

October 2024

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Happy Fall, Y'all!

Fall is in the air, and what better way to celebrate than to join us for a Harvest Moon Fall Festival full of fun!

## In A Brunch

Save your appetite for this delightful and tasty get-together as we enjoy an amazing brunch put on by our kitchen crew!

## A Mix of Flavor

These ingredients end up being the perfect combination of flavors to create a new spin on your traditional salad recipes.

*Live Well. Age Well.*



**Fayette Senior Services &  
Town Square Playhouse Present**

**“Another Night  
Before Christmas”**

**DINNER  
THEATER**

**Thursday, November 14  
5:30 p.m. to 8:30 p.m.**

**4 Center Drive, Fayetteville  
770.461.0813**

*Local theater Town Square Playhouse brings the theater right here to FSS! Delight in a delicious dinner before enjoying their holiday play for an evening you don't want to miss out on!*

**Tickets \$15**

**Event Sponsored By:**



**PLG**

**Peachtree Law Group**  
Est. 1984 770-461-0813 | [FAYSS.ORG](http://FAYSS.ORG)

# October

**featured**

**Out Of This World Volunteer 10**

Meet Sharon Costello, a stellar STARs volunteer who truly is out of this world amazing!

**The Apple Of My Eye 11**

This incredible and savory cabbage, apple and bacon salad will have you filling your plates the entire fall season.

**That's Fall Folks 15**

There is a fall-like crispness in the air and we couldn't be more excited! Join us for a fun fall festival, the FSS way!

**Thanks A Brunch 15**

You'll be thanking us later after trying all the delicious foods our kitchen crew has in store for this brunch!

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## 2024 HOLIDAY CLOSINGS

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



## 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

Debi Quinell  
Assistant Kitchen Manager

Pedro Cruz  
Sous Chef

Dixie Chamblee  
Café Assistant

Arnold Powell  
Café Assistant

Christina Stokes  
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

Morah Palmer  
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.

Advertising Information. We appreciate the support from our advertisers, which helps defray the cost of printing our newsletter. For information about FSS advertising and other sponsorship opportunities, please contact Morgan Lanier at 770-461-0813 or [mlanier@fayss.org](mailto:mlanier@fayss.org). \*The appearance of advertising in Fayette Senior Services, Inc. newsletter, website, classes, programs, or other promotional materials is neither a guarantee nor an endorsement by Fayette Senior Services, Inc. of the product, service, or company or the claims made for the product in such advertising.

# Membership Has Its Rewards

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

## BLB Handyman Services

Ben Bosworth  
(678) 777-0871

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

## TRINITY Services of Georgia, Inc

Electrical contractor/Low-Voltage Contractor  
Ben Miller  
(770) 402-0181

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

## Above & Beyond Pest Management

(770) 487-9506

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

## TCBY

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

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

## Jolly Technologies

(678) 653-5169

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

## Visiting Guests

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

## 2024 Volunteer Sponsor



VICTORIA J. FARRELL  
ATTORNEY AT LAW  
WILLS & TRUSTS

## 2024 Transportation Sponsor



## The Fitness Center

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

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

## The Ultimate Café

- Fayetteville -

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

### Breakfast

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

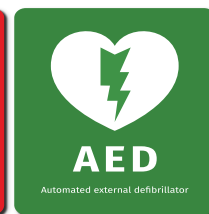
Hot breakfast item served every day  
Enjoy a choice of continental breakfast items

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

### Lunch

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

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



2024 CPR/AED/FIRST AID TRAINING SPONSORED BY:



# Coming Soon...

**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. Town Square Playhouse brings us a production of *Another Night Before Christmas*, a musical about a woman who meets a man claiming to be Santa Claus. As she's forced to confront her feelings about Christmas once and for all, you'll be touched by the musical battle between cynicism and belief of the magic of the holidays! Sponsored by Attorney David Moore with Peachtree Law Group.*

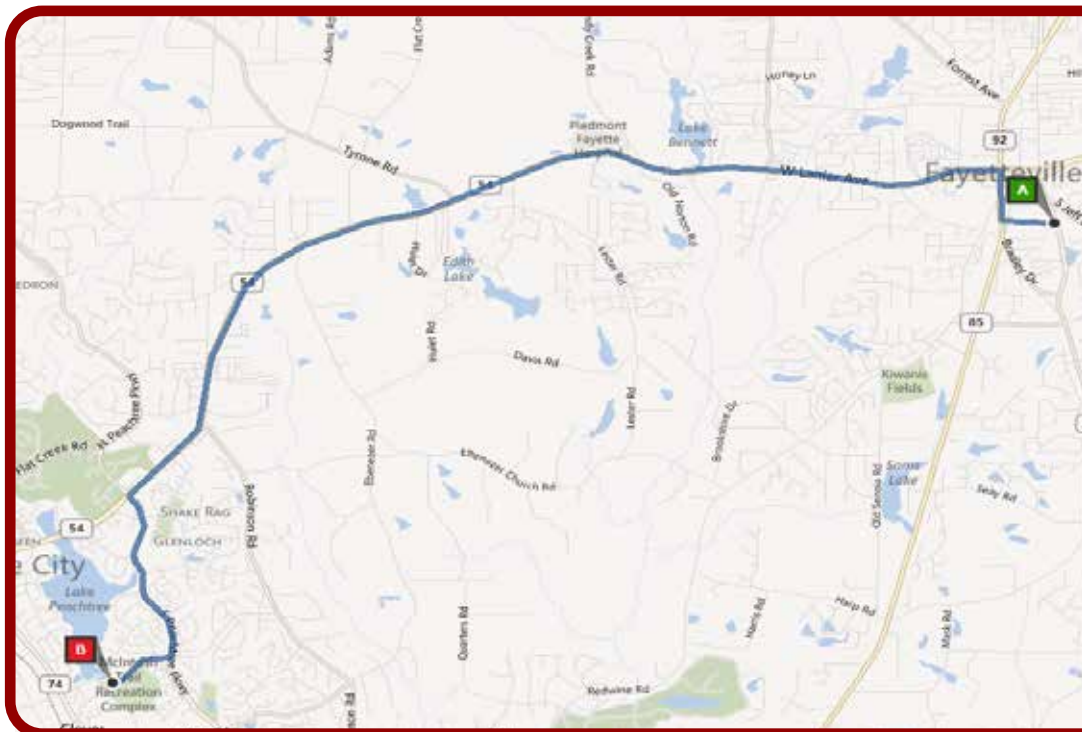
*\*All events are subject to change in date/time.  
Stay tuned for more details!*

