

November 2024

ENRICHMENT

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

Dinner & A Show

Kick off the holiday season with us as you enjoy dinner and a live Christmas performance by a local theater group!

Honoring Veterans

Join us as we recognize and honor the veterans who have served our country at this Veterans Day celebration.

Jelly-llujah!

You'll be singing this sweet and spicy treat's praises after tasting the amazing mix of jalapeño pepper jelly with a sweet cookie!

Live Well. Age Well.

Ho, Ho, Ho-lidays!



Join us at FSS as we celebrate
the holidays together with a

CHRISTMAS Party

TUESDAY, DECEMBER 17

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

FAYETTEVILLE | 4 CENTER DRIVE

WEDNESDAY, DECEMBER 18

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

PEACHTREE CITY | 203 MCINTOSH TRAIL

Registration begins
Wednesday, November 20th

November

featured

A Ray of Sunshine 10

Meet volunteer Mary Middleton who strives to be the sunshine for everyone she meets!

Sweet & Spicy 11

Enjoy this delicious treat that will have your taste buds dancing from the sweet and spicy combination!

Pull Back the Curtains 15

Sit back and relax as you take in this festive spectacular featuring amazing music, groovy dancing and holiday cheer!

A Salute To Our Veterans 15

Share your gratitude and appreciation for those who have served our country at this Veterans Day Celebration!

in every issue

About FSS 4

Supportive Services 5

Meet Our Staff 6

Membership & Center Info 6-7

Coming Soon 8

Free Stuff - Every Day! 12-13

Special Events 15

Classes & Programs 18-29

2024 HOLIDAY CLOSINGS

Thanksgiving.....November 28, 2024

Thanksgiving.....November 29, 2024

Holidays.....December 23, 2024

Christmas.....December 24, 2024

Christmas.....December 25, 2024

HolidaysDecember 26, 2024

HolidaysDecember 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

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

Michelle Clanton
Kitchen Manager

Debi Quinnell
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

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.

Membership Has Its Rewards

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

The Art of Landscaping

1120 GA-85 in Fayetteville
(770) 461-4860

Receive a 15% discount on purchase when you show a valid membership card.

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

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.

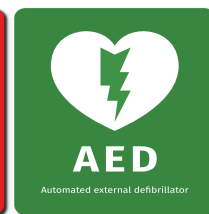
Hot breakfast item served every day
Enjoy a choice of continental breakfast items

(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... December 2025

Rocking Around the Christmas Tree Christmas Party

Fayetteville | Tuesday, December 17
2 p.m. to 3:30 p.m. | FREE

It's that time of year again, a time to enjoy the holidays, family, and friends! What better way to do so than with our family here at FSS. Put on your best tacky sweater and join us for our Christmas Party! We'll have delicious treats and Christmas themed karaoke going on during the party, so get your vocal chords warmed up, fa la la la la! Member exclusive.

Dashing Through the Snow Christmas Party

Peachtree City | Wednesday, December 18
1:30 p.m. to 3 p.m. | FREE

Join in on the holiday festivities as we gather around for our Christmas extravaganza. Savor delicious snacks for the holidays, enjoy music full of holiday cheer, and take part in a White Elephant gift exchange. Bring a maximum \$10 gag gift to join this hilarious holiday game of swaps and steals. Member exclusive.

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

Miriam's Fitness Corner Prevention for Retention

What a wonderful turnout we had for this year's Walk to End Alzheimer's. Because of your support and efforts, team Silver Bullets once again met the team goal! Not only did we raise dollars for research and support, but many of us were able to get out there and engage in physical combat, our very own personal walk for prevention. Joining this fight also means fighting for our future. When we walk, we fight for our own health. Every step we take leads us further away from the likelihood of developing Alzheimer's. The connection found between exercise and Alzheimer's prevention is astounding, and it doesn't stop there. The benefit of exercise revealed through research for people actually living with Alzheimer's disease is mind-blowing. Here's just a sample:

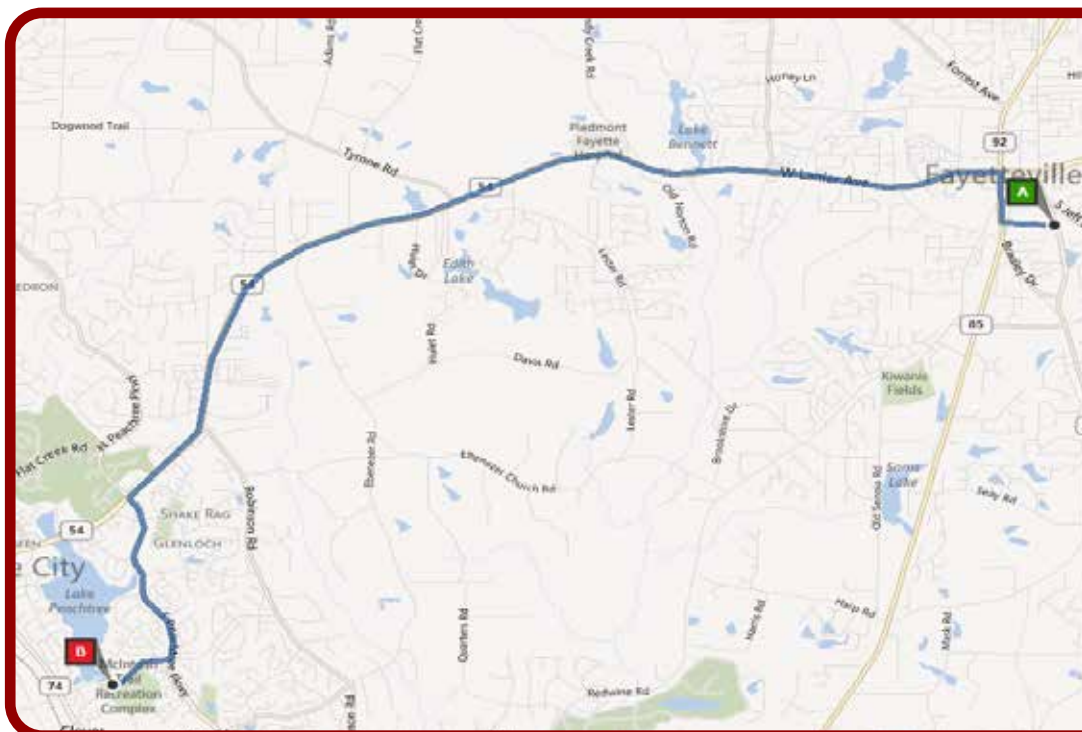
1. Improved cardiovascular health: Regular physical activity reduces the risk of heart disease, stroke and other chronic conditions, which are more common in people with Alzheimer's.
2. Enhanced cognitive function: Exercise increases blood flow to the brain, which helps improve memory and thinking skills in people with Alzheimer's.
3. Mood improvement: Physical activity helps reduce anxiety, depression, and stress, which are common in people with Alzheimer's and their caregivers.
4. Better sleep: Regular exercise improves sleep quality, which is often disrupted in people with Alzheimer's.
5. Improved balance and mobility: Exercise helps maintain muscle strength and flexibility, reducing the risk of falls and fractures.

