

March 2024

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Irish Luck

Pinch me, I'm Irish...at least for just this one night! Join us for our annual St. Patrick's Day Celebration, full of Irish luck.

In The Forecast

Become a meteorologist for the day as you take a tour of the National Weather Service to learn all about weather predictions.

Che Bello!

You'll be jumping with joy after you taste this delicious Italian Baked Chicken recipe, packed full of flavor.

Live Well. Age Well.

RE-ELECT ✓

JUDGE CHRISTY DUNKELBERGER

★ VOTE ON MAY 21 ★



MAGISTRATE COURT - POST 1
Proven ★ Experienced ★ Honest

*Paid for by the candidate



Garden Club

Plant your roots with Fayette Senior Services

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

Free membership with 75 hours of volunteer service



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



March

featured

Creativity At Its Finest 10

Meet Lemonia Freeman, the designer behind the beautiful decorations at our after-hour events! She's beyond creative.

Making A List, Chicken It Twice 11

This will be one recipe you'll want to add to your list. This easy and savory baked chicken recipe is one for the books.

It Ain't Over 'Til It's Clover 15

We're ready for a sham-rocking good night at our St. Patrick's Day event - full of food, music and fun!

The Calm Before the Storm 15

Visit the National Weather Service, located right here in Peachtree City, to learn all things weather related!

in every issue

2024 HOLIDAY CLOSINGS

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
New Years Day.....	January 1, 2025

About FSS 4

Supportive Services 5

Meet Our Staff 6

Membership & Center Info 6-7

Coming Soon 8

Free Stuff - Every Day! 12-13

Special Events 15

Classes & Programs 18-29



ABOUT US

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

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

DIRECTOR | Phil Prebor

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

June Wagner
Assistant Kitchen Manager

Pedro Cruz
Sous Chef

Hunter Bailey
Café Assistant

Callum Nichols
Café Assistant

Debi Quinnell
Café Assistant

Gwen Strong
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. *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.

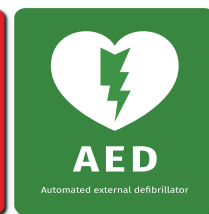
Coffee and tea are complimentary.

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:



Coming Soon...

April 2024

Volunteer Appreciation Dinner

Fayetteville | Tuesday, April 23
5 p.m. to 7:30 p.m.

Free for current FSS Volunteers

We invite all current FSS volunteers to join us for a dinner to celebrate YOU! Enjoy an evening at our annual volunteer appreciation dinner and awards banquet.

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 and Somerby.

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!

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

Miriam's Fitness Corner Onward March!

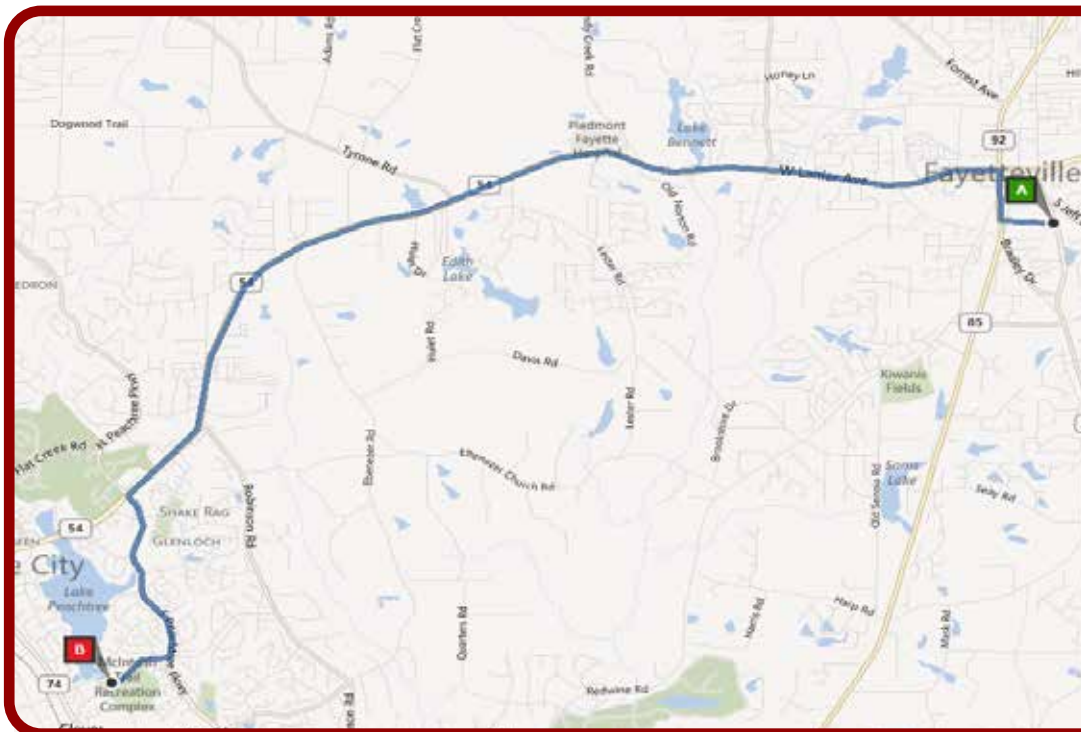
What a wonderful day to be alive! My Mama says, "Every day on top of the dirt is a good day," and she's right. You are alive, hopefully thriving, and likely a part of the amazing community of seniors here at FSS. It is my hope that you are taking advantage of all the programs available to you. I cannot stress enough the importance of regular social engagement. Daily interaction does more than just occupy time or distract from boredom. It promotes camaraderie, togetherness and happiness which in turn snuffs out loneliness. Loneliness can be dangerous if we allow it to occupy personal space for too long. Chronic loneliness affects us mentally and can lead to depression, anxiety and substance abuse and has been linked to dementia and cognitive decline. Our bodies can react adversely in other ways like weakened immune system, elevated stress hormone levels and increased inflammation. Researchers found that chronic loneliness is as dangerous as smoking 15 cigarettes per day, increasing risk of premature death by up to 50%. The statistics are alarming and must be taken seriously. If you find yourself slipping into feelings of loneliness for extended periods of time, here are a few tips to shake free:

