

October 2023

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Guten Tag, Y'all

It's Oktoberfest in the south! Join us for an FSS style celebration that will bring out your German side!

## Gourd Vibes Only

Get in the fall spirit at the Fayette Senior Services pumpkin patch! Choose a pumpkin and snap a picture.

## Veal With It

This unique recipe is one you'll keep coming back for. Enjoy a delicious stew packed full of flavor for the cooler weather!

*Live Well. Age Well.*

# Oktoberfest

Thursday  
October 26

5 p.m. to 8 p.m.

Fayetteville  
4 Center Drive

**\$15 | Ticket**

770.461.0813  
Featuring: The Bucky Lastards



Event Sponsored By:

Fayette Senior Services  
*Making Life Better*

Mark Gray, Agent  
770-487-8561

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*for you!*

# October

## featured

### One Of A Kind 10

Believe us when we say, FSS Volunteer Brenda Talley is one of the kindest and most giving people around.

### Re-Veal the Recipe 11

We're here to reveal a delicious stew recipe we can guarantee you'll love, full of flavor and flare!

### Prost to Oktober 15

Put on your lederhosen and join us for a fun evening celebrating Oktoberfest, full of music and great food.

### The Pumpkin Of My Eye 15

Join us in our very own pumpkin patch, coming right here to FSS! Pick out the perfect pumpkin for you!

## in every issue

About FSS 4

Supportive Services 5

Meet Our Staff 6

Membership & Center Info 6-7

Coming Soon 8

Free Stuff - Every Day! 12-13

Special Events 15

Classes & Programs 18-29

## 2023 HOLIDAY CLOSINGS

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



## 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

Alexis Jones  
Kitchen Manager

Pedro Cruz  
Sous Chef

Destiny Lemons  
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

Laurie Brasher  
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.

Advertising Information. We appreciate the support from our advertisers, which helps defray the cost of printing our newsletter. For information about FSS advertising and other sponsorship opportunities, please contact Morgan Lanier at 770-461-0813 or [mlanier@fayss.org](mailto:mlanier@fayss.org). \*The appearance of advertising in Fayette Senior Services, Inc. newsletter, website, classes, programs, or other promotional materials is neither a guarantee nor an endorsement by Fayette Senior Services, Inc. of the product, service, or company or the claims made for the product in such advertising.

# Membership Has Its Rewards

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

## BLB Handyman Services

Ben Bosworth  
(678) 777-0871

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

## TRINITY Services of Georgia, Inc

Electrical contractor/Low-Voltage Contractor  
Ben Miller  
(770) 402-0181

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

## Tom's Pest Control Co.

(770) 487-9506

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

## TCBY

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

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

## Jolly Technologies

(678) 653-5169

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

## Visiting Guests

We welcome visitors to our center, but ask guests to check in at the reception desk so we can provide a tour, answer questions, and track the number of visitors to our center. We welcome groups to visit our center for a tour and lunch, but to better serve you, please call 770-461-0813 in advance! Guest is not a substitute for membership! If a member-eligible guest has more than two visits to our center, we ask they become a member to continue enjoying the center.

## 2023 Transportation Sponsor



# The Fitness Center

- Fayetteville -  
Monday-Friday  
7:30 a.m. to 4 p.m.

The fitness center is open to members for only \$10 per month. Our fitness center is a great place to get fit, enjoy friends & maintain a healthy lifestyle.

# The Ultimate Café

- Fayetteville -

Our dining services are for members only. It's one of the many benefits of membership! Members may bring guests to the café, but we ask that all guests sign in at the front desk before dining.

## Breakfast

Monday through Friday  
8:30 a.m. to 10 a.m.

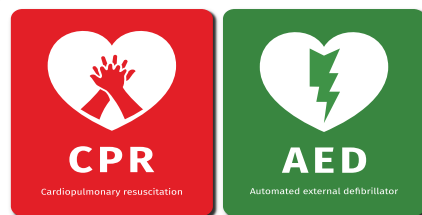
Hot breakfast item served every day  
Enjoy a choice of continental breakfast items

(cereal, muffins, bagels, fruit, juice, milk).  
Pricing is á la carte, plus tax.  
Coffee and tea are complimentary.

## Lunch

Monday through Friday  
11:15 a.m. to 1 p.m.

Choose from two chef-prepared hot entrees, side dishes, soup du jour, small garden-fresh salad, choice of desserts or fruit. Pricing is á la carte, plus tax. Beverages are included with any meal purchase (iced tea, coffee, and water).



2023 CPR/AED/FIRST AID TRAINING SPONSORED BY:



# Coming Soon...

**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 from local theater group Town Square Playhouse featuring "A Christmas Survival Guide". Event sponsored by Kaiser Permanente, Sonder Health Plans and David Moore – Peachtree Law Group.*

We are excited and busy planning our 2024 events schedule after a successful and fun year during 2023! Keep your eyes peeled for some amazing events coming up next year.

