

September 2024

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY



## In The Low Country

We'll be living life in the low country at our annual Low Country Boil full of delicious eats and great music!

## Blossoming Garden

Join us in our gorgeous garden as we celebrate the beauty that surrounds us and the people who make it possible.

## Wise Crack

The name may make you take a second look, but the taste of these swamp crackers will have you going back for thirds.

*Live Well. Age Well.*



*Under the*  
**HARVEST**  
*Moon*

THURSDAY  
OCTOBER 24

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

HAPPY FALL Y'ALL!  
ENJOY LIVE MUSIC AND  
DELICIOUS FOOD AT THIS  
FALL FESTIVAL!

Fayetteville  
4 Center Drive

Mark Gray, Agent  
770-487-8561



# September

**featured**

## **Packing More Than Meals** 10

MOW volunteer Lisa DiCarlo packs more than just meals - she packs hope, love, and compassion!

## **You Crack Me Up** 11

These crackers are addictive and may have you eating the entire helping yourself in one sitting!

## **Low Country Living** 15

Get your dancing shoes on as we dance the night away and get some crab claws crackin' at our Low Country Boil.

## **A Tranquil Oasis At FSS** 15

Enjoy a brisk morning out in Fayette Senior Services' garden as we celebrate the beauty of life around us.

## **2024 HOLIDAY CLOSINGS**

<b>Labor Day</b> .....	<b>September 2, 2024</b>
Thanksgiving.....	November 28, 2024
Thanksgiving.....	November 29, 2024
Holidays.....	December 23, 2024
Christmas.....	December 24, 2024
Christmas.....	December 25, 2024
Holidays .....	December 26, 2024
Holidays .....	December 27, 2024
New Years Day.....	January 1, 2025

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## ABOUT US

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

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

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

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

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

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

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

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

### **Fayetteville Location:**

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

### **Peachtree City Location**

#### **The Gathering Place:**

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

### **Visit us at our website:**

[www.fayss.org](http://www.fayss.org)

## **BOARD OF DIRECTORS**

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

# 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

Simone Gordon  
Finance Officer

## THE ULTIMATE CAFÉ

June Wagner  
Kitchen Manager

Debi Quinnell  
Assistant Kitchen Manager

Pedro Cruz  
Sous Chef

Callum Nichols  
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

Ashley Allred  
Care Manager

Stevie Coachman  
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

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...

### 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. Sponsored by Attorney David Moore with Peachtree Law Group.*

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

## Miriam's Fitness Corner

### Don't Fall For It

Falls are one of the leading causes of injury and death among seniors. The CDC details each year more than 25% of adults aged 65 and older report falling. Recent records indicate that over 40,000 seniors died in one year from preventable falls with more than 3½ million others requiring emergency treatment. Some contributing factors to falling include trip hazards, lack of vitamin D, weak lower body strength and medications that affect balance. Regular exercise, a healthy diet and a daily dose of sunshine will help keep muscles and bones strong and improve balance and coordination, reducing the risk of falling. So a major factor is to **STAY ACTIVE!**

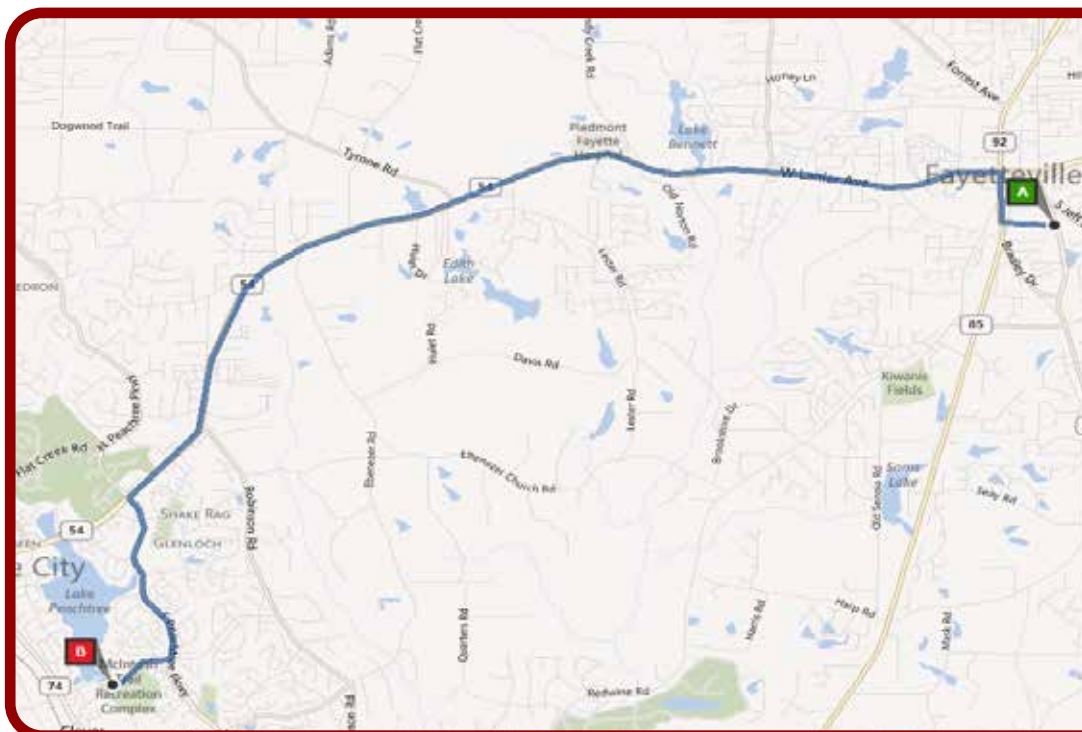
The following are additional tips to help prevent falls:

1. **Stretch:** When we stretch, we strengthen AND lengthen our muscles. Strong and relaxed muscles allow greater range of motion when moving about. It also cures the old man shuffle, promoting longer strides and safer steps.
2. **Remove hazards:** Keep floors clear of clutter, cords or rugs that could trip someone up.
3. **Wear sensible shoes:** Choose footwear with non-slip soles and good support.
4. **Use assistive devices:** If necessary, use a cane or walker for added stability.
5. **Install safety features:** Consider grab bars in the bathroom, handrails on stairs and good lighting throughout the home.
6. **Take medications carefully:** Some medications can cause dizziness or drowsiness, increasing the risk of falls.
7. **Regular eye and hearing checkups:** Make sure vision and hearing are functioning well to prevent falls due to sensory issues.

Remember, prevention is always key. Don't be a statistic and fall for nothing!

## 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](mailto:aoliver@fayss.org) or 770-461-0813



**JOIN OUR MEALS ON WHEELS TEAM**

[www.fayss.org/volunteer-application](http://www.fayss.org/volunteer-application)

## 2024 Sponsorships Now Available!

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

SPONSORS

FAYETTE SENIOR SERVICES  
**Life Enrichment Center**  
*Making Life Better*

## Under *the* Sea!

THANK YOU TO OUR EVENT  
SPONSORS FOR YOUR SUPPORT IN  
SUCH A SUCCESSFUL EVENT!

 SENIOR  
Helpers

Mark Gray, Agent  
770-487-8561

 State Farm™

# Dear Volunteer, You Make a Difference!

*Bust a Move by Volunteering*

Written By: Amber Oliver



Lisa DiCarlo has lived in Fayette County for 17 years and has been sharing her time and talents with Fayette Senior Services since January 2019. While Lisa serves in one of the less visible volunteer roles here at FSS, it is a role of great importance. We are so lucky to have Lisa assist us with the intricate parts of Meals On Wheels by helping pack the meals before they go out to clients. In June alone, MOW delivered 8,282 meals to homebound seniors in Fayette County. But before those meals can be delivered, they must be sorted and packed. Lisa is one of the volunteers who helps make that happen.

When her children were younger she enjoyed volunteering in their schools, and as they grew up and graduated, she felt compelled to continue to volunteer in her community. Both her mother and father-in-law had volunteered for MOW in Pittsburgh, Pennsylvania well into their 80's, so MOW in Fayette County seemed like a good fit for her too. Lisa says "The feeling of giving back, helping others and the social part of seeing my co-volunteers as well as MOW clients is what I love about volunteering!" Natalie Hynson, MOW Coordinator, said that Lisa is a moral boost to the MOW team. "She loves

to listen to music as we pack and she has even been known to sneak in a dance move or two every now and then," Natalie chuckled as she shared her enthusiasm for working with Lisa.

Lisa grew up in Eugene, Oregon as a middle child. She had an older sister and a younger brother. Her father was an architect and her mother was a homemaker and juvenile counselor. As a child, she enjoyed riding her bike, camping, swimming and reading a lot of books! Her first job was as a counter waitress at Bob's Great Hamburgers. She attended Adams Elementary, Jefferson Jr. High and Churchill High School before attending the University of Oregon.

Lisa will be celebrating 29 years of marriage this September. She met her husband, Tom, on a blind date set up by mutual friends to see Neil Young in concert. Together, Tom and Lisa share 3 children. They have 2 daughters, one who lives in Seattle, Washington and one in Portland, Oregon. Their son recently completed his master's degree and is currently living in Atlanta. Lisa enjoys reading, gardening, cross-stitching and camping.

Just for fun, I asked Lisa if stranded on a desert island, what 3 items would she want with her: sunscreen, my pillow, and a water purifier. If she had to sing karaoke, *Killing Me Softly* by Roberta Flack would be her song. If she had to listen to one song for the rest of her life, it would be *September* by Earth, Wind and Fire. It only seems fitting she is the 'September' spotlight after all!

Thank you Lisa, for sharing your time and motivating others to support our community. In the 2024 fiscal year for FSS we provided 87,565 home delivered meals! That's AMAZING! It is due in part to volunteers like Lisa that help make the transition of aging a little less challenging by empowering older adults to live well and age well in the comfort of their homes. We are proud to be delivering a difference in our community and we could not do it without volunteers like Lisa who are willing to "bust a move" by volunteering.