- 1) Honor those feelings. Do not beat yourself up. You're entitled to feel how you feel.
- 2) Do not let those feelings linger. Avoid isolation.
- 3) VOLUNTEER - It shifts your focus.
- 4) Join a club, group or organization.
- 5) Join a support group.
- 6) Host a small gathering and/or plan a meet-up.
- 7) Reach out to friends and family. They may not know you're lonely.
- 8) Exercise.
- 9) Try something new (pickleball, golf, learn a foreign language, cooking classes, salsa dancing, etc.).
- 10) Schedule an appointment with a therapist. Talking with a professional can leave you feeling lighter and refreshed.

The bottom line is, we are doing the best we can. Negative feelings may creep in from time to time. We're not perfect, but we are blessed. Let's focus on that! Think happy and keep 'March'ing forward!

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

*The Southern
Crescent Chorale*

*Fayette Senior
Services
present*

SOUNDS of SPRING

Thursday, April 25
5:30 pm to 7:30 pm
Tickets \$15

Fayetteville location
4 Center Drive
770.461.0813

Enjoy an evening of dinner & music as the Southern Crescent Chorale performs a collection of their most popular pieces, including some from their favorite concerts!

Event Sponsored By:

Mark Gray, Agent
770-487-8561



Dear Volunteer, You Make a Difference!

Creative Sparks

Written By: Amber Oliver

Colonel founded Freeman Martino Building Maintenance Company.

Lemonia received a BA degree in Music Education from Saint Joseph's College in Rensselaer, Indiana and a BA of Applied Arts from the American College of Applied Arts. She is married to her college sweetheart, Harry Michael Jones. They met at Saint Joseph's College in 1973 in the Student Center dining room when introduced by a friend. They married in 1978 and have celebrated 45 beautiful years of marriage together. Their son, Ryan Lew Freeman-Jones, lives in San Diego, CA.

Lemonia's first job was a summer job at Delta Air Lines Credit Union. Later, she worked as a Clayton County Substitute Teacher as well as at the Atlanta Decorative Arts Center. She retired in 2020. Her husband, Harry, works as a Certified Industrial Hygienist Consultant.

She enjoys walks, going to the gym, singing, dancing, working in her yard, and Tai Chi. We've also noticed she lights up when decorating, and lucky for us she found her way to FSS to share her talents for after-hour events! She describes herself as an introvert. She has always enjoyed making things beautiful as well as just being creative. Her son had the best costumes while growing up and she has made spectacular doll clothes as well as anything else you could imagine!

Lemonia decided to volunteer with FSS because she "needed something more." She has been a member since 2011 when she joined to attend Yoga and Chen Tai Chi. She expressed her excitement for being a member and decided to share her talents with FSS, saying "Wow! Best decision ever!" She enjoys volunteering because it gives her the opportunity to combine service and self-expression. We are so thankful to have Lemonia as a volunteer! Her creativity is truly a gift and her ideas never fail to impress us. Her creative concepts undeniably improve our events. Each time she shares her ideas with us, our enthusiasm for the event grows even more. Thank you Lemonia! We are grateful that you choose to share your time and talents with Fayette Senior Services.



Have you ever attended an after-hour event at Fayette Senior Services? They are AMAZING! From Speakeasys to Comedy Nights and music on the lawn, there is never a dull moment. These events are all the rage and usually include dinner prepared by our Ultimate Café staff as well as entertainment. They sell out quickly and are always loads of fun. Where else can you have such a wonderful night out for \$15 to \$20? One of the reasons these events are so successful is due to our volunteers. FSS volunteers help make these events the sold out success they are. Many volunteer hands go into helping bring the evening together, from its creative conception to the very end by providing setup, take down, serving the meals, and decorating at these events.

