

February 2023

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Jokes On You

You'll be rolling on the floor laughing during this night of side splitting fun at our annual Comedy Night and Dinner!

Bite into Mardi Gras

Treat the taste buds with a delicious Mardi Gras lunch and celebration right here at Fayette Senior Services.

Easy As Pie

This easy and delicious Meringue pie is one you'll be baking over and over again, it's just that good!

Live Well. Age Well.

Fayette Senior Services
invites you to
Reel People Care
Hosted by Trilith

Enjoy an elegant evening at the Reel People Care Gala at Trilith on Friday, March 3, 2023. Walk the red carpet and feel like a star at this wonderful fundraiser event supporting local nonprofits in Fayette County. Fayette Senior Services is excited to announce that we are one of the participating charities. Through your ticket purchase, you will be directly supporting Fayette Senior Services transportation program!

Individual tickets available for \$275. Corporate sponsorship packages are available. For more information or to be put on a reservations list, please contact Morgan Lanier at mlanier@fayss.org or 770-769-8430

Fayette Senior Services Presents:

*St. Patrick's Day
Celebration*

Peachtree City | 203 McIntosh Trail | 770.461.0813

Thursday
March 16
5 p.m. to 8 p.m.

\$15 | Ticket
Pre-registration
required

Event Sponsored By:



February

featured

Not All Heroes Wear Capes 10

Meet Meals On Wheels Volunteer and 2022 Hero Award recipient Katie Salisbury, who truly makes a difference!

Pie Only Have Eyes For You 11

This pie is bursting with a sweet, creamy and tasty filling and topping that will melt in your mouth with each bite.

Join in the Punch Line 15

It's all about the laughter as our comedian has you in stitches during The Laugh Track Comedy Night.

A Taste of Mardi Gras 15

Grab a bite of the 'Big Easy' with these delicious lunch options from our kitchen crew to celebrate Mardi Gras.

2023 HOLIDAY CLOSINGS

President's Day.....	February 20, 2023
Memorial Day.....	May 29, 2023
Independence Day.....	July 4, 2023
Labor Day.....	September 4, 2023
Thanksgiving.....	November 23, 2023
Thanksgiving.....	November 24, 2023
Christmas.....	December 25, 2023
Holidays	December 26, 2023
Holidays	December 27, 2023
Holidays	December 28, 2023
Holidays	December 29, 2023

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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

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

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

Amber Oliver
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

Hunter Bailey
Café Assistant

Callum Nichols
Café Assistant

Carol Rowell
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

Adrienne Bellantoni
Transportation Coordinator

Roger Grandt
Driver

Jane Rode
Driver

Jan Perkins
Driver

Dennis Duke
Driver

Harold Gunnin Jr.
Driver

Cheryl Hembree
Driver

Terry Billingsley
Driver

Chris Parker
Driver

Paula Byram
Driver

Sabrina Bazydlo
Driver

Laurie Brasher
Driver

Bob Corleto
Driver

John Felbinger
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.

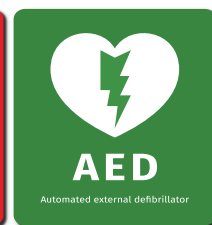
Coffee and tea are complimentary.

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).



2023 CPR/AED TRAINING SPONSORED BY:



Coming Soon...

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. It will leave all who don't attend green with envy. Sponsored by Aberdeen Fine Properties, State Farm Agent Mark Gray, and Kaiser Permanente.

April 2023

Sounds of Spring

Fayetteville | Thursday, April 27

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

Enjoy the beautiful weather and a private concert performed by The Southern Crescent Chorale. This event will be held outside, so bring your chairs! Sponsored by State Farm Agent Mark Gray.

June 2023

Boot Scoot & BBQ

Fayetteville | Friday, June 23

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

Put on your boots and enjoy a wonderful BBQ dinner along with a night full of dancing for a boot scootin' good time! Sponsored by Somerby, Humana and Kaiser Permanente.

