

March 2023

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY



## *All in the Luck*

Let the shenanigans begin and may luck be on your side at our annual St. Patrick's Day Celebration!

## *On the Spot*

Lead the way for this improv group who will keep you entertained simply from the suggestions you throw out!

## *Spice It Up*

Take a bite out of this crunchy, spicy and delicious Buffalo Chicken recipe that is the perfect blend of tastes.

*Live Well. Age Well.*



# 2023 SPLOST

## Fayette Senior Services

Projects focused on Fayette Senior Services enhancements will support the following areas:



### Transportation

\$675,000 will seek to enhance and replace Fayette Senior Services' transportation fleet with new vehicles each year to continue to provide safe and reliable transportation to seniors in Fayette County.



### Building Expansion

\$325,000 will aid in expanding usable building space to the back of Fayette Senior Services' facility. This will expand the Café for more seating and provide options for additional program meeting space.



### Meals On Wheels

\$250,000 will provide resources to increase storage space for Meals On Wheels through the addition of a walk-in refrigerator and freezer for food as well as a connecting walkway between storage and the building.



# March

## featured

### **A Giving Hand 10**

A heart full of kindness is a heart of gold, and that is just what FSS Volunteer Ed Haver has.

### **The Chicken to My Buffalo 11**

If you're a fan of buffalo wings, you'll love this version featuring chicken breast! They'll spice up your life!

### **Top of the Morning To Ya 15**

May the luck of the Irish always be with you as we celebrate St. Patrick's Day with an evening together.

### **Quick On Your Feet 15**

Get your creative juices flowing as this local improv group joins us for an afternoon of entertainment.

## **2023 HOLIDAY CLOSINGS**

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](http://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

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

Phil King  
Driver

Alan Simmons  
Driver

Charlie Hawkins  
Driver

Donna Johnson  
Driver

Michael Dixon  
Driver

John Felbinger  
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](mailto: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.

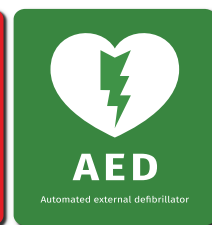
Hot breakfast item served every day  
Enjoy a choice of continental breakfast items

(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).



**2023 CPR/AED TRAINING SPONSORED BY:**





## Coming Soon...

**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.*

**August 2023**

### **Island Fever Luau**

Peachtree City | Thursday, August 24

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

*Shake off your grass skirts, dust off your ukuleles, and turn up those island records for a wonderful evening, aloha style in Hawaii. Sponsored by Aberdeen Fine Properties and SouthCare Cremation and Funeral Society.*