# From Our Kitchen To Yours

## Swamp Crackers

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

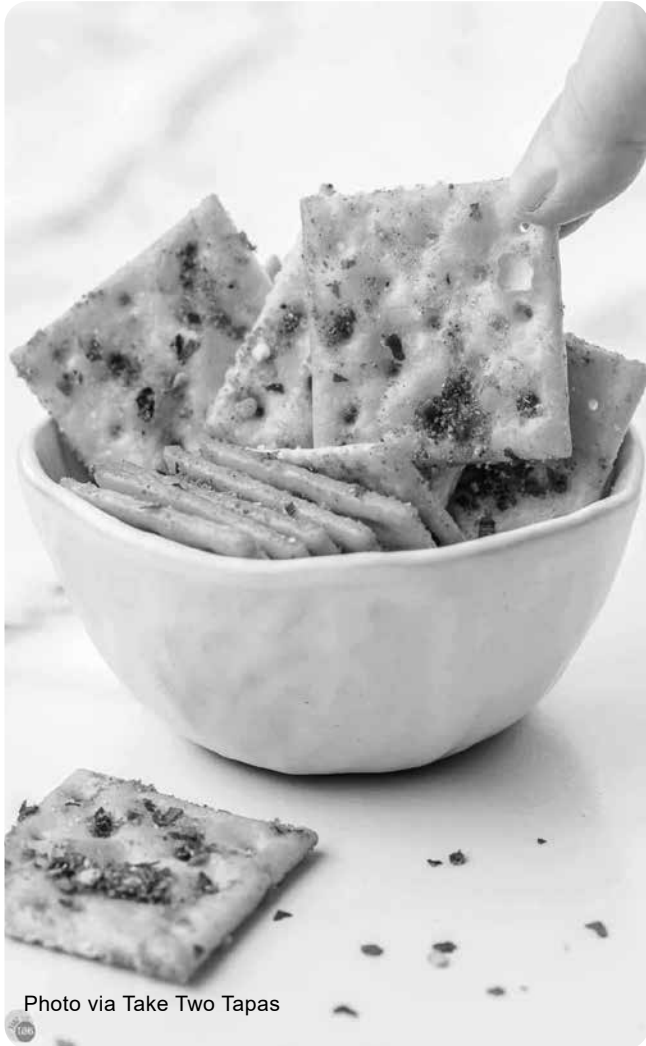


Photo via Take Two Tapas

### Ingredients

- 1 1/2 cups canola oil
- 1 tablespoon red pepper flakes
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon creole seasoning
- 1 package ranch dressing mix

### Directions

- Whisk all the above ingredients together in a large bowl
- Add 1 box (4 sleeves) of unsalted crackers and stir gently with a spoon
- Let them sit until all the oil is soaked up and gone and then they are ready to eat

*Enjoy!*

Join us in the Ultimate Cafe in Fayetteville!

#### Breakfast:

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

#### Lunch:

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



## MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

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

### IMPORTANT INFORMATION TO FITNESS STUDENTS

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

## Free in Fayetteville

### Mondays

**Sit and Get Fit:**

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

**Canasta:**

8 a.m. to 3 p.m.

Regular and Hand & Foot

**Mexican Train****Dominoes:**

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

**Sit and Stitch:**

1 p.m. to 4 p.m.

**Chess Club:**

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

**Bid Whist:**

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

### Tuesdays

**Pinochle:**

9 a.m. to 12 p.m.

**Scrabble:**

1 p.m. to 4 p.m.

**Tuesday Bridge Club:**

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

### Wednesdays

**Sit and Get Fit:**

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

**Canasta:**

8 a.m. to 3 p.m.

**Blood Pressure Check:**

10 a.m. to 12 p.m.

**Rummikub:**

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

### Thursdays

**Blood Pressure Check:**

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

**Bunco:**

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

### Fridays

**Pinochle:**

9 a.m. to 12 p.m.

**Sit and Get Fit:**

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

**Canasta:**

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

**Mexican Train****Dominoes:**

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

**Scrabble:**

1 p.m. to 4 p.m.

**Bid Whist:**

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

### *Calling all pool sharks!*

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

**Men & women welcome!**

# Free in Peachtree City

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

## Mondays

### Morning Stretch:

9 a.m. to 10 a.m.

### Blood Pressure Checks:

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

### Intermediate Social

### Bridge Free Play:

12 p.m. to 4 p.m.

### Canasta:

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

## Tuesdays

### Chinese Mahjong:

1 p.m. to 4 p.m.

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

### Bingo Bash:

3rd Tuesday of month

2 p.m. to 4 p.m.

Group meets monthly to play bingo. No partner needed.

## Wednesdays

### Morning Stretch:

9 a.m. to 10 a.m.

### Marathon Bridge:

2nd Wednesday of month

10 a.m. to 2 p.m.

\*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.



