

April 2023

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Sound of Music

Enjoy a gorgeous Spring evening outside listening to the wonderful sounds of the Southern Crescent Chorale.

Tee It Up

Celebrate a tradition unlike any other as we enjoy the famous fares of the Masters golf tournament.

A Cherry On Top

Your sweet tooth will be crying out in joy after you take a bite of this luscious cherry cheesecake dessert.

Live Well. Age Well.

Volunteer
Exclusive Event

IT'S A PARTY TO DIE FOR.



Tragedy at the Trailer Park

APRIL

19

2023

5:30 PM TO 7:30 PM

Follow the clues to Shady Acres and help us solve a murder at our annual Volunteer Appreciation Dinner, murder mystery themed! Something is bound to happen to send one of the guests over the edge...and another one to their death!

FAYETTEVILLE | 4 CENTER DRIVE

RSVP if you dare by Friday, April 14
(770) 461-0813 or aoliver@fayss.org



BOOT SCOOT & BBQ

Friday, June 23

5 p.m. to 8 p.m.

4 Center Dr. • Fayetteville

770.461.0813

Tickets available

for only \$15

Tickets on sale now!

Get yours today!

Event Sponsored by:



Humana

770-461-0813 | FAYSS.ORG

April

featured

Three Cheers for Volunteers! 10

Although we love our volunteers all year long, we can't help but sing their praises even louder during this month.

A Very Cherry Dessert 11

Yummy and easy to make, what more could you ask for? Enjoy this FSS favorite you've all been asking for.

Move to the Music 15

Tune into the beautiful Sounds of Spring as the Southern Crescent Chorale performs a private concert.

A Par-tee of Delicious Food 15

Whether you're a golf fan or not, you'll have fun at this FSS version of the Masters, full of food and fun.

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
HolidaysDecember 26, 2023
HolidaysDecember 27, 2023
HolidaysDecember 28, 2023
HolidaysDecember 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

Hunter Bailey
Café Assistant

Callum Nichols
Café Assistant

Carol Rowell
Café Assistant

Debi Quinell
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

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. *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.

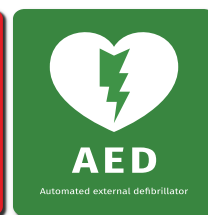
Hot breakfast item served every day
Enjoy a choice of continental breakfast items

(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/FIRST AID TRAINING SPONSORED BY:



Coming Soon...

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. Sponsored by Aberdeen Fine Properties and SouthCare Cremation and Funeral Society.

September 2023

Low Country Boil

Fayetteville | Friday, September 29

5 p.m. to 8 p.m. | \$20

Fill your plates, bring out your Cajun side, and get those crab claws crackin'! It's time to have a ragin' Cajun good time at our Low Country Boil! Event sponsored by Sonder Health Plans and Kaiser Permanente.

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

Miriam's Fitness Corner

Knowing Better Means Doing Better

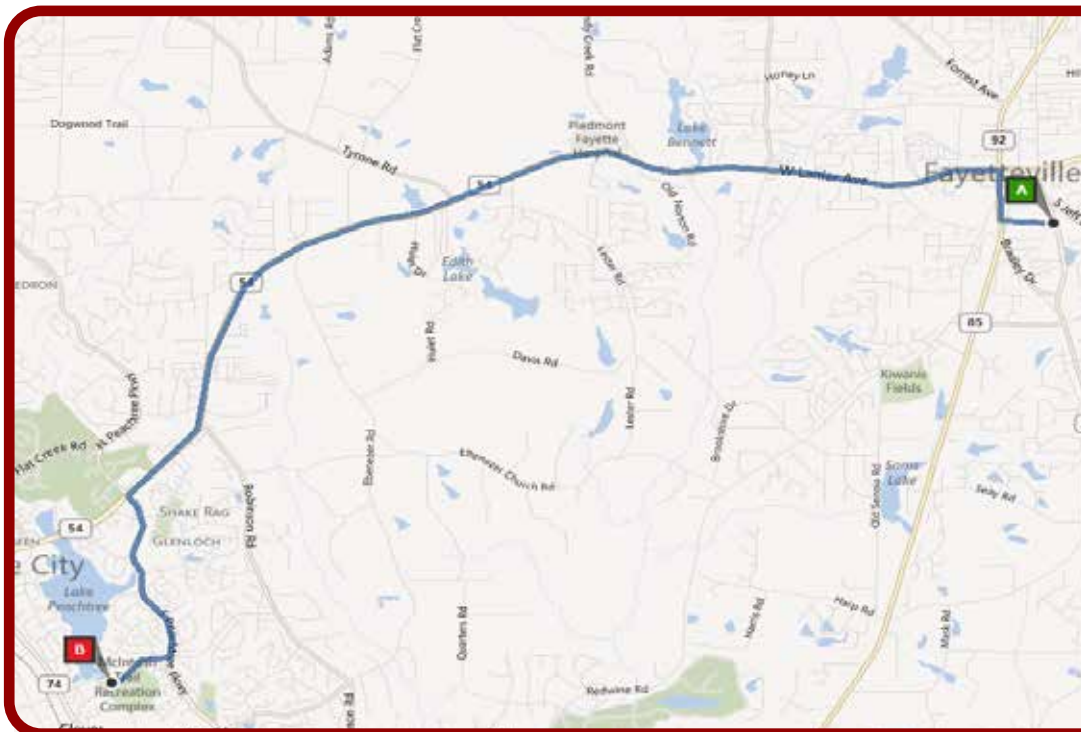
Last month we asked ourselves a series of personal questions that forced us to examine if we are honoring our bodies as the precious temples they are. Are we truly showing them the love they deserve? Whether you answered yes or no, the following Forbes Health excerpt from Rachel Tavel, D.P.T. (Why Exercise Matters), kindly reiterates "What We Already Know" and offers easy to incorporate suggestions for building that stronger body:

"Exercise is important for older adults (age 65+) because being physically active makes it easier to perform activities of daily living (ADLs), including eating, bathing, toileting, dressing, getting into or out of a bed or chair and moving around the house or a neighborhood, according to the U.S. Department of Health and Human Services (HHS). Physically active older adults are also less likely to fall, which can lead to serious injuries. Older adults should do at least 2.5 to 5 hours of moderate-intensity aerobic activity a week, ideally spread out over several days. Moderate-intensity aerobic activity includes brisk walking, cycling, swimming, dancing and nature walks. While some body changes like reduced muscle and bone mass are inevitable the older you get, staying strong and active can delay them to an extent. Incorporating regular resistance training can be accomplished with your body weight, free weights and resistance bands. Flexibility is important for independence, mobility and the ability to strengthen the body throughout its full range of motion. Stretches that target the shoulders, hips and legs—body parts that commonly contribute to balance problems and gait compensations—are key."

If you've not already started an exercise program, begin one today. Once we know better, we must do better. See the exercise suggestions from Forbes on page 9 to get started!

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

3 Exercises to Try



Sit to Stand

Start by sitting in a chair with a seat high enough that you don't need to use your hands to rise. Have a second chair in front of you for safety. When you're ready, stand up and sit down repeatedly. If it's too challenging, place a cushion or two on the seat to create a higher surface. Repeat 10 times. This exercise can be helpful for getting up from a low couch or toilet and can help prevent the need for assistance in the future.



Bridge

Lie on your back on your bed with your knees bent and feet flat on the mattress. Raise your hips and hold for three seconds at the top of the motion. Lower your hips. Repeat 10 times. This movement strengthens the gluteal muscles, which are essential for getting up from a chair, bed mobility, standing and walking. It also stretches the hip flexor muscles, which can become tight and weak from a sedentary lifestyle.



T-Rows

Sit upright in a chair and hold a resistance band in front of you at chest height. Open your arms to the right and left to stretch the band into a horizontal line, which should touch the center of your sternum (breastbone) when your arms are outstretched. Return to the starting position, and repeat 10 times. This exercise works the muscles of the upper back and shoulder blades to improve upright standing posture. T-rows can also help maintain neutral spine posture while standing, walking efficiency and balance.

Forbes HEALTH

3 Exercises to Try



Pec Stretch at the Wall

Stand in a doorway, hold your arm at shoulder height and place your right hand and forearm on the wall next to the door. Gently turn your torso away from your arm to feel a stretch in the chest muscles of that side. Hold the stretch for 30 seconds. Repeat on the left side.



Hip Flexor Stretch

Lie on your back with one leg hanging off the side of the bed as you hug the opposite thigh to your chest. You should feel a stretch in the front of the hip and thigh of the hanging leg. Hold for 30 seconds, and then switch legs to repeat on the other side. This stretch can help improve step length in walking and make walking more efficient and less energy consuming.



Knee Extension Stretch

Sit upright in a chair and prop one heel on a low stool in front of you. Gently lean forward as you hinge at your hips, feeling the stretch in the back of your knee. Hold the stretch for 1 to 3 minutes before switching legs and repeating on the other side. This stretch helps improve your ability to straighten your knee during walking and avoid the development of a crouched gait. It can also help reduce low back pain by lengthening the muscles that attach to the pelvis.

Forbes HEALTH

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.

Fayette Senior Services
Making Life Better

Piedmont
FAYETTE

HAVE YOU STOPPED BY OUR GARDEN? FEEL FREE TO COME ON IN! WALK THE PATHS, REST IN A ROCKER UNDER THE PAVILLION AND ENJOY ALL FSS HAS TO OFFER.

CONSIDER MAKING A MONATARY DONATION TODAY! OR JOIN THE GARDEN CLUB AND HELP US IN OUR LABOR OF LOVE!



Did you know that the FSS Garden is maintained by our garden club volunteers?



THE FSS GARDEN CLUB MEETS THE FIRST TUESDAY OF EACH MONTH AT 9:30 A.M.

Put your green thumb to use by joining our garden club!

Dear Volunteer, You Make a Difference!

April is National Volunteer month and FSS would like to take the opportunity to recognize EACH and EVERY one of you. Thanks to our selfless volunteers, FSS is the place it is today! We are honored that you care and support FSS with your time and talents. Elizabeth Andrew said "Volunteers do not necessarily have the time; they just have the heart." And we love your heart! Thank you Volunteers!



