

February 2024

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## The Laugh Track

A night of laughter awaits as we welcome a local comedian for a night full of family-friendly humor at this dinner and a show!

## Flash Back

You'll be singing along before you even realize it as we go back in time to your younger days with some of the best music around!

## Soup of the Day

This mouth-watering and filling soup will be on your rotation of recipe choices after just one little taste, it's that good!

*Live Well. Age Well.*

Fayette Senior Services Presents:

# St. Patrick's Day Celebration

Live music, Irish dancers, and delicious  
food for an evening full of luck!

Thursday, March 14  
5 p.m. to 8 p.m.

**\$15 | Ticket**  
**Pre-registration**  
**required**

**Peachtree City**  
**203 McIntosh Trail**  
**770.461.0813**

**Event Sponsored By:**



# February

featured

## VOLUNTEER TITLE 10

Description  
Description

## For the Love of Soup 11

This delicious and savory Vegetable Beef Soup recipe is packed with flavor and will keep you full for a while!

## Jokes On You 15

You'll be rolling on the floor laughing during this night of side-splitting fun at our annual Comedy Night dinner.

## Like Music To My Ears 15

Enjoy the greatest hits from some of the most famous artists of our time like Frank Sinatra, Elvis, and more!

### 2024 HOLIDAY CLOSINGS

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
Holidays.....	December 28, 2023
Holidays.....	December 29, 2023

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## ABOUT US

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

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

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

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

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

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

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

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

### **Fayetteville Location:**

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

### **Peachtree City Location**

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

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

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

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

## **BOARD OF DIRECTORS**

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

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

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

## Meals On Wheels

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

## AniMeals

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

## STAR Program (Seniors Together After Retirement)

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

## Transportation

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



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

## In-Home Personal Care/Homemaker Services

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

## Care Management

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

## Medical Equipment Lending

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

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

# Meet Our Staff!

## ADMINISTRATION

Nancy Meaders  
President & CEO

Dan Gibbs  
Director of Operations

Morgan Lanier  
Program Development  
Coordinator

Deana Wright  
PTC Center Coordinator

Marilyn Walker  
Member Services PTC

Paul Hives  
Technology Development

Lynne Leatherman  
Finance Officer

Amber Oliver  
Center & Volunteer  
Coordinator

## THE ULTIMATE CAFÉ

Alexis Jones  
Kitchen Manager

Pedro Cruz  
Sous Chef

Hunter Bailey  
Café Assistant

Callum Nichols  
Café Assistant

Debi Quinnell  
Café Assistant

June Wagner  
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...

**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.*

**June 2024**

### Boot Scoot & BBQ

Fayetteville | Friday, June 21  
5 p.m. to 8 p.m. | \$15

*Put on your boots and enjoy a wonderful BBQ dinner along with a night full of dancing for a boot scootin' good time! Sponsored by Somerby, Humana and Kaiser Permanente.*

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

## Miriam's Fitness Corner The Heart & Soul of Food

In February, we celebrate American Heart Month, and what better time to examine what we're feeding our heart than now? A heart healthy diet is one of the best ways to decrease the risk of heart disease, the leading cause of death in America. The foods we choose greatly impact our heart's performance. Thus, choose wisely! The following is a list of foods compiled by the American Heart Association that adversely affect heart health.

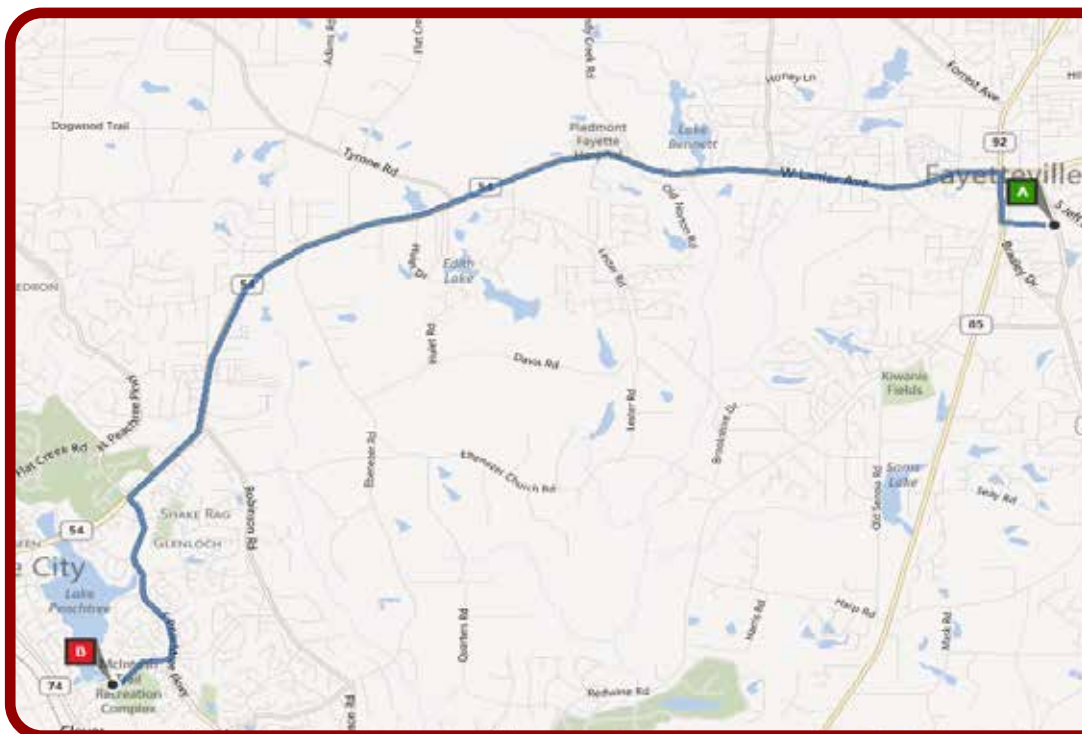
Foods to avoid for optimum heart health:

