

The background of the entire page is a watercolor-style illustration of pink hibiscus flowers. One large flower is in the upper left, and another is in the lower right. Green leaves are visible in the upper right and lower left corners. There are also small red and orange dots scattered around the flowers.

August 2023

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Aloha Style

We've made the switch to island time, pulled out our grass skirts and colorful leis, and are ready to put on the best Luau around!

## Up In The Sky

Spread your wings as you meet at Falcon Field for a behind-the-scenes tour of airplanes old and new!

## A Little Bit Corny

This summer corn salad is the perfect side to bring to your next barbecue or just to enjoy as a delicious side at home!

*Live Well. Age Well.*

# Low Country Boil

Fayetteville location  
4 Center Drive  
770.461.0813

Friday, September 29  
5 p.m. to 8 p.m.

**Tickets | \$20**

Bring out your ragin' cajun side  
for an evening of dancing and a  
delicious low country feast!

Event Sponsored By:





# August

## featured

### **She Lives Up to the 'Pressure'** 10

Meet FSS volunteer Glenda Reed who you can find providing blood pressure checks in Fayetteville!

### **I Know It's Corny, But...** 11

This corn salad recipe really is a-maize-ing. We wouldn't steer you in the wrong direction! Check it out.

### **Hula On Over** 15

This Fayette Senior Services' style Luau will have you lei'd back in no time with great food, music and entertainment.

### **You're Pretty Fly To Me** 15

It's just 'plane' awesome! We have an opportunity for a unique and private tour at some local hangers!

## **2023 HOLIDAY CLOSINGS**

Labor Day.....	September 4, 2023
Thanksgiving.....	November 23, 2023
Thanksgiving.....	November 24, 2023
Christmas.....	December 25, 2023
Holidays .....	...December 26, 2023
Holidays .....	...December 27, 2023
Holidays .....	...December 28, 2023
Holidays .....	...December 29, 2023

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## ABOUT US

Since 1978, Fayette Senior Services, Inc., (FSS) an independent, nonprofit, 501(c)(3) organization, has been providing a wide array of life enriching services to Fayette County residents age 50 and better. Fayette County, Georgia, is home to one of the fastest growing senior populations in metro Atlanta – and the age 50+ population segment is projected to grow an astonishing 450% by 2040. This statistic alone makes our mission — to make a meaningful difference in the emotional, social, and physical well-being of older adults — all the more critical. By fostering independence, improving quality of life, and enhancing the community connection, the programs and services we provide are an essential part of our community.

Not-for-profit FSS enjoys a unique public/private partnership with Fayette County government. Through this agreement we provide a variety of supportive services such as Meals On Wheels, Transportation, In-home Personal Care/ Homemaker Services, Care Management, Information Assistance, and more. We could not do that without our government partners; however, we believe it is our responsibility to complement the public support to ensure we can continue serving Fayette's seniors for generations to come. Therefore, we feel it's important to note that less than half of our revenue comes from sources other than federal, state, and local governments.

Fayette Senior Services is recognized as a model of sustainability and social entrepreneurship among peer organizations and non-government funders. Although we are proud of this recognition, we could not do all that we do without the support from charitable donors, center members, volunteers, grantees, and the community that so generously supports our fundraising efforts.

The aging transition can be paved with a broad spectrum of challenges. However, it can also prove to be rich with opportunities. The key to “aging well” is knowledge. When it comes to addressing those unique needs, Fayette Senior Services Life Enrichment Center is the one-stop shop for empowering older adults to live well and age well.

Our Life Enrichment Centers in Fayetteville and Peachtree City are uniquely different from traditional senior centers. Our beautiful facilities are a vibrant place where adults age 50+ come to socialize with friends, enjoy a great meal in our Ultimate Café, re-energize their bodies, exercise their minds, and lift their spirits.

To make sure our programs and activities are within easy reach to more seniors, we are proud to have established a community partnership with the city of Peachtree City. We also offer many programs and activities in Peachtree City at the Gathering Place (next to “The Fred” Amphitheater).

We are proud to be making life better in our community.  
The Fayette Senior Services Staff

Members can enjoy Fayette Senior Services Life Enrichment Center activities in two great locations. Membership includes both of our locations and we encourage everyone to take advantage of all we have to offer at each place!

### **Fayetteville Location:**

4 Center Drive  
Fayetteville, GA 30214  
Phone: 770-461-0813  
Fax: 770-461-2448  
M-F 7:30 a.m. to 4 p.m.  
(Same complex as the Fayette County Justice Center)

### **Peachtree City Location**

#### **The Gathering Place:**

203 McIntosh Trail  
Peachtree City, GA 30269  
Phone: 770-461-0813  
M-F 8:30 a.m. to 4 p.m.  
(Same complex as the Frederick Brown Jr. Amphitheater)

### **Visit us at our website:**

[www.fayss.org](http://www.fayss.org)

## BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

# When You Need a Little Help From Some Friends...

We offer supportive services that make a meaningful difference in the emotional, social, and physical well-being of older adults by preserving their independence, improving their quality of life, and connecting them to the community.

## Meals On Wheels

Meals on Wheels is a needs-based program for homebound or semi-homebound seniors who are unable to provide themselves with regular nutritious meals due to physical or financial challenges. The service also connects homebound seniors to the community through daily social contact, which also helps to ensure their well-being.

## AniMeals

To many homebound seniors, having a pet is a source of companionship and comfort. The AniMeals™ program is designed to give our Meals On Wheels clients a little help with the cost of pet food to make sure that maintaining that important bond isn't an added burden.

