

May 2024

# ENRICHMENT

THE INSIDER'S GUIDE TO FAYETTE SENIOR SERVICES LIFE ENRICHMENT CENTER  
FAYETTEVILLE | PEACHTREE CITY

## *Fantas-taco!*

It's a fiesta! You bet your salsa that we'll have your taste buds dancing during this delicious Cinco de Mayo lunch!

## *Take Flight*

Enjoy this unique and private tour just for Fayette Senior Services' members at the Atlanta TRACON facility.

## *Butter My Biscuits*

You may not believe us until you try them, but this biscuit recipe is perfect for making the best breakfast sandwiches!

*Live Well. Age Well.*

# 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](mailto:aoliver@fayss.org)

# May

## featured

### **A Heart for Others 10**

Meet Meals On Wheels volunteer Sharon Thomas who has a heart for serving others.

### **Mind Your Own Biscuits 11**

We'll butter our butts and call us biscuits. We promise you, you'll love this new biscuit recipe!

### **An absolutely Spec-taco-lar Lunch 15**

You had me at tacos! We'll guac your world with this mouth-watering Mexican lunch celebrating Cinco de Mayo!

### **Just Plane Awesome 15**

Get a close up and personal look into the skies! Enjoy a morning tour of the local Air Traffic Control center.

## 2024 HOLIDAY CLOSINGS

<b>Memorial Day</b> .....	<b>May 27, 2024</b>
Annual Maintenance.....	June 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](http://www.fayss.org)

## **BOARD OF DIRECTORS**

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

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

June Wagner  
Kitchen Manager

Debi Quinnell  
Assistant Kitchen Manager

Pedro Cruz  
Sous Chef

Hunter Bailey  
Café Assistant

Callum Nichols  
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

Danny Tallent  
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.

# Membership Has Its Rewards

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

## BLB Handyman Services

Ben Bosworth  
(678) 777-0871

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

## TRINITY Services of Georgia, Inc

Electrical contractor/Low-Voltage Contractor

Ben Miller  
(770) 402-0181

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

## Above & Beyond Pest Management

(770) 487-9506

Receive 10% off all services from this company with a valid membership card.

## TCBY

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

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

## Jolly Technologies

(678) 653-5169

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

## Visiting Guests

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

## 2024 Transportation Sponsor



## The Fitness Center

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

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

## The Ultimate Café

- Fayetteville -

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

### Breakfast

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

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

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

### Lunch

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

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



2024 CPR/AED/FIRST AID TRAINING SPONSORED BY:

Edward Jones



# Coming Soon...

## 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! Sponsored by The Reserve at Peachtree City.*

## 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 music 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 May the 4th Be With You

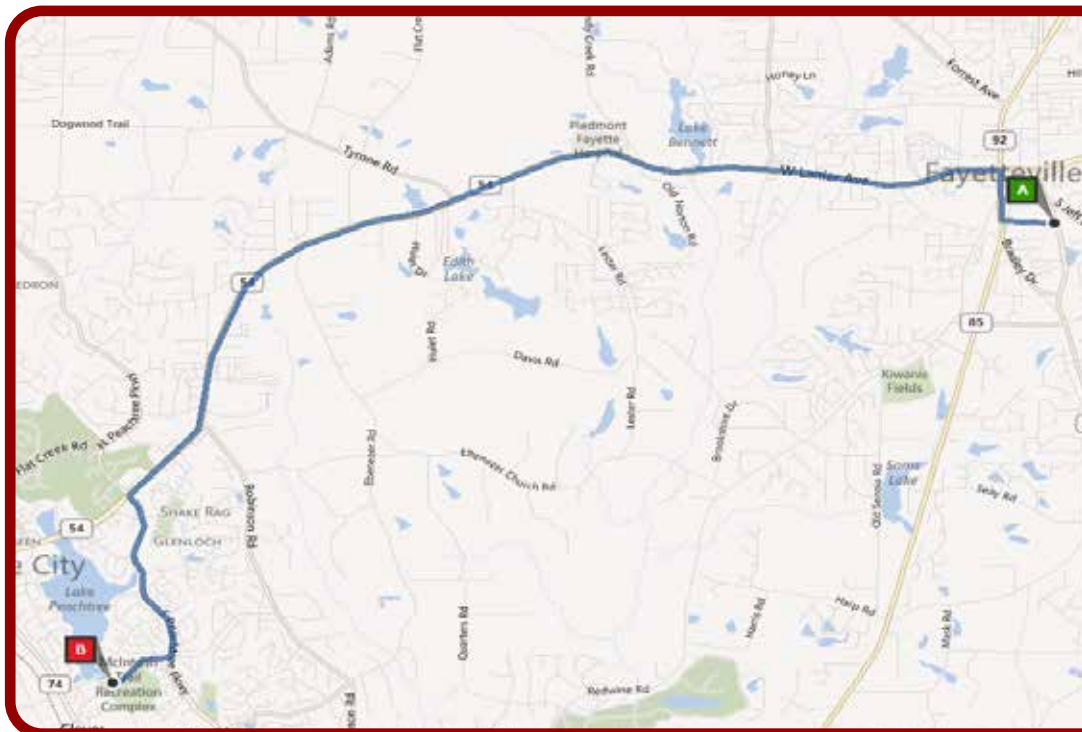
National Fitness Day is May 4. It was added to the calendar in 2017, earmarked as a day of reflection to impress upon us the benefits of exercise. However, we don't want to just reflect on the benefits of exercise, we want to actually take this day as an opportunity to reap those wonderful benefits by engaging in some sort of physical activity. But, what if getting started is what you've been struggling with? If so, National Fitness Day could be just the motivation you need! Getting started is often the hardest part. Learning more about fitness and the human body can help you get moving and stay moving. So consider the following fun facts about fitness your official introduction:

- The average person will walk approximately 216,262,500 steps during their lifetime.
- The heart is the strongest and most important muscle in the body.
- The human body burns an additional 50 calories per every pound of muscle gained.
- Size nor age are acceptable excuses for not working out.
- An hour of daily exercise reduces mortality rate by 40%.
- Regular physical activity promotes better quality sleep.
- Only 10% of people achieve weight loss goals with diet alone.
- As little as 10 minutes of physical activity per day can yield life changing effects.
- A power walk outside burns almost the same calories as jogging on a treadmill.
- It takes approximately 4-6 weeks for the human body to adapt to an exercise program.
- Weight training increases the number of calories burned post workout, thereby raising your metabolism.

I'll bet you didn't know fitness facts could be so interesting. Now that you've gotten acquainted, MAY this propel you forward and keep you going!

# 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



# STARS SPRING CRAFT SALE

Thursday, May 9  
10 a.m. to 2 p.m.  
Fayetteville | 4 Center Drive

The STARS have been hard at work crafting! Enjoy some of their homemade crafts in addition to other creative, decorative, and fun items - all while giving back to the program! A great way to enjoy an afternoon shopping while supporting a great cause!

Proceeds go to further benefit the STARS program.

*The Southern  
Crescent Chorale*

*Fayette Senior  
Services*

*Share our gratitude!*

Mark Gray, Agent  
770-487-8561



Thank you to our event sponsors for  
helping make our event so  
successful and fun!

# 2024 Sponsorships Now Available!

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

SPONSORS

FAYETTE SENIOR SERVICES  
Life Enrichment Center  
*Making Life Better*

# Dear Volunteer, You Make a Difference!

*Behind the Scenes Wonder Woman*

Written By: Amber Oliver



It takes a caring person to volunteer their time and talents for the benefit of those around them! Sharon Thomas is just that, a caring individual who volunteers with Meals on Wheels. While she is not one who is comfortable being in the spotlight, we can't help but shine some light on her! She has the important role of packing the meals prior to delivery. An extensive review of 38 research studies has demonstrated the effectiveness of MOW in improving the diet of homebound seniors while reducing social isolation. This program would not be possible without volunteers like Sharon who work behind the scenes to accomplish the mission of supporting our senior neighbors.

Sharon grew up in Holly Hill, South Carolina with her 2 older brothers and older sister. Her father worked in road construction and her mom was a homemaker. Sharon was the baby of the family with 8 years between her and the next youngest. Because of the age difference, she grew up like an only child as her siblings were already out of the house during her childhood. She has fond memories of sitting on the porch on Saturday afternoons listening to her father tell jokes. They were a family of singers, and more often than not, those joke telling sessions turned into an evening of family gospel singing.

Sharon graduated early from Robert High School. At the age of 16, she attended Morris Brown College where she received a Bachelor of Arts degree in Sociology. She went on to earn a Master of Arts degree in Community Counseling from Clark Atlanta University. While

in college, she played clarinet in the Morris Brown College Marching Band. It was here she met her husband, Darrell Thomas, who played the trumpet and baritone. They married in December of 1983 and celebrated their 40th Anniversary this past December in Barbados! They have 2 sons, Darrell II and Brandon; two granddaughters, Braelynn who is 8 and Jaelynn who is 4. They have called Fayette County home since 2003.

In June 2023, Sharon retired from Metro Transitional Center after 30 years of service. The Center is a 232 bed, female work release program with the Georgia State of Corrections. While the women are serving out their prison sentence, they are allowed to reside at the facility in hopes of finding and maintaining employment. This allows them to make a smooth transition back into the community. Sharon's job as Employment Specialist was to assist women in finding and maintaining employment while they were housed at the facility. She also compiled a pool of jobs through job development with community stakeholders. Sharon's husband is an educator at North Clayton Middle School, working with students with disabilities. He is also a pastor at Love Fellowship Christian Church in Union City.

