

January 2025

ENRICHMENT

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

The Speakeasy

The word is out, we've found the secret speakeasy of FSS. Can you get the key and password to gain entry?

Weight No More

Make a bet on yourself in the New Year during this A 'Bet'ter Weigh weight loss challenge you won't want to miss!

Thanks A Brunch

You'll definitely be thanking us for this easy and delicious brunch recipe after you have a chance to taste it!

Live Well. Age Well.

The Laugh Track

Comedy Night

featuring a local Atlanta Comedian
Tickets just \$15

A night of laughter awaits!

Thursday, February 20
5:30 p.m. to 7:30 p.m.

4 Center Drive | fayetteville

Fayette Senior Services
Making Life Better

Tickets on sale now!

January

featured

Bringing the Sunshine 10

Meet FSS STAR volunteer Julie Harper who brings a little bit of sunshine every where she goes!

Brunch Brunch Baby 11

Bite into this savory, flavor-packed brunch casserole. We think it's one you'll be making over and over again!

The Secret Is Out 15

Fayette Senior Services is turning into a Speakeasy for just one night, exclusive to key holders only!

Bet On Yourself 15

Where there's a will, there's a 'weigh' and we are here to help you start the year off right during this journey!

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

2025 HOLIDAY CLOSINGS

New Years Day	January 1, 2025
MLK Jr. Day	January 20, 2025
President's Day.....	February 17, 2025
Memorial Day.....	May 26, 2025
Independence Day.....	July 4, 2025
Labor Day.....	September 1, 2025
Thanksgiving.....	November 27, 2025
Thanksgiving.....	November 28, 2025
Holidays.....	December 22, 2025
Holidays.....	December 23, 2025
Christmas.....	December 24, 2025
Christmas.....	December 25, 2025
Holidays.....	December 26, 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 like the federal, state, and local governments.

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

DIRECTOR | Christy Dunkelberger

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 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

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

Chris Clanton
Driver

Anthony Cumento
Driver

Kim Oliveira
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 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.

2025 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 à 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 à la carte, plus tax. Beverages are included with any meal purchase (iced tea, coffee, and water).



2025 CPR/AED/FIRST AID TRAINING SPONSORED BY:



Coming Soon...

February 2025

The Laugh Track Comedy Night

Fayetteville | Thursday, February 20

5:30 p.m. to 7:30 p.m. | \$15

A night of laughter awaits as a comedian brings his talents live to us at FSS! Enjoy a delicious dinner before relishing in some family-friendly humor for a light-hearted evening full of fun.

March 2025

St. Patrick's Day Celebration

Peachtree City | Monday, March 17

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

Top of the morning to ya! Share some Irish Luck at this St. Patrick's Day event that will leave all who don't attend green with envy. Enjoy live music and a traditional Irish dinner. Sponsored by Aberdeen Fine Properties.

April 2025

Sounds of Spring: Outdoor Concert

Fayetteville | Thursday, April 24

5:30 p.m. to 7:30 p.m. | \$15

Enjoy a relaxing evening of dinner and music as the Southern Crescent Chorale performs. Bring a chair and find a spot on the lawn for an evening outdoors enjoying live music and a dinner. Sponsored by State Farm Agent Mark Gray.

