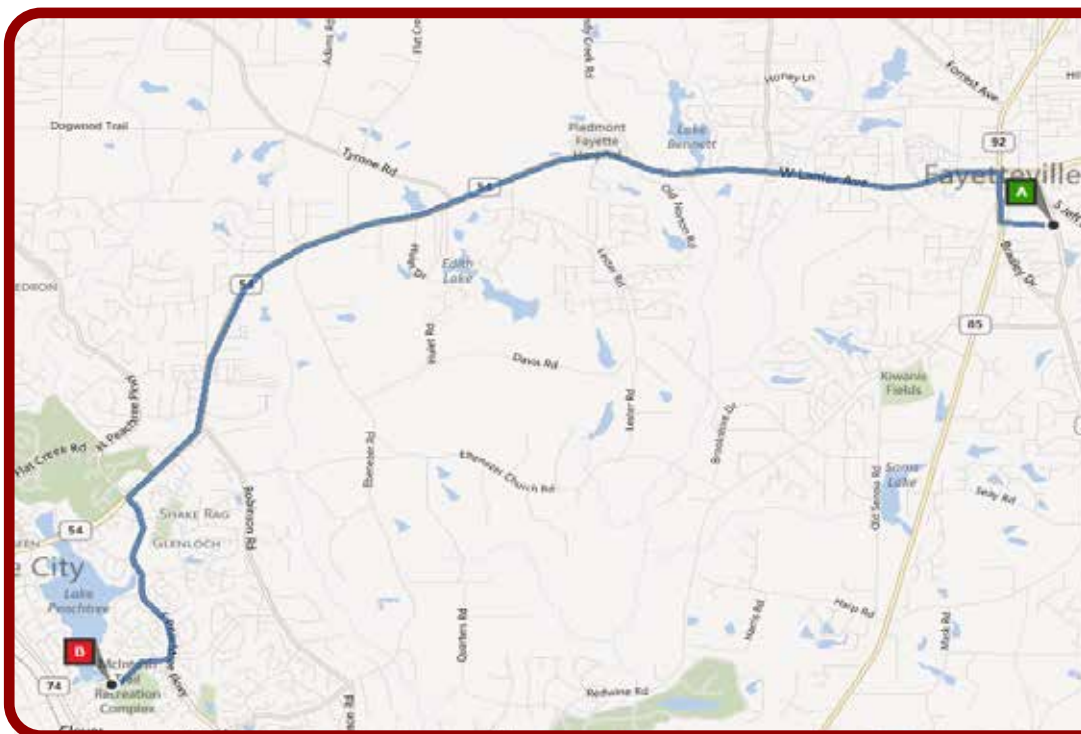
- Spend minimal time outdoors
- Dress in 2-3 thin layers under coat
- Wear hats, gloves, scarves, long socks & boots when outside (maybe even thermals)
- Do not stand under or near a fan or window
- Drink warm beverages

Hot Natured

- Wear short sleeved moisture wicking bottom layer
- Do not wear hats or wigs when doing strenuous activities indoors
- Utilize cooling towels when necessary
- Position yourself near a fan or window
- Drink lots of water

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



A Taste of Italy

Thursday, January 26 | Fayetteville

4:30 p.m. to 6:30 p.m.

Tickets | \$10

Featuring great music, a delicious spread of Italian inspired hors d'oeuvres, dancing, and more!

Fayette Senior Services
Making Life Better™

Dear Volunteer, You Make a Difference!

What Are Friends For?

Written By: Carrie Bittinger



It's true what they say about friendship... it can connect you to the world, keep you down to earth, and provide support and guidance throughout your life! Sometimes the best connections are made through friends. This rings true for FSS volunteer, Brian Kennedy. It's always exciting for us when we gain new volunteers, but when they join us because of a connection made through one of their friends who currently volunteers, there is something just extra special about it. This is exactly how cafe volunteer Brian came to us. You heard about his friends Joe and Pickles in past spotlights, and now you get to hear about Brian - because they are all just that great!

