

May 2023

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Hold Your Horses

On your mark...get set...GO! We're off to the races as we turn up the stakes for a little friendly competition at the FSS Derby!

## Me Gusta

You'll really like this celebration filled with delicious Cinco de Mayo themed foods, music and fun! Olé, Olé!

## Caul-It Versatile

Enjoy this superfood cauliflower salad. This vegetable is proving to be one of the most popular choices right now!

*Live Well. Age Well.*

# FAYETTE SENIOR SERVICES



## VOLUNTEERS NEEDED

Join our volunteer family today!

Front Desk Reception, Garden  
& Fitness Center

Contact Amber Oliver for more  
details at [aoliver@fayss.org](mailto:aoliver@fayss.org)

Volunteers receive a FREE center membership after 75 hours of hours served.



# May

## featured

### It's About More Than Just A Meal 10

Meet Meals On Wheels volunteer Laura Burgess who makes it about more than just delivering food.

### The Perks of Being a Cauliflower 11

Mix your veggies together for this mouth watering combination of flavors. You won't be disappointed.

### A Day At the Races 15

Enjoy this fun spin on a horse race as we find a way to bring the Kentucky Derby to FSS!

### You Had Me At Taco 15

Take a bite out of some delicious tacos, among other Mexican treats, as we celebrate Cinco de Mayo.

## 2023 HOLIDAY CLOSINGS

<b>Memorial Day.....</b>	<b>May 29, 2023</b>
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
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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

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 Quinnett  
Café Assistant

## MEALS ON WHEELS

Natalie Hynson  
Meals On Wheels  
Coordinator

## 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

Yolonda Finch  
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 guests to check in at the reception desk so we can provide a tour, answer questions, and track the number of visitors to our center. We welcome groups to visit our center for a tour and lunch, but to better serve you, please call 770-461-0813 in advance! 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.

## 2023 Transportation Sponsor



## 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

### *Finish What You Start*

As the first quarter of the new year comes to an end, hopefully we have settled nicely into our habits for 2023. Unlike serial resolutions, we are committed and actively working towards realistic goals - or we should be. Remember, a wish without a plan is merely a dream. Save the dreams for sleep because while awake, there is much work to do. Let's talk about how to make sure we get it done.

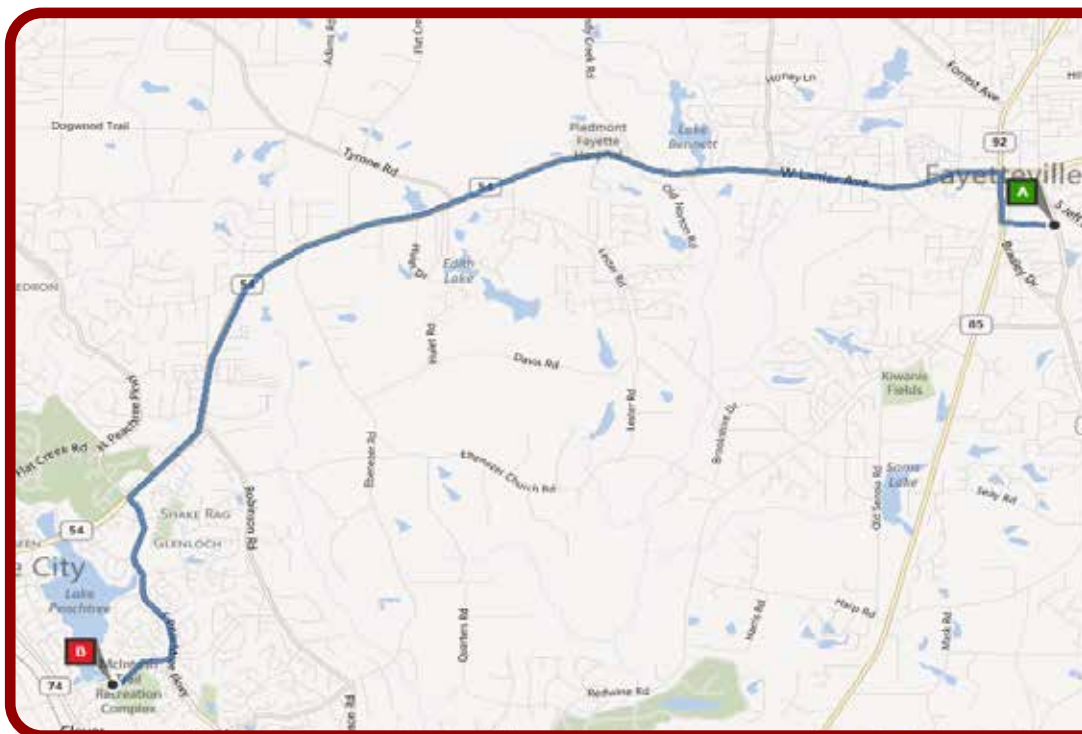
First, visualize life post goal. Meaning, after you've attained the goal, what does life look like? How does achieving it make you happier? If you can clearly see the benefits, you WILL stay on track.