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

Miriam's Fitness Corner

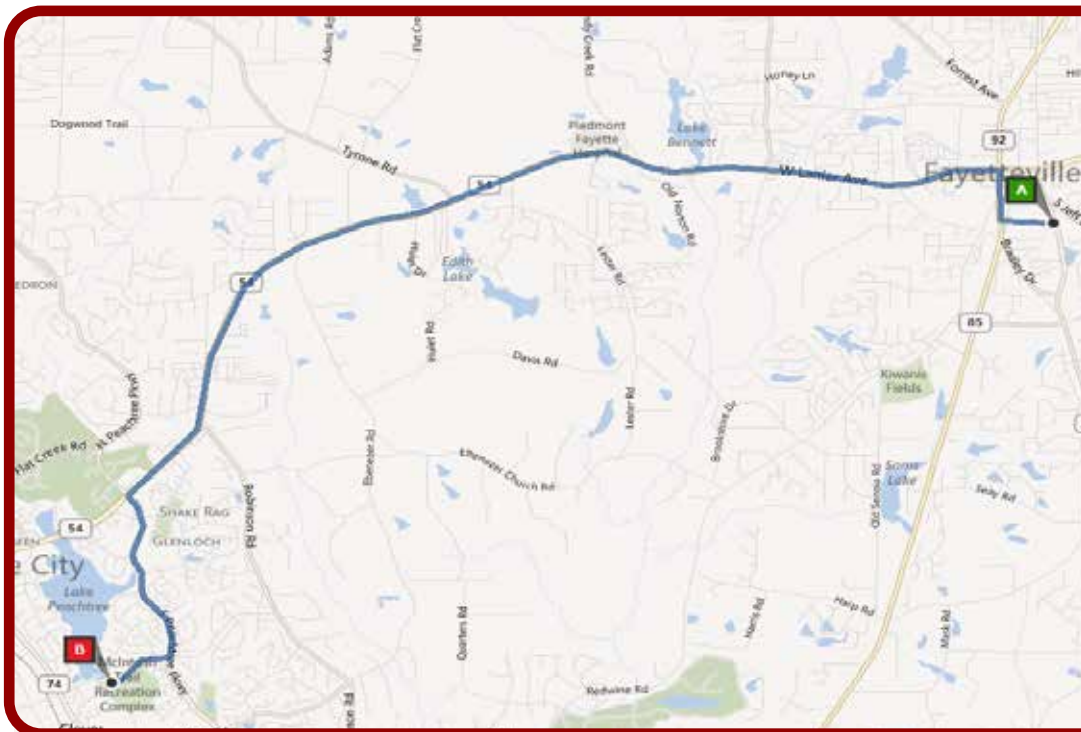
For the Love of Cod

Love is in the air and hearts are plastered everywhere. It must be February - National Heart Month. That's my cue to remind you to take extra good care of your own heart. Heart health should always be a top priority because our heart is THE most important muscle. One thing that can be done to improve heart health is increased Omega-3 intake. Omega-3s are essential fatty acids (aka "the good fat") that can be added to the diet through supplements and/or by consciously choosing foods that are a good source. Our bodies cannot produce it, therefore we must ingest it. Fish, such as Salmon and Cod, along with other seafood are extremely rich in Omega-3 fatty acids. These essential fatty acids yield health benefits that will blow your mind. For example, Omega-3 has been linked to the prevention of heart disease and strokes. There is evidence that it plays a protective role in fighting cancer and controlling lupus and eczema. Research has also shown it improves cholesterol and that its anti-inflammatory properties can slow hair loss, ease lower back and joint pain caused by rheumatoid arthritis and osteoporosis AND help relieve depression. In other words, if you are not getting your Omega-3s, you need to be. See list below for suggested food sources or visit your local natural food supplement store today. Either way, for the love of Cod - just add it to your diet already. (Note: If taking blood thinners or other heart-related prescriptions, consult a physician before taking supplements)

Foods rich in Omega-3: Salmon, Cod, Herring, Mackerel, Sardines, Tuna, Cod Liver Oil, Fish Oil, Trout, Swordfish, Walnuts, Avocado, Edible Seaweed, Soybeans, Sunflower Seeds, Flaxseed Oil, Chia Seeds, Hemp Seeds.

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

The Way the Cookie Crumbles...

These delicious cookies were submitted at the cookie contest at our annual Fayetteville Christmas Party! Both were delicious and we suggest making a batch... or ten...to try. Don't forget to share!

Orange Balls

Submitted by Pam Davis

Ingredients:

- 1 (6 oz) can frozen orange juice concentrate
- 4 cups powdered sugar, sifted
- 1 cup chopped pecans
- 1/2 cup margarine, softened
- 1 (12 oz) box vanilla wafers
- 1 cup fine grated coconut

Directions:

- Roll wafers with rolling pin until fine
- Mix by hand: wafers, butter, sugar and juice

- Add pecans and mix well
- Roll into bite size balls
- Roll the balls in the coconut

Makes approximately 100 balls

Will keep for several weeks in tight container in freezer!