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

## Miriam's Fitness Corner

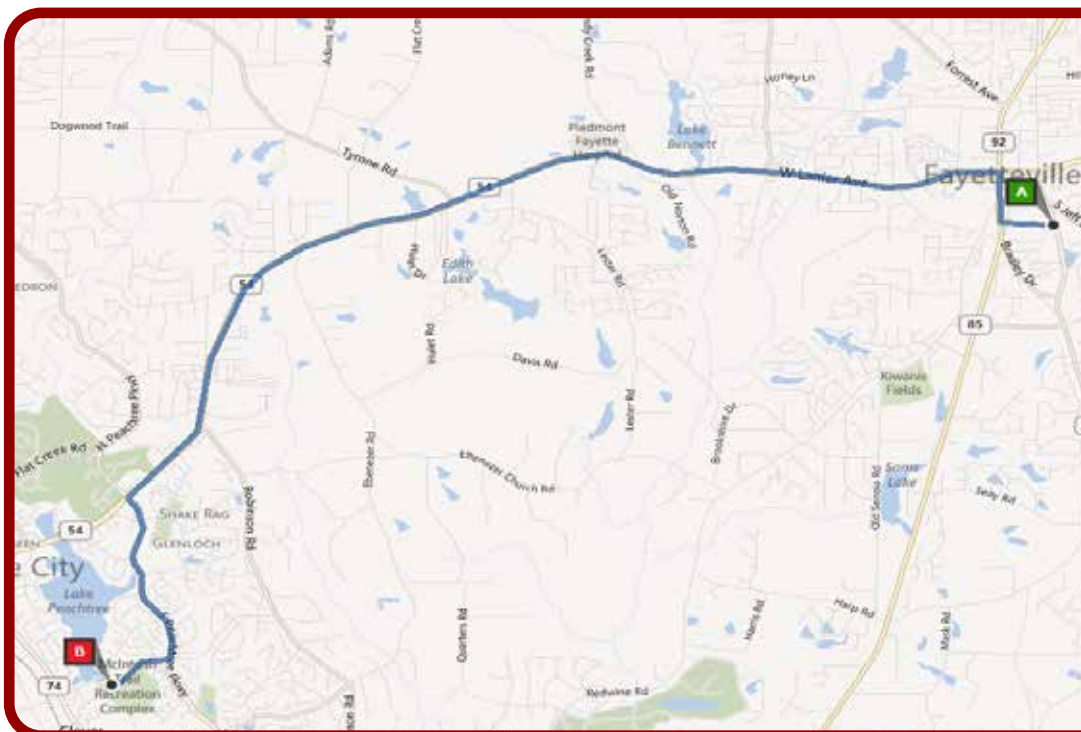
### ***What We Already Know***

By now, it's safe to assume that nearly every person knows that regular exercise plays a very important role in healthy living. Unless you have been living under a rock, this fact is undeniable.

Fitness experts as well as medical professionals both strongly recommend a regular routine of cardiovascular AND strength conditioning. In recent years, more people have accepted and embraced the importance of exercising the heart. Insurance providers, gyms and senior communities have piggybacked and offered support by introducing programs geared towards heart health. On top of that, we see a record number of people outside walking daily. This is great because the heart is the most important muscle. We cannot live without it. But, what about the other muscles? How important are they? How do they relate to quality of life? Is muscle tone just for looks? Is a strong heart with puny upper and lower body strength enough? Can I even build a stronger body at this age? Do I struggle bringing groceries inside from the car? Are my arms tired easily when reaching above my head for items? Is getting up and down from a chair a task? Am I too weak to lift or play with the grandchildren? Does standing for long periods of time wear me out? Am I sore after moderate socializing or games - i.e. bowling, shooting pool, playing cornhole, throwing darts, etc.? If the answer is "yes" to any or all of these questions, be sure to check out part two of this article next month.

## 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 Southern  
Crescent Chorale*

*Fayette Senior  
Services  
present*

# SOUNDS of SPRING

Thursday, April 27  
5:30 pm to 7:30 pm  
Tickets \$15

Fayetteville location  
4 Center Drive  
770.461.0813

Enjoy an evening of dinner & music as the Southern Crescent Chorale performs a collection of their most popular pieces, including some from their favorite concerts!

Event Sponsored By:

*Southern Crescent*  
CHORALE

**Fayette Senior Services**  
*Making Life Better™*

Mark Gray, Agent  
770-487-8561

 **State Farm™**



# Dear Volunteer, You Make a Difference!

*A Heart of Gold*

Written By: Amber Oliver



It never ceases to amaze me how cool our volunteers are! Ed Haver is no exception. You can find Ed at FSS on Wednesdays checking blood pressure with a friendly smile and an encouraging word. It is not a surprise this is how Ed gives back since he was a Cardiac Rehabilitation Director for over 36 years, working in hospitals in California and West Virginia. Back then, he worked to rehab heart patients, now he works to educate by providing this simple screening which can help identify hypertension, a life threatening, yet treatable condition.

Ed grew up in Pasadena, California. His father was a civil engineer and will turn 100 years old in April! Happy Birthday to him! Ed's mom was a homemaker for Ed, his older brother, and his younger sister. As a child, Ed stayed busy playing basketball, baseball, golf and bowling. His first job was an assistant at a veterinary clinic in Pasadena. He attended Pasadena High School and later the University of California Davis where he received his Bachelor's and Master's degrees.

While attending college, Ed was a four-time all American and set school records in the 2 mile, 3 mile, 6 mile, and 3000 meter steeplechase. It's incredible to realize that Ed still holds the school record in the 3000 meter

steeplechase after 52 years! And how fitting that Ed met his wife Ginny while on the track. They have run together for almost 50 years and haven't stopped yet! Today they continue their passion for running, by completing 4 miles, 6 times a week. Ginny is a retired teacher and Ed retired in 2015.

Ed and Ginny have two daughters, Rebecca and Sarah. Rebecca now lives in Fayetteville after spending fourteen years in Honduras providing ministry to homeless boys. Sarah lives in South Africa where she has a Christian ministry. Ed has four grandchildren, not including the 15+ ministry kids he considers family in South Africa. He has lived in Fayette County for six years and is active in his church, where he has a passion for supporting missions. Both he and his wife spend four months out of the year in Modjadjiskloof, South Africa, working alongside their daughter and son-in-law in ministry. He is currently the secretary for Pfunanane Ministries, handling donations and raising funds.

