

August 2024

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Under the Sea

Help us celebrate the perfect send-off to summer during this beachy themed Under the Sea after-hours event!

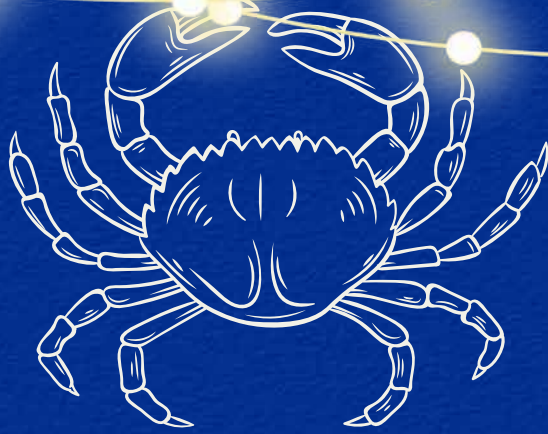
Wonder Bread

Crust us, we got you! Enjoy this sourdough workshop as you learn the secrets to making the perfect loaf.

The Best of Spuds

This easy and delicious potato salad recipe will be one that all your best buds will be asking for again and again.

Live Well. Age Well.



Please join us for a

Low Country Boil

in Fayetteville

**FRIDAY
SEPTEMBER 20**

4 Center Drive | 770.461.0813

Tickets only \$20

Event sponsored by:



**Oak St.
Health**

August

featured

The Dynamic Duo 10

What's better than one Finn? TWO! We love that MOW volunteers Deanna and Jack Finn give back together.

Less Haters, More Taters! 11

You'll love this tart lemon touch to your typical potato salad recipe that we have cooked up just for you!

Seas the Day 15

We've got no troubles, life is the bubbles, under the sea! Join us for a fun themed event, Under the Sea, at FSS.

Bready Or Not, Here We Crumb 15

We won't go baking your heart when we provide you with the skills for making the most delicious homemade sourdough.

in every issue

2024 HOLIDAY CLOSINGS

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

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

Amber Oliver
Center & Volunteer
Coordinator

THE ULTIMATE CAFÉ

June Wagner
Kitchen Manager

Debi Quinnell
Assistant Kitchen Manager

Pedro Cruz
Sous Chef

Callum Nichols
Café Assistant

Dixie Chamblee
Café Assistant

Jackson Nichols
Café Assistant

Dominic Mercier
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 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.

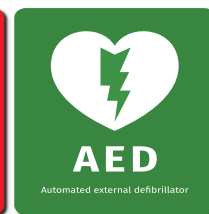
Hot breakfast item served every day
Enjoy a choice of continental breakfast items

(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... September 2024

Low Country Boil

Fayetteville | Friday, September 20
5 p.m. to 8 p.m. | \$20

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! Event sponsored by The First Bank.

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.

November 2024

Dinner Theater

Fayetteville | Thursday, November 14
5:30 p.m. to 8:30 p.m. | \$15

Enjoy an evening to remember as we bring the theater right here to you at FSS! Sit back after an elegant dinner and enjoy a live holiday themed performance.

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

Miriam's Fitness Corner Relax, Relate, Release

How many of you knew that there is a National Relaxation Day? This holiday has been marked for August 15th every year since 1985. Then created by a 4th grader, the day was designed to focus on self-care and relaxation. Both self-care and relaxation can be extremely underrated, especially as we age. And in case you didn't know, relaxation IS a form of self-care. It sounds simple, yet many of us do not factor regular relaxation into our lives. We must continuously prioritize our health and quality of living, and this means relaxation must be a regular component. Why? Because the benefits are boundless!

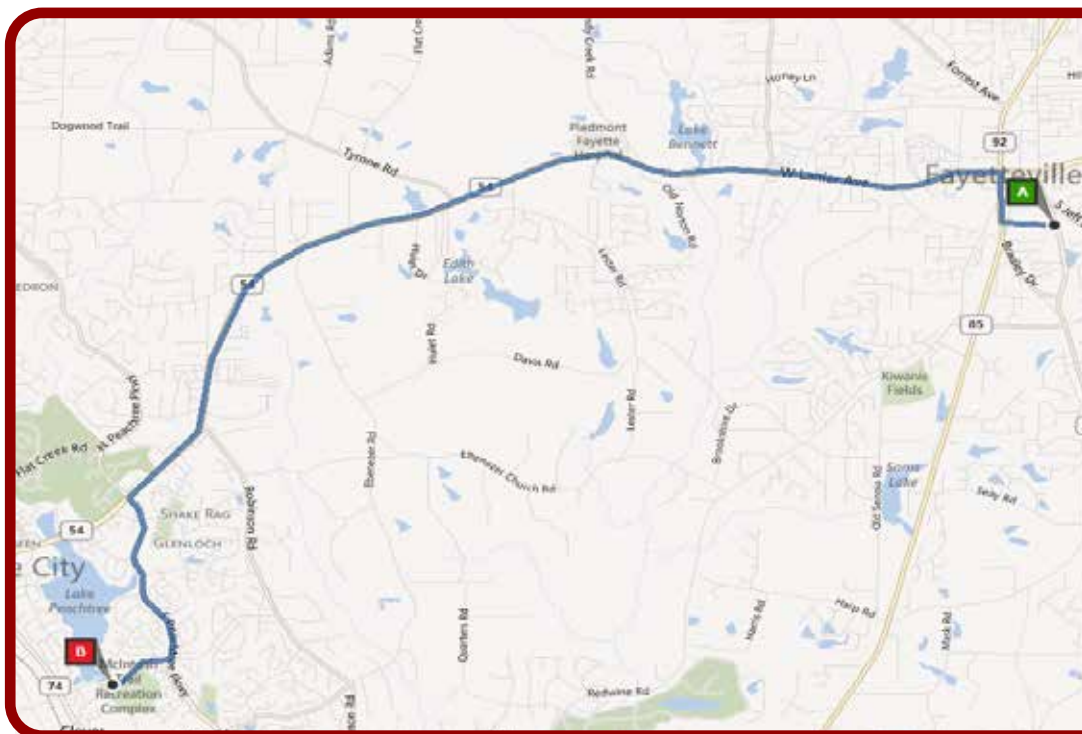
- Reduced anxiety
- Lowered blood pressure
- Improved mood
- Better sleep
- Boosted immunity
- Lower blood sugar
- Relaxed muscles
- Decreased headaches
- Improved cognition
- Reduced inflammation
- Increased circulation