Sharon enjoys spending time with her family and traveling. She is an active member of Henry County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. and Order of Eastern Star. I asked her some "just for fun questions" to get to know her better. If Sharon had to sing karaoke, her song would be *Respect* by Aretha Franklin. If she had her own late night talk show, her first guest would be Vice President Kamala Harris. If she could hang out with any cartoon character she would choose Wonder Woman because of the way she uses her power and strength for good. Like Sharon, she has a passion for the underdog and seeks to right the wrong! If she had to listen to one song for the rest of her life it would be *Jireh* by Elevation Worship & Maverick City. A fun fact about Sharon that people don't know is she reads a magazine starting from the last page to the first page and she LOVES to dance.

Lucky for us, Sharon's servant heart has led her to volunteer with FSS since August 2023. "I enjoy helping others and seniors are a special population. I enjoy talking to them. They are full of wisdom. It gives me joy knowing that what I am doing is fulfilling a need for someone else. God has blessed me to be a blessing to others." Thank you Sharon for using your time and talents to make a meaningful difference in our community.

# From Our Kitchen To Yours

## Homemade Biscuits

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



Photo via Give Me Some Oven

### Ingredients

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cream of tartar
- 2 teaspoons sugar
- 1/2 cup shortening
- 2/3 cup milk

### Directions

- Mix together flour, baking powder, salt, cream of tartar and sugar.
- Cut in shortening until mixture resembles coarse crumbs. Make a well in the center of mixture and add milk all at once.
- Stir only until a fork follows dough around the bowl. Turn dough onto a lightly floured surface and knead 10 to 12 times.
- Pat or roll 1/2 inch thick. Cut with a biscuit cutter.
- Bake on ungreased cookie sheet at 450 degrees for 10-12 minutes.
- Add grated cheese to the mix before adding the milk and put small slice of cheese on top for cheese biscuits!
- This recipe uses a hard wheat flour like Gold Medal or Pillsbury. These biscuits work well for sausage biscuits or any situation where you want the biscuit to hold together well.

*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:

Tuesday, May 28 (4th Tuesday due to Voting)  
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 getting out for a walk at The Ridge Nature Area.



Ed and Marcia dressed up for the Reel People Care Gala!

# 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 had a wonderful time at our St. Patrick's Day Celebration.



The new cardio drumming class is an absolute blast!

# Special Events



## Let's Taco 'Bout It: Cinco de Mayo Lunch

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

Olé! Olé! It's time to celebrate the greatest holiday for tacos. Join us for the perfect excuse to enjoy tacos for lunch, as if you really need a reason to chow down on some tacos! We'll have a spread of beef and chicken tacos and choices of toppings. Also included will be delicious chips, salsa, and guacamole! Celebrate Cinco de Mayo with us as the kitchen crew sets us up to treat the taste buds.



## Food Truck Bites: PTC Grill

PEACHTREE CITY  
Wednesday, May 29  
11:30 a.m. to 12:30 p.m.  
\$15 | Includes panini, chips  
and drink  
Members and non-members  
Pre-registration required

Enjoy a food truck lunch right here at Fayette Senior Services as we welcome PTC Grill for a delicious afternoon! Enjoy traditional and mouthwatering hot panini choices. Take in the gorgeous weather by bringing a tailgate chair and enjoy a picnic lunch with everyone at Fayette Senior Services! You won't be disappointed in this delicious lunch... mmmmm! Choices include the following panini choices: Cuban, Pesto Chicken, Pastrami and Cheese, Reuben, Turkey Bacon Ranch or Grilled Ham and Cheese. Pre-order your sandwich of choice with us at registration and PTC Grill will have it hot and ready the day of the event. Please see the front desk at either location or visit [www.ptcgrill.com](http://www.ptcgrill.com) to check out their menu with more details about each sandwich. Pre-registration required by Friday, May 24.



Photo by Satoru Fujiwara via Flickr

## TRACON Tour

Atlanta TRACON Facility  
Thursday, May 30  
9:30 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

You'll be the master of the skies after a private tour of Atlanta TRACON. Get a behind-the-scenes look at the dynamic world of air traffic control. Gain insight into aviation technology as you get an introduction to air traffic management strategies. Observe air traffic controllers managing flights arriving, overflying and departing from Hartsfield-Jackson Airport and other surrounding airports. Visit the control room to witness phases of live air traffic in action and explore the continuous efforts to enhance aviation safety. Interact with experienced professionals for questions and discussion. Meet at the Atlanta TRACON facility – 784 Highway 74 South Peachtree City - and check in at the guard gate with a photo ID. Your name will be on a required approval list to gain entry. Must be a U.S. Citizen. Registration required by Wednesday, May 22.

