

January 2024

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY



## *The Jazz Club*

We'll be living breezy at the Silver Waves Speakeasy with this fun themed event, full of good eats and smooth jazz!

## *Bet On Yourself*

Where there's a will, there's a 'weigh' and we are here to help you through it! Start the new year off betting on yourself.

## *Gravy Train*

Just like grandma made it! You'll be coming back over and over to load up your biscuits with some more sausage gravy!

*Live Well. Age Well.*



# A Night at the Speakeasy



## Thursday, January 25

**Fayetteville**  
**4:30 p.m. to 6:30 p.m.**  
**Tickets | \$10**

Join us for a wonderful and exciting evening full of delicious Speakeasy inspired food and spirits! Help us uncork the wine bottles for an exciting social event as we swirl, sip and snack the evening away. Enjoy live Jazz music by SAE Entertainment at the FSS Speakeasy!



Event Sponsored By

**Walmart**   
**Health Center**

  
SimplyAwesomeEntertainment.com

**Mark Gray, Agent**  
**770-487-8561**  
 **State Farm**™

# January

**featured**

**Three Cheers for These Three Volunteers** 10  
Meet the generous volunteers who so selflessly provided the most volunteer hours throughout 2023!

**Pour Some Gravy On Me** 11  
Bring out your southern side and get in the kitchen to throw together this delicious gravy recipe!

**The Secret Is Out** 15  
Fayette Senior Services is turning into a Speakeasy for one night only! Shhh.. it's exclusive only to key holders!

**'Weight' No More** 15  
Make a bet on yourself in the new year with this weight loss challenge, complete with a chance to win cash prizes!

## 2024 HOLIDAY CLOSINGS

New Years Day.....	January 1, 2024
MLK Jr. Day.....	January 15, 2024
President's Day.....	February 19, 2024
Memorial Day.....	May 27, 2024
Independence Day.....	July 4, 2024
Labor Day.....	September 2, 2024
Thanksgiving.....	November 28, 2024
Thanksgiving.....	November 29, 2024
Holidays.....	December 23, 2024
Christmas.....	December 24, 2024
Christmas.....	December 25, 2024
Holidays.....	December 26, 2024
Holidays.....	December 27, 2024

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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

Alexis Jones  
Kitchen Manager

Pedro Cruz  
Sous Chef

Hunter Bailey  
Café Assistant

Callum Nichols  
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

Maya-Jianni Smith  
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

Martin Anderson  
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.

## Above & Beyond Pest Management

(770) 487-9506

Receive 10% off all services from this company 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.

## 2024 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).



2024 CPR/AED/FIRST AID TRAINING SPONSORED BY:

Edward Jones



## Coming Soon...

**February 2024**

### The Laugh Track Comedy Night

Fayetteville | Thursday, February 22

5:30 p.m. to 7:30 p.m. | \$15

*A night of laughter awaits as a hilarious comedian brings his talents live to us at FSS! Enjoy a delicious dinner and some family-friendly humor for a light-hearted evening full of fun.*

**March 2024**

### St. Patrick's Day Celebration

Peachtree City | Thursday, March 14

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

*Top of the morning to ya! Share some Irish Luck at this St. Patrick's Day event that will leave all who don't attend green with envy. Enjoy live music and a traditional Irish dinner. This event is sponsored by Aberdeen Fine Properties.*

**April 2024**

### Sounds of Spring

Fayetteville | Thursday, April 25

5:30 p.m. to 7:30 p.m. | \$15

*Enjoy the beautiful weather and a private concert performed by The Southern Crescent Chorale. This event will be held outside, so bring your chairs! Sponsored by State Farm Agent Mark Gray.*