Seniors Helping Seniors
...A WAY TO GIVE AND TO RECEIVE...
2023 Volunteer Sponsor

Vince Cloud
Lee Ann Cohen
Fayette Community Options
Lindia Condon
Ellie Connolly
Nella Cooper
Linda Craig
Rob Craig
Sherrie Crisp
Gary Crozat
Cora Culbreath
Vicki Cupertino
Dennis Danylchak
Lue Daughenbaugh
Carol Davis
Ellory Davis
Stalone Davis
Lisa DeCarlo
Beth Diddle
Timothy Donnelly
John Douville
Elena Dukes
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Catherine Gray
Scott Gray
Haley Grayson
James Greer
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Ed Haworth
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Chris Hindman
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Teri Jackson
Christine James
Les James
Janet Jaffares
Sharon Johnson
Robert Johnston
Kelvin Joiner
Beth Jones
Bill Jones
Maile Jones
James (Cuff) Kelso

Mark Kendall
Brain Kennedy
Patricia King
Julie Klinger
Ingrid Knox
Bruce Lehner
Linda Leppanen
Dee Lohr
Stony Lohr
Rob Lopez
Janet Mannion
Robert Mask
Jillian Mason
Maggie Maund
Bonnie Mayes
Kelly McQuade
Jane Melton
Steve Metz
Christopher Moon
Mark Morehart
Cherie Morgan
Allen Moscon
Reagan Moscon
Chad Myers
Julie Negron
Arnold Newbold
Clark Ninneman
Barbara Oliver
Mario Oliver
Linda Olmstead
Jorge Orraca
Betty Parker
Caroline Parker
Nancy Peltier
Virginia Pope
Katherine Prickett
Helene Ragsdale
David Rast
Karen Ratcliffe
Evelyn Redmond
Glenda Reed
Lee Ann Robinson

Roxie Romine
Nancy Ruck
Todd Rush
Katie Salisbury
Al Schriber
Judith Schultz
Anita Smith
Delores Smith
Jack Super
Julie Super
Ann Sutton
Brenda Talley
Pam Tate
Martha Teal
Karen Terry
McKenzie Thanxton
Charles Thompson
Janelle Tilley
Amber Tino
Libby Torbush
Jeff Towler
Matt Tuff
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Sylvia Wilson
Ernestine Witcher
Beverly Witkowski
Betsy Wright



A HEARTFELT

THANKS

**TO OUR FAYETTE SENIOR
SERVICES VOLUTNEERS!**

From Our Kitchen To Yours

Cherry Cheesecake Lush

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



Photo via A Spicy Perspective

Ingredients

- 1 package graham cracker crumbs
- 1/2 stick butter, melted
- 1 can cherry pie filling
- 8 oz cream cheese
- 8 oz Cool Whip (plus more for topping)
- 1/2 cup sugar

Directions

- Mix butter and graham crackers and press them into the bottom of an 8x8 baking dish
- Bake at 350° for 8 minutes and let cool
- Cream the sugar and cream cheese together
- Fold in 8 oz of Cool Whip
- Spread the cream cheese mixture over the cooled crust
- Layer on cherry pie filling and then spread a layer of Cool Whip over the cherries
- Chill at least 1 hour before serving

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:

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.



PTC Line Dance group celebrating a members birthday



Our wonderful volunteers at the Comedy Night event

Rules, Regulations & Cancellation Policies

Register early! Many of our classes are extremely popular and fill up quickly! All classes have a class-size limit that varies with each class. All classes – free or fee-based – require registration unless otherwise noted. Any applicable fees must be paid at the time of registration, or you are not considered registered for the class.

REGISTRATION: Please stop by the Fayetteville or Peachtree City location or call the Center receptionist to register for classes. All fees are payable in advance – cash, check, or credit card.

CANCELLATIONS: Fayette Senior Services reserves the right to cancel any class due to insufficient registration or at the instructor's request. If cancellation is necessary, anyone already registered will be notified and receive a full credit to their account. Please note that some classes have specific registration deadlines.

WAITING LIST: All classes, activities, trips, and special events are offered on a first-come, first-served basis. If a class or activity is full, you may be placed on a waiting list.

REFUNDS: Refunds will be issued if registration is cancelled by the participant up to 5 working days prior to the start date. Any event costs incurred will be deducted from the requested refund in addition to a 10% administration fee. No refunds awarded after that deadline. Refunds will be issued in the form of an FSS credit towards future program registration or membership dues.

CLASSROOM PARTICIPATION REQUIREMENTS: Participants must be mobile as well as physically, mentally, and medically able to participate without disruption in any class or activity. Fayette Senior Services reserves the right to evaluate participants to determine an individual's participation ability. Some classes require a medical release and/or a fitness readiness questionnaire.



Members showing off their winnings from A 'Bet'ter Weigh program



Volunteer Appreciation honoring volunteers with massages

Special Events



Photo by Richard Orfano via Flickr

It's Tee Time: Masters Luncheon

PEACHTREE CITY

Monday, April 3

12 p.m. to 1 p.m.

\$10

Members and non-members

Pre-registration required

A tradition unlike any other, the Masters Tournament is one of the most watched and celebrated golf weekends of the year! Put on your Masters best and join us for a delicious Masters themed luncheon. Our kitchen crew will chip up some of the most traditional tastes of the Masters tournament to treat the taste buds. We'll be showing clips of previous Masters tournaments as well as have an amateur putting green set up. Bring your best putter to test your skills.



Photo by Mike Haw via Flickr

Just Shred It: Shredding Services

PEACHTREE CITY

Friday, April 21

10 a.m. to 11 a.m.