Amazing - right? I don't know about you, but I am sold! What if you're one who finds it difficult to let go and relax? I can absolutely relate. So much so, I've compiled a list of suggestions to assist. The following will help you feel better mentally and physically:

- Deep breathing exercises: Taking slow, deep breaths can help to calm the mind and reduce stress.
- Progressive muscle relaxation: Tensing and then relaxing different muscle groups in the body can help release tension and promote relaxation.
- Visualization: Picturing a peaceful scene, like a beach or forest, can help to calm thoughts and relax the body.
- Exercise: Physical activity can help to reduce stress and improve mood. Even a short walk can make a difference.
- Meditation: Sitting quietly and focusing on breath or a mantra can help to quiet the mind and promote relaxation.
- Spa Day: Having a massage or simply a nice long bath at home can leave you feeling very relaxed.
- Enjoyable Activities: Golfing, reading a book, taking a drive, and fishing can all encourage relaxation.

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

Deliver A Difference

VOLUNTEERS NEEDED

Our Meals on Wheels team is in need of new volunteers! We are so appreciative of the support we have received from volunteers and those interested in volunteering, and have a few unfilled positions for a regular driver for MOW. Please reach out if you are interested in giving back to your local community.

- ✓ 1 day a week for 1 to 2 hours (between 10:30-12:30)
- ✓ Create connections with homebound seniors
- ✓ Weekly drawing to win gas gift card

For more details, contact Amber Oliver at aoliver@fayss.org or 770-461-0813



JOIN OUR MEALS ON WHEELS TEAM

 www.fayss.org/volunteer-application

NEW!

FUNCTIONALLY FIT

Join new fitness instructor Jodi Smit for this functional fitness class designed to enhance your overall strength, balance and mobility through a series of carefully curated exercises that mimic daily activities.

Check out more information about the class in the fitness section of our newsletter!

- ✓ Mondays
- ✓ 9 am to 9:45 am
- ✓ \$15 | Month
- ✓ Fayetteville | 4 Center Drive

Dear Volunteer, You Make a Difference!

Tried and True Duo

Written By: Amber Oliver



Volunteering to donate your time, resources and skills to help others can result in changing the lives of individuals and strengthening communities. When couples volunteer together, not only do they give, but they receive from their efforts. Volunteering with a spouse or friends has several benefits! It can develop a shared purpose in the relationship as they collaborate to make a positive impact. Volunteering together provides opportunities for quality time while doing something meaningful, and it can just be more fun with someone along for the ride!

Jack and Deanna Finn are two of our volunteers who have figured out the beauty of volunteering as a duo! Jack has been volunteering with MOW for over 20 years and his wife Deanna has joined him in the efforts over the last 10 years. They both enjoy helping others and serving together makes it even more meaningful. Natalie Hynson, MOW Coordinator, shared that Jack and Deanna are a tried and true duo who are always dependable and steadfast. "They don't just show up, but they show up with fun and witty comments, bringing smiles to the whole MOW team." Delivering

over 10,000 meals a month to homebound seniors in Fayette County, MOW volunteers like the Finns are a vital component to the program. These volunteers use their own vehicles to travel around Fayette County and not only deliver a meal but a visit that helps combat the growing social isolation and loneliness of senior adults. Health risks associated with loneliness and social isolation increase mortality risks by up to 30%. We cannot emphasize enough how important the contribution of the Finns and other volunteers are to being a cure for disconnection in the senior population.

Jack and Deanna grew up in Quincy, Massachusetts. Jack's father worked for the telephone company and Deanna's father was an auto mechanic who owned his own business. Both of their mothers were homemakers. Jack grew up with 1 brother and 1 sister while Deanna's was a family of all girls, 3 to be exact. As children, Jack enjoyed swimming and fishing at the nearby beach and Deanna enjoyed playing outside with friends. Jack's first job was a paper route and Deanna worked in a department store. The two met in middle school and have been married for almost 64 years! They have 3 children, 9 grandchildren and 4 great grandchildren whom they adore!