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

## Miriam's Fitness Corner

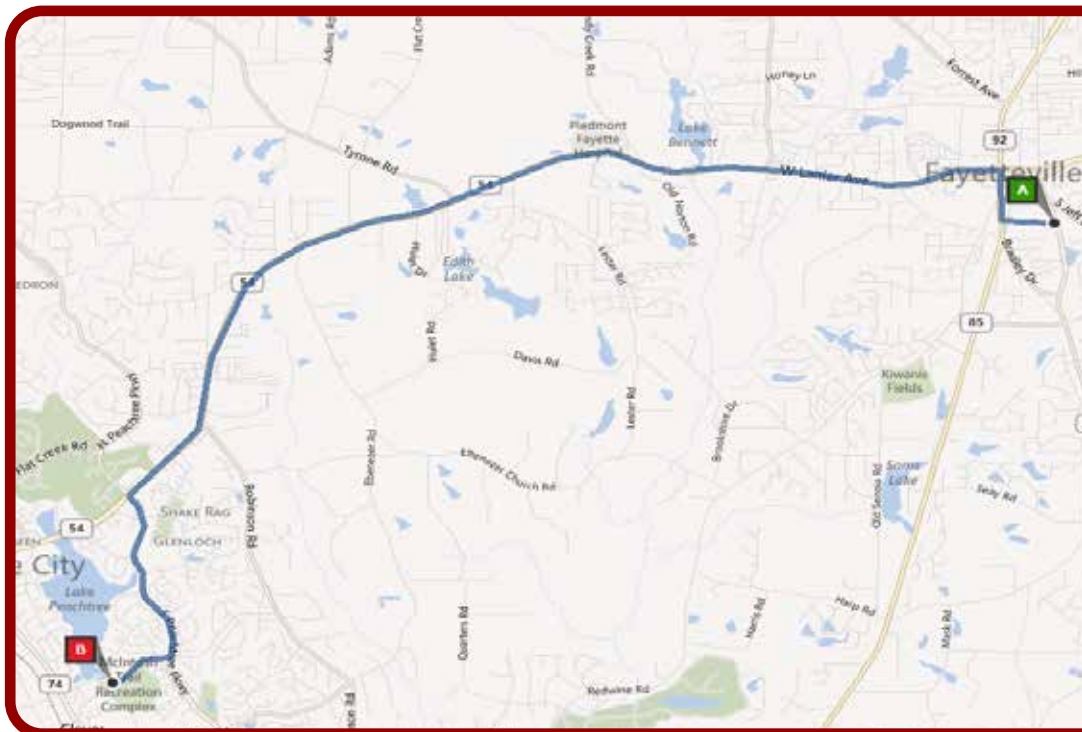
### Finding Your 'Weigh' To Success

Congratulations! You are already the recipient of an amazing prize. You endured 2023 and are here to tell the tale. But, how can you sweeten the prize? What's better than just living? I'll tell you. It's healthy living, which is "steps, actions and strategies put in place to achieve optimum health." Most of us want to be around a long time AND we want to feel good and have fun while doing it. That's not something that just happens automatically. Quality aging requires effort, the same as anything else worth having. So let's talk strategy.

After reflecting, acknowledging and recording the gains and losses of last year, create a list of your current goals. This will help prioritize and highlight the importance. Be specific and realistic, then designate certain times each week to work on your goals. For example, if the goal is weight gain (yes, that is a thing) or weight loss, there will be regular times set aside for exercise, meal planning, meal prepping, cooking, weigh-ins, etc. If the goal is to become more socially active, there needs to be specific dates for social activities and events. You get my drift! Next, create a timeline. Whether weekly, monthly or quarterly, pay attention to how your timeline trends and track progress regularly. If you find yourself stagnant or moving backward, identify distraction(s) and remove it. If the goal is important to you and you commit to the process, you'll see positive results along the way. Always remember, most things work if you do too. Lastly, enlist an accountability partner. This may or may not be someone aspiring towards the same goal. That part doesn't matter. What does matter is that this person supports what you're trying to achieve. They are your cheerleader, sounding board and source of encouragement. And you, as their partner, should be the same. So let's get going on our 'weigh' to success!

## 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



## WEIGHT LOSS CHALLENGE

# 'Bet' on yourself in the new year!

Are you up for the challenge? This program includes:

- 2 official weigh-ins
- FSS fitness center membership for the duration of the program
- Weekly fitness plan created by Miriam
- Accountability partner to encourage each other throughout
- Fitness and weight log
- Assigned daily calorie budget for guidance
- Weekly support programs - take advantage of a variety of health and wellness programs FSS offers regularly
- End of program prize ceremony
- Opportunity to win back cash based on weight loss
- Grand prize will be awarded to those with the largest percentage of weight lost and the most inches lost

**Start date: Tuesday, January 2nd | 11 a.m. to 11:45 a.m.**

- Initial weigh in and program details
- Gym orientation for group participants who have not taken it before

**End date: Tuesday, February 6th | 11 a.m. to 11:45 a.m.**

- Final weigh in and prizes awarded

This program is \$35 and is member exclusive.

# Dear Volunteer, You Make a Difference!

*Helping Hearts & Hands*

Written By: Amber Oliver



2,000 volunteer hours in just ten months (January through October 2023). Their dedication to our organization and our goals have been essential to the work we do day in and day out. Thanks for bringing your ideas, positive energy and dedication to FSS! Your passion and energy are unparalleled and we are grateful for your spirit of volunteerism and the tangible difference you make.

Thank you Lynn Black for serving 776 hours! The amount of time Lynn spends with us at the center is amazing, and we are so in awe of all she does. Lynn volunteers at the Front Desk, helps perform AARP tax returns, and organizes food for the Grape Escape group. She has been a member of FSS starting in 2008 and volunteering since then, even training many of our new staff members along the way!

Thank you Martha Teal for serving 704 hours! Martha's enthusiasm and knowledge of FSS is a major help to our staff. She is able to keep the front of the house running smoothly when she is volunteering. Martha volunteers at the Front Desk and at after hour events. She has been a member of FSS since 2008. Martha shared why volunteering is so important to her. "Volunteering at FSS is such a joy which is why I am a long-term volunteer. I love the connection with others as well as the benefits to me personally. It keeps my mind active and spirits up!"

Thank you Lisa Wilson for serving 611 hours, always with a smiling face and bright hello for everyone she sees! Lisa has been volunteering in the Ultimate Café since 2014. She likes "helping people" and that is just what she does as she serves with a happy heart three days a week in the café.

Honorable mentions:

- Vickie Cupertino with 530 hours
- Pam Tate with 490 hours
- Coni Gilmer with 475 hours
- Carol Davis with 354 hours

Every volunteer at Fayette Senior Services plays a vital role in our organization, no matter if they are sharing their talents for just a few hours or hundreds of hours. Without each volunteer, we wouldn't be the organization we are today and want to express from the bottom of our hearts how much you each mean to us! We mean it when we say we truly LOVE our volunteers.

If you are interested in volunteering at FSS or other areas in our community, check out our program, Be the Change, scheduled for January 3, 2024 in Fayetteville (more details on page 22). Our volunteer coordinator Amber Oliver will share more about our volunteer needs at FSS and beyond.

As we leap into the New Year, we wanted to give a shout out to ALL of the Fayette Senior Services volunteers. The volunteers serve in every aspect of the center: Front Desk, Meals on Wheels, the Fitness Center, STARs, the Lending Library, the Ultimate Café, the Garden and more! We currently have almost 300 volunteers and each one makes a difference by sharing their time and talents with us at FSS. It is so encouraging and amazing to us to be a witness to so many helping hearts and hands.