Simply put, although there is no cure, progression in most cases can be slowed. We just have to continue to do our part. Together let's continue to fight!

Please note that before beginning any new exercise routine, consult your physician.

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



2025 Sponsorships Now Available!

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

SPONSORS



Fayette Senior Services & Piedmont Fayette Hospital

WELLNESS SERIES 2024

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



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



Deliver A Difference

VOLUNTEERS NEEDED

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

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

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



JOIN OUR MEALS ON WHEELS TEAM

www.fayss.org/volunteer-application

Dear Volunteer, You Make a Difference!

Our Future Is Bright

Written By: Amber Oliver



Every time I meet a volunteer, I feel so blessed to live in an area where community matters to so many. I have the pleasure of seeing firsthand how volunteers make a true difference each and every day! Fayette Senior Services' volunteers make a commitment to share their time, talents, and resources where the fruits of their labor make a significant impact on not only FSS as a non-profit organization, but more importantly the seniors they serve. One of those volunteers is Mary Middleton. Mary shares her kindness and generosity in not one, but two areas of volunteer service for Fayette Senior Services. With over 216 volunteer hours so far this year, Mary contributes to our community as a driver for Meals On Wheels in addition to volunteering in our fitness center. She is a valuable asset to helping us achieve our missions of fostering senior independence, improving quality of life, and enhancing the community connection.

Mary grew up in Pennsylvania where her father was retired Navy and her mother was a nurse. With 5 sisters and 1 brother, it was a busy home where the kids were sent outside to play...A LOT! While attending

one of her sister's weddings, she met her husband Len. They have been married for 35 years. The two ended up in Georgia by way of Pennsylvania, New Jersey and Arizona and now call Senoia home. They are blessed with 1 son and 2 grandchildren. Once in Georgia, Mary attended Georgia Military Community College. She has a background as a librarian and an accountant while her husband is a computer programmer.

Mary has been volunteering for 2 years at FSS. It was boredom that made her decide to check us out. And you know since she told us she was bored, we've done our best to keep her busy ever since! Her favorite part of volunteering is meeting new people. In her free time, Mary enjoys traveling. Last month she took a cruise up the east coast to Canada, but her favorite travel destination is Hawaii. She also enjoys movies and books. I asked Mary a few "just for fun" questions and here is what she told me. If stranded on a desert island, the 3 items she would want with her are books, books, and more books! Suspense and mystery are her favorite genres and her favorite authors are Diana Gabaldon, Kristen Hannah and Tricia O'Malley. If Mary was singing karaoke, her song of choice would be *Words* by Missing Persons. If she could hang out with any cartoon character she would choose Jane Jetson because the Jetsons were so ahead of their time. "Jane had a robot maid, a smartwatch, and made video calls." Mary says it is difficult for her to be around negative people and her favorite saying is, "*When you can't find the sunshine, be the sunshine!*" A fun fact many people don't know about Mary is that "I just want to live happily ever after – at least every now and then."

How lucky for FSS that we have Mary as a volunteer! We may not be able to predict the future like the Jetsons, but we know our future is bright with volunteers like her! Thank you, Mary, for your service to FSS and our community and for being our sunshine no matter what our days hold!

From Our Kitchen To Yours

Pepper Jelly Cornmeal Cookies

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



Photo via Better Homes & Gardens

Ingredients

- 1 cup butter, softened
- 1 cup packed brown sugar
- 1/2 teaspoon baking powder
- 2 egg yolks
- 1 teaspoon vanilla
- 2/3 cup yellow cornmeal
- 2 cups all-purpose flour
- 1/4 cup red or green jalapeno pepper jelly

Directions

- Preheat oven to 350°. In a large bowl, beat butter with electric mixer for 30 seconds. Add brown sugar and baking powder and beat until combined. Beat in egg yolks and vanilla until combined. Beat in cornmeal. Beat in flour and mix any remaining flour with a wooden spoon.
- Shape dough into 3/4 inch balls (keep them small for better jelly to cup ratio). Place balls 1 inch apart on ungreased cookie sheet. Using your thumb, make an indentation in the center of each ball. Fill each center with about 1/8 teaspoon jelly.
- Bake in preheated oven for about 10 minutes or until bottoms are lightly browned. Cool on a cookie sheet for 1 minute and transfer to a wire rack to cool.
- Yields about 96 cookies.