## STAR Program (Seniors Together After Retirement)

Our STAR program offers individuals 60 and older an opportunity to come together for socialization, recreational activities, health and wellness classes, and a nutritious meal in our Ultimate Cafe. Transportation to and from the Center may also be available to eligible participants.

## Transportation

For older adults who no longer drive, getting to essential medical appointments, to the pharmacy, to church or to the grocery store can be a challenge putting their health and well-being at risk. We provide safe



and affordable door-to-door transportation options. Wheelchair assistance available.

## In-Home Personal Care/Homemaker Services

This service enables older adults to remain living independently by providing compassionate care from trained personnel who perform simple homemaker and/or personal care tasks, such as light housekeeping or assistance with bathing. Delivered with the utmost personal respect and dignity, our services can also bring much needed respite to caregivers.

## Care Management

Our professional staff of social workers helps older adults make informed decisions to enhance independent living and quality of life. Our Care Managers offer consultations, assessments, and follow-up to assist individuals and families in planning and care. We also provide invaluable support to caregivers.

## Medical Equipment Lending

We lend gently-used medical equipment to individuals, families and caregivers. Equipment is loaned on a first-come first served basis.

Eligibility requirements apply for some programs. Some services may be provided free of charge or based on a sliding scale of income. Tax deductible donations welcome for services. Contact us at 770-461-0813 for more information.

# Meet Our Staff!

## ADMINISTRATION

Nancy Meaders  
President & CEO

Dan Gibbs  
Director of Operations

Morgan Lanier  
Program Development  
Coordinator

Deana Wright  
PTC Center Coordinator

Marilyn Walker  
Member Services PTC

Paul Hives  
Technology Development

Lynne Leatherman  
Finance Officer

Amber Oliver  
Center & Volunteer  
Coordinator

## THE ULTIMATE CAFÉ

Ashley Loggins  
Kitchen Manager

Pedro Cruz  
Sous Chef

Alexis Jones  
Assistant Kitchen Manager

Hunter Bailey  
Café Assistant

Callum Nichols  
Café Assistant

Carol Rowell  
Café Assistant

Debi Quinnell  
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

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

## Membership

Our nominal annual membership fee helps Fayette Senior Services (FSS), a non-profit 501(c)(3) organization, sustain its operations, programs and services in order for us to maintain our beautiful facilities and continue to offer great programs and café services at a great value to our members. For more information about FSS, please contact the center administrator.

Membership Dues: \$30 for Fayette County residents (\$90/out-of-county)\*. Membership applications **must be made in person** and are available at the reception desk in both FSS locations. **We regret that we cannot accept mail-in applications. Photo ID/Proof of residency required.**

**Volunteers are eligible for a FREE membership after 75 hours of service per 12 months.** Fayette Senior Services accepts VISA, MASTERCARD and DISCOVER cards.

\*No one is excluded for inability to pay. Complimentary memberships can be arranged with a care manager. Please call Iris Harris Care Manager, 770-461-0813 ext. 116 for information or arrange for a confidential meeting.

As we create more opportunities to enrich the lives of older adults in the community, your rewards of being a Fayette Senior Services Member grow as we do. Your membership will be honored at both our Fayetteville and Peachtree City locations.



# Membership Has Its Rewards

Just show your FSS membership card at these retailers and receive discounts:

## BLB Handyman Services

Ben Bosworth  
(678) 777-0871

Receive a 10% discount off services with a valid FSS membership card. Ben is a local fireman and the owner and operator of BLB Handyman Services, LLC. Serving Fayette and Coweta county.

**TRINITY Services of Georgia, Inc**  
Electrical contractor/Low-Voltage Contractor  
Ben Miller  
(770) 402-0181

Helping to meet your residential, industrial and commercial electrical needs. 10% off all parts involved with service work with valid FSS membership card.

**Tom's Pest Control Co.**  
(770) 487-9506

Receive 10% off all services from Tom's Pest Control Co. with a valid membership card.

**TCBY**  
532 Crosstown Drive in Peachtree City.  
(770) 631-9803

10% off your purchases when you show a valid FSS membership card.

**Jolly Technologies**  
(678) 653-5169

Receive \$10 discount/hour (total: \$65/hour) off services for computer maintenance when you show a valid FSS membership card.

## Visiting Guests

We welcome visitors to our center, but ask 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.

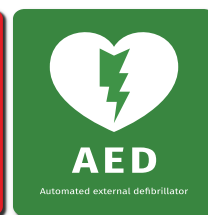
Hot breakfast item served every day  
Enjoy a choice of continental breakfast items

(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...

### 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, The First Bank, and Kaiser Permanente.*

### October 2023

#### **Oktoberfest**

Fayetteville | Thursday, October 26

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

*Gutten tag y'all! 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.*

### November 2023

#### **Dinner Theater**

Fayetteville | Thursday, November 16

5:30 p.m. to 8:30 p.m. | \$15

*Enjoy an evening to remember as we bring the theater right here to FSS! Sit back after an elegant dinner and enjoy a live performance. Event sponsored by Kaiser Permanente, Sonder Health Plans and David Moore – Peachtree Law Group.*

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

## Miriam's Fitness Corner

### Thriving Independently

Last month we considered how wonderful it can be to live independently. Let's continue that conversation! Since we previously discussed habits that can physically make our solo environment safer, let us now examine the not so tangible. These habits are equally as important!

1) Beware of scammers. These people start early and work late, the same as law-abiding citizens. NEVER give out personal information on an incoming call. NEVER click on email or website links that you do not know. Avoid using your debit card pin when making purchases. Instead, use it as a credit card during the transaction. Add all legitimate phone numbers (i.e., family, doctor offices, friends, etc.) to your contacts when possible so you recognize who is calling. Do not answer phone numbers you do not know.