Our gratitude and appreciation for every single volunteer is abundant! There are very few things at FSS that are not shaped by the hands of our generous volunteers. Without these incredible individuals who donate so much of their time, FSS would not be the organization we are today. As a nonprofit organization, the skills and resources our volunteers contribute make a world of difference in providing services to seniors in our community. These generous people sometimes have no idea the impact they have on our organization, the members and community we serve, as well as the difference they make in the lives of countless families. With a selfless act that seems as small as just a few hours of service given, it really is helping provide a grand gesture in the overall scheme of things! They allow FSS to continue to provide a second home for seniors to call their own, irreplaceable social services to help seniors live independently in their homes longer, and companionship and friendship that last a lifetime. The hours they serve, no matter if one hour or hundreds of hours, are truly what makes this organization go round!

We would like to recognize three volunteers who have provided immeasurable value to Fayette Senior Services throughout 2023 and beyond. These three volunteers together have accumulated over

# From Our Kitchen To Yours

## Sausage Gravy

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



Photo by Amelia Crook via Flickr

### Ingredients

- 1/4 pound ground sausage of your choice (Lynn uses Jimmy Dean Hot Sausage)
- 1 medium white onion, finely minced
- 2 cloves garlic, finely minced
- 1/4 cup bacon fat
- 1/4 cup all-purpose flour
- 2 cups whole milk
- Salt and pepper to taste
- A dash of hot sauce of your choice (Lynn uses Frank's hot sauce)

### Directions

- In a large skillet, cook the sausage, onion and garlic together until the sausage is brown and onions are translucent - about 5 to 10 minutes
- Add bacon fat and stir well
- Add flour to pan slowly and whisk until no lumps remain
- Slowly whisk in the milk in small batches
- Cook until the gravy is smooth and thick
- Add salt, pepper and hot sauce to taste

*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 3 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:**

1 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 3 p.m.

**Blood Pressure Check:**

10 a.m. to 12 p.m.

**Rummikub:**

12:30 p.m. to 3 p.m.

### Thursdays

**Blood Pressure Check:**

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

**Bunco:**

1:15 p.m. to 3:30 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 3 p.m.

**Mexican Train**

**Dominoes:**

12:30 p.m. to 3 p.m.

**Scrabble:**

1 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

### Chinese Mahjong:

1 p.m. to 4 p.m.

This different variation to American Mahjong is less challenging but just as fun! The group will teach you to play if you are unfamiliar with the game.

### 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.

### American Mahjong:

12 p.m. to 4 p.m.

## Turn the Pages!

Check out the collection of books and magazines from all genres. Available for pick up at both our Peachtree City and Fayetteville locations! Have some you aren't using? We are currently accepting book donations.

## Thursdays

We have open times on Thursday! If you'd like to start a new game, reach out to Morgan to discuss scheduling by email at [mlanier@fayss.org](mailto:mlanier@fayss.org).

## Fridays

### Morning Stretch:

9 a.m. to 10 a.m.

### American 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.



The fun game day group that plays games on Fridays in PTC!



This smart cat had us all in awe with its trick performances!

# 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.



Shooting pool in "The Cave" with some friendly competitors!



Prepping Thanksgiving meals to be delivered to MOW clients.

# Special Events



## A 'Bet'ter Weigh

FAYETTEVILLE

Tuesday, January 2

Initial Weigh In

Tuesday, February 6 |

Final Weigh In

11 a.m. to 11:45 a.m.

\$35

Member exclusive

Pre-registration required

Who is down for a little healthy competition? Take part in the newest weight loss craze by betting on yourself. Take one month to lose weight and have a chance to win a cash prize. It's that time of year again, we've all made our New Year's resolutions and are ready to bite the bullet and start working out and eating healthy...again. This month-long challenge will give you the tools and knowledge necessary to keep your promise to yourself throughout the year! Win back money and prizes based on your weight and inches lost! See front desk for more details.



## Save A Life CPR Training

PEACHTREE CITY

Friday, January 19

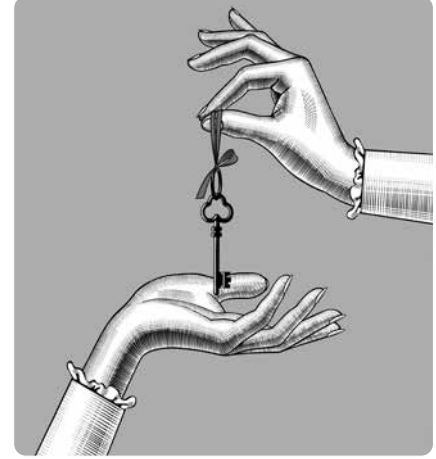
1 p.m. to 3 p.m.

\$5

Members and non-members

Pre-registration required

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



## A Night at the Speakeasy

FAYETTEVILLE

Thursday, January 25

4:30 p.m. to 6:30 p.m.

\$10

Members can purchase

tickets at front desk

Pre-registration required

Clink your glasses together for a cheers worthy event. Join us for a wonderful and exciting evening full of deliciously inspired food and spirits at our very own Fayette Senior Services Silver Waves Speakeasy! Help us uncork the wine bottles as we swirl, sip and snack the evening away. The kitchen crew will have a wonderful spread of hors d'oeuvres to go along with the perfect blend of great company and live jazz music by SAE Entertainment. This event is sponsored by State Farm Agent Mark Gray and Walmart Health.