Ingredients:

- 1 cup pumpkin
- 1 cup Crisco Oil
- 1 cup sugar
- 1 egg
- 1/4 tsp salt
- 1 tsp baking soda
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 cup flour
- 12 oz bag of chocolate chips



Pumpkin Cookies

Directions:

- Mix together pumpkin, Crisco oil, sugar, egg, salt, baking soda, vanilla and cinnamon
- Slowly mix in the flour
- Fold in bag of chocolate chips
- Put small spoonfuls on a greased cookie sheet
- Bake at 350 degrees for about 8-10 minutes, until the bottom is light brown

Makes about 8 1/2 dozen cookies.

Submitted Darla Hayes

Dear Volunteer, You Make a Difference!

Buffalo Bill's Won't You Come Out Tonight

Written By: Amber Oliver



When I saw Katie Salisbury, one of our MOW volunteers, featured in The Citizen as a recipient of the Fayette Chamber of Commerce 2022 Hero Award, I knew she had to be our Spotlight Volunteer for February. Katie was honored as an unmasked hero in our community for her work with Meals on Wheels. She told me that she is honored to spend time with our MOW team like Natalie, Arnold and Rebecca. But we feel it is we who are so fortunate to have her as a FSS volunteer.

Katie delivers meals on our MOW Route #6 every Wednesday. But like most of our MOW volunteers, she doesn't stop there. She delights in shopping for MOW patrons who are homebound, she helps take care of pets, and is a visiting angel for those who have to be admitted to the hospital. She extends herself and her kindness above and beyond.

She grew up in Buffalo, NY with 3 sisters and 2 brothers. Katie is the youngest of 6 kids. Her dad was a mechanical engineer, but her mom had the harder job - staying home with all the kids. At 15 years old, she got her first job at the local drug store in a shopping plaza behind her house. She actually had to count back change manually! All 5 of her siblings worked at the drug store at some time or another.

Katie attended Buffalo State and then the University of Buffalo to obtain her master's degree. Her degrees in elementary education and special education resulted in her teaching K, 1st, and 2nd grades as well as special education in both the public and private school sectors. She has shared her love of knowledge by teaching in NY, PA, CT, and GA. Though she no longer teaches, she has not officially retired. Katie works part time as an activities assistant at the Benton House in Newnan. She loves her job there for the same reasons she loves MOW.

Katie and her husband Joe have been married 25 years. They met in college while working at the same restaurant. They have resided in PTC for 15 years. As Joe is a big golfer, it played a role in how they landed here in Fayette County. They have 1 daughter, Marin, who is a freshman at Georgia State University.

As a family, they enjoy spending time at their home on Lake Martin. They take the boat out year round, however, November through April they often find themselves the only ones on the lake except for the devoted fishermen. In addition to lake life, Katie is a lifelong Buffalo Bills fan; as painful as that can sometimes be. She is hoping for a Super Bowl win this year. Go Bills!

Katie takes "hero" to a whole new level with our Meals on Wheels clients. She goes far beyond delivering a meal. She spends time with her clients, discovering their needs and then meeting those needs with seemingly small tasks that are so big to them. It comes naturally to Katie to give back. She never hesitates to reach out and lend a helping hand and jump in where needed, selflessly giving her time to help meet the needs of seniors in Fayette County. We are so lucky to have Katie as a part of our volunteer team. You're a hero in our eyes always, Katie! Thanks for all you do and the lives you impact each day!



Seniors Helping Seniors
...A WAY TO GIVE AND TO RECEIVE™

2023
Volunteer
Sponsor

From Our Kitchen To Yours

Meringue Pie

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



Photo by jules via Flickr

Ingredients

- 3 egg whites
- 3/4 cups sugar
- 20 Ritz crackers, crushed
- 1 cup pecans, chopped
- 1/2 pint whipping cream

Directions

- Beat egg whites until stiff
- Slowly add sugar, beating to form stiff peaks
- Fold in crushed crackers and chopped nuts
- Spread in an ungreased 8 inch pie pan. Using the back of spoon, make the sides higher than the middle of the pie
- Bake at 350 degrees for 20 minutes
- Let cool
- Whip the cream and add about a 1/4 cup of sugar to the cream
- Spread in the center of cooled pie
- Refrigerate

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.

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.

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.

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.

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. Join this fun group of friends who have made the pool room their second home! Enjoy some friendly competition and banter any day of the week during our regular business hours.

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.

Mahjong:

12:30 p.m. to 4 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 from all genre. Available for pick up at both our Peachtree City and Fayetteville locations! Have some you aren't using? We are currently accepting book donations.



We enjoyed having Desperado the Parrot join us for a program



Some of our members made Santa's nice list this year

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.