2) Overflow your calendar with social engagements and explore a new hobby. This will keep you mentally and emotionally fit. It staves off feelings of loneliness, depression and anxiety. Notably, keeping socially active decreases chances of dementia by 50%. That's worth a weekly visit to Fayette Senior Services by itself.

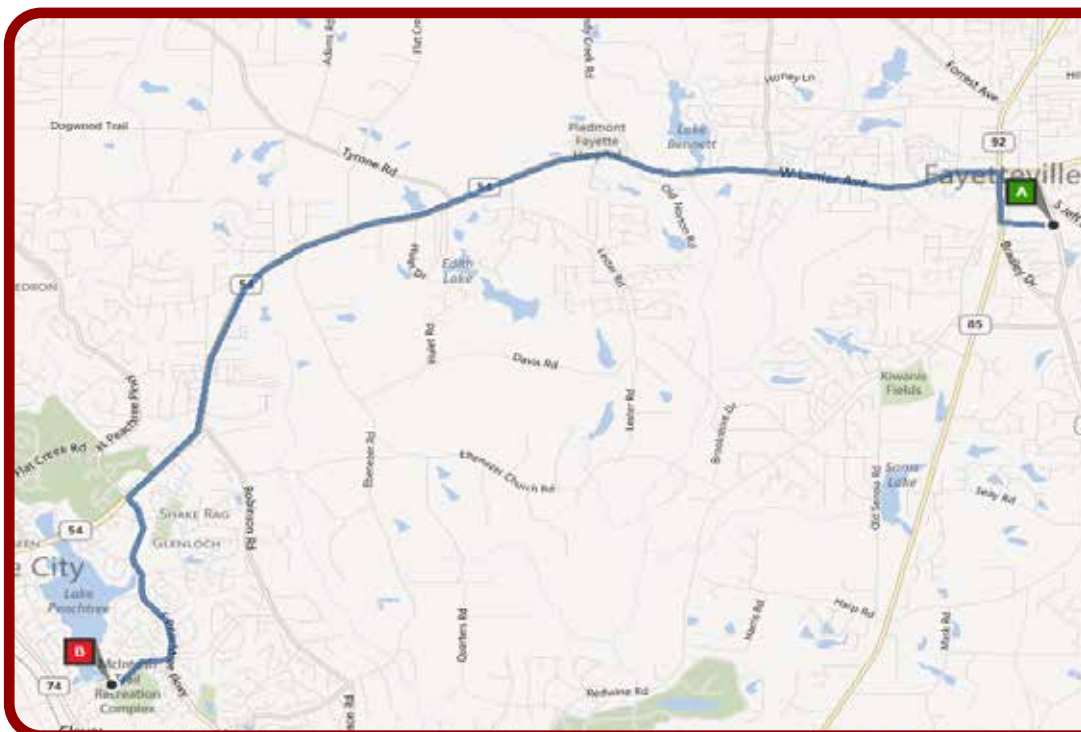
3) Exercise and eat nutrient dense foods regularly. This will keep you physically strong and flexible, give you energy, promote happy hormone production, keep your blood flowing and reduce stress, just to name a few.

4) Embrace technology. You don't have to go deep. A little technology can go a long way. Voice activated devices with prompts like Alexa can really make life easier. Technology can also keep you more connected to your loved ones. Who doesn't love receiving a random "I love you" text or a picture of those adorable grands or great nieces and nephews? Exactly!

So let's take these tips to heart and continue thriving independently.

## 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 to 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](mailto:aoliver@fayss.org) or 770-461-0813



**JOIN OUR MEALS ON WHEELS TEAM**

 [www.fayss.org/volunteer-application](http://www.fayss.org/volunteer-application)

# Dear Volunteer, You Make a Difference!

## Screenings Bring Smiles

Written By: Amber Oliver



Meet Glenda Reed! You will find Glenda volunteering at Fayette Senior Services every week, taking blood pressure readings for our members. Blood pressure tends to increase with age due to less flexible and more resistant blood vessels, making BP screenings a key to monitoring cardiovascular health. Our members have expressed how grateful they are for the opportunity to have their blood pressure checked here at our centers, and it is our volunteers that make that a possibility. They check blood pressure, record it on a card we provide, help members ensure their home digital machines are reading accurately, and they do it all with a smile.

Glenda grew up on a farm in Indiana with her parents and 2 younger brothers, Richard and Robert. They had cows, pigs, chickens and farmed wheat, corn, and oats along with a large garden and truck patch. (Admittedly, I had to ask Glenda to tell me what a truck patch was. A truck patch is a separate garden where larger crops are grown and is located where a truck can easily pull up to load.) As children, Glenda and her brothers enjoyed swimming and fishing at her uncle's lakes. They spent their early childhood playing basketball, baseball, visiting friends and riding bicycles on county roads. She attended school in Metz, Indiana, and at 14

years old she had her first job caring for 2 boys aged 6 and 7 years. She cleaned house, did the wash, dried clothes on the line, ironed, and cooked 3 meals a day!

Glenda met her husband, Burch, while he was in the Army. Their first date was supposed to be a double date, but ended up as a blind date instead. The two were wed in June of 1957 and shared 59 1/2 years together before he passed away. They have 1 daughter, Shelly, and 2 beautiful grandkids. Glenda was very active in helping Shelly with Girl Scouts. She volunteered as Cookie Chairman and Grassroots for Troops where they made ditty bags, Christmas stockings, and pillows for soldiers. While Burch worked for Eastern Airlines, Glenda worked in the medical field as a surgical tech, medical assistant, and dealt with medical records. She retired in 2008.