Lemonia Freeman is one of the volunteers who shares her creativity to ensure our after-hours events look amazing. When you sit down to a beautifully decorated table, it is Lemonia you have to thank! Lemonia is an Army Brat and as a result she grew up in Atlanta, Pennsylvania, Germany and Alaska. Her mother, Dorothy Howard Freeman, was an Army officer's wife and homemaker. There were five Freeman children who enjoyed chorus and Junior Achievement. Her father, the late Colonel Isaac Freeman, United States Army Retired, commanded Atlanta General Depot at Fort Gillem before retiring. After retiring, he along with another Retired

From Our Kitchen To Yours

Italian Baked Chicken

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



Photo by The Diet Chef

Ingredients

- 1/2 cup dry bread crumbs
- 1 (0.7 oz) package Italian or Zesty Italian dressing mix
- 1/3 cup margarine or butter, melted
- 1 1/2 lb (about 6 pieces) boneless, skinless chicken breast

Directions

- Heat oven to 375 degrees
- Lightly grease a 9 x 13 inch pan
- In a shallow dish, combine bread crumbs and dressing mix
- Dip the chicken breast in melted margarine or butter, then in bread crumb mixture to coat
- Place in the greased pan
- Bake for 30 to 40 minutes until the chicken is fork tender and juices run clear, turning once during baking

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.

Bingo Bash:

3rd Tuesday of month

2 p.m. to 4 p.m.

Group meets monthly to play bingo. No partner needed.

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:

Wednesday (does not meet 2nd Wednesday of month)

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.

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.



Members during CPR training class in Peachtree City.



Our STARs group ready for a good old fashioned snowball fight!

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.



Members enjoying "What's For Lunch" together at Miller's Ale House!



Enjoying an evening of dancing at A Night At the Speakeasy.

Special Events



The Sky's the Limit: National Weather Service Tour

NATIONAL WEATHER
SERVICE
Thursday, March 14
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

The weather is a powerful thing and can be very unpredictable. Once you discover how it is predicted, you may have a better understanding as to why it can change at the drop of a hat. Enjoy a private tour of the National Weather Service located right here in Peachtree City. This is the hub where all the weather information in our area seen on the news and apps stems from. Learn how they help us know what's coming our way and the tools and programs they use to predict the weather. Meet at the National Weather Service building – 4 Falcon Drive in Peachtree City.



St. Patrick's Day Celebration

PEACHTREE CITY
Thursday, March 14
5 p.m. to 8 p.m.
\$15
Members can purchase
tickets at front desk
Pre-registration required

Top of the morning to ya! Want to share some Irish luck? This St. Patrick's Day Celebration event is one that will leave everyone who doesn't attend green with envy! We will kick start the evening with holiday traditions including green drinks and good eats. To top off an evening of fun, the Southpaw Band will be playing live music and Kelly Porter Dance Academy will be performing river dances to keep the night rolling. Don't miss this sure to remember night of fun! This event is sponsored by Aberdeen Fine Properties.



Sing It Loud, Sing It Proud Karaoke

FAYETTEVILLE
Monday, March 25
1:30 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Just because you can't sing, doesn't mean you shouldn't sing! And if you have a voice worth showing off, come on out and share with everyone! Warm up those vocal cords and join us for some Karaoke. Karaoke gurus Vince and Carla Cloud will make this interactive and noteworthy afternoon something you'll be talking about - or better yet singing about - for a while.

Sunday							Monday							Tuesday							Wednesday						
February 2024							April 2024																				
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18	19	20	21	22	23	24	21	22	23	24	25	26	27														
25	26	27	28	29			28	29	30																		
3							4							5													
							The Beauty of Gratitude pg. 26							Garden Club pg. 22							Quilting a Purpose pg. 27						
							Come Fly With Me pg. 22							Full Circle pg. 27							Stretch A D pg. 27						
														Massage pg. 27							A Walk in the V Ridge Nature pg. 27						
														Eyeglass Repair and Adjustments pg. 27													
10							11							12													
							Crochet: Mini Treat Baskets pg. 18							Volunteer Open House pg. 24							Quilting UFO pg. 27						
							Are You Fit to Sell? pg. 23							A Native American Tradition pg. 23							If the Food pg. 27						
17							18							19													
							AARP Tax Aid Assistance pg. 22							Book Club pg. 24							E-Reading Essentials pg. 27						
							Table Scraps pg. 27							In A Pickle: Pickleball Play pg. 24							Facts of Fitr pg. 27						
							Line Dance Step Workshop pg. 19							The Downward Spiral pg. 28							Computer Assistance pg. 27						
							1-on-1 Medicare Consultations pg. 24							Painting Workshop pg. 18							Gotta Hand Massage pg. 27						
24							25							26													
							AARP Tax Aid Assistance pg. 22							A Bit of a Stretch: Stretch Sessions pg. 28							Quilting a Purpose pg. 27						
							Sing It Loud, Sing It Proud: Karaoke pg. 15							Another One Fights the Dust pg. 25							The He pg. 27						
31							On the Move: Functional Movement Assessments pg. 28							Computer Assistance pg. 26							Peachtree C pg. 27						
							Crochet: Mircowave Bowl Cozy pg. 18														Hearing Aid Maintenance pg. 27						
																					Vein Screen pg. 27						

