

June 2023

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Boot Scoot & Boogie

Put on your boots, tip your cowboy hat, and come on down for a boot scootin' good time at our annual Boot Scoot & BBQ event!

Donut Day

A donut a day won't keep the doctor away, but it sure will taste delicious! Enjoy a demo on making incredible donuts.

A Little Fishy

There's something about these savory homemade salmon cakes! Easy to make and even better to eat.

FIX **ED**
INCONTINENCE.COM CURE.ORG

URINARY INCONTINENCE? ERECTILE DYSFUNCTION?
LEARN ABOUT TREATMENT OPTIONS

Attend a webinar! Register now >>>

ALOHA

JOIN US FOR A

LUAAU PARTY

THURSDAY
AUGUST 24

5 PM

ISLAND FEVER LUAU
203 McINTOSH TRAIL | PEACHTREE CITY
Tickets only \$15!



June

featured

Driving the Distance 10

This giving Meals on Wheels volunteer loves to help others in any way he can lend a hand!

Don't Leave It To Salmon Else 11

Rush to your local grocery store and into your kitchen to make these delicious dinner treats.

Here For A Honky Tonk 15

Heel, toe, do si do, come on baby, let's go! Boogie on down for a delicious BBQ dinner and good time.

Donut Worry About A Thing 15

There's nothing like a fresh donut to get your mouth watering! Take part in this donut demo and tasting.

2023 HOLIDAY CLOSINGS

Annual Maintenance	June 27, 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

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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

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. *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.

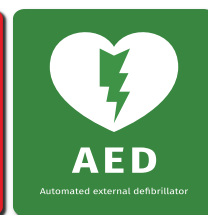
Hot breakfast item served every day
Enjoy a choice of continental breakfast items

(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...

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, Heritage Bank, and Kaiser Permanente.

October 2023

Oktoberfest

Fayetteville | Thursday, October 26

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

Gutten tag yall! It's Oktoberfest in the South. Enjoy an evening of Polka music and fill your bellies with authentic German cuisine. Event sponsored by State Farm – Agent Mark Gray, Senior Helpers, and SouthCare Cremation and Funeral Society.

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

Miriam's Fitness Corner

Hot & Ready

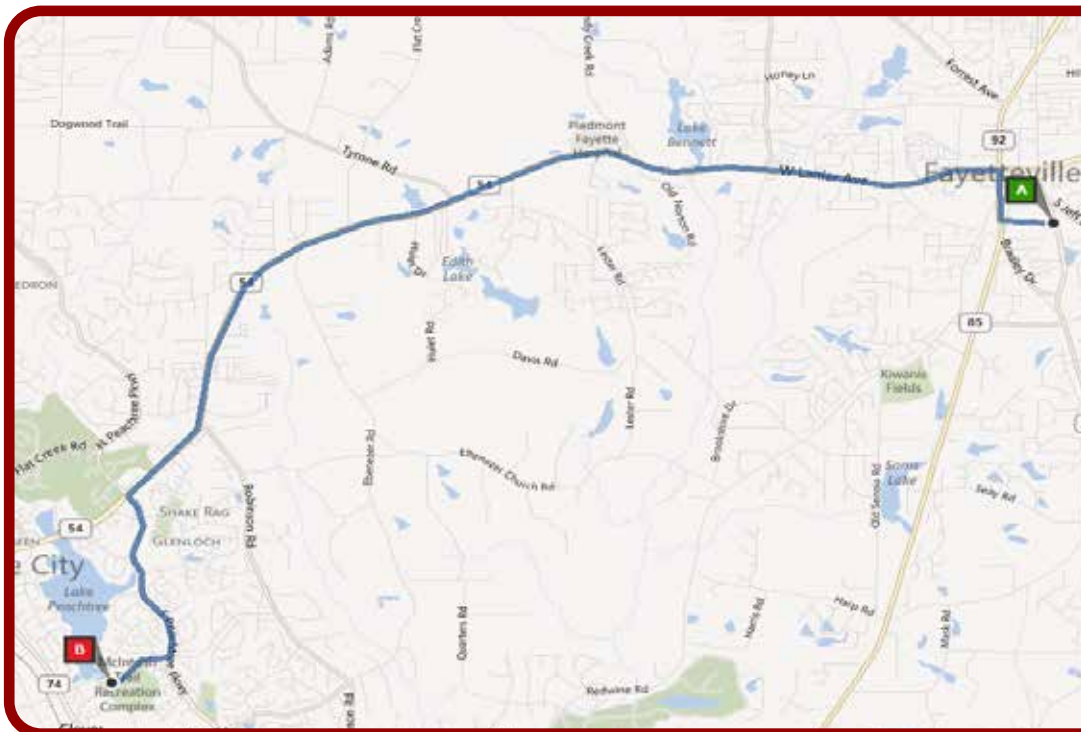
The sun is gleaming. Life is beautiful. Summer is finally here. Bye bipolar temps, hello sunshine! To ensure we are ready, here are a few tips to help us through the season:

1. Plan outside activities early in the morning or when the sun begins to set to avoid excessive heat.
2. Steer clear of direct sun exposure whenever possible.
3. Wear sunscreen daily (SPF 15 or higher).
4. The air conditioner is your bestie. Schedule meetups with friends at air conditioned places like the senior center or indoor malls to walk and people watch. If rolling solo, drop by the library and use their wifi or catch up on some reading. Hot summer days are perfect for catching that new movie you've been wanting to see.
5. Drink water, water, water and more water. Stay hydrated and keep electrolytes on hand.
6. Shy away from dark colored or heavy clothing. These garments tend to draw heat.
7. Always wear sunglasses to protect your eyes and a light, broad-brimmed hat to protect your head.
8. Incorporate tepid showers or baths to keep your body temperature feeling cool.
9. If hot natured, invest in a neck cooling towel. They work miracles.
10. Keep check on one another. If heat exhaustion is suspected, call or see a doctor immediately.

Now let's all enjoy this gorgeous weather!

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



Garden Club

Plant your roots with Fayette Senior Services

IF YOU HAVE A GREEN THUMB AND ENJOY
GARDENING, VOLUNTEER WITH OUR FSS GARDEN CLUB!

Free membership with 75 hours of volunteer service



FOR MORE INFORMATION, CONTACT
AMBER OLIVER | AOLIVER@FAYSS.ORG



Deliver A Difference

VOLUNTEERS NEEDED

Our Meals on Wheels team is looking at add an additional route to our program! In order to make this happen, we are in search of 5 new volunteers to make this possible! You can deliver a difference to homebound seniors.

- ✓ 1 day a week for 1 to 2 hours (between 10:30-12:30)
- ✓ Create connections with homebound seniors
- ✓ Weekly drawing to win gas gift card

For more details, contact Amber Oliver at aoliver@fayss.org or 770-461-0813



JOIN OUR MEALS ON WHEELS TEAM

 www.fayss.org/volunteer-application

Dear Volunteer, You Make a Difference!

A Meal and a Helping Hand

Written By: Amber Oliver



In February of 2022, Bruce Lehner became a volunteer with Fayette Senior Services as a Meals On Wheels (MOW) substitute driver. He was always willing to fill in when needed, and it wasn't long before he was hooked and picked up 2 permanent MOW routes. He enjoys providing people with nourishment and some much needed conversation as many of our MOW recipients have limited contact with others. "It seemed like a worthy cause and I wanted to give back to the community," shared Bruce. According to Natalie Hynson, FSS MOW Coordinator, Bruce knows his clients well and always ensures they get the meals they need. On one occasion, a client was consistently struggling with her door lock as she was weak and unable to easily open her door. Bruce didn't hesitate to jump in and remedy the situation. When asked what the best thing that has happened to him this week, Bruce said "I got to help people!"

Bruce grew up in Columbus, Ohio. His father worked for IBM in sales and management and his mother was a homemaker for Bruce and his two younger siblings. As kids, Bruce and his brother and sister loved catching lightning bugs and sharing family time during vacations. At just eight years old, Bruce

acquired his first job, cutting grass. He later attended Miami University in Oxford, Ohio, where he met his wife Michelle. Bruce spent 35 years with ABF Freight, the last 15 of which he was the National Account Sales Director until he retired in 2020. They have been married for 40 years and have two beautiful daughters, Kaitlin, who lives in Atlanta and Virginia, who lives in New Delhi, India.

Bruce's hobbies and interests include cheering on college football, fishing, golf, community involvement, coaching youth sports, and card games – especially poker.

Some fun facts about Bruce:

- If stranded on a desert island, the 3 items Bruce would want with him are a mosquito net, classic rock music and a fishing pole.
- I asked what song he would sing at a Karaoke bar and he said "HAH! Not happening!"
- If Bruce had his own late night talk show, his first guest would be Jack Nicklaus or Babe Zaharias.
- If he could hang out with any cartoon character it would be Johnny Quest for action and adventure.
- If Bruce had to listen to one song for the rest of his life, it would be Led Zeppelin's *The Ocean*.
- He once rode his bike 450 miles across Iowa when he was 15 years old. It was an organized bike ride called RAGBRAI and this year is their 50th Anniversary. Today Bruce continues to ride the extra miles for the seniors in our community.