It was a lucky day for us when Ed came into the center for an information session on volunteering with FSS. It was there where he learned of our desire to provide members with blood pressure screenings. His favorite thing about volunteering with FSS is getting to know the members and other volunteers and learning about their fascinating lives and stories. Ed told me he is happy he can offer this "small service" to our members, however, his service is a "big thing" to us.

Just for fun, I asked Ed what's been the best thing to happen to him this week. He replied...grandparents day! He attended his grandkids' school, visiting their classroom and joining them for lunch. It doesn't get much better than that! And it doesn't get much better than Ed. Thank you Ed, for sharing your skills with us. FSS has enjoyed getting to know you!



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

2023  
Volunteer  
Sponsor

# From Our Kitchen To Yours

## Crunchy Buffalo Chicken Breast

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



Photo via A Spicy Perspective

### Ingredients

- 2 tablespoons hot sauce
- 1 tablespoon mayonnaise
- 1 lb boneless, skinless chicken breast
- 1 cup Panko bread crumbs
- 1/4 cup blue cheese dressing

### Directions

- In a shallow bowl or plate, combine hot sauce and mayonnaise
- Spread out the Panko crumbs on a separate plate
- Coat the chicken with sauce and then cover with Panko crumbs
- In a well-oiled skillet over medium-high heat, brown chicken for 5 to 7 minutes per side, or until golden and cooked through
- Serve with blue cheese dressing on the side

*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.

**Chess Club:**

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

**Bid Whist:**

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

### Tuesdays

**Pinochle:**

9 a.m. to 12 p.m.

**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.

**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:

2nd 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.



Members enjoying the night out at FSS during A Taste of Italy



The 'What's For Lunch?' group out at Nic and Normans

# 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.



This group sang their hearts out at the monthly karaoke event



Members ready to cheer on UGA for their championship game



# Special Events



## St. Patrick's Day Celebration

PEACHTREE CITY  
Thursday, March 16  
5 p.m. to 8 p.m.  
\$15  
Members and non-members  
Pre-registration required

Top of the morning to ya! Want to share some Irish luck? This St. Patrick's Day Celebration event is one that will leave all who don't attend green with envy! We will kick start the evening with holiday traditions full of green drinks and good eats. To top off an evening of fun, the Silver Brittles band will be playing live music and Kelly Porter Dance Academy will be performing river dances to keep the night rolling. Don't miss this sure to remember time of fun! This event is sponsored by Aberdeen Fine Properties, State Farm Agent Mark Gray and Kaiser Permanente.



## In the Moment

FAYETTEVILLE  
Monday, March 20  
12:30 p.m. to 1:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

The Southside Sidekicks are the hilarious improv troupe from Southside Theatre Guild in Fairburn, Metro Atlanta's oldest, all-volunteer, community theater. Join them as they present a fast-paced and fun show based entirely upon your suggestions. This will be entertaining and interactive to say the least and will keep you on the edge of your seat!



## Lunch & Learn: The Gift of Preparedness

FAYETTEVILLE  
Tuesday, March 21  
11 a.m. to 1:30 p.m.  
\$10 | Includes Lunch  
Members and non-members  
Pre-registration required

Preparation is key! Get information and resources about the importance of advanced planning. Did you know 90% of people say talking about end-of-life wishes is important, but only 27% have actually had the conversation? Get properly prepared with the help of experts who will share real experiences, practical advice and essential information. Speakers include: Attorney Elizabeth Winfield, Kye Wilson with SouthCare Cremation and Funeral Society, and Traci Corné with Sea Glass Therapy.

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# March 2023

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# March Program Schedule

## Needlework

### Crochet: Worry Worm

FAYETTEVILLE

Monday, March 13

10 a.m. to 12 p.m.

\$5

Pre-registration required

Instructor: Nancy Crow

A fun little project to give to someone who is feeling down! These adorable little worms will cheer anyone up. Good for beginner level. Materials needed: small amount of any worsted weight yarn, color of your choice; crochet hook size G; Nancy will provide eyes. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Waffle Stitch Dishcloth

FAYETTEVILLE

Monday, March 27

10 a.m. to 12 p.m.

\$5

Pre-registration required

Instructor: Nancy Crow

Make this useful dishcloth and learn a new crochet stitch. Good for intermediate level. Materials needed: One ball of kitchen cotton yarn, color of your choice; crochet hook size G or H. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE

Wednesday, March 1

9 a.m. to 3 p.m.

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

FAYETTEVILLE

Wednesday, March 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, March 22

9 a.m. to 3 p.m.

