

April 2024

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Sounds of Spring

Enjoy the gorgeous Spring weather at our annual outdoor concert featuring the famous Southern Crescent Chorale.

The Punchline

You'll be rolling on the floor laughing at this April Fools' celebration with a local comedian tossing jokes all around!

Turtley Awesome

By popular demand and an abundance of requests, we've got FSS cafe's delicious Turtle Cheesecake recipe for you!

Live Well. Age Well.



RE-ELECT

**Vote
May 21!**

JUDGE CHRISTY DUNKELBERGER

MAGISTRATE COURT – POST 1

Proven • Experienced • Honest

I am seeking re-election as Magistrate Judge, Post 1. I am an enthusiastic supporter of the Magistrate Court because it provides easy access to court services for the citizens of Fayette County. Known as the People's Court, it takes civil claims up to \$15,000. The process is more relaxed and less expensive with faster results than other courts. Many people represent themselves without attorneys. Magistrate Court is usually the entry point for most criminal charges. We decide whether probable cause exists to issue arrest and search warrants and make the initial decision on any bond that may be granted. My focus is on fairness, justice, and a safe community. I will continue to bring objectivity, maturity, decisiveness and a strong work ethic to the position.

I AM ASKING FOR YOUR VOTE ON MAY 21"!

ABOUT CHRISTY:

- Married 39 years to Fred Dunkelberger
- Resident of Fayette County for 26 years
- Practicing attorney for 30 years
- Business owner in Fayette County for 19 years
- Magistrate Judge for 8 years
- Member of New Providence Church
- Hobbies include ballroom dance, walking the cart paths, golf, reading crime novels and loving my fur babies

EDUCATION:

- Bachelor's Degree Duquesne University Pittsburgh
- Master's Degree University of Pittsburgh
- Law Degree Widener University

PROFESSIONAL:

- State Bar of Georgia
- Lawyers Foundation of Georgia – Life Fellow
- State Bar of Pennsylvania
- Fayette County Bar Association – Member & Past President

CHRISTY'S FAMILY



VOTE FOR CHRISTY

Magistrate Judges are elected in the Primary.

We are not on the ballot in November. Please vote on May 21.

Paid for by the candidate.

April

featured

A Caring Individual 10

Volunteer Brandon Martin brings an abundance of qualities to the STARS program with his unique insight!

Life's Better with Cheesecake 11

You asked, we delivered! Enjoy FSS' Dessert Chef June Wagner's delicious Turtle Cheesecake recipe.

Like Music To Our Ears 15

Spring has sprung! There is no better way to celebrate than with the sounds of the Southern Crescent Chorale.

Laugh A Little 15

Laughter is good for the soul! Join us on April Fools' Day to spread joy during this funny comedy routine.

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

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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

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.

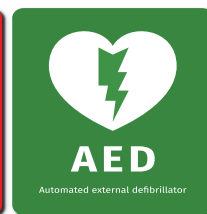
Hot breakfast item served every day
Enjoy a choice of continental breakfast items

(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...

June 2024

Boot Scoot & BBQ

Fayetteville | Thursday, June 20

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!

August 2024

Under the Sea

Peachtree City | Thursday, August 22

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

Don your best beachy gear and join us for a vibrant end of summer celebration as we turn up the island records for a fun evening. Event sponsored by State Farm Agent Mark Gray and Senior Helpers.

September 2024

Low Country Boil

Fayetteville | Friday, September 20

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

Fill your plates, bring out your Cajun side, and get those crab claws crackin'! It's time to have a ragin' Cajun good time at our Low Country Boil!

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

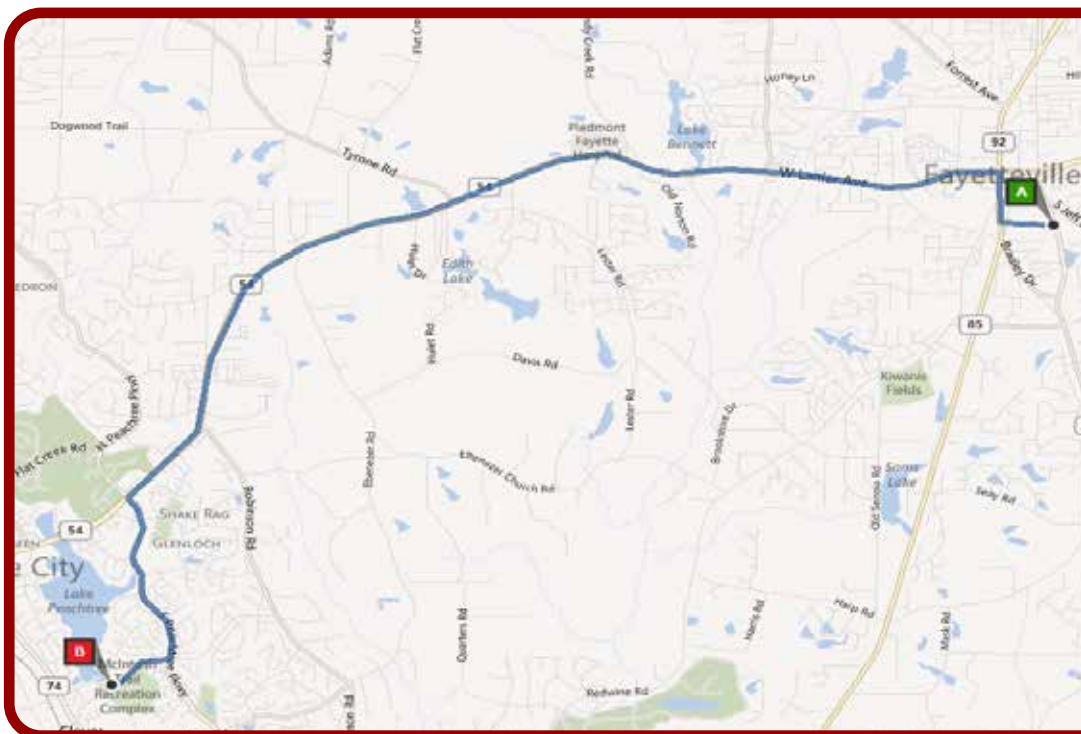
Miriam's Fitness Corner Bust A Move!