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# May Program Schedule

## Needlework

### Crochet

FAYETTEVILLE  
No May Class  
Pre-registration required  
Instructor: Nancy Crow

There will be no crochet classes in May! Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, May 1  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, May 8  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Monday, May 29  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

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

## Creative Pursuits

### Stop and Smell the Roses Watercolor

PEACHTREE CITY  
Friday, May 17  
9:30 a.m. to 12:30 p.m.

\$25 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Paint beautiful blooming flowers as you learn the skills of using watercolor paints. You'll even have the chance to paint a gorgeous garden. 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.

### Painting Workshop

PEACHTREE CITY  
Tuesday, May 21  
10 a.m. to 12 p.m.  
\$40 | Includes materials  
Pre-registration required  
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a tranquil scene of a willow tree and its reflection on the water.

### Brush Strokes in the Garden

FAYETTEVILLE  
Thursday, May 30  
10 a.m. to 12 p.m.  
\$40 | Includes Materials  
Members and non-members  
Pre-registration required

Take your canvas outside and open up the world of possibilities in live painting. Local artist Kathy Brewer joins us in the Fayette Senior Services garden as we set up a painting workshop in our gorgeous oasis, right here at our beautiful center. We'll have everything you need in

our garden space to recreate a scene on your canvas with guidance and help from Kathy! You'll be amazed at what you're capable of. No previous painting experience required.

## 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 dance moves sharp! Designed for those who have at least six months experience in line dance. 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 Dance. When you reach the Improver level, you are on your way to learning a myriad of new and challenging dances. 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 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! Join for a fun and different mix of effective, yet easy-to-follow exercises that will strengthen your body and enhance your mood.

## 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 BP, 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.



### 180 Degree Farm Tour

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

It doesn't get much better than when you pick up fresh fruits and vegetables directly from a local farmer. And that isn't the only benefit to shopping locally. Another great reason is supporting local farmers! Scott Tyson with 180 Degree Farm runs an exceptional farm, located right here in Sharpsburg, GA. When you hear the inspiring

story of what motivated him to start this farm, you'll be impressed! Join Scott at his farm for a tour of what he has built over the years and hear the story of how it came to be. Meet at 180 Degree Farm - 237 Emory Phillips Road Sharpsburg, GA 30277. Wear comfortable shoes for walking around the farm to see up close and personal the day-to-day operations of a working farm.

### Linked Together

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

With the surge in technology and platforms we use so much these days, it seems like you may be constantly switching

## The Center Box Office

**Member exclusive | Pre-registration required**

PEACHTREE CITY  
Thursday, May 9 | 1:15 p.m.  
*Made in Italy* (2020) | R

Starring: Liam Neeson, Valerie Bilello. A widower artist and his estranged son try to mend their broken relationship as they work together to restore a dilapidated house in Italy.

PEACHTREE CITY  
Thursday, May 30 | 1:15 p.m.  
*Maestro* (2023) | R

FAYETTEVILLE  
Friday, May 31 | 1:15 p.m.  
*Maestro* (2023) | R

Starring: Bradley Cooper, Carey Mulligan. This fearless love story chronicles the complicated lifelong relationship between music legend, conductor-composer Leonard Bernstein, and actress Felicia Montealegre Cohn Bernstein.

Movie sponsored by:



**JenCare Senior  
Medical Center**  
A CHENMED COMPANY

between things that don't sync together. Lance Collins with PTC Techs teaches us the tricks to linking your devices. Learn how to connect apps, texts, email, and more between phones, tablets, and computers as well as the best way to organize everything among them.

## What's for Lunch?

### PEACHTREE CITY

Thursday, May 2  
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 Due South Seafood Kitchen in Peachtree City.

## Get to Know Fayette Senior Services

### FAYETTEVILLE

Thursday, May 2  
1:30 p.m. to 2:15 p.m.

FREE

Members and non-members  
Pre-registration required

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

## The Travel Bug: The Galapagos Islands

### PEACHTREE CITY

Thursday, May 2  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

The travel bug has bitten, and if it hasn't yet, it will after you hear from travel agent Amy Metzger with Travel Edge! It's time to hop on a plane and fly over to the Galapagos Islands. Discover

the beauty and uniqueness of this incredible place with a marvel of geological activity, beautiful sites and exclusive wonders you can't find anywhere else. These breathtaking islands, with a major focus on conservation and preservation, are home to many unique plants and animal species. Explore the coast and land of these volcanic islands famous for a wealth of plants and creatures you won't find anywhere else in the world.

## Intermediate Bridge

### FAYETTEVILLE

Tuesdays and Friday  
May 3 thru May 31  
9:45 a.m. to 11:45 a.m.

FREE

Member exclusive  
Pre-registration required

If you have some experience with the game of Bridge, but need some refreshing, this is for you! Jane King will be teaching this intermediate Bridge class. Review Bridge basics and master ways to take your bridge game to the next level.