Members having fun playing Bean Bag Baseball in PTC



Wellcare putting on an amazing smoothie demo and tasting

# 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.



A few FSS volunteers enjoying the volunteer appreciation event



Bringing out their artistic side at the painting workshop

# Special Events



Photo via Trilith Experience

## The Trilith Experience

ROAM Workspace  
Tuesday, September 17  
1 p.m. to 2 p.m.  
\$30  
Member exclusive  
Pre-registration required

Experience Trilith like never before! Enjoy this guided trolley tour for an overview of the distinct, purpose-built gateway to inspiration. This tour includes a brief video that highlights the journey of Trilith, followed by a tour to experience how their remarkable story has developed. Discover the stories of Trilith through the movies that have been filmed there to the community that has grown in the town itself! See primary filming locations for some of the highest grossing films and be inspired by what you see behind the scenes. Discover the beauty of handcrafted buildings and carefully curated shops and chef-driven restaurants to purposeful placement of greenspaces and homes. Meet at ROAM Workspace in the downtown area of Trilith – 210 Trilith Parkway, Suite 100. Registration required by Friday, September 13.



## Low Country Boil

FAYETTEVILLE  
Friday, September 20  
5 p.m. to 8 p.m.  
\$20  
Members can purchase tickets at front desk  
Pre-registration required

Come fill your plate at FSS' annual Low Country Boil! Enjoy a wonderful dinner prepared by the kitchen crew that is full of shrimp, crab, sausage, potatoes and corn. Dance the evening away to Eddie Huffman's incredible DJ tunes! Bring out your Cajun side for a night with a delicious, traditional raging Cajun dinner. Get your dance moves ready for a night on the dance floor. This event is sponsored by The First Bank and Oak Street Health. This event is sold out, but we welcome you to join the wait list in case we have cancellations.



## In Bloom Garden Party

FAYETTEVILLE  
Wednesday, September 25  
10 a.m. to 11 a.m.  
FREE  
Members exclusive  
Pre-registration required

Celebrate the hands of so many who came together to build our garden. Over the years, many volunteers have worked together to bring it to life! The flowers are in full bloom and the weather is gorgeous! Enjoy it with us at this fabulous Garden Party. Spend the morning in Fayette Senior Services' beautiful garden and help honor the people who make it possible and savor the beauty surrounding us. We'll have live music entertainment and refreshments will be served.

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# October 2024

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# September Program Schedule

## Needlework

### Crochet: Owl Amigarumi

FAYETTEVILLE  
Monday, September 9  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

Enjoy this beginner friendly, no sew owl crochet pattern. An adorable little owl to brighten your day! Materials needed: small amount of worsted weight yarn (#4) in color of your choice; size G crochet hook. Nancy will provide the eyes and stuffing. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Basic Crochet Hat

FAYETTEVILLE  
Monday, September 23 & 30  
10 a.m. to 12 p.m.  
\$10 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

In this two part class, we will explore circular crochet and adding ribbing to a basic hat pattern. You'll leave with a completed hat. Registration includes both classes. Materials needed: #4 worsted weight yarn (no dark colors); size G and H crochet hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting: Holiday Haze

FAYETTEVILLE  
Wednesday, September 4  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

Your stash of holiday fabrics – Halloween, Fall or Christmas – will disappear when you create this amazing quilt topper or table runner. Must provide your own sewing

machine. Some quilting experience required, not for beginners.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, September 18  
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: Exploring Panels

FAYETTEVILLE  
Wednesday, September 25  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

Do you have panels and not sure what to do with them? We'll show you creative ways to use them by creating a quick gift for the holidays. Must provide your own sewing machine. Some quilting experience required, not for beginners.

## Creative Pursuits

### Painting Workshop

FAYETTEVILLE  
Will return in October  
10 a.m. to 12 p.m.  
\$40 | Includes materials  
Pre-registration required  
Instructor: Kathy Brewer

Painting workshop will return in October in Fayetteville. Paint a picture by following along step-by-step with

the instructor – you'll be surprised by what you're capable of! See you in October for the next series.

### Beyond the Flow: Acrylics

PEACHTREE CITY  
Friday, September 20  
9:30 a.m. to 12:30 p.m.  
\$40 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Discover the beauty of acrylics! Briefly cover some of the basics of using fluid acrylics - pour, dirty pour, swipe, pull, and drip. During class, you'll expand into some more advanced methods beyond the basic pour by using hair dryers, spinners, tools and metallics to make creative and outstanding paintings. During class, you'll have a chance to make at least 3 paintings. The class is for beginners and advanced alike, no previous experience is needed. See front desk for picture.

## Dance

### Peachtree City Beginner I Line Dance

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

For those who are new to line dance. Learn the basic dance steps, dance terminology and some 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 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 dance steps.

### Intermediate Line Dance

FAYETTEVILLE  
Thursday, September  
12 & 26  
11 a.m. to 12:30 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!



### 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 abilities.

### Just Beat It: Cardio Drumming

FAYETTEVILLE  
Monday  
12 p.m. to 12:45 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.

### Fit For Life

FAYETTEVILLE  
Monday  
10:30 a.m. to 11:20 a.m.  
\$15 | Month  
\*\*FREE in September  
Pre-registration required  
Instructor: Euriel Reynolds

Euriel will be traveling in September, but will have pre-recorded sessions on 9 & 16 and will teach in person for free on 23 & 30. Build strength to make daily activities easier. Strength training provides great benefits. It contributes to better coordination, balance and mobility. Use hand weights, elastic bands and balls to strengthen muscles and increase range of movement during this full body workout for all 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.

## 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 or 1 day a week. 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. 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 muscles and improve coordination 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.