Did you know that April is National Move More Month? The American Heart Association created it to encourage and help Americans improve their overall health. The idea is quite simple... stop sitting so much. Get up and move!

Everyone should be more intentional about moving their body. It can be easier than you think. When watching television, walk throughout your home during commercial breaks. Do knee lifts and stretches periodically during your program. This is just a few simple ideas for you to try. Every little bit counts. Customize a movement routine and schedule it for yourself in a way that works best for you. You may be familiar with the Heart Association's recommended 150 minutes of weekly physical activity or their daily recommended goal of 10,000 steps. If these proposed targets feel unrealistic and out of reach, don't fret. Moving is more about challenging yourself. It has nothing to do with another person's goal. It's unrealistic to expect a person who has been getting 0 minutes of physical activity to suddenly jump to 150 minutes. If it does happen, it's most likely unsustainable. Always remember, slow and steady wins the race. So here's the plan...if you're new to physical activity, start with a smaller goal. Aim for 15 minutes of continuous movement 5 times per week instead of 30 minutes. This can even be broken into 3 parts. Strive to obtain 5,000 steps daily. Once that's achieved, increase your goal slowly - remember slow and steady. The countless benefits you'll receive will literally make you happy you did thanks to endorphins. The most important muscle, your heart, will jump for joy since 80% of cardiovascular disease in the U.S. is deemed preventable. An alarming 69% of Americans are labeled obese. Simply moving more in conjunction with healthier eating habits can reduce those statistics dramatically and add both quality and longevity to those lives. So what are you waiting for? Let's bust a move!

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

**SURVEY
SAYS...**

It's time for
Fayette Senior Services
Volunteer Dinner...family style!

Join a team to
compete in
this fun,
interactive
game of
Family Feud,
FSS style!



Enjoy a delicious
family-style
dinner.



Featuring
MC and DJ
Stacia Superstar!

Thank you to our
St. Patrick's Day
Sponsors



Presented by FSS

FAYETTE SENIOR SERVICES



**VOLUNTEERS
NEEDED**

Join our volunteer family today!

Meals On Wheels Drivers,
Garden & Fitness Center

Contact Amber Oliver for more
details at aoliver@fayss.org

Volunteers receive a FREE center membership after 75 hours of hours served.

Dear Volunteer, You Make a Difference!

Life Is Making Lemonade Out of Lemons

Written By: Amber Oliver



Brandon Martin is one of our faithful STARs volunteers. When we first met Brandon, he shared with us that despite living with Asperger's, a disorder on the autism spectrum, he liked to help people and believed he could be an asset to FSS....and boy is he! STAR members told us Brandon is always very friendly, quick to help clear their trays, and likes to share pictures and how-to videos on his phone with them. Brandon shared that he loves working with the STARs and is always learning new things from them, saying, "I think the STARs are nice and caring and I feel accepted by them!"

Brandon grew up in Georgia and lives with his family in Fayetteville. It is because he is so appreciative of all the support provided to him by his mom and family as he works through life with Asperger's syndrome that he feels so inspired to give back. "Sometimes I have to work harder and longer to learn a certain skill but I usually learn it with patience, practice, and support. Some skills are easy for me and others are challenging but I am willing to try and learn," he shared.

Brandon's first job was at Chick-fil-A where he worked in food preparation. He said that it was a great place to work and one of

his jobs included chopping and squeezing lemons...LOTS and LOTS and LOTS of lemons! FSS is not the first place Brandon has shared his time, he has also volunteered with local food pantries and several other places throughout the years.

Recently, Brandon made a life changing decision to lose weight by trying the Keto diet. Like all things Brandon attempts, he gave it his all and has lost 125 pounds in the last year! Quite the personal achievement! Brandon enjoys video games, Ping Pong, Pokémon, RCC club, attending a Christian social group and Bible study. His favorite sport is tennis and he is member of a special needs team called Special Pops where he has attended the Special Olympics and won several medals competing in tennis at his level!