Some of the members of The Noteworthys performing at FSS



Members June and Darla celebrating the holidays together

Special Events



You're the Chocolate To My Strawberry

FAYETTEVILLE
Friday, February 3
1:30 p.m. to 2:30 p.m.
\$5
Member exclusive
Pre-registration required

You never need an excuse for a delicious chocolate covered strawberry, but if you feel you do, there is no better time than Valentine's Day! Treat yourself to some delicious and beautiful strawberries. Join Scoops Fayetteville as they teach us the art of making these tasty delights. Decorate six strawberries to eat or take home using a variety of different techniques, chocolates, and toppings. Not only will you have some to enjoy but also will learn the secrets to continuing to make them any time you get the craving!



A Bite Out of Mardi Gras Luncheon

PEACHTREE CITY
Friday, February 17
11:45 a.m. to 12:30 p.m.
\$10
Member exclusive
Pre-registration required

The countdown to Mardi Gras is on! Although we won't have a big parade and celebration like in some of the most spirited towns, we can have our very own little celebration at Fayette Senior Services. Throw on your green, purple and gold, grab some beads and join us for a delicious Mardi Gras themed lunch! Enjoy traditional tastes of jambalaya, white rice, shrimp po' boys, Cajun corn and beignets.



The Laugh Track Comedy Night

FAYETTEVILLE
Thursday, February 23
5:30 p.m. to 7:30 p.m.
\$15
Members and non-members
Pre-registration required

A night of laughs awaits as a hilarious comedian brings his talents live to all of us at Fayette Senior Services. Enjoy a delicious and wonderfully prepared dinner by our kitchen crew before relishing in some family-friendly humor that will have you out of your seats and rolling on the floor laughing. A perfect evening out for some light hearted fun.

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February 2023

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February Program Schedule

Needlework

Crochet

FAYETTEVILLE

Pre-registration required
Instructor: Nancy Crow

Crochet classes will be back in March! Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE

Wednesday, February 1
9 a.m. to 3 p.m.

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

Take time to finish up projects. Search your quilt area and grab your oldest UFO to get it finished. This class is not instruction based, just free time to work on a personal project with others. Must provide your own sewing machine. Some quilting experience required, not for beginners.

Quilting Day: UFO

FAYETTEVILLE

Wednesday, February 8
9 a.m. to 3 p.m.

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

Take time to finish up projects. Search your quilt area and grab your oldest UFO to get it finished. This class is not instruction based, just free

time to work on a personal project with others. Must provide your own sewing machine. Some quilting experience required, not for beginners.

Quilting Day: With a Purpose

FAYETTEVILLE

Wednesday, February 22
9 a.m. to 3 p.m.

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

Inspire yourself by creating a quilt for charity, family or even yourself. This will develop a positive frame of mind for a great time spent quilting. This class is not instruction based, just free time to work on a personal project with others. Must provide your own sewing machine. Some quilting experience required, not for beginners.

Creative Pursuits

Painting Workshop

FAYETTEVILLE

Tuesday, February 21
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 gorgeous dogwood branch and flowers.

Batik Painting

PEACHTREE CITY

Friday, February 17
9 a.m. to 12 p.m.

\$30 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Learn to use the Batik process of using wax as a resist. Using watercolor and paper, combined with the wax, these will create a beautiful and unique piece. The finished painting can be framed in the customary way or displayed using only a mat around it so light comes through, giving it a stained-glass look. No previous experience needed.

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

Frídáys

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

Cardio, Core & More

PEACHTREE CITY

Thursday

12 p.m. to 12:50 p.m.

\$10 | Month

Instructor: Miriam Jones

If early morning workouts aren't your thing, this is the class for you! Miriam feels your pain and is happy to reciprocate! Join for a fun and different mix of effective, yet easy-to-follow exercises that will strengthen your body and enhance your mood. Bring a mat.

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 and flexibility.

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 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 a.m. to 9:45 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 on our projector screen. A series of simple and easy to follow stretch combinations to improve your balance, coordination, and range of motion.

Walking Group: Fayetteville

FAYETTEVILLE
Wednesday
2 p.m. to 2:45 p.m.
FREE
No pre-registration required

Meet inside the FSS lobby

to increase your success by walking with a partner(s). 150 minutes per week of cardiovascular activity promotes heart health and lowers the risk of many other ailments. Improve physical fitness with a dose of cardio. Self-led group.

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

Introduction to Mahjong

PEACHTREE CITY

Wednesday, February 1, 8,
15 & 22

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

FREE

Member exclusive

Pre-registration required

Mahjong is a fun and popular game of strategy and skill with a lot of social time thrown in! This tile-based game works the mind and makes for a fun afternoon with friends. Join some of our regular mahjong ladies as they teach the basics to this game. If you are new to Mahjong or need a refresher, join to learn new skills.