Brian grew up in the Bronx, New York. His dad was a Superintendent and his mother worked in a silk screening shop. He grew up with a brother who was 7 years older. Sports was always something they bonded over. They loved to play wiffle ball and hockey, listen to and watch professional games, and then spend time talking about them. Spending time at Yankee Stadium was a favorite pastime of theirs. As Brian grew up, he had many interests, but when he was just 12 years old, he started working with his aunt,

who sparked his interest in machining. He took his special interest to heart and turned it into a career with Sperry Gyroscope, which later merged and became Lockheed Martin.

In 1976, Brian met his wife, Thomasina. They were both invited to the same Halloween party when he was 15 and she was 14, and the rest speaks for itself. They always had a wonderful time together, and 12 years later, the two were married. Together they have one daughter, Samantha, who lives in Virginia. Thomasina did many things during her career, one of which is what brought them to Georgia, working for Coca-Cola. Brian retired 7 years ago, and in his retirement, he has picked up a few hobbies. These include things such as nature photography, astronomy, and woodworking.

If you ask Brian what brought him to volunteer at FSS, he jokingly says, "peer pressure" then laughs and says it was really friends and the way they talked about the center. His two friends, Joe Fumei and Paul "Pickles" West, both told him how much they loved to volunteer at the center and that he should join them. Brian was all in! He loves to give back and says that he has been "blessed to volunteer" at a place like FSS. "I enjoy volunteering. When I have nothing going on, I really like to be here. It drives me crazy when I have nothing to do, so now I always have somewhere to go when I want to do something good."

We are lucky to have friends that enjoy being together not only outside FSS, but also at the center. They bring an enthusiasm to the café that makes things so much more fun. If it weren't for those friendships formed outside of FSS, we would not have Brian volunteering with us today. Thank you, Joe and Pickles, for bringing us Brian. And thank you Brian for all of the dedication that you have given the Center since joining our volunteer family!

From Our Kitchen To Yours

Lemon-Pineapple Salad

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



Photo via A Spicy Perspective

Ingredients

- 2 (3-oz) packages lemon flavored gelatin
- 2 cups boiling water
- 1 (21-oz) can lemon pie filling
- 1 (8-oz) container frozen whipped topping, thawed
- 1 (15-oz) can crushed pineapple, undrained
- 2 teaspoons grated lemon rind

Directions

- Stir together lemon-flavored gelatin and 2 cups boiling water in a large bowl until dissolved.
- Chill 1 hour or until consistency of unbeaten egg whites.
- Whisk in lemon pie filling and whipped topping until smooth.
- Fold in pineapple and lemon rind.
- Spoon mixture into a lightly greased 2-quart mold or serving dish.
- Chill 8 hours or until firm.

Enjoy

Join us in the Ultimate Cafe in Fayetteville!

Breakfast:

Monday through Friday 8:30 a.m. to 10 a.m.
Hot breakfast item served each day
(a la carte pricing plus tax)

Lunch:

Monday through Friday
11:15 a.m. to 1 p.m.
(a la carte pricing plus tax)



MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

As a member, there are many membership benefits available to you, including a variety of FREE activities...every day! Not big on classes or group activities? No problem! Many members enjoy the use of both Fayetteville and Peachtree City locations to relax, read a book, meet friends, or just grab a cup of coffee. In addition, we always have a schedule of free programs on the calendar (see our monthly events section). It pays to be a member!

IMPORTANT INFORMATION TO FITNESS STUDENTS

Some fitness classes are free to center members while some have a fee. We also have a fitness center housing many workout machines and equipment, however, an orientation must be done prior to starting. *Please check with your doctor before starting any new fitness program. "We Card!" Please help us preserve your member benefits...be prepared to show your member ID card when asked. Thank you.

Free in Fayetteville

Mondays

Sit and Get Fit:

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

Zoom Sit and Get Fit:

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

Canasta:

8 a.m. to 12 p.m.