Sunday	Monday	Tuesday	Wed
	<p>1</p> <p><b>CLOSED</b></p> <p><b>New Years Day</b></p>	<p>2</p> <p>A 'Bet'ter Weigh pg. 15</p> <p>Happy Fit Year pg. 26</p>	<p>Be the Char</p> <p>One Bite At A</p>
<p>7</p>	<p>8</p> <p>Tips and Tricks of Crochet pg. 18</p> <p>The Fiber Facts pg. 27</p> <p>Refresh, Reset, Reboot pg. 27</p>	<p>9</p> <p>Massage pg. 27</p> <p>Volunteer Open House pg. 23</p> <p>A Pain in the Nerve pg. 27</p> <p>The People's Law School pg. 22</p> <p>Gotta Hand It To You: Hand Massages pg. 27</p>	<p>Get to Know Senior Servi</p> <p>Keeping It Real</p>
<p>14</p>	<p>15</p> <p><b>CLOSED</b></p> <p><b>MLK Jr. Day</b></p>	<p>16</p> <p>Book Club pg. 23</p> <p>The People's Law School pg. 22</p> <p>Painting Workshop pg. 18</p>	<p>Quilting UFO p</p> <p>Computer Assi</p> <p>The Ment of Exercis</p> <p>Lend A Har</p>
<p>21</p>	<p>22</p> <p>Crochet: Twisted Ear Warmer pg. 18</p> <p>1-on-1 Medicare Consultations pg. 24</p> <p>Hair We Are: Shampoo Bars pg. 24</p>	<p>23</p> <p>Learning From Living pg. 24</p> <p>Computer Assistance pg. 26</p> <p>Okey Poké pg. 24</p> <p>The People's Law School pg. 22</p>	<p>Quilting UFO p</p> <p>Ask the Pharm</p> <p>Mind Over M</p>
<p>28</p>	<p>29</p> <p>This Land Is Your Land pg. 25</p>	<p>30</p> <p>An Update on Piedmont Fayette pg. 25</p> <p>A Pass to Adventure pg. 25</p> <p>The People's Law School pg. 22</p>	<p>Quilting a Purpos</p> <p>A Search the Past</p> <p>Hearing Aid C Maintenance</p> <p>All You Need Is</p>



# January

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# January Program Schedule

## Needlework

### Tips and Tricks of Crochet

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

Pre-registration required  
Instructor: Nancy Crow

Explore the new ways of crochet you may not have done before. Magic loop, how to change colors or add new yarn and many more exciting techniques. Materials needed: small amounts of worsted weight yarn and H hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Twisted Ear Warmer

FAYETTEVILLE  
Monday, January 22  
10 a.m. to 12 p.m.  
\$5

Pre-registration required  
Instructor: Nancy Crow

As the temperatures stay cold, let's keep those ears warm with this stylish head band ear warmer. Materials needed: 1 skein worsted weight yarn and H hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, January 17  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, January 24

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

Take time to finish up projects. Search your quilt area and grab your oldest UFO to get it finished. This class is not instruction based, just free time to work on a personal project with others. Must provide your own sewing machine. Some quilting experience required, not for beginners.

### Quilting with a Purpose

FAYETTEVILLE  
Wednesday, January 31  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

Inspire yourself by creating a quilt for charity, family or even yourself. This will develop a positive frame of mind for a great time spent quilting. Must provide your own sewing machine. Some quilting experience required, not for beginners.

## Creative Pursuits

### Painting Workshop

PEACHTREE CITY  
Tuesday, January 16  
10 a.m. to 12 p.m.  
\$40 | Includes materials  
Pre-registration required  
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint

a breathtaking magnolia blossom.

## Dance

### Peachtree City Beginner I Line Dance

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

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

### Peachtree City Beginner II Line Dance

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

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

### Beginner Line Dance

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

Keep those line dancing moves sharp! This class is designed for those who have at least six months experience in dancing. Dancing is the best activity to keep your mind sharp and focused. Take the quarterly step workshop too in order to enhance your experience,

learn proper dance steps and line dance etiquette.

## Improver Line Dance

FAYETTEVILLE

Tuesday

11 a.m. to 12 p.m.

\$15 | Month

Instructor: Eddie Huffman

Keep advancing and become a line dance expert in no time. For those who have had at least 12 months of Beginner Line Dancing. When you reach the Improver level, you are on your way to learn a myriad of new and fun challenging dances. Remember line dancing is excellent for mind, body and social networking. Reach out and connect to workshops, seminars and open dance parties in order to reach your maximum capacity.

## 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!



## 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 optimal 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 muscle. 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, reduce stress, strengthen bones, and increase overall fitness. It also helps with arthritis, dementia and Parkinson's. Learn simple movements that build and focus on healing energy.

## Chair Yoga

PEACHTREE CITY

Tuesday | 10 a.m. to 11 a.m.

Thursday | 9 a.m. to 10 a.m.

\*1 or 2 day option available

\$25 | Month – 1 class

\$35 | Month – 2 class

Instructor: Lori Clark

Choose between 2 days a week or 1 day a week (either Tuesday OR Thursday). 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 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, 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 as well as helping relieve stress through a series of breathing techniques.

## **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 Encore 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 as well as helping relieve stress through a series breathing techniques.

### **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.

### **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.



### **Garden Club**

FAYETTEVILLE  
Meetings will resume in March 2024  
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! Meetings will begin again in March, but join the club to keep up to date with details sent throughout the winter. For more information, contact Amber Oliver at aoliver@fayss.org.

## **The Center Box Office**

**Member exclusive | Pre-registration required**

PEACHTREE CITY  
Thursday, January 11 | 1:15 p.m.  
*A Beautiful Life* (2023) | TV-MA

Starring: Inga Ibsdatter, Christopher. Elliot, a young fisherman with an extraordinary voice, gets the chance of a lifetime when he's discovered by a high-profile music manager at a party. He must decide if he's ready to open himself up to stardom and love.