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

Miriam's Fitness Corner

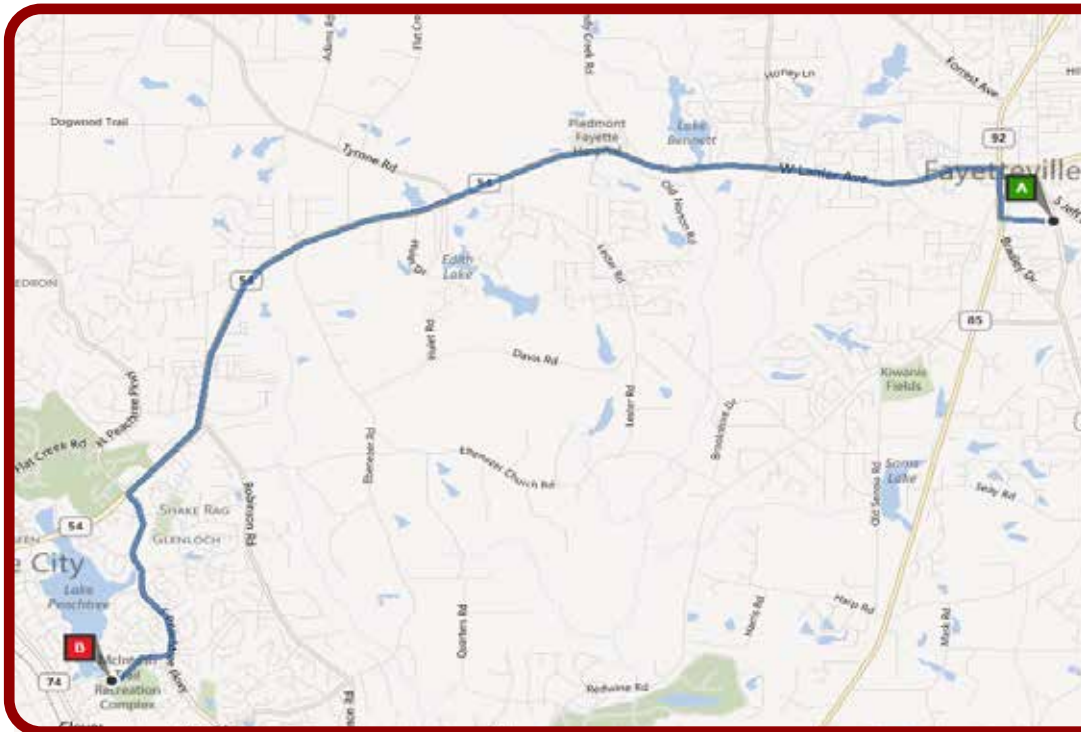
Cover Up, 'Weather' You Like It Or Not

Baby, it's cold outside! The cold temps are here and they'll be hanging around for a while. Are you physically prepared? You've heard the saying, "The body is a temple." Is your temple equipped with adequate insulation? Our bodies house many life sustaining systems, therefore, we must protect the house. During winter months, our respiratory system needs added layers of protection. This is because seniors are more susceptible to respiratory issues in cold weather. Wearing a scarf over your mouth and nose and staying indoors when possible will greatly reduce risk. Be aware that cold weather can exacerbate or trigger many respiratory conditions. The cold air causes airways to constrict, making breathing more difficult which triggers an attack. COPD sufferers also need to be on guard because cold air can cause airways to become inflamed, triggering shortness of breath and coughing. If you're not dealing with pre-existing respiratory conditions, that's awesome! We want to keep it that way. Check out the following tips to help keep you strong and reduce risk of developing respiratory infections like bronchitis or pneumonia:

- Dress in layers:** Wear a few thin layers rather than one thick layer. This will help trap body heat better and make it easier to adjust to temperature changes.
- Cover extremities:** Wear hats, gloves, and warm socks. This will help prevent body heat from escaping and reduce risk of frostbite and hypothermia.
- Avoid exertion:** Avoid activities that cause you to sweat. Sweating can cause body temperature to drop quickly, which can be dangerous in cold weather.
- Stay hydrated:** Drink plenty of fluids to help regulate body temperature.
- Keep your home warm:** Make sure home is well-insulated and set the thermostat to a comfortable temperature.
- Check the weather forecast:** Keep an eye on the weather forecast and plan ahead. If a cold front is coming, make sure to have everything needed to stay warm and safe.

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

GOLDEN OLYMPIAN

Lonnie McCray



Fayette Senior Services has an Olympian in the house! Lonnie McCray, at 73 years of age, became a double gold medal winner in basketball at the 2024 Georgia Golden Olympics in Warner Robins this past September. An Air Force Veteran, Certified Addiction Counselor, and owner of 2 business, Lonnie learned to play basketball as a child by watching others and using curtain rods to practice at home. He played two seasons at the University of Illinois earning his Business Administration degree, and also has a Theology degree and served as the administrator of Zoe Baptist Church for 4 years. In addition to bringing home two gold medals for basketball, Lonnie also showed off his softball skills, bringing home a silver medal as well!

Lonnie moved to Georgia from Brooklyn, NY in 2000 to be the Director of Atlanta Union Mission. He retired from the State of Georgia where he supervised Group Homes for individuals referred from the State's criminal justice system. In 2013, he purchased a gym and started an AAU (Amateur Athletic Union) travel organization to advance the development of youth sports. Amazingly, 63 of the 72 players in his organization received college scholarships!

Lonnie values staying active and his motto is "A body in motion stays in motion." He has been a member of Fayette Senior Services for the last 5 years and told us that attending Miriam Jones' fitness classes has played a vital role in helping him maintain an active lifestyle. Miriam states "Lonnie is such an inspiration and gives 110% every class. It's no surprise he is a double gold medal winner. He is our true Olympian every day!"



FAYETTE SENIOR SERVICES

'Bet' on yourself in the new year!

A 'Bet'ter

2025

Weigh

WEIGHT LOSS CHALLENGE

Are you up for the challenge? This program includes:

- 2 official weigh-ins
- FSS fitness center membership for the duration of the program
- Weekly fitness plan created by Miriam
- Accountability partner to encourage each other throughout
- Fitness and weight log
- Assigned daily calorie budget for guidance
- Weekly support programs - take advantage of a variety of health and wellness programs FSS offers regularly
- End of program prize ceremony
- Opportunity to win cash based on weight loss
- Grand prize will be awarded to those with the largest percentage of weight lost and the most inches lost

Start date: Tuesday, January 7th | 11 a.m. to 11:45 a.m.