Wednesday	Thursday	Friday	Saturday
		1 Cornhole pg. 22 A Flaw in History pg. 22	2
6 Movie Day: pg. 18 Dollar pg. 22 Woods: The Area pg. 23	7 Movie Day pg. 21 Everything Is A-Bouquet pg. 23 What's for Lunch? pg. 23	8 Snake It 'Til You Make It pg. 23 The Evolution of News pg. 23	9
13 Movie Day: pg. 18 Fits pg. 27 Champions pg. 27	14 St. Patrick's Day Celebration pg. 15 Out of Clutter pg. 24 The Sky's the Limit: National Weather Service Tour pg. 15	15 Cornhole pg. 22 Seasonal Superfoods pg. 27 Tree-mendous Watercolor pg. 18 I'm A Succa For You pg. 24	16
20 Reading pg. 24 Business pg. 28 Distance pg. 26 I'll Tell It To You: Pages pg. 29	21 The Grape Escape pg. 25 The Unsung Heroes of the Sky pg. 25 Dementia Caregiver Support Group pg. 24	22 The Building Blocks of Relationships pg. 28 Outwit Your Smart Phone pg. 25 Bean Bag Baseball pg. 25	23
27 Movie Day: pg. 18 Heart of City pg. 25 Cleanings & Ice pg. 28 Cleanings pg. 29	28 Movie Day pg. 21 Book Club pg. 26 Car Wash pg. 25 Guatemala: Heart of the Mayan Empire pg. 25	29 Movie Day pg. 21 Inspire Your Dreams: Vision Board pg. 26 The Ultimate Gym Guide pg. 29	30

March Program Schedule

Needlework

Crochet: Mini Treat Baskets

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

\$5
Pre-registration required
Instructor: Nancy Crow

Fill these tiny baskets with chocolate kisses or jelly beans for your friends and family this Easter! Materials needed: Small amount of yarn – you may use cotton or acrylic yarn in color of your choice; size G crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: Microwave Bowl Cozy

FAYETTEVILLE
Monday, March 25
10 a.m. to 12 p.m.

\$5
Pre-registration required
Instructor: Nancy Crow

Just the thing you didn't know you needed to hold your bowl of soup to heat in the microwave or even a cold bowl of ice cream. Materials needed: Two balls of cotton yarn in color of your choice; size I crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, March 6
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, March 13
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, March 27
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, March 19
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 get in touch with your inner artist with a graphic art piece of an open field, similar to a version by the famous painter Vince Casparich.

Tree-mendous Watercolor

PEACHTREE CITY
Friday, March 22
9:30 a.m. to 12:30 p.m.
\$25 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Paint a variety of beautiful trees as you learn the skills of using watercolor paints. Learn about basic watercolor techniques including tips on mixing colors, types of application techniques, how to capture the whites of a painting, and much more. Take home a finished painting. Designed for all levels, no previous experience needed. Paintings are pre-sketched so no drawing involved. See front desk for picture.

Dance

Peachtree City Beginner I Line Dance

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

For those who are new to line dance. Learn 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.

Intermediate Line Dance

FAYETTEVILLE

Thursday

Does not meet 1st Thursday

11 a.m. to 12 p.m.

\$15 | Month

Instructor: Kandis Larkey

This class is geared to those who are comfortable with Improver dances and would like to begin dancing Intermediate dances. This class will include both classic and new intermediate line dances. Get ready to expand your line dance repertoire and at the same time keep your mind and body tuned up.

Free Moves Line Dance

FAYETTEVILLE

Fridays

10 a.m. to 12 p.m.

FREE

No pre-registration required

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

Line Dance Step Workshop

FAYETTEVILLE

Monday, March 18

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

\$10

Instructor: Eddie Huffman

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

Just Beat It: Cardio Drumming

FAYETTEVILLE

Monday

12:15 p.m. to 1 p.m.

\$10 | Month

Instructor: Pam Tate

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



Fitness

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 of breathing techniques.

Walking Group: Fayetteville

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

Meet inside the lobby to increase 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.

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, March 7 | 1:15 p.m.
Queen Bees (2021) | PG-13

Starring: Ellen Byrystyn, James Caan, Loretta Devine, Christopher Lloyd. After reluctantly agreeing to move to a retirement living community, a woman encounters a clique of mean-spirited women, high-stakes bridge games and an amorous widower who wants a relationship.

PEACHTREE CITY
Thursday, March 28 | 1:15 p.m.
Race (2016) | PG-13

FAYETTEVILLE
Friday, March 29 | 1:15 p.m.
Race (2016) | PG-13

Starring: Stephan James, Jason Sudeikis. Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.

Movie sponsored by:

Fayette Senior Services
Making Life Better™

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.



Cornhole

PEACHTREE CITY

Friday, March 1
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY

Friday, March 15
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!