Just for fun, we asked him some questions to get to know him better. If Brandon was stranded on a desert island, the three things he would want with him are food, water, and his Bible. If he had his own late night talk show, Clint Eastwood would be his first guest. The cartoon character he would most like to hang out with is Lunamaria Hawke (a pilot from the Anime Gundam series). If Brandon had to sing Karaoke, he would choose Linkin Park's, *Hey Hey Brother*. Two things Brandon wants people to know about him are "I'm not a morning person" and "I like to tell jokes"!

While there are many benefits to volunteering, one of the lesser mentioned is boosting one's own confidence. We have had the pleasure of watching Brandon share his time and skills to benefit others, and witnessed how that small act of kindness has also enriched his life. Volunteering in a space where he feels safe has allowed him to find his footing and improve his personal skills while building confidence and self-assurance. We are privileged to have Brandon as a volunteer at FSS and look forward to continuing to watch him grow. Watching him make lemonade out of lemons has been our pleasure!

From Our Kitchen To Yours

Turtle Cheesecake

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



Ingredients

- 8 oz. cream cheese, softened
- 1/3 cup sugar
- 8 oz. tub Cool Whip
- 1 ready-to-use graham cracker crumb crust, 6 oz.
- Crushed pecans
- Chocolate syrup
- Caramel syrup

Directions

- Beat cream cheese and sugar together until well combined
- Gently fold in Cool Whip
- Spoon the mixture into the graham cracker crust
- Sprinkle with crushed pecans
- Drizzle with chocolate and caramel sauce
- Refrigerate at least 3 hours before serving

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

Double Deck Pinochle:

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

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 enjoying a game of Mahjong in Peachtree City!



Volunteers savoring cinnamon rolls at Volunteer Appreciation.

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.

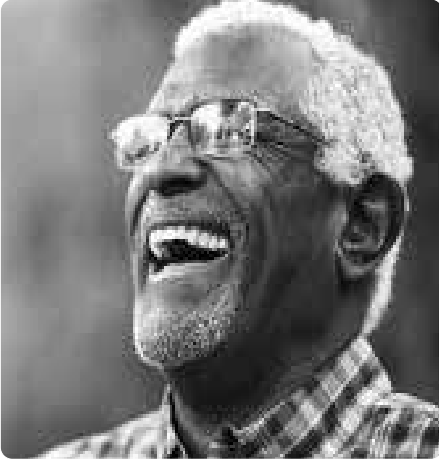


Some of the 'Bet'ter Weigh participants. Together they lost over 67 lbs!



Ready to eat some delicious food at the Mardi Gras lunch.

Special Events



Joke's On You

FAYETTEVILLE

Monday, April 1

1:30 p.m. to 2:15 p.m.

FREE

Members and non-members

Pre-registration required

There is no better way to spend April Fools' Day than laughing the afternoon away. Come on down for an afternoon full of joy. Local Voice Actor and Comedian Tina Miller will be cracking jokes for some side-splitting fun. Enjoy humorous, family-friendly jokes that will have you rolling on the floor laughing!



Sounds of Spring: Outdoor Concert

FAYETTEVILLE

Thursday, April 25

5:30 p.m. to 7:30 p.m.

\$15

Members can purchase tickets at front desk

Pre-registration required

Relish in a relaxing evening of dinner and music as the Southern Crescent Chorale preforms a collection of their most popular pieces. Enjoy a wonderful evening you won't soon forget as you sit back and savor the sounds of one of the most talented and popular local musical groups. This event will be held outdoors, so bring a chair with you to the event! Our kitchen crew will have a delicious dinner served outside before the start of the concert. This event is sponsored by State Farm Agent Mark Gray and Somerby Senior Living.



Just Shred It: Shredding Services

PEACHTREE CITY

Friday, April 26

9 a.m. to 10 a.m.

FREE

Members and non-members

Pre-registration required

Fayette Senior Services will have a shredding truck from A1 Shredding on site to take care of your shredding needs. Bring your papers that need to be shredded and have them taken care of at a convenient and familiar site. FSS will not be handling any of your papers. Each member is responsible for taking their shredding to the trucks.

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April Program Schedule

Needlework

Crochet: What In Carnation

FAYETTEVILLE
Monday, April 15
10 a.m. to 12 p.m.
\$5

Pre-registration required
Instructor: Nancy Crow

This crochet carnation flower looks wonderful in a bouquet, and it works up fast and easy! Make a dozen for someone special in your life or enjoy them in a vase for yourself. Materials needed: Sport or baby weight yarn in colors of your choice plus small amount of green; crochet hook size H. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: Corner-to-Corner Stitch

FAYETTEVILLE
Monday, April 29
10 a.m. to 12 p.m.
\$5

Pre-registration required
Instructor: Nancy Crow

Make a useful dishcloth to learn this stitch. Then you can go on to make scarves or afghans. Materials needed: Cotton yarn (Sugar and Cream of I Love This Cotton) in one color that is not too dark; crochet hook size G or H. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

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

FAYETTEVILLE
Wednesday, April 10

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

FAYETTEVILLE
Monday, April 22
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, April 24
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

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

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're

capable of! See the front desk for a sample picture. This month, paint stunning abstract Poppies.

Pigments Of Your Imagination

PEACHTREE CITY
Friday, April 19
9:30 a.m. to 12:30 p.m.
\$35 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Learn the magic of alcohol ink! Discover the secret to making wonderful items for you or your friends using this method. Make a coaster, magnet, earrings and pendant. Learn how to use this on a variety of items. Careful, this fun and easy art can become addictive! No experience is needed. See front desk for picture.