Fayette County SPLOST Information

PEACHTREE CITY

Wednesday, February 1

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

FREE

Members and non-members

FAYETTEVILLE

Thursday, February 23

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

FREE

Members and non-members

In preparation for the March 2023 SPLOST vote, attend this SPLOST education seminar at Fayette Senior Services. During that vote, you will be asked to support the projects proposed on the 2023 SPLOST for Fayette County including over \$1,000,000 to support Fayette Senior Services projects. We will discuss the details of Fayette Senior Services

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY

Thursday, February 9 | 1 p.m.

Downton Abbey: A New Era (2022) | PG

Starring: Hugh Bonneville, Jim Carter, Michelle Dockery. The Crawleys and their staff welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past.

PEACHTREE CITY

Thursday, February 23 | 1 p.m.

Ticket to Paradise (2022) | PG-13

FAYETTEVILLE

Friday, February 24 | 1 p.m.

Ticket to Paradise (2022) | PG-13

Starring: George Clooney, Julia Roberts. Love is in the air on Bali as recent college graduate Lily prepares to wed a local guy and her friend Wren finds herself falling for an island doctor. But Lily's parents – now divorced – are speeding to the island to put a halt to the festivities. They travel to Bali to stop their daughter from making the same mistake they think they made 25 years ago.

Movie sponsored by:



KAISER PERMANENTE®
Senior Advantage

proposed projects and other highlights of the City and County proposals. Your vote will determine the progress of Fayette County over the next six years on numerous important projects in our community so join us in discussing the details.

AARP Tax Aid Assistance

PEACHTREE CITY
Tuesdays and Thursdays
February 2 thru April 18
9 a.m. to 1 p.m.
FREE
Members and non-members
Pre-registration required

AARP is here to offer free tax aid to assist us with personal income returns. Bring last year's tax return and other tax documents necessary for your 2022 filing. This is your chance to meet one-on-one with an AARP representative to get help filing taxes. Must have an appointment to attend, no walk-in appointments available.

What's for Lunch?

PEACHTREE CITY
Thursday, February 2
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 Nic & Norman's in Senoia.

What the Shell

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

Join Dennis Chase, Fish and Wildlife Management expert, as he takes us through the life cycle of his recent snapping turtle hatchings. During the 2022 turtle nesting season, Dennis encountered a nesting snapping turtle. He'll share his experience dealing with that snapping turtle and the many babies that he helped hatch. Learn about conservation and discover many new facts and information pertaining to snapping turtles.

Intermediate Bridge

FAYETTEVILLE
Tuesdays and Fridays
February 3 thru February 28
9 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

If you have some experience with the game of bridge, but need some refreshing, this is the course for you! Jane King and Wayne King will be teaching this intermediate bridge class. Review bridge basics and master ways to take your bridge game to the next level.

Let It Go

PEACHTREE CITY
Friday, February 3
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

Pre-registration required

Downsizing comes with many pros and cons. Overall if you have the thought in your head, it may just be worth it! Andrea Farley with Dream Real Estate discusses the many benefits to downsizing your home from less maintenance, reducing the cost of living, and more manageable upkeep. It may just be that you are eager for a change, want to simplify your life, start a new phase of life or move closer to family or friends. All provide great reasons to consider a smaller living space!

Map Your Emotions

FAYETTEVILLE
Monday, February 6
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

In reaching our senior years, we've been given the gift of many diverse experiences to help aid in making our life choices. What options tend to be the most important and practical for a healthy emotional journey as we age? Retired psychologist Dr. James Hughey shares what specific and useful emotional choice options we have that can be important in your own personal life journey in regards to your experience of changing and developing your state of mind. If you'd like, listen to his podcasts online prior – www.pfpl.us.

Safe and Sound

PEACHTREE CITY
Monday, February 6
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

With a growing number of people aging in place, the importance of home safety increases as we age. Being aware of our surroundings and preparing in advance can help. The Peachtree City Police Department joins us to share tips for staying safe in our homes, provides details on knowing when to call as well as more information about current Peachtree City crime rates.

Garden Club

FAYETTEVILLE

Tuesday, February 7
9:30 a.m.

Members and non-members
No pre-registration required

If you have a green thumb, love gardening and are interested in volunteering, join the garden club! Learn about ongoing projects and ways you can get involved. For more information, contact Amber Oliver at aoliver@fayss.org.

The Chinese New Year

FAYETTEVILLE

Tuesday, February 7
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

The Chinese New Year is a huge festival that celebrates the beginning of the new year on the traditional lunisolar and solar Chinese calendar and is one of the most important holidays in the Chinese culture. This

celebration marks the transition between zodiac signs, 2023 being the Year of the Rabbit. Join Cory Gambardella with Somerby, who lived in Singapore for 6 years, as she brings her experience to life during her time there. Learn the taboos related to the Chinese New Year, how it got its name, how it's celebrated and many more interesting facts.