- High-fat dairy products
- Fatty meats
- Processed meats
- Tropical oils and partially hydrogenated fats
- Processed foods
- Foods and beverages with added sugars
- Food high in sodium
- Alcohol

It is very important, especially as we age, to take our dietary regimen seriously. What we eat affects our heart in ways we may not imagine. Food can be medicine or poison. Blood pressure, cholesterol levels and inflammation can be improved or worsened depending upon your diet. Make it a point to consume green leafy vegetables as well as a large variety of colorful fruits and veggies. Choose meats that are lean. Enjoy whole grains instead of refined grains. And remember, plant oils (such as olive oil) strongly promote cardiovascular health. Follow these tips to feel better "in a heartbeat" because "the heart doesn't lie"!

## Need Directions?

How to get from FSS Fayetteville to FSS Peachtree City.



1. Head west on Center Drive towards GA-85/Glynn Street S.

3. Continue Straight onto Melear Way.

3. Turn Right onto GA-85/Glynn Street S.

4. Turn left onto GA-54 S/E Lanier Ave.

5. Turn left onto S. Peachtree Parkway

6. Turn right onto McIntosh Trail

Destination will be on the left





# 2023 PROJECT ∞ LOVE

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

**We met our goal, and more! Over 9,000 meals will now be provided to Meals On Wheels clients throughout 2024. Thanks to all who helped us raise over \$45,000.**

**Together, we delivered a difference!**

## 2024 Sponsorships Now Available!

Contact Morgan Lanier at [mlanier@fayss.org](mailto:mlanier@fayss.org) or 770-769-8430 for more information



**Thank you to our 'A Night at the Speakeasy' event sponsors for your support of a great event!**

Mark Gray, Agent  
770-487-8561



# Dear Volunteer, You Make a Difference!

**We LOVE our Volutneers!**

Written By: Amber Oliver

## Volunteering is a work of Heart

At Fayette Senior Services, our volunteers are the ❤️ HEART of our organization. They come from all walks of life, all with different backgrounds and paths that have led them to our center. Wow, do we feel fortunate to share the love with these incredible individuals! Their unique gifts bring creativity and vitality resulting in the reason our organization is what it is today. Without their hearts, we wouldn't be who we are!



We've heard before that it's the connection with others, and not the recognition, that is the key motivator for many who volunteer. While we believe that connections are a key to feeling loved, we also believe in shouting to the rooftops how much our volunteers mean to us! "Our volunteers are more than just a helpful hand to me. They have become my friends, and they move me every day with their selfless acts of kindness and through the love they spread to others!" expressed Volunteer Coordinator Amber Oliver. In just a few short words, this is our way of saying we LOVE ❤️ you all - all 298 of you - from the bottom of our hearts!

# From Our Kitchen To Yours

## Vegetable Beef Soup

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



Photo by jeffreyw via Flickr

### Ingredients

- 1 lb lean beef
- 2 32 oz. boxes of Swanson's beef stock
- 1 package Knorr's vegetable recipe mix
- 1 14 oz. can diced tomatoes
- 1 can of shoepeg corn
- 3 onions, chopped
- 1 potato, diced
- 2 stalks celery, sliced thinly
- 3 carrots, sliced thinly

### Directions

- Cook the lean beef in the crock pot on high for 4 hours or on low for 8 hours. Add enough beef stock to it to cover meat before cooking.
- After meat is cooked, use forks to shred it. Remove any excess fat.
- Add Knorr mix and vegetables and fill the pot with beef stock.
- Cook on high for 5 hours or low for 10 hours.

*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.