- Initial weigh in and program details
- Gym orientation

End date: Tuesday, February 4th | 11 a.m. to 11:45 a.m.

- Final weigh in and prizes awarded

This program is \$35 and is member exclusive.

Dear Volunteer, You Make a Difference!

Oh, The Places You'll Go



Julie Harper was born in Lancaster, California in the Mojave Desert. Her dad was a business owner for a lumber yard and her mom worked in accounting. Julie has 2 brothers and a sister. As children they enjoyed playing outside, and living in the desert offered many opportunities for fun! They would scout for tortoises, lizards, and snakes, build forts, and ride horses. The family would take trips for water skiing, camping and visiting national parks. Julie attended high school in Fresno where her first job was as a hostess at a restaurant called Happy Steak. The job grew and over time Julie trained and helped open new restaurants for them! This training led her to travel around California, which she enjoyed. She attended college in Sacramento, Oroville and Cupertino. When a job opportunity brought her to Fayette County 35 years ago, she knew it would be a great place to raise a family! And she's called it home ever since.

Julie met her husband Christopher in Fayetteville where they were co-workers. They were married in Vermont in 1995 and have shared 30 years of marriage together come April. They have 5 children; 2 boys and 3 girls; and 1 grandchild, Ophelia Noelle. Christopher has been the librarian at Rising Starr Middle School for the last 26 years while Julie's career has been more fluid, including 20 years at Delta, owning and running her own alterations business and

Written By: Amber Oliver

working in an Italian women's clothing wholesale business. Julie retired in 2022 but keeps busy with sewing and various positions using her skills and expertise in clothes construction and alterations. In the spring of 2024, while she and her husband were visiting the FSS garden to take pictures, she met Brenda Talley, a fellow FSS volunteer, who explained volunteer opportunities around the center. One week later, Julie joined and became a volunteer with our STAR program. She told us that volunteering has been a rewarding experience, "The STARS are a very gracious group who care about each other and always lift each other up! The volunteers are remarkable in their commitment and each of them have talents to share and unique gifts for the service of others."

I asked Julie some "just for fun" questions. If stranded on a desert island, the 3 things she would want with her are a survival knife, solar powered desalination kit and matches. As you can see, Julie is one practical lady! The best thing that has happened to her this week was "a few moments where I felt the space of grace. Those little grace-filled moments can transport your spirit." I asked Julie what her karaoke song would be and she shared that "the idea of singing karaoke terrifies me." If she had a late-night talk show, her first guest would be Oprah Winfrey. If hanging out with a cartoon character she would choose Sweet Polly Purebreds from Underdog because she is smart, relative, fun and purposeful. If Julie had to listen to one song for the rest of her life, it would be *I Want to Hold Your Hand* by The Beatles. Fun fact about Julie, she has an African spur tortoise named Foster who is 10 years old and 26 pounds. His life expectancy is 50-70 years and he can weigh up to 70 to 150 pounds.

Ashley Allred, FSS' STARS Program Coordinator, raved about Julie and her eagerness to give back! "She immediately found a community who saw her many gifts. Julie goes above and beyond not only for the STAR program, but for the other volunteers and Fayette Senior Services staff. Julie spreads sunshine wherever she goes with a kind smile and contagious laughter. She goes out of her way to make others feel appreciated and loved. Truly she has been a gift and example of service. Her contributions to Fayette Senior Services are inspiring." Thank you, Julie, for sharing your time and talents with us.

From Our Kitchen To Yours

Brunch Casserole

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



Photo via Taste of Home

Ingredients

- 4 cups shredded hashbrown potatoes, thawed
- 1 lb bulk sausage, cooked and drained
- 1/2 lb bacon, cooked and crumbled
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cups shredded cheddar cheese, divided
- 4 eggs
- 3 cups milk
- 1 cup Bisquick
- 1/2 tsp salt

Directions

- In a large mixing bowl, combine potatoes, sausage, bacon, green pepper and onion. Stir in 1 cup of cheese. Transfer to a greased 9x13 baking dish.
- In another bowl, mix eggs, milk, Bisquick and salt. Pour over the top. Top with the remaining cheese and refrigerate over night.
- Preheat the oven to 375 degrees. Let the casserole stand on the counter while oven heats. Bake for 30-35 minutes. Let stand 10 minutes before serving.

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.