PEACHTREE CITY  
Thursday, January 25 | 1:15 p.m.  
*Last Vegas* (2013) | PG-13

FAYETTEVILLE  
Friday, January 26 | 1:15 p.m.  
*Last Vegas* (2013) | PG-13

Starring: Michael Douglas, Robert De Niro, Morgan Freeman, Kevin Kline. It's going to be legendary. Four longtime buddies in their 60s reunite to take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal. They try to relive their wild youth, but old tensions surface and secrets spill.

Movie sponsored by:

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

## Be the Change

### FAYETTEVILLE

Wednesday, January 3

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

FREE

Members and non-members

Pre-registration required

It's a new year, it's time to turn a new page in your book. What will your year look like? Giving back can be rewarding and a great New Year's resolution to carry throughout the year. Have you considered volunteering? FSS Volunteer Coordinator Amber Oliver shares what it means to truly give back to your community and provides a variety of ideas for ways you can get involved – not only at FSS, but also around the community. Heather Henry once shared, "Volunteering is at the very core of being a human. No one has made it through life without someone else's help." Making a difference in your community makes an impact and we are here to reach out and connect you with sharing your time and talents in the best way possible!

## We the People

### PEACHTREE CITY

Thursday, January 4

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

FREE

Members and non-members

Pre-registration required

Throughout our history as a country, there have been an abundance of factors that have played a major role in the direction of the United States. Some have had a positive influence while others have threatened the entirety of our system and challenged the Constitution and what our country was built on. The Constitution has remained intact and strong - from the 1793 Whiskey Rebellion to the War of 1812

and slavery among many other well-known and not so well known occurrences throughout our time. Jim Scott takes us on a journey throughout history as he discusses some of the biggest pieces of history that have threatened the true meaning of the Constitution.

## What's for Lunch?

### PEACHTREE CITY

Thursday, January 4

11:30 a.m.

FREE

Member exclusive

Pre-registration required

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

## Cornhole

### PEACHTREE CITY

Friday, January 5

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

### PEACHTREE CITY

Friday, January 19

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.

## The Simplicity of Life

### PEACHTREE CITY

Friday, January 5

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

FREE

Members and non-members

Pre-registration required

Life is just busy... there is no way around it. We have places to be, people to see, and things to do every single day. When the hustle and bustle doesn't slow down, it's easy for life to get crazy! The single, simplest thing we can do is to get organized. And we don't mean organizing objects, we mean organizing your life! Join Rachel with Sea Glass Therapy, as she helps us start the New Year out focused on ourselves a little more. Clear your mind, take a deep breath and get tips on ways to become more organized in many areas of your life. Make life simpler each day with these useful tricks for reigning in the chaos!

## The People's Law School

### FAYETTEVILLE

Tuesday, January 9, 16, 23 & 30

12 p.m. to 1 p.m.

FREE

Members and non-members

Pre-registration required

You won't want to miss out on this month long information-packed session full of valuable advice! The People's Law School is intended to spread knowledge about the legal field among members of the community. Join us each week of January as we welcome a different speaker to focus on a specific topic. January 9: Wills, Estate and Trusts by Attorney Karen Gainey with Law Office of Karen Gainey. January 16: Accountability Court by Judge Jason Thompson with Fayette

County State Court. January 23: Scams Against Seniors by Chief Program Officer Cindy Liebes with Cyber Security Network. January 30: Management of Personal Affairs and Power of Attorney by Attorney Kyle King with Hodges, McEachern & King Attorneys at Law. Join in all of the sessions or just come on the weeks you find the information most appropriate. Please register for each individual session you plan to attend.

## Volunteer Open House

FAYETTEVILLE  
Tuesday, January 9  
2 p.m.  
Members and non-members  
No pre-registration required

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

## Get to Know Fayette Senior Services

PEACHTREE CITY  
Wednesday, January 10  
2:30 p.m. to 3:15 p.m.  
FREE  
Members and non-members  
Pre-registration required

Learn more about the programs, opportunities to get involved and social services offered by our organization and how to take advantage of them when needed. We are here to help you age well and live well!

## Keeping It Real Estate

FAYETTEVILLE  
Wednesday, January 10  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members

Pre-registration required  
Building and transferring wealth through real estate investing requires a comprehensive approach. Understanding the current market to make informed decisions is a great start. Real Estate experts Tonya and Tom Byrd with The Byrd Group at Keller Williams takes us through some important topics when considering investing in real estate. They'll explain how to build and transfer wealth, provide an understanding on how to remove the burden of rentals, share tips for minimizing capital gains taxes and give guidance on how to build a real estate plan that fits you.

## A Life Filled with Joy

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

The key to happiness is in your hands...at least that's what so many say around us. But, what really is the key to a long and happy life? Harvard University completed an eighty-year study on a set of its students to determine what traits and behaviors characterized seniors with longer and happier lives. David Aycock and Rachel Hopkins, Therapists with A New Start Counseling Center in Fayetteville, dive into the study and share insights on what the researchers discovered during this nearly century long review. Throughout the study's eighty-year span, one theme stands out as positively impacting physical health, mental health and longevity, and that is the importance of maintaining quality relationships. These

relationships keep us happier, healthier and help us live longer. Good genes are nice... but JOY is better! Discover the secrets to a long and happy life!

## A Novel Idea Book Club

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

January book: *Dear Edward* by Ann Napolitano.  
February book: *Tom Lake* by Ann Patchett. For more information, please contact Meghan Caton at megcaton@gmail.com.

## Dementia Caregiver Support Group

PEACHTREE CITY  
Thursday, January 18  
1:30 p.m. to 3 p.m.  
FREE  
Members and non-members  
No pre-registration required

For more information, contact Lynnette Dunn at 404-326-0219 or by email at lynnette.dunn@piedmont.org.