Next, be sure to track any and all measurable progress. This is especially helpful during moments when momentum has abated. By consistently tracking progress, weaknesses and changes in habits, it will be easier to identify and correct them. Seeing a clear picture keeps both enthusiasm and confidence high.

Lastly, set short term goals. Create realistic time lines and celebrate every single victory, no matter how small. Respect, appreciate, and enjoy the process. Don't wait until the very end to reward yourself. The small outcomes along the way build confidence, incite motivation and boost excitement. These wins prime us for the ultimate prize. So embrace it all. We're worth it and we deserve it.

## 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





# 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**  
*Making Life Better™*

 **Piedmont**  
FAYETTE



## STARS SPRING CRAFT SALE

Wednesday, May 10  
11 a.m. to 1 p.m.  
Fayetteville | 4 Center Drive

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

Proceeds go to further benefit the STARS program.



# Dear Volunteer, You Make a Difference!

*Going the Extra Mile*

Written By: Amber Oliver



Meet Laura Burgess...Did you know that Fayette Senior Services is home to the Meals on Wheels program for Fayette County? MOW makes a difference in our community, by providing nutritious meals to homebound or semi-homebound seniors who are unable to provide themselves regular nutritious meals. This program could not happen without volunteers like Laura Burgess.

Laura is retired and in addition to volunteering, she loves cooking for her family and friends, traveling, and relaxing at home. She is the mother of three adult daughters, five grandchildren and one great granddaughter. Laura

has lived in Fayette County for 20 years and began volunteering with FSS in 2014. Initially, she came to the center for lunch in the Ultimate Café but soon decided she wanted to give back by becoming a volunteer. She now goes the extra mile (literally) by driving for not one, but two routes with MOW.

Laura does not just deliver meals but she has developed a rapport with the seniors whom she serves. She lovingly spends extra time with them, providing a kind word, a listening ear, or a small act of caring, all because she wants them “to have a blessed day.” She does not stop there, however. One of the seniors on Laura’s route is unable to carry the trash out and usually leaves the trash bags by the back door for Laura to place into the trash container. Laura has even gone as far as helping find a beloved black cat who escaped out the door. Laura says that helping others while delivering meals is what she enjoys the most about volunteering with FSS. She serves with compassion and care to everyone on her delivery routes.

Thank you Laura for going the extra mile to serve our community!

