

June 2024

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Boot Scoot & Boogie

Put on your cowboy boots and hat and boogie on down for a boot scootin' good time at our annual Boot Scoot & BBQ!

Here's the Scoop

I scream, you scream, we all scream for ice cream! Join us as we kick off summertime with an ice cream social.

You Say To-may-Toe...

Any way you slice it, you've got to love a delicious, ripe, juicy tomato. And now we've got another way for you to enjoy them!

Live Well. Age Well.



Under *the* Sea!

SPLASH INTO SUMMER AT THIS BEACHY GET TOGETHER! ENJOY MUSIC, DINNER AND FRIENDS!

AUGUST

22

5 TO 8 P.M.

203 MCINTOSH TRAIL | PEACHTREE CITY

TICKETS GO ON SALE
THURSDAY, JUNE 20TH

Event sponsored by:



June

featured

A Ray of Sunshine and Cheer 10

Meet Fayette Senior Services' volunteer Lisa Dixon who is the power of JOY that we all need!

...I Say To-Mah-Toe 11

This savory stewed tomato recipe - right in the heart of tomato season - will be the perfect addition to your dinner!

Heel, Toe, Dosey Doe 15

Come on baby, let's go! It's time for our annual Boot Scoot & BBQ and we can't wait to bust some moves.

Sweet Summertime 15

There is no better treat than a good old-fashioned ice cream sundae! Come on over for a few scoops of goodness!

2024 HOLIDAY CLOSINGS

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

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

Dixie Chamblee
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.

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 Volunteer Sponsor



VICTORIA J. FARRELL
ATTORNEY AT LAW
WILLS & TRUSTS

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.

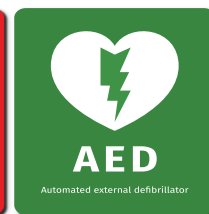
Hot breakfast item served every day
Enjoy a choice of continental breakfast items

(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...

August 2024

Under the Sea

Peachtree City | Thursday, August 22
5 p.m. to 8 p.m. | \$15

Put on 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!

October 2024

Under the Harvest Moon

Fayetteville | Thursday, October 24
5 p.m. to 8 p.m. | \$15

Happy fall, ya'll! Help us welcome fall with a fun celebration featuring live music by the talented Southpaw band. This event is sponsored by Aberdeen Fine Properties, State Farm Agent Mark Gray and Insurance and Other Red Tape.