Today, Jack and Deanna like spending time at the beach and camping. They have a camper at Lake Martin and enjoy boating when they can get away. They love their time volunteering at FSS as they shared that helping others in our community is important to them. Just for fun, I asked if they were singing Karaoke, what would their song be and they agreed it would be *Crazy* by Patsy Cline. We are crazy thankful to have Jack and Deanna as FSS volunteers. Their constant, truehearted devotion to our mission of serving seniors in our community is an example of why we are able to help empower older adults to live well and age well in the comfort of their homes. Thank you Jack and Deanna for your time, talents and generosity in serving Fayette Senior Services and the community we share.

From Our Kitchen To Yours

Lemony Potato Salad

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



Photo via Recipe Eats

Ingredients

- 2 lb red potatoes with skins, cut into large bite size pieces
- 1/4 cup olive oil
- 3 tbsp lemon juice
- Zest of one lemon
- 3/4 tsp salt
- 1/2 tsp dry mustard
- 1/4 tsp pepper
- 3 green onions, thinly sliced
- 2 tbsp chopped fresh parsley

Directions

- Bring the potatoes and salted cold water to a boil in a large pot
- Boil for 15-17 minutes or until tender
Drain and cool for 5 minutes
- Whisk together olive oil, lemon juice, lemon zest, salt, dry mustard and pepper
- Add in the warm potatoes, green onions and parsley and toss to coat
- Serve at room temperature or chilled

Enjoy!

Join us in the Ultimate Cafe in Fayetteville!

Breakfast:

Monday through Friday 8:30 a.m. to 10 a.m.
Hot breakfast item served each day
(a la carte pricing plus tax)

Lunch:

Monday through Friday
11:15 a.m. to 1 p.m.
(a la carte pricing plus tax)



MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

As a member, there are many membership benefits available to you, including a variety of FREE activities...every day! Not big on classes or group activities? No problem! Many members enjoy the use of both Fayetteville and Peachtree City locations to relax, read a book, meet friends, or just grab a cup of coffee. In addition, we always have a schedule of free programs on the calendar (see our monthly events section). It pays to be a member!

IMPORTANT INFORMATION TO FITNESS STUDENTS

Some fitness classes are free to center members while some have a fee. We also have a fitness center housing many workout machines and equipment, however, an orientation must be done prior to starting. *Please check with your doctor before starting any new fitness program. "We Card!" Please help us preserve your member benefits...be prepared to show your member ID card when asked. Thank you.

Free in Fayetteville

Mondays

Sit and Get Fit:

10 a.m. to 10:40 a.m.

Canasta:

8 a.m. to 3 p.m.

Regular and Hand & Foot

Mexican Train**Dominoes:**

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

Sit and Stitch:

1 p.m. to 4 p.m.

Chess Club:

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

Bid Whist:

1:30 p.m. to 4 p.m.

Tuesdays

Pinochle:

9 a.m. to 12 p.m.

Scrabble:

1 p.m. to 4 p.m.

Tuesday Bridge Club:

1:30 p.m. to 4 p.m.

Wednesdays

Sit and Get Fit:

10 a.m. to 10:40 a.m.

Canasta:

8 a.m. to 3 p.m.

Blood Pressure Check:

10 a.m. to 12 p.m.

Rummikub:

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

Thursdays

Blood Pressure Check:

10:30 a.m. to 12 p.m.

Bunco:

1:15 p.m. to 3:30 p.m.

Fridays

Pinochle:

9 a.m. to 12 p.m.

Sit and Get Fit:

10 a.m. to 10:40 a.m.

Canasta:

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

Mexican Train**Dominoes:**

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

Scrabble:

1 p.m. to 4 p.m.

Bid Whist:

1:30 p.m. to 4 p.m.

Calling all pool sharks!

Practice your skills and have fun playing billiards. Join this fun group of friends who have made the pool room their second home! Enjoy some friendly competition and banter any day of the week during our regular business hours.

Men & women welcome!

Free in Peachtree City

The Gathering Place location in Peachtree City has a room located in the building right next door to it. Some classes are held in that room throughout the week. Please call 770-461-0813 to check or stop by the front desk and we will point you in the right direction.

Mondays

Morning Stretch:

9 a.m. to 10 a.m.

Blood Pressure Checks:

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

Intermediate Social

Bridge Free Play:

12 p.m. to 4 p.m.

Canasta:

12:30 p.m. to 4 p.m.

Tuesdays

Chinese Mahjong:

1 p.m. to 4 p.m.

This different variation to American Mahjong is less challenging but just as fun! The group will teach you to play if you are unfamiliar with the game.

Bingo Bash:

3rd Tuesday of month

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.

*Will return in September

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.



FSS member and movie star Carla Cloud walks the red carpet.



FSS members Shirley, V and Clay enjoying the afternoon.

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.



The line dancers celebrating Eddie's birthday during class!



The dynamic duo Shirley and Ann always dressed for a theme!