### Garden Club

FAYETTEVILLE  
Tuesday, September 3  
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.

### Unlock the Archives

PEACHTREE CITY

## The Center Box Office

### Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, September 12 | 1:15 p.m.  
*IF (2024)* | PG

Starring: Ryan Reynolds, John Krasinski and Cailey Fleming. A girl discovers that she can see everyone's imaginary friends (IF), and with this unique gift, she embarks on a magical journey to re-connect forgotten IFs with their kids. An adventure you'll need to believe to see. IF is perfect for the entire family!

PEACHTREE CITY  
Thursday, September 26 | 12:15 p.m.  
*The Long Game (2023)* | PG

FAYETTEVILLE  
Friday, September 27 | 12:15 p.m.  
*The Long Game (2023)* | PG

Starring: Dennis Quaid, Jay Hernandez. In 1955, five young Mexican-American caddies, out of the love of the game, were determined to learn how to play. A veteran-turned-school superintendent assembled a team and together they created their own golf course in the middle of the South Texas desert, with the goal to compete for a state championship.

Movie sponsored by:



JenCare Senior  
Medical Center  
A CHENMED COMPANY

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

If you want to understand today, you have to search yesterday! Join Robin Klemm with the Georgia Archives as she helps us discover the past. Gain the skills to explore the archives, access invaluable online databases and unearth the stories of your ancestors.

### **Get to Know Fayette Senior Services**

PEACHTREE CITY  
Wednesday, September 4  
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 and social services offered by our organization and how to take advantage of them when needed. We are here to help you age well and live well!

### **What's for Lunch?**

PEACHTREE CITY  
Thursday, September 5  
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 Grazing Here in Peachtree City.

### **Baja Adventures**

FAYETTEVILLE  
Thursday, September 5  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Take a virtual trip to the land of sunshine, Mexico!

We can't wait to set out on an adventure to Baja California in Mexico. Join FSS member and volunteer Michael Isham, a seasoned traveler to 97 countries, as he revisits his journey to this unique place. Michael will share a traveler's perspective on whale watching and other adventures in the area. Have you ever had the chance to pet a whale? Michael will retell his adventures in beautiful Baja, including 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  
Members and non-members  
Pre-registration required

Stocks may play a major role as investors try to reach their long-term financial goals. Dive into the nuts and bolts of stocks as Brett Bexely with Edward Jones teaches basic information to help investors evaluate if stocks fit into their overall financial strategy. Discuss common vs. preferred stock, dividends, investment strategy, and different ways to own stock.

### **Cornhole**

PEACHTREE CITY  
Friday, September 6  
11 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Friday, September 20  
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!

### **Banning of the Books**

PEACHTREE CITY  
Friday, September 6  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Book banning has seemed to take off in recent years by record-breaking numbers, but in reality it is nothing new and has been around for centuries. Jim Scott turns back the pages of history as he recounts the very first known book ban that took place in the United States in 1637 and shares the history of book banning and censorship throughout the years. Karl Marx once said, "Separate the people from their history and they are easily persuaded." Unravel the many pages that have been banned and the reasoning behind it.

### **Grow Where You Are Planted**

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

Discover the world of composting and greenhouses as Holly Longino, owner of Freebird Farm, shares the ins and outs of what they've learned so far from implementing these into their farm. Although primarily a livestock and poultry farm, they've added an experimental greenhouse and taken up more composting efforts in the past year. Hear the story from the idea that sparked it all to greenhouse design and how it came to fruition. Holly will share tips for hand-pollination greenhouse techniques, weed control preparation and composting.

## Never Forget

FAYETTEVILLE  
Tuesday, September 10  
10 a.m. to 11 a.m.  
FREE  
Members and non-members  
Pre-registration required

The terror attacks of September 11, 2001 are seared into the consciousness of Americans. You most likely still remember where you were when you learned of the attacks and the feeling you had processing it over the weeks that followed. Almost 3,000 people died in the three separate locations, air travel ceased, and twenty years of war in the Middle East erupted and continues to this day. Join John House, history enthusiast and retired Army Colonel, as he helps us remember and honor that meaningful day in history. Remember the heroes that walked among us those days that followed and never forget 9/11!

## Volunteer Open House

FAYETTEVILLE  
Tuesday, September 10  
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.

## Outwit Your Smart Phone

FAYETTEVILLE  
Wednesday, September 11  
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! 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.

## Ward Off the Weeds

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

Do you find endless weeds in your yard and constantly ask yourself in frustration, "what's that weed?". Weeds pop up in our yard and flower beds for a number of reasons. Kim Toal with the Extension Office takes some of the mystery out of it as she discusses some of the most commonly seen weeds you may have in your yard. Learn how they spread throughout the landscape and ways you can help minimize them.

## Soup, There It Is

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

Soup season is almost upon us, so it's time to bring the soup pots back out from summer retirement! There is nothing more comforting than a big pot of soup simmering on the stove. Simple or complicated, creamy or spicy, you just can't go wrong with a soup in the fall and winter seasons! Aetna brings us Chef Lynn Ware with Custom Gourmet Solutions to share her secrets to creating healthy, delicious and savory fall soups and stews. Learn new recipes and get tips for creating the best combination of flavors. You better believe you'll be putting those pots and Dutch ovens to good use

this season!