# From Our Kitchen To Yours

## Cauliflower Salad

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

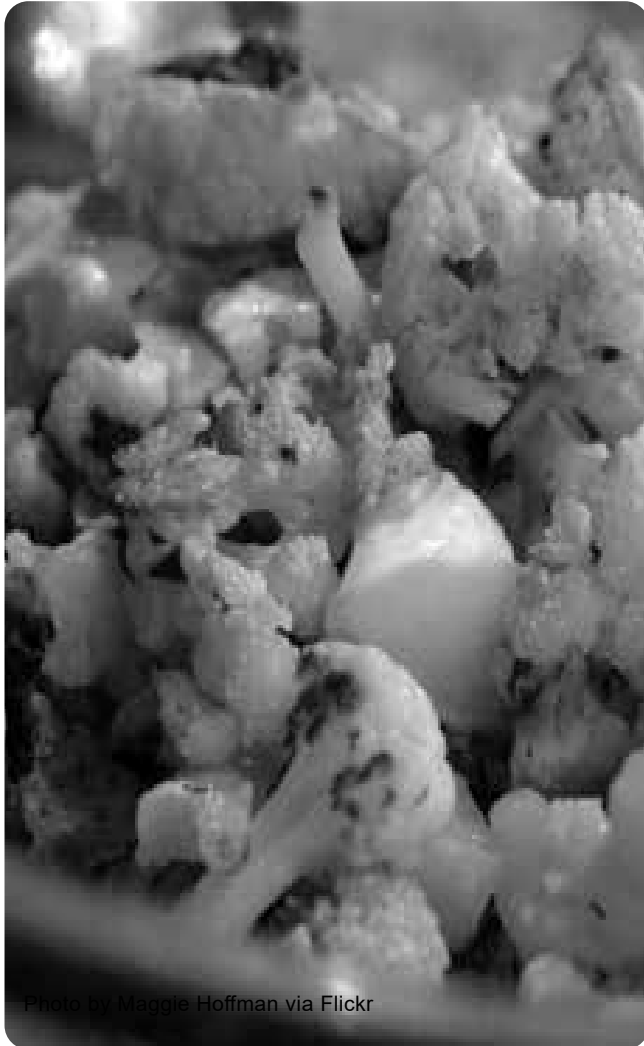


Photo by Maggie Hoffman via Flickr

### Ingredients

- 1 head cauliflower, separated into florets
- 1 small can sliced dark olives, drained
- 2/3 cup green pepper slices
- 1 onion, sliced
- 1/2 cup pimento
- 1 cup raw mushrooms
- 1/2 cup salad oil
- 3 tablespoons lemon juice
- 5 tablespoons wine vinegar
- 2 teaspoons salt
- 2 teaspoons pepper
- 1/2 teaspoon sugar

### Directions

- Make the dressing by combining salad oil, lemon juice, wine vinegar, salt, pepper and sugar. Mix well.
- Mix together the cauliflower, olives, green peppers, onion, pimentos and mushrooms.
- Pour dressing over the vegetables.
- Chill overnight.

*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.



Members enjoying the St. Patrick's Day Celebration in PTC!



Members dancing at our monthly Karaoke 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.



We 'Hit the Trails' at our walk and talk wellness program in PTC.



Our volunteers know how to have fun and celebrate a holiday!



# Special Events



## Derby Days

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

Put on your Sunday best, your most beautiful hat and come on out for the Derby! In celebration of the upcoming Kentucky Derby, we'll be hosting a one of a kind derby race at FSS. Azalea Estates brings us their very own rendition of derby racing with this friendly and competitive game. Can your horse make it to the finish line first?



## Let's Taco 'Bout It: Cinco De Mayo Luncheon

PEACHTREE CITY  
Friday, May 5  
12:15 p.m. to 1:15 p.m.  
\$10  
Member exclusive  
Pre-registration required

Olé! Olé! It's time to celebrate the greatest holiday for tacos. Join us for the perfect excuse to enjoy tacos for lunch, like you really need a reason to chow down on some tacos! We'll have a spread of beef and chicken tacos with choices of all the toppings in addition to delicious chips, salsa, and guacamole to go along with it! Celebrate Cinco de Mayo with us as the kitchen crew sets us up with a treat for the taste buds.



## Afternoon Tea

BISTRO HILARY  
Thursday, May 25  
11:45 a.m.  
\$40  
Member exclusive  
Pre-registration required

Raise your pinkies and enjoy an authentic Afternoon Tea at Bistro Hilary in Senoia. Delight in several unique tea blends paired with traditional savories and pastries, all prepared in-house by the talented Chef Hilary and her pastry chef. This exclusive menu is all homemade and not available on their usual menu! Hats are welcome – tea cups provided or bring your own special tea cup and share the story. Meet at Bistro Hilary - 21 Barnes Street in downtown Senoia.

Sunday	Monday	Tuesday	Wednesday
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# May Program Schedule

## Needlework

### Crochet: Amigurumi Octopus

FAYETTEVILLE  
Monday, May 8  
10 a.m. to 12 p.m.  
\$5

Pre-registration required  
Instructor: Nancy Crow

Want to try making a small stuffed toy? Here is your chance! If you know stitches, single, double and half double, you can do this project. Materials needed: Worsted weight yarn; size G crochet hook; Nancy will provide the eyes. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Butterflies

FAYETTEVILLE  
Monday, May 15  
10 a.m. to 12 p.m.  
\$5

Pre-registration required  
Instructor: Nancy Crow

Spring is finally here and it's time for butterflies! Make several different colors into pins. Simple pattern for all skill levels. Materials needed: Small amount of sport weight or fingering weight yarn; size E or F crochet hook; Nancy will provide the safety pins. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, May 3  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, May 10  
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, May 31  
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. Must provide your own sewing machine. Some quilting experience required, not for beginners.

## Creative Pursuits

### Painting Workshop

PEACHTREE CITY  
Tuesday, May 16  
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 unique and abstract version of a vase of flowers.

### Watercolor Waterfall

PEACHTREE CITY  
Friday, May 19  
9:30 a.m. to 12:30 p.m.  
\$25 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Paint a tranquil watercolor waterfall as you learn the skills of using this paint. 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  
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

### Tai Chi

FAYETTEVILLE  
Thursday  
2:30 p.m. to 3:30 p.m.  
\$25 | Month  
Instructor: Billy Huber

Tai Chi provides a safe, gradual way to improve flexibility, increase circulation, reduce stress, strengthen bones, lower blood pressure, and increase overall fitness. In this class, you'll learn simple movements that build and focus on healing energy.