FREE

Members and non-members

Pre-registration required

Fayette Senior Services will have a shredding truck from A1 Shredding on site to take care of your shredding needs. Bring in your papers that need to be shredded and have them taken care of at a convenient and familiar site. FSS will not be handling any of your papers; each member is responsible for taking their shredding out to the trucks directly. This event is sponsored and made possible by Merrill Lynch – The Truitt Group.



Sounds of Spring: Outdoor Concert

FAYETTEVILLE

Thursday, April 27

5:30 p.m. to 7:30 p.m.

\$15

Members and non-members

Pre-registration required

Relish a relaxing evening of dinner and music as the Southern Crescent Chorale performs a collection of their most popular pieces. A wonderful evening you won't soon forget as you sit back and enjoy the sounds of one of the most talented and popular local musical groups. This event will be held outdoors, so bring a chair with you to the event! Our kitchen crew will have a delicious dinner, served before the start of the concert. This event is sponsored by State Farm – Agent Mark Gray.

Sunday								Monday								Tuesday								Wednesday							
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April Program Schedule

Needlework

How to Read Crochet Patterns

FAYETTEVILLE

Monday, April 10

10 a.m. to 12 p.m.

\$5

Pre-registration required

Instructor: Nancy Crow

What is a dc or a hdc? What do those *'s mean? And what are those () doing in my pattern? What is that stuff on the band of the yarn and do I need to read it? Does all this confuse you? Let's take the mystery out of reading a crochet pattern. Good for beginners and experts alike. No materials needed. Contact Nancy at icrochet2@bellsouth.net with questions.

Beginning Crochet I

FAYETTEVILLE

Monday, April 17

10 a.m. to 12 p.m.

\$5

Pre-registration required

Instructor: Nancy Crow

Learn the basic crochet stitches – chain and single crochet - and make a useful dishcloth. Materials needed: 1 ball of kitchen cotton yarn (Sugar and Cream or similar yarn), no dark colors; crochet hook size G or H. Contact Nancy at icrochet2@bellsouth.net with questions.

Beginning Crochet II

FAYETTEVILLE

Monday, April 24

10 a.m. to 12 p.m.

\$5

Pre-registration required
Instructor: Nancy Crow

Next step in beginning crochet is a double crochet. Make a wonderful pot holder. Must have taken Beginning Crochet I or know the basics of crochet to participate. Materials needed: 1 ball of kitchen cotton yarn (Sugar and Cream or similar yarn), no dark colors; crochet hook size G or H. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE

Wednesday, April 5

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: Zipper Bag

FAYETTEVILLE

Wednesday, April 19

9 a.m. to 3 p.m.

\$15 | Materials not included

Pre-registration required

Instructor: Darlene Hubble

Want to make some zipper bags? Take a refresher course in how to put in that zipper. Zippers and

fat quarters are for sale if needed. Contact Darlene at dwilliamshubble@gmail.com to coordinate. Must provide your own sewing machine. Some quilting experience required, not for beginners.

Quilting Day: With a Purpose

FAYETTEVILLE

Wednesday, April 26

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

Board and Brush

BOARD AND BRUSH

Thursday, April 13

10 a.m. to 12 p.m.

\$25 | Includes materials

Pre-registration required

Is your inner DIY itching for a fun new project to get creative without having to deal with purchasing all the supplies and making a mess at your own home? Then join us at Board and Brush (277 N. Hwy 74 Suite 204 Peachtree City – Wisdom Pointe Shopping Center)

to make a lovely wood sign. Select which project you'd like to do from a list of choices we provide and arrive with your chosen materials laid out and ready to go. Sand, stain, design and paint your project and leave with a beautiful creation!

Painting Workshop

FAYETTEVILLE
Tuesday, April 18
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 beautiful blooming Azaleas.

Pigments Of Your Imagination

PEACHTREE CITY
Friday, April 21
9:30 a.m. to 12:30 p.m.
\$35 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Learn the magic of alcohol ink! Discover the secret to making wonderful gifts for you or your friends using this method. Make earrings, 2 magnets and a pendant. Learn how to use this media on a variety of items. No experience is needed. See front desk for picture.



Dance

Peachtree City Beginner I Line Dance

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

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

Peachtree City Beginner II Line Dance

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

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

Beginner Line Dance

FAYETTEVILLE
Tuesday
12 p.m. to 1 p.m.
\$15 | Month
Instructor: Eddie Huffman

Keep those line dancing moves sharp! This is designed for those who have at least six months experience in dancing. Dancing is the best activity to keep your mind sharp. 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 experience. 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
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!

Line Dance Step Workshop

FAYETTEVILLE
Monday, April 17
10:30 a.m. to 12 p.m.
\$10
Instructor: Eddie Huffman

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



Fitness

Zumba Gold

FAYETTEVILLE
Wednesday
2:30 p.m. to 3:30 p.m.
\$25 | Month
Instructor: Lori Clark

Zumba Gold is a fun dance class designed for active older adults that incorporates Latin and world rhythms. Zumba Gold introduces easy to follow choreography that focuses on cardiovascular and muscular fitness, as well as balance, range of motion, and coordination. Ditch the boring workout, and join this fun workout party!