## 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.

## 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.



The ladies of GA Dance Theater performing The Nutcracker



Some of Miriam's aerobics group showing off the new AED

# 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.



My Best Buddy Dog Training donated 2 car loads of pet food for Animeals



Reindeer ears with Santa at our annual Christmas Party

# Special Events



## A Bite Out of Mardi Gras

PEACHTREE CITY  
Tuesday, February 13  
11:45 a.m. to 12:45 p.m.  
\$10  
Member exclusive  
Pre-registration required

The countdown to Mardi Gras is on! Although we won't have a big parade and celebration like in some of the more spirited towns, we can have our very own little celebration at Fayette Senior Services. Throw on your green, purple and gold, grab some beads and join us for a delicious Mardi Gras themed lunch! Enjoy traditional tastes including Mardi Gras wings, jambalaya, white rice, maque choux and King Cake cupcakes. Whoever finds the baby in their cupcake wins a special prize!



## The Laugh Track Comedy Night

FAYETTEVILLE  
Thursday, February 22  
5:30 p.m. to 7:30 p.m.  
\$15  
Members can purchase tickets at front desk  
Pre-registration required

A night of laughter awaits as a hilarious comedian brings his talents live to all of us at Fayette Senior Services. Enjoy a delicious dinner prepared by our wonderful kitchen crew before relishing in some family-friendly humor that will have you out of your seats and rolling on the floor laughing. A perfect evening out for some light hearted fun.



## The Greatest Hits

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

You'll be flying to the moon after an afternoon enjoying countless songs of your youth! Take a trip back in time as singer Rick Paradise shares some of the biggest hit across their iconic careers from famous artist like Frank Sinatra, Elvis, Tony Bennett and Bobby Darin. You don't have to be a big fan to appreciate the music of these famous singers of the 20th century. Reminisce and listen to live tunes from the past with this talented man!

Sunday							Monday							Tuesday							Wednesday																																																																																																	
<p>January 2024</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </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	31				<p>March 2024</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <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> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </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	31																				
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# February 2024

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# February Program Schedule

## Needlework

### Crochet: Love Bears

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

These adorable tiny crocheted love bears are perfect for a thoughtful small gift. They fit into the palm of your hand and are just right for tucking into a pocket or purse. Materials needed: Super Saver yarn in two colors (light brown and pink or red); small amount of black yarn; crochet hook size H. Nancy will provide fiber filling. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Tote Bag

FAYETTEVILLE  
Monday, February 26  
10 a.m. to 12 p.m.  
\$5  
Pre-registration required  
Instructor: Nancy Crow

This easy pattern works up quickly. It may become your new go-to crochet bag for shopping, the beach or to use as an everyday purse! Materials needed: Approximately 860 yards in total of any worsted weight yarn, size 4 (medium) yarn (the less stretchy the better); stitch markers; crochet hook size K. Note: This pattern is worked with two strands of yarn held together for the entire pattern, so you can either separate your yarn manually or use multiple skeins – if multiple, you'll need 2 x 430 yards. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE

Wednesday, February 7  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, February 21  
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, February 28  
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

### Go With the Acrylic Flow

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

Cover five different methods of using fluid acrylics – pour, dirty pour, swipe, pull and drip, and pull. Practice these methods on small canvases

and then choose your favorite to make a larger painting. Class is for beginners and advanced alike, no previous experience is needed. See front desk for picture.

### Painting Workshop

FAYETTEVILLE  
Tuesday, February 20  
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 beautiful graphic abstract elephant using colors and accents of your choice.

### Art and Soul: Mixed Media Art

PEACHTREE CITY  
Tuesday, February 20  
10 a.m. to 11 a.m.  
\$15 | Includes Materials  
Pre-registration required  
Instructor: Cindy Clonts

Get crafty with Cindy Clonts, medical insurance coach and mixed media art enthusiast. Create a beautiful and unique love themed canvas using a variety of tools. If you like getting creative, scrapbooking and trying new things, this mixed media art will be a treat! Using stamps, ink, paints, scrap paper and other unique items, we'll create a fun piece of art. You do not have to be a great artist to create a canvas, if you mess up you can paint over it! If you'd like, bring items to include on the canvas such as seed packets, feathers, old newspapers or other things to layer. You are welcome to bring extras to trade too. Canvas, paints and brushes are included.



# 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.

## **Low Intermediate Line Dance**

FAYETTEVILLE

Thursday

Doesn't meet 1st Thursday

11 a.m. to 12 p.m.

\$15 | Month

Instructor: Kandis Larkey

Get ready to expand your line dance repertoire! This class will include both classic and new line dances while challenging you at a high improver and low intermediate dance level. Geared towards those who are comfortable with improver dances and ready for intermediate dances.

## **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

## **Just Beat It: Cardio Drumming**

FAYETTEVILLE

Wednesday

11:15 a.m. to 12 p.m.