A Flaw in History

FAYETTEVILLE

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

Can we believe history without doing our own research? Sometimes even history is flawed, just like most people can be, but how do you differentiate between what is true or fabricated? Jim Scott discusses some of the most famous and not so famous pieces of history that are misrepresented through stolen ideas, inventions and discoveries. Sometimes a misstep told over time becomes a legend that is molded and accepted as history itself.

Come Fly With Me

PEACHTREE CITY

Monday, March 4
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Spread your wings as we delve into the fascinating world of Air Traffic Control (ATC). From takeoff to landing, explore the sky to elevate your view of the unseen orchestration behind air travel. Janusz Ruch, Air Traffic Controller with TRACON, shares the process of airspace management, aircraft sequencing, weather impacts, communication protocols and the intricacies of ensuring smooth operations at the world's busiest airport. Gain insight into the crucial role that towers, approach controls, and flight service stations play in ensuring safety and efficiency within the National Airspace System.

AARP Tax Aid Assistance

PEACHTREE CITY

Tuesday and Thursday
March 5 thru April 11
9 a.m. to 1 p.m.
FREE
Members and non-members
Pre-registration required

FAYETTEVILLE

Monday, March 18

8:30 a.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Monday, March 25

8:30 a.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

AARP is here to offer free tax aid to assist with personal income returns. Bring last year's tax return and other tax documents necessary for 2023 filing. 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.

Garden Club

FAYETTEVILLE

Tuesday, March 5

9:30 a.m.

Members and non-members

No pre-registration required

If you have a green thumb, love gardening and are interested in volunteering, join the Garden Club! We are back and ready for another wonderful garden season. Help us prepare the garden for Spring and Summer! For more information, contact Amber Oliver at aoliver@fayss.org.

Stretch A Dollar

PEACHTREE CITY

Wednesday, March 6

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

FREE

Members and non-members

Pre-registration required

With the average life expectancy increasing, making your money last throughout retirement as planned is becoming more of a discussion than ever before. Living the life you envisioned in retirement shouldn't be a concern and if a change in plans needs to happen, adjusting is ok. Brett Bexley

with Edward Jones shares advice for staying on track and building a strategy to last throughout your retirement years. Explore how to address key concerns such as inflation, health care expenses and a market volatility as well as prepare in advance for things that may not go as expected.

What's for Lunch?

PEACHTREE CITY
Thursday, March 7
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 Maguire's Irish Pub in Senoia.

A Walk in the Woods: The Ridge Nature Area

THE RIDGE
Wednesday, March 6
1:30 p.m.
FREE
Members and non-members
Pre-registration required

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

comfortable shoes and clothes.

Everything Is A-Bouquet

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

Get tips and master the skills to creating beautiful floral arrangements to decorate your home or give as gifts. Kim Toal with the Extension Office will teach the basics of spring floral design while working with fresh flowers. Learn hands on skills to create your own beautiful display to take with you when you are finished! Please bring a vase, pruners, and flowers of your choice to arrange.

The Evolution of News

PEACHTREE CITY
Friday, March 8
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Extra! Extra! Read all about it! The history of how our news has been delivered over the years is incredibly fascinating. Back in the day, it took days to get the word out using newsboys to spread the word and printed papers. In this day and age, the evolution of news over the years has grown exponentially using online outlets to reach people in nearly seconds. Join retired Atlanta Journal Constitution writer Carolyn Cunningham as she shares insight into this industry.

Snake It 'Til You Make It

FAYETTEVILLE
Friday, March 8
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Jeff Davis, certified through Georgia Department of Natural Resources, shares his expertise about snakes. Hear about snake identification, conservation, and habitats that are commonly found in addition to a slithering amount of other snake facts! He will be bringing his pet nonvenomous Ball Pythons with him.

Are You Fit to Sell?

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

If you're planning to put your house on the market, get tips to make sure it's ready to sell. Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will share the secrets of preparing your home to put up for sale. From minor repairs and upgrades to decluttering and basic maintenance, you'll learn the best ways to help your house move on the market.

A Native American Tradition

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

Native American traditions are diverse and fascinating, sharing strong emphasis on verbal discourse, orientation toward the land and an existence of a spirit world. The ancient Native American history, customs and traditions shape a unique perspective of those living today. Join Brenda Torbush and Dale Klauss as they share a piece of history from this unique culture. They'll have a display of Native American artifacts and handmade items by Chief

Noc-A-Homa as well as a collection of other items to view.

Volunteer Open House

FAYETTEVILLE
Tuesday, March 12
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.

Out of Clutter

FAYETTEVILLE
Thursday, March 14
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Getting organized around your home is not only a great way to feel more put together, but also is a wonderful approach for decluttering and making a little extra money. How, you might ask? Cindy Clonts, medical insurance coach, will uncover the answer to this! If you want to get rid of items around the house and declutter, join us to get tips on how to stay organized and simplify your life. After mastering these skills, what do you do with items you don't need? Cindy will share advice on safely listing and selling items on popular resale websites.