# Miriam's Fitness Corner A Walk To Remember

I can't wait to see you all Saturday, October 5th, for this year's annual Walk to End Alzheimer's 5k. A 5k equates to 3.1 miles in distance and does not require power walking or running. The weather should be nice and the routed golf cart paths provide excellent shade. This walk will begin and end in the parking lot of The Gathering Place in Peachtree City. Participation is free and you may arrive as early as 8 am to enjoy music and venter booths. Opening ceremony will begin at 9 am. Whether you plan to donate and walk, volunteer or just come support and hang out, your contribution is greatly appreciated! I'm proud to say FSS team Silver Bullets has been consistently supporting Walk to End Alzheimer's since 2012, raising thousands of dollars towards research. I'm asking each of you to join this year's fundraising efforts by donating a minimum of \$10 per person to team Silver Bullets. Your donation can be made on line (via 2024 Walk to End Alzheimer's - Southern Crescent - Peachtree City, GA) or in person to Miriam (checks payable to Walk to End ALZ) at the center. It's heartbreaking that almost every one of us has been touched by Alzheimer's in some way. This form of dementia affects seniors primarily, but younger people can also be affected. With dementia, a person gradually loses memory, thinking, behavior and social skills. Symptoms typically start with minor forgetfulness, then progress to severe memory loss and difficulty performing everyday tasks. Risk increases with age, especially after 65. There are an estimated 6.5 million people living with Alzheimer's in the US. Though currently no cure, there are programs to assist in support for caregivers and medications that help manage the symptoms of those living with Alzheimer's. Your donations do make a difference. This is why Miriam personally cannot thank each and every one of you enough for your continuous support and generosity every October. Research is an ongoing mission and without your support it could not happen. See you October 5th and don't forget to wear purple! Let's go Silver Bullets!

# 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





*Providing therapy for seniors dealing with grief, anxiety, depression, and more.*



Our compassionate therapists can come to your home, apartment, or independent living community for group or one-on-one session.

Covered by Medicare Part C.

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 Contact Dawn Rogers at 828-817-3576



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 Contact Dawn Rogers for free assessment at 828-817-3576

*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)

# Dear Volunteer, You Make a Difference!

*This Jersey Girl Loves UGA!*

Written By: Amber Oliver

volunteer opportunities that would “keep her out of trouble.”

Both Sharon and her husband love to travel! Italy is her favorite destination. While traveling, she always takes her camera as she loves photography. But Astrophotography is her passion. She loves taking pictures of the night sky! You would be surprised at just how many stars and celestial objects you can capture in just one picture. The beauty of our universe is amazing! Sharon tells me “I LOVE watching meteor showers. We have a lake house and there is less light pollution there so when it’s not cloudy, you can see lots of stars. I also love watching the international space station as it goes by.”

I asked Sharon some “just for fun” questions and here is what she shared. If she were stranded on a desert island the 3 things she would want with her are her camera, her husband, and their dog Bob. Bob is a black lab who is still a puppy and was named with the help of their granddaughter! The best thing that has happened to Sharon this week is that the weather has been perfect for walking in the morning, resulting in longer morning walks to start her day off right. If she were singing Karaoke, her song would be *Tenth Avenue Freeze-Out* by another New Jersey native, Bruce Springsteen. The first guest on her own late night talk show would be her fraternal grandma. “She practically raised my sisters and me.” If she could hang out with any cartoon character it would be Bluey from Disney. “Bluey always has great stories to share!”

Fun facts you may not know about Sharon are she loves rides at amusement parks. “I could ride roller coasters all day! She also loves the Georgia Bulldogs! “Yes, this Jersey girl loves UGA!” she expressed! Three of her children graduated from UGA. We are so glad Sharon made her way from the Jersey Shore to FSS. Thank you Sharon for sharing your time and talents with us. And Go Dawgs!



Sharon Costello is one of the amazing volunteers in our STARs program. She has lived in Fayette County for 36 years but will be quick to tell you “I am a Jersey girl.” Sharon hails from Newark and Bradley Beach on the Jersey Shore. While she still misses Jersey, especially the food and her family, she loves coming to Fayette Senior Services to volunteer and a perk is seeing customers she worked with while in the banking business. Growing up she enjoyed playing outside with her 2 older sisters. Her mom worked for an insurance agency and her dad was in the funeral business.

While still in New Jersey, a friend set her up with Stephen, who is now her husband. Stephen was working at Delta in Atlanta when they began dating but the distance didn’t keep them apart. After dating for 6 months, they wed in November of 1982 and have been happily married for 42 years. Together they have 4 children - 2 girls, 2 boys - and 9 grandchildren. Sharon retired 11 years ago from banking to become a caregiver for her oldest granddaughter. She eventually ended up at Fayette Senior Services seeking

# From Our Kitchen To Yours

## Tangy Red Cabbage, Apples and Bacon Salad

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



Photo via American's Test Kitchen

### Ingredients

- 8 slices Irish or thick-cut bacon
- 1 large onion, sliced
- 1/2 small head red cabbage (1 lb), thinly sliced
- 1 Granny Smith apple, peeled and sliced
- 2 tablespoons cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Directions

- Heat a large skillet over medium-high heat. Add bacon and cook 6 to 8 minutes or until crisp, turning occasionally. Drain on a paper towel-lined plate. Coarsely chop bacon.
- Drain all but 2 tablespoons of drippings from skillet. Add onion then cook and stir over medium-high heat for 2 to 3 minutes or until onions begin to soften. Add cabbage and stir for 4 to 5 minutes or until cabbage wilts. Stir in the apple and cook 3 minutes or until crisp-tender. Stir in the vinegar and cook 1 minute until absorbed.
- Stir in the bacon, salt and pepper and cook 1 minute until heated through.
- Serve hot or at room temperature.