Chair Yoga

PEACHTREE CITY
Thursday
8:45 a.m. to 9:45 a.m.
\$25 | Month
Instructor: Lori Clark

A gentle yoga practice in which poses are performed in a chair or aided by a chair while standing. This class will build strength, balance, and flexibility, while incorporating breathing exercises and meditation to calm the body and mind and increase awareness. Bring a mat.

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 for you, this is the

class! Join for a different mix of effective, yet easy-to-follow exercises that will strengthen your body and enhance your mood. Bring a mat.

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 and flexibility.

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.

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-led group meets to practice form. 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 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

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY

Thursday, April 13 | 1 p.m.

Mrs. Harris Goes to Paris (2022) | PG

Starring: Lesley Manville, Isabelle Huppert. London housecleaner Ada Harris thinks her lonely life might turn around if she can become the owner of a Christian Dior gown. Saying goodbye to friends like Archie won't be easy, and neither will be winning over elite people in Paris from Madame Colbert to idealistic accountant André. But Ada's irrepressible charm just might end up saving the whole House of Dior.

PEACHTREE CITY

Thursday, April 27 | 1 p.m.

The Fabelmans (2022) | PG-13

FAYETTEVILLE

Friday, April 28 | 1 p.m.

The Fabelmans (2022) | PG-13

Starring: Michelle Williams, Seth Rogen. Inspired by Steven Spielberg's own childhood, in this coming-of-age story, a young man uncovers a shattering family secret and discovers how the power of film and imagination can help us see the truth about ourselves and each other.

Movie sponsored by:



KAISER PERMANENTE®
Senior Advantage

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.



Dress for the Ages

FAYETTEVILLE

Monday, April 3

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

FREE

Members and non-members
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. Debi Riddle with the Fayette County Historical Society shares breathtaking images of Victorian fashion. Discover the influences of the beautiful outfits for the ladies and revel in the evolution of style during this time period.

AARP Tax Aid Assistance

PEACHTREE CITY

Tuesdays and Thursdays

April 4 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.

Garden Club

FAYETTEVILLE

Tuesday, April 4

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.

Jokes On You

FAYETTEVILLE

Tuesday, April 4

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

FREE

Members and non-members
Pre-registration required

There is no better way to spend April Fool's day than laughing the afternoon away. Come on down for an afternoon full of laughter. Local comedian Jimmy Bates will be cracking jokes for some side-splitting fun. Enjoy humorous, family-friendly jokes, much like the style of famous comedian Minnie Pearl. You'll be rolling on the floor laughing!

A LINC-ed Community

PEACHTREE CITY

Wednesday, April 5

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

FREE

Members and non-members
Pre-registration required

Newnan has been hard at work constructing the LINC, connecting nearly 26 miles of new paths throughout Coweta County. Paved paths for walking, running, biking, skating, and other non-motorized use are here to stay and grow! They offer a venue for recreation, socialization, alternative transportation, and economic development. At the same time, dirt trails are popping up, providing trails for mountain biking and more options for residents to enjoy. Join Parks Avery as he shares the origins of the LINC project and the future plans of growth in the years to come.

What's for Lunch?

PEACHTREE CITY

Thursday, April 6

11:30 a.m.

FREE

Member exclusive
Pre-registration required

Meet us at a local restaurant for an afternoon out with friends! FSS will make reservations and everyone will meet there to enjoy time together. Must be registered to attend due to reservation numbers. This month, lunch will be at Grazing Here in Peachtree City.

Winding Waters

FAYETTEVILLE

Thursday, April 6

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

FREE

Members and non-members
Pre-registration required

Join Conservationists with Newman Wetlands Center for a hands-on learning experience. Discuss how water moves through our environment and learn conservation-centered solutions for protecting water quality. An interactive enviroscape model will demonstrate how water moves, ways human activity impact water quality, and how wetlands serve as nature's water filter.

Cornhole

PEACHTREE CITY
Friday, April 7
11 a.m. to 12 p.m.
FREE
Member exclusive

PEACHTREE CITY
Friday, April 21
11 a.m. to 12 p.m.
FREE
Member exclusive

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

Mayor's State of the City Address

PEACHTREE CITY
Friday, April 7
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Peachtree City Mayor Kim Learnard as she provides a State of the City address. Hear updates on Peachtree City happenings and what is planned for now and the future. Enjoy this chance to get to know Mayor Learnard and discover what exciting things are to come.

Get Wild

FAYETTEVILLE
Monday, April 10
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Get wild with Michelle Sharpee, former animal trainer at Zoo Atlanta, Disney World's Animal Kingdom and Caribbean Gardens Naples Zoo. Hear the fascinating stories of Michelle's times as a trainer to many animals. She has worked with animals like birds, sloths, lemurs, reptiles, exotic cats and more. During her time working with these animals, she was a trainer and keeper and worked with animal behaviors and shows.

Up for the Challenge

PEACHTREE CITY
Monday, April 10
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Some of the most common challenges that aging adults face today include medication management, focus on nutrition and exercise, home safety, isolation and planning ahead. Join Sharon Dillard with Benton House to learn ways you can navigate the biggest challenges you may face in aging successfully.

Volunteer Open House

FAYETTEVILLE
Tuesday, April 11
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 volunteer opportunities, and get center news and updates.