Special Events



Photo via Hummingbird Wine Bar

Wine Not? The Hummingbird Wine Bar Tastings

240 GLYNN STREET
Friday, August 9
1 p.m. to 2 p.m.
\$30
Member exclusive
Pre-registration required

Sip, sip hooray, it's wine o'clock! Meet at The Hummingbird Wine Bar and Market – 240 Glynn Street in Fayetteville – as we sit back, relax and learn a little more about wine. Enjoy a private tasting with a wine and cheese pairing, just for Fayette Senior Services members. Owner Kingslea Thompson will fill the glass as she treats us to an amazing afternoon learning about wine and cheese pairings. Enjoy a tasting of 3 wines and 3 cheeses. Wine flies when you're having fun!



Under the Sea

PEACHTREE CITY
Thursday, August 22
5 p.m. to 8 p.m.
\$15
Members can purchase
tickets at front desk
Pre-registration required

As the evening sky settles into a spectacular sunset, FSS will be kicking off our Under the Sea theme with a vibrant beachy feel. Throw on your flip flops, help us shake off our sandy towels and dive on in to turn up those island records. This evening will be full of dancing, great food, good beachy music and tons of fun that will have all of us feeling like we are splashing through life. Island Express Band will be performing live! This event is sponsored by State Farm Agent Mark Gray and Senior Helpers.



All You Knead Is Sourdough

FAYETTEVILLE
Wednesday, August 28
1 p.m. to 3 p.m.
\$25
Members and non-members
Pre-registration required

Who doesn't love some great homemade bread! You really can't beat the amazing smells and delicious tastes of fresh baked sourdough. Here is your chance to learn the skills to mastering your own breadmaking. Join Wellness Coordinator Jessie Lapicki during this hands-on sourdough demonstration and workshop. Not only will you discover the secrets to making a loaf from start to finish, but you'll also get tips on your gut health along the way. You'll get to take home one active sourdough starter, one loaf of bread to bake, baking tools to use at home and great sourdough recipes. Bring a mixing bowl and apron (optional) with you to class!

Sunday							Monday							Tuesday							Wednesday																																																																																										
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August Program Schedule

Needlework

Crochet: Mug Sleeve

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

You'll love this crochet mug sleeve that is the perfect place for your crochet project supplies. Materials needed: Any worsted weight yarn in one color or multiple colors (up to 5); crochet hook size H or I; button (1" or 2"); coffee mug with straight sides (handle ok); pint jar or an empty/clean food can. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: Lightweight Shawl

FAYETTEVILLE
Monday, August 26
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Get ready for those cooler nights coming our way or use now in cold air-conditioned places. This shawl is a gorgeous piece to keep you warm. Materials needed: 1 skein Mandala Bonus Bundle or Bernat Baby Sports or any sport weight yarn – 1000 to 1100 yards; crochet hook size G or H. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, August 21
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE

Wednesday, August 28
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

The Batik Technique

PEACHTREE CITY
Friday, August 16
9:30 a.m. to 12:30 p.m.
\$25 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Learn the ancient Indonesian art of batik. Batik is a technique of wax-resist dyeing and the same technique used to make beautiful batik cloth can be applied to making gorgeous watercolor paintings. If the painting is framed in a mat without a backing, it even has a stained-glass look when hung in a window! Karen will demonstrate how to use this ancient technique to create a beautiful painting. See front desk for sample photo.

Painting Workshop

FAYETTEVILLE
Tuesday, August 20
10 a.m. to 12 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with

the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a scene straight out of the FSS garden – the gorgeous fountain!

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!



Fitness

Functionally Fit

FAYETTEVILLE

Monday

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

\$15 | Month

Instructor: Jodi Smit

This functional fitness class is designed to enhance your overall strength, balance, and mobility through a series of carefully curated exercises that mimic daily activities. Focus on improving functional movement patterns and boosting confidence in everyday tasks all while getting in a great workout. Ideal for all fitness levels who want to stay active, get stronger and maintain independence. Whether you're new to exercise or looking to enhance your current fitness routine, this class offers modifications to suit individual needs and abilities.

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.

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

Will return in September. 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

Will return in September. 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 great 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.



What's for Lunch?

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

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

The Low Down on Our Town

PEACHTREE CITY
Thursday, August 1
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, August 8 | 1:15 p.m.
The Miracle Club (2023) | PG-13

Starring: Maggie Smith, Laura Linney, Kathy Bates. In 1967, three generations of spirited friends from Dublin have just one dream to taste freedom, to win a pilgrimage to Lourdes. They need a miracle as they navigate unexpected revelations along the way.

PEACHTREE CITY
Thursday, August 29 | 12:15 p.m.
Oppenheimer (2023) | R

FAYETTEVILLE
Friday, August 30 | 12:15 p.m.
Oppenheimer (2023) | R

Starring: Cillian Murphy, Emily Blunt, Matt Damon. Take in Christopher Nolan's breathtaking global phenomenon about the father of the atomic bomb. This film is the story of American scientist J. Robert Oppenheimer and his role in the development of this crucial bomb.