Regular and Hand & Foot

Advanced Bridge:

2nd Monday of month

10 a.m. to 3 p.m.

Mexican Train**Dominoes:**

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

Sit and Stitch:

1 p.m. to 4 p.m.

Monday Bridge:

1 p.m. to 4 p.m.

Chess Club:

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

Bid Whist:

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

Tuesdays

Uno:

10 a.m. to 12 p.m.

Scrabble:

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

Tuesday Bridge Club:

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

Phase 10:

1 p.m. to 4 p.m.

Wednesdays

Sit and Get Fit:

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

Zoom Sit and Get Fit:

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

Pinochle:

8 a.m. to 12 p.m.

Canasta:

8 a.m. to 12 p.m.

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:

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

Tuesdays

Happy 2Soms:

3rd Tuesday of month

2 p.m. to 4 p.m.

This group meets monthly to play bingo.

Wednesdays

Morning Stretch:

9 a.m. to 10 a.m.

Marathon Bridge:

2nd Wednesday of month

10 a.m. to 2 p.m.

Social Duplicate Bridge:

1st, 3rd, and 4th Wednesday

10 a.m. to 3 p.m.

Thursdays

Intermediate Social

Bridge Free Play:

11 a.m. to 3 p.m.

Fridays

Morning Stretch:

9 a.m. to 10 a.m.

Mahjong:

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

Canasta:

1 p.m. to 4 p.m.

Game Day:

1 p.m. to 4 p.m.

Turn the Pages!

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



Some of Fayetteville's finest from the PD at Coffee with a Cop.



Our STARs celebrating Halloween together at their all-inclusive party!

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.

STARS WINTER CRAFT SALE

**Wednesday, December 7th
11 a.m. to 1:30 p.m.
Fayetteville | 4 Center Drive**

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

Proceeds go to further benefit the STARS program.



Members working out during the Tread Lightly treadmill class.

Special Events



Make A Gingerbread House A Home

PEACHTREE CITY
Friday, December 2
1:30 p.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

Sugar and spice makes Christmas so nice! Bring back the memories of your childhood traditions. Brightmoor Hospice joins us with all the greatest materials to build and decorate our very own gingerbread house. Get creative and see who has the best house at Fayette Senior Services!



Christmas Party: Rocking Around the Christmas Tree

FAYETTEVILLE
Monday, December 19
2 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

It's that time of year again, a time to enjoy the holidays, family, and friends! What better way to do so than with our family here at FSS. Put on your best tacky sweater and join Santa and us for our Christmas Party! The kitchen crew will have festive holiday snacks, Santa will be taking pictures, holiday music and spirit will surround us and our annual cookie contest will be in full swing – vote away! If you are interested in entering your cookies in the contest, please pick up a form from the front desk for more details.



Christmas Party: Dashing Through The Snow

PEACHTREE CITY
Wednesday, December 21
2 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

It's that time of year again, a time to enjoy the holidays, family, and friends! What better way to do so than with our family here at FSS. Join in on the holiday festivities as we gather around for our Christmas extravaganza. Savor delicious snacks for the holidays, enjoy music full of holiday cheer, and take part in a White Elephant gift exchange. Bring a maximum \$10 gag gift to join in on this hilarious holiday game of swaps and steals that is sure to have you rolling on the floor laughing!

Sunday							Monday							Tuesday							Wednesday						
November 2022							January 2023																				
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27	28	29	30				29	30	31																		
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December 2022

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December Program Schedule

Needlework

Crochet

FAYETTEVILLE

Pre-registration required

Instructor: Nancy Crow

Crochet classes will resume in January!

Quilting Sew Day

FAYETTEVILLE

Wednesday, December 14

9 a.m. to 3 p.m.

\$15 | Materials not included

Pre-registration required

Instructor: Darlene Hubble

Take time to finish 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 experience needed.

Quilting Sew Day

FAYETTEVILLE

Wednesday, December 21

9 a.m. to 3 p.m.