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

# Miriam's Fitness Corner Save Your Own Skin

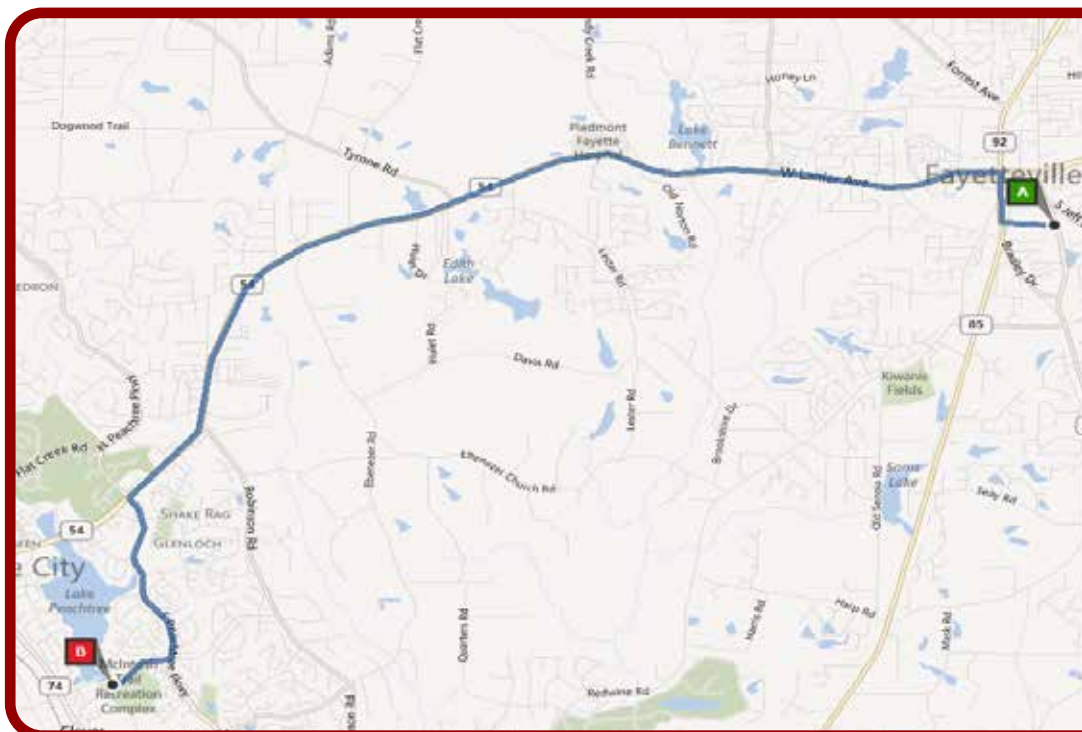
Aging takes our bodies through a lot of changes. Among those may be the ever changing condition of your skin. After age 60, it's not enough that lost elasticity, fine lines and age spots are the new norm. Itchy, irritated, dry skin also want a piece of the action. As we get older, the skin becomes thinner and loses water more easily causing it to feel and look dry. This condition can lead to irritation. Certain medications may even exacerbate it. If you are one of the many experiencing dry or irritated skin, the American Academy of Dermatology Association has extremely helpful skincare tips just for you.

- Wash with a gentle, fragrance-free, moisturizing bar soap, cleanser, or body wash.
- Use warm (not hot) water.
- Use a soft cloth to wash your skin.
- Keep your bath or shower short, 5 to 10 minutes.
- Pat water gently from your skin, but leave a bit of water on your skin to help hydrate it.
- Apply a creamy, fragrance-free moisturizer formulated for dry skin within 3 minutes of bathing and throughout the day.
- Use a humidifier when the air feels dry.
- Wear gloves while doing housework and gardening. This reduces exposure to harsh chemicals and risk of skin injury.
- Protect your skin from the sun. Sun protection helps prevent new age spots and blotchy skin plus reduces dry, thinning skin as well as risk of skin cancer.
- Go fragrance free. Fragrance can irritate your skin.
- Examine your skin for signs of skin cancer. When skin cancer is found early and removed, that's often the only treatment you'll need.

Incorporate these helpful tips to improve and help you grow "thick skin." If you do not, "no skin off my back." We each have to "save our own skin".

# 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



Fayette Senior Services & Town Square Playhouse  
Present:

# “A Christmas Survival Guide”

## DINNER THEATER

Thursday, November 16

5:30 p.m. to 8:30 p.m.

4 Center Drive

Tickets | \$15

Event Sponsored By:



Deliver A Difference

## VOLUNTEERS NEEDED

Our Meals on Wheels team has recently added two new routes to our program! To help make these routes successful, we are in search of 7 new volunteers to take on a daily delivery! You can help 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!

*A Shining Jewel*

Written By: Amber Oliver



High School and attended Physical Therapy School at Georgia State.

In December of 1982, Brenda married her husband John. They met during Physical Therapy school when he was a senior and she was a junior. They have three beautiful children together - two girls and one boy – that she is beyond proud of and glows with pride when she speaks about them. Brenda confesses that sometimes she tells people she has four children as she includes her husband (ha-ha)! Their children live in Texas, Colorado, and Alabama. They are blessed with seven grandchildren ranging in age from seventeen years to three years old. Brenda and John are both still working as physical therapists, with Brenda specializing in working with special needs children.

Every now and then, we come across a jewel of a volunteer who has the talent to help us in multiple areas at Fayette Senior Services. Brenda Talley is one of those jewels! You can find her hard at work in the garden, with a smile on her face in the café, moving to the groove as she works after-hour events, and even serving as back-up to lead our Sit and Get Fit class. And if that doesn't seem like enough, she constantly tells us, "Just let me know where I can help, and I'll do it!" One day I entered the café to find Brenda on her hands and knees cleaning up a spill on the floor to ensure no one fell. "I would want someone to do it for my mom," she expressed. Brenda truly has a servant's heart full of love. Our members and staff benefit tremendously from it!

When I asked Brenda where she grew up, she shared many places she called home. "My dad was in the Army so this is a trick question. I have lived in Germany, Georgia, Virginia, and Japan. The place I have lived the longest is Morrow, GA." Her parents met when her dad was in the Army (30 years of service) and her mom was a Tokyo telephone operator. After they married, her mom stayed home to take care of Brenda and her sister. Brenda's first job was serving as an ice cream sales girl at the Lion Country Safari. Brenda graduated from Morrow

Brenda loves to craft! "Making things and sharing them is my love language!" She also loves spending time with her family, especially the grands, and her dog, Maggie. "I love the Lord and try my best to be kind to everyone I meet," she shares. And if you've had the chance to interact with Brenda, you know that "kind" could be her middle name, because she may be one of the kindest people we've met.

If stranded on a desert island, the three items Brenda would want with her are her Bible, her family (including her dog Maggie) and chocolate! If she had to listen to one song for the rest of her life it would be *The Old Rugged Cross*, as it was her daddy's favorite. Two fun facts about Brenda are that she is half Japanese and she took ballet for thirteen years.