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.

**Game Day:**

12 p.m. to 3 p.m.

Bring your favorite game to share and play with others around the center

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

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

**Scrabble:**

1 p.m. to 4 p.m.

**Bid Whist:**

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

## *Calling all pool sharks!*

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

**Men & women welcome!**

# Free in Peachtree City

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

## Mondays

### Morning Stretch:

9 a.m. to 10 a.m.

### Blood Pressure Checks:

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

### Intermediate Social

### Bridge Free Play:

12 p.m. to 4 p.m.

### Canasta:

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

## Tuesdays

### Chinese Mahjong:

1 p.m. to 4 p.m.

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

### Bingo Bash:

3rd Tuesday of month

2 p.m. to 4 p.m.

Group meets monthly to play bingo. No partner needed.

## Wednesdays

### Morning Stretch:

9 a.m. to 10 a.m.

### Marathon Bridge:

2nd Wednesday of month

10 a.m. to 2 p.m.

### Social Duplicate Bridge:

Wednesday (does not meet 2nd Wednesday of month)

10 a.m. to 3 p.m.

### American Mahjong:

12 p.m. to 4 p.m.

## Thursdays

### Double Deck Pinochle:

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

## Fridays

### Morning Stretch:

9 a.m. to 10 a.m.

### American Mahjong:

12 p.m. to 4 p.m.

### Canasta:

1 p.m. to 4 p.m.

### Game Day:

1 p.m. to 4 p.m.

## Turn the Pages!

Check out the collection of books and magazines from all genres. Available for pick up at both our Peachtree City and Fayetteville locations! Have some you aren't using? We are currently accepting book donations.



Two little fish at our Under the Sea after hour event in PTC.



STARs volunteers getting ready to get on the 'Soul Train'!

# Rules, Regulations & Cancellation Policies

Register early! Many of our classes are extremely popular and fill up quickly! All classes have a class-size limit that varies with each class. All classes – free or fee-based – require registration unless otherwise noted. Any applicable fees must be paid at the time of registration, or you are not considered registered for the class.

**REGISTRATION:** Please stop by the Fayetteville or Peachtree City location or call the Center receptionist to register for classes. All fees are payable in advance – cash, check, or credit card.

**CANCELLATIONS:** Fayette Senior Services reserves the right to cancel any class due to insufficient registration or at the instructor's request. If cancellation is necessary, anyone already registered will be notified and receive a full credit to their account. Please note that some classes have specific registration deadlines.

**WAITING LIST:** All classes, activities, trips, and special events are offered on a first-come, first-served basis. If a class or activity is full, you may be placed on a waiting list.

**REFUNDS:** Refunds will be issued if registration is cancelled by the participant up to 5 working days prior to the start date. Any event costs incurred will be deducted from the requested refund in addition to a 10% administration fee. No refunds awarded after that deadline. Refunds will be issued in the form of an FSS credit towards future program registration or membership dues.

**CLASSROOM PARTICIPATION REQUIREMENTS:** Participants must be mobile as well as physically, mentally, and medically able to participate without disruption in any class or activity. Fayette Senior Services reserves the right to evaluate participants to determine an individual's participation ability. Some classes require a medical release and/or a fitness readiness questionnaire.



Members in the pottery class at Two Hands Studio spinning wheels!



Members with Freedom Rider Charles Person in Fayetteville.

# Special Events



## Let's Do Brunch

PEACHTREE CITY  
Thursday, October 10  
9 a.m. to 9:45 a.m.  
\$10  
Member exclusive  
Pre-registration required

Weekends aren't the only time for brunch! Join us at Fayette Senior Services for a brunch the FSS way, surrounded by great bites and even better company! We'll roll out the breakfast red carpet for a scrumptious brunch full of delicious treats for your tastebuds. The kitchen crew will have a wonderful menu for us to enjoy. Grab a friend or two and head on over to enjoy a morning at the center. Brunch is always a good idea!



## Endless Pasta-bilities

FAYETTEVILLE  
Tuesday, October 15  
1:30 p.m. to 2:30 p.m.  
\$10 | Includes materials  
Members and non-members  
Pre-registration required

Discover the art of making pasta from scratch! Who doesn't love pasta? And homemade pasta is just that much better. Did you know that you can easily make it at home with just three simple ingredients? Join Carrie Giunta as she shares the expertise learned while vacationing in Italy. She will teach us how to make our very own fettuccine. Master the skills it takes to mix the dough, roll it into the perfect thickness, and cut it into the perfect shape and size. This hands-on cooking demonstration will not only teach you the skills to make your very own at home, but you'll also make some pasta during class to take home with you! At the end of the demo, enjoy a little taste of the handmade pasta.



## Under the Harvest Moon

FAYETTEVILLE  
Thursday, October 24  
5 p.m. to 8 p.m.  
\$15  
Members can purchase tickets at front desk  
Pre-registration required

Happy fall, ya'll! We're ready for a gourd time. As Anne of Green Gables said, "I'm glad I live in a world where there are Octobers!" And we couldn't agree more. The leaves are changing, there is a crisp freshness in the air and it's time to celebrate all the autumn vibes. Help us welcome fall with a fun celebration. Enjoy live music by the incredibly talented Southpaw Band, savor some warm fall cider and fill your bellies with a delicious dinner. Fall is in the air, and it's finally sweater weather. Put on your best fall outfit and come on out for a fun evening at Fayette Senior Services! This event is sponsored by Aberdeen Fine Properties, State Farm Agent Mark Gray and Aetna.