\$15 | Materials not included

Pre-registration required

Instructor: Darlene Hubble

Take time to finish 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 experience needed.

Creative Pursuits

Painting Workshop

FAYETTEVILLE

Tuesday, December 13

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 festive abstract Christmas trees.

Dicro Pendants

PEACHTREE CITY

Friday, December 16

9:30 a.m. to 12:30 p.m.

\$30 | Includes materials

Pre-registration required

Instructor: Karen DeFelix

Make a fused glass Dichroic "Chameleon" pendant that takes on some of the color of the clothing being worn due to their clear base. Karen will take the pendants home to be fused and will bring the finished pendants back to FSS for pick-up. See front desk for picture.

Ornament To Be

FAYETTEVILLE

Thursday, December 1

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

\$20 | Includes materials

Pre-registration required

Instructor: Devan Stewart

There is no better way to get ready for the holiday season than with a little DIY fun! Join Nailed It DIY to paint and decorate two festive wood sliced ornaments and add some color and creativity to your tree! All supplies for painting and decorating will be included as well as many stencil designs to choose from.

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.

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: Tread Lightly

FAYETTEVILLE

Wednesday, December 7

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

\$10

Instructor: Miriam Jones

This class will leave you encouraged, motivated, equipped and ready to take on the gym any day of the week. Focus on a total body treadmill based routine. Suitable for all fitness levels. Only 4 spots available for this class.

Winter Mix Workout Series: Partner Push

FAYETTEVILLE

Wednesday, December 14

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

\$5

Instructor: Miriam Jones

The buddy system is an arrangement that has endured the test of time. Lifestyle Coach Miriam Jones believes, "If it ain't broke, don't fix it." This fun-filled, energetic and diverse team oriented workout will leave you feeling pumped and PRE-PAIRED for whatever comes your way. All fitness levels welcome.

Winter Mix Workout Series: Tread Lightly

FAYETTEVILLE

Friday, December 16

1 p.m. to 1:45 p.m.

\$10

Instructor: Miriam Jones

This class will leave you encouraged, motivated, equipped and ready to take on the gym any day of the week. Focus on a total body treadmill based routine. Suitable for all fitness levels. Only 4 spots available for this class.

Winter Mix Workout Series: Tabata Body

FAYETTEVILLE

Wednesday, December 21

8:45 a.m. to 9:30 a.m.

\$5

Instructor: Miriam Jones

Do your workouts get a little stale at times? If so, this high-energy format is sure to break the monotony. A series of high intensity, yet low

impact moves coupled with short, frequent rest periods will increase your stamina as well as strengthen and tone your muscles. All fitness levels welcome.

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.

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, December 8 | 1:30 p.m.
Where the Crawdads Sing (2022) | PG-13

Starring: Daisy Edgar-Jones, Taylor John Smith. Kya is an abandoned girl who raised herself in the marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh.

PEACHTREE CITY
Thursday, December 22 | 1:30 p.m.
Christmas Vacation (1989) | PG-13

FAYETTEVILLE
Friday, December 23 | 1:30 p.m.
Christmas Vacation (1989) | PG-13

Starring: Chevy Chase, Beverly D'Angelo. Hapless Clark, exasperated Ellen and their ever-changing kids take on Christmas in this holiday classic. As usual, all their good intentions can't save them from disaster ... or Cousin Eddie, whose surprise visit throws them into disarray.

Movie sponsored by:



KAISER PERMANENTE®
Senior Advantage

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

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

Around the Table

PEACHTREE CITY

Thursday, December 1

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

FREE

Members and non-members
Pre-registration required

You'd never guess how simple it can be to spruce up your dinner table for your holiday gathering. Enjoy this interactive demonstration and chat about your dinner tablescape for the season. Decorating enthusiast Bethany Vickery gives advice on embellishing the table in the most festive way that will impress all around. From centerpieces, placemats, layout and more you'll leave with many new and exciting ideas.

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.

What's for Lunch?