Dance

Peachtree City Beginner I Line Dance

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

For those who are new to line dance. Learn 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!



Fitness

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.

Fit For Life

FAYETTEVILLE

Monday

10:30 a.m. to 11:20 a.m.

\$15 | Month

Pre-registration required

Instructor: Euriel Reynolds

Strength training is not all about building muscle. As we age, it provides an abundance of benefits. Toning and building strength contributes to better coordination, balance, mobility and overall health, to name a few. Use hand weights, elastic bands and balls to strengthen muscles and increase range of motion during this full body workout for all fitness levels.

Tai Chi

FAYETTEVILLE

Thursday

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

\$25 | Month

Instructor: Billy Huber

Tai Chi provides a safe, gradual way to improve flexibility, reduce stress, strengthen bones, and increase overall fitness. It also helps with arthritis, dementia and Parkinson's. Learn simple movements that build and focus on healing energy.

Chair Yoga

PEACHTREE CITY

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

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

*1 or 2 day option available

\$25 | Month – 1 class

\$35 | Month – 2 class

Instructor: Lori Clark

Choose between 2 days a week or 1 day a week (either Tuesday OR Thursday). Chair yoga is a gentle yoga practice in which poses are performed in a chair or aided by a chair while standing on a mat. This class will build strength, balance, and flexibility, while incorporating breathing exercises and meditation to calm the body and mind and increase awareness.

Dance and Tone

PEACHTREE CITY

Monday

10:30 a.m. to 11:15 a.m.

\$20 | Month

Instructor: Lori Clark

Make your workout more fun as you dance and tone during this class. This easy-to-follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light weights, followed by a cool down and stretch. Boost your cardiovascular fitness, tone your muscles, improve your coordination and memory in an interactive way that doesn't feel like your typical workout.

Cardio, Core & More

PEACHTREE CITY

Thursday

12 p.m. to 12:50 p.m.

\$10 | Month

Instructor: Miriam Jones

If early morning workouts aren't your thing, this is the class for you! Miriam feels your pain and is happy to reciprocate! Join for a fun and different mix of effective, yet easy-to-follow exercises that will strengthen your body and enhance your mood. Bring a mat.

Yoga: Fayetteville

FAYETTEVILLE

Friday

8:45 a.m. to 9:45 a.m.

\$20 | Month

Instructor: T. Michael

A form of mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm.

Yoga: Fayetteville Zoom Live Session

Via Zoom from your home
Friday

8:45 a.m. to 9:45 a.m.

\$20 | Month

Instructor: T. Michael

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

Power Aerobics

FAYETTEVILLE

Tuesday and Thursday

7:40 a.m. to 8:30 a.m.

\$20 | Month

Instructor: Miriam Jones

These super fun, up-tempo total body workout sessions are designed to strengthen your muscles and core while simultaneously improving balance, coordination, and flexibility. Prepare to be safely challenged as no workout is ever the same. You'll gain energy and friendships. Each Thursday workout includes floor work so bring a mat that day. Modifications provided.

Intermediate I Aerobics

FAYETTEVILLE

Tuesday and Thursday

8:40 a.m. to 9:30 a.m.

\$20 | Month

Instructor: Miriam Jones

Whether you're a fitness enthusiast or dread the idea of exercise, this is the class for you. Take the routine out of fitness. These total body workouts are never the same and will have you feeling stronger and more energized. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided.

Intermediate I Aerobics: Zoom Live Session

Via Zoom from your home
Tuesday and Thursday
8:40 a.m. to 9:30 a.m.
\$20 | Month per class
Instructor: Miriam Jones

This will feature the Intermediate I Aerobics class live via Zoom so you can participate in the same great class in your home.

Intermediate II Aerobics

FAYETTEVILLE

Tuesday and Thursday

9:40 a.m. to 10:30 a.m.

\$20 | Month

Instructor: Miriam Jones

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

Stretch for Movement

FAYETTEVILLE

Wednesday

9:45 a.m. to 10:30 a.m.

\$10 | Month

Instructor: Miriam Jones

A series of simple and easy-to-follow stretch combinations to improve your balance, coordination, and range of motion as well as helping relieve stress through a series of breathing techniques.

Stretch for Movement: Zoom Live Session

Via Zoom from your home
Wednesday
9:45 a.m. to 10:30 a.m.
\$10 | Month
Instructor: Miriam Jones

This will feature the Stretch for Movement class live via Zoom so you can participate in the

same great class in your home.

Stretch for Movement Encore Pre-recorded Sessions

FAYETTEVILLE

Monday

9 a.m. to 9:45 a.m.

\$10 | Month

Instructor: Miriam Jones

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

Walking Group: Fayetteville

FAYETTEVILLE

Wednesday

10:45 a.m. to 11:30 a.m.

FREE

No pre-registration required

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

Walking Group: Peachtree City

PEACHTREE CITY

Thursday

10 a.m.

FREE

No pre-registration required

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

Tai Chi Club

FAYETTEVILLE

Tuesday

2 p.m. to 4 p.m.