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.

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.



Members enjoying The Trilith Experience tour together!



Girls night out at the Low Country Boil in Fayetteville.

Rules, Regulations & Cancellation Policies

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

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

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

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

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

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



The STARs tried their luck at the FSS Casino for a chance to win big!



Cheers to FSS at Towerhouse Farm Brewery tastings and tour.

Special Events



A Salute to Our Veterans

FAYETTEVILLE
Monday, November 11
2 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

Calling all veterans, family, friends and patriots alike to join in the celebration as we honor the men and women who have served and those who are still serving our country. This day of celebration will feature veterans and supporters throughout our community. We welcome Veteran Bren Briggs with The Eden Project, Veteran Bill Kempf of the American Legion Post 105, members of the Noteworthy's singing group as well as Veteran Bugler Robert Fox. Hear about the history of Veterans Day and the true reason we recognize this respected day. Relish beautiful patriotic music and enjoy a posting and retiring of the colors. It will be a celebration worth writing home about!



Christmas My Way Dinner Theater

FAYETTEVILLE
Thursday, November 14
5:30 p.m. to 8:30 p.m.
\$15
Members can purchase tickets at front desk
Pre-registration required

Enjoy a production and delicious dinner right here at FSS! Local theater company Town Square Playhouse presents *Christmas My Way*. It's beginning to look a lot like a fresh, knocked out, cuckoo, groovy Rat Pack style Christmas as we ring in the holidays with this swingin' musical revue! From classic Frank Sinatra tunes to Rat Pack-ish versions of seasonal favorites, this show is complete with 40 popular hits including 'Fly Me to The Moon,' 'You Make Me Feel So Young,' 'New York, New York,' 'The Christmas Song,' 'Silver Bells,' 'I'll Be Home for Christmas,' and many more favorites you'll be singing along with! Nothing will be silent during this night as the talent of Town Square Playhouse serves up cool versions of the Great American Songbook standards and holiday hits.



Grab your bird, jingle your bells and bring out your best Ho-Ho-Ho as we invite you to experience a Rat Pack Christmas. *Christmas My Way* invites you to pour a stiff eggnog and celebrate the holidays, Sinatra style! Event sponsored by Peachtree Law Group Attorney David Moore, Sonder Health Plans and Southern Cremations & Funerals.

The Turkey Trot: Potluck & Family Recipe Swap

PEACHTREE CITY
Monday, November 25
12:30 p.m. to 1:30 p.m.
\$8
Member exclusive
Pre-registration required

Gobble gobble! Don't miss out on a delicious potluck and recipe swap, just in time for the holidays. Bring your favorite side dish or dessert along with the recipe to share. Our kitchen crew's delicious turkey and cornbread dressing will also be included to treat the taste buds. Leave with a full belly, new recipe ideas and a craving for more Thanksgiving favorites to try at home.

Sunday							Monday							Tuesday							Wednesday						
October 2024							December 2024																				
S	M	T	W	T	F	S	S	M	T	W	T	F	S														
		1	2	3	4	5	1	2	3	4	5	6	7														
6	7	8	9	10	11	12	8	9	10	11	12	13	14														
13	14	15	16	17	18	19	15	16	17	18	19	20	21														
20	21	22	23	24	25	26	22	23	24	25	26	27	28														
27	28	29	30	31			29	30	31																		
3							4							5													
							Talk Birdy To Me pg. 22							Massage pg. 26							Quilting UFO pg. 26						
							Preventing Medicare Fraud pg. 22							Outwit Your Smart Phone pg. 22							Hear Me Out pg. 26						
														A Remembrance of Armistice Day pg. 22							The Value of Your Vision pg. 26						
																					Eyeglass and Adjustments pg. 26						
10							11							12													
							Crochet: Granny Stitch Cardigan pg. 18							Volunteer Open House pg. 23							Quilting UFO pg. 26						
							Superfoods with Superpowers pg. 27							And Sew It Begins pg. 23							Spring Into Gardening pg. 26						
							A Salute to Our Veterans pg. 15							Prevention Is Better Than Cure pg. 27							Money In Your Hands pg. 26						
														Lunch & Learn: A Joint Effort pg. 27													
17							18							19													
							1-on-1 Medicare Consultations pg. 24							Painting Workshop pg. 18							Quilting UFO pg. 26						
							What's On Tap? pg. 24							Car Wash pg. 24							A Guide to Good Hearing Aid Care pg. 26						
							Crochet: Granny Stitch Cardigan pg. 18							Tellebration pg. 24							Maintenance Computer Assistance pg. 26						
							The Art of Self Care pg. 28							Book Club pg. 24							Myth Busters Nutrition Edition pg. 26						
24							25							26													
							The Turkey Trot: Potluck & Family Recipe Swap pg. 15							The 12 Scams of Christmas pg. 25							Movie Day pg. 26						
							There's An Oil For That pg. 29							Picture Perfect Posture pg. 29							Movie Day pg. 26						
														Computer Assistance pg. 26													