\$10 | Month

Instructor: Pam Tate

Drum roll please...it's time to join in the fun with this upbeat and dynamic cardio workout that is a little outside the box! Cardio drumming combines cardio exercise and drumming to the rhythm of music in an easy but effective workout regime. This exciting, low-impact workout is for all ages and helps improve coordination and motor skills, boost your mood, and enhance overall health. All equipment for this class will be provided.

## **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 class. This easy-to-follow dance session will include a warm-up, simple routines combined with toning exercises with light weights, followed by a cool down and stretch. Boost your cardiovascular fitness, tone your muscles, improve coordination and memory in an 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 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 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

## The Center Box Office

### Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, February 8 | 1:15 p.m.  
*Leave the World Behind* (2023) | R

Starring: Julia Roberts, Ethan Hawke. A family's getaway to a luxurious rental home takes an ominous turn when a cyberattack knocks out their devices, and two strangers appear at their door.

FAYETTEVILLE  
Friday, February 23 | 1:15 p.m.  
*Indiana Jones and the Dial of Destiny* (2023) | PG-13

PEACHTREE CITY  
Thursday, February 29 | 1:15 p.m.  
*Indiana Jones and the Dial of Destiny* (2023) | PG-13

Starring: Harrison Ford, Antonia Banderas. The legendary hero archaeologist is back in this highly anticipated final installment of the iconic franchise. Archaeologist Indiana Jones races against time to retrieve a sought-after artifact that can change the course of history.

Movie sponsored by:

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

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.



## Special Interest

### 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.

### AARP Tax Aid Assistance

PEACHTREE CITY  
Tuesday and Thursday  
February 1 thru April 16  
9 a.m. to 1 p.m.  
FREE  
Members and non-members  
Pre-registration required

AARP is here to offer free tax aid to assist us with personal income returns. Bring last

year's tax return and other tax documents necessary for your 2023 filing. This is your chance to meet one-on-one with an AARP representative to get help filing taxes. Must have an appointment set to attend, no walk-in appointments available.

### What's for Lunch?

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

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

### Jeopardy: African American History Edition

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

Celebrate Black History Month as Debora Mack with the Fayette County Public Library explores and celebrates the rich cultural heritage, triumphs and adversities of African Americans. Through an interactive game of Jeopardy, learn and brush up on history. Discover more about the library's database of Newsbank's "Black Lives in America". This database is a unique digital archive of news media that traces African American history offering a balanced coverage from diverse sources published from 1704 to the present day. The quick easy access is an attractive feature and

will refresh memories, fill gaps, and simply enlighten most in a new innovative historical approach.

### Cornhole

PEACHTREE CITY  
Friday, February 2  
11 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Friday, February 16  
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!

### The Heart of the Story

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

You don't have to be a kid to enjoy the art of storytelling! Join storyteller Marcia Robinson as she expressively shares the tales of a man so unbelievably full of himself. During this inspirational story for everyone to hear, you'll discover a heartfelt message that will move you. As this man learns that neighbors make great friends and good friends support you even when you're not at your best, you'll be reminded of those near and dear to your own heart who support you through thick and thin!

### Navigate PTC

PEACHTREE CITY

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

Here is your one stop shop for all things Peachtree City! Learn about the newest app craze available for your phone called Navigate PTC. Experience and explore Peachtree City with this guide to the city's extensive network of paths and beyond. This new mobile app was designed to enhance your journey around the city, unlock the city's secrets, access weekly newsletters, explore the paths, find retail spots and dining gems, stay up to date on upcoming events and connect you to all things Peachtree City. Join Yasmin Julio, City Clerk and Director of Executive Services with Peachtree City, as she teaches us about the app, helps us download it and shows us how to make the most out of it!

### **Clothes Less Traveled Donation Truck**

FAYETTEVILLE  
Monday, February 5  
12 p.m. to 2 p.m.  
FREE  
Members and non-members  
Pre-registration required

Start your spring cleaning early this year and bring in your unused items to donate for a good cause! Clothes Less Traveled is a nonprofit thrift store that pours its proceeds back into the Fayette County community through providing monetary donations and grants to local nonprofits, Fayette Senior Services included! Donations can include clothing, small household items, small appliances, toys, etc. For this drop off donation location, no large appliances or large furniture (those can be dropped off directly at Clothes Less Traveled in Peachtree City). FSS will not be handling any of the donations; each person is responsible for

taking their donations directly out to the Clothes Less Traveled donation truck.

### **Meet the Mayor**

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

Join Peachtree City Mayor Kim Learnard as she provides an update on what is in the works around our home town. Hear updates on Peachtree City happenings and what is planned for now and the future. Enjoy this chance to get to know Mayor Learnard and discover what exciting things are to come.