FREE

No pre-registration required

This self-lead group meets to practice their form together. This is not instruction based and previous Tai Chi experience is needed. Tai Chi provides a safe, gradual way to improve flexibility, increase circulation, reduce stress, strengthen bones, lower blood pressure, and increase overall fitness.

Personal Training

FAYETTEVILLE

Scheduled by request only

\$50 | Session (1 hour)

Instructor: Billy Huber

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

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



AARP Tax Aid Assistance

PEACHTREE CITY

Tuesday and Thursday

April 2 thru April 11

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

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY

Thursday, April 11 | 1:15 p.m.

Society of the Snow (2024) | R

Starring: Enzo Vegrincic, Agustin Pardella. Following a plane crash in a remote area of the Andes, survivors of a Rugby team join forces and become each other's best hope as they navigate their way back home from one of the world's toughest environments to survive in. Oscar Nominee.

PEACHTREE CITY

Thursday, April 25 | 1:15 p.m.

The Hill (2023) | PG-13

FAYETTEVILLE

Friday, April 26 | 1:15 p.m.

The Hill (2023) | PG-13

Starring: Dennis Quaid, Colin Ford, Jowell Carter. In this remarkable true-life story, young baseball hopeful Rickey Hill chases his major league dreams while living with a degenerative spinal condition. An inspiring story along an improbable journey for a young boy.

Fayette Senior Services
Making Life Better™

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.

Garden Club

FAYETTEVILLE
Tuesday, April 2
9:30 a.m.

Members and non-members
No pre-registration required

Garden season is upon us again! If you have a green thumb, love gardening and are interested in volunteering, join the Garden Club! Have a helping hand in creating a beautiful oasis for everyone to enjoy! For more information, contact Amber Oliver at aoliver@fayss.org.

What's for Lunch?

PEACHTREE CITY
Thursday, April 4
11:30 a.m.

FREE
Member exclusive
Pre-registration required

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

The Key to Safety

FAYETTEVILLE
Thursday, April 4
1:30 p.m. to 3 p.m.

FREE
Members and non-members
Pre-registration required

No one should be afraid to be alone. Join Officer Sara Brandao with the Fayetteville Police Department as she teaches us ways to empower and prepare ourselves to feel safe at all times while out and about. Discuss the importance

of being aware of your environment and using intuition to have a plan of action in order to prevent unsafe situations while at your home or out and about. You'll leave feeling confident with ways you can protect yourself.

Layers of Fashion

PEACHTREE CITY
Thursday, April 4
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 start to shed some more layers as the temperatures begin to rise again, Bonita Prigmore, owner of Insurance & 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 that flatter your body type and reflect your personality!

Cornhole

PEACHTREE CITY
Friday, April 5
11 a.m. to 12 p.m.

FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Friday, April 19
11 a.m. to 12 p.m.

FREE
Member exclusive
Pre-registration required

Bring out your competitive side or join us for a little fun and socialization,

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

Once Upon A Story

FAYETTEVILLE
Friday, April 5
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 untold. Enjoy a variety of inspirational stories that will encourage you, offer hope and bring a smile to your heart. Through her powerful words, Marcia and her creative storytelling will leave you feeling valued and excited!

Essential Emotions

PEACHTREE CITY
Monday, April 8
1:30 p.m. to 2:30 p.m.

FREE
Members and non-members
Pre-registration required

Essential Oils have become a popular way to impact your moods through a variety of customized scents and oils. They can play a beneficial role in our day-to-day living and how we feel emotionally throughout the day. Tana Lee, President of the Holistic Chamber of Commerce, takes us on a journey to discover how these popular oils can affect our emotions. From helping manage and calm our feelings to providing a peaceful experience throughout the day, learn ways to incorporate these oils to give yourself a boost on healthy living.

The Battle of Columbus

FAYETTEVILLE

Tuesday, April 9
10 a.m. to 11 a.m.

FREE

Members and non-members
Pre-registration required

During the final months of the Civil War, the Battle of Columbus was the final conflict in the Union campaign moving through Alabama and Georgia. It played a pivotal role as Columbus became the second largest industrial center in the Confederacy after the fall of Richmond a week prior to the battle as well as New Orleans in 1862. Between that and its access to rivers and waterways to the ocean, this made Columbus a prime target. The Union fought to control this area during an attack that was launched to capture control of the city and resulted in the fall of over 6,000 soldiers and civilians on both sides. History enthusiast and retired Army Colonel John House takes us into battle as he recaps some of the most important, fascinating and impactful moments of this battle and how it affected the outcome of the Civil War.

Volunteer Open House

FAYETTEVILLE

Tuesday, April 9
2 p.m.

Members and non-members
No pre-registration required

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

The Probate Process

FAYETTEVILLE

Wednesday, April 10
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

The probate process can be intense and extremely detail oriented, but it provides valuable information for loved one. Join Fayette County Associate Probate Court Judge Angela Landgaard as she guides us through our legal options helping us make the best decisions throughout the process. Discover how probate, wills and testaments work. Get details on probate and why it is imperative to be up to date on it. She will provide direction to documents that make estate planning easier and explain why the probate process in Georgia is not as daunting as most believe.