**All events are subject to change in date/time.*

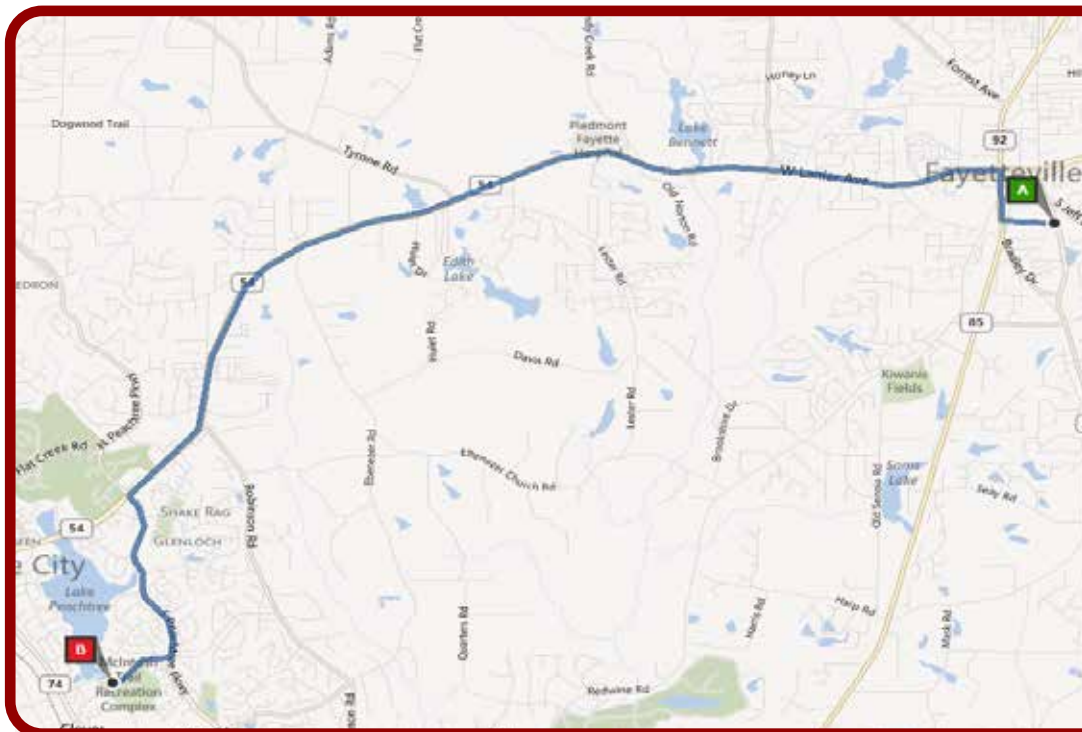
Miriam's Fitness Corner

The Low Down on Carbs

We've been taught our entire lives that too much of anything is bad for us. This simple, yet sage, advice continues to ring true. Diet fads come and go, but common sense is forever - especially when backed by research. Low-carb dieting picked up steam during the 90's when Dr. Atkins reintroduced his more calculated approach to weight loss, shifting focus to carb limits with higher fat and protein intake alongside proper food combination. Since then, the low-carb revolution has snowballed and given birth to a million tiny snowballs. There's the South Beach Diet, Paleo Diet, Whole30 Diet and the more aggressive but still popular Keto Diet, just to name a few. But before you start cutting back carbs, make sure you have a firm understanding of what that means. The recommended daily allowance for a healthy person (weighing 200 lbs) is 225 to 325 grams of carbohydrates per day, based on a 2,000 calorie diet. That amount derives from a recommended formula of 45-65% of daily calorie intake coming from carbs. Keep in mind, you need to be choosing good carbs, also known as complex carbs. A low-carb diet reduces carb intake down to 25-40%. That gives you an allowance of about 100 to 150 grams of carbs each day. For those with diabetes or other health conditions, please consult a doctor before considering dramatic carb reduction. I am not here to encourage nor discourage low-carb diets, I'm merely here to remind you too much of anything is bad for us. We must remember, carbohydrates serve a purpose and are essential to our daily function. Therefore, cutting them out completely is never an option. Healthy carbs provide our bodies with glucose, which converts to energy that fuels us. Carbohydrates also boost our mood and keep our brain functioning efficiently. Brain fog can literally be a side effect of super low-carb intake. Additionally, carbs support heart health by reducing the risk of cardiovascular disease. The health benefits of carbohydrates are endless. So find your balance and figure out what works best for you. Just a little complex food for thought.

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



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



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.

2024 Sponsorships Now Available!

Contact Morgan Lanier at
m Lanier@fayss.org or 770-769-8430
for more information



Dear Volunteer, You Make a Difference!

Spreading Spirit

Written By: Amber Oliver



Lisa Dixon is one of the smiling faces you will see serving in our Ultimate Café. The first time Lisa came to FSS was in 2012 when she was caring for her dad who suffered from Alzheimer's disease. "I always felt like it was a warm, nurturing environment." Lisa shared that in late January 2024, "God spoke to me through my prayer time. I was praying about getting involved in a loving, caring community by volunteering my time. I needed and wanted to be of service. I am so very grateful I reached out to FSS! I enjoy getting to know my fellow volunteers and employees so much. I also love the positive difference so many of the members make in my life with just a smile, a hello, conversation, or a hug. For that, I am extremely thankful. I only hope I can do the same for them!"

Lisa was born in Sunbury, PA and has lived in many Pennsylvania cities including Pittsburgh, Harrisburg, Johnstown and Danville. In 1977, when she was 12 years old, she moved to Fayetteville. She grew up with 5 sisters, NO brothers! She is smack dab in the middle with her oldest sister being 5 years older and her baby sister, 5 years younger. As children, they enjoyed playing outside in the snow, sledding or building forts. When they moved to Georgia they stayed busy swimming, jumping on

the trampoline and playing kickball in the neighborhood. As a teen her first job was at Steak and Ale in College Park. She attended Fayette County Middle and High School, graduating from the University of West Georgia where she earned her Bachelor of Science in Sociology. She went on to be a Flight Attendant with Delta Airlines for 11 years, took some time off to raise her 2 boys - Cullen and Jack, taught K-8 Special Education and served as a paraprofessional at North Fayette Elementary School for 24 years before retiring. Just like at FSS, she truly does it all! She currently cares for her mom and works part time as a caregiver for one of her best friends from high school. Sadly, her son Cullen passed away in 2022, but she takes joy in remembering and honoring his memories.