MOW is an invaluable resource to home bound seniors in our community. A resource that would not be available if not for volunteers like Bruce. Volunteers deliver meals and fellowship to individuals who might not be able to remain in their homes without this service. Thank you, Bruce, for your time and support of FSS, MOW and the Fayette County community, making it possible for us to enrich the lives of our neighbors in need!

From Our Kitchen To Yours

Salmon Cakes with a Lemon Herb Mayonnaise

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



Photo by onetalchef via Flickr

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)

Salmon Cakes

Ingredients

- 1/4 cup finely chopped red peppers
- 1/4 cup finely chopped green onions
- 1/4 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon seasoned salt
- Cayenne (red) pepper, to taste
- 1 beaten egg
- 1 cup dry bread crumbs
- 2 cans (6 oz each) skinless, boneless pink salmon
- 3 tablespoons butter

Directions

- Combine chopped red peppers, green onions, mayonnaise, lemon juice, seasoned salt and cayenne pepper.
- Stir in egg, well-drained salmon, and 4 tablespoons of the bread crumbs.
- Divide and form mixture into 6-8 balls.
- Roll salmon balls in remaining bread crumbs; flatten into cakes (about 1/2 inch thick).
- Fry salmon cakes in melted butter in skillet over medium heat for 3-4 minutes per side.

Lemon Herb Mayo

Ingredients

- 3/4 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 tablespoon prepared horseradish
- 2 1/2 teaspoons fresh thyme or 1 teaspoon dried thyme
- Salt and Pepper to taste

Directions

- Combine all ingredients in a small bowl and blend well.
- Serve over salmon cakes.

Enjoy

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 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 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.



Our cornhole league in PTC has taken off, and boy do they have fun! Join them every 1st & 3rd Friday for some fun!



Miriam working aerobics hard during a great workout session.

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.



Our incredible volunteers at the Volunteer Appreciation Dinner!



A talented member at our monthly painting workshop.

Special Events



Cancer Survivors Celebration

FAYETTEVILLE
Thursday, June 1
9 a.m. to 10 a.m.
FREE
Members and non-members
Pre-registration required

Join us to recognize Cancer Survivorship Day where we will celebrate those who have survived, inspire those recently diagnosed or currently undergoing treatment and show gratitude to caregivers. Enjoy refreshments and a lovely morning in our garden and share in the gratitude of life. Let's come together to connect and support one another. Bring a loved one with you to enjoy this celebration! This gathering is part of the 2023 Piedmont Wellness Series.



Photo by Rocio Martinez via Flickr

Donut Worry, Be Happy

PEACHTREE CITY
Wednesday, June 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Whether you're team frosted, powdered, or sugared, I think we can all agree that the taste of donuts is too good to be true! You may have heard of the local bake shop Finkles, and if you haven't, you're in for a real treat. Join Jessica Payne with Finkles Bake Shop as she gives us a perfect afternoon treat with a donut demo. Learn how these delicious pastries come to life and hear about some fun options for flavors. They'll even have some for you to decorate! Tastings of some of their most popular flavors are included.



Boot Scoot & BBQ

FAYETTEVILLE
Friday, June 23
5 p.m. to 8 p.m.
\$15
Members and non-members
Pre-registration required

Put your boots on and join us for this guaranteed fun time! The FSS Kitchen Crew will have a wonderful BBQ meal to go along with line dance guru Eddie Huffman's dance moves and tunes. Put your dancing shoes on and learn some new moves. Boogie on down to enjoy a delicious supper and some boot scootin' music that will keep you moving all night long! This event is sponsored by Somerby Living, Kaiser Permanente, and Humana.

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June Program Schedule

Needlework

Crochet: Light Summer Shawl

FAYETTEVILLE
Monday, June 12
10 a.m. to 12 p.m.

\$5
Pre-registration required
Instructor: Nancy Crow

Worked in a variety of stitches, this shawl is perfect for an air-conditioned room or cool summer nights. Nancy suggests doing the chain 82 ahead of time to save time in class. Materials needed: About 880 yards soft worsted weight yarn; size I or J crochet hook. Intermediate level. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: Key Chain or Fridge Magnet

FAYETTEVILLE
Monday, June 19
10 a.m. to 12 p.m.