Glenda says that volunteering at FSS brings her much joy and happiness! "I believe I should offer something in return." She has been volunteering for a year and a half and enjoys meeting the interesting people at FSS. "Hearing stories about themselves and the joy they get from being able to come to FSS" keeps her coming back again and again. In fact, she shared that the best part of her week has been while at the center, saying "I had 3 or 4 people thank me for what I'm doing and tell me that I have really helped them. That makes for a GREAT day!"

I asked Glenda some "Just for Fun" questions, and here is what she said... If stranded on a desert island, the three items Glenda would want with her is her bible, family pictures and snacks. If she sang karaoke, she would choose the song, *Come'n Around the Mountain*. And if she had to listen to 1 song for the rest of her life, it would be *Amazing Grace* or *How Great thou Art*.

We are so thankful to Glenda that she chooses to spend her time and share her talents with FSS, providing lifesaving screenings and bringing a smile to everyone she encounters.



# From Our Kitchen To Yours

## Corn Salad

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



Photo by The Recipe Critic

### Ingredients

- 2 cans whole kernel corn, drained
- 2 cups sharp cheddar cheese, grated
- 1 cup bell pepper, chopped
- 1/2 cup red onion, chopped
- 1 cup mayonnaise
- Chili flavored Fritos

### Directions

- Mix all the ingredients together except the Fritos
- Let chill in refrigerator prior to serving
- Top just before serving with chili flavored Fritos

*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 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.



Celebrating Flag Day and the summer holidays!



Members taking in the garden on a gorgeous summer morning.

# 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.



Enjoying the Boot Scoot & BBQ event in Fayetteville with friends.



Members decorating donuts at our Donut Worry class in PTC!



# Special Events



Photo by KLC Photography via Facebook

## Full Throttle Hanger Tours

FALCON FIELD  
Tuesday, August 15  
10 a.m. to 1 p.m.  
FREE  
Members exclusive  
Pre-registration required

Get a behind-the-scenes look at the airplanes of the Full Throttle Formation team. These talented aviators perform all over America at airshows, but are based in Peachtree City at Atlanta Regional Airport Falcon Field. You've probably seen them flying overhead at local events and practicing around town on pretty days. Meet at the Terminal Building located at 5 Falcon Drive in Peachtree City and ask for our tour guide JR Pigg. Meet with several of the pilots and get tour of the airplanes they use to perform. After, view the historic WWII airplanes that are housed at the Commemorative Air Force Airbase Georgia Museum, also located at Atlanta Regional Airport Falcon Field!



## Island Fever Luau

PEACHTREE CITY  
Thursday, August 24  
5 p.m. to 8 p.m.  
\$15  
Members and non-members  
Pre-registration required

As the evening sky settles into a spectacular sunset, FSS will be kicking off our Island Fever Luau with a vibrant Hawaiian theme. Help us shake off our grass skirts, dust off our ukuleles, and turn up those island records as we present this evening full of hula dancers, great food, good island music, and all the fun that will have us feeling like we are living aloha style in Hawaii. Island Express Band will be performing live! This event is sponsored by Aberdeen Fine Properties, South Care Cremation and Funeral Society and Attorney Victoria Farrell – Fayette Law Group.



Photo by Kathy Schumacher

## Strokes in the Garden

FAYETTEVILLE  
Thursday, August 31  
9 a.m. to 11 a.m.  
\$40 | Materials included  
Members and non-members  
Pre-registration required

Take your canvas outside and open up the world of possibilities in live painting. Local artist Kathy Brewer joins us in the Fayette Senior Services garden as we set up a painting workshop in our gorgeous oasis, right here at our beautiful center. We'll have everything you need to do a live painting in our garden space to recreate a scene on your canvas with guidance and help from Kathy! You'll be amazed at what you're capable of. No previous painting experience required.

Sunday	Monday	Tuesday	Wednesday																																																																																											
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# August Program Schedule

## Needlework

### Crochet: Sunglasses Case

FAYETTEVILLE  
Monday, August 14  
10 a.m. to 12 p.m.

\$5

Pre-registration required  
Instructor: Nancy Crow

Keep those sunglasses safe from scratches with this cute carrying case! Great for beginner skill level. Materials needed: 2 balls cotton yarn; size H crochet hook; 1 large button. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Kitties In A Row Pillow Cover

FAYETTEVILLE  
Monday, August 21  
10 a.m. to 12 p.m.

\$5

Pre-registration required  
Instructor: Nancy Crow

Are you a cat lover? This unique pillow cover should tickle your fancy! Intermediate skill level. Materials needed: 1 skein each of three coordinating colors; crochet hook size H; 14x14 pillow form. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, August 2  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, August 9  
9 a.m. to 3 p.m.

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

FAYETTEVILLE  
Wednesday, August 23  
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.

## Creative Pursuits

### Painting Workshop

FAYETTEVILLE  
Tuesday, August 15  
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 bunch of breezy palm trees.

### Watercolor Sunset

PEACHTREE CITY  
Friday, August 18  
9:30 a.m. to 12:30 p.m.  
\$25 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Paint a breathtaking sunset 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.

### Bottle It Up

FAYETTEVILLE  
Monday, August 28  
10 a.m. to 11 a.m.  
\$10 | Materials included  
Pre-registration required  
Instructor: Chrissie Long

Create a piece of home decor and learn a new skill. During this class, you will paint a recycled bottle, add a design, twine, and flowers, all to create a beautiful piece for your shelf, table, or mantle. You will leave with a finished bottle, and extra materials will be available to bring home to make a second piece on your own! Give as a gift or keep for yourself, it will be hard to decide after seeing these beautiful decorations. See front desk for sample photo.