## Inspector Home

FAYETTEVILLE  
Friday, September 13  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will share the secrets to home inspections. Know your options, learn what you can do to prepare, and what you should be aware of when negotiating the results of a home inspection.

## 1-on-1 Medicare Consultations

FAYETTEVILLE  
Monday, September 16  
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.

## AARP Smart Drivers Course

FAYETTEVILLE  
Tuesday, September 17  
9 a.m. to 3:30 p.m.  
\$20 | AARP Members  
\$25 | Non AARP Members  
FSS Member exclusive  
Pre-registration required

The AARP Smart Drivers Course is a refresher course for adult drivers, which has helped millions of drivers remain safe on today's roads. Tune up your driving skills and update your knowledge. Most auto insurance companies provide a multi-year discount to graduates as well. Bring a lunch or snack or plan to grab one at the café or close by during the midday lunch break.

## **A Novel Idea Book Club**

PEACHTREE CITY  
Tuesday, September 17  
1:45 p.m.  
FREE  
Member exclusive  
No pre-registration required

September book: *Indigo Girl* by Natasha Boyd. October book: *The Book of Joy* by The Dalai Lama, Desmond Tutu and Douglas Abrams. For more information, please contact Meghan Caton at meghan@megcaton@gmail.com.

## **Clipping Coupons**

PEACHTREE CITY  
Wednesday, September 18  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Saving money, one coupon at a time! You'd be amazed at the amount of money that can be saved from keeping your eyes peeled for some coupons, but there is a method to the couponing madness! Join the Peachtree City Public Library for an introduction to couponing and get the most bang for your buck on everyday items. Learn about the types of coupons available, where to find them, and how to use them to maximize savings.

## **Dementia Caregiver Support Group**

PEACHTREE CITY  
Thursday, September 19  
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, September 19  
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 complex red wines – Cabernet Franc, Mourvèdre Petite Verdot.

## **Becoming FDR**

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

From 1933 until his death in 1945, Franklin Delano Roosevelt, commonly referred to as FDR, served as the 32nd President of the United States of America. As the longest serving U.S. President, he also lived a fascinating life leading up to his presidency. We are excited to welcome FDR enthusiast and impersonator James Fowler to FSS to share the history of this noble man. As a one-man show, James has partnered with Georgia State University to do a documentary, as well as the Discovery Channel to speak on FDR history. He will come dressed as FDR as he retells the story of his younger days from the time he contracted polio to the moment he was elected as President.

## **Sing It Loud, Sing It Proud Karaoke**

FAYETTEVILLE  
Monday, September 23  
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.

## **And Sew It Begins**

FAYETTEVILLE  
Tuesday, September 24  
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 thing 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.

## **Let's Go Thrifting**

PEACHTREE CITY  
Tuesday, September 24  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Dive into the beauty of thrifting! You'd be surprised by what you can find and even more so what you can create just by looking around a little bit. The best part – you never know what you're going to find! After all, there has to be some truth in the saying "one man's junk is another man's treasure!" Join Colleen Davis with Junk Mama's General Store as she helps us rediscover the new in something old. She'll share her eye for sifting through items to find the best pieces with potential and share ideas for ways to bring them back to life! You'll be delighted in discovering all new ways to look at the old and redefine a piece to fit your specific needs.



## This Is How We Brew It: Towerhouse Brewing

TOWERHOUSE BREWERY  
Wednesday, September 25  
1 p.m. to 2:30 p.m.  
\$15  
Member exclusive  
Pre-registration required

Ride on over and meet us at Towerhouse Farm Brewery in Gay, GA! Join us at the Towerhouse Farm Brewery – 18736 Ga-85 – for a refreshing afternoon! Pull a chair up and sit back for a tasting of some of Towerhouse's most popular beers on tap. As they go through the tastings, they'll share details about each type of beer from how it's made, what makes it unique, food pairing suggestions, and much more. What makes them so unique is their farm-to-glass mentality, with their goal to create a born and raised farm-to-table beverage. After the tasting, enjoy a guided tour of the Long Leaf grounds that Towerhouse calls home. Price includes at least 5 small beer tastings. Cheers! We'll see you there!

## P“age” Turners Book Club

FAYETTEVILLE  
Thursday, September 26  
1:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

September book: *Pride and Prejudice* by Jane Austin.  
October book: *The Twelfth Imam* by Joel Rosenberg.  
For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## Car Wash

FAYETTEVILLE  
Friday, September 27  
9 a.m. to 4 p.m.  
\$40  
Member exclusive  
Pre-registration required

Splish splash your car was taking a bath! Hector Antonio with Roll N' Shine will be on site for your convenience to

bring your car in for a wash, inside and out, while you wait comfortably in FSS. Roll N' Shine has the right to turn down cleaning service for extremely dirty interior.

## Bean Bag Baseball

PEACHTREE CITY  
Friday, September 27  
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!