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		<p><b>1</b></p> <p>Massage pg. 26</p> <p>Take A Back Seat pg. 26</p> <p>American Indian Mafia pg. 21</p>	<p>Once Upon A</p> <p>Don't Be A Du</p>
<p><b>6</b></p>	<p><b>7</b></p> <p>Crochet: Pumpkin pg. 18</p> <p>On the Move: Functional Movement Assessments pg. 27</p> <p>Say Cheesecake pg. 22</p>	<p><b>8</b></p> <p>Volunteer Open House pg. 22</p> <p>Managing MyChart pg. 27</p> <p>In the Home Stretch pg. 27</p>	<p>Quilting UFO p</p> <p>Navigating th Maze p</p> <p>Uncorked</p>
<p><b>13</b></p>	<p><b>14</b></p> <p>The Art of Self Care pg. 28</p> <p>The Scoop on Scams pg. 23</p>	<p><b>15</b></p> <p>Painting Workshop pg. 18</p> <p>Book Club pg. 23</p> <p>Endless Pasta-bilities pg. 15</p> <p>No Horsing Around Southern Bit Farm Tour pg. 23</p> <p>And Sew It Begins pg. 23</p>	<p>Quilting UFO p</p> <p>Computer Assi</p> <p>The Functiona</p> <p>1-on-1 Consultatio</p> <p>Hearing Aid C Maintenance</p>
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# October Program Schedule

## Needlework

### Crochet: Pumpkin

FAYETTEVILLE  
Monday, October 7  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

The days have become shorter and the weather has gotten cooler, which is the perfect time to create your own mini pumpkin patch! Create easy crochet pumpkins in three different sizes. Materials needed: Worsted weight #4 yarn in orange (or color of your choice); small amounts of brown and green also; size H crochet hook; yarn needle, scissors and stitch markers. Nancy will provide stuffing. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Couch Caddy

FAYETTEVILLE  
Monday, October 21  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

It's time for football, but where is the TV remote? Want an easy way to keep your remote close at hand, but not on the couch where it can get easily lost in the cushions? This remote holder is perfect for any TV watching couch potato! Materials needed: About 550 yards of worsted weight yarn in color of your choice; size M/N (9.0mm) crochet hook; stitch markers or something to secure the pocket portion in place while you edge the caddy; needle to sew in ends. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

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

FAYETTEVILLE  
Wednesday, October 16  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, October 23  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

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

### Quilting with a Purpose

FAYETTEVILLE  
Wednesday, October 30  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

Inspire yourself by creating a quilt for charity, family or even yourself. This will develop a positive frame of mind for a great time spent quilting. Must provide your own sewing machine. Some quilting experience required, not for beginners.

## Creative Pursuits

### Watercolor Iris

PEACHTREE CITY  
Friday, October 11  
9:30 a.m. to 12:30 p.m.  
\$30 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Paint a breathtaking Iris as you learn the skills of using watercolor paints. Learn about basic watercolor techniques including tips on mixing colors, types of application techniques, how to capture the whites of a painting, and much more. Take home a finished painting.

Designed for all levels, no previous experience needed. Paintings are pre-sketched so no drawing involved. See front desk for picture.

### Painting Workshop

FAYETTEVILLE  
Tuesday, October 15  
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 collection of gorgeous autumn flowers that will have you in the fall spirit in no time.

## 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, October 10 & 24

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!



## 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 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. 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

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.

## 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.



### American Indian Mafia

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

Listen to an FBI Agent's intriguing story about The Warriors of Wounded Knee in 1973 during the American Indian Movement (AIM). Join retired FBI Agent Joseph Trimbach's son as he talks about his father's story of a federal law enforcement's seizure of the town of Wounded Knee, South Dakota. This is based on Mr. Trimbach's book, American Indian Mafia. He'll also discuss the living conditions today on the Pine Ridge Reservation and share details about the killings and stories of some of the most influential AIM activist.

### Once Upon A Story

FAYETTEVILLE  
Wednesday, October 2  
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!

### What's for Lunch?

PEACHTREE CITY  
Thursday, October 3  
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 Barnstormer's Grill in Williamson.

### Speak Up

FAYETTEVILLE  
Thursday, October 3  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

If communication is so important, why is it so hard to do? Our initial response is protection. We jump into defense mode in hopes of protecting ourselves from potential harm. But words aren't the potential harm, our feelings are. Our words are a result of a feeling-based reaction. When we learn how to tune into them, communication becomes much more effective. Creating an emotionally safe environment where people can accurately identify and express their feelings helps us truly see others at their core. Join Counselor Olivia King with Arise Counseling and Coaching as she discusses effective communication

## The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, October 10 | 1:15 p.m.  
*Fall Guy* (2024) | PG-13


Starring: Ryan Gosling, Emily Blunt. When a movie star suddenly disappears, a stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?

PEACHTREE CITY  
Thursday, October 24 | 1:15 p.m.  
*The Haunted Mansion* (2023) | PG-13

FAYETTEVILLE  
Friday, October 25 | 1:15 p.m.  
*The Haunted Mansion* (2023) | PG-13

Starring: Danny DiVito, Owen Wilson, LaKeith Stanfield. In this frighteningly fun adventure inspired by the classic theme park attraction at Disney World, a woman and her nine year old son are looking to start a new life. They move into a strangely affordable mansion in New Orleans, only to discover that the place is much more than they bargained for. They enlist a motley crew of so-called spiritual experts to help rid their home of supernatural squatters.

Movie sponsored by:



JenCare Senior  
Medical Center

A CHENMED COMPANY

strategies to help you grow as a communicator with your peers for your own benefit and others!

## The Year of Gardening

PEACHTREE CITY  
Thursday, October 3  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Dig into your garden calendar as you gain insight into the best times of year for different garden prep, planting, relaxing and planning. Gardening enthusiasts Frank and Patty Hiller join us to share their expertise. As Georgia Master Gardeners, Master Naturalists and Atlanta Audubon Master Birders, the Hillers have a lot of experience in landscaping. They'll share their knowledge on the best months to begin digging, dividing and transplanting or sharing perennials. They'll also tell us the perfect timing for planning spring bulbs, when to apply pre and post emergent or fertilizer to your grass as well as the best time to just sit back, relax, browse the seed catalogs in order to make plans for spring. You'll be surprised how important timing is for gardening success!