\$15 | Materials not included

Pre-registration required

Instructor: Darlene Hubble

FAYETTEVILLE

Wednesday, March 29

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 yourself. 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

PEACHTREE CITY

Tuesday, March 21

10 a.m. to 12 p.m.

\$40 | 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 sheep portrait.

### Watercolor: Roses

PEACHTREE CITY

Friday, March 17

9 a.m. to 12 p.m.

\$25 | Includes materials

Pre-registration required

Instructor: Karen DeFelix

Stop and smell the roses as you paint this beautiful piece featuring roses. Learn about basic watercolor techniques including tips on mixing colors, types of application techniques, how to capture the whites of a painting, and much more. Take home a finished painting. Designed for all levels, no previous experience needed. See front desk for picture.

## Dance

### Peachtree City Beginner I Line Dance

PEACHTREE CITY  
Tuesday  
11:30 a.m. to 12:30 p.m.  
\$15 | Month  
Instructor: Stella Joshua

For those who are new to line dance. Learn the basic dance steps, dance terminology, and some of the popular party, reunion, and reception dances.

### **Peachtree City Beginner II Line Dance**

PEACHTREE CITY  
Tuesday  
12:30 p.m. to 1:30 p.m.  
\$15 | Month  
Instructor: Stella Joshua

For those who have had at least six months of Beginner I Line Dance. This class develops more complex dances, steps, and turns.

### **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  
Member 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**

### **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, flexibility, and calm.

## **Tai Chi Club**

### **FAYETTEVILLE**

Tuesday

2 p.m. to 4 p.m.

Thursday (no 3rd Thursday)

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

FREE

No pre-registration required

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

## **Power Aerobics**

### **FAYETTEVILLE**

Tuesday and Thursday

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

\$20 | Month

Instructor: Miriam Jones

These super fun, up-tempo total body workout sessions are designed to strengthen your muscles and core while simultaneously improving balance, coordination, and flexibility. Prepare to be safely challenged as no workout is ever the same. You'll gain energy and

friendships. Each Thursday workout includes floor work so bring a mat that day. Modifications always provided.

## **Intermediate I Aerobics**

### **FAYETTEVILLE**

Tuesday and Thursday

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

\$20 | Month

Instructor: Miriam Jones

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

## **Intermediate I Aerobics: Zoom Live Session**

Via Zoom from your home

Tuesday and Thursday

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

\$20 | Month per class

Instructor: Miriam Jones

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

## **Intermediate II Aerobics**

### **FAYETTEVILLE**

Tuesday and Thursday

9:40 a.m. to 10:30 a.m.

\$20 | Month

Instructor: Miriam Jones

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

## **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, March 1, 8, 15,  
22 & 29

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.

### **In A Pickle: Pickleball**

KEDRON FIELDHOUSE

Wednesday, March 1 & 15

1 p.m. to 3 p.m.

FREE

Member exclusive

## **The Center Box Office**

### **Member exclusive | Pre-registration required**

PEACHTREE CITY

Thursday, March 9 | 1 p.m.

*Fantastic Beasts: The Secrets of Dumbledore* (2022) | PG-13

Starring: Eddie Redmayne and Jude Law. Professor Albus Dumbledore knows the powerful Dark wizard Gellert Grindelwald is moving to seize control of the wizarding world. Unable to stop him alone, he entrusts Magizoologist Newt Scamander to lead an intrepid team of wizards, witches and one brave Muggle baker on a dangerous mission, where they encounter old and new beasts and clash with Grindelwald's growing legion of followers. But, with the stakes so high, how long can Dumbledore remain on the sidelines?

PEACHTREE CITY

Thursday, March 30 | 1 p.m.

*Till* (2022) | PG-13

FAYETTEVILLE

Friday, March 31 | 1 p.m.

*Till* (2022) | PG-13

Starring: Danielle Deadwyler and Jayln Hall. In 1955, when Mamie Till-Mobley's 14-year-old son Emmett is lynched in Mississippi, she insists he have an open-casket funeral. Her pursuit of justice became a galvanizing moment that helped lead to the creation of the civil rights movement.

Movie sponsored by:



**KAISER PERMANENTE®**  
Senior Advantage

Pre-registration required

Learn the game of Pickleball with this hands-on classroom. Meet at the Kedron Fieldhouse (202 Kedron Drive Peachtree City). Phil Castagna and the PTC-Fayette Pickleball Association will teach you all about Pickleball during these 2 sessions. We'll begin each session with a short presentation on the game, rules and strategies followed by a demo and game time that teaches you as you go through the motions on the court! If you already have Pickleball paddles, bring them with you or if not, they'll have paddles for you to try out. Wear comfortable tennis shoes and clothes and get ready to have some fun and laughs as you learn the popular game of Pickleball!