Lisa has always loved being active. She was a cheerleader in high school and college. Fun fact you might not know about Lisa is that she cheered for the Atlanta Falcons! She has 2 dogs, Oakley and Kylie. She loves exercising and does her best to stay active by working out at home, using her Peloton app for biking, yoga and strength training. She also enjoys gardening "There is something therapeutic about planting and watering as well as watching food, herbs and flowers grow and flourish." She also practices "Reiki" and became a Reiki Master a few years ago. Reiki is a type of healing energy done through a practitioner's hands. It is a technique used to reduce stress, anxiety and promote relaxation.

I asked Lisa if she had to listen to one song for the rest of her life what it would be. She had a hard time narrowing it down. "I have so many! I love music so much and it's been an integral part of my life; especially helping me with healing when my son passed away. My top dance happy pick would be *September* by Earth, Wind & Fire."

Our members have told me Lisa is a ray of sunshine, always quick to help and spreads a happy spirit to everyone she meets. We are so thankful to have Lisa as an FSS volunteer! She cheers on each member with a smile and a helping hand. Thank you Lisa for sharing your time and talents with all of us at Fayette Senior Services!

From Our Kitchen To Yours

Stewed Tomatoes

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



Photo via Simply Recipes

Ingredients

- 2 1/2 cups tomatoes (fresh is best but can use canned tomatoes)
- 1 teaspoon minced onion
- 1/2 teaspoon sugar
- 2 tablespoons butter
- 1/8 teaspoon pepper
- 1/2 cup soft bread crumbs

Directions

- Add all ingredients to a pan over the stove
- Simmer the ingredients together for approximately 10 minutes

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, June 25 (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 enjoying an ice cream truck together at the center.



Volunteers Brenda and Roxie working hard in the FSS garden.

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.



FSS volunteers enjoying our annual Volunteer Appreciation Dinner!



FSS member Ms. Eliza celebrated her 105th birthday in May!

Special Events



I Melt For You Ice Cream Social

PEACHTREE CITY
Thursday, June 13
1 p.m. to 2 p.m.
\$5

Member exclusive
Pre-registration required

Remember the days of soda fountains and juke boxes? Join us as we bring back those memories with an ice cream social the Fayette Senior Services' way! I scream, you scream, we all scream for ice cream. Enjoy sundaes, floats, toppings, and delicious treats. Sugar free ice cream will be provided as well. We will be spinning our favorite oldies tunes to get us up and dancing around or to just sit back and enjoy. Scoops Fayetteville will be joining us to share their delicious ice cream and toppings!



Cancer Survivor Celebration

FAYETTEVILLE
Wednesday, June 5
9:30 a.m. to 10:30 a.m.
FREE

Members and non-members
Pre-registration required

Celebrate Cancer Survivors Month as we sing joy to those who have battled and beat this disease. Enjoy breakfast as well as companionship, music and art before we head outside to relish a lovely morning in Fayette Senior Services' garden and share the gratitude of life. We'll join together to celebrate the joy of those who have survived with family and friends alike. Bring a loved one with you to enjoy this celebration! This is part of the 2024 Piedmont Wellness Series.



Boot Scoot & BBQ

FAYETTEVILLE
Thursday, June 20
5 p.m. to 8 p.m.
\$15

Members can purchase
tickets at front desk
Pre-registration required

Put your boots on and join us for this guaranteed fun time! The FSS Kitchen Crew will have a wonderful BBQ meal to go along with line dance guru Eddie Huffman's dance moves and tunes. Put your dancing shoes on and learn some new moves. Boogie on down to enjoy a delicious supper and some boot scootin' music that will keep you moving all night long! This event is sponsored by The Reserve at Peachtree City and WellCare.

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June Program Schedule

Needlework

Crochet: Americana Wreath

FAYETTEVILLE
Monday, June 24
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Make this patriotic wreath in time for the 4th of July! Materials needed: 12" foam wreath; Red, White and Blue yarn; crochet hook size H. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, June 5
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 Day: UFO

FAYETTEVILLE
Wednesday, June 12
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 Day: UFO

FAYETTEVILLE
Wednesday, June 19
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

You Are My Sunshine: Sunflower Craft

FAYETTEVILLE
Monday, June 17
10 a.m. to 11 a.m.
\$5 | Materials not included
Pre-registration required
Instructor: Chandra Braggs-Duckett

Get into the summer spirit by creating these adorable faux flowers using your creative side. You'll be surprised by how easily you can put together these cute pieces that can be used as seasonal decoration around the home or centerpieces for your next gathering. Materials list available at front desk. See front desk for photo sample.