### Zumba Toning

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

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

### 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.

### 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.

## **Tai Chi Club**

FAYETTEVILLE  
Tuesday  
2 p.m. to 4 p.m.  
Thursday (no 3rd Thursday)  
10 a.m. to 11:30 a.m.  
FREE  
No pre-registration required

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

## **Power Aerobics**

FAYETTEVILLE  
Tuesday and Thursday  
7:40 a.m. to 8:30 a.m.  
\$20 | Month  
Instructor: Miriam Jones

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

## **Intermediate I Aerobics**

FAYETTEVILLE  
Tuesday and Thursday  
8:40 a.m. to 9:30 a.m.  
\$20 | Month  
Instructor: Miriam Jones

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

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

Via Zoom from your home  
Tuesday and Thursday  
8:40 a.m. to 9:30 a.m.  
\$20 | Month per class  
Instructor: Miriam Jones

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

## **Intermediate II Aerobics**

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

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

## **Stretch for Movement**

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

A series of simple and easy to follow stretch combinations to improve your balance, coordination, and range of motion.

## **Stretch for Movement: Zoom Live Session**

Via Zoom from your home  
Wednesday  
9:45 a.m. to 10:30 a.m.  
\$10 | Month  
Instructor: Miriam Jones

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

## **Stretch for Movement Pre-recorded Sessions**

FAYETTEVILLE  
Monday  
9 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.

## Special Interest

### **The Words of Complicity**

PEACHTREE CITY

Monday, May 1

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

FREE

Members and non-members

Pre-registration required

Jim Scott turns the pages of *Complicity*, his very own book he's written and published under his pseudonym S.K. Bentley Davis. Jim will share how he developed the characters and story line to this intriguing piece. The book follows a mixed-race, gambling woman during the 1800s. Her story of acceptance, love, adventure and a little crime takes readers on an adventure of twists and turns as well as love over a 50 year time period.

## **Garden Club**

FAYETTEVILLE

Tuesday, May 2

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.

## **Wheel of Fortune**

FAYETTEVILLE

Tuesday, May 2

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

FREE

Members and non-members

Pre-registration required

Fayette County's very own Lindsey Choisnet was a contestant on the popular gameshow *Wheel of Fortune*. This iconic show has been around for decades, and features a fun competition of chance and logic to beat the time and take home the grand prize. Hear about her experience on the show and watch a few clips from her episode!

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

PEACHTREE CITY

Wednesday, May 3

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

FREE

Members and non-members

Pre-registration required

# **The Center Box Office**

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

PEACHTREE CITY

Thursday, May 11 | 1 p.m.

*Black Panther: Wakanda Forever* (2022) | PG-13

Starring: Lupita Nyong'o and Daniel Gurira. Queen Ramonda, Shuri, M'Baku, Okoye and the mighty Dora Milaje fight to protect their nation from intervening world powers after the death of beloved King T'Challa. Banding together with War Dog Nakia and Everett Ross, the heroes strive to forge a new path.

PEACHTREE CITY

Thursday, May 25 | 1 p.m.

*A Man Called Otto* (2022) | PG-13

FAYETTEVILLE

Friday, May 26 | 1 p.m.

*A Man Called Otto* (2022) | PG-13

Starring: Tom Hanks and Mariana Treviño. Otto Anderson is a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around.

Movie sponsored by:



**KAISER PERMANENTE®**  
Senior Advantage

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!

## Fish On

### FAYETTEVILLE

Wednesday, May 3

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

FREE

Members and non-members

Pre-registration required

Reel in a big one with fishing enthusiast Tony Vacinek. Over the years, Tony has taken to the waters to relax and throw out some bait to hook a big one. He's become quite the expert over time as he challenged himself to learn new and better ways to fish certain waters, species, and elements that come along with the cast. Get tips to up your fishing game to bring in the big one during your next fishing excursion.

## What's for Lunch?

### PEACHTREE CITY

Thursday, May 4

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 Friends Table located in Peachtree City.

## May the Force Be With You

### FAYETTEVILLE

Thursday, May 4

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

FREE

Members and non-members

Pre-registration required

May the fourth – oh, we mean force – be with you! Bring out your inner Jedi as Todd Bills with Todd Bills Agency discusses fun facts, history and debriefing of the popular Star Wars franchise. On this informal commemorative day observed annually on May 4th, celebrate the story that brings generations together. Even show how strong the force is with you as he challenges us with some great Star Wars history. In a galaxy far, far away....