## The Grape Escape

PEACHTREE CITY  
Thursday, January 18  
2 p.m. to 3:30 p.m.  
\$20  
Member exclusive  
Pre-registration required

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

reds!

## **A Day in Court**

FAYETTEVILLE

Friday, January 19

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

FREE

Members and non-members

Pre-registration required

Join in as Fayette County Magistrate Court Judge Christy Dunkelberger enlightens us on the ins and outs of the Magistrate Court. This court is sometimes referred to as the People's Court because it provides an effective way for citizens to resolve disputes quickly and effectively with or without legal representation. This court is also the entry point for most criminal matters. Discover how the Magistrate Court operates and serves the people of Fayette County. Learn what cases you can bring in front of a Magistrate Judge and some things to consider before doing so.

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

PEACHTREE CITY

Monday, January 22

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.

## **Hair We Are: Shampoo Bar**

FAYETTEVILLE

Monday, January 22

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

FREE

Members and non-members

Pre-registration required

Who doesn't love a little DIY project from time to time. And when you can use fresh, natural and not harmful products, that just adds even more of a bonus! Join Ellie Connolly as she shares the process to making homemade shampoo bars that will leave you feeling fresh and fabulous. Learn about hand crafted shampoo bars, the ingredients and how they are molded. These options are much better for your hair as there are no harsh chemicals used as well as being environmentally friendly. Great for both men and women! Each participant will leave with a shampoo bar to try at home!

## **Learning From Living**

FAYETTEVILLE

Tuesday, January 23

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

FREE

Members exclusive

Pre-registration required

You can't change the past, but you can learn from it. As we reach our senior years, setting your own personal guidelines for how you want to live your life can create comfort in living. You've lived a number of years, what have you discovered about yourself? How have you developed? How has the past influenced your decisions for tomorrow? Join retired psychologist Dr. James Hughey for individual conferences as he assists you with digging into your past in order to look to your future in constructing a guideline that works for your current life stage. If you'd like, listen to his podcasts online prior – [www.pfpl.us](http://www.pfpl.us).

## **Okey Poké**

PEACHTREE CITY

Tuesday, January 23

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

FREE

Members and non-members

Pre-registration required

If you haven't tried a Poké bowl before, you will be running out the door to try one after this! These flavorful and nutrient packed meals take on a Hawaiian favorite, creating the perfect combination of delicious toppings. Matt and Toyah Heller with Island Fin Poké Co. takes things from boring to incrediBOWL by bringing together the freshest boat-to-bowl and farm-to-fork ingredients to create an amazing Poké bowl for any level of experience. Learn about the origins and style of Hawaiian Poké, ideas for creating unique bowls yourself, and tips for bringing together the perfect combination to try at home. Tastings will include some of their most popular Poké options in addition to a tasty Dole soft serve ice cream.

## **P“age” Turners Book Club**

FAYETTEVILLE

Thursday, January 25

1:30 p.m.

FREE

Member exclusive

No pre-registration required

January book: *Keep Moving* by Dick Van Dyke. February book: *Ordinary Grace* by William Kent Kreuger. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## **Car Wash**

FAYETTEVILLE

Friday, January 26

9 a.m. to 4 p.m.

FREE

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, January 26  
11 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

## Taxing Changes

PEACHTREE CITY  
Friday, January 26  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Learn all of the new tax laws in anticipation of the big day coming in April. Richard McConnell will show us tips such as how to fill out forms properly, how to file electronically vs. in person, ways to get ready to file and more. Also, receive tips for filing on your own, if you choose to go that route. Make this year's tax return much easier on you!

## This Land Is Your Land

PEACHTREE CITY  
Monday, January 29  
1 p.m. to 2 p.m.  
FREE  
Members and non-members  
Pre-registration required

Fayette County provides wonderful habitats and growing conditions for a variety of plants and animals. You don't have to get in your car to travel to many of the nature reserves to experience them. Our own yards are a natural community. Conservationist Nick Kilburg, owner of Bluestem Restoration and Landscapes, helps us easily create a beautiful habitat right in your own backyard. Discuss soils, gardening, landscaping and wildlife as you bring the beauty of nature right to your doorstep.

## An Update on Piedmont Fayette

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

Piedmont Fayette Hospital provides the citizens of Fayette County with world-class healthcare accessible right here close to home. What started as a community hospital more than 25 years ago has grown into a regional medical center. Join Piedmont Fayette's new Chief Operating Officer, Kevin Clark, to hear about the role the hospital plays in the community, the expanded services and specialties it offers, and the strategic plan for campus growth (including parking!). This program is part of the 2024 Piedmont Wellness Series.

## A Pass to Adventure

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

We are surrounded with wonderful places to visit so close to Fayette County! From museums, parks, and activities all around, our area offers an abundance of adventure, both thrill seeking and calming, just a day trip away. Did you know that local libraries offer park and museum passes free with your library card? Cherese Cadet with the Peachtree City Library discusses this opportunity and how you can take advantage of it. From places like Bremen Museum, Chattahoochee Nature Center, Alliance Theater and so much more, you'll discover a whole new world around us! She'll also share ideas for places to visit that are just a day trip away from Fayette County.

## A Search Through the Past

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

Genealogy is a fascinating way to discover more about your family tree. However, researching and tracing the descendants of one person can be a challenge. Narrowing down your research is key to finding the most about your ancestry. Genealogist Jan Bryant breaks down the possible places you can go to help with your genealogy research. Not all local documents can be found

online. Break open the books, maps, old newspapers and documents to help you get over your brick wall. Explore libraries, historical society centers and archives located in Georgia that may even spark ideas for where to look out of state!