Painting Workshop

FAYETTEVILLE
Tuesday, June 18
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 beach scene with a conch shell.

Watercolor Sunset

PEACHTREE CITY
Friday, June 21
9:30 a.m. to 12:30 p.m.
\$25 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

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

Dance

Peachtree City Beginner I Line Dance

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

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

Peachtree City Beginner II Line Dance

PEACHTREE CITY
Tuesday
12:30 p.m. to 1:30 p.m.

\$15 | Month
Instructor: Stella Joshua

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

Beginner Line Dance

FAYETTEVILLE

Tuesday
12 p.m. to 1 p.m.

\$15 | Month
Instructor: Eddie Huffman

Keep those line dance moves sharp! This class is 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 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!

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

Build strength to make your daily activities easier, whether you exercise best in a chair or on your feet. Strength training provides an abundance of benefits. It 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 movement 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.



Fitness

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.

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 class in your home.

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.



Once Upon A Story

FAYETTEVILLE
Monday, June 3
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!

Garden Club

FAYETTEVILLE
Tuesday, June 4
9:30 a.m.

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, June 13 | 1:15 p.m.
The Beautiful Game (2024) | PG-13

Starring: Bill Nighy, Michel Ward, Beckett Handley. In this film, inspired by real events, an English football team makes a life-changing trip to the Homeless World Cup street-soccer tournament in Rome.

PEACHTREE CITY
Wednesday, June 26 | 1:15 p.m.
Signs of Your Heart (2023) | PG-13

FAYETTEVILLE
Friday, June 28 | 1:15 p.m.
Signs of Your Heart (2023) | PG-13

Starring: Kelli McNeil, Kyle Leatherberry and Carla Cloud (**FSS' very own member and volunteer!**). Single mom Allie's world shifts when her tenant leaves. Enter Ronan, a charming and free-spirited replacement, loved by her deaf son, Finn. Juggling dating and an unexpected bond, can Allie discover her happy ending amidst life's chaos?

Movie sponsored by:

JenCare Senior Medical Center
A CHENMED COMPANY

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.

Tax Savvy Investing

FAYETTEVILLE

Tuesday, June 4

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

FREE

Members and non-members
Pre-registration required

It's not what you make, it's what you keep. Join Brett Bexley with Edward Jones as he shares the benefits and considerations of choosing investments that can offer tax advantages. Discuss an overview of tax-advantaged investing and options available including the benefits and risks associated with each. Discover how tax-free investing can help you achieve your goals faster.

Sparks of Kindness

PEACHTREE CITY

Wednesday, June 5

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

FREE

Members and non-members
Pre-registration required

One spark of kindness can ignite a wildfire! Kindness is an act everyone can afford to give. It costs nothing, but means everything to those who receive it. Think back to a time when you received a simple act of kindness by a stranger or someone you know well. Do you remember that feeling? Was it inspiring? Turned a bad day around? Lifted up an already amazing day to make it even better? We can bet that it never made something worse! Join Debbie McFarland with Sparks of Kindness as she

inspires us to leave a trail of smiles anywhere you go. She'll discuss the impact that kindness can have and suggest ideas for deliberate acts of kindness and even random acts of kindness throughout each day. Share ideas on how to brighten someone's day and inspire others to do the same. A simple act of kindness is easy to do, but leaves a major impact on those it serves! Feel free to join us for a 2nd session on June 19th to hear about the Sparking Georgia project. You don't have to attend both sessions, but we encourage it if possible!

What's for Lunch?

PEACHTREE CITY

Thursday, June 6

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 Crosstown Grill in Peachtree City.

Cornhole

PEACHTREE CITY

Friday, June 7

11 a.m. to 12 p.m.

FREE

Member exclusive
Pre-registration required

PEACHTREE CITY

Friday, June 21

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 the Possibili-teas

PEACHTREE CITY

Friday, June 7

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

FREE

Members and non-members
Pre-registration required

Join Tia Adams with Branch & Vine for a delightful journey into the world of tea! Whether you're a tea enthusiast or just looking to explore a new hobby, you'll dive into the perfect blend of teas and enjoyment as you discover the many fascinating angles of the world of tea. Enjoy delightful samples of tea, great company, and a touch of relaxation. Learn about the different types of teas and their origins as well as their numerous health benefits. Get tips on identifying quality tea and ways you can blend and craft your own unique tea combinations. Enjoy an interactive tea tasting with sensory exploration!