Movie sponsored by:



**JenCare Senior
Medical Center**
A CHENMED COMPANY

Pre-registration required

Get the inside scoop on the inner workings of Peachtree City's operations. How much do you know about Peachtree City's Government? Here's your chance to learn more about the manner in which decisions are made and how the city operates. Interim City Manager Justin Strickland will show us a side of Peachtree City we've never seen before – looking into the organizational structure, Council-Manager format, powers and duties and the daily operations. There will also be an interactive activity to put your knowledge to the test as well as an opportunity to ask the City Manager important questions.

Cornhole

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

PEACHTREE CITY
Friday, August 16
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

Bring out your competitive side or join us for a little fun and socialization, either way you'll have a blast! Two-time 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!

Back In the Day of Brooks

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

Join Brooks Mayor Dan Langford as he provides a

look into the history of Brooks past, present and future. Mayor Langford has served as the Acting Mayor since 2010 and has been a member of the city council since 1998. With deep roots set in Fayette County as far back as 1805, he has researched, discovered and brought to life the rich history of this small rural town. He'll share insight into his findings as he recalls stories from his past and his book *The History of Brooks, Georgia*. Discover how Brook's location in Fayette County and its proximity to Atlanta saved it from becoming just another dying small Southern town, and learn about its incredible history from the beginning to now!

Garden Club

FAYETTEVILLE
Tuesday, August 6
9:30 a.m.
Members and non-members
No pre-registration required

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

Once Upon A Story

FAYETTEVILLE
Tuesday, August 6
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!

Get to Know Fayette Senior Services

PEACHTREE CITY
Wednesday, August 7
2:30 p.m. to 3:15 p.m.
FREE
Members and non-members
Pre-registration required

Learn more about the programs, opportunities to get involved, 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!

Freedom Rider

FAYETTEVILLE
Thursday, August 8
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

In the summer of 1961, a group of mostly young people both African American and white risked their lives to challenge the system of segregation in interstate travel throughout the South. Among those brave individuals was Charles Anthony Person, who helped lead the way to freedom and equal rights as one of the founding members of the Freedom Riders. Charles was one of the core members of the original Freedom Riders and also was the youngest of the original members. He was an academically gifted individual with incredible leadership skills and bravery that paved the way in the Civil Rights Movement. As one of the two still living original Freedom Riders, we are fortunate to be joined by him as he tells his story of his experience and the journey riding his way to equality. You can also learn more about him in his book *Buses Are A Comin' – Memoirs of a Freedom Rider*.

In the Moment

PEACHTREE CITY
Monday, August 12
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

The Southside Sidekicks are the hilarious improv troupe from Southside Theatre Guild in Fairburn, Metro Atlanta's oldest, all-volunteer, community theater. Join them as they present a fast-paced and fun show based entirely upon your suggestions. This will be entertaining and interactive to say the least and will keep you on the edge of your seat!

You Give Me Butterflies

FAYETTEVILLE
Monday, August 12
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Discover the ways you can bring beautiful butterflies to your backyard! Kim Toal with the Fayette County Extension Office discusses proper plant selection that will attract these gorgeous insects. Whether you are gardening in containers or in a flower bed, adding specific plants that will attract butterflies will increase the chances of seeing them in your own backyard!

Lunch & Learn: The 40/70 Conversation

FAYETTEVILLE
Tuesday, August 13
11:30 a.m. to 1:30 p.m.
\$10 | Includes lunch

Members and non-members
Pre-registration required

There are lots hard conversations in life. We try to avoid many and other needed ones just never happen, but that doesn't take away from their importance. Beth Dow with Home Helpers Home Care and attorney Cynthia Welsh

with Meyerson Law Firm help us navigate the tough conversations you may be avoiding. Learn about the 40/70 conversation and the meaning of this clever name. You'll discover what they believe to be one of the most important conversations to have with your adult children if you are over the age of 70 and they are over the age of 40. This conversation is imperative to ensure that as you age, you age how and where you want. Cover the 3 questions that need to be asked – Where do you want to live? Who is going to make decisions if you can't? How will you pay for it all?

Volunteer Open House

FAYETTEVILLE
Tuesday, August 13
2 p.m.

Members and non-members
No pre-registration required

If you are a 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.

Learning From Living

FAYETTEVILLE
Wednesday, August 14
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. 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.

A Trust In Our Wills

PEACHTREE CITY
Wednesday, August 14
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Although it isn't something any of us enjoy preparing for, it is always good to have things in order for loved ones if something were to happen. Vicki Farrell with Fayette Law Group provides information on the differences between a will and a trust and how to leave a legacy for your family. Learn about what a will entails and when you need one, as well as how to determine which type of trust to use, if any, and everything in between!

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, August 15
1:30 p.m. to 3 p.m.
FREE

Members and non-members
No pre-registration required

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

The Grape Escape

PEACHTREE CITY
Thursday, August 15
2 p.m. to 3:30 p.m.
\$20

Member exclusive
Pre-registration required

Wine connoisseur Eric Trout, will be on hand to pass along all his expertise about wines. Join in the fun for a monthly educational program related to different wines, regions, countries, and more. Get information on the monthly choice and become a wine

expert in no time. This month, learn about wines from all around the United States!