Brenda started coming to FSS in February 2023. Her favorite thing about volunteering is meeting people and developing relationships. "Everyone is so friendly and welcoming! I feel my gift is service and I love to help in any way I can." FSS is so fortunate to have such a shining jewel who shares in our mission of empowering older adults to live and age well. Thank you Brenda! Shine on!

# From Our Kitchen To Yours

## Rich Oven Veal Stew

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



Photo by The Delicious Spoon

### Ingredients

- 1/4 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 lb lean boneless veal, cubed
- 2 tablespoons margarine or butter
- 1 1/2 teaspoon oil
- 2 cups (1 14-oz can) beef broth
- 8 small new red potatoes
- 3 carrots, cut into 1-inch pieces
- 1 medium onion, quartered
- 1/2 lb fresh mushrooms, sliced or quartered
- 1/2 cup sour cream

### Directions

- Heat oven to 350 degrees
- Put flour, salt, and pepper into a bag and shake well to mix. Add veal cubes and shake to coat
- In a 4 quart Dutch oven or heavy flameproof casserole dish, brown veal in margarine and oil
- Stir in broth, potatoes, carrots, onions, and mushrooms and bring to a boil. Remove from heat
- Cover and bake at 350 degrees for 1 1/2 hours or until meat and vegetables are tender
- Stir sour cream into stew
- You can choose to thicken the stew using 2 tablespoons of flour and 1/2 cup liquid from the stew. Mix these together in a small bowl and add mixture back to stew, heating until thickened.

*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

**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.

**Scrabble:**

12:30 p.m. to 4 p.m.

**Tuesday Bridge Club:**

1:30 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

**Blood Pressure Check:**

10:30 a.m. to 12 p.m.

**Bunco:**

1:15 p.m. to 4 p.m.

### Fridays

**Pinochle:**

9 a.m. to 12 p.m.

**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.



Aloha from our hula dancing class at our Island Fever Luau!



Members showing off their beautiful creations from Bottle It Up.

# 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.



Taking it outside and working hard during one of Miriam's aerobics classes.



Arrr, Matey! STARs dressed up for their monthly All-Invite.

# Special Events



Photo by Gaye Launder via Flickr

## DIY: Terrariums

PEACHTREE CITY  
Tuesday, October 17  
2:30 p.m. to 3:30 p.m.  
FREE | Materials  
not included  
Members and non-members  
Pre-registration required

Terrariums are a great way to have plants and small ecosystems displayed in your home in a fun and creative way. These small gardens come in many different shapes and sizes and can be filled with endless possibilities. Join Chante Lively, Conservationist with Newman Wetlands Center, and discover how to plan a terrarium, care for it, and build one to take home with you. Materials will need to be purchased by the participant prior to class: activated charcoal, glass jar or container you'd like to use to build your terrarium, potting soil, smooth and small river rocks, tiny plants such as succulents and any other fun items you'd like to include.



## Take Me to the Pumpkin Patch

FAYETTEVILLE  
Wednesday, October 25  
11 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

Get in the fall spirit at our very own pumpkin patch! Amy West with Bridgeway Home Health brings us a fun, interactive and all-inclusive way to get in the mood for fall. Join us in the grassy area between the garden and our building any time during the hour to pick out your favorite pumpkin to take home. Amy will have a selection of great pumpkins from all sizes to choose. Get your photo taken on a beautiful old-fashioned antique Chevy truck set up with a fall theme! It's fall y'all, come on out for a fun morning!



## Oktoberfest

FAYETTEVILLE  
Thursday, October 26  
5 p.m. to 8 p.m.  
\$15  
Members and non-members  
Pre-registration required

Guten tag y'all! It's that time of year again, Oktoberfest in the South. This Thursday night event will have you dancing and filling your belly full of authentic German cuisine and drinks. We welcome a live band, Kraken's Release, playing German and other great music! Don't miss out on one of most popular events and celebrations of the year. This event is sponsored by State Farm – Agent Mark Gray, Senior Helpers, and South Care Cremation and Funeral Services.

Sunday	Monday	Tuesday	Wednesday
<b>1</b>	<b>2</b> Slam the Scam pg. 21  Navigating the Medicare Maze pg. 21	<b>3</b> Reflexology pg. 26 Garden Club pg. 22 A Little Immunity Goes A Long Way pg. 27 A Mindful Exercise pg. 27	<b>4</b> Quilting UFO pg. 26  The Sunny Side of Life pg. 27 Mythbusters Edition pg. 28
<b>8</b>	<b>9</b> Trail of Tears pg. 22  Music To My Ears Bingo pg. 22	<b>10</b> Volunteer Open House pg. 23 A Walk in the Woods: The Ridge Nature Area pg. 22 On the Move: Functional Movement Assessments pg. 28 Eyeglass Repair and Adjustments pg. 27	<b>11</b> Outsmart Smart Phones pg. 26  The K... Communicator pg. 27
<b>15</b>	<b>16</b> 1-on-1 Medicare Consultations pg. 23 Crochet: Witch Gnome pg. 18 Falling Into Fresh pg. 28 Line Dance Step Workshop pg. 19	<b>17</b> Book Club pg. 23 Painting Workshop pg. 18 DIY: Terrariums pg. 15 Give 'Em Pumpkin To Talk About pg. 23	<b>18</b> Quilting UFO pg. 26 Computer Assisted Living pg. 27 Take It Outside pg. 28 The Root of Me pg. 29
<b>22</b>	<b>23</b> Exercise Your Gym Rights pg. 29 Sing It Loud, Sing It Proud: Karaoke pg. 24 Working While On Social Security? pg. 24 Crochet: Amigurumi Whale pg. 18	<b>24</b> Computer Assistance pg. 26 The Travel Bug: African Safaris pg. 24 Country Roads Take Me Home pg. 24	<b>25</b> Take Me To Pumpkin Patch pg. 26 Can You Survive the Storm pg. 27 Hearing Aid Maintenance pg. 28
<b>29</b>	<b>30</b> Beyond the Grave Cemetery Walk pg. 25  Healthcare Patrol pg. 29	<b>31</b> Carry A Tune pg. 25 Frightfully Fun Spooks pg. 26 The Future of A.I. pg. 25	