Simplifying Your Finances

FAYETTEVILLE

Monday, June 10

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

FREE

Members and non-members
Pre-registration required

Keep it simple. We hear that phrase a lot, but few of us actually implement it into our lives. However, keeping it simple when it comes to your money is actually great advice! Brandon Jordan with Arch Advisory group helps us simplify our finances for more financial freedom. Discover the most common mistakes people of all ages experience. It's never too late to adjust your financial outlook, and discovering what you're doing wrong may be

the trick to making things easier in the long run. Learn how simplifying your finances can have a positive impact in an ever-changing financial environment and get tips for staying on the right track.

And Sew It Begins

FAYETTEVILLE
Tuesday, June 11
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 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.

Volunteer Open House

FAYETTEVILLE
Tuesday, June 11
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.

Behind the Bars Jail Tour

FAYETTE COUNTY JAIL
Wednesday, June 12
1 p.m. to 2:30 p.m.

FREE
Member exclusive
Pre-registration required

Join us in the roll call room as Major Cody Benslay, Jail Division Director, discusses the responsibilities of the Fayette County Jail and sheds light on different aspects of the jail. Discover more about the County and United States jail and prison system. After,

you'll have a chance to tour the inside of the local Fayette County Jail. Meet at the jail – 145 Johnson Avenue in Fayetteville. No cell phones, keys or handbags will be allowed during the tour, but you can have them during the classroom portion.

The Burnout

PEACHTREE CITY
Wednesday, June 12
2:30 p.m. to 3:30 p.m.

FREE
Members and non-members
Pre-registration required

If you are a caregiver for a loved one or someone else, you know how important taking care of yourself can be. That is especially true in normal times, but when you add in caring for someone else in addition to caring for yourself, learning to take breaks and focus on you can become even more difficult. Lynette Dunn with Piedmont Sixty Plus Services discusses caregiver burnout and provides tips for relief and the importance of focusing on your own health and happiness to provide the best care for others.

The Heat of Summer

FAYETTEVILLE
Thursday, June 13
1:30 p.m. to 2:30 p.m.

FREE
Members and non-members
Pre-registration required

The heat has settled in, and it's only going to get hotter from here! Established plants might have already acclimated to their growing spaces, but there are different ways you can help them continue to thrive as the weather changes. Join Kim Toal with the Extension Office as she provides tips to help your established and newly planted ornamentals adjust to changes in the environment. Kim will focus on both container plants and in-ground plants.

Raise the Flag

PEACHTREE CITY
Friday, June 14
1:30 p.m. to 2:30 p.m.

FREE
Members and non-members
Pre-registration required

History enthusiast and retired Army Colonel John House celebrates Flag Day as we raise a flag to the past! Unravel the history of both the United States Army and United States Flag, who share a birthday and connections in more ways than you may have realized. An understanding of both is worth remembering and reminiscing in order to fully understand how both came to be. Hear about their meaning and the development over the years. From the representation of the Army in the nation to the many changes the flag has seen in design over time, you'll be intrigued to discover the rich history both have to offer.

1-on-1 Medicare Consultations

FAYETTEVILLE
Monday, June 17
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.

Learning From Living

FAYETTEVILLE
Monday, June 17
1 p.m. to 3 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.

Outwit Your Smart Phone

PEACHTREE CITY
Tuesday, June 18
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

Rhythms of the Soul

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

Enjoy some laid back and relaxing tunes of the saxophone as a musician plays some Jazz music to enjoy during a lovely afternoon. Aetna will also have some snacks to go along with the sax!

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, June 18
1:45 p.m.
FREE
Member exclusive
No pre-registration required

June book: *The Parted Earth* by Anjali Enjeti. July book: *Prodigal Summer* by Barbara Kingsolver. For more information, please contact Meghan Caton at megcaton@gmail.com.