### **iPad Workshop**

FAYETTEVILLE  
Wednesday, February 7  
1 p.m. to 3 p.m.  
\$15  
Members and non-members  
Pre-registration required

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

### **1-on-1 Legal Consultations**

FAYETTEVILLE  
Thursday, February 8  
12 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

### **The Travel Bug: Alaska**

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

The travel bug has bitten, and if it hasn't yet, it will after you hear from travel agent Amy Metzger with Travel Edge! Take on the adventure that the magnificent state of Alaska has to offer, both by land and sea. This incredible state offers an abundance of chances for sightseeing and adrenaline filled vacation options that will have you ready to book your next trip back. Explore the great outdoors and wildlife, participate in glacier trekking or rafting or take a more relaxed route through hiking, whale watching and fishing or viewing the beautiful Northern Lights, there is something for everyone! From their breathtaking cruises and endless land opportunities, this state has something to offer for everyone.

### **Computer Lockdown**

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

Let's take it back to the basics. Computer expert Byron Salguero discusses the importance of basic computer care and shares tips for keeping your computer safe and up to date. Learn about general computer

maintenance including the importance of anti-virus protection, data backup solutions, preventative behaviors to avoid virus click baits, password protection, software updates and avoiding pop-ups. Keep your computer up to date and protected!

## Stop and Smell the Roses

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

Whether it's for a wonderful natural scent in your yard or a sweet reminder of the past, fragrance in your garden is something that many gardeners would love to incorporate into their everyday green spaces. Roses are one of these possibilities for a beautiful addition to your landscape. Depending on the location, different varieties might be better suited. Join Kim Toal with Fayette County Extension to discuss the basics on rose care including varieties, pruning, disease management and insect management.

## Layers of Fashion

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

We are almost on the other side of winter, past heavy winter coats and bulky warm fashion. As we spring into the temperatures rising and start to shed some bigger layers, Bonita Prigmore, owner of Medicare and Other Red Tape, is here to make sure we stay on trend! Put a splash of spring fashion into your wardrobe while maintaining your signature style. As we head into springtime, the fickle temps will have us dressing for winter in the morning and summer by the

afternoon. Discover the art to layering your clothing in a fashionista way as well as learning how to choose great colors and techniques for accessorizing to flatter your body type and reflect your personality!

## Volunteer Open House

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

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

## You're the Chocolate to My Strawberry

FAYETTEVILLE  
Wednesday, February 14  
1:30 p.m. to 2:30 p.m.  
\$10  
Member exclusive  
Pre-registration required

You never need an excuse for a delicious chocolate covered strawberry, but if you feel you do, there is no better time than Valentine's Day! Treat yourself to some delicious and beautiful strawberries. Join Scoops Fayetteville as they teach us the art of making these tasty delights. Decorate six strawberries to eat or take home using a variety of different techniques, chocolates, and toppings. Not only will you have some to enjoy but also will learn the secrets for continuing to make them any time you get the craving!

## Dementia Caregiver Support Group

PEACHTREE CITY  
Thursday, February 15  
1:30 p.m. to 3 p.m.  
FREE  
Members and non-members

No pre-registration required

For more information, contact Lynnette Dunn at 404-326-0219 or by email at [lynnette.dunn@piedmont.org](mailto:lynnette.dunn@piedmont.org).

## The Grape Escape

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

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

## AARP Smart Driver's Course

FAYETTEVILLE  
Friday, February 16  
9 a.m. to 3:30 p.m.  
\$20 | AARP Members  
\$25 | Non AARP Members  
FSS Member exclusive  
Pre-registration required

The AARP Smart Driver's Course is a refresher course for adult drivers, which has helped millions of drivers remain safe on today's roads. Tune up your driving skills and update your knowledge. Most auto insurance companies provide a multi-year discount to graduates as well. Bring a lunch or snack or plan to grab one at the café or close by during the lunch break midday.

## Protect Your Identity

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

We've all gotten those pesky calls or emails from someone



asking us for our information or posing as someone they aren't. Scams unfortunately have become prevalent in today's world, creating a rise in identity theft. Nathan Coflin with Georgia Senior Medicare Patrol joins us to provide the tools to protect ourselves against becoming a victim of identity theft. Get tips on recognizing the difference between a scam versus the real need for information and discover ways you can put up safeguards around your identity to keep it protected.

### **Into the Moment**

FAYETTEVILLE

Tuesday, February 20

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

FREE

Members and non-members

Pre-registration required

Local author and Fayette Senior Services member Cheryl Anderson Davis joins us to share in her journey publishing her newest book, *Into the Moment*. She'll share her drive for creating this masterpiece including the fascinating research she discovered during her studies of the era to accurately depict the story. She'll also discuss the book publishing process in addition to speaking about her book! This historical fiction follows the love story of high-ranking soldier Jeremy and war widow Julie as he is shipped overseas for the D-Day invasion during WWII. Through his struggle to stay alive and trust his clever Julie to do the same, their story unfolds through turmoil and trials.