# October

Wednesday	Thursday	Friday	Saturday																																																																																				
<p>4</p> <p>Movie Day: pg. 18</p> <p>Side pg. 27</p> <p>Nutrition pg. 27</p>	<p>5</p> <p>What's for Lunch? pg. 22</p> <p>Headaches Decoded pg. 27</p> <p>The Estate of It All pg. 22</p>	<p>6</p> <p>Cornhole pg. 22</p> <p>Taste the Rainbow pg. 27</p> <p>A Crafty Fall: Hay There Scarecrow pg. 18</p>	<p>7</p>																																																																																				
<p>11</p> <p>Get Your pg. 23</p> <p>Key to pg. 28</p>	<p>12</p> <p>Movie Day pg. 21</p> <p>Express Lunch pg. 26</p> <p>Plate the Portion pg. 28</p>	<p>13</p> <p>Sleep On It pg. 23</p> <p>The Value of Your Home pg. 23</p>	<p>14</p>																																																																																				
<p>18</p> <p>Day: pg. 18</p> <p>Distance pg. 26</p> <p>Side pg. 28</p> <p>Medicine pg. 28</p>	<p>19</p> <p>The Grape Escape pg. 25</p> <p>Say Cheesecake pg. 23</p> <p>Dementia Caregiver Support Group pg. 24</p>	<p>20</p> <p>Cornhole pg. 22</p> <p>No Brainer pg. 28</p> <p>Go With the Acrylic Flow pg. 18</p> <p>Embracing the Digital Age pg. 24</p>	<p>21</p>																																																																																				
<p>25</p> <p>To The pg. 15</p> <p>Weather pg. 25</p> <p>Cleanings &amp; pg. 29</p>	<p>26</p> <p>Movie Day pg. 21</p> <p>Express Lunch pg. 26</p> <p>Book Club pg. 25</p> <p>Oktoberfest pg. 15</p>	<p>27</p> <p>Movie Day pg. 21</p> <p>A Gourd Time Pumpkin Carving pg. 25</p> <p>Just Shred It: Shredding Services pg. 25</p> <p>Bean Bag Baseball pg. 25</p>	<p>28</p>																																																																																				
		<p>September 2023</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> </tbody> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<p>November 2023</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table> <p>30</p>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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# October Program Schedule

## Needlework

### Crochet: Witch Gnome

FAYETTEVILLE  
Monday, October 16  
10 a.m. to 12 p.m.  
\$5  
Pre-registration required  
Instructor: Nancy Crow

You'll adore this not so scary witch for your Halloween decorations! Materials needed: Small amounts of purple, orange, tan and yellow yarn; crochet hook size G; Nancy will provide the broomstick. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Amigrumi Whale

FAYETTEVILLE  
Monday, October 23  
10 a.m. to 12 p.m.  
\$5  
Pre-registration required  
Instructor: Nancy Crow

If you love Amigrumi, here is a great one with these adorable little whales. Materials needed: Small amounts of any yarn color of your choice in addition to some white yarn; crochet hook size G; Nancy will provide the eyes. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, October 4  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, October 18  
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

### A Crafty Fall: Hay There Scarecrow

PEACHTREE CITY  
Friday, October 6  
10 a.m. to 11 a.m.  
FREE | Includes materials  
Pre-registration required  
Instructor: Dana Samples

Bring out your crafty side with this creative project that is for all levels of crafters. You don't have to be the craftiest person in the room to make this adorable scarecrow door hanger! With easy to follow guidelines, Dana Samples with Brightmoor Hospice leads us in making a wonderful scarecrow doorhanger to use as décor throughout the fall season. All materials will be provided. See front desk for sample picture.

### Painting Workshop

FAYETTEVILLE  
Tuesday, October 17  
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 an abstract graphic designed horse.

## Go With the Acrylic Flow

PEACHTREE CITY  
Friday, October 20  
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.

## 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 basic dance steps, 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.

### Advanced Beginner Line Dance

PEACHTREE CITY  
Wednesday  
1 p.m. to 2 p.m.  
\$15 | Month  
Instructor: Eddie Huffman

Learn additional line dance steps and simple routines. This class will teach you new and older classic dances that students have been enjoying for years. This class will be fun, energetic and great for the mind. For dancers who already have a knowledge of the basic line dance steps.

### Free Moves Line Dance

FAYETTEVILLE  
Fridays  
10 a.m. to 12 p.m.  
FREE  
No pre-registration required

Enjoy a morning of dancing during this self-led group. Gather together to move to the music. This is just a casual dance and not instruction based. No teacher will be present, just members who love dancing!

### Line Dance Step Workshop

FAYETTEVILLE  
Monday, October 16  
1 p.m. to 2:30 p.m.  
\$10  
Instructor: Eddie Huffman

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



## Fitness

### A Breath of Wellness

PEACHTREE CITY  
Wednesday  
10:30 a.m. to 11:30 a.m.  
\$25 | 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 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. 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

Monday  
10:30 a.m. to 11:15 a.m.  
\$20 | Month  
Instructor: Lori Clark

Make your workout more fun as you dance and tone. 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 muscles, and improve 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, easy-to-follow exercises that strengthen your body and enhance 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 from 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.

## 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.

## Personal Training

FAYETTEVILLE  
Scheduled by request only  
\$50 | Session (1 hour)  
Instructor: Billy Huber

Meet one-on-one with Billy to get a specialized plan for your health. Choose focus on fitness, strength, toning, balance

improvement, nutrition or other areas as Certified Personal Trainer Billy Huber helps create a plan for your area of need. Access to fitness center during session. Call or text Billy directly at 229-352-1810 to set up session.



## Slam the Scam

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

Incidents of fraud are on the rise and tactics being used are becoming more complex. Every which way you turn,

there is a phone call, email, text or something of the sort trying to bait you. Richelle Mathis with Edward Jones provides us with the tools to outsmart the scammers. Shine light on red flags and learn how to spot them as she aids in recognizing fraudulent encounters and provides resources you can turn to in the event of being targeted. Take the steps now to be aware and protect yourself!