Juneteenth

FAYETTEVILLE
Wednesday, June 19
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Join us as we celebrate and honor the national holiday, Juneteenth, commemorating the ending of slavery. Tamu Taylor, President of the Metro Atlanta Chapter of the Afro-American Historical and Genealogical Society, will share the history and meaning behind this holiday. On June 19, 1865, all enslaved people in the United States were emancipated. Tamu will discuss the importance of this date and paint a picture of that day when Union General Gordon Granger arrived in Galveston, Texas to proclaim the freedom of enslaved people. Discover how it has been celebrated throughout the years and its historical recognition as an American holiday.

Sparking Georgia

PEACHTREE CITY
Wednesday, June 19
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

You never know what is going to happen after

someone receives a spark of kindness. It may cause a ripple effect, encouraging and inspiring others to continue to spread the joy. It may turn someone's day or week around when it was one of the hardest they've ever had. With little effort on your part, you can make a difference in someone else's life! Join Debbie McFarland with Sparks of Kindness for this hands-on session for spreading acts of kindness throughout our community. Brainstorm ideas on ways to create and bring kindness to life as an individual or with a group. Come up with ideas, plan ways to execute it and spark the joy around FSS and the community! In addition, Debbie will lead an activity for Spark Notes – encouraging notes and treats to leave around random places to spark excitement and spread kindness. Feel free to join us in the 1st session on June 5th to hear about the Sparks of Kindness project and the importance of spreading kindness. You do not have to attend both sessions, but we encourage you to if possible!

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, June 20
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, June 20
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 Pacific Northwest wines.

The Power of Positive Thinking

PEACHTREE CITY

Friday, June 21

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

FREE

Members and non-members

Pre-registration required

Life is hard! There are so many obstacles that we face, and yet, we have the power within ourselves to get through them and not get swallowed or bogged down with negativity! The power of positive thinking is immeasurable, but is important in having a beneficial impact on both our mental and physical well-being. Join as an intern from Sea Glass Therapy shares all of the ways that we can tap into positivity to help foster a healthy mindset. Bring your creativity and we will help increase your feelings of hope and gratitude.

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE

Monday, June 24

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

FREE

Member exclusive

Pre-registration required

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

A Round of A-Paws

FAYETTEVILLE

Tuesday, June 25

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

FREE

Members and non-members

Pre-registration required

You can teach an old dog new tricks! Don't let this common expression mislead you. No matter if you have an energetic puppy or senior dog, there is always room for new training. Join trainers Robin and Becky with My Best Buddy Dog Training as they introduce Becky's dog Libby to help demonstrate ways to teach fun tricks to your dogs. My Best Buddy Dog training uses fun methods to train good manners! Get ideas on creative ways to meet your dog's needs and challenge them to learn commands and tricks. Robin and Becky are force free, science based dog trainers who brag that they will not even hurt a dog's feelings! Please leave your own pups at home so they aren't a distraction for the dogs coming to demonstrate during the program.

This Is How We Brew It: Cochran Mill Brewing

COCHRAN MILL BREWING

Wednesday, June 26

3 p.m. to 4 p.m.

\$15

Member exclusive

Pre-registration required

Ride on over and meet at a local brewery in Fairburn! Join us at Cochran Mill Brewing Company - 27 Word Street- in Fairburn for a refreshing afternoon! Pull up a chair and sit back for a tasting of some of their most popular beers on tap. As they go through the tastings, they'll share details about how each type of beer is made, what makes them unique, food pairing suggestions, and more. Price includes six beer tastings. Cheers! We'll see you there!

P“age” Turners Book Club

FAYETTEVILLE

Thursday, June 20

1:30 p.m.

FREE

Member exclusive

No pre-registration required

June book: *The Great Alone* by Kristin Hannah. July book: *Horse* by Geraldine Brooks. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Bean Bag Baseball

PEACHTREE CITY

Friday, June 28

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

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

Open the Doors to the White House

PEACHTREE CITY

Friday, June 28

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

FREE

Members and non-members

Pre-registration required

Join Retired Brigadier General Mark Gelhardt, a combat veteran and published author of *My Time at the Clinton White House*, as he speaks on his time serving as the Chief Information Officer during the Clinton administration. Discover behind the scenes knowledge of what happens

between the President, VP, US Secret Service, and the White House staff in regard to classified automation and telecommunication. Also hear about military personnel that support the Commander-In-Chief. Enjoy these non-partisan, non-political stories of what really happens at the White House!

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, June 19

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, June 25

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

Water You Up To?