\$5
Pre-registration required
Instructor: Nancy Crow

Make these cute little emoji icons to hold your keys or notes on your refrigerator. Materials needed: Small amount of sport weight yarn – yellow and black; Size G crochet hook; key rings and magnets will be supplied. Beginner level. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, June 7
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: Double Quick

FAYETTEVILLE
Wednesday, June 14
9 a.m. to 3 p.m.
\$25 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

This pattern displays your favorite fabrics from light to dark. It is double quick and in three sizes. A 45-degree ruler is needed to do this quilt. Must provide your own sewing machine. Some quilting experience required, not for beginners.

Quilting Day: With A Purpose

FAYETTEVILLE
Wednesday, June 21
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

Sweet Summertime Door Hanger

PEACHTREE CITY
Wednesday, June 7
1:30 p.m. to 2:30 p.m.
\$15 | Includes materials
Pre-registration required
Instructor: Paul-Ann Gray

The summer sun is upon us and what better way to get into the change of season than creating a vibrant, bright and fun new wreath to use around your home. Paul-Ann Gray with Party Divas will bring the materials you need to paint and create a cute sign to take home and bring a bit of summer beauty to your front door. Choose from two door hangers and bring your favorite ribbon or flowers to embellish your sign. See front desk for a picture of options.

Go With the Acrylic Flow

PEACHTREE CITY
Friday, June 16
9:30 a.m. to 12:30 p.m.
\$35 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Cover five different methods of using fluid acrylics – pour, dirty pour, swipe, pull and drip, and pull. Practice these methods on small canvases and then choose your favorite to make a larger painting. Class is for beginners and advanced alike, no previous experience is needed. See front desk for picture.

Painting Workshop

FAYETTEVILLE

Thursday, June 29

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 tranquil picturesque view of a marsh.



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.

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.

Dance and Tone

PEACHTREE CITY

Thursday

10 a.m. to 11 a.m.

\$25 | Month

Instructor: Lori Clark

Make your workout more fun as you dance and tone during this class. This easy to follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light weights, followed by a cool down and stretch. Boost your

cardiovascular fitness, tone your muscles, and improve your coordination and memory in an interactive way that doesn't feel like your typical workout.

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.

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 at 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 at 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.



Aloha to Hula Dancing

PEACHTREE CITY
Wednesdays in June
10:30 a.m. to 11:15 a.m.
FREE
Members and non-members
Pre-registration required

Get in the flow with Tupua, of Arbor Terrace, and learn to Hula. This traditional Hawaiian dance is unique and fascinating to learn, and

a great workout. A trip to Hawaii is incomplete without a hula performance. Here is your chance to bring Island culture to Georgia. Aloha!

What's for Lunch?

PEACHTREE CITY
Thursday, June 1
11:30 a.m.
FREE
Member exclusive
Pre-registration required

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

Poolside Pages

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

Throw on some sunscreen and shades and head for the water, because we've got some great pool and beach reads for you! Susan Cagle with the Peachtree City Library turns the pages as she shares some great options for some of the most popular, as well as the best-kept secrets, to this book genre. If you're an avid reader or just enjoy an occasional relaxing book, flip through the variety of selections to some great reads.

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, June 8 | 1:15 p.m.
Don't Worry Darling (2022) | R

Starring: Florence Pugh, Harry Styles, Olivia Wilde. A 1950s housewife living with her husband in a utopian experimental community begins to worry that his glamorous company may be hiding disturbing secrets and that everything may not be as perfect as it seems.

PEACHTREE CITY
Thursday, June 29 | 1:15 p.m.
80 for Brady (2023) | PG-13

FAYETTEVILLE
Friday, June 30 | 1:15 p.m.
80 for Brady (2023) | PG-13

Starring: Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field. The year is 2017, and four girlfriends aren't going to let a little thing like age stop them from seeing their hero, Tom Brady, play in the Super Bowl. Leaving chaos in their wake, the octogenarian Patriots fans embark on a wild road trip to Houston.

Movie sponsored by:



KAISER PERMANENTE®
Senior Advantage

Cornhole

PEACHTREE CITY
Friday, June 2
11 a.m. to 12 p.m.
FREE
Member exclusive

PEACHTREE CITY
Friday, June 16
11 a.m. to 12 p.m.
FREE
Member exclusive

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

240 Glynn Street

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

The former Fayetteville City Hall location is being made into a property that will bring a unique and eclectic vibe to downtown Fayetteville for all to enjoy! Join Kingslea Thompson with Round Tree Events and Triumph Station to hear the latest and greatest coming to Fayetteville. The Roundtown team is transforming the former Fayetteville City Hall into 240 Glynn Street. This will be a comprehensive redevelopment and adaptive reuse project that provides value to the downtown district of Fayetteville through collaborative workspace for new businesses and entrepreneurs while restoring and enhancing the existing

property. 240 Glynn Street will feature a coffee and roasting cafe, charcuterie concept, wine bar, pottery studio, local-curated market, salon and boutique, as well as community and event space.