PEACHTREE CITY

Thursday, December 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 the new Outback Steakhouse in Fayetteville.

Décor the Halls

FAYETTEVILLE

Friday, December 2

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

FREE

Members and non-members
Pre-registration required

Are you ready for some Holiday cheer? Decorating for the holidays can be fun but also a lot of work. What is your take – do you love it or does it intimidate you? Amy Epperson with Brightmoor Hospice is here to help you deck the halls, all while staying true to your budget and style around your home!

Hit the Road

FAYETTEVILLE

Monday, December 5
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Pack your bags and hit the road with these suggestions for easy, safe and simple travel. Michelle Arnold with Somerby provides ideas for destination holiday travel and gives us the inside scoop on traveling solo or in a group. In addition, get access to the best checklist to prepare in advance.

Check It Out: Library Card Registration

FAYETTEVILLE

Tuesday, December 6
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.

A Day of Infamy

FAYETTEVILLE

Wednesday, December 7
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

"A date which will live in infamy – the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan." – Franklin D. Roosevelt. In honor of December 7th, Willard Womack with the Commemorative Air Force flies back in history to give us a closer look into the history of the attack on Pearl Harbor. Hear the heroic stories of how the United States banded together during this time of tragedy and the effect the attack had on the rest of the war.

Warm Me Up Before You Cocoa

FAYETTEVILLE

Thursday, December 8
11 a.m. to 1 p.m.

FREE

Members and non-members
Pre-registration required

Come on over and warm up at a delicious hot chocolate bar! Enjoy a delightful cup of cocoa and choose some tasty toppings to go along with it. Kaiser Permanente will have a full setup ready for us, complete with a variety of items to choose from to enjoy in your steaming cup. To name a few – marshmallows, candy canes, caramels, chocolates, wafers and more! This will be set up

in the café during lunch, so enjoy a good lunch along with your hot chocolate.

A Crafty Holiday

PEACHTREE CITY

Thursday, December 8
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Creative mind Marjorie Morrow spreads her holiday cheer by sharing her secrets to creating a jolly feel around the home in a simple way. If you no longer have the desire to spend hours "decking the halls" but still want the feel of the holidays, this is the class for you. Enjoy a demonstration full of simple ideas for transforming your living space into a holiday spectacular requiring little effort. If you'd like to participate in a fun holiday swap, feel free to bring a couple of your gently used or new holiday decorations to swap with fellow attendees.

Money Doesn't Grow On Trees

FAYETTEVILLE

Friday, December 9
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Certified Financial Planner Will Stone with On Purpose Financial Management helps us live out a meaningful, and financially successful, retirement. Get answers to

the ever forming question – Do I need income or growth from my money throughout my retirement planning? Gain insight on characteristics of both income and growth investments and how to use both to improve chances to success.

North Fayette Elementary Chorus

FAYETTEVILLE
Monday, December 12
11:15 a.m.
FREE
Members and non-members
Pre-registration required

Like music to our ears! Enjoy listening to the North Fayette Elementary School Choir as they join us during lunch to sing some of their favorite songs to help spread holiday cheer!

Making Spirits Bright

FAYETTEVILLE
Tuesday, December 13
1:30 p.m. to 2:30 p.m.
Members and non-members
Pre-registration required

Mix it up this holiday season with some festive and delicious holiday drink ideas. LaFayette Bon Temps bartender and FSS Chef Ashley Loggins share the secrets to making holiday-themed drinks that taste as good as they look. Get tips on mastering mixology and ideas for what alcohol to use in what drinks or how to keep them tasty without using any

spirits. Enjoy a few tastings of these mocktails on site.

Volunteer Open House

FAYETTEVILLE
Tuesday, December 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.

A-Parrot-ly I'm So Fly

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

Join FSS member Robert Galberth and his feathery best friend, Desperado. This 30 year old parrot has quite the personality and loves to check out what is going on in Robert's world! Hear his story and what it takes to care for the parrot as well as simple facts about parrots you may have never known! You won't be able to stop your smile after meeting this feisty fowl.