## 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.

## Technology

### Computer Technology Assistance

### PEACHTREE CITY

Wednesday, January 17

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

### FAYETTEVILLE

Tuesday, January 23

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

### Happy Fit Year

#### PEACHTREE CITY

Tuesday, January 2

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

FREE

Members and non-members

Pre-registration required

Get in the right mindset for a New Year of reinventing you! Join fitness specialist Laura Milner as she helps us gain the motivation to prepare ourselves for a successful health and fitness journey throughout 2024. Stick to your resolutions by setting the right goals. Get tips on focusing your mind, staying on track, being realistic, the importance of easing into a routine and avoiding burnout. Come up with a fitness plan for a healthier you and get a jumpstart on health and fitness as a New Year commitment to yourself.

## One Bite At A Time

### PEACHTREE CITY

Wednesday, January 3

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

FREE

Members and non-members

Pre-registration required

Healthy eating isn't for the faint of heart! It takes dedication and thoughtfulness, but the biggest benefit to healthy eating is just feeling better! What we put into our bodies can have a major impact on the way we feel day in and day out. It doesn't only affect our weight. The term 'clean eating' has become highly prevalent in the health-conscious community, but what does this really mean? Steve and Julie Redlinger, owners of Clean Eat, share a beginner's guide to healthy eating. Discover the many benefits of a healthy diet and tips for easing in, taking the pressure off and helpful small steps to build habits for a healthier eating and lifestyle change. It only takes three weeks to build a habit, so why not create a habit to feel better each day!

### Connect With Coordination

#### FAYETTEVILLE

Thursday, January 4

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

FREE

Members and non-members

Pre-registration required

Coordination plays a major role in our daily life, much more than we realize. Keeping coordination sharp can greatly benefit daily tasks, making them easier to stay on top of. Leslie Hartley with Encompass Rehabilitation focuses on the benefits of coordination exercises that train proprioception, balance and timing. Learn simple moves that you can practice

daily to improve coordination to help with daily living.

## The Essentials

### FAYETTEVILLE

Friday, January 5  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Beat the winter blues the natural way. Dive into essential oils as Tana Lee, President of the Holistic Chamber of Commerce, shows us how these oils can keep us feeling our best even in the chilliest of weather. Take away the worry of harsh chemicals or synthetic remedies by using natural options. Get tips on how to boost your winter immunity, keep those joints feeling limber, and fend off cabin fever during these colder temps. Tana will provide everyone with a Health and Wellness Rollerball with an oil to keep the winter wellness going strong!

## The Fiber Facts

### PEACHTREE CITY

Monday, January 8  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Fiber is an essential part of a healthy diet, yet most Americans don't meet the daily recommended amount. High fiber diets not only have been linked to improved metabolism and heart health but also provides a variety of other benefits. Dietitian Lamura Poore with Diet To Lifestyle shares more about fiber as she talks about the varying types of fiber, the best sources of fiber and the many ways it can improve your health. She'll include recipes and ideas for incorporating more fiber into your diet.

## Refresh, Reset, Reboot

### FAYETTEVILLE

Monday, January 8  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Even for the healthiest of us, the holidays can really take a toll on our healthy habits. Too many of us could use a much needed reset after the holidays, and January is the perfect time to do just that. Certified Health Coach Jennifer Lunsford gives us five easy tips and tricks to reset our healthy habits after the holiday season. Gain perspective on what a healthy and realistic year ahead should look like as Jennifer helps set us up for a healthy 2024!

## Gotta Hand It To You: Hand Massages

### PEACHTREE CITY

Tuesday, January 9  
10 a.m. to 1 p.m.  
FREE

Member exclusive  
Pre-registration required

Sit back and relax as certified massage therapist Ange Maihorn provides a focused hand and arm massage. This human hand connection will not only help relieve tension and stress, but will concentrate on muscle and lymphatic areas in your arm and on your hand. Research has shown that there are many health benefits to massages, and hand massage is no exception. Having this done not only feels great, but can help ease muscle tension, relieve stress, and reduce pain. Enjoy a relaxing 15 minute session with Ange and see the results for yourself!

## Massage

### FAYETTEVILLE

Tuesday, January 9  
10 a.m. to 2 p.m.  
\$40 | 30 minutes

\$60 | 1 hour  
Member exclusive  
Pre-registration required  
Masseuse: Tranquil Escape

There are many health benefits to massages including stress reduction, increase in blood flow, improving balance, stimulating the nervous system, helping flexibility, assisting in better sleep, and relieving pain. Treat yourself to a relaxing massage! Enjoy this FSS exclusive discount by booking through us, but meet at their quiet and calming studio for your appointment – 500 W. Lanier Avenue Suite 602 | Fayetteville, GA 30214.

## A Pain in the Nerve

### PEACHTREE CITY

Tuesday, January 9  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Dr. Josh Davis with First Step Physical Therapy helps us beat the nerves with an overview discussion of the anatomy of nerves that cause us pain, neuropathy, and sciatica issues. Get a better understanding of what causes this pain as well as advice on prevention, self-treatment, and how to reduce pain.

## Eyeglass Repairs and Adjustments

### FAYETTEVILLE

Thursday, January 11  
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.

## The Social Effect

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

Dr. Tarryn Hoff, Sports Psychologist, University Professor, and owner of Peachtree City Personal Training, shares valuable insight on maintaining social connections, enhancing mental and emotional well-being and staying socially active. Our health isn't just about eating right and staying active. Being social plays a major role in overall wellness. Get inspired to boost your vitality and live your best life in a way you never imagined before. Embrace an active and fulfilling future together.