## Navigating the Medicare Maze

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

GeorgiaCares Medicare expert Starr Slade will help us navigate the Medicare Maze throughout

# The Center Box Office

## Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, October 12 | 1:15 p.m.  
*Happiness for Beginners* (2023) | TV-14

Starring: Ellie Kemper, Luke Grimes and Nico Santos. At a crossroads after her divorce, a school teacher ventures toward a fresh start in life – and love – when she signs up for a grueling group hiking trip. She discovers through this experience that sometimes, you have to get really lost in order to find yourself.

PEACHTREE CITY  
Thursday, October 26 | 1:15 p.m.  
*The Little Mermaid* (2023) | PG

FAYETTEVILLE  
Friday, October 27 | 1:15 p.m.  
*The Little Mermaid* (2023) | PG

Starring: Halle Bailey, Jonah Hauer-King, Melissa McCarthy. The enchanting tale of *The Little Mermaid* has captivated hearts for generations, and this live-action version continues the tradition. A young mermaid makes a deal with a sea witch to trade her beautiful voice for human legs so she can discover the world above water and impress a prince.

Movie sponsored by:



**KAISER PERMANENTE®**  
Senior Advantage

this Open Enrollment season. Discover the basics about Medicare benefits. Learn about Part A – hospital insurance, Part B – medical insurance, Part C – advantage plans, Part D – prescription drug coverage and Medigap – supplemental insurance to Medicare. Starr will also provide insight on what to consider when deciding which insurance agency to work with, in addition to giving tips on ways to prepare for the upcoming Medicare Open Enrollment period.

## Garden Club

FAYETTEVILLE

Tuesday, October 3

9:30 a.m.

Members and non-members

No pre-registration required

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

## What's for Lunch?

PEACHTREE CITY

Thursday, October 5

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 Barnstormer's Grill in Williamson, GA.

## The Estate of It All

PEACHTREE CITY

Thursday, October 5

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

FREE

Members and non-members

Pre-registration required

Discover successful strategies

for making advanced decisions in naming people to be in charge of your estate. Financial Planner Don Carter with Edward Jones and Attorney Mindy Hooper with Warner Law Firm partner together to create an outline to help you better understand the basics of estate planning. Look into options that make the most sense for your specific situation and learn what to consider when creating a will, the benefits of trusts, how to help reduce taxes on estates and how insurance can help protect your family.

## Cornhole

PEACHTREE CITY

Friday, October 6

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

PEACHTREE CITY

Friday, October 20

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

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

## Trail of Tears

FAYETTEVILLE

Monday, October 9

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

FREE

Members and non-members

Pre-registration required

Follow along with Richard Johnston as he takes you through the intriguing history of the Choctaw Indians as they were forced to sell their

land in Mississippi and leave on the "Trail of Tears." Learn how this tribe not only survived, but also managed to thrive as a nation. In addition, Richard will share personal stories about his mother's time growing up in the Choctaw Indian culture.

## Music To My Ears Bingo

PEACHTREE CITY

Monday, October 9

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

FREE

Member exclusive

Pre-registration required

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

## A Walk in the Woods: The Ridge Nature Area

THE RIDGE

Tuesday, October 10

1:30 p.m.

Free

Members and non-members

Pre-registration required

Join Charlee Martin, Environmental Education Coordinator with the Southern Conservation Trust, and take a walk through The Ridge Nature Preserve. Meet at the nature area in Fayetteville (390 Burch Road Fayetteville, GA) and take a walk through this 308-acre preserve. This preserve is home to acres of natural beauty providing a glimpse into contrasting ecosystems, peaceful recreational experiences, and exploration opportunities. With over seven miles of trails, the Ridge hosts patron's hiking, trail running and mountain biking and is home to a variety of animals seen around the area. Wear comfortable shoes and clothes.

## Volunteer Open House

FAYETTEVILLE  
Tuesday, October 10  
2 p.m.  
Members and non-members  
No pre-registration required

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

## Outwit Your Smart Phone

FAYETTEVILLE  
Wednesday, October 11  
11:30 a.m. to 3:30 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

## Sleep On It

FAYETTEVILLE  
Friday, October 13  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Ahhh, it's finally time to lie down for the night, but can you get comfortable on that mattress of yours? Or if you can, are you waking up refreshed, or in pain? Chris Martin with Mattresses and More helps us get a better night's sleep with helpful tips for getting the most out of your mattress. You'd be amazed how much a mattress can affect your quality of sleep. Learn how it can affect back, hips and knees and the variety of mattress types available

to fit different people. Don't let your mattress prevent a good night's rest. Get tips for choosing the right mattress to fit your comfort needs.

## The Value of Your Home

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

Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, share insight to how realtors, banks and appraisers determine the value of your house. Gain a better understanding of comparable sales, appraisals and values.

## 1-on-1 Medicare Consultations

FAYETTEVILLE  
Monday, October 16  
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.

## Give 'Em Pumpkin To Talk About

FAYETTEVILLE  
Tuesday, October 17  
1:30 p.m. to 2:30 p.m.  
FREE | Materials not included  
Members and non-members  
Pre-registration required

It's pumpkin season! And we don't just mean the interesting looking pumpkins and gourds that grow during the fall for Halloween. Pumpkins are a great thing to use for decorating throughout the fall months. Kim Toal with Fayette

County Extension shares some great ideas for using pumpkins for decorations around your home. Using real or faux pumpkins are a great way to add some flare to your style. Get tips and ideas for spicing up your décor. During class, you'll have the chance to decorate your own faux pumpkin to take home along with the skills to do even more. Materials needed: Faux pumpkin in size of your choice, faux plants or flowers, smaller pumpkins, ribbon and other decorative items you'd like to use. Bring extra to trade with others, if you'd like! See front desk for sample photos.