PEACHTREE CITY

Monday, June 3

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

FREE

Members and non-members

Pre-registration required

As the temps continue to heat up and we prepare for the hottest months of the year, don't forget to keep your hydration in check. Take a sip as Shameka Clark with Azalea Estates reminds us of the importance of staying hydrated and cool during the summer. Shameka will share ideas to keep our bodies cooler and hydrated beyond just drinking water. She will also touch base on different heat related illness to look out for. Learn about a variety of benefits that hydration has on our health and how it helps rid the body of toxins.

Massage

FAYETTEVILLE

Tuesday, June 4

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.

Knees, Hips and Pain, Oh My

PEACHTREE CITY

Tuesday, June 4

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

FREE

Members and non-members

Pre-registration required

Dr. Josh Davis with First Step Physical Therapy helps us combat hip and knee pain that may help avoid surgery. Learn about the most common causes of hip and knee pain, how to avoid injury, methods of treatment if injured and tips to reducing stress on the joints that can lead to surgery.

Gotta Hand It To You: Hand Massages

FAYETTEVILLE

Wednesday, June 5

10 a.m. to 1 p.m.

FREE

Member exclusive

Pre-registration required

Sit back and relax as certified massage therapist Ange Maihorn provides a focused hand and arm massage. This human hand connection will not only help relieve tension and stress, but will concentrate on muscle and lymphatic areas in your arm and on your hand. Research

has shown that there are many health benefits to massages, and hand massage is no exception. Having this done not only feels great, but can help ease muscle tension, relieve stress, and reduce pain. Enjoy a relaxing 15 minute session with Ange and see the results for yourself!

A Bite Out of Chronic Conditions

PEACHTREE CITY
Thursday, June 6
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'll share how our nutrition can help manage chronic health concerns for diabetes, high blood pressure, and arthritis. Jennifer will share what options are best to answer the question, "What foods are recommended for your chronic concerns?". Don't let a condition be your excuse, join Jennifer to get your answers about taking care of your chronic conditions to be the healthiest version of yourself.

Grains of Goodness

FAYETTEVILLE
Friday, June 7
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Join us for a heart-healthy adventure with Dietitian Arisahi Crane from Fruition Nutrition. Unlock the secrets of whole grains and their incredible benefits for heart health. Arisahi will guide you through the wonders of whole grains, teaching you how to

incorporate these nutritional powerhouses into your daily meals. Discover delicious recipes, learn about the science behind whole grains, and enjoy a lively, supportive environment as you take a step towards a healthier heart.

The Art of Self Care

PEACHTREE CITY
Monday, June 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 in there 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 wellbeing, just to name a few. Lenee Cook-Braxton, PhD Candidate, MS, RYT with the Holistic Performance Center, will guide us through encouragement conversations and journaling exercises and 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 are able to!

100 Years Young

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

People are living longer than they ever have, so what's the secret? There are a

combination of contributing factors according to science, including genetics, diet and lifestyle. But what is truly the secret to living to 100? Join Henry Mason with Precious Hospice as he breaks down a fascinating recent documentary on Netflix, *Live to 100: Secrets of the Blue Zones*. In this limited docuseries, author Dan Buettner visits the world's longevity hot spots and unravels how people there thrive well into their 90s and beyond. Does the secret to living longer lie in steady, small changes to your day or larger more impactful tactics? There are many factors to consider from staying active, social, genetics, food and exercise. Henry will discuss pieces of the documentary and tie them into our everyday lives to share tips for living to 100! We encourage you to watch the documentary prior to class but it is not required as there will be an overview.

You're My Main Squeeze

PEACHTREE CITY
Tuesday, June 11
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Ready, set, juice! Join Terence Tarpley with JenCare Medical, as he shares the secrets to juicing using all kinds of tasty ingredients that come together as a delicious blend of wellness. Learn the best methods to turn our everyday fruits and vegetables into a delicious and heathy drink that can be cleansing and nourishing for our bodies while still treating the taste buds. Get ideas for great combinations packed full of flavor and advice for the best way to master juicing for major health benefits. Tastings will be included!

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Friday, June 14
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 Tangled Web of Medicare

FAYETTEVILLE
Friday, June 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Medicare can be a tangled web of confusion when trying to break down all the details of coverage. Go beyond the basics to get information about items they don't always tell you about Medicare! Bonita Prigmore, Medicare specialist with Insurance and Other Red Tape, shares the secrets to Medicare you may not be aware of. Discover the differences between original Medicare and Supplements and Advantage Plans as well as potential penalties and how to avoid them. Come ready with specific questions you may have and Bonita will clear up any confusion you have!