## When the Paycheck Stops

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

What happens when the paycheck stops? You've worked most of your life with a steady stream of income coming in, but what happens when you prepare for or have recently retired and you're adjusting to a new way of living. Brandon Jordan, Financial Advisor with Arch Advisory Group, helps us evaluate how to make your money last throughout retirement. Get ideas for creative and outside-the-box suggestions for safe spending without feeling like you have to penny pinch every step of the way! Brandon asks the important questions – how do you make the money start working for you, so you're no longer working for it?

## 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, September 18  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, September 24  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

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



## Wellness

### Massage

FAYETTEVILLE  
Tuesday, September 3  
10 a.m. to 2 p.m.  
\$40 | 30 minutes  
\$60 | 1 hour  
Member exclusive  
Pre-registration required  
Masseuse: Tranquil Escape

There are many health benefits

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

### Eyeglass Repairs and Adjustments

FAYETTEVILLE  
Wednesday, September 4  
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 Elements of Wellness

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

We've all been told how to be healthier in one way or another, but the information can be overwhelming and often does not translate well into finding a way to easily implement it. Perry Brubaker, a prevention and health promotion certified specialist with a background in physical therapy, will help explain how health and wellbeing are composed of five elements that work together in a system. These elements include movement (physical activity), fuel (nutrition), recovery (sleep), endurance (stress management) and connecting (social connections). Gain insight on ways to approach these

as a system that help you better tackle your health and wellness goals effectively and efficiently.

### Ready, Set, Prep

FAYETTEVILLE  
Friday, September 6  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Let's face it...cooking every day can take a toll – figuring out what to cook, the food prep and finally the cleaning up. Does the thought of cooking everyday tire you out and lead to you eating something unhealthy instead? There is no doubt how nice it is to open the refrigerator and have three or four healthy meals already prepped, cooked and ready for you to enjoy! Join certified health coach and licensed insurance broker Jennifer Lunsford as she gives us healthy tips and time-saving tricks to plan ahead for your meals.

### Ask the Pharmacist

FAYETTEVILLE  
Monday, September 9  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Pharmacist Treneva Okoduwa with Vine Care Home Care will be on-site to answer all your questions about specific medications. Get an individual one-on-one analysis of all your medications and how they interact, work, should be taken and potential side effects. Bring in a list of medications and questions and sit down to get the answers you need from one of our local organizations.

### Gotta Hand It To You: Hand Massages

PEACHTREE CITY  
Tuesday, September 10  
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 are 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!

### **Boost Your Immunity**

PEACHTREE CITY  
Tuesday, September 10  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Strengthen your immune system with these helpful tips for boosting your immunity. Between diet, exercise and being proactive there are many factors that can play a major role in your health. Dr. Josh Davis with First Step Physical Therapy helps us gain insight on breathing techniques and good sleep habits in addition to learning how small changes to your diet and exercise routine can impact your overall immunity.

### **Not So Fast**

PEACHTREE CITY  
Friday, September 13  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Diets can be difficult. You know that and we know that, and yet we all are guilty of continuing to try them. The fact of the matter is, weight loss from dieting can be temporary. One method of losing weight, however, is intermittent fasting. Cindy Clonts, Medical Coach, joins us to share the variety of approaches to fasting and

how to incorporate it into your daily life, no matter your schedule. With just a few tweaks of your protocol, it will be second nature and you'll quickly realize why intermittent fasting is a lifestyle and not just another diet. With a simple change in when you eat, you can change your body, your health and your life!

### **The Ultimate Gym Guide**

FAYETTEVILLE  
Monday, September 16  
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.

### **Bone-Appétit**

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

Did you know that if you removed all the minerals from your bones, what remains would be so flexible that you could tie them in a knot? Keeping your bones healthy and strong is one of the most important things you can do as you age, and nutrition is the best way to feed your bones! Join Dietitian Arisahi Crane with Fruition Nutrition as she shares tips about bone health and osteoporosis prevention. Take a bite into the essential nutrients needed to maintain strong bones as you discover tips for incorporating calcium and Vitamin D rich foods into your diet.

### **Hearing Aid Cleanings & Maintenance**

FAYETTEVILLE  
Wednesday, September 18  
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.

### **Not So Swell**

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

Swelling is never comfortable and causes a variety of issues, discomfort and pain. There are many ways to reduce swelling, and compression therapy is one way to treat or prevent it. Reducing swelling has a multitude of health benefits including enhancing

wound healing, decreasing symptoms of heaviness and aching in the limbs and improving circulation. Join Piedmont Wellness Center and the Piedmont Fayette Rehabilitation Compression Services to discover more about compression garments that are available and how this therapy can help.

## Reframing Aging

FAYETTEVILLE

Thursday, September 19

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

FREE

Members and non-members  
Pre-registration required

Growing older is a natural and rewarding developmental stage of life. Most ancient and indigenous cultures viewed elders with tremendous respect for not only their wisdom but also their experience. Join us as we celebrate National Healthy Aging Month. Discuss aging gracefully and reframe the idea of aging in a positive light. "Anti-aging", "You look good for your age" and "I'd never guess you were..." are several of the overtly aggressive and unappreciative messages we receive in the media. Avril James Maynard, Piedmont Women's Heart Program Coordinator and certified health education specialist, invites you to an interactive discussion on reframing how we view the aging experience. This presentation will address ageism, mindfulness, and establishing realistic expectations for our mind, heart and body. This program is part of the 2024 Piedmont Wellness Series.