Bingo Karaoke

PEACHTREE CITY
Tuesday, April 11
2:15 p.m. to 3:15 p.m.
FREE
Member exclusive
Pre-registration required

Sing it loud, and sing it proud! But really, you don't have to sing to join the fun. It's just like bingo, but with song titles on the sheet. Get five songs in a row to win bingo. Want to take it up a notch of fun? Sing pieces of the song as they play or even better, if you win a row, sing them all!

Dance the Night Away

FAYETTEVILLE
Wednesday, April 12
11 a.m. to 11:50 a.m.
\$5
Member exclusive
Pre-registration required

Come on and "wobble baby, wobble baby, wobble baby, wobble" the afternoon away with aerobics instructor Miriam Jones as she leads us through a few of the most popular, fun party and wedding reception dances. No partner is needed. Whether you're a beginner or

simply want to brush up on your moves, this is all about having fun! Join in and let the music move you.

One Smart Cookie

PEACHTREE CITY

Wednesday, April 12

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

FREE

Members and non-members
Pre-registration required

She's just as sweet as her cookies, and is here to share the secrets – well only a few – to creating the most delicious cookies. Join Wendy Alba, owner of Wendy's Cookie Studios. From baking as a hobby to being crowned the winner of the *Food Network's Christmas Cookie Challenge* in 2022, Wendy will tell about her experience and give tips to decorating cookies like a champ!

In A Bond

FAYETTEVILLE

Thursday, April 13

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

FREE

Members and non-members
Pre-registration required

Brett Bexley with Edward Jones focuses on fixed income as he educates us on how fixed income investments such as bonds can help us reach our financial goals. Learn about bond characteristics and features and the relationship between interest rates and bond prices. In addition, hear about the tax advantages of municipal bonds and how they may help investors weather fluctuating markets.

Sow the Seeds of Knowledge

FAYETTEVILLE

Friday, April 14

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

FREE

Members and non-members
Pre-registration required

There is no shortage in variety of plants around our area. Have you seen a plant on your walks or as you're driving and wonder what it is? Join Kim Toal with Fayette County Extension and identify common ornamentals in our local landscapes. Feel free to bring a cutting from your yard if you have wondered what plants you have.

1-on-1 Medicare Consultations

FAYETTEVILLE

Monday, April 17

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.

Securing Your Today and Tomorrow

PEACHTREE CITY

Monday, April 17

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

FREE

Members and non-members
Pre-registration required

Alicia Lipscomb with the Social Security Administration shares the many perks that will save time and frustration when using their available online services. Discover ways to

take advantage of these perks no matter if you receive benefits or not. In addition, Alicia will help us learn to navigate their website and see the online features throughout.

This Is How We Brew It: Awkward Brewing Tastings

FAYETTEVILLE

Tuesday, April 18

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

\$15

Member exclusive
Pre-registration required

Ride on over and meet us at Fayetteville's newest brewery! Join us at Awkward Brewing – 250 Lee Street – for a refreshing afternoon! Pull a chair up and sit back for a tasting of some of Awkward's most popular beers on tap. As they go through the tastings, they'll share details about each type of beer from how it's made, what makes it unique, food pairing suggestions, and more. Price includes 6 beer tastings. Cheers! We'll see you there!

A Novel Idea Book Club

PEACHTREE CITY

Tuesday, April 18

1:45 p.m.

FREE

Member exclusive
No pre-registration required

April book: *The Dictionary of Lost Words* by Pip Williams. May book: Please check with Meghan. For more information, please contact Meghan Caton at megcaton@gmail.com.

The Grape Escape

PEACHTREE CITY

Thursday, April 20
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 his expertise about wines. Join monthly for an educational program related to different wines, region and countries. Get information on the choice and become a wine expert in no time. This month, learn about champagnes.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, April 20
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.

Pour Decisions

FAYETTEVILLE
Friday, April 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Pinky out and bottoms up as we dive into the world of wines. Somekos Thompson with One Hope Wine will share details on all the different types of wines. Learn what makes each one so unique, the differences between whites and reds and sweet vs dry, as well as some fine tips on great food pairings with the different kinds. This is only information based, no tastings will be done.

Sing It Loud, Sing It Proud

FAYETTEVILLE
Monday, April 24
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.

A Taste of Spring

PEACHTREE CITY
Monday, April 24
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Spring has sprung, and with that comes the great taste of fresh, seasonal veggies. In-season produce is packed with even more nutrients and flavor in its fresher state. Join Erin and Rebecca with Fayette County Farm Bureau to discuss spring vegetables. Get tips on how to grow and maintain them yourself. Get a taste of some delicious spring veggies during their tasting and go home with some great recipes to incorporate fresh, seasonal vegetables into your menu.

Carry A Tune

FAYETTEVILLE
Tuesday, April 25

10:30 a.m. to 11 a.m.
FREE
Members and non-members
Pre-registration required

Studies show that singing keeps the brain active through recall of words, using voice control, harmonizing and coordination through toe-tapping and finger snapping, not to mention just how fun it can be. Not one to get up in front of a group and sing along? This is the place for you! Join Brightmoor Hospice as they have a collection of songs for a guided sing-a-long. All skill levels welcome to join this informal time of joyful singing.