P"age" Turners Book Club

FAYETTEVILLE
Wednesday, December 14
11:30 a.m.
FREE
Member exclusive
No pre-registration required

December book: *A Christmas Carol* by Charles Dickens. January book: *Tuesdays with Morrie* by Mitch Albom. This month, the book club will be meeting at Outback Steakhouse in Peachtree City to discuss the book and enjoy a holiday lunch together. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

ALS Support Group

FAYETTEVILLE
Thursday, December 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.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, December 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.

March to the Sea

FAYETTEVILLE

Thursday, December 15

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

FREE

Members and non-members

Pre-registration required

Historian Robert Jones takes us on a march through Georgia history as he uncovers the facts of Sherman's second stage of the invasion of Georgia. In less than two months, Sherman marched 260 miles from Atlanta to Savannah in what was later known as Sherman's March to the Sea. Did Sherman really burn everything in his path? Is there any way the south could have still won the war after Sherman's successful invasion of Georgia? Take a look at the march through the lens of what is still standing today from sites associated with the raid.

The Grape Escape

PEACHTREE CITY

Thursday, December 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 Argentinian wines.

Sing In the Holidays

FAYETTEVILLE

Friday, December 16

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

FREE

Members and non-members

Pre-registration required

Sing in the holidays with the legendary sounds and beautiful voices of the NoteWorthy group. Celebrate with a wonderful private concert of holiday themed songs that will have you ready to start the holiday season on a high note!

Health and Wealth

PEACHTREE CITY

Friday, December 16

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

FREE

Members and non-members

Pre-registration required

The potential impact of rising health care costs on retirement savings can be substantial. Making sure you are prepared can make all the difference in how it affects your long-term retirement goals. Brett Bexley with Edward Jones discusses coverage

and costs, long-term care costs, available options for supplemental health care as well as long-term care insurance.

It's A Bird, It's A Plane, It's A UFO

FAYETTEVILLE

Friday, December 16

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

FREE

Members and non-members

Pre-registration required

Join author and UFO investigator Brian Daffern as he shares stories and interviews he has conducted from his book *Alien-ated: Astonishing Interviews of Alien Encounters*. Brian has spent his life studying the unknown and trying to understand the deepest, darkest secrets about it. Whether you believe it or not is entirely up to you.

1-on-1 Medicare Consultations

FAYETTEVILLE

Monday, December 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.

Spring Into Gardening

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

Utilizing your time in the winter can help you get a big jumpstart on spring planting and designing for your home landscape. Cynthia McCrary, Fayette County Extension Program Assistant, will provide suggestions on how to design your ideal landscape and give tips to get a start on springtime gardens and landscapes.

A Novel Idea Book Club

PEACHTREE CITY
Wednesday, December 21
1:45 p.m.
FREE
Member exclusive
No pre-registration required

December book: *Darktown* by Thomas Mullen. January book: *Lessons in Chemistry* by Bonnie Garmus. For more information, please contact Meghan Caton at meghan@meagancaton.com.

Cornhole

PEACHTREE CITY
Friday, December 23
11 a.m. to 12 p.m.
FREE
Member exclusive

Pre-registration required

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

Express Lunch

PEACHTREE CITY
Thursday, December 8
12:45 p.m.
\$10 | Pizza
Member exclusive
Pre-registration required

PEACHTREE CITY
Thursday, December 22
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, December 21
1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE
Tuesday, December 13
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

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Tuesday, December 6
11:30 a.m. to 12:30 p.m.

FREE

Member exclusive

No pre-registration required

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

Reflexology

FAYETTEVILLE
Tuesday, December 6
10 a.m. to 2 p.m.

\$40 | 30 minutes

\$60 | 1 hour

Member exclusive

Pre-registration required

Reflexologist: Tranquil Escape

Reflexology is the application of specialized pressure techniques that are applied to the hands and feet. Relax while the use of pressure, stretch and movement help lower your stress. Enjoy this FSS exclusive discount by booking through us, but meet at their quiet and calming studio for your appointment – 500 W. Lanier Avenue Suite 602 | Fayetteville, GA 30214.