Painting Workshop finding their inner artist in Peachtree City



Some of our incredible volunteers at the annual Dinner Theater

Rules, Regulations & Cancellation Policies

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

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

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

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

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

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



FSS members enjoying a private tour of the Atlanta TRACON Facility



The Sit and Get Fit class in Fayetteville working out

Special Events



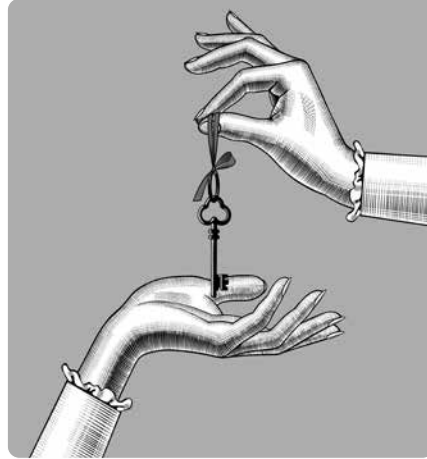
A 'Bet'ter Weigh

FAYETTEVILLE

Tuesday, January 7
11 a.m. to 11:45 a.m.
\$35

Member exclusive
Pre-registration required

Who is down for a little healthy competition? Take part in the newest weight loss craze by betting on yourself. Take one month to lose weight and have a chance to win a cash prize. It's that time of year again, we've all made our New Year's resolutions and are ready to bite the bullet and start working out and eating healthy...again. This month-long challenge will give you the tools and knowledge necessary to keep your promise to yourself throughout the year! Win money and prizes based on your weight and inches lost!



A Night At the Speakeasy

FAYETTEVILLE

Thursday, January 23
4:30 p.m. to 6:30 p.m.
\$10

Members can purchase tickets at front desk
Pre-registration required

Clink your glasses together for a cheers worthy event. Join us for a wonderful and exciting evening full of deliciously inspired food and spirits at our very own Fayette Senior Services Speakeasy! Help us uncork the wine bottles as we swirl, sip and snack the evening away. The kitchen crew will have a wonderful spread of hors d'oeuvres to go along with the perfect blend of great company and live jazz music by SAE Entertainment.



Photo by Brandon [unreadable] via Flickr

Burn Baby Burn Fire Department Tour

PASCHALL ROAD
FIRE STATION

Thursday, January 30
2 p.m. to 3 p.m.

FREE
Member exclusive
Pre-registration required

Put on your firefighters hat and join us at Peachtree City Fire Station 81 (110 Paschall Road) for an afternoon learning about this department! The most unique part, have a chance to tour the burn building the fire department uses for training. Josh Teal, Community Risk Reduction and Fire Inspector with Peachtree City Fire Rescue, will take us on a tour of the fire station and vehicles and share how a typical 24-hour shift goes. Discover different tools used on the fire trucks and how they operate in addition to how the burn building is used for training!

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<p>December 2024</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>							S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>February 2025</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td></tr> </table>							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28															
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							<p>Journey Across South America pg. 22</p> <p>The Bounce Back pg. 26</p>							<p>Massage pg. 26</p> <p>A 'Bet'ter Weigh pg. 15</p> <p>Mind and Muscle pg. 27</p> <p>And Sew It Begins pg. 22</p> <p>The Year of Yardening pg. 22</p>							<p>Quilting UFO pg. 22</p> <p>Strong and S... pg. 22</p> <p>Inspire Your Vision Board pg. 22</p>																																																																																										
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							<p>Crochet: Magic Square Potholder pg. 18</p> <p>The Estate of It All pg. 22</p> <p>Balance It Out: Balance Assessments pg. 27</p>							<p>Volunteer Open House pg. 23</p> <p>The Pathway to Peachtree City pg. 23</p> <p>The People's Law School pg. 23</p>							<p>The Dave Way pg. 22</p> <p>Hearing Aid Maintenance pg. 22</p> <p>Computer Assis... pg. 22</p> <p>Injury Pro... pg. 22</p>																																																																																										
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							CLOSED MLK Jr. Day							<p>Book Club pg. 24</p> <p>1-on-1 Legal Consultations pg. 24</p> <p>Feathered Friends: Cardinal Door Hanger pg. 18</p> <p>1-on-1 Medicare Consultations pg. 24</p>							<p>Quilting UFO pg. 22</p> <p>Gotta Hand Hand Mass... pg. 22</p> <p>Bean Bag Baseb... pg. 22</p> <p>The Great In... pg. 22</p> <p>Every Breath... pg. 22</p>																																																																																										
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							<p>Crochet: The Year of Coasters pg. 18</p> <p>The Essentials pg. 28</p> <p>Golden Nest Egg pg. 25</p>							<p>Computer Assistance pg. 26</p> <p>Taxing Changes pg. 25</p> <p>The Making Of A Medical Examiner pg. 25</p>							<p>Quilting UFO pg. 22</p> <p>Perfect Bala... pg. 22</p>																																																																																										