## From 'For Sale' to 'Sold'

### PEACHTREE CITY

Thursday, May 4

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

FREE

Members and non-members

Pre-registration required

If you're in the market for a new house or looking to sell yours, it is important to know the stages of today's real estate world. Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will take us through the process from start to finish. From getting a home ready to list and finally closing, you'll have a better understanding of what to expect during this entire process.

## Cornhole

### PEACHTREE CITY

Friday, May 5

11 a.m. to 12 p.m.

FREE

Member exclusive

### PEACHTREE CITY

Friday, May 19

11 a.m. to 12 p.m.

FREE

Member exclusive

Bring out your competitive side or just join us 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!

## Don't Get Bogged Down

### PEACHTREE CITY

Monday, May 8

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

FREE

Members and non-members

Pre-registration required

Bog gardens can be created by adapting an existing soggy area to a beautiful one. These marshy gardens make a wonderful addition to any landscape. Many plants that thrive in these environments are carnivorous plants, which have adapted to "eat" to survive! Meet some of nature's most curious plants and the different ways they've come to find what they need in some challenging environments. Charlee Glenn, Environmental Education Programs Manager with the Southern Conservation Trust, teaches us how to create these fascinating natural adaptations of bog gardens and how to maintain these carnivorous plants. Then take a close look at live specimens up close and personal.

## Perfectly Imperfect

### FAYETTEVILLE

Tuesday, May 9

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

FREE

Members and non-members  
Pre-registration required

Maureen Sweatman, Founder and Chief Joy Officer of Joyful Living Coaching, will lead the conversation on the role fear and self-sabotage play in keeping you caged in a cycle of trying and failing to be perfect. Gain confidence in building strategies to manage those fears and explore how choosing joy can teach you to embrace being perfectly imperfect. You will identify one strategy to use the next time you find yourself tempted to fall for the trap of perfection. Maureen will be joining us via Zoom.

## **Volunteer Open House**

FAYETTEVILLE  
Tuesday, May 9  
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.

## **The Tangled Web of Medicare**

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

Medicare can be a tangled web of confusion when trying to break down all the details of coverage. Go a little deeper and dig beyond the basics to get more information about

the items they don't always tell you about Medicare! Bonita Prigmore, Medicare specialist with Medicare and Other Red Tape, shares the secrets to Medicare you may not be aware of. Discover things such as how it is possible to get money put back into social security each month or how to get a flex debit card to help with groceries and utilities. Find coverage details you may not be taking advantage of. Come ready with a questions and Bonita will clear up any confusion you may have!

## **Pack Your Bags**

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

Pack your bags and hit the road. It's time for a getaway! But, have you set aside the right funds to cover these travel expenses? Will Stone, Certified Financial Planner with On Purpose Financial Management, helps guide us in living out a meaningful retirement. Get tips on planning for travel during retirement that won't stretch your budget while still enjoying the things you love. Discover ways to fund your travel, learn the pros and cons to travel insurance, and how to keep tabs on your finances while traveling.

## **1-on-1 Medicare Consultations**

PEACHTREE CITY  
Monday, May 15  
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.

## **Record Clean Out**

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

It's time for a late spring cleanup, this time to organize your financial records! Brandon Jordan with Arch Advisory helps us dust off the cobwebs and clean out our documents. Discover which financial forms to put together that are most important to have ready if needed quickly. Get insight on what to keep in order and suggestions of financial forms to have easily accessible, but in a secure location.

## **A Novel Idea Book Club**

PEACHTREE CITY  
Tuesday, May 16  
1:45 p.m.  
FREE  
Member exclusive  
No pre-registration required

May book: *West with Giraffes* by Lynda Rutledge. June book: *The Personal Librarian* by Marie Benedict. For more information, please contact Meghan Caton at megcaton@gmail.com.

## **Mr. Tambourine Man**

FAYETTEVILLE  
Thursday, May 18  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required  
Often regarded as one of

the greatest songwriters and musicians of all time, Bob Dylan has had a major impact among generations as a leader in music spanning more than sixty years. Historian Robert Jones grooves to the music as he plays some of Bob Dylan's acoustic songs that were written in the 1960s and discusses the meaning and history behind the words, including "Mr. Tambourine Man," "Blowin' in the Wind," and "You Ain't Goin' Nowhere," to name a few. Robert will be joining us via Zoom.

### **Dementia Caregiver Support Group**

PEACHTREE CITY  
Thursday, May 18  
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](mailto:lynnette.dunn@piedmont.org).

### **The Grape Escape**

PEACHTREE CITY  
Thursday, May 18  
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 Syrah, Shiraz and Petite Syrah.