### **A Novel Idea Book Club**

PEACHTREE CITY

Tuesday, February 20

1:45 p.m.

FREE

Member exclusive

No pre-registration required

February book: *Tom Lake* by Ann Patchett. March book: *Homegoing* by Yea Gyasi. For

more information, please contact Meghan Caton at megcaton@gmail.com.

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

FAYETTEVILLE

Tuesday, February 20

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.

### **The Wonders of Georgia**

PEACHTREE CITY

Wednesday, February 21

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

FREE

Members and non-members

Pre-registration required

Adventure awaits, eager to be discovered in our own beautiful state. Georgia provides a wide variety of terrain and we are lucky to call it home. From beaches to mountains, farmland to cities and everything in between, the options seem endless to seek adventure. Join Bonnie Helander, Gardening and Travel Writer for Southern Woman, as she takes us on a trip around the state to the Wonders of Georgia. Hear about these beautiful places and all we have to offer for an adventure enthusiast of all types!

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

FAYETTEVILLE

Thursday, February 22

1:30 p.m.

FREE

Member exclusive

No pre-registration required

February book: *Ordinary*

*Grace* by William Kent Kreuger. March book: *Into the Moment* by FSS Member Cheryl Davis. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

### **Bean Bag Baseball**

PEACHTREE CITY

Friday, February 23

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

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

### **The Sweetest Aroma: Candle Making**

FAYETTEVILLE

Friday, February 23

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

\$20 | Includes materials

Members and non-members

Pre-registration required

Light up your home with these incredible smelling candles, made by you! Rachel Maye-Haywood, owner of The Sweetest Aroma, teaches us the techniques of candle making. This mobile candle-making studio brings us a unique and fun filled candle-making experience! Make a custom 6-ounce candle while learning the steps of candle-making while playing a few fun games. All materials will be included to create your very own custom candle. Choose from a variety of fragrances, name your candle and create your very own scented candle to take home to use for yourself or give as a gift! Candles will

take about 45 minutes to dry – come back to pick it up or hang around and play games with Rachel!

### **This Is How We Brew It: Pearl & Pine Brewery**

PEARL & PINE BREWERY  
Friday, February 23  
3 p.m. to 4 p.m.  
\$15  
Member exclusive  
Pre-registration required

Ride on over and meet at Senoia's newest brewery, Pearl and Pine! Join at the Pearl and Pine Brewery – 22 Main Street – in downtown Senoia for a refreshing afternoon! Pull up a chair and sit back for a tasting of some of their most popular beers on tap. As they go through the tastings, they'll share details about how each type of beer is made, what makes them unique, food pairing suggestions, and more. Price includes five small beer tastings. Cheers, we'll see you there!

### **Happy Camper**

FAYETTEVILLE  
Monday, February 26  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

It's almost that time of year again to enjoy the great outdoors! The temps are warming up and we've been cooped up inside all winter. Discover some great places to take a hike or camp out for the night. Camping and hiking enthusiast and fellow senior Nancy Ricciardi shares her love for the outdoors. Hear about some great local hiking spots not too far away in addition to some campsites you won't want to miss out on. No matter if you're interested in just a day hike or want to take the adventure up a notch with some car camping or hiking into campsites, you'll get some great tips for getting out and staying active!

### **The Gift of Money**

FAYETTEVILLE  
Tuesday, February 27  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

You hear it all the time... or are you the one saying it - "You Can't Take It With You!" - when it comes to your money. But, what plans do you have for the money that is left behind if that is the case? Brandon Jordan, Financial Advisor with Arch Advisory Group, provides advice, suggestions and guidance for leaving assets behind. Reality is, you may have some leftover and preparing in advance can greatly help not only you, but also your loved ones. Gain insight on when to gift, run through scenarios for how to distribute it, learn about how it is taxed, and discover a variety of ways to plan and prepare for leaving assets behind for your loved ones or charities.

### **Place Your Order**

PEACHTREE CITY  
Tuesday, February 27  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Life just isn't what it use to be back in the good old days. The hustle and bustle of everyday life just moves faster than it ever has before. Life in the slow lane is a thing of the past, but with some of this upbeat living has come conveniences we thought we'd never see! Ordering groceries online for curbside pickup or door step delivery may be one of the best things yet. Let someone else do the shopping for you. Beth Campbell with Brightmoor Hospice unravels the mystery of ordering groceries online. Discover the options available from free services

to subscriptions, depending on what your needs are and see how convenient it is to turn something as small as grocery shopping over to someone else at the click of a button!

### **Songs of the Seventies: Music Trivia**

PEACHTREE CITY  
Wednesday, February 28  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Hum along to the tunes of some of the biggest hits of the 1970s! These oldies will take you back to the days of your youth. Relive the past as Todd Bills with Todd Bills Agency challenges our knowledge of this time period of tunes. This 70s music trivia will feature some of the most well-known and not so well-known songs and artists of the era. Show off your skills during this fun music trivia game!