## Cornhole

PEACHTREE CITY  
Friday, October 4  
11 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Friday, October 18  
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!

## Stunt Man

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

Don't try this at home! Join former stuntman and FSS member John Branch as he shares stories from his 17-year career as a stuntman in live-action stunt shows. Discover what goes into this fascinating career and the adrenaline rush that comes with this high stakes job. Hear about his journey from what sparked his interest in doing stunts to how he got started, and see some footage from past shows. John will also share about the state of the industry now. Stick around for a demo!

## Navigating Negativity

PEACHTREE CITY  
Friday, October 4  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

It's no secret that negativity can bring your mood down and your stress levels up. Negative people have a way of bringing you down and rarely, if ever, will you be able to bring them up! Rachel Hopkins, therapist with A New Start Counseling, helps us deal with negative people in a positive way. Explore the root causes of negativity and better understand where it comes from. Learn to set boundaries and practical strategies for handling conflict, build effective communication techniques to spread empathy and assertiveness and develop personal resilience to foster a positive mindset. The less you respond to negative people, the more peaceful your life will become. It's time to put yourself first and build a positive life!

## Say Cheesecake

FAYETTEVILLE  
Monday, October 7  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members

Pre-registration required

Cheesecake... does your mouth water just seeing the word? We don't blame you one bit! Join cheesecake making guru Ellie Connolly as she shares the best kept secrets to making a tasty cheesecake. Ellie will do a demonstration on prepping and making a cheesecake while sharing some delicious ideas for flavors and toppings you can make. Enjoy a small tasting of some of her favorites as well.

## Volunteer Open House

FAYETTEVILLE  
Tuesday, October 8  
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.

## Uncorked

FAYETTEVILLE  
Wednesday, October 9  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Life is like a fine wine, it gets better with age! Have you ever been curious about how that bottle of wine you love so much was made? The process of wine making is very fascinating. Virgil Fludd, wine connoisseur and owner of Revival Wine and Dessert Bar, discusses how wine is made from a ground to glass experience. Learn how it is created, from the planting of a seed to the growth of vines and grapes, to the process of pressing, and finally to a bottle that pours into the very glass you enjoy! Uncork the bottle and discover how the tastes are impacted by various elements and unlock your imagination to the many intricacies of how wine comes to life! No tastings will be included.

## Navigating the Medicare Maze

PEACHTREE CITY  
Wednesday, October 9

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

FREE

Members and non-members  
Pre-registration required

GeorgiaCares Medicare expert Starr Slade will help us navigate the Medicare Maze throughout this Open Enrollment season. Discover the basics about Medicare benefits. Learn about Part A – hospital insurance, Part B – medical insurance, Part C – advantage plans, Part D – prescription drug coverage and Medigap – supplemental insurance to Medicare. Starr will also provide insight on what to consider when deciding which insurance agency to work with, in addition to giving tips on ways to prepare for the upcoming Medicare Open Enrollment period.

### **The Charm of Southeast Asia**

FAYETTEVILLE

Thursday, October 10

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

FREE

Members and non-members  
Pre-registration required

Get ready for an eye-opening experience as world traveler enthusiast and travel advisor Ron Largent takes us on a fast-moving tour of Southeast Asia, one of the best kept secrets in the travel world! Ron will share the gorgeous beaches of Vietnam, the absolute majesty of Saigon, the magnificent temples of Thailand, and conclude with the marvelous luxury of Kuala Lumpur. This part of the world has it all and it won't take long for you to see what beauty and charm it has to give. Hear first-hand experiences from Ron's travels to this beautiful area. Soon you'll be packing your bags, booking your flight and heading out because he'll have you wanting to start planning now!

### **The Scoop on Scams**

FAYETTEVILLE

Monday, October 14

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

FREE

Members and non-members  
Pre-registration required

We know it seems like raising awareness about scams is constantly being addressed,

but there is a reason for it! Scams are becoming more and more common each passing day. Between technology and different ways of getting away with it, scammers are constantly finding new avenues to take advantage of others, and seniors are among the most targeted individuals. Chief Marshal Lem Miller with the Fayette County Marshal's Office sheds light on this epidemic of elder-targeted fraud. Learn red flags to recognize and common communication methods used by scammers, in addition to alarming fraud statistics. Minimize your chance of becoming a victim by educating yourself on the front end. Discover what to do if you or a loved one do get scammed.

### **No Horsing Around Southern Bit Farm Tour**

SOUTHERN BIT FARM

Tuesday, October 15

10 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

Did you know that horses can feel a human heart beat from up to five feet away? These animals are fascinating, smart and caring, which is why they are often used as therapy animals. They are great nervous system regulators and not only are incredible gentle giants, but offer guidance and support for those in need. Meet us at Southern Bit Farm – 1766 Hwy 92S in Fayetteville – and get up close and personal with some of their beautiful horses! Owner Jennifer Jordan will teach us about what goes into caring for horses, training involved and more insight into these wonderful animals!

### **And Sew It Begins**

FAYETTEVILLE

Tuesday, October 15

11 a.m. to 1 p.m.

FREE

Members and non-members  
Pre-registration required

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

joins us to take care of minor sewing needs such as buttons, holes, hemming, elastic, etc. Materials provided or if you have matching thread or buttons feel free to bring them.

### **A Novel Idea Book Club**

PEACHTREE CITY

Tuesday, October 15

1:45 p.m.

FREE

Member exclusive

No pre-registration required

October book: *The Book of Joy* by the Dalai Lama, Desmond Tutu and Douglas Abrams.  
November book: *Circling the Sun* by Paula McLain. For more information, please contact Meghan Caton at megcaton@gmail.com.

### **1-on-1 Legal Consultations**

PEACHTREE CITY

Wednesday, October 16

12 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Meet with attorneys from Georgia Legal Services for advice on your non-criminal legal questions. Georgia Legal Services Program offers guidance, advice, and information on how to best handle your legal situation. Come with your questions on basic estate planning, family law matters, housing, and contract disputes.