The Travel Bug: Georgia

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

The travel bug has bitten, and if it hasn't yet, it will after you hear from travel agent Amy Metzger with Travel Edge! Discover the hidden treasures of the Peach State! From canyons to beaches and mountain retreats, you can find a vast variety of incredible places to visit right here at "home"! Want to do an easy laid back trip? Georgia has it! Want to do adventure and thrills? Georgia has that too! We've got it all!

Easy Peasy Lemon Squeezy

FAYETTEVILLE
Monday, June 5
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
Pre-registration required

Squeeze the day as you come on over to Fayette Senior Services to enjoy a refreshing glass of lemonade! Choose from a variety of options to add to your lemonade to make it extra special, from things such as mint, strawberries, lemon slices, blueberries, and more. There will also be a few treats to choose from. Sip, sip hooray for a very lemonade day! This event

is made possible by Touching Hearts at Home.

A Wall of Flare

PEACHTREE CITY
Monday, June 5
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Spruce up your home with some new design ideas! Decorating enthusiast Bethany Vickery takes your blank wall and spices it up with lots of ideas to add a pop to your home décor. Get tips on creating collage walls, incorporating paint or wallpapers, and adding some flare with an accent wall. Feel free to bring a picture of the walls you'd like help with and she will help provide some ideas specific for you!

Garden Club

FAYETTEVILLE
Tuesday, June 6
9:30 a.m.
Members and non-members
No pre-registration required

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

The D-Day Invasion

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

On the infamous day of June 6, 1944, the largest air, land and sea invasion executed in the history of war took place. Willard Womack with

the Commemorative Air Force takes us back in history as he recaps this day. More than 160,000 Allied forces landed in Normandy, Nazi-occupied France, and it proved to be the beginning of the end to Hitler's tyrannical regime. Hear about the leaders on both sides, take a deeper look at the planning that built up to the attack and learn more about what happened upon landfall and the days following.

An Investor's Outlook

FAYETTEVILLE
Wednesday, June 7
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

The year 2022 proved to be volatile for equities, bonds, geopolitics and inflation. Economic growth remains solid, but headwinds are rising as inflation takes its toll. Although recessionary fears are rising, it is not thought that a recession is inevitable, and many indicators point to continued growth. Brett Bexely with Edward Jones joins us to focus in on key topics facing investors today from post-pandemic economic trends, inflation, equity markets to outlooks for bonds and interest rates.

Clothes Minded

FAYETTEVILLE
Thursday, June 8
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Sweet summertime, it has arrived! And there is no better time to dress for the occasion than now! Join fashion guru Kim Jones

as she dresses us up for any summer affair you find yourself at. Become a fashionista overnight with insight on the latest summer trends and get tips on building a sustainable and lasting wardrobe that will never go out of style! She'll also share tips on making the most of your wardrobe by using one piece to create several outfit choices with a variety of ways to wear it.

A New Kind of Currency

PEACHTREE CITY
Friday, June 9
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

We're sure by now you've heard of cryptocurrency, but if you're like so many of us, you aren't sure what it is. Join Stanford Kimble as he provides insight on cryptocurrency from what it is, trading, security, the benefits of investment, and what it is used for. Start from the ground up and discuss in simple terms what this form of currency is all about.

Just Peachy

PEACHTREE CITY
Monday, June 12
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

One of the best in-season summer treats that you can dream up may just be some fresh, homemade, warm peach cobbler complete with a scoop of cold vanilla ice cream. Did we just make your mouth water? Curb the craving whenever you want as Chef Ashley Smallwood with Rudines shares the secrets to making

the perfect homemade peach cobbler using fresh peaches, sweet ingredients, and baking it until it's the precise shade of golden brown. It won't be long before you're making your own batch at home! Tastings will be included.

Guidelines to Living

FAYETTEVILLE
Tuesday, June 13
12 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

As we reach our senior years, have you set your own personal guidelines for how you want to live your life? What guidelines do you choose for making daily life choices? Join retired psychologist Dr. James Hughey for individual conferences as he assists you with constructing a guideline that works for your current life stage. If you'd like, listen to his podcasts online prior – www.pfpl.us.

Volunteer Open House

FAYETTEVILLE
Tuesday, June 13
2 p.m.
Members and non-members
No pre-registration required

If you are an FSS volunteer or are interested in becoming one, join us for our monthly meeting! Meet with other volunteers, learn about upcoming events, current volunteer opportunities, and get center news and updates.