### **Right Up My Alley: Bowling**

ROYAL LANES SOCIAL  
Thursday, February 29  
4 p.m. to 5 p.m.  
\$10  
Member exclusive  
Pre-registration required

Bowl like royalty at Royal Lanes Social in Peachtree City! Show off your bowling talent or just come and join us for a little fun, either way you'll have a blast. We have two lanes of ten-pin bowling reserved just for Fayette Senior Services members. Meet at the bowling alley – 200 Northlake Drive - in Peachtree City and all is ready to go, including one game and shoe rental. Drinks and food not included in price, but you are welcome to enjoy that on your own expense once there! Now go get your strike!

### **Trivia**

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

FREE  
Member exclusive  
No pre-registration required  
Host: Linda Abbott

It's not who you know, it's what you know. Join Quiz Queen Linda Abbott for a little friendly competition. Form teams or take 'em on yourself. Answer questions from a variety of categories and test your knowledge.

## Dulcimer

FAYETTEVILLE  
Wednesday  
11 a.m. to 12:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

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

## Technology

### Computer Technology Assistance

PEACHTREE CITY  
Wednesday, February 21  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, February 27  
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

### Massage

FAYETTEVILLE  
Tuesday, February 6  
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.

### Sweet Dreams

PEACHTREE CITY  
Tuesday, February 6  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

A good night's rest can make all the difference for your following day and even days to come. Dr. Josh Davis with First Step Physical Therapy shares the health risks associated with poor sleep patterns. Get the scoop on how much sleep you should be getting, the different types and cycles of sleep, as well as good sleeping posture to reduce stress on your body and joints. Leave

with the knowledge and tips to better improve your sleep habits.

### Gotta Hand It To You: Hand Massages

FAYETTEVILLE  
Wednesday, February 7  
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!

### The Hidden Potential

PEACHTREE CITY  
Wednesday, February 7  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Our minds are a fascinating tool that significantly impacts our lives. Inside all of us lives a hidden potential that we can live up to. Are you living up to your greatest potential? Chuck Lenahan, owner and lead therapist with Insight Out Therapeutics, helps us unlock the hidden potential in us to be the best version of ourselves day in and day out. What stymies us in unlocking that potential? No matter the age, people have many preconceived notions that block us from going after what we want. Often, the issue isn't hearing or

knowing the answers, but is asking the questions in the first place. Uncover a new potential and gain access to the answers of many questions you may have!

## **Eyeglass Repairs and Adjustments**

FAYETTEVILLE

Thursday, February 8  
11:30 a.m. to 12:30 p.m.

FREE

Member exclusive

No pre-registration required

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

## **Hidden In Plain Sight**

FAYETTEVILLE

Tuesday, February 13  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

The webs of nutrition are tangled, and determining what is healthy and what is not can sometimes be confusing. Just because something is labeled as a healthy option doesn't always mean it is. Often, many hidden ingredients exist that you don't always know are there without digging a little deeper. Lamura Poore, Dietitian and Owner of Diet To Lifestyle, shines a light on some of the most common foods that are supposed to be healthy and discusses why they truly aren't. She'll bring in examples and encourage you to bring items to go over together as a group and demonstrate what to look for. Learn more about nutrition content, ingredients and healthy alternatives.

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

PEACHTREE CITY

Wednesday, February 14  
1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Alison Bishop, Clinical Director of PT Solutions Physical Therapy, will be on site to perform a short test to determine the strength of your balance. Follow a series of tasks that will help determine different characteristics to test your risk of falls. After, Alison will discuss the results and make suggestions to achieve the level of wellness and balance you desire.

## **Lunch & Learn: In A Heart Beat**

FAYETTEVILLE

Thursday, February 15  
11 a.m. to 1:30 p.m.

\$15 | Includes lunch

Members and non-members

Pre-registration required

Discover heart healthy habits and ways you can take care of one of the most important organs in your body. Take action over your own health and join us for a heart healthy make-over. We all know that it is important to exercise and eat right, but did you know that exercising and good nutrition are shown to significantly reduce your risk of heart disease as well? February is American Heart Month. Spend time with a Piedmont Fayette Nutritionist and a Cardiologist as well as fitness expert Miriam Jones to learn how you can incorporate a healthy diet and movement to improve your heart health. From basic anatomy of the heart, to preventative methods, symptoms and treatment, you'll leave with a better understanding of how you can take care of your heart through everyday habits, exercise, and diet. This program is part of the 2024 FSS and Piedmont Fayette Hospital Wellness Series.