January 2025

Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>RESERVED</p> <p>Senior's Day</p>	<p>2</p> <p>Goal Digger pg. 26</p> <p>Once Upon A Story pg. 21</p> <p>What's for Lunch? pg. 21</p>	<p>3</p> <p>Cornhole pg. 21</p> <p>A Fresh Start in the New Year pg. 26</p>	<p>4</p>
<p>8</p> <p>Movie Day: pg. 18</p> <p>Steady pg. 27</p> <p>Senior Dreams: pg. 22</p>	<p>9</p> <p>Movie Day pg. 21</p> <p>The Time to Thrive pg. 27</p>	<p>10</p> <p>The Transitions of Life pg. 22</p> <p>Eyeglass Repair and Adjustments pg. 27</p>	<p>11</p>
<p>15</p> <p>Ramsey pg. 23</p> <p>Cleanings & Maintenance pg. 27</p> <p>Distance pg. 26</p> <p>of pg. 27</p>	<p>16</p> <p>The Grape Escape pg. 23</p> <p>A Recipe for Retirement pg. 23</p> <p>Dementia Caregiver Support Group pg. 23</p>	<p>17</p> <p>Cornhole pg. 21</p> <p>Stacking Habits pg. 28</p> <p>A Sound Bath pg. 27</p>	<p>18</p>
<p>22</p> <p>Movie Day: pg. 18</p> <p>And It To You: pg. 28</p> <p>Ball Demo pg. 24</p> <p>doors pg. 24</p> <p>I Take pg. 28</p>	<p>23</p> <p>Book Club pg. 24</p> <p>All-Movie Hotel Tour pg. 24</p> <p>A Night At the Speakeasy pg. 15</p>	<p>24</p> <p>Bean Bag Baseball pg. 25</p> <p>Wellness On A Plate pg. 28</p> <p>Spill the Beans pg. 25</p>	<p>25</p>
<p>29</p> <p>Movie Day: pg. 18</p> <p>nce pg. 28</p>	<p>30</p> <p>Movie Day pg. 21</p> <p>A Good Night's Rest pg. 29</p> <p>Burn Baby Burn Fire Department Tour pg. 15</p>	<p>31</p> <p>Movie Day pg. 21</p> <p>I Like to Move It, Move It pg. 29</p> <p>Car Wash pg. 25</p>	

January Program Schedule

Needlework

Crochet: Magic Square Potholder

FAYETTEVILLE
Monday, January 13
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

This beginner-friendly potholder is one you'll love! We'll make extras to donate to Meals On Wheels clients. Materials needed: 1 ball cotton yarn; size H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Coasters

FAYETTEVILLE
Monday, January 27
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Join each month for a year of coasters, with different coaster themes each time! This month, create heart shaped coasters in red, pink or any color of your choice. Materials needed: Cotton yarn in the color of your choice; size H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, January 8
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, January 22
9 a.m. to 3 p.m.
\$15 | Materials not included

Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, January 29
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

Feathered Friends: Cardinal Door Hanger

PEACHTREE CITY
Tuesday, January 21
1:30 p.m. to 3 p.m.
\$20 | Includes materials
Pre-registration required
Instructor: Caroline Compton

Make a gorgeous doorhanger for your front door or to give as a gift. This beautiful hanger features cardinals for a breathtaking piece to display. Caroline Compton with Junk Mama General Store will guide us through the steps to creating this handmade piece. No previous painting experience needed. See front desk for a sample picture.

Painting Workshop

FAYETTEVILLE
3rd Tuesday of month
10 a.m. to 12 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

Painting workshop will return in February! Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! Each month, a sample picture will be available at the front desk.

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.

Improver Plus 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 more challenging 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
Tuesday
12:15 p.m. to 1:15 p.m.
\$15 | Month
Instructor: Kandis Larkey

Will return in February. 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
Friday
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

Flex & Flow Pilates

FAYETTEVILLE
Monday
9 a.m. to 9:45 a.m.
\$15 | Month
Instructor: Jodi Smit

Experience the flex and flow of Pilates for strength and mobility. In this gentle Pilates class, we'll combine core-strengthening benefits with soothing mobility exercises and deep stretches to improve flexibility, balance and overall movement. Whether you're new to Pilates or looking to enhance your routine, Flex & Flow will help you feel stronger, move with ease and enjoy the freedom of a flexible, balanced body. Get ready to stretch, strengthen and flow through exercises that are fun, safe, and designed to keep you moving comfortably at any age! Please bring a mat with you to class.

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. Please bring a mat with you to class.

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 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.

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.

Special Interest

What's for Lunch?

PEACHTREE CITY

Thursday, January 2
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 Del Porto Italian Creole in Newnan.

Once Upon A Story

FAYETTEVILLE

Thursday, January 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!

Cornhole

PEACHTREE CITY

Friday, January 3
11 a.m. to 12 p.m.

FREE
Member exclusive
Pre-registration required

PEACHTREE CITY

Friday, January 17
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

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, January 9 | 1:15 p.m.
My All American (2015) | PG

Starring: Aaron Eckhart, Finn Wittrock, Robin Tunney. From the writers of *Rudy* and *Hoosiers* comes this inspiring tale based on a true story of hope and hard work. Freddie Steinmark, an underdog on the gridiron, faces the toughest challenge of his life after leading his team to a championship season. This emotional drama follows Freddie's journey from high school star to college football legend.