An Acting Debut

FAYETTEVILLE

Thursday, April 11
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Lights, camera, action! Here's your call to make it to the big screen. Take the stage as Brian Beegle with Brian Beegle Casting gives the inside scoop to getting on a movie set. Discover the pathway to your extra debut and what casting companies look for when working with extras. Learn where to begin to look for film opportunities, ways to find out what movie sets need in an extra, what to expect from a day on the set, and beyond.

Pages of Mystery

PEACHTREE CITY

Friday, April 12
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

How are your detective skills? Can you figure out the mystery? Join us for the insider scoop to the best mystery reads on the shelves today. Susan

Cagle with the Peachtree City Library turns the pages on some of the most popular, as well as the best kept secrets, to this mystery book genre. If you're an avid reader or just enjoy an occasional relaxing book, flip through the variety of selections to some of these great reads.

The Four Pillars of Retirement

FAYETTEVILLE

Friday, April 12
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Uncover the four essential stakes that can impact your quality of life in retirement. Don Carter with Edward Jones shares the results of their extensive study that revealed eye-opening insights which can help you soar during this chapter of your life. Gain insight into how retirement is changing so you can grow your knowledge about the four essential pillars - health, family, purpose, and finances - that impact quality of life during retirement.

1-on-1 Medicare Consultations

FAYETTEVILLE

Monday, April 15
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.

1-on-1 Legal Consultations

PEACHTREE CITY

Monday, April 15
12 p.m. to 3 p.m.

FREE

Members and non-members
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 Future of Fayetteville

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

Join the Mayor of Fayetteville Edward Johnson and City Manager Ray Gibson for a discussion on the latest developments in our area. Together they will share updates on the city of Fayetteville and discuss plans for Fayetteville's future, including the newest resident of Fayette County – Major League Soccer (MLS) headquarters.

And Sew It Begins

FAYETTEVILLE
Tuesday, April 16
11 a.m. to 1 p.m.
FREE
Members and non-members
Pre-registration required

If you've had a button missing for a while or a hole in your favorite shirt, we have just the solution for you! Kelly Farmer joins us to take care of your minor sewing needs such as buttons, holes, hemming, elastic, etc. Materials will be provided, but if you have matching thread or buttons feel free to bring them with you.

Soil Mates

FAYETTEVILLE

Tuesday, April 16
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Prepare to get your hands dirty as we explore why soil testing is one of the keys to a healthy plant. Kim Toal with the Fayette Extension Office will be on site to demonstrate and discuss a variety of soil-related topics! See how water moves through soil and how to determine different soil components. We will also discuss how to take a sample and read a report. Discover how to manage your soil to create the best environment for your plants to thrive!

A Novel Idea Book Club

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

April book: *The Paris Deception* by Bryn Turnbull. May book: *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. For more information, please contact Meghan Caton at megcaton@gmail.com.

Kick It To The Curb

FAYETTEVILLE
Thursday, April 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Freshen up your home's exterior with these great ideas for adding curb appeal! Decorating enthusiast Amy Epperson with Brightmoor Hospice gives fun and creative ways to update the front of your home for gorgeous curb appeal! Create simple themes using layers of

decorations with a variety of choices. Have everyone on your street staring in awe and enjoy being the talk of the neighborhood!

Dementia Caregiver Support Group

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

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

The Grape Escape

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

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

Bean Bag Baseball

PEACHTREE CITY
Returning in June
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

Bean bag baseball will return in June. 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!

Social Safety

FAYETTEVILLE

Monday, April 22

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

FREE

Members and non-members

Pre-registration required

Social media can be a great way to connect with family and friends near or far, keeping you up to date on their lives in a fun and informative way! However, more and more fraudsters are using the internet or websites such as Facebook to scam people out of money and private information. Nathan Coflin with Georgia Senior Medicare Patrol discusses the red flags to look out for and ways you can protect yourself from scams on the internet and social media.

Keep It Classic

PEACHTREE CITY

Tuesday, April 23

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

FREE

Members and non-members

Pre-registration required

Take a drive down memory lane as Marilyn Weigle shares photos and stories from car museums in Kentucky and Indiana that she has visited! Don't worry ladies, it's about so much more than just cars. It's history, social events and the technology of times. It's inspiring stories of men beginning a car manufacturing business in their basements or garages. It's your memories of special times. Rev your engines for classic cars of history!

Don't Brush It Off

PEACHTREE CITY

Wednesday, April 24

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

FREE

Members and non-members

Pre-registration required

Updating the colors and paint around your home doesn't have to be for a special occasion! Sure, you may be freshening up to sell or you may just simply be looking for an update. Whatever the reason, choosing colors can be stressful. Dianna Carter with CertaPro helps us feel more confident in the paint decision making process. Learn about home maintenance, current trends, and popular colors for walls and cabinets. She will include paint updating tips for the interior and exterior of your home.

Commemorative Air Force Base Museum Tour

PEACHTREE CITY

Thursday, April 25

10 a.m. to 11:30 a.m.

FREE

Member exclusive

Pre-registration required

Meet us at the Commemorative Air Force Base in Peachtree City and enjoy a guided tour of the planes of our past. Get up close and personal with vintage airplanes from World War II. Learn more about these magnificent aircrafts and the history behind them in addition to learning about the machines and artifacts from that time period. Meet at the Commemorative Air Force Base Museum – 1200 Echo Court, Peachtree City.