## A Novel Idea Book Club

PEACHTREE CITY  
Tuesday, October 17  
1:45 p.m.  
FREE  
Member exclusive  
No pre-registration required

October book: *Remarkably Bright Creatures* by Shelby Van Pelt. November book: *The Murder Club* by Richard Osman. For more information, please contact Meghan Caton at [megcaton@gmail.com](mailto:megcaton@gmail.com).

## Say Cheesecake

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

Cheesecake...does your mouth water just seeing the word? We don't blame you one bit! Join cheesecake making guru Ellie Connolly as she shares the best kept secrets to making a savory cheesecake. Ellie will do a demonstration on prepping and making a cheesecake while sharing some delicious ideas for flavors and toppings you can make. Enjoy a small tasting of some of her favorites as well.

## **Dementia Caregiver Support Group**

PEACHTREE CITY  
Thursday, October 19  
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.

## **The Grape Escape**

PEACHTREE CITY  
Thursday, October 19  
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 and learn about  
different wines from regions,  
and countries all over the world.  
Get information on the monthly  
choice and become a wine  
expert in no time. This month,  
learn about German wines.

## **Embracing the Digital Age**

PEACHTREE CITY  
Friday, October 20  
2 p.m. to 3 p.m.  
FREE

Members and non-members  
Pre-registration required

It's no joke when they say that  
these days the world is at your  
hands ...they really mean it!  
With those tiny little devices  
we call "phones", it seems that  
almost everything you need can  
be found right there. Technology  
is quite literally in our hands.  
These handheld devices act as  
our link to society, connecting  
us with people, information,  
scheduling and beyond. From  
calls, text, FaceTime, internet,  
apps, shopping, banking and  
more, our smartphones are  
quite literally a key to life.  
Tech expert Byron Salgeuro  
provides a basic overview,  
including some safety tips, on

how to best leverage what we  
have available to us through  
our smart phones. From  
making everyday life easier  
and connecting us to loved  
ones, society and knowledge  
there seems to be endless  
opportunities. Technology  
continues to develop, so learn  
the best ways to embrace this  
digital age and use it to your  
advantage!

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

FAYETTEVILLE  
Monday, October 23  
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.

## **Working While On Social Security?**

PEACHTREE CITY  
Monday, October 23  
1:30 p.m. to 2:30 p.m.

FREE  
Members and non-members  
Pre-registration required

We are in a new time, where  
often individuals who are  
retired choose to re-enter the  
workforce or work a part time  
job. In doing so, this can limit  
Social Security benefits that  
they are receiving. There is a  
limit on how much someone  
can earn and still receive  
full retirement benefits while  
working, and Alicia Lipscomb  
with the Social Security  
Administration (SSA) joins  
us to clarify the parameters.  
Learn what the SSA  
considers as earnings, when  
earnings will affect monthly

payments, as well as how to  
report wages while receiving  
monthly benefits.

## **Country Roads Take Me Home**

FAYETTEVILLE  
Tuesday, October 24  
1:30 p.m. to 2:30 p.m.

FREE  
Members and non-members  
Pre-registration required

For the first time ever, country  
and western songs are  
topping the Billboard charts! It  
hasn't always been this way.  
Historian Robert Jones takes  
us back to the beginning as  
he tells the stories dating back  
to 1927 of two musical giants  
who had their recording debuts  
in the same city just days of  
each other. These include  
the Carter Family featuring  
Maybelle Carter who is often  
considered the Mother of  
County Music, as well as the  
"Singing Brakeman", Jimmie  
Rodgers who is referred to  
as the King of Country Music.  
Both would go on to have  
influential careers. Robert will  
speak on the origins of country  
music with these two acts and  
discuss a few of their greatest  
hits. Robert will be joining us  
via Zoom.

## **The Travel Bug: African Safaris**

PEACHTREE CITY  
Tuesday, October 24  
2:30 p.m. to 3:30 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!  
Take on the adventure as  
we travel overseas to Africa.  
Head to the African savanna to  
take a journey to observe the  
wild animals of Africa in their  
natural habitat. The variety of  
offerings in African safari trips  
can be overwhelming. Amy will  
guide you in your adventures  
with tips and tricks to visiting



this incredibly fascinating destination.

## Can You Weather the Storm?

PEACHTREE CITY  
Wednesday, October 25  
2:30 p.m. to 3:30 p.m.

FREE  
Members and non-members  
Pre-registration required

Canning foods can provide some great benefits! Not only are you able to make foods last longer, but keeping shelf staples of canned foods can help in case of an emergency such as a power outage. With what seems like so many storms that lately have resulted in some power outages, it's always good to be prepared in advance for a situation. Amanda Johnson with Celebration Village shares advice for preparing for a power outage and conserving food. Get tips on how to make your refrigerated and frozen foods last longer, as well as what to have prepped in advance and always on hand for when something goes awry. Enjoy a canning demonstration that will have you ready to can and prep in no time!

## P“age” Turners Book Club

FAYETTEVILLE  
Thursday, October 26  
1:30 p.m.

FREE  
Member exclusive  
No pre-registration required

October book: *I Know Why the Caged Bird Sings* by Maya Angelou. November book: *Endurance* by Alfred Lansing. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## Just Shred It: Shredding Services

FAYETTEVILLE  
Friday, October 27  
9 a.m. to 10 a.m.

FREE  
Members and non-members  
Pre-registration required

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

## Bean Bag Baseball

PEACHTREE CITY  
Friday, October 27  
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!

## A Gourd Time Pumpkin Carving

PEACHTREE CITY  
Friday, October 27  
2:45 p.m. to 3:45 p.m.  
\$10 | Pumpkin and carving supplies included  
Member exclusive  
Pre-registration required

Expressions are everything! Come to our Pumpkin Carving extravaganza to make the scariest, funniest, or most shocking pumpkin designs for the Halloween season. Pumpkin and carving supplies included. Show it off

and take it home to enjoy your festive decorations. Bring your friends or grandkids for an afternoon of fun. A kid friendly Halloween movie will be shown during the carving.