## **AARP Tax Aid Assistance**

PEACHTREE CITY  
Tuesdays and Thursdays  
March 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 set to attend, no walk-in appointments available.

## **What's for Lunch?**

PEACHTREE CITY

Thursday, March 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 Tour de Italy in Fayetteville.

## **Get to Know Fayette Senior Services**

FAYETTEVILLE  
Thursday, March 2  
1:30 p.m. to 2:15 p.m.  
FREE  
Members and non-members  
Pre-registration required

Learn more about the programs, opportunities to get involved and social services offered by our organization and how to take advantage of them when needed. We are here to help you age well and live well!

## **The Great Migration**

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

Migration is a fascinating and mysterious phenomenon that plays a critical role in the lives of numerous species of birds. Many of these birds accomplish staggering feats of flight during their annual journeys. Melissa

Paduani with Georgia Audubon explores the science and physiology of migration as well as some of the hurdles birds face during their voyage. Melissa will be joining us via Zoom.

## **Cornhole**

PEACHTREE CITY  
Friday, March 3  
11 a.m. to 12 p.m.  
FREE  
Member exclusive

PEACHTREE CITY  
Friday, March 17  
11 a.m. to 12 p.m.  
FREE  
Member exclusive

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

## **War Zone**

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

Take a trip back in history as Jim Scott unfolds the history behind the Spanish-American War. After the defeat of Spain in 1898, the United States assumed sovereignty of the Philippines, leading to the Philippines-American War.

## AARP Tax Aid Assistance

### FAYETTEVILLE

Monday, March 6  
8:30 a.m. to 3 p.m.  
FREE

Member exclusive  
Pre-registration required

### FAYETTEVILLE

Monday, March 27  
8:30 a.m. to 3 p.m.  
FREE

Member exclusive  
Pre-registration required

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

## The Wright to Fly

### PEACHTREE CITY

Monday, March 6  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Take a flight back in time as we spread our wings learning about the pioneers of aviation. Willard Womack with the Commemorative Air Force shares the history of the American inventors Orville and Wilbur Wright who achieved one of the first successful flights in 1903. The Wright Brothers are credited with inventing, building and flying the world's first airplane that led the way for innovation.

## Garden Club

### FAYETTEVILLE

Tuesday, March 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](mailto:aoliver@fayss.org).

## Tomato, Tamato

### PEACHTREE CITY

Wednesday, March 8  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

We are getting closer to the time for delicious, ripe and juicy tomatoes in Georgia, but before that, we have to plant them! Tom Bonnell, retired from the UGA Extension Office, will teach us all we need to know to grow our very own tomatoes in our back yard. From the variety of types and how to choose them to the best ways to plant, maintain, harvest, and store, you'll leave with a new knowledge to have more tomatoes than you can imagine this upcoming season.

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

### FAYETTEVILLE

Wednesday, March 8  
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 Legal Consultations

### FAYETTEVILLE

Friday, March 10  
12 p.m. to 3 p.m.  
FREE

Member exclusive  
Pre-registration required

Meet with attorneys from Georgia Legal Services for advice on your non-criminal legal questions. Georgia Legal Services Program offers guidance, advice, and information on how to best handle your legal situation. Come with your questions on basic estate planning, family law matters, housing, and contract disputes.

## Guidelines to Living

### FAYETTEVILLE

Monday, March 13  
12 p.m. to 3 p.m.  
FREE

Members and non-members  
Pre-registration required

As you reach your senior years, have you set personal guidelines for how you want to live your life? What guidelines do you choose for making daily choices? Join retired psychologist Dr. James Hughey for individual conferences as he assists with constructing a guideline that



works for your current life stage. If you'd like, listen to his podcast online – [www.pfpl.us](http://www.pfpl.us).

## Lawn and Order

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

As the temperatures warm up, it won't be long before you see lawns begin to green up! Kim Toal with Fayette County Extension shares tips regarding your warm season lawns such as Bermuda, Zoysia, and Centipede. Get tips on routine maintenance to keep the color all season long and hear about what pests to be on the lookout for.

## Swing for the Fences

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

Hit one out of the park as Terry Wilk with Seniors Helping Seniors South Atlanta discusses the art and science behind hitting a baseball. Hear a brief history of the game and then wind up your knowledge with interesting facts about bats and balls. Discover why hitting a baseball is one of the hardest things in sports as Terry demonstrates hitting one – without breaking any windows! Share baseball memories and stories of America's favorite pastime.