P“age” Turners Book Club

FAYETTEVILLE

Thursday, April 25

1:30 p.m.

FREE

Member exclusive

No pre-registration required

April book: *Exodus (Books 1 & 2)* by Leon Uris. May book: *Exodus (Books 3, 4 & 5)* by Leon Uris. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Learning From Living

FAYETTEVILLE

Friday, April 26

10 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

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

This Is My Jam

FAYETTEVILLE

Monday, April 29

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

FREE

Members and non-members

Pre-registration required

Get your jam on with Sharon Whitley from Whitley Farms as she gives us the spread on jam making. Learn about the jam-making process, how you can make your own at home and tips for getting the most flavor out of them! She'll also have some delicious tastings for all of us to try.

A Holocaust Hero

PEACHTREE CITY

Tuesday, April 30

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

FREE

Members and non-members

Pre-registration required

Hear the incredible true story of a Holocaust survivor's experience that can only be described as heroic during a time of trial. Join Mariella Crea, who speaks at the Berman Jewish Heritage Museum, as she shares the story of her mother Jacqueline Garascia. Learn more about Jacqueline's life and her family's bravery as they hid Jews in her home in France, keeping them safe and alive during one of the most chilling and terrifying times in history for those of Jewish Heritage.

Dog Gone Good

FAYETTEVILLE
Tuesday, April 30
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Who says you can't teach an old dog new tricks? Robin and Becky with My Best Buddy Dog Training dive into the psychology of our furry companions. Learn how to read and interpret a dog's body language and their cues to help them learn better. You'll also discover ways to help them calm down. Recognizing their cues will help tremendously in connecting with and teaching your pup. Discover how dogs learn and simple tips for behavior modification and redirecting them.

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, April 17
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, April 23
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

Bring in your laptop and questions about your computer for 1-on-1 assistance. Lance Collins with PTC Techs will assist with computer technology troubleshooting, removal of unwanted programs, antivirus prevention, and general questions. This is not a computer tutor class.

Wellness

Massage

FAYETTEVILLE
Tuesday, April 2
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.

Achy Breaky Arthritis

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

Oh, my aching joints. Dr. Josh Davis with First Step Physical Therapy discusses the varying types and causes of arthritis. Discover how we can treat them at home without medication to help prevent inflammation and pain associated with arthritis.

Hearing Screenings

PEACHTREE CITY
Wednesday, April 3
10 a.m. to 12 p.m.
FREE
Member exclusive
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 all the doctor office visits.

Down to the Core

FAYETTEVILLE

Wednesday, April 3

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

FREE

Members and non-members

Pre-registration required

Did you know that the core (abdominals) is responsible for controlling your entire body? It's true! That's why it's crucial to make your core strong and keep it that way. As we age, our balance begins to deteriorate, but we can fight back by strengthening our core. Conditioning your core daily or as often as possible is key, and there are easy ways to do that. Join Shameka Clark with Azalea Estates and take a look at ways to achieve this objective through simple and easy-to-follow activities and exercises.

A Plate Full of Color

PEACHTREE CITY

Friday, April 5

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

FREE

Members and non-members

Pre-registration required

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

Food Is Medicine

FAYETTEVILLE

Monday, April 8

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

FREE

Members and non-members

Pre-registration required

Medications aren't the only way to treat ailments. Food is a major source of nutrition and has healing benefits we could never imagine. Recognizing the connection and access to high-quality nourishment is essential to well-being. Terence Tarpley with JenCare Medical helps us gain a better understanding of food-based interventions to help prevent, manage and treat our health! Learn about the many benefits of incorporating a variety of fruits and veggies into your diet and how lowering salt and sugar intake will affect you. He will unveil the truths vs. myths of fats, flavors and other useful resources to start eating your way to feeling better!

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Tuesday, April 9

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.

Carb Your Enthusiasm

PEACHTREE CITY

Tuesday, April 9

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

FREE

Members and non-members

Pre-registration required

As a health coach, there is no doubt that Jennifer gets asked many nutrition related questions, and now it's her turn to bring those answers to life for you!

Jennifer Lunsford, Certified Health Coach and Licensed Medicare Insurance Broker, is taking some of her most asked questions and answering them! First up is all about carbohydrates. Don't believe the bad rap they get, because when used to your advantage they play a beneficial role. Discover why not all carbohydrates are bad and how to incorporate them into your diet.

Gotta Hand It To You: Hand Massages

FAYETTEVILLE

Wednesday, April 10

11 a.m. to 2 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 Art of Self-Care

PEACHTREE CITY

Wednesday, April 10

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

FREE

Members and non-members

Pre-registration required

Think of self-care in terms of a bucket analogy. If all day you are giving people a scoop out of your bucket, at the end of the day, do you have anything left for yourself? According to the

American Psychological Association, we should incorporate more self-care practices into our daily living to lower blood pressure, reduce instances of chronic illness and promote better psychological well-being, just to name a few. Lenee Cook-Braxton, Ph.D Candidate, M.S., RYT with the Holistic Performance Center, will guide us through encouraging conversations and journaling exercises to provide us with ideas for individual self-care practices. The experience will end with a brief meditation to foster community, growth and self-awareness. This class will meet each month to build on these foundations. You do not have to attend all to be up to date, join when you can.