PEACHTREE CITY
Thursday, January 30 | 1:15 p.m.
Maybe I Do (2023) | PG-13

FAYETTEVILLE
Friday, January 31 | 1:15 p.m.
Maybe I Do (2023) | PG-13

Starring: Diane Keaton, William H. Macy, Richard Gere, Susan Sarandon, Emma Roberts. In New York City's splendor, Michelle and Allen's romance is at the point where it is time for their parents to meet, but now face-to-face, the dinner quickly spirals out of control as the parents realize they already know each other. Trying to hide this from their kids, their antics turn the night into comedic chaos.

Movie sponsored by:



Sonder Health

A Medicare Advantage Company

with friends while sharpening your skills and mastering the game of cornhole during these monthly games!

Journey Across South America

PEACHTREE CITY
Monday, January 6
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 you follow along with world traveler enthusiast and travel advisor Ron Largent. Take a virtual tour of South America, also known as The Quiet Continent. Unlock the discovery and initial exploration of this beautiful continent! Learn about the subsequent development of the west coast from Chile down through the Lake District into the incredible Chilean Fjords as we take in the magnificent scenery and majestic mountains.

And Sew It Begins

FAYETTEVILLE
Tuesday, January 7
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.

The Year of Gardening

FAYETTEVILLE
Tuesday, January 7
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 continue their discussion of annual planning as they 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 and browse the seed catalogs in order to make plans for spring. You'll be surprised how important timing is for gardening success.

Inspire Your Dreams: Vision Board

FAYETTEVILLE
Wednesday, January 8
1 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

It's never too late to start a vision board! These boards are filled with images, words and symbols used to motivate, inspire and trigger positive emotions along the way. It can be a great tool to help you achieve your goals and manifest your dreams. Join Maggie Samuhel, realtor with Better Homes and Garden Real Estate Metro Brokers, as she guides us in creating an inspiring vision board. Maggie will provide supplies to get your board started.

Please bring family photos, old magazines you don't mind seeing cut up and other items that you may want to include as well - your options can be endless. You'll leave with a wonderful vision board ready to encourage you throughout the year!

The Transitions of Life

PEACHTREE CITY
Friday, January 10
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration

Life transitions are expected as we move through this journey of living. With transitions come change, and change can be tough. It's natural that we try to resist it. While it may be uncomfortable, change serves us by building resiliency. Every time we embrace spaces of uncertainty or discomfort, we're welcoming growth and development! By addressing fears or potential setbacks, we develop the inner strength to face challenges head-on. Life transitions are inevitable, so why not prepare? Graduate Level Counselor Olivia King with Arise Counseling and Coaching guides us in being proactive by addressing our impact and fostering a positive mindset to minimize potential debilitation and destruction. In turn, a positive mindset enhances overall wellbeing by facilitating healthy coping, self-discovery, identity exploration, accountability, and support to help you ease through any transition you may face.

The Estate of It All

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

Although it's never something

we want to consider, being prepared in advance with an estate plan can be helpful for your family and loved ones in determining how your assets will be preserved, managed and distributed. Melissa Auzine, Trust and Estates Attorney with Heirloom Estate Legal Planning, discusses the importance of creating a will, establishing trusts, choosing beneficiaries, minimizing taxes and ensuring that wishes for healthcare and financial decisions are honored. It's never too early to plan for the future, protect your assets and ensure your legacy is carried out according to your own desires.

The People's Law School

FAYETTEVILLE
Tuesday, January 14
12 p.m. to 1 p.m.
FREE
Members and non-members
No pre-registration required

You don't want to miss out on these information-packed sessions that are full of valuable direction! The People's Law School is intended to spread knowledge about the legal field among members of the community. Join us once a month through April with a knowledgeable speaker on a senior-related legal topic. We'll kick off the session with Fayette County State Court Judge Jason B. Thompson. Judge Thompson will provide an overview of the Fayette County Judicial System and share the programs it has to offer to the community within Fayette County State Court.

Volunteer Open House

FAYETTEVILLE
Tuesday, January 14
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.

The Pathway to Peachtree City

PEACHTREE CITY
Tuesday, January 14
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Peachtree City Mayor Kim Learnard and City Manager Justin Strickland as they provide an update on what is in the works around our hometown! Hear the latest updates on Peachtree City happenings and what is planned for now and the future. Enjoy this chance to get to know the mayor and city manager and discover what exciting things are to come. The two will share exciting and interesting city updates as they discuss what's happening around town.