## 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 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**

### **A Breath of Wellness**

PEACHTREE CITY  
Monday and Wednesday  
10:30 a.m. to 11:30 a.m.  
\$35 | Month  
Instructor: Suzanne Lawhead

Experience the endless health benefits of guided meditation, deep breathing and stretching the body. Slow down and immerse yourself in this time of relaxation and healing. Focus on lowering your heart rate, bringing your blood pressure down, and calming your central nervous system – three things essential for optimum health and well-being. Class will be done on the floor, so bring a mat and small pillow with you.

### **Fit For Life**

FAYETTEVILLE  
Monday  
10:30 a.m. to 11:20 a.m.  
\$15 | Month  
Pre-registration required  
Instructor: Euriel Reynolds

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. Use hand weights, elastic bands and balls to strengthen muscles and increase range of motion during this full body workout for all fitness levels.

## **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 in your home.

## **Intermediate II Aerobics**

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

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

## **Stretch for Movement**

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

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

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

Via Zoom from your home  
Wednesday  
9:45 a.m. to 10:30 a.m.

\$10 | Month  
Instructor: Miriam Jones

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

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

FAYETTEVILLE



Monday  
9 a.m. to 9:45 a.m.  
\$10 | Month  
Instructor: Miriam Jones

Grab an extra day of this great stretch class. We'll feature one of Miriam's previously recorded stretch for movement sessions on our projector screen. A series of simple and easy to follow stretch combinations to improve your balance, coordination, and range of motion.

### **Walking Group: Fayetteville**

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

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

### **Walking Group: Peachtree City**

PEACHTREE CITY  
Thursday  
10 a.m.  
FREE  
No pre-registration required

Meet at the Gathering Place to check in and then take advantage of the paths around the center to add social interaction with a dose of cardio. Self-led group.

### **Tai Chi Club**

FAYETTEVILLE  
Tuesday  
2 p.m. to 4 p.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.



### **Aloha to Hula Dancing**

PEACHTREE CITY  
Wednesdays in August  
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, and here is your chance to bring the Island culture to Georgia. Aloha!

### **Garden Club**

FAYETTEVILLE  
Tuesday, August 1  
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

## **The Center Box Office**

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

PEACHTREE CITY  
Thursday, August 10 | 1:15 p.m.  
*Whitney Houston: I Wanna Dance With Somebody* (2022) | PG-13

Starring: Naomi Ackie, Stanley Tucci. This triumphant celebration of the incomparable Whitney Houston is the untold story of the complex and multifaceted woman behind the voice. From New Jersey choir girl to one of the best-selling and most awarded recording artists of all time, follow the inspirational and poignant journey through Houston's trailblazing life and career.

FAYETTEVILLE  
Friday, August 25 | 1:15 p.m.  
*Devotion* (2022) | PG-13

PEACHTREE CITY  
Thursday, August 31 | 1:15 p.m.  
*Devotion* (2022) | PG-13

Starring: Jonathan Majors, Glen Powell. Jesse Brown, the first Black aviator in Navy history, and his fellow fighter pilot and friend, Tom Hudner, are two elite US Navy fighter pilots who helped turn the tide in the most brutal battle in the Korean War. Their heroic sacrifices and enduring friendship would ultimately make them the Navy's most celebrated wingmen.  
Movie sponsored by:



**KAISER PERMANENTE®**  
Senior Advantage

Amber Oliver at aoliver@fayss.org.

## The Good Ole Days

FAYETTEVILLE

Tuesday, August 1

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

FREE

Members and non-members

Pre-registration required

Close your eyes and imagine back when things were much simpler and there were a whole lot less worries in the world. Can you imagine it? Join Dale Phenicie, author of *Be Home By Dark* as he reminisces on “the good ole days.” Hear about his book and what it was like growing up in a small town during the years following WWII, where freedom to roam but be home by dark was normal and the phrase ‘*it takes a village*’ truly meant something. He’ll guide a great discussion about growing up back in the day and speak on the inspiration behind his book. Share stories of your own as well!

## Finding Your Equilibrium

PEACHTREE CITY

Wednesday, August 2

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

FREE

Members and non-members

Pre-registration required

Bring balance to your life by discovering ways to find your equilibrium. Kathryn Martin, Health and Life Coach with Well Fit Journeys, brings strategies for self-awareness and managing expectations in our daily journey. Accepting what we face and moving forward can be challenging, but controlling what we can vs. what we can’t is not always an option we have. Get tips for changing perspective to see a situation for how it is serving you or what it is doing to harm you while gaining insight on

relaxation techniques and coping mechanisms.

## A Watch on WWII

FAYETTEVILLE

Wednesday, August 2

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

FREE

Members and non-members

Pre-registration required

If you’re like us, you love to sit back and dive into WWII documentaries. However, we know that finding a good, informative, and engaging one can be difficult sometimes with the endless options available. WWII enthusiast Frances Clifton shares the secrets to narrowing down which to choose. With nearly 1,000 documentaries watched and over 700 she’s documented through notes, she’ll share some of the best WWII documentaries she’s found, suggestions for searching and finding the good ones, and even share details about new ones releasing soon. Share some of your favorites too! In addition, discuss a few books that some of the documentaries were based on and watch a few clips of some she finds most interesting!

## What’s for Lunch?

PEACHTREE CITY

Thursday, August 3

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 Curious Kitchen in Senoia.