## Cornhole

### PEACHTREE CITY

Friday, May 3  
11 a.m. to 12 p.m.

FREE

Member exclusive  
Pre-registration required

### PEACHTREE CITY

Friday, May 17  
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!

## All in the Family

### FAYETTEVILLE

Friday, May 3  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Planning and organizing a meaningful, memorable and fun family reunion can be exciting but challenging. Once you've found a good pool of relatives to invite for a reunion, the next steps are ready to be planned. Join Debora Mack with the Fayette County Public Library as she provides useful tips for making your reunion a success, while saving your sanity along the way. Debora will simplify the process of planning logistics for your reunion. She'll also share details on genealogy research to reach members of your lineage you may never have considered before!

## Rest Assured

### PEACHTREE CITY

Friday, May 3  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Giving your family the gift of preparedness is invaluable. It's your life and your legacy, plan to make it right. Kenneth Merritt with Dignity Memorial provides insight on what we need to know when it comes to funeral planning. It's never easy to think about funerals, but pre-planning and speaking with family in advance about your wishes can help alleviate stress during an emotional time. Gain insight on planning for funerals that will get you thinking and discussing pre-planning with your loved ones. Kenneth will address the advantages of pre-planning and provide steps involved throughout the process. You'll also receive a personal planning guide to help get you started.

## The Compensated Emancipation Act

FAYETTEVILLE  
Monday, May 6  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

As we take a look back in history, the emancipation of slaves was a complicated process. Although the people who worked tirelessly were never provided retribution, those who owned slaves were provided reparation. In 1862, the government put an end to a long struggle as they passed the Compensated Emancipation Act, providing slave owners compensation for enslaved people who were liberated. This act paid out \$300 for every person freed and became notable as it was the first time the federal government authorized abolition of slavery. Jim Scott dives into the occurrences leading up to the passing of this act and discusses the happenings following its institution into action.

## Garden Club

FAYETTEVILLE  
Tuesday, May 7  
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! Free membership with 75 hours of service. For more information, contact Amber Oliver at [aoliver@fayss.org](mailto:aoliver@fayss.org).

## The Great Migration

FAYETTEVILLE  
Tuesday, May 7  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Every spring and fall, a

spectacle unfolds in the sky as millions of birds attempt a long journey between their summer and winter habitats. Bird migration may be one of nature's greatest wonders. Following a similar path each time that offers the best opportunities for rest and refueling along the way, some bird species fly thousands of miles every year during migration. Have you ever wondered why they do this and how they know the path? Carol Garrison, Environmental Educator with the Southern Conservation Trust, discusses the perilous adventure of migration. She'll also share about the Lights Out program and what you can do to help make migration easier on our feathered friends.

## From 'For Sale' to 'Sold'

PEACHTREE CITY  
Wednesday, May 8  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

If you're in the market for a new house or looking to sell yours, it is important to know the stages of today's real estate world. Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will take us through the stages from start to finish. Beginning with getting a home ready to list to finally closing, you'll have a better understanding of what to expect during the entire process.

## Pull Back the Curtains

FAYETTEVILLE  
Thursday, May 9  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

If you've enjoyed a live theater play, we're sure you've noticed how much

work and people are involved in the front end, but you'd never imagine what's going on behind the curtains. Fracena Byrd with Town Square Playhouse pulls back the curtains as she takes us behind the scenes. Discover what goes into the production of a live stage play from start to finish. You'll see what it takes to create a play from the very beginning moments of choosing a production to the final curtain call on the last day for the all of the audience to enjoy!

## Preserving the Memories

PEACHTREE CITY  
Friday, May 10  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

We've all had it happen, or at the very least had a scare... the dreaded message that those precious memories captured through photos have been lost! Don't let it happen to you. Tech expert Byron Salguero breaks it down for us as he demonstrates how to back-up your photos in a variety of ways. In this interactive session, he'll show us step-by-step how to get pictures off your phone and into the cloud. The cloud allows your photos to be accessed from anywhere such as your computer and acts as backup storage. Discover how to move photos from your phone to cloud storage in addition to saving them to another backup device. Never lose those photos again when your phone breaks or it says storage is full!

## Mix One Up

FAYETTEVILLE  
Monday, May 13  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

You'll be slinging drinks in no time after this fun and

interactive mixology class! Mixology is the art of inventing, preparing and serving cocktails and mixed drinks. Bartender Bonnie Kanofsky with Old Courthouse Tavern joins us to share her secrets to creating the tastiest of drinks that look as good as they taste. Get tips on mastering tasty drink concoctions. Bonnie will provide insight into what alcohol to use in different drinks or how to keep them tasty without using any spirits if you'd prefer just a mocktail. Enjoy a few tastings of these mocktails on site (no alcohol provided during this program).