November 2024

Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Cornhole pg. 21</p> <p>Medicare Perscription Drug Plan Changes pg. 22</p> <p>Get To Know Fayette Senior Services pg. 22</p>	<p>2</p>
<p>6</p> <p>Day: pg. 18</p> <p>Out pg. 26</p> <p>ur Home pg. 22</p> <p>Repair ents pg. 26</p>	<p>7</p> <p>Gotta Hand It To You: Hand Massages pg. 26</p> <p>TRACON Tour pg. 23</p> <p>Aging In Place pg. 23</p> <p>Memory Screenings pg. 27</p> <p>What's for Lunch? pg. 23</p>	<p>8</p> <p>Trust Your Gut pg. 27</p> <p>The Friendship Mirror pg. 23</p>	<p>9</p>
<p>13</p> <p>g Day: pg. 18</p> <p>o Winter g pg. 23</p> <p>Pocket pg. 27</p>	<p>14</p> <p>Christmas My Way: Dinner Theater pg. 15</p> <p>Movie Day pg. 21</p> <p>Balance It Out: Balance Assessments pg. 28</p>	<p>15</p> <p>Cornhole pg. 21</p> <p>The Weight Of It All pg. 28</p> <p>'Tis the Season for Greeting Cards pg. 18</p> <p>Name That Tune pg. 24</p>	<p>16</p>
<p>20</p> <p>g Day: pg. 18</p> <p>reads pg. 24</p> <p>Cleanings & ce pg. 28</p> <p>stance pg. 26</p> <p>: Exercise & tion pg. 28</p>	<p>21</p> <p>The Grape Escape pg. 25</p> <p>Book Club pg. 25</p> <p>Dementia Caregiver Support Group pg. 25</p> <p>The Way the Cookie Crumbles pg. 24</p>	<p>22</p> <p>Bean Bag Baseball pg. 25</p> <p>Marvelous Movie Makeover pg. 25</p> <p>The Stress Factor pg. 28</p>	<p>23</p>
<p>27</p> <p>y pg. 21</p> <p>y pg. 21</p>	<p>28</p> <p>CLOSED</p> <p>Thanksgiving</p>	<p>29</p> <p>CLOSED</p> <p>Thanksgiving</p>	<p>30</p>

November Program Schedule

Needlework

Crochet: Granny Stitch Cardigan

FAYETTEVILLE
Monday, November 11 & 18
10 a.m. to 12 p.m.
\$10 | Materials not included
Pre-registration required
Instructor: Nancy Crow

This granny stitch cardigan is a beginner-friendly crochet pattern that features a striking contrast between vertical granny stitches on the front and back and horizontal stitches on the sleeves. Materials needed: Lion Brand Mandala or any #3 yarn(s) – can be done in multi colored yarns; crochet hooks size G and H; stitch markers; your choice of method in row counting. Since this is a multi-sized project, the amount of yarn needed will vary. Contact Nancy Crow at iccrochet2@bellsouth.net to determine the amount you will need for your size. Please note this is a 2-part class and you must attend both sessions. Contact Nancy at iccrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, November 6
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, November 13
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, November 20
9 a.m. to 3 p.m.
\$15 | Materials not included

Pre-registration required
Instructor: Darlene Hubble

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

Creative Pursuits

'Tis the Season for Greeting Cards

PEACHTREE CITY
Friday, November 15
9:30 a.m. to 12:30 p.m.
\$25 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Learn to make small watercolor paintings that you can frame or use for greeting cards! Discover the basic watercolor techniques, as well as a quick way to copy the designs, among other tips and tricks. Designs will be provided for holiday cards as well as others for different greeting cards. A template for making your own cards at home will be provided. Designed for all levels, no previous experience needed. See front desk for picture.

Painting Workshop

PEACHTREE CITY
Tuesday, November 19
10 a.m. to 12 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're

capable of! See the front desk for a sample picture. This month, paint a tranquil autumn tree landscape.

Dance

Peachtree City Beginner I Line Dance

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

There will be no class November 5th due to voting at The Gathering Place. 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

There will be no class November 5th due to voting at The Gathering Place. 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, November 14 & 21

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.

Dance and Tone

PEACHTREE CITY
Thursday
10:15 a.m. to 11 a.m.
\$20 | Month
Instructor: Lori Clark

Make your workout more fun as you dance and tone during this class. This easy-to-follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light weights, followed by a cool down and stretch. Boost your cardiovascular fitness, tone your muscles, improve your coordination and memory in an interactive way that doesn't feel like your typical workout.

Cardio, Core & More

PEACHTREE CITY
Thursday
12 p.m. to 12:50 p.m.
\$10 | Month
Instructor: Miriam Jones

If early morning workouts aren't your thing, this is the

class for you! Miriam feels your pain and is happy to reciprocate! Join for a fun and different mix of effective, yet easy-to-follow exercises that will strengthen your body and enhance your mood.

Yoga: Fayetteville

FAYETTEVILLE
Friday
8:45 a.m. to 9:45 a.m.
\$20 | Month
Instructor: T. Michael

A form of mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm.

Yoga: Fayetteville Zoom Live Session

Via Zoom from your home
Friday
8:45 a.m. to 9:45 a.m.
\$20 | Month
Instructor: T. Michael

This will feature the Yoga class live via Zoom so you can participate in the same great class in your home.

Power Aerobics

FAYETTEVILLE
Tuesday and Thursday
7:40 a.m. to 8:30 a.m.
\$20 | Month
Instructor: Miriam Jones

These super fun, up-tempo total body workout sessions are designed to strengthen your muscles and core while simultaneously improving balance, coordination, and flexibility. Prepare to be safely challenged as no workout is ever the same. You'll gain energy and friendships. Each Thursday workout includes floor work so bring a mat that day. Modifications provided.

Intermediate I Aerobics

FAYETTEVILLE
Tuesday and Thursday
8:40 a.m. to 9:30 a.m.
\$20 | Month
Instructor: Miriam Jones

Whether you're a fitness enthusiast or dread the idea of exercise, this is the class for you. Take the routine out of fitness. These total body workouts are never the same and will have you feeling stronger and more energized. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided.