## Hip Pocket: An Anthology of Peachtree City

PEACHTREE CITY

Thursday, August 3

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

FREE

Members and non-members

Pre-registration required

Join some of the local authors who came together to compile a beautiful tribute of poems for our hometown, called *Hip Pocket: An Anthology of Peachtree City*. Learn about this collection of essays and poetry written by local authors and published by The Friends of the Peachtree City Library. Chief Editor Jill Prouty, who is also Director of Library Services for the city, will explain the impetus behind the project and will be joined by contributing authors Mary Maud Hiestand and Connie Thome, who will read from their works. From words about Peachtree City in the 60’s to reminiscing on landmarks that are no longer around, perhaps you’ll be reminded of your views of Peachtree City too!

## Cornhole

PEACHTREE CITY

Friday, August 4

11 a.m. to 12 p.m.

FREE

Member exclusive

PEACHTREE CITY

Friday, August 18

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!

## Design On A Dime

FAYETTEVILLE

Friday, August 4

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

FREE

Members and non-members  
Pre-registration required

Everybody would love a beautifully decorated home, right? But money is a limited resource and it's sometimes easier to start convincing yourself that you just don't have the budget to make your home shine right now. Don't fall for your own mind games. With a little inspiration and planning, you can make simple, easy and small changes that can have a big impact. Join Amy Epperson with Brightmoor Hospice and learn tips and tricks for making your space look its best, without breaking the bank.

## Hang Up On Robo Calls

PEACHTREE CITY

Friday, August 4

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

FREE

Members and non-members  
Pre-registration required

It seems they find us anywhere and everywhere and are nearly impossible to escape these days – those dreaded scamming robo calls. With phones on the go these days, the rise on scam related calls has increased. Join Lance Collins with PTC Techs as he provides insight on how to recognize whether a robo call is a scam or not and gives insight on apps that can block these calls before they even get to you! Protect yourself and your phone.

## Open the Book to Genealogy

FAYETTEVILLE

Monday, August 7

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

FREE

Members and non-members  
Pre-registration required

Genealogy is a great resource for discovering your family history! There are endless outlets for narrowing down your research, and deciding on the best one can be overwhelming. Join Genealogist Jan Bryant and Fayette County Library Representative Debbie Mack as they share the many resources available through the public library. Learn how to access databases like Ancestry, Galileo, Newsbank, and Proquest and learn about local libraries around Georgia that have a variety of genealogy resources to offer.

## Volunteer Open House

FAYETTEVILLE

Tuesday, August 8

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.

## A New Face to Peachtree City

PEACHTREE CITY

Tuesday, August 8

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

FREE

Members and non-members  
Pre-registration required

There's a new face in town

for Peachtree City! Help us welcome the new Peachtree City City Manager Bob Curnow as he introduces himself and learns the lay of the land for our local town. Hear about his background, where he moved from, what he's most excited about by being here, and what he has planned for the future. Share your insight and help him learn a little more about the seniors of Peachtree City.

## Making A House Your Home

PEACHTREE CITY

Wednesday, August 9

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

FREE

Members and non-members  
Pre-registration required

When deciding on purchasing a new-to-you home, there are many factors to take into consideration. Senior real estate specialist Andrea Farley with Dream Real Estate discusses strategies to use when planning your next real estate purchase. From reviewing market data, defining your criteria, prioritizing needs, preferences and budget, pre-approval and financing options, Andrea will take you through the many steps to find the best fit for you without sacrificing too much.

## A Grip On Gangs

FAYETTEVILLE

Thursday, August 10

1:30 p.m. to 3:00 p.m.

FREE

Members and non-members  
Pre-registration required

Officer Scott Israel and Detective Diana Snider with the Fayetteville Police Department will enlighten us and raise awareness of gangs in our area. Gain knowledge to help you stay safer and avoid gang activity, behavior, dress, and crimes so you are more aware of any situation that

may happen. In addition, Officer Israel and Detective Snider will share stories of involvement as law enforcement officers with gangs in our area.

## Family Feud

FAYETTEVILLE

Friday, August 11

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

FREE

Members and non-members  
Pre-registration required

*"On your mark...let's start...the FAMILY FEUD!"*

This popular game show, filmed right here at Trilith Studios, features a competition between two families to guess the most popular answers to survey questions. Always bringing a laugh, this game show is a popular one for many! Local residents Pat Jackson and Cynthia Hilton share their experience on the popular game show. View clips from their episode and hear stories about their time filming and competing!

## Risky Business

FAYETTEVILLE

Monday, August 14

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

FREE

Members and non-members  
Pre-registration required

Explore the key question facing investors today – now that I can get better returns on my cash holdings, should I still invest? This question inherently assumes there is only one type of risk, but in fact there are many risks we face over time. Certified Financial Planner Will Stone with On Purpose Financial Management helps us answer these complicated questions. Identify different risks, including the risk of losing money, and ways to address them in order to

improve chances of long-term success.

## A Novel Idea Book Club

PEACHTREE CITY

Tuesday, August 15

1:45 p.m.

FREE

Member exclusive

No pre-registration required

August book: *Beautiful Country* by Qian Julie Wang. September book: *The Lindberg Nanny* by Mariah Fredericks. For more information, please contact Meghan Caton at [megcaton@gmail.com](mailto:megcaton@gmail.com).

## The Final Checklist

PEACHTREE CITY

Wednesday, August 16

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

FREE

Members and non-members  
Pre-registration required

End-of-life planning is not something that is appealing, however being prepared in advance can have a major impact on your family. Pre-planning can help relieve the pressure and financial burden when the time comes. Final expense costs are rising...and fast. Natasha Thompson with Lincoln Heritage helps us prepare in advance for our loved ones so things are in order. Discover the facts about final expense costs and how you can protect your loved ones when you pass.