## A Sound Bath

PEACHTREE CITY

Friday, September 20

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

\$20

Members and non-members  
Pre-registration required

Relaxation can be a key component to the healing

process no matter if it is physical, mental or emotional. Lei Rhyne with Healing Through Art & Sound takes us on a journey of healing through the unique process of a sound bath which aids in the relaxation process. This technique involves lying down and immersing yourself in resonant sounds around you. These sounds are produced through a combination of singing bowls, gongs and chimes. This meditative practice can help lessen stress and anxiety, boost mood, enhance concentration and induce a calming effect that may enhance your wellbeing and quality of sleep. Take part in this innovative way of healing as you decompress in this session of relaxation and meditation that will have you feeling refreshed. She will have mats, pillows and blankets to use during the session.

## The Art of Self Care

FAYETTEVILLE

Monday, September 23

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, Ph.D Candidate, M.S., RYT with the Holistic Performance Center, will guide us through encouraging 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.

## Herb Your Enthusiasm

PEACHTREE CITY

Monday, September 23

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

FREE

Members and non-members  
Pre-registration required

You'd be surprised how much easier growing your own herbs can be than it sounds. You don't even need a green thumb to make it happen. Herbs are a wonderful and easy way to add some flare into your garden and on your plate in the kitchen! Mike and Judy Cunningham with Country Garden Farms join us to provide useful tips for growing your own herb garden and cooking with them at home. Learn about ten easy herbs to grow at home and ways you can help them thrive. They'll include tips for using herbs as part of your daily diet for great health benefits in addition to sharing delicious recipes!

## Maturing with Age

FAYETTEVILLE

Tuesday, September 24

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

FREE

Members and non-members  
Pre-registration required

Aging is inevitable, but how you age is a choice! Finding the right combination to age gracefully is important and Lifestyle Coach and Certified Nutritional Therapist Linda Weigand with Inside Out Dynamics is here to help you create just the right balance. Take a deep dive into learning about chronological age versus biological age and what you should focus on when it comes to the age accelerator gene. Linda will also share diet and lifestyle recommendations that will help make your golden years shine!

## A Bit of A Stretch: Stretch Sessions

FAYETTEVILLE  
Thursday, September 26  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Take some time to stretchhhh 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 15 minutes of stretching can make!

## Sugar Rush

PEACHTREE CITY  
Friday, September 27  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Sugar may be a delicious treat for the taste buds, but not for our health! Of course, everything in moderation is ok, after all, and who can really give up sugar completely? Dietitian Mary Kay Rudd shares some of her favorite low sugar dessert ideas. Learn about the benefits of a low sugar diet, ways to still reap the benefits of tasty desserts but with less sugar and sugar substitutes! Mary Kay will share some great recipe ideas with us as well.

## Vein Screenings

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

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 for the doctor to have easy access to your legs.

# Look What's Coming in October!

## American Indian Mafia

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

*Take in the intriguing tale of an FBI Agent's true story about The Warriors of Wounded Knee in 1973 during the American Indian Movement. You'll be taken aback listening to the story of the seizure of this small town in South Dakota.*

## Take A Back Seat

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

*Discover ways to alleviate some of the issues associated with back pain and discomfort. Learn about some of the most common back injuries and ways to treat and reduce pain.*

## The Year of Gardening

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

*Dig into your garden calendar as you gain insight on the best times of year for different garden prep, planting, relaxing and planning. You'll be surprised how important timing is for gardening success!*

## Stunt Man

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

*Don't try this at home! Join former stuntman and FSS member John Branch as he shares stories from his career as a stuntman in live-action stunt shows. Be sure to stick around for a demo.*

**Registration will be available when the October newsletter comes out Friday, September 20th!**



Georgia Legal Services Program  
1-877-220-0127

# Need help navigating Medicare? *SHIP can help.*



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Enrolling in and changing plans



Comparing options



Correcting billing issues



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**Peachtree Law Group**

# DAVID R. MOORE ATTORNEY

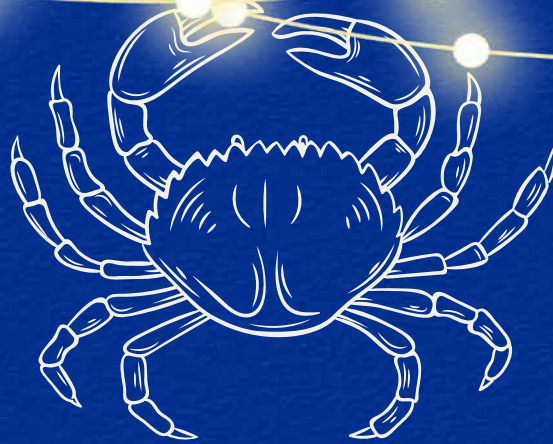
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*Please join us for a*

# *Low Country Boil*

*in Fayetteville*

**FRIDAY  
SEPTEMBER 20**

*4 Center Drive | 770.461.0813*

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