### **Air-tastic Flora**

PEACHTREE CITY  
Tuesday, May 14  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Epiphytic plants, also known as air plants, are unique and interesting, co-existing in the most harmonious and harmless ways. These plants do not grow with their roots on the ground, but on the surface of another plant. They absorb water and nutrients from the air, rain, or other debris around it. These fascinating plants include mosses, ferns, bromeliads, lichens, and orchids are all around us. Kim Toal with the Extension Office enlightens us on these unique plants and helps teach us the best ways to care for them in your home.

### **Volunteer Open House**

FAYETTEVILLE  
Tuesday, May 14  
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.

### **Stop the Calls**

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

It seems they find us anywhere and everywhere and are nearly impossible to escape these days – those dreaded scamming automated robo calls. With phones on the go these days, the rise of scam related calls have increased significantly. Join Medical Coach and tech expert Cindy Clonts as she provides insight on how to recognize when a robo call is a scam. She will share tips for handling them and insight on apps that can block these calls before they ever get to you! Protect yourself and your phone.

### **Springtime on the Farm**

FAYETTEVILLE  
Thursday, May 16  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

It's time to treat the tastebuds with fresh fruits, veggies, and other treats while supporting local farmers! Can't find exactly what you need at the grocery, looking for fresher options, or just looking to support local? Join Rebecca Jacobs and Erin Guy with Georgia Farm Bureau as they provide great information and a map to a few local farms close to our area. Hit the road to get a break from the house and enjoy these places throughout the year!

### **Dementia Caregiver Support Group**

PEACHTREE CITY  
Thursday, May 16  
1:30 p.m. to 3 p.m.  
FREE  
Members and non-members

No pre-registration required

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

### **The Grape Escape**

PEACHTREE CITY  
Thursday, May 16  
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, and countries. Get information on the monthly choice and become a wine expert in no time. This month, learn about Chilean wines.

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

PEACHTREE CITY  
Monday, May 20  
10 a.m. to 2 p.m.  
FREE  
Member 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.

### **And Sew It Begins**

FAYETTEVILLE  
Tuesday, May 21  
11 a.m. to 1 p.m.  
FREE  
Member exclusive  
Pre-registration required

If you've had a button missing for a while or a hole in your favorite shirt, we have just the spot 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.

## **A Novel Idea Book Club**

PEACHTREE CITY

Tuesday, May 21

1:45 p.m.

FREE

Member exclusive

No pre-registration required

May book: *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. June book: *The Parted Earth* by Anjali Enjeti. For more information, please contact Meghan Caton at meghan@meghan.com.

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

ROYAL LANES SOCIAL

Tuesday, May 21

4 p.m. to 5 p.m.

\$10

Member exclusive

Pre-registration required

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

## **Cake It Easy**

FAYETTEVILLE

Wednesday, May 22

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

\$5

Member exclusive

Pre-registration required

Who doesn't love a sweet treat every once in a while. Have you tried one of the newest crazes, a cake pop, yet? Kathe Brooks with Scoops Fayetteville brings out

the goods to show us what all the hype is really about! These adorable cake bites are formed and styled as a lollipop, mixing cake crumbs with icing to be formed in a small sphere and dipped to create a coating of savory icing. Learn the art to making these homemade treats and create 4 of them yourself to eat during class or take home to enjoy later.

## **Learned Life Lessons**

PEACHTREE CITY

Thursday, May 23

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

FREE

Members and non-members

Pre-registration required

As she approached her 70th birthday, Marjorie Morrow, author of *Threescore and Ten Learned Life Lessons*, began gathering notes from her years of journaling. These notes helped her navigate the ups and downs of life, giving her comfort in her own personal journey. She quickly realized, however, that these notes might just be valuable life lessons for future generations of her family and for others. Join Marjorie as she shares her story and provides tips for creating your own "Learned Life Lessons" to pass on to for generations to come!

## **The Unsung Heroes of the Sky**

FAYETTEVILLE

Thursday, May 23

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.

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

FAYETTEVILLE

Thursday, May 23

1:30 p.m.

FREE

Member exclusive

No pre-registration required

May book: *Exodus* (Books 3, 4 & 5) by Leon Uris. June book: *The Great Alone* by Kristin Hannah. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

## **Keep PTC Beautiful**

PEACHTREE CITY

Friday, May 24

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

FREE

Members and non-members

Pre-registration required

Reduce, reuse, recycle. Al Yougel, Director of Keep Peachtree City Beautiful, will be discussing the history and current status of residential and drop-off recycling in Peachtree City. Learn the best practices in recycling and why it is so important. In addition, discover ways you can help make a difference by keeping our community beautiful and clean.