Coffee with a Cop

FAYETTEVILLE

Wednesday, February 8
10 a.m. to 12 p.m.

FREE

Members and non-members
Pre-registration required

The Fayetteville Police Department will be joining us for some morning coffee. Ask any questions you may have or just say hello when you drop in at any point during this time to have a chance to share a cup of coffee and meet some of Fayetteville's local law enforcement.

Love Potions

PEACHTREE CITY

Wednesday, February 8
1:30 p.m. to 2:30 p.m.

\$15

Members and non-members
Pre-registration required

Love is in the air! Or even if it isn't, come and make some 'love potions' with us! Tana Lee, President of the Holistic Chamber of Commerce, helps us keep our homes fresh with amazing smelling

scents. Learn the basics of aromatherapy. Create your own natural air fresheners using essential oils. Made with several beneficial ingredients, these natural, chemical-free air fresheners will be sure to provide the perfect combination to keep your home smelling lovely. Choose from 12 different scents to make your favorite. Make 3 different sprays to take home with you.

Breaking Through the Wall

FAYETTEVILLE

Friday, February 10
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Break through the 1870s brick wall and explore the possible ways to research African Americans who are descendants of enslaved people. It can be very difficult for many African Americans to find their ancestors beyond the 1870 census. Many African Americans do not appear by name on any censuses before the Civil War. Genealogy expert Jan Bryant provides techniques and strategies of using other documents and websites to find our ancestors.

Fraud Alert

PEACHTREE CITY

Monday, February 13
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Consumer fraud is at an all-time high, and has a habit of targeting senior citizens. These deceptive business

practices cause consumers to suffer financial or other losses that often are not able to be returned. Cindy Liebes, former Regional Director of the Southeast Office of the Federal Trade Commission, will unveil some of the top frauds and scams targeting older individuals. Get tips to help recognize, respond and recover if you find yourself as a victim.

Scrub-A-Dub-Dub Soap Making

FAYETTEVILLE
Monday, February 13
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Scrub-a-dub-dub, let's get squeaky clean! Soap making is a fun craft that's easy to master. It's useful in creating scents you love and you can get as creative as you'd like for your own personal use or giving as gifts. Ellie Connolly shares her expertise in soap making during this demonstration. Learn the steps that go into making a loaf of soap from start to finish. Ellie will even provide a bar of soap for everyone to take home!

Volunteer Open House

FAYETTEVILLE
Tuesday, February 14
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.

Murder in Peachtree City

PEACHTREE CITY
Wednesday, February 15
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Peachtree City resident and newly acclaimed local author Walker Chandler to speak on his newly released book *Murder in Peachtree City*. This fiction-based book has hints of Peachtree City throughout it. Hear what inspired Walker to write. Discover more about the book writing and publishing process and hear excerpts from some of his favorite parts of the book from which he'll read!

I Beg Your Garden

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

Don't wait until the weather is warmer. Surprisingly, now is the best time to start getting ready for your spring and summer vegetable gardens. Whether it is purchasing seeds, getting your soil tested, or looking in your yards for a new space, you'll discover new ways you can prep

for the coming gardening season. Kim Toal with Fayette County Extension shares tips to help you be successful this year with your edible gardens.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, February 16
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

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

The Grape Escape

PEACHTREE CITY
Thursday, February 16
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 Pinot Noirs.

Cornhole

PEACHTREE CITY
Friday, February 17
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

Bring out your competitive

side or join for 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 FSS. Enjoy times with friends while sharpening your skills and mastering the game of cornhole during these monthly cornhole games!

When Life Hands You Lemons

FAYETTEVILLE

Tuesday, February 21

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

FREE

Members and non-members

Pre-registration required

Living life to the fullest is no easy task, but can be a big step in discovering a path that will lead you to your greatest sense of happiness and accomplishment. Living life to the fullest is about being 100% yourself, connecting with other people who add value to your life, living in the moment, and fully embracing the now and the things you love. Join Lifestyle Coach Miriam Jones as she shares tips to help you put to better practice living life to the fullest and bring out a sense of joy you may never have known you had!

A Novel Idea Book Club

PEACHTREE CITY

Tuesday, February 21

1:45 p.m.

FREE

Member exclusive

No pre-registration required

February book: *The Art*

of Hearing Heartbeats by Jan-Phillip Sendker. Please reach out for March book choice. For more information, please contact Meghan Caton at megcaton@gmail.com.