## 1-on-1 Legal Consultations

FAYETTEVILLE

Thursday, August 17

12 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

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

## Dementia Caregiver Support Group

PEACHTREE CITY

Thursday, August 17

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, August 17

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 rosé wines from around the world.

## Fall Into Gardening

FAYETTEVILLE

Friday, August 18

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

FREE

Members and non-members  
Pre-registration required

Fall is a wonderful time of



the year to be out and about in your garden. It's finally cooler weather, the air is crisp, and it's a great time to get some delicious and fresh seasonal vegetables. Now is the time to start prepping your garden, though! Fall vegetable gardens are a big hit among growers as outdoor temperatures begin to cool and planting options change. Kim Toal with Fayette County Extension joins us as she shares about different types of vegetables for the fall and ways to have a great harvest.

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

FAYETTEVILLE  
Monday, August 21  
10 a.m. to 2 p.m.  
FREE  
Members exclusive  
Pre-registration required

A representative with Georgia Cares will meet one-on-one with Medicare beneficiaries and their families. Georgia Cares is a State Health Insurance Assistance program that provides free, non-biased information about Medicare.

### **It's Meow or Never**

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

Who ever said cats can't be trained? If you know the right tricks, you'd be surprised! Join Michelle Sharpee, certified cat training and behavior consultant with Cloud 9 Feline, and get useful tips on cat training and behavior modification. Michelle has worked with both domestic and exotic cats in resolving unwanted behaviors. Learn how to

help your cat eliminate things such as scratching, counter surfing, marking, activity during the night and aggression.

### **Game of Drones**

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

Take flight with Monika and Janusz Ruch with American-Made Drone Solutions during this drone demonstration. The newest craze of drones is intriguing, and here is your chance to learn more about them. Discuss the uses - both recreationally and professionally - of drones and the laws associated with them. Discover who is using these for personal and business use, including armed forces, airlines, big name companies, and even among your average joes. After, enjoy a drone flight demonstration for all of us to see.

### **The True Cost of Caregiving**

FAYETTEVILLE  
Tuesday, August 22  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Caregiving for a loved one can not only be emotionally and physically draining, but also financially draining. Many people don't think about the costs associated with caregiving. The Alzheimer Association shares tips and ways to help better prepare and develop a plan for financial and legal concerns the caregiver should consider when caring for their loved one. Learn how to talk about

finances, how Alzheimer affects finances, identifying your needs and creating a backup plan.

### **Dance the Night Away**

FAYETTEVILLE  
Wednesday, August 23  
11 a.m. to 11:50 a.m.  
FREE  
Member exclusive  
Pre-registration required

Come on and "wobble baby, wobble baby, wobble baby, wobble" the afternoon away with aerobics instructor Miriam Jones as she leads us through a few of the most popular, fun party and wedding reception dances. No partner is needed. Whether you're a beginner or simply want to brush up on your moves, this is all about having fun! Join in and let the music move you.

### **P"age" Turners Book Club**

FAYETTEVILLE  
Thursday, August 24  
1:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

August book: *The Book of Lost Names* by Kristen Harmel. September book: *Travels with Charley* by John Steinbeck. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

### **Car Wash**

FAYETTEVILLE  
Friday, August 25  
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.

## **Bean Bag Baseball**

PEACHTREE CITY  
Friday, August 25  
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, make an out, or strike out. No previous experience needed to join in the fun!

## **The Buzz on Pollinators**

PEACHTREE CITY  
Friday, August 25  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Ever wonder which plants and flowers attract each type of pollinator? Not all pollinators are bad, even though they oftentimes get a rep for being a nuisance. Mike and Judy Cunningham with Country Garden Farms teach us about the variety of Georgia's amazing pollinators and how valuable they are to us and the environment. Discover things you can do to create a better habitat in your landscape to attract

them and how native plants, flowers and yes, even weeds, can really make all the difference in your overall backyard scenery.

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

FAYETTEVILLE  
Monday, August 28  
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.

## **Inspector Home**

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

Linda Sorrows and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will share the secrets to home inspections. Know your options, learn what you can do to prepare, and what you should be aware of when negotiating the results of a home inspection.

## **Express Lunch**

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

PEACHTREE CITY  
Thursday, August 31  
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

Join our dulcimer group! This group has been playing together for some time, but always welcomes new people! The dulcimer is a unique string instrument native to the Appalachian region of the United States. This is an open group playing music together. You must have your own dulcimer and know how to read music to join. This is not an instruction-based class, just free time to play music together!

## Technology

### Computer Technology Assistance

PEACHTREE CITY  
Wednesday, August 16  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, August 22  
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, August 1  
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.

### A Pain in the Nerve

PEACHTREE CITY  
Tuesday, August 1  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Dr. Davis with First Step Physical Therapy is here to help us relieve some of that pain the sciatic nerve can cause. He will discuss the common causes that bring on the pain and explain the various signs and symptoms associated with it. Furthermore, learn about treatments and home exercises to help prevent that pain in the rear end!

### Aging in Style

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

You've finally made it to 'the golden years!' You've worked your tail off and you're happily settled in retirement. Are you making the most of it? Sharon Dillard with Benton House helps us embrace the golden years by enjoying retirement, family, grandkids, spouse, pets, hobbies, travel and more! Get tips and focus on strategies for staying positive, healthy, and active while aging successfully. Gain a new look into the perks of aging and shine light on ways to truly see the best side to aging well!

### Eyeglass Repairs and Adjustments

FAYETTEVILLE  
Tuesday, August 8  
11:30 a.m. to 12:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

Dale Klauss with Dale's Optical will be here to perform minor repairs, adjustments, maintenance, and cleaning of your glasses.