## Beyond the Grave Cemetery Walk

FAYETTEVILLE  
Monday, October 30  
1 p.m. to 2 p.m.  
FREE  
Members exclusive  
Pre-registration required

Awaken the spirits during this cemetery walk! Debi Riddle with the Fayette County Historical Society features community icons of the past from in and around our hometown. Meet at the Historic Fayette Cemetery (210 Stonewall Avenue West in Fayetteville) for this walking tour featuring those who have impacted our county in the past 200 years! Wear comfortable shoes.

## Carry A Tune

FAYETTEVILLE  
Tuesday, October 31  
9:45 am. to 10:45 a.m.  
FREE  
Member exclusive  
Pre-registration required

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

## The Future of A.I.

FAYETTEVILLE  
Tuesday, October 31  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Dive into the fascinating world of ChatGPT, a free computer program designed to have text-based conversations from a computer, phone or tablet device. Imagine having a friendly digital companion that can answer your questions, share stories, and provide information on a wide range of topics. Tech expert Joe Domaleski with Country Fried Creative demonstrates how ChatGPT can help you discover new recipes, recommend books and movies, tell jokes, and even take you on virtual journeys to far-off places. This class is all about learning how to interact with ChatGPT in a fun and safe way. You'll discover its capabilities, explore its limitations, and gain practical insights on how to make the most of this innovative tool while ensuring your online privacy. Join us for an enlightening experience as we unlock the potential of ChatGPT and open doors to exciting conversations and learning opportunities!

## Frightfully Fun Spooks

PEACHTREE CITY  
Tuesday, October 31  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

What better way to kick off Halloween than with some ghost stories. Ok, so we might not have the perfect, dark setting for some spooky stories, but we do have a wonderful storyteller as Marcia Robinson joins us to share some ghost stories that will have you feeling all the emotions! You'll have so much fun during this humorous storytelling event. If you love scaring yourself silly on Halloween and beyond, these spooky stories will do just the trick...don't say we didn't warn you!

## Express Lunch

PEACHTREE CITY  
Thursday, October 12  
12:30 p.m.  
\$12 | Chick-Fil-A  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Thursday, October 26  
12:30 p.m.  
\$12 | Chick-Fil-A  
Member exclusive  
Pre-registration required

Enjoy a delicious lunch delivered right here at FSS! This month, lunch will include a Chick-Fil-A chicken sandwich, medium fries and a lemonade.

## 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!



## Computer Technology Assistance

PEACHTREE CITY  
Wednesday, October 18  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, October 24  
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.



## Reflexology

FAYETTEVILLE  
Tuesday, October 3  
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 Mindful Exercise

FAYETTEVILLE

Tuesday, October 3  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Sure, the physical benefits of exercise are great, but what we don't often acknowledge is the profound benefits that exercise can have on our memory and mind. Exercise and movement don't have to be just about getting fit, it's a great way to boost memory and cognitive function! Leslie Hartley with Encompass Rehabilitation takes us through an interactive session. She shares the secrets to how moving just a few times a week can have an effect on long-term and short term memory, item recognition, visualization and creativity. Learn seven simple exercises that are fun and easy to keep your brain in shape. Wear comfortable shoes and get moving with very light exercise during class!

## A Little Immunity Goes A Long Way

PEACHTREE CITY

Tuesday, October 3  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Strengthen your immune system with these helpful tips for boosting your immunity. Between diet, exercise and being proactive there are many factors that can play a major role in your health. Dr. Josh Davis with First Step Physical Therapy helps us gain insight on breathing techniques and good sleep habits, in addition to learning how small changes to your diet and exercise routine impact your overall immunity.

## Mythbusters: Nutrition Edition

FAYETTEVILLE

Wednesday, October 4  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Step into the enlightening world of nutrition with Arisahi Valentin, dietitian at Fruition Nutrition. Debunk popular nutrition myths as she guides us through the maze of misinformation that is everywhere around us. Discover the truth to proper nutrition and what it truly takes to live a healthy lifestyle without all the pressure of diets. Learn how to nourish your body effectively and make informed health choices to set you on your way to a healthy journey.

## The Sunny Side

PEACHTREE CITY

Wednesday, October 4  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

You hear it your entire life - to make sure you're getting your Vitamin D to build and strengthen your bones. It truly can make a huge difference in bone strength. During the cooler months, getting natural Vitamin D from being outside can be more difficult. Shameka Clark with Azalea Estates teaches us to maintain our Vitamin D levels in cooler weather to help boost immunity. As the temperatures drop, it's crucial to maintain similar levels of Vitamin D that we receive during the spring and summer months. Discover natural ways to obtain Vitamin D and enhance our immune systems.

## Headaches Decoded

FAYETTEVILLE

Thursday, October 5

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

Members and non-members  
Pre-registration required

Headaches are a common problem, but many people don't understand much about why they happen and how to prevent them. Not only are they painful, but the different effects they can have on us can be such a nuisance. Chuck Carter with Humana joins us to discuss the different types of headaches and triggers that might cause them as well as offer some tips for relief.

## Taste the Rainbow

FAYETTEVILLE

Friday, October 6  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Eat and drink your colors for better health! Eating from the rainbow isn't just a clever phrase, it is actually a great reminder to keep your health on track. Did you know that you can get what your body needs just by eating a colorful variety of fruits and vegetables? Different nutrients actually impart different colors to the foods they are in. These nutrient-packed foods can help ward off ailments ranging from heart disease down to the common cold. Join Chef Lynn Ware with Aetna as we explore, cook and eat a colorful rainbow of delicious foods.

## Eyeglass Repairs and Adjustments

FAYETTEVILLE

Tuesday, October 10  
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.

## **On the Move: Functional Movement Assessments**

FAYETTEVILLE  
Tuesday, October 10  
1 p.m. to 3:30 p.m.  
FREE  
Member exclusive  
Pre-registration required

Our daily movements come naturally and without a thought in the world, like second nature. However, as we age, those movements can become more difficult. The team of Physical and Occupational Therapist at Bench Mark Physical Therapy performs one-on-one functional movement assessments to help us determine areas for improvement and provide exercises to assist in making us stronger and more mobile. Functional movement is defined as a movement sequence based on real-world situations such as standing, sitting and lifting. These are performed throughout your day on a regular basis. Determine your potential risk of injury and gain insight on ways to improve your movements to feel better, stronger and become even more mobile.