I'm A Succa For You

PEACHTREE CITY
Friday, March 15
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Succulents are easy to care for plants that can add a unique decorative spin to your home! For a great look in container gardens, think

succulents. These amazing plants survive in simple conditions, are drought tolerant, and have the most unusual blooms, however their care depends on each individual plant. Kim Toal with the Fayette County Extension Office will explain ways to maintain these unique plants. She will share her expertise about different succulents you can add to your indoor and outdoor space.

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, March 18
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.

In A Pickle: Pickleball Play

KEDRON FIELDHOUSE
Tuesday, March 19
1 p.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

Learn the game of Pickleball with this hands-on classroom. Meet at the Kedron Fieldhouse (202 Kedron Drive Peachtree City) and join Pickleball enthusiast Lloyd Smith with the PTC-Fayette Pickleball Association as he performs a demo. He will teach you as you go through the motions on the court! If you already have Pickleball paddles, bring them with you or if not, they'll have paddles for you to try out. Wear comfortable tennis shoes and get ready to have some fun and laughs as you learn the

popular game of Pickleball!

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, March 19
1:45 p.m.
FREE
Member exclusive
No pre-registration required

March book: *Homegoing* by Yea Gyasi. April book: *The Paris Deception* by Bryn Turnbull. For more information, please contact Meghan Caton at megcaton@gmail.com.

E-Reading Essentials

PEACHTREE CITY
Wednesday, March 20
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Electronic books and audiobooks have taken the digital world by storm. Jennifer Green with the Peachtree City Library will share more about the options for e-reading on Kindles and tablets. She'll demonstrate how to get eBooks and audiobooks for free through the library. Learn about Georgia Download Destination and the Libby app for library card holders and learn how to download and navigate the app and check out books. Must have a current library card along with your library card PIN/password.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, March 21
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 Unsung Heroes of the Sky

FAYETTEVILLE

Thursday, March 21
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Explore the history and heroism of the Tuskegee Airmen and what led to them being the elite group they are today. This inspiring group of men were the first African American pilots to fly in combat during World War II, proving to be some of the most skilled aviators of their time. Join Willard Womack with the Commemorative Air Force as he shares the undeniable courage and skill of these brave pilots and the challenges they faced in fighting both a war for their country and representing African Americans.

The Grape Escape

PEACHTREE CITY

Thursday, March 21
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 Greek wines.

Bean Bag Baseball

PEACHTREE CITY

Friday, March 22
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!

Outwit Your Smart Phone

FAYETTEVILLE

Friday, March 22
11 a.m. to 3 p.m.
FREE

Member exclusive
Pre-registration required

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

Another One Fights the Dust

PEACHTREE CITY

Tuesday, March 26
2:30 p.m. to 3:30 p.m.
FREE

Members and non-members
Pre-registration required

Spring has sprung, but have your cleaning fairies visited yet? Join Michele Clair with Meticulous Housekeeping Services as she provides tips and tricks to getting your spring cleaning started. Learn about the best and safest products and items to use in addition to some insight on cleaning those tricky areas and where to begin to have your house sparkly clean in no time.

The Heart of Peachtree City

PEACHTREE CITY

Wednesday, March 27
2:30 p.m. to 3:30 p.m.
FREE

Members and non-members
Pre-registration required

Peachtree City is a fun place to live! With so many things to do around town, with options ranging from free to a small fee, you can find tons to do! Tonya and Tom Byrd with The Byrd Group at Keller Williams share ideas for fun and cheap things to do around our beloved city. With cart paths, parks and recreation areas, classes and programs your options are truly endless. You'll be surprised to discover all the entertainment so close to home. Share some of your favorite things to do around town during class!

Car Wash

PEACHTREE CITY

Thursday, March 28
9 a.m. to 4 p.m.
\$40

Member exclusive
Pre-registration required

Splish splash your car was taking a bath! Hector Antonio with Roll N' Shine will be on site for your convenience to bring your car in for a wash, inside and out, while you wait comfortably in FSS. Roll N' Shine has the right to turn down cleaning service for extremely dirty interior.

Guatemala: Heart of the Mayan Empire

FAYETTEVILLE

Thursday, March 28
11 a.m. to 12 p.m.
FREE

Members and non-members
Pre-registration required

Take a virtual trip to Guatemala. Join FSS member and volunteer Michael Isham, a seasoned traveler to 97 countries,

as he revisits his journey to this unique place. Michael will share his traveler's perspective of Guatemala, a lush Central American nation sharing agricultural abundance with volcanoes and vestiges of an ancient Mayan empire. This virtual trip will have you feeling like you are on a tour of this beautiful place, right from the comfort of your chair!