Stay Balanced

PEACHTREE CITY
Tuesday, December 6
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members
Pre-registration required

Good balance is something many of us take for granted, until it becomes more difficult to us. Dr. Josh Davis with First Step Physical Therapy discusses the three things that contribute to good balance. Learn how posture effects our balance, ways to reduce risks of falls, and the best exercises to do at home to improve overall balance, posture, and coordination.

Hearing Screenings

PEACHTREE CITY
Friday, December 9
10 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

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

A Bite of the Holidays

PIEDMONT WELLNESS CENTER

Thursday, December 15
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Holidays are full of family, friends, festivities...and don't forget all the delicious food! But they aren't always compatible with a healthy lifestyle. Join us for a cooking demonstration with Piedmont Fayette Diabetes Educator Sarah Hankes. Learn how to make some delicious holiday treats that will also be good for you and also enjoy a small tasting! Limited to 12 people. This cooking demonstration will take place in the demo kitchen at Piedmont Wellness Center, 200 Trilith Parkway, Fayetteville.

In the Mood For Food

FAYETTEVILLE

Wednesday, December 14
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Are you in the mood for food? Certain foods can alter and affect our moods. From mood boosters to mood depressors, what we put in our bodies can have a major influence on us. Lamura Poore, Dietitian and owner of Diet to Lifestyle, discusses how food affects our energy and mood levels on a daily basis.

A New Mindset

PEACHTREE CITY

Wednesday, December 14
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Head into the new year with a great attitude toward your health! Getting in the mindset now can help you be more successful in setting and reaching your new year goals. Dietitian and Health Coach Jennifer Lunsford shares tips for going into 2023 with a new attitude about living your healthiest life yet! See how you can change the old attitude of *'I can't be healthy at this age'* to the new way of thinking *'Yes, I can be healthy at this age...and I will!'* New year, new you starts now!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, December 21
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.

Warm Up the Muscles

FAYETTEVILLE

Wednesday, December 21

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

FREE

Members and non-members
Pre-registration required

As the cold weather sets in, our motivation to exercise often leaves with the warmer conditions. But we can't curl up and hibernate until spring. Get creative with ways to stay active through the colder months. The Piedmont Wellness Center will give some great alternatives to your usual outdoor exercise routine so you can stay warm and healthy all winter long and won't lose the progress you have made. These great tips for indoor exercises will keep you feeling cozy and fit.

Full of Flavor

FAYETTEVILLE

Thursday, December 22
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Don't let the delicious overabundance of foods on the table get the best of you. Take control and discover ways to keep it tasty and healthy. Join Arisahi Valentin, Dietitian from Crane Chiropractic & Applied Kinesiology, as she shares how to add more nutrients to your favorite dish without sacrificing flavor.

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Look What's Coming in January!

Ring in the New Year

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

Ring in the New Year with celebrations from around the globe! Watch the skies light up as you learn about some of the most festive New Year's Eve traditions near and far.

A 'Bet'ter Weigh

FAYETTEVILLE
Tuesday, January 3
11 a.m. to 11:45 a.m. | \$35
Pre-registration required

Who is down for a little healthy competition? Take part in the newest weight loss craze by betting on yourself. Take one month to lose weight and have a chance to win a cash prize. See front desk for more details.

The Travel Bug: Cruises

PEACHTREE CITY
Thursday, January 5
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Set sail with the latest and greatest in cruising! Get information on ocean, river and expedition style cruises; the possibilities are endless.

A Recipe for a Healthier You

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

Master the art of cooking as you get secrets to creating healthy and delicious foods during this cooking demo. Learn healthy substitutes and get tips on cooking your way to a healthier you.

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



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- JoyAnne D.

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- Connie M.



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Kaiser Permanente Medicare specialist

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