## Oh, My Aching Joints

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

Our joint and orthopedic health can make a major difference in how we feel. Being able to move without pain is an important part of daily living. Dr. Domenic Scalamogna with OrthoAtlanta joins us for an engaging conversation on joint replacement, healthcare, lifestyle, and orthopedic needs. Get updates on the latest insights on orthopedic and joint health. Dr. Scalamogna provides an opportunity to connect with us, ask questions, and

help in achieving goals for a healthier and more active lifestyle. Learn about the latest advancements in joint replacement procedures. Whether you're interested in improving mobility, reducing pain, or enhancing overall quality of life, take the first step toward a healthier and more active future.

## The Mental State of Exercise

FAYETTEVILLE  
Wednesday, January 17  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Exercise is not only great for improving your body, but it can also do the same for the brain! Changing the way you exercise to incorporate tasks that challenge the brain as well as the body can help improve memory and cognitive processing to keep your mind sharp and keep us at our peak performance mentally and physically. Join Piedmont Wellness Center to learn more about ways you can improve your overall health and cognitive health through simple exercise.

## Lend A Hand

PEACHTREE CITY  
Wednesday, January 17  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

We gotta hand it to you, pain is inevitable but treatable! There is no reason to walk around each day in pain, especially when it comes to our hands that we use for almost everything. Natalie Chavez, Occupational Therapist with Benchmark Physical Therapy, discusses the pathology of arthritis and other ailments

in our fingers and hands. Learn about preserving and protecting your joints, pain management strategies, daily exercises that limit stress on your hands and insight on when to seek professional help.

## Ask the Pharmacist

PEACHTREE CITY  
Wednesday, January 24  
12 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Pharmacist Ashley Pope with Walgreens Pharmacy will be here to answer all your questions about specific medications. Get an individual one-on-one analysis on all your medications and how they interact, work, should be taken, and more. Bring in a list of medications and questions and sit down to get the answers you need from one of our local pharmacies.

## Mind Over Matter

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

The mind-body connection can be powerful and at the core of this is mindfulness. Mindfulness techniques have a number of health benefits including reducing pain and stress, improving sleep, memory and focus and helping lead a healthier life. It also provides feelings of calm and promotes a sense of well-being. Lenee Cook-Braxton, Ph.D (c), M.S., RYT with the Holistic Performance Center, guides us through a series of deep breathing exercises, gentle stretching and mindfulness practices to

mitigate stress and increase overall wellness.

## Small Change For Big Range

FAYETTEVILLE  
Thursday, January 25  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Flexibility as we age can diminish, but using age as an excuse for a decrease in your range of motion is something that shouldn't be a consideration! Physical Therapist John Talley with Team Rehab discusses the importance of improving our range of motion and flexibility. Many reasons therapists see a decrease in range of motion in the aging population is due to injury, pain, arthritis, tight muscles or most commonly lack of

activity. Get tips on simple exercises and movements to do at home in order to move easier, improve balance and increase endurance through strengthening range of motion.

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE  
Wednesday, January 31  
11:30 a.m. to 12:30 p.m.  
FREE

Member exclusive  
No pre-registration required

Hearing Life Center will be on site to clean hearing aids and perform minor, basic maintenance you may need.

## All You Need Is Love

FAYETTEVILLE  
Wednesday, January 31  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members

Pre-registration required

Without the ability to love ourselves, we cannot fully love others! Self-love signifies having a true appreciation, affinity and positive regard for yourself. An easy way to invite more self-love into your life is to connect with yourself through your senses. Diedra Lucas with Wellcare takes us on a discovery of self-love through our five senses. Focus on how you can connect with sight, smell, hearing, taste and touch and how your brain understands and comprehends each to correlate with how you connect with yourself. Learn practices and tricks for bettering your health through self-love and awareness to respect your body and mind along the way.

# Look What's Coming in February!

## Navigate PTC

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

*Here's your one stop shop for all things Peachtree City! Learn about the newest app available for your phone called Navigate PTC. Use it to unlock secrets around town, access event information, find retail stores and restaurants and explore the paths.*

## Clothes Less Traveled Donation Truck

FAYETTEVILLE  
Monday, February 5  
12 p.m. to 2 p.m. | FREE  
No pre-registration required

*Bring donations to FSS to give back to a wonderful organization that supports local nonprofits, FSS included. No large items such as stoves, furniture, etc. at this location.*

**Registration will be available when the February newsletter comes out Monday, January 22nd!**

## The Love Languages

FAYETTEVILLE  
Monday, February 5  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

*We all express our love and gratitude in different ways, just like we all view love in various ways. The 5 Love Languages is a test that shows what your love language is and helps us dig deeper into expressing our love to others and ourselves.*

## AARP Tax Aid Assistance

PEACHTREE CITY  
Tuesdays & Thursdays through April  
9 a.m. to 1 p.m. | FREE  
Pre-registration required

*Bring last year's tax return and other tax documents necessary for your 2023 filing. Must have an appointment set to attend, no walk-in appointments available. Registration begins January 2nd, 2024.*



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✕ Fayette Senior Services —&— Piedmont Fayette Hospital ✕

# WELLNESS SERIES 2024

Join us each month for an informative discussion of a variety of topics provided by Piedmont Fayette Hospital affiliates. To request a copy of the 2024 tentative schedule, please visit the front desk at either location of Fayette Senior Services or email [register@fayss.org](mailto:register@fayss.org).

- ✓ Valuable Information
- ✓ Useful Connections
- ✓ Familiar Environment



**The Laugh Track**

# **Comedy Night**

**featuring a local Atlanta Comedian  
Tickets just \$15**

**A night of laughter awaits!**

**Thursday, February 22  
5:30 p.m. to 7:30 p.m.**

**4 Center Drive | fayetteville**

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

# 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™*