Frankly My Dear

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

Join historian Debi Riddle with the Fayette County Historical Society as she makes the connections between the most beloved characters of Margaret Mitchell's *Gone with the Wind* and Fayette County. Learn the red dirt past of Margaret Mitchell and how that past helped her vision in writing an iconic Southern love story. Hear how her great grandparents, grandparents and mother all helped shape her life. Discover how the characters tie into her story and real life as you connect the dots and discuss the influence of Fayette County both before and after the pages were printed!

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, August 19
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.

A Dip Into Chocolate

FAYETTEVILLE
Monday, August 19
1:30 p.m. to 2:30 p.m.
\$5
Members and non-members
Pre-registration

They say all you need is love...but a little chocolate every now and then also

helps! Indulge in some chocolatey goodness as Scoops Fayetteville treats us to a fun and tasty demonstration on all things chocolate! Scoops will share the secrets to getting the creamiest melting chocolate for your dipping pleasure. During class, you'll have a chance to learn about making chocolate covered items and enjoy a demo on dipping cookies, marshmallows, peanut butter crackers, and other goodies. You'll even get to taste some of these amazing treats. You can't buy happiness, but you can buy chocolate!

And Sew It Begins

FAYETTEVILLE
Tuesday, August 20
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.

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, August 20
1:45 p.m.
FREE
Member exclusive
No pre-registration required

August book: *Black Cake* by Charmaine Wilkerson. September book: *Indigo Girl* by Natasha Boyd. For more information, please contact Meghan Caton at megcaton@gmail.com.

Right Up My Alley: Bowling

ROYAL LANES SOCIAL
Tuesday, August 20
4 p.m. to 5 p.m.
\$10
Member exclusive
Pre-registration required

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

P“age” Turners Book Club

FAYETTEVILLE
Thursday, August 22
1:30 p.m.
FREE
Member exclusive
No pre-registration required

August book: *Horse* by Geraldine Brooks. September book: *Pride and Prejudice* by Jane Austin. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Quiet On Set

FAYETTEVILLE
Thursday, August 22
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Here's your chance to jump on set with the real heroes of the big screen, the background actors! Without them, the scene just wouldn't seem real! Join actors and Fayette Senior Services members Carla Cloud and John Branch as they share their expertise

and experience in background acting. Discover what background acting entails and how to book jobs in addition to traits of a background artist. You'll discover all about the fun on set - the good, the bad and the ugly - as well as learn common on-set terminology and acronyms.

Bean Bag Baseball

PEACHTREE CITY
Friday, August 23
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

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

Death Unexpected

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

Local author and former officer with the Fayette County Sheriff's Office Bruce Jordan joins us to share the stories of first-hand accounts and real events that happened right here in Fayette County and other parts of Georgia! Help unravel the mysteries as he shares real events in real places from his book *Death Unexpected: The Violent Deaths of Fayette* as well as *Murder in the Peach State*. Hear stories from the viewpoint of a veteran detective's examination of infamous crimes and murder cases in Georgia's history. From these crimes that shocked Georgia communities

to death, intrigues and the darker side of rural Georgia's history, you'll be fascinated by what Bruce has to share.

Pillow Talk

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

Chunky pillows are all the rage right now, and they are just as fun to make as they are beautiful for sprucing up your décor! Bonita Prigmore, Medicare specialist with Insurance and Other Red Tape, teaches us the trick to creating these easy finger knit pillows (technique can also be used for blankets). They are comfortable and soft and also look great around your home! No previous knitting experience is needed and no knitting needles are used. It's fun, easy and addicting and all you need are your fingers and the materials. Feel free to bring supplies and get a 'fingers-on' experience or you can come and just observe and complete at home later. If you'd like to follow along, you'll need the following supplies for oversized 20" pillow: 2 skeins Bernat "Blanket BIG" chenille yarn or Yarn Bee "Eternal Bliss". For the pillow insert, use any size and type that you prefer. See front desk for sample photo.

Moving Mountains

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

In 1986, while on a trek in the Himalayan Mountains, adventurer Hugh Morton came face-to-face with Mt. Everest, an event that would dramatically change the course of his life. At 39 years

old, an age when many mountaineers are retiring, Hugh began a 30-year odyssey that would have him climbing major mountains around the world, including Everest and the coveted Seven Summits challenge. Hugh joins us as he shares a video of his story and discusses the challenge he took on while completing his journey that spanned seven continents from Alaska to Antarctica! Hear some of his best memories from the incredible mountaineering adventures and his story of persistence, determination and success - and sometimes failures - along the way.

A Creative Outlet

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

Discover the power of art journaling to help you express yourself! Art journaling is all about the creative process of pulling together and incorporating colors, images, patterns and other materials. It's an invitation to discover and rekindle the joy of creating and understanding your emotions in addition to helping you de-stress. Join Megan Terry, intern with Seaglass Therapy, as she helps us bring stories to life in our very own art journal. Megan will provide the materials, just bring along a journal to use and get started. Discuss the benefits of art journaling and get ideas of different styles before creating your first page during class!