Booth Middle Schools Presents: *The Jungle Book*

FAYETTEVILLE
Wednesday, April 26
11:30 a.m. to 12 p.m.
FREE
Members and non-members
Pre-registration required

The Advanced Drama students at JC Booth Middle School in Peachtree City are proud to perform the 30 minute musical of Disney's *The Jungle Book* right here at FSS! *The Jungle Book* is about a young boy, Mowgli, who lives in the Indian Jungle, and is raised by wolves. His panther friend, Bagheera, is afraid that the tiger, Shere Kahn, wants to kill Mowgli. Mowgli goes through an adventure in the jungle, meets some new jungle friends and defeats the tiger!

Worry Wart

PEACHTREE CITY
Wednesday, April 26
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Anxiety, worry, stress – they are all around us and sometimes for good reason. But what about those times when they just make us feel stuck? Did you know that over 90% of the things people worry about don't come true or ever affect them. Yet, many stay stuck in a pattern of constant worry. Chuck Lenahan, owner and lead therapist with Insight Out Therapeutics, will talk about how to get away from the emotional mindset that overrides the rational side of our brain, takes hold, and never seems to let go. He will offer tips and tricks designed to pull us out of our "emotional mind" into the "wise mind" to manage the mind and expectations in order to bring peacefulness and acceptance.

P"age" Turners Book Club

FAYETTEVILLE
Thursday, April 27
1:30 p.m.

FREE

Member exclusive

No pre-registration required

April book: *The Secret Daughter* by Shilpi Somaya.
May book: *Klara and the Sun* by Kazuo Ishiguro. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

CSI: Fayetteville

FAYETTEVILLE
Thursday, April 27
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

It's time to put on your detective hat as Officer Scott Israel with the Fayetteville Police Department debriefs what it takes to crack a case. Discover how this field of Crime Scene Investigation works and what is involved when working in forensics. Unravel and put the pieces together to figure out how a crime is solved as well as hearing about some of Scott's most interesting closed cases.

Stuck On You Nail Pampering

PEACHTREE CITY
Friday, April 28

10 a.m. to 12 p.m.

\$15

Member exclusive

Pre-registration required

Enjoy an afternoon of pampering as Christina Zepeda joins us to spruce up your nails! Choose from a variety of colors and sit back and relax as she uses this unique Color Street Nail strips. These nail polish strips are 100% nail polish that are created as stickers meant to fit your exact nail shape and mimic the appearance of a salon-quality manicure without the actual painting of your nails. They are mess free and long lasting, offering a great alternative to your typical polish!

Express Lunch

PEACHTREE CITY
Thursday, April 13
12:45 p.m.

\$10 | Pizza

Member exclusive

Pre-registration required

PEACHTREE CITY
Thursday, April 27
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. 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.



Outwit Your Smart Phone

FAYETTEVILLE

Wednesday, April 5
1 p.m. to 3 p.m.
FREE
Members exclusive
Pre-registration required

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

Computer Technology Assistance

PEACHTREE CITY
Wednesday, April 19
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, April 25
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

Reflexology

FAYETTEVILLE

Tuesday, April 4
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.

Knees, Hips and Pain, Oh My

PEACHTREE CITY
Tuesday, April 4
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Dr. Josh Davis with First Step Physical Therapy helps us combat hip and knee pain that may help avoid surgery. Learn about the most common causes of hip and knee pain, how to avoid injury, methods of treatment if injured and tips to reducing stress on the joints that can lead to surgery.

A Little Sugar Goes A Long Way

PEACHTREE CITY
Thursday, April 6
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Kathryn Martin, Health and Life Coach with Well Fit

Journeys, helps us kick that sugar habit. Gain a better understanding of why we crave sugar and why it can be such a difficult thing to break. Learn tips and tricks to reducing your sugar intake from discovering sneaky sugar names in food labels, what can trigger the sugar comfort crave, and how to approach the step down way without going cold turkey. Take home a handout to assess your own sugar intake – you'll be shocked how eye opening it can be!

A Lil' Bit Salty

FAYETTEVILLE
Tuesday, April 11
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Although one of the most commonly used seasonings in food is salt, the over consumption of this tasty addition can cause an abundance of health concerns. Dietitian Lamura Poore with Diet To Lifestyle discusses the benefits of a low-salt diet and shares ideas for seasoning foods properly with little to no salt at all. Discover the differences in seasonings, suggestions for what to use at home, and ideas on what seasonings to avoid.

Connecting the Docs

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

Advocating for yourself as a patient is so important! You are your biggest voice.

When life may bring you into a hospital setting, knowing certain information about what to expect as a patient will help you and your loved ones navigate the experience. Join Piedmont Fayette Hospital Patient Advocate, Patty Farber, to discuss your rights as a patient, what questions to ask, and how to best advocate for yourself with your medical care team. This program is part of the 2023 Piedmont Wellness Series.

Carbe Diem

PEACHTREE CITY

Friday, April 14

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

FREE

Members and non-members

Pre-registration required

Carbohydrates are a necessary evil that have a bad name! Sure, there are bad carbs, but there are also plenty of good carbs too. Carbs are found in a wide array of both healthy and unhealthy foods and the amount of them in your diet is far less important than the type of carb in your diet. Dietitian Jennifer Lunsford debunks the myths of eating carbohydrates. Learn about the different types and how to best manage them in your everyday eating habits.