## Volunteer Open House

FAYETTEVILLE  
Tuesday, March 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! Meet with other volunteers, learn about upcoming events, current opportunities, and get center updates.

## Full Throttle

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

Take flight with pilots from America's largest precision formation flying team. Several members from the Full Throttle Formation Team share stories of their time in the air. This group performs all over the country at air shows and are based right here in our own backyard, hangered at the Atlanta Regional Airport Falcon Field in Peachtree City. Hear about the background on plane formation, stories from their flying days, and information about their favorite performances. Also view some video and photo content from some of their best performances.

## Dementia Caregiver Support Group

PEACHTREE CITY  
Thursday, March 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 email at [lynnette.dunn@piedmont.org](mailto:lynnette.dunn@piedmont.org).

## A New Reality

FAYETTEVILLE  
Friday, March 17  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Virtual reality seems farfetched, but it is here and popular, especially among the younger crowd. Here is your chance to see what it's all about. Join tech expert Samuel Tisdale as he discusses more in depth what virtual reality is. This computer-generated environment creates scenes and objects that appear to be real. Immerse yourself in the surroundings as he lets each person briefly try out and experience it for yourself. Please note, this may not be best suited for someone at risk of falling.

## A Novel Idea Book Club

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

March book: *Horse* by Geraldine Brooks. April book: *The Dictionary of Lost Words* by Pip Williams. For more information, please contact Meghan Caton at [megcaton@gmail.com](mailto:megcaton@gmail.com).

## 1-on-1 Medicare Consultations

### PEACHTREE CITY

Tuesday, March 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.

## Hit the Trails

### PEACHTREE CITY

Wednesday, March 22

10 a.m. to 10:45 a.m.

FREE

Member exclusive

Pre-registration required

Lace up those walking shoes and come on over for a beautiful morning stroll with a healthcare expert. Join Physical Therapists Megan McLain and Ashley Irvin with Intuitive Choice PT, as they walk and talk while discussing some popular senior health and fitness topics and answer questions you may have. There is no better way to start getting in shape than getting your steps in while learning how to improve your routine! Wear comfortable shoes and take advantage of the cart path trails surrounding our Peachtree City location. The walk will be light and the pace will be set to fit everyone's needs.

## P“age” Turners Book Club

### FAYETTEVILLE

Thursday, March 23

1:30 p.m.

FREE

Member exclusive

No pre-registration required

March book: *Everything is Normal* by Sergey Grechishkin. April book: *The Secret Daughter* by Shilpi Somaya. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## The Grape Escape

### PEACHTREE CITY

Thursday, March 23

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 New Zealand wines.

## Are You Fit to Sell?

### FAYETTEVILLE

Friday, March 24

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

FREE

Members and non-members

Pre-registration required

If you're looking to put your house on the market, get tips to make sure it's ready to sell. Linda Sorrow and Lee McKinney, real estate

specialist with Aberdeen Fine Properties, will share the secrets to preparing your home to put up for sale. From minor repairs and upgrades to decluttering and basic maintenance, you'll learn the best ways to help your house sell quickly on the market.

## Sing It Loud, Sing It Proud: Karaoke

### FAYETTEVILLE

Monday, March 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 Travel Bug: International

### PEACHTREE CITY

Monday, March 27

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

FREE

Members and non-members

Pre-registration required

The travel bug has bitten, and if it hasn't yet, it will after you hear from travel agent Amy Metzger with Travel Edge! Join in to hear about some amazing options for travel to unique and wondrous places around the world. Get your passports

ready for those stamps and explore some great places for international vacation plans.

## **Hometown History: Peachtree City**

PEACHTREE CITY  
Tuesday, March 28  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Our beloved town of Peachtree City grew from the idea of a few good men and blossomed into the place we call home today. Join Charlie and Anna Nelson, Publishers of Peachtree City Magazine, as they share the history of the development of this town. From the first visions in June of 1956 to now, focus on the developers, mayors, citizens and minds that came together to enable Peachtree City to grow into the award-winning city we all enjoy today.

## **Soup, There It Is**

FAYETTEVILLE  
Wednesday, March 29  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Take a bite of some of those delicious soups, homemade from none other than – yes – YOUR kitchen! Chef Nancy Jaworski with My Chef Nancy shares the scoop to cooking delicious seasonal soups. Get tips on creating flavorful soups and get ideas for portioning and labeling to freeze for later. Nancy will share recipes

for Ham and Lentil Soup and spring vegetable soups during this demonstration!