The Dave Ramsey Way

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

It's time to take control of your money! With these seven baby steps from the Dave Ramsey principles, you'll learn the best ways for building wealth, saving for emergencies and paying off your debt for good! Cindy Clonts, medical insurance coach, joins us to provide an overview of these steps to help you on your way to even more financial security! Find out which step you're on and what direction to go

moving forward in order to build even more confidence and knowledge in your financial wellbeing.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, January 16
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.

A Recipe for Retirement

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

So, what are the ingredients in a recipe for retirement that will result in a healthy and wholesome life after working? Retirement Coach Denny Danylchak shares some of the basic components and explores what to do after your routine is gone, relationships and responsibilities change, and people think you have nothing to do! From ideas on travel, volunteering, finding new hobbies, and discovering a new way of living, you'll get ideas to keep you busy during your next phase of life.

The Grape Escape

PEACHTREE CITY
Thursday, January 16
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

and countries. Get information on the monthly choice and become a wine expert in no time. This month, learn about wines from Upstate New York.

1-on-1 Medicare Consultations

FAYETTEVILLE
Tuesday, January 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. Please bring your Medicare card and list of medications with you to the session.

1-on-1 Legal Consultations

FAYETTEVILLE
Tuesday, January 21
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.

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, January 21
1:45 p.m.
FREE
Member exclusive
No pre-registration required

January book: *The Lion Women of Tehran* by Marjan Kamali.

February book: *The Heaven and Earth Grocery Store* by James McBride. For more information, please contact Meghan Caton at megcaton@gmail.com.

Bean Bag Baseball Demo

FAYETTEVILLE
Wednesday, January 22
1 p.m. to 2 p.m.
FREE
Members exclusive
Pre-registration required

Join Rita Parrish and Laurie Larson for a demo of this incredibly fun game! See what all the buzz is about around this variation of baseball and cornhole. 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! This group meets once a month in Peachtree City.

The Great Indoors

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

It's time to put your green thumb to work during the colder months! Don't let the weather be an excuse, even if you don't have the right space for outdoor gardening. This is the perfect solution for you! Robbie Martin, owner of Art of Landscaping, shares the secret to indoor gardening and easy to maintain houseplants. She

will discuss indoor and patio gardening ideas with tips for plants you can enjoy in both spaces. You'll learn the best ways to care for them with this type of gardening technique and she'll share ideas for how you can spruce up your decorating around the house.

All-Movie Hotel Tour

ALL MOVIE HOTEL
Thursday, January 23
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Some of the newest buzz around Peachtree City is the All-Movie Hotel located off Crosstown Drive. With renovations spanning over the past year, the chatter about this has been all over the place, but it is officially open and houses quite the setup! Meet at the hotel (976 Crosstown Drive in Peachtree City) for a personalized tour of this beautiful and unique facility. Francis Ford Coppola's All-Movie Hotel will soon be a Hollywood staple right here in Peachtree City! The space was designed with a movie-making community in mind and includes rooms for the movie industry workers to stay and post-production facilities for day-to-day operations, providing hospitality and functionality needed to make films on any scale. Enjoy this inside look at this unique hotel, just for Fayette Senior Services members!

P"age" Turners Book Club

FAYETTEVILLE
Thursday, January 23
11:30 a.m.
FREE
Member exclusive
No pre-registration required

January book: *This Tender Land* by William Kent Kreuger.
February book: *The Only Woman In the Room* by Marie

Benedict. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Bean Bag Baseball

PEACHTREE CITY
Friday, January 24
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!

Spill the Beans

PEACHTREE CITY
Friday, January 24
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

A great day always starts with a fresh cup of coffee! Can you smell that coffee aroma? The steam coming out of the cup and the variety of smells can take over your senses in no time. Ed Lane, owner of Blue Donkey Coffee, shares his expertise about all things coffee! Take a long sip as you savor a variety of new information on the different types of roasts. Discover the differences in the variety of coffees available such as regular, cold brews, espresso and many more. Learn how coffee beans are harvested, what aromas and tastes to expect from different beans and the process for making these delicious coffees. Ed will also have a small tasting of some of Blue Donkey's most popular brews!

Golden Nest Egg

FAYETTEVILLE
Monday, January 27
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Managing your retirement income starts with knowing what your sources of income will be. Understanding the different sources throughout retirement can help you enjoy life after you're done working. Brandon Jordan, Financial Advisor with Arch Advisory Group, helps us get creative in generating more income in our post-working years. Increase your financial IQ as Brandon helps us better understand courses of predictable income for long-term financial well-being. Get an outline of various types of courses available and what to take into account regarding taxes, expenses and inflation.

The Making Of A Medical Examiner

FAYETTEVILLE
Tuesday, January 28
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Jim Eason with the Clayton County Medical Examiner's Office will uncover the mystery of different causes of death. Learn about the medical examiner's work, autopsy process, reasons for examination and what happens to the body afterwards. You'll hear about closed cases in our county that you will find interesting! Please be advised that some images shown may be graphic.