Dementia Conversations

FAYETTEVILLE

Monday, April 17

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

FREE

Members and non-members

Pre-registration required

Communication is more than just talking and listening, it is also about sending and receiving messages through attitude, tone of voice,

facial expressions and body language. As people with dementia progress and the ability to use words is lost, families need new ways to connect. Join the Alzheimer's Association as they share strategies for having difficult, but important, conversations about changes that may be related to memory, thinking, and behavior of dementia.

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Tuesday, April 18

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.

Back It Up

FAYETTEVILLE

Wednesday, April 19

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

FREE

Members and non-members

Pre-registration required

Back pain is incredibly common, with some reports suggesting at least one-fourth of U.S. adults report having lower back pain. However, it doesn't have to be this way. Join Piedmont Wellness Center for ideas on simple stretching techniques and ways to strengthen your back that can support muscles and help alleviate back pain.

The Dirty Dozen

PEACHTREE CITY

Wednesday, April 19

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

FREE

Members and non-members

Pre-registration required

We are taught our entire lives to eat right and to take care of our body so it will take care of us. We understand our bodies are made from the foods we eat, but what about the non-food items that we put on our skin, hair, and nails. Piedmont Women's Heart Program Coordinator Avril James will discuss which chemicals are causes for concern in our beauty products and how to find safer alternatives.

Senior Moments

FAYETTEVILLE

Thursday, April 20

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

FREE

Members and non-members

Pre-registration required

We all kid about our "senior moments" – those times we can't recall something familiar or losing our car keys for the third time this week. Some cognitive slow-down is to be expected as we age, but what's normal and what's not? Dr. Alfonso Martinez from The Neuropsychology Center will be here to help us distinguish between a "senior moment" and the first signs of more serious memory issues.

Walk and Talk

PEACHTREE CITY

Tuesday, April 25

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

FREE

Members and non-members

Pre-registration required

The simple activity of walking has many valuable health benefits. From increasing heart health, strengthening bones and joints, and preventing and managing chronic disease, adding 30 minutes of walking to your day is the right prescription

to boost your overall health and wellness. Join Blake Burdett, Fitness Instructor with Piedmont Wellness Center, to walk and talk along the cart paths of Peachtree City while discussing the benefits of daily movement in all forms. Wear comfortable shoes. The walk will be light and the pace will be set to fit everyone's needs. This program is part of the 2023 Piedmont Wellness Series.

Vein Screenings

FAYETTEVILLE
Tuesday, April 25
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Truffles Vein Specialist will be on site to perform routine vein screenings. If you have

leg pain, fatigue, leg and ankle swelling, or just want to have your veins checked out, a professional with Truffles will perform a quick examination of your legs and make suggestions as to if you should seek further medical attention or not. Please wear shorts or loose pants for the doctor to have easy access to your legs.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, April 26
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.

You Are What You Eat

PEACHTREE CITY
Friday, April 28
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Scott Tyson and Hayes Sellers of 180 Degree Farm will discuss the importance of knowing where your food comes from. Get insight on the possible dangers of our current food system and how to eat a more nutrient dense diet. Additionally, learn more about the importance and benefits of eating seasonally for your overall health!

Look What's Coming in May!

Derby Days

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

Put on your Sunday best and Derby hats and enjoy a day at the FSS Derby race! Enjoy this fun rendition of horse racing during this game. Can your horse make it to the finish line?

Full Circle

FAYETTEVILLE
Tuesday, May 2
2:30 p.m. to 3:30 p.m. | FREE
Pre-registration required

Reduce pain and inflammation and speed up the healing process using circulatory modalities. Discover the importance of these and their role in circulation and reducing pain.

May the Force Be With You

FAYETTEVILLE
Thursday, May 4
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

May the fourth – we mean force – be with you! Bring out your Star Wars knowledge and discuss some facts, history and trivia from this popular franchise.

Let's Taco 'Bout It: Cinco de Mayo Luncheon

PEACHTREE CITY
Friday, May 5
12 p.m. to 1 p.m. | \$10
Pre-registration required

Who needs an excuse to have a bite of some delicious tacos? Join us as we celebrate Cinco de Mayo with a spread of tasty tacos, salsa, guac and fun during this lunchtime get-together.

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



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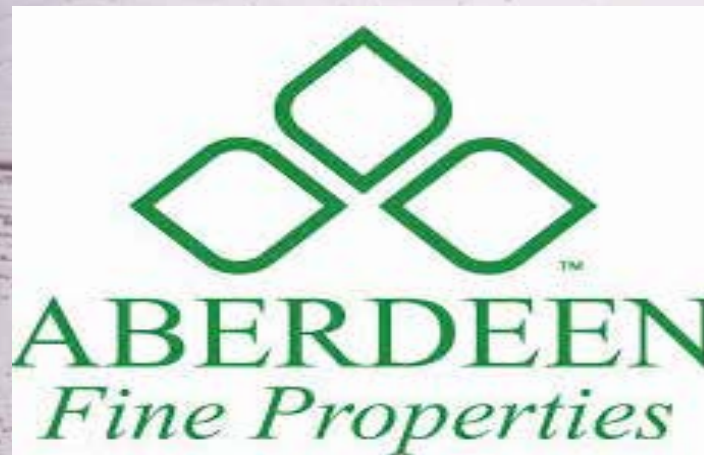
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