Don't Put All Your Eggs in One Basket

PEACHTREE CITY

Wednesday, February 22

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

FREE

Members and non-members

Pre-registration required

Understanding the sector balance of your financial portfolio may reveal risks and opportunities. The US stock market had a banner year in 2021, but unfortunately turned downward on the second trading day of 2022 and kept sliding into a bear market after that. Although sector funds offer flexibility in fine-tuning your portfolio, it's important to resist the temptation to chase performance and move assets without a more comprehensive strategy. Brandon Jordan with Arch Advisory reviews this past year and discusses sectors – are yours overweight, underweight or just right?

1-on-1 Medicare Consultations

FAYETTEVILLE

Tuesday, February 21

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.

P“age” Turners Book Club

FAYETTEVILLE

Thursday, February 23

1:30 p.m.

FREE

Member exclusive

No pre-registration required

February book: *The Four Winds* by Kristin Hannah. March book: *Everything is Normal* by Sergey Grechishkin. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Car Wash

FAYETTEVILLE

Friday, February 24

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.

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE

Monday, February 27

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

FREE

Member exclusive

Pre-registration required

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

The Hidden Risks of Retirement

FAYETTEVILLE

Tuesday, February 28

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

FREE

Members and non-members

Pre-registration required

We are all keenly aware of the financial risks that investments carry after the market losses in 2022. There are also many risks that are more subtle and difficult to see than the declining value on an account statement. Two of the biggest risks in retirement are the impact of inflation and taxes on your financial independence. Certified Financial Planner Will Stone with On Purpose Financial Management explores these risks and discusses how to manage them overall.

Understanding Alzheimer's and Dementia

PEACHTREE CITY

Tuesday, February 28

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

FREE

Members and non-members

Pre-registration required

An essential tool to caring for a loved one with Alzheimer's or Dementia is better understanding their diagnosis and what they may be experiencing. The diagnosis of this disease affects more than just those with it, but also their family and friends. Join Mia Chester with the Alzheimer's Association and learn the difference between Alzheimer's and dementia. Discover the stages of each, risk factors, and some of the most recent research and FDA-approved treatments available.

Express Lunch

PEACHTREE CITY

Thursday, February 9

12:45 p.m.

\$10 | Pizza

Member exclusive

Pre-registration required

PEACHTREE CITY

Thursday, February 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. 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.



Technology

Computer Technology Assistance

PEACHTREE CITY

Wednesday, February 15

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, February 28

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, and general questions. This is not a computer tutor class.



Wellness

Life is Heart

FAYETTEVILLE

Wednesday, February 1

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

FREE

Members and non-members

Pre-registration required

Take control of your health as we focus on one of the most important organs in our bodies, the heart. Get tips on heart healthy habits that will keep the heart beating red! Help your heart to flourish, be nourished, and thrive. Piedmont Women's Heart Program Coordinator Avril James introduces us to a multi-step approach to holistic heart health. This interactive overview will look at the latest recommendations for cardio-protective stress resilience, nutrition, and exercise for everyone. Learn about modifiable risk factors and what you can do to increase your vitality.

A Gut Feeling

FAYETTEVILLE

Thursday, February 2

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

FREE

Members and non-members

Pre-registration required

Our digestive health is overlooked but can have a

major impact on our overall health. Your gut health is the foundation for so many things. Dietitian Lamura Poore with Diet To Lifestyle discusses the importance of gut health and how it affects your entire body. Get tips on improving your gut through supplements, vitamins, and diet. Get a variety of suggestions on what you can introduce into your diet to naturally improve gut health as well!

Reflexology

FAYETTEVILLE

Tuesday, February 7

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.

Breathe In, Breathe Out

PEACHTREE CITY

Tuesday, February 7

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

FREE

Members and non-members

Pre-registration required

Stress, especially after the holiday season, is

sometimes inevitable. Learning how to cope with it can be a great resource for reducing it in a healthy way! Dr. Josh Davis with First Step Physical Therapy discusses how to reduce stress through proper breathing techniques and home exercise practices that can promote relaxation. In addition, discover ways to improve sleep and how to make little changes in your diet that can also reduce overall stress.

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Wednesday, February 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.

Mental Note

FAYETTEVILLE

Thursday, February 9

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 overlooked and not focused on like physical health is. 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 and how to cope with those, and hear how important it can be to put yourself first!

Beat Belly Bloat

PEACHTREE CITY

Friday, February 10

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

FREE

Members and non-members

Pre-registration required

Bloating, although common, can cause a great deal of discomfort. Most people experience bloating at some point, and there are simple lifestyle changes that can help prevent it from regularly reoccurring. Even though it usually resolves itself after a little time, there are possible ways to help speed up the process. Join Arisahi Valentin, Dietitian from Crane Chiropractic & Applied Kinesiology, as she addresses bloating and shares foods and ideas to help combat it.