## **The Key to Communication**

PEACHTREE CITY  
Wednesday, October 11  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Living with Alzheimer's and dementia is not only a lifestyle change for those diagnosed, but also for their loved ones closest to them. Learning to relate and understand what they are going through can be challenging. The Alzheimer's Association explores ways that Alzheimer's and other dementias affect an individual's ability to

communicate across different stages. Get tips on ways you can better communicate with people living with the disease.

## **Plate the Portion**

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

Learning what an actual healthy portion size is and eating that amount is tricky, but a challenge that is worth facing head on. Paring down on portions is an easy secret to staying slim and healthy. Lamura Poore, Dietitian and owner of Diet To Lifestyle, is here to teach us the tricks to portion size control. Learn about proper portion sizes for each food group, get tips on measuring by eye and get visual ideas on how to compare sizes when eating out. In addition, take home some delicious recipes that Lamura will provide!

## **Falling Into Fresh**

PEACHTREE CITY  
Monday, October 16  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Using fresh ingredients all year long can be a challenge, but once you get the hang of it, it's well worth it! Certified Health Coach Jennifer Lunsford helps us take on a healthier fall season as she shares how we can enjoy seasonal fall foods for breakfast, lunch and dinner that are not only easy to prepare but also delicious. Get guidance on how to choose fresh seasonal foods during the fall season and cooking tips for blending the best seasonings together for the perfect fall taste, the healthy way!

## **Take It Outside**

FAYETTEVILLE

Wednesday, October 18  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

The heat is finally behind us and what better way to take advantage of the cooler weather than getting outside to move! Piedmont Wellness Center shares great ideas for taking your workout routine outside. Take in the fresh air while moving your body with these great tips for ways to get active outdoors. From simple and easy workouts to more intense ones, you'll walk away with some new tricks for staying fit while using what nature has provided us.

## **The Root of Medicine**

PEACHTREE CITY  
Wednesday, October 18  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Getting to the root of a health issue can sometimes be difficult. What is causing this symptom and why does xyz keep happening? Ellen Hettenbach, Nurse Practitioner with Stat Wellness, dives into the details when approaching a focus on your health to truly identify and address the root causes of certain diseases and ailments. Learn how traditional medicine and functional medicine vary and discuss key principles such as the importance of gut health, hormone balance and reducing inflammation through these tips and tricks of simple changes in lifestyle.

## **No Brainer**

FAYETTEVILLE  
Friday, October 20  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Daniel Draper with First Step

Physical Therapy shares the positive effects of cognitive rehab therapy. Learn more about this type of therapy and how it can improve attention, brain function and memory. Daniel will share exercises to complete at home for better performance and the best methods for learning functional skills to improve your cognitive abilities.

### Exercise Your Gym Rights

FAYETTEVILLE  
Monday, October 23  
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!

### Hearing Aid Cleanings & Maintenance

FAYETTEVILLE  
Wednesday, October 25  
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.

### Healthcare Patrol

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

Nathan Coflin with Georgia Senior Medicare Patrol asks the tough questions to stop fraud in its tracks. Gain valuable insight on approaches for protecting personal information, learn how to identify and report errors on your health care statements and discover ways to recognize scams and report fraud and abuse to the proper authorities. Nathan will cover a variety of noteworthy scams they see often in Medicare, genetic testing, telehealth, durable medical equipment and home healthcare fraud.

## Look What's Coming in November!

### When In Doubt, Dance It Out

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

*Not only is dancing fun, releasing stress and boosting your mood, but it is also a great workout! Get moving as we discuss the endless health benefits of dancing.*

### The Road to Veteran Benefits

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

*Join us to see if you are receiving the various benefits you've earned through your selfless service. Learn what benefits veterans and their families may have available to take advantage of.*

### Women of War

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

*Salute the woman of our military. Hear stories of the most notable women veterans and discover why they are some of the most unsung heroes of the U.S. military.*

### Stay Balanced

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

*Good balance is something many of us take for granted, until it becomes more difficult. Discuss the three things that contribute to good balance and what you can do to keep your strength!*

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



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- Connie M.



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Comparing options



Correcting billing issues



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Active Adult Bungalows • Cottages  
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An Age-In-Place Retirement Resort  
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For more information, contact Amanda Johnson  
Amanda@TheASCGroup.com or 478-508-5770.

[CelebrationVillagePeachtree.com](http://CelebrationVillagePeachtree.com)

# YOU DON'T HAVE TO WAIT TO SWITCH

to a **5 out of 5-Star** rated Medicare Health Plan for 2023\*

## KAISER PERMANENTE SENIOR ADVANTAGE (HMO)



Rated 5 out of 5 Stars in Georgia in 2023\* – Medicare's highest possible rating.  
Want to learn more about Medicare or a Kaiser Permanente Medicare health plan?  
Just give me, your local Kaiser Permanente Medicare specialist, a call.

### **Nakia Vaughn**

Kaiser Permanente Medicare specialist

**470-352-7929 (TTY 711)**

**Nakia.R.Vaughn@kp.org**



\*Every year, Medicare evaluates plans based on a 5-star rating system.

Kaiser Permanente is an HMO and HMO-POS plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305.

# 2023 PROJECT LOVE

**It's More than a Simple Meal.  
Together We Can End Senior Hunger.**



Make a difference in the life of a senior this year  
by giving a gift that may be outside the box!

For a donation as little as \$5, you can provide one holiday or weekend meal to a Meals On Wheels recipient. Spread the cheer by making a generous contribution. For more information or to make a donation, please visit the front desk at either location or call 770-461-0813.

The Project Love campaign provides additional funding to deliver holiday, weekend, and doctor prescribed meals that FSS' annual MOW funding does not cover. Together, we can end senior hunger!

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