A Splash of Color

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

Artists and interior designers have long understood how color can dramatically affect moods, feelings, and emotions. Color is a powerful design tool that can make the rooms in your home feel more calm, cheerful, comfortable or dramatic. Join interior design enthusiast Amy Epperson with Brightmoor Hospice and learn how to choose colors that will make your home an expression of your own style and personality.

Seize The Clay

240 GLYNN STREET
Thursday, August 29
1 p.m. to 3 p.m.
\$40 | Includes materials
Member exclusive
Pre-registration required

Have you ever been interested in learning to throw on the wheel but don't know where to start? Or do you even know what that means? Meet at Two Hands Pottery Studio - 240 Glynn Street in Fayetteville – as Bree Deck welcomes us to her studio to use a wheel to make a gorgeous piece of pottery. During this introduction to the pottery wheel, she'll walk you through the steps from centering to shaping. Begin the class with a demonstration and, once you're ready, you'll create one to two different pieces. This class is extremely beginner-friendly, instructors will be there every step of the way to answer any questions you may have. Must be registered by Thursday, August 22nd.

The Curtain Call

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

If you've ever gone to a theater and experienced a live stage play, you'll understand when we tell you the art is like nothing else! For thousands of years, this form of entertainment and art has

grown into the wonderful theatrical experience we are able to enjoy today. Theater is a branch of performing arts that focuses on live performance involving dance, drama, music, comedy and more. Fracena Byrd, Artistic Director and Owner of local theater Town Square Playhouse, joins us to share an overview of the history of theatrical plays and shares her passion for theater in a way we can only admire!

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!



Computer Tutor

FAYETTEVILLE
PEACHTREE CITY
Classes scheduled by request
\$15 | Session (up to 2 hours)
Member exclusive
Instructor: Edwin Cooper

If you can't quite figure out that computer or the programs on it, here is your chance to get one-on-one help for your specific needs. Edwin will assist in guiding and teaching basic computer skills you may need help mastering. Maybe you need help with setting up email, or learning how to use a program like Microsoft Word or even setting up passwords, the options are endless. Simply choose a topic, location and request a date and time and we'll have you well on your way to unwinding your confusion for these useful pieces of technology! Edwin can tutor on Windows or Mac computers.

Computer Technology Assistance

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

FAYETTEVILLE
Tuesday, August 27
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

Bring in your laptop and questions about your computer for 1-on-1 assistance. Lance Collins with PTC Techs will assist with computer technology troubleshooting, removal of unwanted programs, antivirus prevention, and general

questions. This is not a computer tutor class.



Wellness

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Thursday, August 1
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.

Aged to Perfection

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

Explore the empowering concept of aging backwards as we take a deeper look into the phrase "younger next year". Dr. Tarryn Hoff, sport psychologist, university professor, and owner of Peachtree City Personal Training, delves into practical strategies and mindset shifts that promote vibrant health, vitality, and a sense of youthful energy as we age! Discover how to embrace the journey of graceful aging and unlock the secrets to living a fulfilling and prosperous life, regardless of age. From optimizing physical fitness to nurturing mental well-being, Dr. Hoff offers insights and inspiration to help you thrive at every stage of life. Get ready to redefine aging and embark on a journey toward a brighter, more youthful future!

Target Your Goals

FAYETTEVILLE
Monday, August 5
1:30 p.m. to 2:30 p.m.

FREE
Members and non-members
Pre-registration required

Take the first steps to achieving your goals! It's never too early, or too late, to set goals in life for any area you choose to work towards. Shameka Clark with Azalea Estates helps direct us in creating attainable and realistic objectives for reaching goals we have set for ourselves. Discover the secret to SMART goal setting through specific, measurable, achievable, relevant and time-bound goals.

Massage

FAYETTEVILLE
Tuesday, August 6
10 a.m. to 2 p.m.
\$40 | 30 minutes
\$60 | 1 hour
Member exclusive
Pre-registration required
Masseuse: Tranquil Escape

There are many health benefits to massages including stress reduction, increase in blood flow, improving balance, stimulating the nervous system, helping flexibility, assisting in better sleep, and relieving pain. Treat yourself to a relaxing massage! Enjoy this FSS exclusive discount by booking through us, but meet at their quiet and calming studio for your appointment – 500 W. Lanier Avenue Suite 602 | Fayetteville, GA 30214.

Bring On the Sensation

PEACHTREE CITY
Tuesday, August 6
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 shares information about neuropathy. Hear about the causes and prevention methods you can do to help, as well as techniques to

improve circulation, reduce severity, and improve your sensation.

Hearing Screenings

FAYETTEVILLE
Wednesday, August 7
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

Foundations of Health

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

It's no surprise that how we treat our bodies directly affects how we feel in everyday life. It is important to be keenly aware of how significant lifestyle and dietary choices are for sustained health and wellbeing. Joanna Chipman, formerly a Grady medic and now a naturopathic doctor at Haven Health, shares ideas for building solid foundations for health and longevity. She'll discuss the basic reasons and the benefits of quality air, water, food, sunlight, rest, movement and community in serving a bigger purpose. This unique approach to a holistic perspective will include simple, tangible changes that can be implemented easily and immediately to improve your overall health!