Intermediate I Aerobics: Zoom Live Session

Via Zoom from your home
Tuesday and Thursday
8:40 a.m. to 9:30 a.m.
\$20 | Month per class
Instructor: Miriam Jones

This will feature the Intermediate I Aerobics class live via Zoom so you can participate in the same great class in your home.

Intermediate II Aerobics

FAYETTEVILLE
Tuesday and Thursday
9:40 a.m. to 10:30 a.m.
\$20 | Month
Instructor: Miriam Jones

This total body workout will leave you feeling stronger and more energized. Start your morning off twice a week with Miriam as she provides a great session intended to get you moving and feeling better throughout each week. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided.

Stretch for Movement

FAYETTEVILLE
Wednesday
9:45 a.m. to 10:30 a.m.
\$10 | Month
Instructor: Miriam Jones

A series of simple and easy-to-follow stretch combinations to improve your balance, coordination, and range of motion as well as helping relieve stress through a series

of breathing techniques.

Stretch for Movement: Zoom Live Session

Via Zoom from your home
Wednesday
9:45 a.m. to 10:30 a.m.
\$10 | Month
Instructor: Miriam Jones

This will feature the Stretch for Movement class live via Zoom so you can participate in the same 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.



Cornhole

PEACHTREE CITY
Friday, November 1
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Friday, November 15
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

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, November 14 | 1:15 p.m.
Aloha (2015) | PG-13

Starring: Bradley Cooper, Rachel McAdams, John Krasinski, Alec Baldwin, Bill Murray and Emma Stone. A celebrated military contractor returns to the site of his greatest career triumphs and reconnects with a long-ago love while unexpectedly falling for the hard-charging Air Force watchdog assigned to him.

PEACHTREE CITY
Wednesday, November 27 | 1:15 p.m.
Friendsgiving (2020) | R

FAYETTEVILLE
Wednesday, November 27 | 1:15 p.m.
Friendsgiving (2020) | R

Starring: Malin Akerman, Kat Dennings and Jack Donnelly. Molly and Abbey, along with their crew of close friends and acquaintances, host a dysfunctional, comical and chaotic Thanksgiving dinner.
Movie sponsored by:



**JenCare Senior
Medical Center**
A CHENMED COMPANY

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!

Get To Know Fayette Senior Services

PEACHTREE CITY
Friday, November 1
12:30 p.m. to 1:15 p.m.
FREE
Members and non-members
Pre-registration required

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

Medicare Prescription Drug Plan Changes

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

As we approach 2025, not only will we be ringing in a new year, but also new changes to Medicare Part D Drug plans. This coming year, coverage and cost of prescription drugs are anticipated and expected to see major changes. Georgia SHIP Coordinator Starr Slade discusses the Medicare updates to your Part D prescription drug plan to help you better understand these changes. Starr will help divide fact from fiction. She will include information on the Part D Plan caps as well as the drug plan initiatives. In with the new cap, and out with the well-known “donut hole” to Part D Medicare plans, it’s time to ring in the new year with the specifics! Change is inevitable, but being prepared in advance on what to expect is a great way to go into your 2025 Medicare prescription drug plan.

Talk Birdy To Me

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

Birdwatching can be a fun and exciting hobby and Michael Turner, owner of Wild Birds Unlimited, will share his secrets to attracting birds. Learn about the bird activity around Peachtree City as well as a variety of information on feeders, food options, and different things that may attract gorgeous birds to your own backyard.

Preventing Medicare Fraud

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

The Medicare Open Enrollment period is in full swing. This is the one time of year when Medicare enrollees have the opportunity to make changes to their plans for the upcoming year. We know that Medicare can be confusing and there are many people out there looking to take advantage of you and enroll you in a plan that may not be the most beneficial for you. Nathan Coffin with Georgia Senior Medicare Patrol will help us gain knowledge on ways to keep ourself secure and safe from people out there looking to take advantage of seniors! Feel confident and knowledgeable on how you can protect yourself against Medicare Open Enrollment fraud.

Outwit Your Smart Phone

PEACHTREE CITY
Tuesday, November 5

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.

A Remembrance of Armistice Day

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

In November of 1919, after the conclusion of World War I, President Woodrow Wilson declared that November 11th would be recognized as Armistice Day followed by the powerful words, “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service...” As the pages of the calendar turned, and the day eventually was recognized as Veterans Day, it continues to be observed on November 11th each year. Not only does it preserve the historical significance of the date, but it focuses attention on the importance of this day and honors our veterans and their patriotism, love of their country and willingness to serve and sacrifice. Jim Scott joins us to unravel the history of this iconic day as we learn the true meaning behind this celebrated day each November!

The Value of Your Home

PEACHTREE CITY
Wednesday, November 6
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members
Pre-registration required

Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, share insight to how realtors, banks and appraisers determine the value of your house. Gain a better understanding of comparable sales, appraisals and values.

TRACON Tour

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

You'll be the master of the skies after a private tour of Atlanta TRACON. Get a behind-the-scenes look at the dynamic world of air traffic control. Gain insight into aviation technology as you get an introduction to air traffic management strategies. Observe air traffic controllers managing flights arriving, overflying and departing from Hartsfield-Jackson Airport and other surrounding airports. Visit the control room to witness phases of live air traffic in action and explore the continuous efforts to enhance aviation safety. Interact with experienced professionals for questions and discussion. Meet at the Atlanta TRACON facility – 784 Highway 74 South Peachtree City - and check in at the guard gate with a photo ID. Your name will be on a required approval list to gain entry. Must be a U.S. Citizen. Registration required by Friday, November 1.