## **The Tomb of the Unknown Soldier**

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

Since 1921, the United States has maintained a tomb in Arlington Cemetery dedicated to deceased U.S. service members whose remains have not been identified. Honoring an “unknown soldier” from each of our major wars, this iconic memorial is guarded at all times and serves as a great symbolic grave for those who died committing brave, selfless acts. Historian Robert Jones traces the history of the Tomb of the Unknown Soldier, and discusses the big question today; with the prevalence of DNA, will we ever have another unknown soldier? Robert will be joining us via Zoom.

## **A Walk in the Woods: Morgan Grove Nature Area**

MORGAN GROVE  
Thursday, March 30  
Meet at 1:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Join Charlee Glenn, Environmental Education Coordinator with the Southern Conservation Trust and take a walk through Morgan Grove

Nature Area. Meet at the nature area in Fayetteville (181 Morgan Road Fayetteville, GA 30215) and take a walk through this 60-acre preserve. Near the Flint River, this property gives a glimpse of a peaceful forest with an adjacent bottomland habitat. Wear comfortable shoes and clothes.

## **Express Lunch**

PEACHTREE CITY  
Thursday, March 9  
12:45 p.m.  
\$10 | Pizza  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Thursday, March 30  
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.

## Technology

### Computer Technology Assistance

PEACHTREE CITY

Wednesday, March 15

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, March 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

### The Diet Scoop

PEACHTREE CITY

Friday, March 3

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

FREE

Members and non-members

Pre-registration required

There are an abundance of choices when it comes to choosing a diet for losing weight, but how do you choose the right one for you? Are diets really the way to go? Or are creating healthy eating habits while combining some a better route? Dietitian Arisahi Valentin with Crane Chiropractic and Applied Kinesiology breaks down the dietary benefits and health reasons behind choosing a certain diet or lifestyle. Is one healthier, better, or less expensive?

### Hearing Screenings

FAYETTEVILLE

Tuesday, March 7

10 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

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

### Massage

FAYETTEVILLE

Tuesday, March 7

10 a.m. to 2 p.m.

\$40 | 30 minutes

\$60 | 1 hour

Member exclusive

Pre-registration required

Masseuse: Tranquil Escape

There are many health benefits to massages including stress reduction, increase in blood flow, improving balance, stimulating the nervous system, helping flexibility, assisting in better sleep, and relieving pain. Treat yourself to a relaxing massage! Enjoy this FSS exclusive discount by booking through us, but meet at their quiet and calming studio for your appointment – 500 W. Lanier Avenue Suite 602 | Fayetteville, GA 30214.

### Achy Breaky Arthritis

PEACHTREE CITY

Tuesday, March 7

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

FREE

Member and non-members

Pre-registration required

Oh, my aching joints. Dr. Josh Davis with First Step Physical Therapy discusses the varying causes of arthritis and how we can treat them at home without medication as well as help prevent inflammation and pain associated with it.

### Recipe for A Healthier You

FAYETTEVILLE

Thursday, March 9

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

FREE

Members and non-members

Pre-registration required

Master the art of cooking healthy! Join Dietitian

Jennifer Lunsford as she shares her secrets to cooking healthy and delicious during this cooking demo. Eating a meal packed with flavor doesn't have to be unhealthy. Learn healthy substitutes and get tips for cooking the way to a healthier you! Enjoy a cooking demo and small tasting.

## It Vegans With Us

PEACHTREE CITY

Friday, March 10

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

FREE

Members and non-members

Pre-registration required

The benefits of whole foods, plant-based eating are something to consider. Dietitian Lamura Poore with Diet To Lifestyle explores the vegan way of eating. Are vegan foods healthier than our traditional diet? Discover what vegan is, the increasing trend of vegan meals and if these foods are healthier for you. Learn ways to incorporate some vegan options into your everyday meal plan.

## Eyeglass Repairs and Adjustments

FAYETTEVILLE

Tuesday, March 14

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.

## Mastering Meditation

FAYETTEVILLE

Wednesday, March 15

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

FREE

Members and non-members

Pre-registration required

Mindfulness and meditation techniques can be used to reduce stress, increase focus, boost productivity, develop a healthier mental attitude and strengthen memory. Piedmont Wellness Center explores meditations based on breath, single object focus, mental visualization, movement, taste, thoughts and tension release. Throughout this process, discover the specific meditation techniques that suit your personality and comfort zone to improve quality of life.

## On the Menu: Cooking Demo

PIEDMONT WELLNESS CENTER

Wednesday, March 15

3 p.m. to 4 p.m.