Feed Your Immunity

PEACHTREE CITY
Tuesday, August 13
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members

Pre-registration required

As we age, our immunity systems can be compromised, causing them to function less effectively. This decrease in functionality can cause us to not feel as great and makes fighting infections much harder. Join Certified Health Coach and Licensed Medicare Insurance Broker Jennifer Lunsford to find out what foods and nutrients can support your immunity system while preventing and fighting infections more efficiently. This class will provide information on how to boost your health every day or when you're feeling under the weather.

Memory Screenings

FAYETTEVILLE
Thursday, August 15
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

GoodRx

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

GoodRx is a free-to-use website and app that tracks prescription drug prices and offers coupons for everyone to use, at no cost to you. Pharmacist Chelsea Pepples with Kroger Pharmacy discusses this program in depth and will share how it works, the pros and cons to using it vs your insurance, and how to navigate their

website and app to find the best coupons!

Down to the Detox

PEACHTREE CITY
Monday, August 19
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Our bodies can be full of toxins and we don't even realize it. From the foods and drinks we put in our bodies to other factors, it can have many negative effects. Lifestyle Coach and Certified Nutritional Therapist Linda Weigand with Inside Out Dynamics shares insight for minimizing toxic overload and provides tips for detoxing our bodies. Gain a better understanding on why toxins matter and what you should be concerned about when it comes to them. Learn about symptoms to look out for and ways to reset for a healthy brain and body!

Gotta Hand It To You: Hand Massages

FAYETTEVILLE
Tuesday, July 20
10 a.m. to 1 p.m.
FREE
Member exclusive
Pre-registration required

Sit back and relax as certified massage therapist Ange Maihorn provides a focused hand and arm massage. 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!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, August 21
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.

Be A Good Sport

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

Who says you still can't have a little friendly competition at this age? Playing sports may seem like a young person's game, but the good news is that there are plenty of sports and active pastimes that can keep you engaged, fit and satisfy your competitive spirit even as we age! Discover which sports and pastimes are the most beneficial for seniors, why they are important and how to take part safely.

Mini Massage

PEACHTREE CITY
Thursday, August 22
9 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

It's time to relax and what better way to do that than to give yourself a little treat and TLC! Take a little time for yourself and stop by for a full-on relaxation session to help you get on your way to feeling better. Massage students with Peachtree City School of Massage will be on site to perform fifteen-minute mini massages to help you achieve a calmer state. A healthier you begins with destressing and here is the

perfect chance to start that routine.

Balance It Out: Balance Assessments

PEACHTREE CITY
Friday, August 23
1:30 p.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

Lauren Dale 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. Afterwards, Alison will discuss the results and make suggestions to achieve the level of wellness and balance you desire.

Virtual Dementia Tour

FAYETTEVILLE
Tuesday, August 27
12:30 p.m. to 3:30 p.m.

FREE
Members and non-members
Pre-registration required

It's hard to understand what someone with dementia is going through, but Brightmoor Hospice will help us see into their world for a few short minutes. The Virtual Dementia Tour has been a proven method to building a greater understanding of dementia through the use of sensory tools that gives us a chance to step into dementia patient's shoes in a way you never imagined before.

In the Know with Urology

PIEDMONT WELLNESS CENTER
Wednesday, August 28
11:30 a.m. to 12:30 p.m.
FREE
Members and non-members
Pre-registration required

Often our urologic health is overlooked until there is an

issue. Your urinary tract system is your body's way of getting rid of excess waste after your kidneys filter impurities from our blood, regulating imperative levels in our bodies and activating vitamins for bone and muscle strength. Aging can increase the risk of urinary tract and bladder problems, leading to concerns such as kidney stones, lack of bladder control or frequent UTIs, creating risks to your overall health. Join Dr. Edan Shapiro, urologist at Georgia Urology, to learn ways you can improve your urologic health, recognize symptoms of an issue and when to seek care from your physician or urologist. Meet at Piedmont Wellness Center - 200 Trilith Parkway in Trilith - for this presentation. This program is part of the 2024 FSS and Piedmont Fayette Hospital Wellness Series.

Look What's Coming in September!

Get to Know Fayette Senior Services

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

Learn about programs, opportunities and how to get involved at Fayette Senior Services! We are here to help you age well and live well.

Baja Adventures

FAYETTEVILLE
Thursday, September 5
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Take a virtual trip to Baja California as Michael Isham retells his adventures of whale watching in this beautiful place, including his close encounters with migrating gray whales.

The Nuts and Bolts of Stocks

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

Discover the trends that help investors evaluate what investments fit into an overall strategy as we take a look at common vs. preferred stocks, dividends and investment strategies.

Ready, Set, Prep

FAYETTEVILLE
Friday, September 6
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Make your life simpler with these helpful tips for easy-to-do healthy meal prepping! If the thought of opening your fridge to several ready-to-eat options sounds great, this is for you.

Registration will be available when the September newsletter comes out Tuesday, August 20th!

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Morgan Lanier at mlanier@fayss.org



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 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.

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FAYETTE SENIOR SERVICES



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

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

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Contact Morgan Lanier at
mianier@fayss.org or 770-769-8430
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