The Story of Bethlehem Cemetery

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

Nestled right in the heart of Peachtree City sits a historic cemetery with over one hundred graves. Lindsey Cofer with the Fayette County Historical Society shares details about the graveyard as she highlights the extraordinary 153-year-old history of Bethlehem Church and Cemetery in Peachtree City. Hear stories of community ancestors who are interred in the cemetery and dive into the rich history located just off Dividend Drive.

Protect Yourself

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

This self-defense course will provide you with the tools to feel safer and empowered. Scott Israel with the Fayetteville Police Department will present information about personal safety, being aware of your surroundings, use of weapons and will give tips on the best self-defense products on the market today. You'll leave with more confidence and knowledge to prevent you from becoming a target.

Raise the Flag

PEACHTREE CITY
Wednesday, June 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

History enthusiast Wanda Hicks with the Legion Post 105 celebrates Flag Day as we raise a flag to the past. Hear the story of how the United States national anthem was

created. Wanda will share the connection with the flag and the inspiration for the Star-Spangled Banner. As soldiers at Fort McHenry raised the flag to celebrate the crucial victory during the War of 1812, the sight of those "broad stripes and bright stars" inspired Francis Scott Key to write the famous tune.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, June 15
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

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

Computer Lockdown

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

Let's take it back to the basics as tech expert Joe Weigle discusses basic computer care. Learn about general computer maintenance including the importance of anti-virus protection and suggestions of which programs to use, ways to prevent a virus, signs your computer may be infected and what to do if it happens to you.

The Grape Escape

PEACHTREE CITY
Thursday, June 15
2 p.m. to 3:30 p.m.
\$20
Member exclusive
Pre-registration required

Wine connoisseur Eric Trout, will be on hand to pass along all his expertise about wines. Join in the fun for a monthly educational program related to different wines, regions, countries, and more. Get information on the monthly choice and become a wine expert in no time. This month, learn about European Reds.

One Smart Cookie

PEACHTREE CITY
Friday, June 16
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 she 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 as she shares her story. 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 on decorating cookies like a champ!

Juneteenth Celebration

OLD COURTHOUSE LAWN
Monday, June 19
11 a.m. to 5 p.m.
FREE
Members and non-members
No pre-registration required

Join the Fayette County Historical Society for a celebration of Juneteenth. This day of empowerment, diversity, integrity, and collaboration will lift up the true meaning of this holiday with our community! Enjoy speakers throughout the day, food vendors, arts and crafts, lawn games, face painting, African dancing, storytelling and more. Bring a blanket

and chairs and celebrate the freedom of our ancestors during this incredible event. Contact the Historical Society for more details at 770-461-9270.

A Novel Idea Book Club

PEACHTREE CITY

Tuesday, June 20

1:45 p.m.

FREE

Member exclusive

No pre-registration required

June book: *The Personal Librarian* by Marie Benedict.

July book: *American Dirt* by Jeanine Cummins. For more information, please contact Meghan Caton at megcaton@gmail.com.

P“age” Turners Book Club

FAYETTEVILLE

Thursday, June 22

1:30 p.m.

FREE

Member exclusive

No pre-registration required

June book: *West with Giraffes* by Lynda Rutledge.

July book: *Agent Sonya* by Ben Macintyre. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Breaking Down Behaviors

PEACHTREE CITY

Thursday, June 22

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

FREE

Members and non-members

Pre-registration required

Caring for a loved one with Alzheimers and dementia can be challenging. The first key to providing the best care is understanding what someone with this ailment goes through and

then gaining knowledge on how to best approach a given situation. Lori Lawrence-Boutwell with the Alzheimer's Association provides tips and strategies for responding to some of the most common behaviors exhibited by individuals living with dementia. From confusion, agitation, and shutdowns, you'll gain confidence in how to best deal with a given situation.

Bean Bag Baseball

PEACHTREE CITY

Friday, June 23

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 hit a home run, get a base hit, made an out, or strike out. No previous experience needed to join in the fun!

1-on-1 Medicare Consultations

FAYETTEVILLE

Monday, June 26

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.

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE

Monday, June 26

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.

One With Nature

PEACHTREE CITY

Wednesday, June 28

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

FREE

Members and non-members

Pre-registration required

The Newman Wetlands Center is a beautiful nature area located just down the road in Hampton. They are dedicated to environmental education and strive to provide a place to explore, connect and learn about the natural world. Join Chante Lively, Conservationist with Newman Wetlands Center, as she provides a virtual trail tour through videos and photos as you discover more about wetland ecosystems and meet some of the species – both plant and animal - that call wetlands home.