Memory Screenings

PEACHTREE CITY
Thursday, April 11
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Dr. Martinez and his staff with the Neuropsychology Center will be on site to perform one-on-one memory screenings that are helpful in determining if forgetfulness is more than just normal aging. Immediately following a screening by a staff member, Dr. Martinez will be available for a brief consultation to review the results.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, April 17
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.

Breathe Easy

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

Don't allow exercise to take your breath away! With simple modifications, you can control your breathing during workouts. The idea of increasing your breathing rate and depth during exercise may discourage those with breathing conditions such as asthma and COPD, causing many people to avoid exercise all together. Piedmont Wellness Center helps us learn how to exercise safely while living with various common breathing conditions. Get tips on what you can do to help your condition.

Spring Into Healthy Cooking

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

It's no secret that healthy eating is the key to staying well and maintaining or losing weight. However, learning to cook healthier can be much more of a challenge. Deidra Lucas with Wellcare joins us to shine light on how simple healthy cooking can truly be. Get tips on cooking without added salts and fats. You'll also discover ways to prepare smaller meals using herbs and spices for even more added flavor. Get ideas on healthy ingredients you can use for a delicious and nutritious meal during this cooking demonstration. Tastings will be included.

Legend-dairy

FAYETTEVILLE
Friday, April 19
1:30 p.m. to 2:30 p.m.

FREE
Members and non-members
Pre-registration required

When speaking in terms of diet, often the idea of dairy and nutrition is not considered. However, dairy and fats found in many products are packed with numerous healthy benefits you may have never imagined. Lamura Poore, dietitian and owner of Diet to Lifestyle, discusses the various types of dairy, its many benefits and provides tips for choosing the best dairy products.

In the Know with Urology

FAYETTEVILLE
Tuesday, April 23
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Often, our kidney and renal health are overlooked. These organs perform many important functions in our bodies such as filtering impurities from our blood, regulating imperative levels in our bodies, and activating vitamins for bone and muscle strength, among other things. Aging can increase the risk of kidney and bladder problems, leading to concerns such as lack of bladder control or frequent UTIs creating risks to your overall health. Join a Piedmont Fayette primary care nurse practitioner to learn ways you can improve your urologic health, recognize symptoms of an issue and when to seek care from your physician or a urologist. This program is part of the 2024 FSS and Piedmont Fayette Hospital Wellness Series.

Snack It To Me

FAYETTEVILLE
Wednesday, April 24
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

It's snack time! Who doesn't love a great snack? Finding a healthy one can be a different story. Snacking is meant to be quick, easy and convenient, making grabbing something on-the-go a simple thing to do. Courtney Knowles with Encompass Health teaches us how to satisfy our cravings and fit snacks into a healthier lifestyle! Get tips on how to make healthy snacks at home that will treat the taste buds and not have you feeling guilty after eating. Learn how snacking throughout the day can be beneficial to your health and metabolism. Take home a few delicious recipes to try. Courtney will perform a small demonstration on how easy it can be to throw together healthy snacks. Tastings will be included.

You Are What You Eat

PEACHTREE CITY
Monday, April 29
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Take a look at a different side of nutrition as Arisahi Crane, Dietitian with Fruition Nutrition, breaks down the newest documentary craze *You Are What You Eat* featured on Netflix. In this documentary, a group of identical twins change their diets and lifestyles for eight weeks in a unique scientific experiment designed to explore how foods impact the body in more ways than just physical. She will review and discuss the key takeaways from the documentary and share viewpoints on the film's nutrition-related messages. Explore practical methods of integrating healthier dietary

habits and clear up any misconceptions as we unravel this fascinating study on food. We encourage you to watch the documentary prior to class but it is not required as there will be an overview.



Members and Volunteers Martha and Carol warming up their vocals for Sounds of Spring!

Look What's Coming in May!

180 Degree Farm Tour

180 DEGREE FARM
Wednesday, May 1
9 a.m. to 10:30 a.m. | \$5
Pre-registration required

Meet us at local farm, 180 Degree Farm, in Sharpsburg for a guided tour of this magnificent working farm, full of fresh produce and home to its own market.

Linked Together

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

Discover the trick to linking your devices. Learn ways to connect apps, texts, email, and more between phones, tablets, and computers to keep all your information organized and convenient.

All in the Family

FAYETTEVILLE
Friday, May 3
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Get the family together for a gathering – it's always great to see each other! Get tips for planning the perfect family reunion and insight on genealogy research.

Let's Taco Bout It: Cinco de Mayo Lunch

PEACHTREE CITY
Monday, May 6
12:15 p.m. to 1:15 p.m. | \$10
Pre-registration required

Olé! Olé! Join us for the perfect excuse for a delicious Mexican lunch. We'll have a delicious spread of tacos, sides, chips and fresh guac to celebrate the Cinco de Mayo holiday.

Registration will be available when the May newsletter comes out Monday, April 22nd!

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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FOR MORE INFORMATION, CONTACT
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SOUNDS of SPRING

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

Fayetteville location
4 Center Drive
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