## **AARP Smart Drivers Course**

PEACHTREE CITY

Tuesday, May 28

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

\$20 | AARP Members

\$25 | Non AARP Members

FSS Member exclusive

Pre-registration required

The AARP Smart Drivers Course is a refresher course for adult drivers, which has

helped millions of drivers remain safe on today's roads. Tune up your driving skills and update your knowledge. Most auto insurance companies provide a multi-year discount to graduates as well. Bring a lunch or snack with you or plan to grab one close by at a local restaurant during the lunch break.

## Car Wash

FAYETTEVILLE  
Wednesday, May 29  
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 inside FSS. Roll N' Shine has the right to turn down cleaning service for extremely dirty interior.

## 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!

## 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!

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, May 7  
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.

### Gotta Hand It To You: Hand Massages

PEACHTREE CITY  
Tuesday, May 7  
10 a.m. to 1 p.m.  
FREE  
Member exclusive  
Pre-registration required

Sit back and relax as certified massage therapist Ange Maihorn provides a focused hand and arm massage. This human hand connection will not only help relieve tension and stress, but will concentrate on muscle and lymphatic areas in your arm and on your hand. Research has shown that there are many health benefits to massages, and hand massage is no exception. Having this done not only feels great, but can

## Technology

### Computer Technology Assistance

PEACHTREE CITY  
Wednesday, May 15  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, May 28  
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

help ease muscle tension, relieve stress, and reduce pain. Enjoy a relaxing 15 minute session with Ange and see the results for yourself!

## The Prehab on Rehab

PEACHTREE CITY

Tuesday, May 7  
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 talks about the importance of prehab and how it differs from and improves your rehab experience. Hear about the benefits of doing prehab prior to a surgery and rehab and what to expect from a prehab session.

## Eyeglass Repairs and Adjustments

FAYETTEVILLE

Wednesday, May 8  
11:30 a.m. to 12:30 p.m.

FREE

Member exclusive  
No pre-registration required

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

## The Art of Self Care

FAYETTEVILLE

Wednesday, May 8  
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 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, guides us through encouraging conversations and journaling exercises to provide us with ideas for self-care practices. End with meditation to foster community, growth and self-awareness. 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.

## Act of Aging

FAYETTEVILLE

Friday, May 10  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Delve into the top essential exercises specifically tailored for seniors to enhance posture, prevent injuries, and promote overall strength. Dr. Tarryn Hoff, sport psychologist, university professor, and owner of Peachtree City Personal Training, explores a range of exercises focusing on core stability, flexibility, and balance. All are crucial elements for maintaining good posture and reducing the risk of falls. Learn practical techniques to strengthen key muscle groups, improve mobility, and enhance functional movement patterns essential for daily activities. With a comprehensive understanding of these exercises, feel empowered to age with confidence, vitality, and improved quality of life.

## Stroke Warrior

PEACHTREE CITY

Monday, May 13  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

About 800,000 Americans suffer from new or repeated stroke each year. Strokes

are the leading cause of serious long-term disability and the fifth leading cause of death in the United States. However, did you know that nearly 80% of strokes are preventable? Join a representative with Piedmont Fayette Hospital as they share the risk factors of strokes and how specific lifestyle modifications can lower stroke risk for both yourself and your family members. When it comes to strokes, every minute counts. Learn how to spot the signs of stroke and take steps for reacting to them to perhaps save a life! This program is part of the 2024 Piedmont Wellness Series.

## The Power of Protein

FAYETTEVILLE

Tuesday, May 14  
1:30 p.m. to 2:30 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! This month she is going to share with you everything you need to know about eating healthy proteins. From vegetarians to meat-lovers, Jennifer will share with you what options are best for your health concerns and answer the question "how much protein do I need to eat?" Join Jennifer to get your answers about eating proteins to be the healthiest version of yourself.

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, May 15  
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 maintenance you may need done.

## Posture Perfect

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

You've heard it before – sit up straight, don't slouch, stand up tall – but did you know that there is reason for good posture? Inactivity and poor posture can lead to a cascade of injuries and inability to perform basic activities for daily living. Piedmont Wellness Center explores common postural imbalances and muscle inefficiencies which, when corrected, can help to reduce pain, improve function and allow you to live a better life!

## Slow Your Roll

PEACHTREE CITY  
Friday, May 17  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

We get it...life is busy and so are you! But, that busyness can overtake our enjoyment in a way we never could have imagined without taking a second to stop and look at the bigger picture. Slowing down in life can allow us to fully enjoy experiences and savor the moment rather than rushing through them to check it off the list. Rachel Hopkins, therapist with A New Start Counseling, helps us realize the importance of appreciating the slower times in life. She'll provide tips for adjusting your mindset to not constantly be on the go, go, go lifestyle. Embracing a slower pace of life and living in the moment can

lead to greater happiness, satisfaction and overall well-being. This ultimately will cultivate gratitude and contentment by helping you learn how to experience each moment and be more aware of life's simple pleasures in order to provide more enthusiasm for the things that truly matter.