Ask the Pharmacist

PEACHTREE CITY
Monday, June 17
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

Pharmacist Anita Ben-Obi with Walgreens Pharmacy will be here to answer all your questions about specific medications. Get an individual one-on-one analysis on all your medications and how they interact, work, should

be taken, and more. Bring in a list of medications and questions and sit down to get the answers you need from one of our local pharmacies.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, June 19
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
No pre-registration required

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

Splash Into Fitness

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

Summer is here...which means the temps have heated up and boy is it toasty! In the coming months, it's only going to get hotter, so let's cool off while still getting a great workout in. It's time to get out and enjoy those warm days... and what better way than in the pool! Being in the water can be a great way to relax, but can also be a convenient way to exercise that's less stressful on your joints. Join Piedmont Wellness Center and learn how to utilize water exercise effectively in your own pool, neighborhood pool or where to find a local pool that offers aquatic amenities or fun aquatic classes.

The Skinny on Fats

FAYETTEVILLE
Friday, June 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

A healthy diet isn't always about cutting out fats, but rather focusing on including

the good fats and eliminating the bad ones. Fat does have a bad reputation, but not all fats deserve that! Dietary fats can come in many varieties. Rachel Stackhouse, intern with Diet to Lifestyle, will discuss various types of fats and break down the good vs. bad fats for you. Learn what to use in moderation and discuss the effects these fats can have on your health!

A Bit of A Stretch: Stretch Session

PEACHTREE CITY
Monday, June 24
1 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

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

On the Move: Functional Movement Assessments

FAYETTEVILLE
Monday, June 24
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Our daily movements come naturally, like second nature. However, as we age, those movements can become more difficult. The team of Physical and Occupational Therapist at Bench Mark

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

Vein Screenings

PEACHTREE CITY
Tuesday, June 25
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

A Truffles Vein Specialist will be on site to perform routine

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

The Ultimate Gym Guide

FAYETTEVILLE
Friday, June 28
1:30 p.m. to 2:45 p.m.
\$15
Member exclusive
Pre-registration required

Working out is a great resource for improving many factors of health, but also can be overwhelming. Join Physical Therapists Megan McLain and Ashley Irvin with Intuitive Choice Physical Therapy and Wellness as they take us through a guide to personal

training. Take advantage of this opportunity to get a detailed guidebook that covers how to build a well-rounded fitness program using gym equipment, finding your target heart rate for cardio, and tips for good form to take out the guesswork. During each session, you'll complete a personalized assessment to find your starting point. This will then be used to build a specific workout plan that includes cardio, strength and balance training. You'll leave with an understanding of where you should be feeling the workout during each exercise and discover ways to recognize how and when to progress so that you remain free from injuries. This will take place in the FSS fitness center. You do not have to have an FSS fitness center membership to participate during this class so join us if you have home equipment or go to a gym elsewhere.

Look What's Coming in July!

The Gorgeous Glow

PEACHTREE CITY
Tuesday, July 2
2:30 p.m. to 3:30 p.m. | FREE
Pre-registration required

We don't often associate nutrition with our skin, but they go hand in hand. Get tips on how you can modify your diet to attain glowing, healthy skin.

The AI Assistant

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

Discover the world of Artificial Intelligence (AI) and how it can assist you in everyday life. You'd be surprised how beneficial it can be and the many ways you may already have incorporated it.

Grandkid Movie Day

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

Bring your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing Wish (PG), one of Disney's newest animated movies.

A Salute to Patriotism

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

Get in the patriotic spirit as we discuss the traditions and meaning behind patriotism. Enjoy a demonstration of the folding of the flag as we learn the significance behind each fold.

Registration will be available when the July newsletter comes out Thursday, June 20th!

Our community
wants to hear
from you!

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For more information, contact
Morgan Lanier at mlanier@fayss.org



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Survivorship Celebration

Piedmont Fayette Hospital invites you to join us
to celebrate cancer survivors and
recognize the people who supported them
along their journey.
Light refreshments will be served.

Cancer Survivor Celebration

Wednesday, June 05, 2024

9:30 to 10:30 a.m.

Fayette Senior Services
4 Center Drive, Fayetteville

Space is limited; registration is required.
Call 770.461.0813 or email: register@fayss.org



Real change lives here



BOOT SCOOT & BBQ

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

**4 Center Dr. • Fayetteville
770.461.0813**

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