What's for Lunch?

PEACHTREE CITY
Thursday, November 7
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 The Studio Café Operated By Hannah Brothers in Fayetteville.

Aging In Place

FAYETTEVILLE
Thursday, November 7
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

As we age, one of the most important things is adapting our surroundings in order for us to live independently in our homes longer. The life expectancy continues to increase, and as we continue to live longer, aging in the comfort of our homes can be a key goal for many of us. Perry Brubaker, a prevention and health promotion certified specialist with a background in physical therapy, provides us the opportunity to prepare in advance and shares important things to consider during planning. Gain insight into things that allow you to stay in your home longer. Learn about house updates to consider, services and resources, among other aspects available to assist when needed. Help yourself by preparing in advance to aid in the aging process with the goal of staying in your home longer. After all, home is where the heart is!

The Friendship Mirror

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

Dr. James Hughey gives us a better understanding of the wellness psychology through

exploring our friendships. Focus on the behaviors we use in selecting our friends and gain insight into a better understanding of ourselves through the process of friend selection. Create a Friend Print that will use introspective techniques to actively explore current friendships and what others do and do not look for in selecting their friends. If you'd like, listen to Dr. Hughey's podcasts on this topic prior to the program at www.pfpl.us.

And Sew It Begins

FAYETTEVILLE
Tuesday, November 12
11 a.m. to 1 p.m.
FREE
Members and non-members
Pre-registration required

If you've had a button missing for a while or a hole in your favorite shirt, we have just the spot for you! Kelly Farmer joins us to take care of your minor sewing needs such as buttons, holes, hemming, elastic, etc. Materials will be provided, but if you have matching thread or buttons feel free to bring them with you.

Volunteer Open House

FAYETTEVILLE
Tuesday, November 12
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.

Spring Into Winter Gardening

PEACHTREE CITY
Wednesday, November 13
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

As the temperatures begin to cool, it's time to start preparing your garden for the winter in order to thrive next spring. Getting outside this time of year is a great way to recharge yourself and your garden. Now is the perfect time to get your soil tested, clean out old garden beds, and take time to design new spaces. Join Kim Toal with the Extension Office and see a variety of different options to enhance your garden as we move into the winter months to promote spring blooms!

Name That Tune

PEACHTREE CITY
Friday, November 15
1:30 p.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

The classics are back in style...test your music knowledge of the 50's, 60's, and 70's with a competitive twist right here at FSS! Aetna will get you up and out of your seat! Music has a way of provoking memory, where a favorite tune can bring us back to a simpler time and connect us to the past! It can take us to a specific place where we heard the song and bring us back to the good ole' days. Gather a team or play on your own, either way we'll dance the day away like it was only yesterday.

1-on-1 Medicare Consultations

FAYETTEVILLE
Monday, November 18
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. Please bring your Medicare

card and list of medications with you to the session.

What's On Tap?

PEACHTREE CITY
Monday, November 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Who doesn't enjoy the refreshing taste of an ice-cold local brew? It's interesting to understand how that beverage came to be, from the process of first planting to the final pour into your glass. Mark Warner, owner and brewmaster with Cochran Mill Brewing Company, joins us to share about the brewing process of beer. Discuss the differences between the variety of beers available on the market today, what makes each unique and the process from planting to brewing. Mark will also share the story of Cochran Mill Brewing! No tastings will be available on site.

Car Wash

PEACHTREE CITY
Tuesday, November 19
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.

Tellebration

FAYETTEVILLE
Tuesday, November 19
1:30 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

It's time for a tellebration

celebration! Every November, a worldwide storytelling event takes place across the globe as storytellers from around the world gather together to share the excitement of stories in their own communities. The Southern Crescent Storytellers group join us during this interactive and enticing collection of tales and stories put together by these imaginative individuals. Enjoy the afternoon relishing in creative storytelling that will leave you feeling warm and fuzzy as we celebrate the fun and connection that stories provide us all!

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, November 19
1:45 p.m.
FREE
Member exclusive
No pre-registration required

November book: *Circling the Sun* by Paula McLain.
December book: *Hello Beautiful* by Ann Napolitano.
For more information, please contact Meghan Caton at megcaton@gmail.com.

A Guide to Goodreads

PEACHTREE CITY
Wednesday, November 20
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Open the pages with Cheres Cadet of the Peachtree City Library as she teaches us about the world's largest reading app, Goodreads – the largest community of booklovers in one place! Get a demonstration on how to set up an account, search for books, find your next great read and even follow your favorite authors. You're just one click away from your next great reading selection. Feel free to bring your tablet or phone to follow along.

The Way the Cookie Crumbles

FAYETTEVILLE

Thursday, November 21
10 a.m. to 11:30 a.m.
\$15 | Includes materials
Member exclusive
Pre-registration required

Bobbie Dickerson is here to share her secrets to cookie decorating. Discover tips and tricks to decorating like a professional! Bobbie will bring cookies so you can do a hands-on demonstration alongside her. The best part, you get to eat yours when you're done! We will be decorating Christmas-themed cookies to get you in the holiday spirit.

Dementia Caregiver Support Group

PEACHTREE CITY

Thursday, November 21
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, November 21
2 p.m. to 3:30 p.m.
\$20
Member exclusive
Pre-registration required

Wine connoisseur Eric Trout, will pass along all his expertise about wines. Join in the fun for a monthly educational program related to different wines, regions, countries, and more. Get information on the monthly choice and become a wine expert in no time. This month, learn about wines fit for a Thanksgiving feast!

P“age” Turners Book Club

FAYETTEVILLE

Thursday, November 21
1:30 p.m.