## **There's An App For That**

FAYETTEVILLE

Wednesday, February 21  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

Whether we like it or not, technology is a huge part of our everyday lives, and can even be a helpful tool when it comes to exercise and wellness. However, there are so many options out there that it can be overwhelming knowing which one to use. Where do you even start? Join Piedmont Wellness Center and learn about the variety of fitness apps and trackers available on the market today. Discover the latest and greatest apps and other technology in the exercise world, how to use them, and how they can elevate your workouts to help you reach your goals.

## **What's Love Got To Do With It?**

PEACHTREE CITY

Thursday, February 22  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

What's Love Got To Do, Got To Do With.... Living a healthy life? How does self-love, self-care, and an overall well-being contribute to the journey of healthy living? Join Certified Health Coach Jennifer Lunsford as she shows us how to create a holistic approach to living a healthier life that values balanced eating, positive relationships, and mindful well-being for an overall healthier lifestyle and love for ourselves!

## **Virtual Dementia Tour**

PEACHTREE CITY

Monday, February 26  
12:30 p.m. to 3:30 p.m.

FREE

Members and non-members

Pre-registration required

It's hard to understand what someone with dementia is going through, but Brightmoor Hospice will help

us see into their world for a few short minutes. The Virtual Dementia Tour has been a proven method to building a greater understanding of dementia through the use of sensory tools that gives us a chance to step into dementia patient's shoes in a way you never imagined before.

## Age Is Just A Number

FAYETTEVILLE

Wednesday, February 28

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

FREE

Members and non-members

Pre-registration required

As we reach the golden years, some of our most precious assets are time and health. No one wants to squander them and the best way to continue a healthy journey into our senior years is advocating for yourself in all areas of life, but most importantly in our health. Aging well without settling for what you

believe may be normal aging can be controlled. Learning to ask the questions, getting second opinions and finding alternatives to treatments is perfectly acceptable! Nurse Practitioner Elise Hettenbach and Physical Therapist Dr. Billy Basset with Stat Wellness, discuss our health as we age and provides insight on what's normal aging and not. Learn about alternative treatment methods beyond medications such as lifestyle changes and supplement use for a more natural approach.

## Mini Massage

FAYETTEVILLE

Thursday, February 29

9 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

It's time to relax and what better way to do that than to give yourself a little treat with some TLC! Take a little time for yourself and stop by for a

relaxing session to help you get on your way to feeling better. Massage students with Peachtree City School of Massage will be on site to perform fifteen-minute mini massages to help you achieve a calmer state. A healthier you begins with destressing and here is the perfect chance to start that routine.

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, February 28

11:30 a.m. to 12:30 p.m.

FREE

Member exclusive

No pre-registration required

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

# Look What's Coming in March!

## Come Fly With Me

PEACHTREE CITY

Monday, March 4

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

Pre-registration required

*From takeoff to landing, explore the sky to elevate your view of the unseen orchestration behind air travel. An Air Traffic Controller joins us to explore topics of airspace management.*

## The Beauty of Gratitude

FAYETTEVILLE

Monday, March 4

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

Pre-registration required

*Take a step back and reevaluate your vision of life! Discover how to appreciate the little things in life that bring you gratitude and learn methods for recognizing things to be grateful for around you!*

## Full Circle

PEACHTREE CITY

Tuesday, March 5

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

Pre-registration required

*Reduce pain and inflammation and speed up the healing process using circulatory modalities. Discover the importance of these modalities and their role in circulation and reducing pain.*

## A Walk in the Woods

THE RIDGE NATURE AREA

Wednesday, March 6

Meet at 1:30 p.m. | FREE

Pre-registration required

*Take a walk through The Ridge Nature Preserve and enjoy the newest updates. This 308-acre preserve provides a glimpse into a variety of exploration opportunities and contrasting ecosystems.*

**Registration will be available when the March newsletter comes out Tuesday, February 20th!**



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REEL  
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CARE

**REFLECT 10 NS**

**YEARS**  
**2014-2024**

Enjoy an elegant evening celebrating 10 years of the Reel People Care charity gala at Trilith. On Friday, March 15, 2024, walk the red carpet and feel like a star at this wonderful fundraiser event supporting local nonprofits in Fayette County. Fayette Senior Services is excited to announce that we are one of the participating charities. Through your sponsorship and ticket purchase, you will be directly supporting Fayette Senior Services' Meals On Wheels, Social Services and Transportation programs.

Sponsorship packages are available for this event. For more information and to be put on the reservations list, please contact Morgan Lanier at [mlanier@fayss.org](mailto:mlanier@fayss.org) or 770-769-8430.

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## EVENTS



## WEBSITE



## DONATIONS



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



# I love this town.

**Mark Gray, Agent**  
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Peachtree City, GA 30269  
Bus: 770-487-8561  
[mark.gray.gz37@statedarm.com](mailto:mark.gray.gz37@statedarm.com)



**Thanks, Fayette Senior Services!**  
I love being here to help in a community where people are making a difference every day. Thank you for all you do.

**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™*