Whatever Floats Your Goat

FAYETTEVILLE

Thursday, June 29

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

FREE
Members and non-members
Pre-registration required

Holly Longino, owner of Freebird Farm, joins us with a few of her furry best friends – goats! In addition to enjoying some adorable animals that she'll bring along, learn more about goat farming. Holly will discuss what it's like raising goats as well as how goat cheese and goat soap are made.

Serving Up Wimbledon

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

Dating back to 1877, this tennis tournament is one of the most world renowned and watched events of the summer each year. Wimbledon and its deep traditions and rich history date back hundreds of years, building a competitive side to tennis over the years. Peachtree City Tennis Center Director Curtis Quandt takes a swing through the history of this tennis tournament and shares stories of tradition and rivalry through the years.

Express Lunch

PEACHTREE CITY
Thursday, June 8
12:30 p.m.
\$10 | Pizza
Member exclusive
Pre-registration required

PEACHTREE CITY
Thursday, June 29
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. 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, June 21
1 p.m. to 4 p.m.
FREE

Member exclusive
Pre-registration required

FAYETTEVILLE
Wednesday, June 28
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

Bring in your laptop and questions about your computer for 1-on-1 assistance. Lance Collins with PTC Techs will assist with computer technology troubleshooting, removal of unwanted programs, antivirus prevention, and general questions. This is not a computer tutor class.



Wellness

Reflexology

FAYETTEVILLE
Tuesday, June 6
10 a.m. to 2 p.m.
\$40 | 30 minutes
\$60 | 1 hour
Member exclusive
Pre-registration required
Reflexologist: Tranquil Escape

Reflexology is the application of specialized pressure techniques that are applied to the hands and feet. Relax while the use of pressure, stretch and movement helps 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.

Life's Resources

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

FREE
Members and non-members
Pre-registration required

Some of the key components to our health are how we approach our nutrition and hydration for everyday life. Dr. Josh Davis with First Step Physical Therapy shares what foods make up a healthy eating pattern. Discover what foods we should eat and which we should avoid to support our immune system, signs of dehydration, and how much water we should focus on drinking to stay well.

Mini Massages

PEACHTREE CITY
Thursday, June 8
9 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

It's time to relax and what better way to do that than to give yourself a little treat and TLC! Take a little time for yourself and stop by for a full on relaxation session to help you get on your way to feeling better. Massage students with Peachtree City School of Massage will be on site to perform fifteen-minute mini massages to help you get in a calmer state. A healthier you begins with de-stressing and here is the perfect chance to start that routine.

The Psychology of Eating

FAYETTEVILLE
Friday, June 9
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

What we eat affects how we feel. This is directly influenced by a phenomenon known as "food psychology".

Psychology is the science of behavior and study of how and why people continue making the same choices and decisions. For individuals attempting to manage their weight, behavior and cognition are critical in addressing those choices and decisions. For those struggling with the battle against understanding how to eat, join Dr. Tarryn Hoff, sport psychologist, university professor, and owner of Peachtree City Personal Training. Discuss the psychological challenges binding the perspectives of this perpetual problem together. Learn the successful, effective strategies incorporated through mastering this type of mindset in how to not only manage, but also be successful in overcoming the universal food fight!

A Pain in the Nerve

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

Daniel Draper helps us beat the nerves with an overview discussion of the anatomy of nerves that cause us pain, neuropathy, and sciatica issues. Get a better understanding of what causes this pain as well as advice on prevention, self-treatment, and how to reduce pain symptoms.

Exercise Your Gym Rights

FAYETTEVILLE
Friday, June 16
1:30 p.m. to 2:45 p.m.
\$15
Member exclusive
Pre-registration required

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

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Monday, June 19
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.

Vein Screenings

PEACHTREE CITY
Monday, June 19
1 p.m. to 3 p.m.
FREE
Members and non-members
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 of loose pants for the doctor to have easy access to your legs.

Digest It

FAYETTEVILLE

Tuesday, June 20

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

FREE

Members and non-members

Pre-registration required

Our digestive health can sometimes be one of the most overlooked areas for many of us, but is also very important! The digestive system plays a major role in overall health as it brings nutrients to all parts of our bodies. The foods we eat can have an impact on both the types of bacteria present in our microbiome as well as how well our bodies digest them. What foods should you incorporate into your diet if you're looking to promote healthy gut bacteria? Join Arisahi Crane, Registered Dietitian at Fruition Nutrition, to learn about the benefits of fermented foods, probiotics, and other diet tips for creating a healthy digestive track.