Lunch & Learn: From The Bottom of My Heart

PEACHTREE CITY

Tuesday, February 14

11 a.m. to 1 p.m.

\$10 | Includes Lunch

Members and non-members

Pre-registration required

Discover heart healthy habits and ways you can take care of one of the most important organs in our bodies. Take action over your own health and join Dietitian Jennifer Lunsford and fitness expert

Kim Hershey, ACE certified trainer with Fitness 54, for a heart healthy make-over. From heart healthy nutrition and diet tips to exercises that promote strengthening your heart, you'll leave with a better understanding of how you can take care of your heart through everyday habits, exercise, and diet.

Act Your Age

FAYETTEVILLE

Tuesday, February 14

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

FREE

Members and non-members

Pre-registration required

Many factors affect healthy aging. Some factors are not in your control such as genetics. Others like lifestyle, nutrition, exercise, preventative care are within your reach. Join a Piedmont primary care clinician to learn about the actions you can take to manage health, maintain quality of life and live as independently as possible as you age. Discover the difference in what you can control and what you can't and take charge of your own health with no excuses in sight. This program is part of the 2023 Piedmont Wellness Series.

Joint the Movement

FAYETTEVILLE

Wednesday, February 15

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

FREE

Members and non-members

Pre-registration required

Joint replacement can be a game changer to get you back into an active lifestyle and allow you to live your life to the fullest. Exercise is a key factor in this process both before

and after surgery. It can help you physically prepare for your surgery and also return to activity after rehabilitation. Join Piedmont Wellness Center as they share how to become fit for surgery, and get back in shape afterwards!

Exercise Your Gym Rights

FAYETTEVILLE

Friday, February 17

1:30 p.m. to 2:45 p.m.

\$15

Members exclusive

Pre-registration required

Gyms can be a great resource to get a good workout, but also can be overwhelming and not used to their maximum ability. Join Physical Therapists Megan McLain and Ashley Irvin with Intuitive Choice PT as they take us through the FSS gym. Break down the ways to use the equipment, the benefits of different machines, as well as targeted ways to make the most of each piece. Get an opportunity to try out some of the equipment and ask questions during class. You do not have to have an FSS gym membership to participate during this class so join us if you have home equipment or are interested in seeing how you can make the most out of a gym!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, February 22

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.

Steps to Success

FAYETTEVILLE

Wednesday, February 22

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

FREE

Members and non-members

Pre-registration required

Daniel Draper with First Step Physical Therapy shares the seven steps of exercise to use to improve movement every day! Improve strength, endurance, balance and flexibility throughout your entire body using these simple steps. Daniel will share the key patterns within each step to focus on as well as the importance of

setting physical goals while moving through steps one to seven.

Brain Games for Brain Health

PEACHTREE CITY

Friday, February 24

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

FREE

Members and non-members

Pre-registration required

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

Balance It Out: Balance Assessments

PEACHTREE CITY

Monday, February 27

1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Tori Vinson, Physical Therapist with 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, Tori will discuss the results and make suggestions to achieve a level of wellness and balance you desire.

Look What's Coming in March!

Mini Massages

FAYETTEVILLE

Wednesday, March 1

9 a.m. to 12 p.m. | FREE

Pre-registration required

Treat yourself to a little TLC and relaxation as you receive a fifteen minute mini massage. A healthier you begins with de-stressing and here is your perfect chance to start!

The Great Migration

PEACHTREE CITY

Thursday, March 2

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

Pre-registration required

Fly into the world of bird migration that is a fascinating and mysterious phenomenon that plays a critical role in numerous species of birds.

The Diet Scoop

PEACHTREE CITY

Friday, March 3

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

Pre-registration required

With the abundance of choices in diets available out there today, how do you even go about choosing the best for you? Hear the benefits and disadvantages of certain diets and lifestyles.

AARP Tax Aid Assistance

FAYETTEVILLE

Monday, March 6

8:30 a.m. to 3 p.m. | FREE

Pre-registration required

AARP will offer free tax aid to assist us with personal income returns for 2022. Must be a Fayette Senior Services member to attend in Fayetteville. No walk-in appointments.

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



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"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.



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2023 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 2023 tentative schedule, visit the front desk at either location or by email at register@fayss.org.

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**I love
this town.**

Thanks, Fayette Senior Services.
I love being here to help in a community where people are making a difference every day. Thank you for all you do.





The Laugh Track Comedy Night

Featuring a local Atlanta Comedian

Tickets just \$15

A night of laughter awaits!

**Thursday, February 23
5:30 p.m. to 7:30 p.m.**

4 Center Drive | Fayetteville

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