### **Days Worth Living**

FAYETTEVILLE  
Friday, May 19  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

In your 30,000+ days of living, have you discovered the way of truly living? There is a difference between receiving the gift of biological life versus the individual choices we make to live our life journey. This can be made into a process of truly living. Join retired psychologist Dr. James Hughey as he leads a discussion to understand what behavioral and emotional life choices we have made throughout our lives and create guidance for what we may choose for future days ahead. If you'd like, listen to his podcasts online prior – [www.pfpl.us](http://www.pfpl.us).

### **The Family Tree**

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

Genealogy can be fascinating and many of the websites available today have endless resources for finding out more information than ever before. But, with so many websites can come an endless web of information. Genealogist Jan Bryant will demonstrate the different resources that can be found on each of the major genealogy websites such as Ancestry, FamilySearch, FamilyTreeDNA, MyHeritage, and 23 & Me. She'll demonstrate how to find certain county and state documents and share

information available about the DNA matches and process.

### **Sing It Loud, Sing It Proud: Karaoke**

FAYETTEVILLE  
Monday, May 22  
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.

### **Ward Off the Weeds**

PEACHTREE CITY  
Monday, May 22  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

We know they can be a nuisance and are not the most attractive in a beautiful yard, but weeds can be beneficial to our landscapes. They can fertilize the soil, increase moisture, repel pests, attract insects and serve as living mulch. Kim Toal with Fayette County Extension provides information about common weeds in your landscape, how they reproduce, and management strategies to consider. Discover the pros and cons of weeds in your landscape.



## AARP Smart Driver's Course

### FAYETTEVILLE

Tuesday, May 23

9 a.m. to 4 p.m.

\$20 | AARP Members

\$25 | Non AARP Member

FSS Member exclusive

Pre-registration required

The AARP Smart Driver's Course is a refresher course for adult drivers, which has helped millions of drivers remain safe on today's roads. Tune up your driving skills and update your knowledge. Most auto insurance companies provide a multi-year discount to graduates as well.

## The Pursuit of Happiness

### PEACHTREE CITY

Tuesday, May 23

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

FREE

Members and non-members  
Pre-registration required

Transitioning into any new phase of life can be a challenge, but finding the good in all times is key! Allowing yourself to feel happy and finding that happiness is most important. Beth Dow with Home Helpers Home Care helps us focus in on finding our passion for joy. Get tips on building strong relationships, finding a sense of purpose, facing change and challenges head on, investing in marriage and relationships, and how to find the positive in any situation.

## On the Spot

### FAYETTEVILLE

Wednesday, May 24

1 p.m. to 2 p.m.

FREE

Members and non-members  
Pre-registration required

Georgia Ensemble Theatre Education Director, Laurel Crowe, will guide participants through a variety of team building, memory improving, and fun improv games in this hands-on workshop tailored to our community! Laurel will even take time at the end of the workshop to answer questions you may have about working in professional theatre.

## Oil Be There For You

### PEACHTREE CITY

Wednesday, May 24

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

FREE

Members and non-members  
Pre-registration required

Extra virgin olive oils can make a difference in recipes and cooking methods, but how do you really know which one to choose with all the varieties out there? Branch and Vine will be here to enlighten us on the ins and outs of olive oils. Join us for a tasting of premium extra virgin olive oils sourced from around the world. Learn how to properly taste these oils, the importance and health benefits of them, the difference in taste between fresh and not fresh, ways to use the oil and the chemistry behind how they are made.

## P"age" Turners Book Club

### FAYETTEVILLE

Thursday, May 25

1:30 p.m.

FREE

Member exclusive

No pre-registration required

May book: *Klara and the Sun* by Kazuo Ishiguro. June book: *West with Giraffes*

by Lynda Rutledge. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## Bean Bag Baseball

### PEACHTREE CITY

Friday, May 26

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

One, two, three strikes you're out at the baseball board! Yes, we said that right... Bring out your competitive side with this exciting combination of baseball and cornhole. We'll split into two teams as we head up to bat and toss the bean bags for our "hit". Sink it in one of the many holes to determine if you make a home run, base hit, out, or strike. No previous experience needed to join in the fun!

## iPad Workshop

### PEACHTREE CITY

Friday, May 26

1 p.m. to 3 p.m.

\$15

Members and non-members  
Pre-registration required

If you still can't figure out your iPad or just don't feel like you're getting the most use out of it, this is the class for you! The world of iPads can be confusing since they don't navigate the same way as the computers we often use. When using the Apple system that these pads operate with, there are many differences, but so many things to take advantage of. Join tech expert Samuel Tisdale as he covers the basics of using your iPad. Learn how to utilize your product to get the most out of your tablet.