FREE

Members and non-members

Pre-registration required

Learn the secrets to cooking healthy, while still savoring the delicious tastes of the food! Join us for a cooking demonstration with Piedmont Fayette Diabetes Educator Sarah Hankes. You don't have to sacrifice flavor while cooking healthier. Get tips and tricks to putting together great options. Limited to 12 people. This cooking demonstration will take place in the demo kitchen at Piedmont Wellness Center, 200 Trilith Parkway, Fayetteville.

## Glow Up

FAYETTEVILLE

Wednesday, March 22

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

FREE

Members and non-members

Pre-registration required

A simple skincare routine can create all the difference for aging skin. Discover ways to keep your skin healthy through a variety of skincare routines and ways you can help protect, cleanse, repair and nourish the skin. A representative with Ulta Beauty, partnered with Janice LaGrande with Sonder Health Plans, shares secrets to skin care that will bring back your glow!

## Virtual Dementia Tour

PEACHTREE CITY

Friday, March 24

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

FREE

Members and non-members

Pre-registration required

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

## Lunch & Learn: Caregiver Workshop

FAYETTEVILLE

Tuesday, March 28

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

\$15 | Includes lunch

Members and non-members  
Pre-registration required

Caring for someone living with dementia can be challenging, and at times overwhelming. Join Sixty Plus Services at Piedmont Healthcare for a comprehensive workshop to learn about types and stages of dementia, helpful resources, and the importance of taking care of yourself. Presenters include Sixty Plus Services Social Workers Lynnette Dunn, Mattee Barkdoll, Maggie McDonald and Tori Sorrells, LCSW as well as FSS Care Manager Iris Harris. This workshop is intended for nonprofessional caregivers.

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE  
Wednesday, March 29  
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 maintenance you may need.

## It's All In Your Head

PEACHTREE CITY  
Friday, March 31  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

It should come as no surprise that there is a big

connection between your success in exercise and potential psychological barriers you face. Have you been challenged in your regimen or struggled to achieve results you've been pursuing? Sometimes all you need is a different perspective and reset in mind to achieve your goals. Dr. Tarryn Hoff, exercise physiologist, college professor and owner of GoTarryn Health and Fitness, discusses psychological hurdles that may be impeding your success. Hear about factors that define an individual's success in exercising and how to leverage motivation to your fullest potential.

## Look What's Coming in April!

### Dress for the Ages

FAYETTEVILLE  
Monday, April 3  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

*Twirl your way back in time to the late 1800s and early 1900s as we look into the style of the Victorian era. Discover the influences of the beautiful dress for the ladies during this time.*

### Knees, Hips, and Pain, Oh My

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

*Learn about the most common causes of knee and hip pain and how to avoid surgery. Get insights on methods of treatment and how to reduce stress on your joints.*

### Winding Waters

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

*Engage in discussion on how water moves through our environment and learn conservation-centered solutions for protecting water quality using an enviroscape model.*

### Mayor's State of the City Address

PEACHTREE CITY  
Friday, April 7  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

*Join Peachtree City Mayor Kim Learnard as she provides a State of the City Address including updates on city happenings and what is planned for now and the future.*

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





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- Connie M.

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## FAYETTE SENIOR SERVICES



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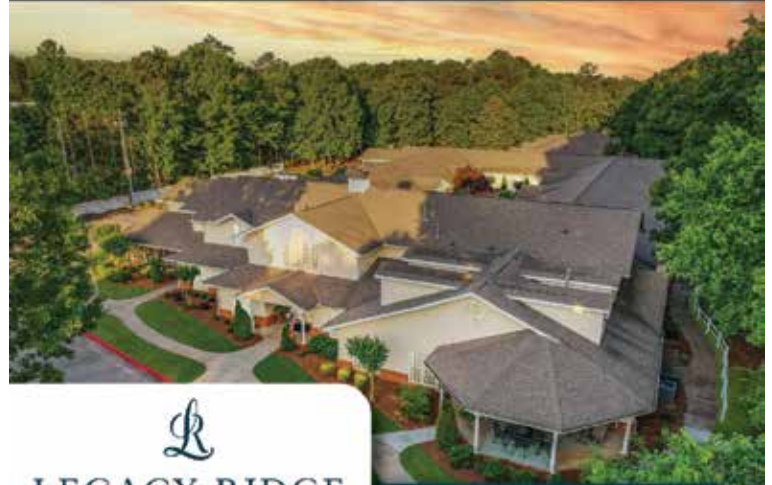
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## 2023 Fayette Senior Services & Piedmont Fayette Hospital Wellness Series

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](mailto:register@fayss.org).

**Fayette Senior Services**  
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**Fayette Senior Services Presents:**

# St. Patrick's Day Celebration

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