### Don't Be A Bonehead

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

Did you know that exercise not only strengthens our muscles but our bones too? Bones, being living tissue, respond positively to exercise by increasing in strength as well. Engaging in regular weight-bearing activities like lifting weights, walking, hiking, jogging, climbing stairs, tennis, and dancing forces our bones to work harder, creating space for growth and increased strength. Join wellness expert Shameka Clark with Azalea Estates as she shares tips for strengthening our bones through regular movement.

### Take Me Out Tonight

PEACHTREE CITY  
Friday, August 11  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Who doesn't love some great take-out options? It's quick, easy and usually packed with flavor. But, take-out isn't always the healthiest option. Join Certified Health Coach

Jennifer Lunsford for a take-out makeover. Get tips on creating even better tasting options to take-out favorites. Jennifer will do a cooking demo and make a delicious and healthy chicken stir-fry that you can make at home. Enjoy a taste test, receive recipes, and discuss other ways to make popular take-home meals even healthier!

## **A Balancing Act**

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

Many don't connect the two, but cognitive function and balance are interrelated in middle-age and older adults. Enhancing cognitive function and balance can be beneficial in strengthening both. Michelle Sanchez with Well-Seasoned & Fit provides details about their connection and gives tips for focusing on each. In addition, perform some balance games that challenge your memory, processing speed, attention and self-efficacy.

## **The Shrinkflation Effect**

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

Food prices are on the rise, but did you know you may be getting less while paying more? Dietitian Lamura Poore with Diet To Lifestyle enlightens us on the newest term in the nutrition world, Shrinkflation. Shrinkflation is defined as the rise in the general price level of goods per unit, brought about by a reduction in the weight of

size of the item sold. Discuss examples of common items you may use and different ways to budget in order to get the most out of your dollar at the grocery store!

## **Bend and Snap**

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

Resistance bands are an exerciser's best friend! They may not look like much, but they are inexpensive, portable, and versatile, helping you achieve a full body workout whether you are a beginner or an expert alike. Join Piedmont Wellness Center as they share ways to get an effective and challenging workout in with just a simple set of bands.

## **Brain Games for Brain Health**

PEACHTREE CITY  
Tuesday, August 22  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

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

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

PEACHTREE CITY  
Wednesday, August 23  
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. After, Alison will discuss the results and make suggestions to achieve a level of wellness and balances you desire.

## **You're A Natural**

FAYETTEVILLE  
Thursday, August 24  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Better health is linked to so many different factors, and one of those factors is easily accessible and manageable in your life! Eating natural is a great way to boost your health through eliminating processed foods packed with sugar, fat, and chemicals that can greatly affect your body. Join Amanda Johnson with Celebration Village as she helps us open the cabinet to our very own pharmacy in our kitchen! Discover how using natural foods as medicine can impact your life in a positive way and the many benefits they can provide. Get tips on some great items and products to have on hand for a healthy diet and ways to incorporate them easily into your meal plan.

## **Navigating the Aisles**

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

Join Dr. Delores Davis with Better Health Concepts for some supermarket fun! Don't know what to buy or how



to choose the best foods to add to your healthy list? Dr. Davis brings the grocery aisles to us at FSS as she gives you confidence in our ability to select healthy foods, maximize savings and know what to look for when planning for a healthy and successful shopping trip. Learn how to patrol the hidden ingredients that derail your healthy choices and tips for staying on track with a healthy diet.

## A Spring In Your Step

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

When your feet hurt, everything hurts! Caring for your feet is a great step toward overall health. The

stress of carrying yourself around puts your feet at high risk of injury. Issues can develop from neglect and simple wear and tear. Dr. Greg Alvarez, physician with Ankle and Foot Center, will discuss the signs and symptoms of common foot problems and when to seek care to put your best foot forward! This program is part of the 2023 Piedmont Wellness Series.

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE  
Wednesday, August 30  
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.

## Bootin' The Gluten

PEACHTREE CITY  
Wednesday, August 30  
12 p.m. to 1 p.m.  
FREE  
Members and non-members  
Pre-registration required

We hear the term "gluten-free" more and more often these days, but what does gluten free really mean? Elizabeth Reed with Bootin' the Gluten Bakery shares the many benefits to going gluten-free. Learn more about what gluten is and how it affects our bodies and the benefits of cutting it from our diet may have. Gluten-free eating doesn't have to be boring or bland, discover how to make the transition easier! Elizabeth will include a tasting of some of our tastiest and most popular gluten free treats.

# Look What's Coming in September!

## The Prehab on Rehab

PEACHTREE CITY  
Tuesday, September 5  
2:30 p.m. to 3:30 p.m. | FREE  
Pre-registration required

*Discover the importance of prehab and how it differs from and improves your rehab experience. The benefits of pre-surgery rehab can be exceptional and help you recover faster.*

## The Missing Soldiers

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

*During many of the wars fought by the American people, many went missing, termed as Prisoners of War or Missing in Action. Learn about these missing soldiers and the traditions surrounding them.*

## Not So Swell Inflammation

PEACHTREE CITY  
Wednesday, September 6  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

*Chronic inflammation can be a silent killer, and often the signs and symptoms are misdiagnosed as something else. Hear how to better manage inflammation to protect yourself.*

## The Times They Are A Changin'

FAYETTEVILLE  
Friday, September 8  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

*Take a look at historical events in our nation's history and discuss the challenges we've faced as a nation financially. Gain insight on building investment strategies based on lessons learned.*

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



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- Connie M.



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and coverage



Enrolling in and  
changing plans



Comparing options



Correcting billing issues



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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).

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