FREE

Member exclusive
No pre-registration required

November book: *The Wager* by David Grann. December book: *Jacob T. Marley* by William Bennett. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Bean Bag Baseball

PEACHTREE CITY

Friday, November 22
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!

Marvelous Movie Makeover

FAYETTEVILLE

Friday, November 22
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

When you think of film, makeup is not always the first thing that jumps to mind, however the special effect makeup plays a huge role in the film industry! Makeup artistry brings the pieces of the movie together and has the power to impact the film as a whole. Join makeup artist Amanda Sprunger for a behind the scenes look into the film industry. As a makeup artist that has worked on such projects

as Guardians of the Galaxy Vol. 3., Avengers: Infinity War & End Game, The Suicide Squad, Twisters, and Megalopolis, you'll be amazed at what goes into the creation of characters from the palm of her hands. She will share stories and photos along with answering any questions about what it's like to be on set. Learn about the process that goes into making these films from the unique perspective of the makeup department.

The 12 Scams of Christmas

FAYETTEVILLE

Tuesday, November 26
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Christmas is just around the corner and you may be excited to find the perfect gift or get in the holiday spirit to help others by donating money. But if you let your guard down, you may be the perfect target to become the victim of a scam. Each year during the holiday season, consumers lose millions of dollars to scam artists. Crystal McPherson with the Better Business Bureau will educate us on the expected scams this season and how to avoid them.

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.

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, November 20

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, November 26

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.

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, November 6

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.

Hear Me Out

FAYETTEVILLE

Wednesday, November 6

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

FREE

Members and non-members

Pre-registration required

Excuse me, what did you say? Do you ever find yourself having more trouble with hearing? Hearing loss is normal with age, of course, but don't let that be an excuse to just assume you have to live with it. Join Mia Wright, Hearing Instrument Specialist with Hearing Life Center, as she teaches us about the newest technology in hearing aids. Hear about options available today, pros and cons to each, Bluetooth technology upgrades to pair with phones and cars, and how to file with your insurance.

Gotta Hand It To You: Hand Massages

PEACHTREE CITY

Thursday, November 7

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

Wellness

Massage

FAYETTEVILLE

Tuesday, November 5

10 a.m. to 2 p.m.

\$40 | 30 minutes

\$60 | 1 hour

Member exclusive

Pre-registration required

Masseuse: Tranquil Escape

11 a.m. to 2 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!

Memory Screenings

PEACHTREE CITY
Thursday, November 7
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

Trust Your Gut

PEACHTREE CITY
Friday, November 8
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Our digestive health is often overlooked and underestimated, but it can have a major impact on our overall health. Your gut health is the foundation for so many things and can also tell a story

about our overall health if we are just willing to listen to it. Chef and healthy cooking expert Nora Pullen with In the Kitchen with Nora teaches us how to eat for optimal gut health. Discover the connection between gut health and overall well-being as we learn about gut microbiomes and their role in digestion, immunity and mood. Explore nutrient-rich foods that promote a healthy gut and better understand the impact that probiotics, prebiotics and fiber can have on our gut health. Nora will provide practical tips for integrating gut-friendly foods into your daily diet that will help boost your energy, improve digestion and enhance your mood with a healthier gut! You'll discover quickly that a happy gut helps make for a happy life!

Superfoods with Superpowers

PEACHTREE CITY
Monday, November 11
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Have you ever heard of the term 'superfood' and wondered what that meant? What exactly qualifies a food as super and what are the health benefits behind them? Ebonie Jackson with Humana will help us define the term superfood. Discuss their key nutrients and the role they can play in disease prevention as she highlights the top ten superfoods you should know about! Get an overview of how these foods can be key to unlocking potential in your overall health and discover ways to incorporate them into your daily life.

Lunch & Learn: A Joint Effort

FAYETTEVILLE
Tuesday, November 12
11 a.m. to 1 p.m.

\$10 | Includes lunch
Members and non-members
Pre-registration required

Joint pain can occur at any age, but as we go into our golden years, tightness and joint issues become much more common. However, with the latest advancements in joint medicine and care as well as prevention measures now in place, there are many more options that can make a big difference in our ability to maintain an active and healthy lifestyle. Joint specialist Dr. Goel with OrthoAtlanta and physical therapist Thad Poitevint with Tx:Team join us as they discuss the recent updates to joint care. Learn about strengthening, prevention, treatments, pre- and post-surgery rehab and actions you can take to help avoid injury and maintain an active and healthy lifestyle as you age!

Prevention Is Better Than Cure

PEACHTREE CITY
Tuesday, November 12
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Dr. Josh Davis with First Step Physical Therapy discusses the top five injuries he sees in senior patients. Learn about the leading causes of these injuries, in addition to who is at risk and the best practices to preventing them from happening in the first place.

Money In Your Pocket

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

Life comes at us fast...

and the many expenses associated with just simply living are high! Adding in the cost of prescription medications can lend that much more stress to our wallets. Cindy Clonts, Medical Coach, joins us to share a guide to prescription drug cost saving hacks. You may be surprised what avenues you've not looked into quite yet. From drug assurance programs, extra help for lower income individuals, to options for paying less using your Medicare plan and other cost saving ideas, Cindy will have you spending less on medications.

Balance It Out: Balance Assessments

FAYETTEVILLE
Thursday, November 14
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

The Weight Of It All

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

Although these terms are used interchangeably a lot of the time, weight loss versus fat loss are not one and the same. Lifestyle Coach and Certified Nutritional Therapist Linda Weigand with Inside Out Dynamics helps us better understand the difference between

these two terms. Define what each means as we discuss a variety of factors that play into both. Learn how to take on the kitchen and cooking by understanding cravings and the best ways to control them in addition to what to do about a strong appetite. Linda will also share diet and lifestyle recommendations for longevity and not just quick weight loss.