### **Dementia Caregiver Support Group**

PEACHTREE CITY

Thursday, October 17

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.

### **Green Designs**

FAYETTEVILLE

Thursday, October 17

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

FREE

Members and non-members  
Pre-registration required

Plants are gorgeous no matter

which way you look at them, in the yard, around the home, in vases...you name it! But have you ever considered taking it a step further and decorating with plants? Kim Toal with the Fayette County Extension Office gives guidance and inspiration on decorating with cut flowers and potted plants. Use these ideas for upcoming gatherings this fall and winter or just to enjoy around the home! She will share some displays to get your creative ideas flowing so you can easily recreate for inside or outside use.

## The Grape Escape

PEACHTREE CITY  
Thursday, October 17  
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 fortified wines.

## Sweeter Than A Caramel Apple

FAYETTEVILLE  
Friday, October 18  
1:30 p.m. to 2:30 p.m.  
\$5  
Member exclusive  
Pre-registration required

Enjoy a delicious fall treat, made even better knowing you created the masterpiece yourself! Join Kathe Brooks with Scoops Fayetteville and enjoy a hands-on demonstration for learning to make caramel apple slices. All materials will be included - crisp apple slices, sweet caramel, and a variety of toppings like nuts, candies, and other items you may not have even thought about! During this session we will be using apple slices to make the process simpler, but you can use the same skills you'll learn to make full sized caramel apples at home later!

## 1-on-1 Medicare Consultations

PEACHTREE CITY  
Monday, October 21  
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 Gourd Time Pumpkin Carving

PEACHTREE CITY  
Monday, October 21  
2:45 p.m. to 3:45 p.m.  
\$8 | Includes pumpkin and carving supplies  
Member exclusive  
Pre-registration required

Expressions are everything! Come to our Pumpkin Carving extravaganza to make the scariest, funniest, or most shocking pumpkin designs for the Halloween season. Pumpkin and carving supplies included. Show it off and take it home to enjoy your festive decorations. Bring your friends or grandkids for an afternoon of fun. A kid friendly Halloween movie will be shown during the carving.

## One For All and All For Fall

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

During the fall, nature comes alive in Georgia with rich, brilliant hues of yellow, red, orange, purple and burgundy in colorful radiance! Join Bonnie Helander, gardening and travel writer for Southern Woman, as we discover Georgia's fabulous fall colors. From late summer blooms that last until frost, to late fall tree foliage, Georgia is alive with a kaleidoscope of colors to enjoy if you know where to look. Get tips on where to find the best fall

color in the North Georgia Mountains.

## The Future of Fayetteville

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

Join Fayetteville Mayor Edward Johnson and City Manager Ray Gibson for a discussion on the latest developments in our area. Together they will share updates on the city of Fayetteville and discuss plans for its future, including a focus on economic development. You'll also have a chance to meet the new Economic Development Director Lori Funderwhite.

## A Quiet Town In Georgia

PEACHTREE CITY  
Wednesday, October 23  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Just down the road is the quaint and beautiful town of Gay, GA that has blossomed over the years! This town was established in the 19th century and was named after a local farmer who played a significant role in its early development. Caitlyn Brandt with Long Leaf joins us to share the history of Gay. Growing tremendously in the early 1900s due to the arrival of railroads, Gay became a key stop for transport of cotton and crops. As the need continued to rise, it became a place for cotton and cotton mills that further boosted its economy and put it on the map. With its strong agriculture presence, it has grown over the years, hosting fairs, festivals, concerts and more, but it has also kept its connection to the past, making it a unique part of the Peach State's history!

## "age" Turners Book Club

FAYETTEVILLE  
Thursday, October 24  
1:30 p.m.  
FREE



Member exclusive  
No pre-registration required

October book: *A Gentleman in Moscow* by Amor Towles.  
November book: *The Wager* by David Grann. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## Just Shred It: Shredding Services

FAYETTEVILLE  
Friday, October 25  
9 a.m. to 10 a.m.  
\$5

Members and non-members  
Pre-registration required

Fayette Senior Services will have a shredding truck from A1 Shredding on site to take care of your shredding needs. Bring in your papers needing to be shred and have them taken care of at a convenient and familiar site. FSS will not be handling any of your papers; each member is responsible for taking their shredding out to the trucks directly. This event will be \$5 per person, up to 10 file-sized boxes (additional payment for over 10 boxes).

## Bean Bag Baseball

PEACHTREE CITY  
Friday, October 25  
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!

## Cozy Creations: Chunky Knit Blankets

PEACHTREE CITY  
Monday, October 28  
12:30 p.m. to 3:30 p.m.

\$85 | Includes materials  
Members and non-members  
Pre-registration required

The colder temps are just around the corner and boy do

we have the perfect warm and cozy blanket for you! Add a touch of comfort and style to your blanket collection. It's even stylish enough that you can leave it out for great winter décor. Join Amanda Cole with AR Workshop as she leads us through the steps for making this cozy DIY chunky knit blanket. These popular blankets are easy to make and require no tools or knitting expertise. You'll be surprised how easy they are to make and the amazing quality they are! During this class, you'll create a chunky knit blanket with step-by-step instruction by Amanda. Choose your yarn color upon arrival and leave with a 40"x50" throw and the knowledge to make more for yourself and others – trust us, you'll want to! Picture available at front desk.

## The Frugal Gardener

FAYETTEVILLE  
Monday, October 28  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

There is a lot of "green" in a garden, and we don't just mean the beautiful foliage you see around you. In addition to the green garden you hope to have, we also mean there is a lot of hard-earned money that goes into it as well. However, there is a way to garden on a budget and still have a gorgeous yard worth showing off. Robbie Martin, owner of Art of Landscaping, will share her secrets to keeping the green in your yard and your wallet. Learn the way to having a gorgeous yard without spending tons of money.