Must have an Apple iPad to participate and bring with you to class to follow along.

## Car Wash

### PEACHTREE CITY

Tuesday, May 30

9 a.m. to 4 p.m.

\$40

Member exclusive

Pre-registration required

Splish splash your car was taking a bath! Hector Antonio with Roll N' Shine will be on site for your convenience to bring your car in for a wash, inside and out, while you wait comfortably in FSS. Roll N' Shine has the right to turn down cleaning service for extremely dirty interior.

## Scrub-A-Dub-Dub Soap Making

### FAYETTEVILLE

Tuesday, May 30

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

FREE

Members and non-members

Pre-registration required

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

## Talk To Me

### PEACHTREE CITY

Wednesday, May 31

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

FREE

Members and non-members

Pre-registration required

Stay connected with family and friends through a variety of videochat options. Join Beth Campbell with Brightmoor Hospice as she shares ways to connect with family and friends on a more personal level than your basic phone call. Take in the joy of face to face chatting, even when you can't be in person with one another. Videochatting provides a more personal touch to your typical phone call. Learn options available and how to use it while getting comfortable with the technology.

## Express Lunch

### PEACHTREE CITY

Thursday, May 11

12:30 p.m.

\$10 | Pizza

Member exclusive

Pre-registration required

### PEACHTREE CITY

Thursday, May 25

12:30 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, May 17

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

### FAYETTEVILLE

Tuesday, May 30

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

Bring in your laptop and questions about your computer for one-on-one 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

### Massage

FAYETTEVILLE

Tuesday, May 2

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.

### Full Circle

PEACHTREE CITY

Tuesday, May 2

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 discusses circulatory modalities to reduce pain and inflammation and speed up the healing process. Learn more about what circulatory modalities are and why it is so important in playing a role in circulation and reducing pain.

### Don't Be Tense

FAYETTEVILLE

Friday, May 5

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

FREE

Members and non-members

Pre-registration required

Muscle tension can cause an abundance of pain, and if not addressed properly, can continue to get worse. Muscle tension is caused by your muscles staying partially contracted for a period of time, first causing them to feel stiff and achy and eventually leading to more chronic pain. Physical Therapist Dr. Thad Poitevint with TxTeam helps us relax our muscles to avoid tension. Get advice on treatments available through stretch, hot and cold therapy, and identifying pressure points, if you do find yourself a little tense.

### Pantry Makeover

FAYETTEVILLE

Monday, May 8

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

FREE

Members and non-members

Pre-registration required

Having a healthy, stocked pantry can solve a meal challenge in a flash. Join Certified Health Coach Jennifer Lunsford to learn how to choose items for your pantry that are nutritious, have a long shelf life, and can be used to make easy and delicious meals. Select heart-healthy staples from a mock pantry and transform them into a tasty meal.

### A Bit of A Stretch

PEACHTREE CITY

Tuesday, May 9

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

FREE

Members and non-members

Pre-registration required

Stretch it out! Incorporating a regular stretch routine into your daily life can provide

a world of difference for your body. Oftentimes we only stretch before or after exercising, but we should be doing this much more often. Noah Marchese with Health Choice Chiropractic shares about the positive impact stretching each day can have on your body and will include ideas for stretches you can do to loosen up. Wear comfortable clothing to do a short stretching series during class to experience what a difference even just five to ten minutes of stretching can make.

### Not So Swell Inflammation

FAYETTEVILLE

Wednesday, May 10

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

FREE

Members and non-members

Pre-registration required

Inflammation can be quite the silent pain in the rear end! Sometimes masked by other signs and symptoms and oftentimes misdiagnosed, chronic inflammation can be a silent killer. Join Dr. Jennifer Franklin with Illuminate Functional and Lifestyle Medicine as she shares what you can do to protect yourself from this. Discover how to better manage inflammation, things your doctor may not be addressing, and actionable steps you can start immediately to help protect yourself!

### If the Shoe Fits

FAYETTEVILLE

Thursday, May 11

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

FREE

Members and non-members

Pre-registration required

Join Craig Jones with Foot Locker as he walks us in the

right direction to choosing the perfect workout shoes to fit your needs. Each person is different, so no one workout shoe is going to be the right fit for everyone. Craig will give us some tips on determining our foot type, teach us about different shoe and brand qualities, enlighten us about the differences between athletic vs. orthopedic shoes, as well as help us determine a comfortable price point to suit our needs.

## **CPR Training**

PEACHTREE CITY

Friday, May 12

1 p.m. to 3 p.m.