The Art of Self Care

FAYETTEVILLE
Monday, November 18
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 are able to!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, November 20
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.

Myth Busters: Exercise & Nutrition Edition

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

Piedmont Wellness Center is back in an exciting myth busters edition. Debunk popular nutrition and exercise myths as they guide us through the maze of misinformation that is everywhere around us. Discover the truth to proper nutrition and exercise and what it truly takes to live a healthy lifestyle. Learn how to nourish the body effectively and make informed health choices to set you on your way to a healthy journey while tackling common myths and misconceptions.

The Stress Factor

PEACHTREE CITY
Friday, November 22
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Contrary to popular belief, stress can be a good thing! When stress hormone levels are healthy, they act as fuel to help us get up, complete our to-do lists or attend events we've been putting off because we're hesitant to meet new people! However, stress can negatively impact our overall wellness when not maintained in a proper way, and it can hinder our daily mental, emotional and even physical processing. Graduate Level Counselor Olivia King with Arise Counseling and Coaching teaches the importance of balancing the stressors of day-to-day life. By

addressing the eight pillars of wellness, you'll discover stress management tactics, coping skills and self-care strategies to combat the potential repercussions of hormone imbalance.

There's An Oil For That

FAYETTEVILLE

Monday, November 25

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

FREE

Members and non-members

Pre-registration required

As a health coach, there is no doubt that Jennifer gets asked many nutrition related questions, and now it's her turn to bring those answers to life for you! Jennifer Lunsford, Certified Health Coach and Licensed Medicare Insurance Broker, is taking some of her most asked questions and answering them! This month she'll share tips about cooking with

oils. Olive, avocado, canola, butter, margarine and lard – how do you know which ones are the healthiest to eat and cook with? Jennifer helps us decipher the good from the bad and provides guidance for using certain types of oils and which ones to avoid all together. You might be surprised by the answers!

Picture Perfect Posture

PEACHTREE CITY

Tuesday, November 26

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

FREE

Members and non-members

Pre-registration required

As we journey through life, our bodies undergo various changes, many of which affect our mobility and overall health. Among these changes, posture plays a critical yet often overlooked role. For many, the impact of posture on our well-being becomes more apparent as we age.

Poor posture can lead to a range of issues that we often don't realize, such as chronic pain, reduced mobility, and an increased risk of falls, all of which diminish the quality of life. The good news, however, is that we have the power to influence our posture! With the right awareness and interventions, we can age with greater strength and stability. Dr. Linda Katz with Fayette Chiropractic explores how posture evolves with aging, the challenges aging adults face, and how simple strategies can dramatically improve their daily lives and longevity. Discuss four posture principles and how they affect posture. Dr. Katz also demonstrates simple exercises to improve your posture.

Look What's Coming in December!

A Soup-erb Taste

FAYETTEVILLE

Monday, December 2

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

Pre-registration required

Dust off those soup pots and get ready for the smell of a delicious pot of soup simmering on the stove. Get tips to creating delicious and savory winter soups as you bring out the chef in you!

Blended Teas

PEACHTREE CITY

Monday, December 2

1:30 p.m. to 2:30 p.m. | \$20

Pre-registration required

We've got the tea for you...but really, we do! Highlight the different types of teas, flavors and origins during this hands-on tea blending class. Create two custom blends to take home.

A Complete Investment

FAYETTEVILLE

Tuesday, December 3

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

Pre-registration required

There are many creative ways to reach your financial goals and fixed income investments such as bonds are a great option. Discover the many advantages and how to weather fluctuating markets.

The Holiday Gift Guide

FAYETTEVILLE

Thursday, December 5

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

Pre-registration required

'Tis the season for gift giving. Get ideas for fun and exciting gifts for a variety of people on your holiday list and discover some of the best places to shop for them as well!

Registration will be available when December newsletter comes out Wednesday, November 20th!



Georgia Legal Services Program
1-877-220-0127



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.

Call Georgia SHIP:
1-877-220-0127

Thank you to our Under the Harvest Moon event sponsors!



Mark Gray, Agent
770-487-8561



We Understand Commitment

At Edward Jones, we deliver candid guidance and personalized investment strategies to help you plan for and realize the possibilities of your future - for you, your family and generations to follow.

Jennifer Camp, AAMS™
Financial Advisor
770-599-3981

53 Main Street, Suite B
Senoia, GA 30276
Jennifer.Camp@edwardjones.com



Edward Jones

> edwardjones.com | Member SIPC



CELEBRATION
VILLAGE
Peachtree

Sales Center

Now Open!

CelebrationVillagePeachtree.com

An Age-In-Place Retirement Resort in Sharpsburg
with *Six Distinctive Neighborhoods*

Visit our showroom at
900 Westpark Drive, Suite 120
Peachtree City, GA 0269



Bonita Prigmore

Senior Health Benefits Consultant
and Licensed Insurance Agent

*Helping You Transition
into Medicare Insurance*

Never a Fee for Services



bonniedobbs *agency*
insurance and other red tape

Medicare Supplement

Medicare Advantage

Prescription Drug

Dental, Vision, Hearing

Final Expense

Travel Insurance

**Medicare Questions?
I have Medicare Answers!**

Bonita Prigmore
(404) 626-3999

BonitaPrigmore@gmail.com





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

**“Christmas
My Way”**

**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:

Fayette Senior Services
Making Life Better™

**Southern
Cremations
& Funerals**

PLG
Peachtree Law Group
Est. 1984