## It's A Waterful Life

PEACHTREE CITY  
Tuesday, October 29  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Fayette County is home to so many amenities we love. County staff do a wonderful job of maintaining safe and natural areas for residents to

enjoy. Among these places are great reservoirs that not only serve as water supply for the community, but also as outdoor recreation areas. Join Vanessa Tigert, Director of Fayette County Water System, and Bryan Keller, Director of Environmental Management, for discussion about our local reservoirs and watersheds and how Fayette County protects our natural resources.

## The Chick-fil-A Story

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

Members and non-members  
Pre-registration required

A local favorite for many, Chick-fil-A started just around the corner from us here in Fayette County. The story of how the company has grown over the years and the impact they continue to have on communities around the world is incredible. Mark Walker joins us to share the history of how Chick-fil-A began, in addition to how the business model has grown throughout the years into an amazing family-centered and community-based restaurant. Feel inspired learning not only the story of how the chicken sandwich came to be, but also how the Cathy family has built a leader-driven company that invests in their employees, customers and the community around them!

## Creepin' It Real

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

Members and non-members  
Pre-registration required

BOO! Don't let a little ghost story scare you...but maybe with a touch of real life experience thrown in, it can add a touch more fright along the way. Ed Laughlin and Brian Daffern with Ghosts of Georgia Paranormal Investigations bring us a collection of ghost stories that are the perfect fit for the season! They'll share some exaggerated stories to add a little more spook as well as intertwine some real life

encounters and interviews they've had. You're bound to be entertained and shaking in fear by the end!

### Beyond the Grave Cemetery Walk

FAYETTE CEMETERY  
Thursday, October 31  
1 p.m. to 2 p.m.  
FREE  
Member exclusive  
Pre-registration required

Awaken the spirits during this cemetery walk! Debi Riddle with the Fayette County Historical Society features community icons of the past from around our hometown. Meet at the Historic Fayette Cemetery (210 Stonewall Avenue West in Fayetteville) for this walking tour featuring those who have impacted our county in the past 200 years! Wear comfortable shoes.

### 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!

### Garden Club

FAYETTEVILLE  
Regular meetings will return in March  
Members and non-members  
No pre-registration required

Garden season is dormant, just like our plants, but join us in March! If you have a green thumb, love gardening and are interested in volunteering, join the Garden Club. It's never too early to get involved, so contact Amber Oliver at aoliver@fayss.org for more information.

## Technology

### 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, October 16  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, October 22  
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, October 1  
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.

### Take A Back Seat

PEACHTREE CITY  
Tuesday, October 1  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Back pain can be difficult to deal with and Dr. Josh Davis with First Step Physical Therapy will help us alleviate some of the issues associated with it. Learn an overview of the anatomy and biomechanics of the back as well as common back injuries, how to treat symptoms and easy ways to reduce the pain without painkillers or surgery.

## Don't Be A Dumbbell

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

Each year, we learn more about the tremendous health benefits of staying physically active. As we grow older, our muscles also age. Muscle mass starts to decrease drastically around the age of 55, leaving us with a need to focus even more on staying strong to avoid expected aging deficits. Current research has demonstrated that strength and resistance training exercises have the ability to combat weakness and frailty and their debilitating consequences. Join Shameka Clark, Wellness Coordinator with Azalea Estates, as she reiterates the importance of resistance and strength training for seniors and provides exercise tips and suggestions for using dumbbells and other fitness equipment.

## Gotta Hand It To You: Hand Massages

FAYETTEVILLE  
Thursday, October 3  
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!

## Eyeglass Repairs and Adjustments

FAYETTEVILLE  
Thursday, October 3  
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.

## On the Move: Functional Movement Assessments

PEACHTREE CITY  
Monday, October 7  
1 p.m. to 3:30 p.m.  
FREE  
Member exclusive  
Pre-registration required

Our daily movements come naturally and without a thought in the world, like second nature. However, as we age, those movements can become more difficult. The team of Physical and Occupational Therapist at Bench Mark Physical Therapy performs one-on-one functional movement assessments to help us determine areas for improvement and provide exercises to assist in making us stronger and more mobile. Functional movement is defined as a movement sequence based on real-world situations such as standing, sitting and lifting. These are performed throughout your day on a regular basis. Determine your potential risk of injury and gain insight on ways to improve your movements to feel better, stronger and become even more mobile.

## In the Home Stretch

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

Stretching is not just for exercise! Our bodies take care of us daily, and there is no better way to repay it than by taking care of it! There are many ways to do this, but one of the most overlooked ways is through stretching and regular body movement. By focusing on these, we can help our bodies feel better in addition to creating better balance, decreasing risk of injury, allowing our joints a bigger range of motion,

increasing blood flow and much more. On top of all these incredible benefits, the fact of the matter is stretching just makes us feel better and more relaxed. Lane Fenner with Stretch Zone discusses the importance of stretching and will provide a demonstration and stretch routines you can take home to make your body feel better every day. Wear loose fitting clothes to partake in some simple stretching examples during class.

## Managing MyChart

PEACHTREE CITY  
Tuesday, October 8  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

If your healthcare team utilizes MyChart to provide access to your medical information, you should have an easy and convenient way to manage your healthcare, make appointments, and communicate with your physicians. But sometimes it can be hard just to log in! Join Piedmont Fayette Director of Community Relations Paige Muh to talk about how to best utilize the MyChart platform and explore key benefits of managing your healthcare online! This program is part of the 2024 Piedmont Wellness Series.

## Outlive Your Healthspan

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

Join us for an insightful presentation on Dr. Peter Attia's groundbreaking book, *Outlive*, tailored specifically for seniors looking to enhance their quality of life. Dr. Tarryn Hoff, sport psychologist, university professor, and owner of Peachtree City Personal Training, will explore the latest research and practical strategies for extending not just lifespan, but healthspan—the number of years you

live in good health! Realize the importance of proactive health management, discover key lifestyle changes that can lead to a longer, more vibrant life and learn how to apply Dr. Attia's insights to live a healthier more fulfilling life as you age. Gain valuable knowledge that could help you outlive your expectations!