Resist the Temptation

FAYETTEVILLE

Wednesday, June 21

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

FREE

Members and non-members

Pre-registration required

When it is done correctly, incorporating some kind of resistance or strength training into your workouts can make you look, perform and feel better. There are some common mistakes made by those starting resistance training, and even by those with more experience. These

can make workouts less effective, hinder progress and even cause injury. Piedmont Wellness Center teaches us ways to avoid these pitfalls to get the most benefit out of your strength training and avoid injury in the future.

Snack It To Me

FAYETTEVILLE

Thursday, June 22

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

FREE

Members and non-members

Pre-registration required

Including snacks in our daily eating patterns is normal, and many of us love to munch! Despite some associations of snacking being unhealthy, eating them can be beneficial as long as it's done intentionally. It can actually keep you from getting too hungry before your next meal and help prevent overeating. Dietitian Lamura Poore with Diet To Lifestyle helps us choose the right kind! Not all snacks are healthy even if they are advertised as that. Discuss which are healthy, what to look for in the ingredients, and gain more insight on how often you should be snacking throughout the day.

Love the Skin You're In

PEACHTREE CITY

Friday, June 23

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

FREE

Members and non-members

Pre-registration required

As we age, we go through many changes, and our skin is no exception to that. Skin changes naturally as we age and with that comes a need for change in our skin care routine. Discover the beauty of basic skin care and the variety of products available to make you feel great in your

own skin. Dr. Joseph Dyer with Epiphany Dermatology provides helpful skin care tips for keeping your skin healthy and "young" as you age and shares information on some of the most common ailments he sees in aging skin. Help your skin age as gracefully as you!

Keep On Moving

FAYETTEVILLE

Friday, June 23

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

FREE

Members and non-members

Pre-registration required

Piedmont Neurologist Dr. Evan Johnson will discuss movement disorders, conditions such as Parkinson's Disease, Essential Tremor, Dystonia, Ataxia, and others. Dr. Johnson's practice interests are most centered around advanced treatments for Parkinson's Disease and Essential Tremor. Learn how to recognize symptoms and disease processes and about the cutting edge treatments that can provide patients with the best quality of life possible. This program is part of the 2023 Piedmont Wellness Series.

Brain Wave

PEACHTREE CITY

Monday, June 26

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

FREE

Members and non-members

Pre-registration required

Changes in your brain as you age are normal, but that doesn't mean there aren't things you can do to help keep it active and reduce risk of cognitive decline. Join Certified Health Coach Jennifer Lunsford to find out how you can help your brain stay younger longer. Jennifer

will share 3 easy-to-do daily healthy habits to start now. These habits could improve your brain's function not only today but for the future.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, June 28

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.

Creating Chronic Comfort

FAYETTEVILLE

Wednesday, June 28

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

FREE

Members and non-members
Pre-registration required

Exercise and healthy eating can help people with long-lasting conditions cope with symptoms physically and mentally, hence improving their overall health and wellness. Michelle Sanchez with Well-Seasoned & Fit provides a variety of ways to get moving depending on what your focus is. From resistance training with weights, cardio such as walking or swimming, or functional exercises that mimic your daily movements and routines, you will discover ways that can improve and sometimes even reverse your symptoms and lower your risk for other health conditions. Ultimately, the overall outcome is to have you enjoying your hobbies and daily activities without

a chronic illness defining or restricting you.



One of our oldest members, Ms. Eliza, celebrated her 104th birthday in May! If you know her, you know she's the sweetest around. Her secret to aging gracefully? It's simple - "Keep moving!" she says! Happy Birthday!

Look What's Coming in July!

Grandkid Movie Day

PEACHTREE CITY

Monday, July 3

1:30 p.m. | FREE

Pre-registration required

Bring out your grandkids or come by yourself for an afternoon viewing of Minions: The Rise of Gru. Enjoy popcorn and a show as you share the center with your little ones.

A Surrender for the End

FAYETTEVILLE

Monday, July 3

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

Pre-registration required

Break down the timeline leading up to and after General Robert E. Lee's surrender, leading to the end of the Civil War and noted as one of the most momentous events in American history.

Hearing Screenings

PEACHTREE CITY

Wednesday, July 5

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

Pre-registration required

Huh, What did you say, I didn't hear you? Get a complimentary hearing screening without having to deal with all the doctor office visits.

Coffee with a Cop

FAYETTEVILLE

Thursday, July 6

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

Pre-registration required

The Fayetteville Police Department will be joining us for some morning coffee. Drop in at any time to chat with officers, get to know Fayetteville's finest, and ask any questions you may have.

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



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