P“age” Turners Book Club

FAYETTEVILLE
Thursday, March 28
1:30 p.m.
FREE
Member exclusive
No pre-registration required

March book: *Into the Moment* by FSS Member Cheryl Davis. April book: *Exodus (Books 1 & 2)* by Lean Uris. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Inspire Your Dreams: Vision Board

PEACHTREE CITY
Friday, March 29
12:30 p.m. to 3 p.m.
\$5
Members and non-members
Pre-registration required

It's never too late to start a vision board! These boards are filled with images, words and symbols used to motivate, inspire and trigger positive emotions along the way. It can be a great tool to help you achieve your goals and manifest your dreams. Join Maggie Samuhel, realtor with Better Homes and Garden Real Estate Metro Brokers, as she guides us in creating an inspiring vision board. Maggie will provide basic supplies to get started on your board. Please bring family photos, old magazines you don't mind seeing cut up and other items that you may want to include as well - your options can be endless. You'll leave with a wonderful vision board

ready to encourage you throughout the year!

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, March 20
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required
FAYETTEVILLE

Tuesday, March 26
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

The Beauty of Gratitude

FAYETTEVILLE
Monday, March 4
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Take a step back and re-evaluate your vision of life! Recognizing things to be grateful for can sometimes be the biggest challenge in life, but once it is found, it can be one of the most freeing feelings! Join Mary Lynn Kirby, an expert in finding gratitude, as she shares her story of triumph and tribulations and how her journey of gratitude provided a new perspective on life. Through a gratitude journal, Mary Lynn discovered a way to grow from experience and find gratitude in just about everything. It's gratitude that turns what we have into enough, and Mary Lynn will demonstrate how simply jotting down our grateful thoughts can lead to an entirely new appreciation for joy! Discover how to appreciate the little things in life that bring you gratitude and learn methods for recognizing things to be thankful for around you. Find something to be grateful for

in everything that happens in your life and spread that gratitude to others.

Massage

FAYETTEVILLE

Tuesday, March 5

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.

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Tuesday, March 5

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.

Full Circle

PEACHTREE CITY

Tuesday, March 5

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 discusses circulatory modalities to reduce both pain and inflammation to speed up the healing process. Learn more about what circulatory modalities are and why it is so important in playing a role

in circulation and reducing pain.

Breakfast of Champions

FAYETTEVILLE

Wednesday, March 13

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

FREE

Members and non-members

Pre-registration required

They say breakfast is the most important meal of the day, but how true is that really? According to Health Coach & Medicare Insurance agent Jennifer Lunsford, breakfast isn't necessarily the most important meal of the day, but it's what you eat for breakfast that makes it the most important part of the day. Staying healthy and focusing on what you eat to start your day can set the tone for how you feel the remainder of the day! Jennifer will bring her magical pressure cooker to demonstrate a few easy and simple recipes to start your morning off right. Discover why it is important to eat a healthy breakfast to kick-start each day. Recipes and samples will be included!

If the Food Fits

PEACHTREE CITY

Wednesday, March 13

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

FREE

Members and non-members

Pre-registration required

Finding the right diet for you can be difficult with all the choices available today, but it isn't always a one-type fits all approach. Kathryn Martin, Health and Life Coach with Well Fit Journeys, explains why certain diets may work well for some and not for others. She shares ways to determine what is a good fit for you and your body. Get tips on how to choose something that works for you and a better understanding of the reality of a healthy lifestyle by incorporating

more than just a diet. In addition, she'll discuss some dieting red flags that you should be on the look out for! There is no one size fits all, we are individuals for a reason, and acknowledging this can help us get to know ourselves and our bodies better.

Seasonal Superfoods

FAYETTEVILLE

Friday, March 15

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

FREE

Members and non-members

Pre-registration required

We could chat for days about all the tasty fruits and veggies that are in full bloom during March around Georgia. It will make your mouth water... think strawberries, lettuce, radishes, and so many more flavorful spring harvest foods. Arisahi Valentin, Dietitian with Fruition Nutrition, dives into the seasonal superfoods that Georgia yields. She'll discuss how nutritious they are and share some fun tips on how to sneak them into your everyday meals.

Table Scraps

PEACHTREE CITY

Monday, March 18

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

FREE

Members and non-members

Pre-registration required

Don't throw those kitchen scraps away! Did you know that you can repurpose them for more growth? Dietitian Lamura Poore with Diet To Lifestyle sheds light on the useful secret of using kitchen scraps for regrowth. Learn about specific fruits and vegetables that are really quite simple to grow from scraps, the best practices for saving and planting them and other useful hints for this endeavor. She'll provide

examples and seeds for you to take home and start your own scrap garden!

The Downward Spiral

FAYETTEVILLE

Tuesday, March 19

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

FREE

Members and non-members

Pre-registration required

A combination of negative conditions can drag the physical, mental, and emotional health of a senior into a harmful downward spiral. Beth Dow with Home Helpers Home Care defines the characteristics of this spiral and uncovers who is at risk. From seasonal depression, social isolation, health scares to other unforeseen circumstances, many factors can play a role in contributing to a spiral. Beth will outline ways to prevent the downward spiral from happening and share ways to recognize onset.

Facts of Fitness

FAYETTEVILLE

Wednesday, March 20

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

FREE

Members and non-members

Pre-registration required

As the clock strikes midnight into a new year, we are filled with motivation to achieve our goals and make the changes that we have been meaning to tackle all year. During this time, we are bombarded with information and programs to help us lose weight, given endless diet advice and provided tips for the easiest way to get rid of that belly fat. But how do you know which advice actually works and what do you do when you're over the new year motivation and complacent with another year of being sedentary? Join Piedmont Wellness Center as they deconstruct some common fitness myths and facts to help you become well informed and on your way

to achieving your health and fitness resolutions!