## **Burn Baby Burn**

PEACHTREE CITY

Friday, October 11  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Are all calories created equal? While a calorie may be a calorie when it comes to the mathematical part of weight loss, there is much more to it. Join Certified Health Coach and Licensed Insurance Broker Jennifer Lunsford to find out the truth about how calories affect us in our daily diets! She will show us how no two calories are created equally and how different types of calories affect diabetes, high blood pressure and other health concerns we may have.

## **The Art of Self Care**

PEACHTREE CITY

Monday, October 14  
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, join when you can.

## **Hearing Aid Cleanings & Maintenance**

FAYETTEVILLE

Wednesday, October 16  
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.

## **The Functional Way**

FAYETTEVILLE

Wednesday, October 16  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Let's face it, a workout regime can be hard to get going. Getting in a routine, finding the right equipment, finding time, you name it. One reason a lot of us don't get started is because we can't find the right exercises and equipment that seem relevant to our needs, especially if we aren't trying to build huge muscles or become a world class athlete. Enter functional training! This is the concept of incorporating exercises that directly help you complete everyday tasks and movements more easily, allowing you to stay independent longer. Join Piedmont Wellness Center staff as they discuss what functional training is and provide guidance to exercises you can easily incorporate into your routine that may show just the results you were looking for!

## **A No Swell Diet**

PEACHTREE CITY

Friday, October 18  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Inflammation is a normal part of your body's response to injuries and invaders, like germs. While it does promote healing and ultimately helps

you feel better, it can seem like it is working against you at the same time! Lifestyle Strategist and Certified Nutritional Therapist Linda Weigand with Inside Out Dynamics helps you turn down the heat on inflammation. Discover what increases the risk of inflammation and what the symptoms of your body's inflammatory response are. Linda will help us combat the severity of this response through diet and lifestyle recommendations to help you in your fight against the pains of inflammation.

## **Learning From Living**

FAYETTEVILLE

Monday, October 21  
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](http://www.pfpl.us).

## **Keep Your Spine In Line**

FAYETTEVILLE

Tuesday, October 22  
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members  
Pre-registration required

Spine and back pain can be a difficult thing to deal with. There are many reasons you may be experiencing pain. Pinpointing where it is coming from and creating a treatment plan can be just the thing to help you bounce back, quite literally! OrthoAtlanta spine specialist Dr. Ifeanyi Nzegwu is a highly skilled spine surgeon with deep

expertise in both traditional and minimally invasive spine treatment. He'll keep your spine in line with details about the latest innovations in spine and back ailments and offer valuable insights into cutting-edge treatments and patient care strategies.

### One Simple Change

PEACHTREE CITY  
Friday, October 25  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Living a healthy lifestyle is always a work in progress. It can seem overwhelming, but if you take a deep breath, sit back and take a look, you'll see that with small changes, you may be closer than you think! Wellness Coordinator Jessie Lapicki sheds light on simple solutions that will help bridge the gap between small goals and big ones! She'll help us understand the importance of eating more fruits and veggies in order to fight aging and common disease as well

as discuss ways to improve your health with one simple change. Sometimes all it takes is something simple to improve your health and expand your impact!

### Scrub Your Worries Away

FAYETTEVILLE  
Tuesday, October 29  
1:30 p.m. to 3 p.m.  
\$15 | Includes materials  
Members and non-members  
Pre-registration required

Love the skin you're in! Care for your body with scrubs made from natural, safe and healthy ingredients that can be the key to looking and feeling great. Dr. Delores Davis with Better Health Concepts teaches us how to make our own homemade body scrubs that are great for exfoliating and leaving your skin feeling refreshed, soft and vibrant. Enjoy this hands-on demonstration while creating your own scrub during class for the face, hands, body and those dry spots that need some special attention. Gain the knowledge and skills to

continue to make scrubs at home for your everyday needs or to give as gifts!

### Spice Spice Baby

PEACHTREE CITY  
Thursday, October 31  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Tickle your taste buds with a dab of these everyday spices to add flavor and healthy benefits to your meals! Nutritionist Andrea Beauer with Smart and Simple Nutrition talks about different types of spices to use when cooking that not only adds a tasty punch, but also contributes to better health. Spices allow us to be creative and adventurous with our cooking and can add many health benefits to our meals that you may not have ever thought of. Discover these delicious additions to cooking and how to incorporate them to not only reap their healthy benefits, but also the great flavor they add!!

## Look What's Coming in November!

### Talk Birdy To Me

PEACHTREE CITY  
Monday, November 4  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

*Spread your wings as we uncover the secrets to attracting birds to your yard. Learn about bird activity around Peachtree City and the many ways you can encourage them to fly into your own backyard!*

### Preventing Medicare Fraud

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

*Medicare Open Enrollment is in session. With the opportunity to make changes, comes the opportunity to be led in the wrong direction. Keep yourself safe and free of fraud during this enrollment period.*

### Outwit Your Smart Phone

PEACHTREE CITY  
Tuesday, November 5  
1 p.m. to 3 p.m. | FREE  
Pre-registration required

*Get one-on-one help for specific questions you may have about your smart phone. Outwit that smart phone, once and for all. Bring your phone with you to the session.*

### TRACON Tour

TRACON Facility  
Thursday, November 7  
9 a.m. to 11 a.m. | FREE  
Pre-registration required

*Get a behind-the-scenes look at the dynamic world of air traffic control at the Atlanta TRACON facility. Must be a U.S. Citizen. Registration is required by Friday, November 1.*

**Registration will be available when the November newsletter comes out Monday, October 21st!**



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

SHIP is your local State Health Insurance Assistance Program. We provide unbiased support to Medicare beneficiaries and their families.

Your SHIP can help with one-on-one, unbiased guidance:



Understanding costs and coverage



Enrolling in and changing plans



Comparing options



Correcting billing issues



SHIP is not reimbursed by health insurance plans. Our only priority is helping you to understand and make informed decisions about care and benefits. SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.

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# WELLNESS SERIES 2024

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

- ✓ Valuable Information
- ✓ Useful Connections
- ✓ Familiar Environment





*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!

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