## The Vial of Life

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

Preparing in advance is always a good idea, especially in the case of emergency situations. The Emergency Medical Information Kit is an excellent way to do just that. Stephaene Core, a representative from the City of Fayetteville Fire Department, will provide more information about these kits. The Emergency Medical Information Kit is a simple yet incredibly effective tool that can save hundreds of thousands of lives. It is designed to speak for you when you are unable to speak for yourself. Each participant will receive a kit that contains essential medical information and the tools needed to create one for yourself at home. This information can assist emergency personnel in providing the right medical treatment in case of an emergency. Discover more about this initiative and how you can prepare for an emergency in advance.

## Balance It Out: Balance Assessments

FAYETTEVILLE  
Tuesday, May 21  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Alison Bishop, Clinical Director of PT Solutions

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

## Don't Be Salty

PEACHTREE CITY  
Wednesday, May 22  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

It's no secret there are endless hidden ingredients in the foods we get every week at the grocery store. However, you may be shocked to find out just how hidden some are. Dietitian Lamura Poore, owner of Diet to Lifestyle, opens our eyes to 21 ingredients that contain sodium. Discuss each one, which foods contain them and how these ingredients affect our bodies. These common foods will surprise you in how much they contribute to sodium in American diets and how these sneaky salts find their way into our favorite foods.

## Pocket Friendly Healthcare

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

Healthcare costs today are higher than ever, and consumers are paying much higher health insurance premiums and out-of-pocket medical expenses than ever before. Natasha Taylor and Jayla Johnson with Georgia Watch shed light on medical billing challenges unique to older aging adults and discuss how to reduce surprise medical bills and manage

your existing medical debt. There are many studies and reports highlighting a trend in reporting and collecting inaccurate medical bills. This is leading to many seniors facing unnecessary financial burdens and unpaid medical bills. Learn how you can find answers and take control of some of the most complex questions associated with medical billing and debt.

## Oh The Nerve

FAYETTEVILLE  
Tuesday, May 28  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

If you suffer from any level of neuropathy, you know how draining it can be. More than 20 million people suffer from the debilitating disease called peripheral neuropathy, and with no cure in place, it can be discouraging. However, there are ways to lessen

the pain and burden. Noah Marchese with Health Choice Chiropractic shares more about this condition. Learn what the underlying causes of neuropathy are in addition to what can be done to treat it. Noah will also share more details about a fascinating, Nobel Prize winning discovery that every neuropathy patient must know!

## Oh, My Aching Joints

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

Our joint and orthopedic health can make a major difference in how we feel. Being able to move without pain is an important part of daily living. Dr. Domenic Scalamogna with OrthoAtlanta joins us for an engaging conversation on joint replacement, healthcare,

lifestyle, and orthopedic needs. Get updates and the latest insights on orthopedic and joint health. Dr. Scalamogna provides an opportunity to connect with us, ask questions, and help in achieving goals for a healthier and more active lifestyle. Learn about the latest advancements in joint replacement procedures. Whether you're interested in improving your mobility, reducing pain, or enhancing your overall quality of life, take the first step towards a healthier and more active future.

# Look What's Coming in June!

## Water You Up To?

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

*As temps begin to heat up, don't forget to keep your hydration in check. Learn a variety of benefits hydration has on our health and how it helps rid the body of toxins.*

## Tax Savvy Investing

FAYETTEVILLE  
Tuesday, June 4  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

*It's not what you make, it's what you keep! Unravel the details of tax-free investing as you discover the benefits and considerations of choosing investments that offer tax advantages.*

## Sparks of Kindness

PEACHTREE CITY  
Wednesday, June 5  
2:30 p.m. to 3:30 p.m. | FREE  
Pre-registration required

*Spreading kindness can be one of the greatest acts of service you can perform, and is contagious to those around you! Boost your positivity as you discuss ways of spreading acts of kindness all around.*

## Cancer Survivors Celebration

FAYETTEVILLE  
Wednesday, June 5  
9 a.m. to 10 a.m. | FREE  
Pre-registration required

*Celebrate Cancer Survivors Month as we sing with joy to those who have battled and beat this disease. Enjoy refreshments and a lovely morning in our garden and share in the gratitude of life.*

**Registration will be available when the June newsletter comes out Monday, May 20th!**

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wants to hear  
from you!

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For more information, contact  
Morgan Lanier at [mlanier@fayss.org](mailto:mlanier@fayss.org)



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441 Prime Point  
Peachtree City, GA 30269


 Fayette Senior Services —&— Piedmont Fayette Hospital 

# WELLNESS SERIES 2024

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

 Valuable Information

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**Peachtree City, GA 0269**



# *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**





# BOOT SCOOT & BBQ

Thursday, June 20  
5 p.m. to 8 p.m.

4 Center Dr. • Fayetteville  
770.461.0813

Tickets only \$15  
Get Yours Today!

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