The Building Blocks of Relationships

PEACHTREE CITY

Friday, March 22

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

FREE

Members and non-members

Pre-registration required

Connecting with others is a natural part of human nature, but creating those moments of connection can be a challenge for anyone. No one is perfect, which in turn creates a way for us to raise barriers to strengthening relationships around us. Join Rachel with Sea Glass Therapy as she provides us with the tools to enhance our relationships. Learn about types of relationships throughout our lifetime and the benefits that they provide for our wellbeing. Discuss components that exist within healthy relationships and ways you can incorporate them to build and strengthen those. Mark Twain once said, "There isn't a time, so brief is life, for bickerings, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, so to speak, for that." There is no time like the present to invest in relationships and grow with them in a way you never imagined before!

On the Move: Functional Movement Assessments

PEACHTREE CITY

Monday, March 25

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

FREE

Member exclusive

Pre-registration required

Our daily movements come naturally and without a thought in the world, like second nature. However, as we age, those movements can become more difficult. The team of Physical and Occupational Therapists at Bench Mark Physical

Therapy performs one-on-one functional movement assessments to help us determine areas for improvement and provide exercises to assist in making us stronger and more mobile. Functional movement is defined as a movement sequence based on real-world situations such as standing, sitting and lifting. These are performed throughout your day on a regular basis. Determine your potential risk of injury and gain insight on ways to improve your movements to feel better, stronger and become even more mobile.

A Bit of a Stretch: Stretch Sessions

FAYETTEVILLE

Tuesday, March 26

1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Take some time to stretchhhhh it out! Incorporating a regular stretch routine into your daily life can provide a world of difference for your body. Lane Fenner and his team with Stretch Zone help us get the kind of stretch we need. Enjoy a 15 minute stretch session and get tips on which areas you should be focusing on to loosen up through routine stretching. Increase mobility, improve your ability to do daily activities, relieve stiffness, and help your joints move through their full motion. Wear comfortable clothing and socks. Experience the difference just 15 minutes can make!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, March 27

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

FREE

Member exclusive

No pre-registration required

Hearing Life Center will clean

hearing aids and perform minor, basic maintenance you may need done.

Vein Screenings

FAYETTEVILLE
Wednesday, March 27
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Truffles Vein Specialist will perform routine vein screenings. If you have leg pain, fatigue, swelling, or want to have your veins checked, a professional with Truffles will perform a quick examination of your legs and make suggestions as to if you should seek further medical attention or not. Please wear shorts or loose pants for the doctor to have easy access to your legs.

The Ultimate Gym Guide

FAYETTEVILLE

Friday, March 29
1:30 p.m. to 2:45 p.m.
\$15
Member exclusive
Pre-registration required

Working out is a great resource for improving many factors of health, but also can be overwhelming. Join Physical Therapists Megan McLain and Ashley Irvin with Intuitive Choice Physical Therapy and Wellness as they take us through a guide to personal training. Take advantage of this opportunity to get a detailed guidebook that covers how to build a well-rounded fitness program using gym equipment, finding your target heart rate for cardio, and tips for good form to take out the guesswork. During each session, you'll complete a personalized assessment to find your starting point. This will then be used to build a specific workout plan that includes cardio, strength and balance training. You'll leave

with an understanding of where you should be feeling the workout during each exercise and discover ways to recognize how and when to progress so that you remain free from injuries. This will take place in the FSS fitness center. You do not have to have an FSS fitness center membership to participate during this class so join us if you have home equipment or go to a gym elsewhere.

Gotta Hand It To You: Hand Massages

PEACHTREE CITY
Wednesday, March 20
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.

Look What's Coming in April!

Hearing Screenings

PEACHTREE CITY
Wednesday, April 3
10 a.m. to 12 p.m. | FREE
Pre-registration required

Huh? What did you say? I didn't hear you? Hearing Life Center will be at FSS just for you. Get a complimentary hearing screening without having to deal with doctor office visits.

Down to the Core

PEACHTREE CITY
Wednesday, April 3
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Did you know that your core (abdominals) is responsible for controlling your entire body? Discover ways to strengthen your core with simple daily exercises to help!

The Key to Safety

FAYETTEVILLE
Thursday, April 4
1:30 p.m. to 3 p.m. | FREE
Pre-registration required

Learn ways to empower and prepare yourself to feel safe at all times. Get useful tips on self-defense and being aware of your surroundings to feel confident in protecting yourself.

A Plate Full of Color

PEACHTREE CITY
Friday, April 5
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Nature has found a clever way to highlight the nutrients in foods by imparting different colors to the foods they're in, warding off many ailments. Explore, cook and sample a colorful rainbow of delicious foods.

Registration will be available when the April newsletter comes out Wednesday, March 20th!

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.

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