\$5

Members and non-members

Pre-registration required

Join Jeff Partridge with ERTSS to learn lifesaving skills in this CPR course. This course teaches the skills needed for adult, child and infant CPR as well as how to relieve choking. You never know when this knowledge will come in handy and here is your chance to be prepared. This class will not provide a certification card due to the cost of cards, but will be the exact same content as a certification course.

## **Brain Games for Brain Health**

FAYETTEVILLE

Monday, May 15

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

FREE

Members and non-members

Pre-registration required

Join Heartis and work your brain! They will demonstrate that brain health and cognitive engagement can be pursued through an assortment of experiences and lifestyle choices. Learn how working out the brain is just as important as other

areas of health and take part in a series of exercises and games that help sharpen the mind.

## **Eyeglass Repairs and Adjustments**

FAYETTEVILLE

Tuesday, May 16

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.

## **Stroke Warrior**

FAYETTEVILLE

Tuesday, May 16

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

FREE

Members and non-members

Pre-registration required

About 800,000 Americans suffer from new or repeated strokes each year. Strokes are the leading cause of serious long-term disability and are the fifth leading cause of death in the US. But 80% of strokes are preventable! Lisa Jackson, RN and Manager of Piedmont Fayette's stroke program, will share the risk factors of stroke and how specific lifestyle modifications can lower stroke risk for yourself and family members. Every minute counts, learn how to spot the signs of stroke to perhaps save a life! This program is part of the 2023 Piedmont Wellness Series.

## **Let's HIIT It**

FAYETTEVILLE

Wednesday, May 17

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

FREE

Members and non-members

Pre-registration required

HIIT, Tabata, intervals...these may be unfamiliar terms, but they are all popular ways to exercise involving bouts of activity interspersed with rest. The best part about these workouts is you can usually work harder for a shorter amount of time and still gain amazing improvements in your fitness! Join an fitness expert from Piedmont Wellness Center to learn the ins and outs of interval training and even try out some options for yourself. Wear comfortable clothes and shoes if you'd like to try it out during class!

## **Diets of the World**

PEACHTREE CITY

Wednesday, May 17

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

FREE

Members and non-members

Pre-registration required

Take a new look at different types of food other than what you may be used to as we travel around the world to learn about ties between culture and food habits. Dietitian Lamura Poore with Diet To Lifestyle will discuss various food habits from around the world and how they are linked with culture and tradition.

## **Change Your Tone**

FAYETTEVILLE

Monday, May 22

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

FREE

Members and non-members

Pre-registration required

Strength training is not all about building muscles. As we age, it provides an abundance of benefits. Toning and building strength contributes to better coordination, balance, mobility, and overall health, to name a few. Fitness instructor



Euriel Reynolds discusses the many benefits of this and provides a demonstration on useful exercises. Use hand weights, elastic bands and balls to strengthen muscles and increase range of motion during this full body workout for all fitness levels. Wear comfortable clothes and shoes to take part in this demo.

### **Balance It Out: Balance Assessments**

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

Alison Bishop, Clinical Director of PT Solutions Physical Therapy, will be on site to perform a short test to determine the strength of your balance. Follow

a series of tasks that will help determine different characteristics to test your risk of falls. Afterwards, Alison will discuss the results and make suggestions to achieve a level of wellness and balance you desire.

### **Hearing Aid Cleanings & Maintenance**

FAYETTEVILLE  
Wednesday, May 31  
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.

### **Memory Screenings**

FAYETTEVILLE  
Wednesday, May 31

1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Dr. Martinez and his staff with the Neuropsychology Center will be on site to perform one-on-one memory screenings that are helpful in determining if forgetfulness is more than just normal aging. Immediately following a screening by a staff member, Dr. Martinez will be available for a brief consultation to review the results.

## **Look What's Coming in June!**

### **Cancer Survivor Celebration**

FAYETTEVILLE  
Thursday, June 1  
9 a.m. to 10 a.m. | FREE  
Pre-registration required

*Celebrate Cancer Survivors Month as we sing joy to those who are battling or have beat this disease. Enjoy refreshments and a morning in our garden to share in the gratitude of life.*

### **Poolside Pages**

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

*Throw on some sunscreen, grab your shades, and head for the water, because we've got some great poolside and beach reads for you! Get some suggestions on the best of summer reading list.*

### **240 Glynn Street**

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

*This former Fayetteville City Hall location is being redeveloped into a property that will add great options to the downtown Fayetteville district including coffee, pottery, a bar, salons, food and more.*

### **A New Face to Peachtree City**

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

*Join the new Peachtree City City Manager Bob Curnow as he introduces himself and learns the lay of the land for our local town!*

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



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