Taxing Changes

PEACHTREE CITY
Tuesday, January 28

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

Learn all of the new tax laws in anticipation of the big day coming in April. Richard McConnell will show us tips such as how to fill out forms properly, how to file electronically vs in person, ways to get ready to file and more. Also receive advice for filing on your own, if you choose to go that route. In addition to hearing about new changes to tax laws, you'll make this year's tax return much easier on you!

Car Wash

FAYETTEVILLE
Friday, January 31
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.

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 Technology Assistance

PEACHTREE CITY
Wednesday, January 15
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, January 28
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

Goal Digger

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

Are you a goal digger? Setting a goal is often the easy part, but actually attaining that goal can be a different story. This is where hard work and commitment come into play. Are you ready to dig deeper and reach those goals? Get tips on setting objectives that are attainable and reasonable! Join lifestyle coach Miriam Jones as she discusses a variety of strategies to help you stay the course and win the race in reaching your goals.

A Fresh Start In the New Year

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

Let this be the year you reconnect with you! Focus on starting a healthier lifestyle in the New Year by building good habits to help you make changes for better overall health in 2025! Ebonie Jackson with

Humana helps us focus on starting a more sustainable and healthy lifestyle through building good habits and setting reasonable goals. Learn useful steps to make changes in your daily routine for a more successful journey in health throughout the year.

The Bounce Back

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

The holidays are over, it's time to get back into your healthy habits and stop the overindulging from the past two months. If you're feeling a little sluggish after the holiday indulgence, we promise you aren't alone. Nutritionist Andrea Beauer with Smart and Simple Nutrition shares tips for bouncing back and feeling like yourself again. No need for extremes, just a few simple steps will have you feeling great again. It's time to crush it this year!

Massage

FAYETTEVILLE
Tuesday, January 7
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.

Mind and Muscle

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

Let 2025 be your healthiest year yet! Did you know that your body and brain are interconnected in many ways? Dr. Josh Davis with First Step Physical Therapy teaches ways to exercise your body and brain in order to improve your overall well-being and health. Get your mind and body fit for the new year with these useful tips.

Strong and Steady

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

Discover how strength and mobility training can help you stay active, independent, and feeling your absolute best! In this interactive session led by Jodi Smit, Certified Personal Trainer and Senior Fitness Specialist, we'll dive into the science behind strength and mobility and why both are crucial for improving muscle function, joint health and balance. Gain understanding on how these elements work together to support daily movements and get practical tips on ways to incorporate them into your daily routine. Whether you're new to fitness or looking to enhance your current approach, get valuable insights to help you maintain an active and vibrant lifestyle.

The Time to Thrive

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

It's time to not only just live, but to thrive! Don't let a new year drag you down. Join Certified Health Coach and Insurance Broker Jennifer Lunsford and discover how not to just survive but how to make yourself thrive this coming year! Create a guide to use throughout your journey in order to manage your weight and overall health goals so you can make 2025 the best year yet! Age is just a number, don't let that be an excuse to stay behind.

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Friday, January 10
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.

Balance It Out: Balance Assessments

FAYETTEVILLE
Monday, January 13
1 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

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

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, January 15
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.

Injury Proof

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

Nothing quite kills the spirit of fitness like an injury. Whether you're training, conditioning in an off-season, or getting back in shape, an injury can throw off your routine or set you back from reaching your goals quickly. However, with proper preparation and clear knowledge, you can stay active and injury-free. Piedmont Wellness Center helps us stay on track and discover what we need to know to avoid injury when working out so we can stay at our strongest.

A Sound Bath

PEACHTREE CITY
Friday, January 17
1:30 p.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

Relaxation can be a key component to promote healing no matter if it is physical, mental or emotional. Lei Rhyne with Healing Through Art & Sound takes us on a journey of healing through the unique method of a sound bath which aids in the relaxation process. This technique involves lying down and immersing yourself in resonant sounds around you. These sounds are produced through a combination of singing bowls, gongs and chimes. This meditative practice

can help lessen stress and anxiety, boost mood, aid in concentration and induce a calming effect that may enhance your well-being and quality of sleep. Take part in this innovative way of healing as you decompress in this session of relaxation and meditation that will have you feeling refreshed. Lei will have mats, pillows and blankets to use during the session.

Stacking Habits

FAYETTEVILLE

Friday, January 17

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

FREE

Members and non-members
Pre-registration required

Habit stacking is a fresh and innovative trick for creating new and lasting habits. One of the best ways to build a new habit is to identify a current one you already do each day and stack your new behavior on top. We promise, it's way simpler than it sounds! Lifestyle Coach and Certified Nutritional Therapist Linda Weigand with Inside Out Dynamics provides us with tools for creating a sustainable healthy lifestyle through stacking habits. Understand why daily habits matter and learn to recognize and celebrate your current good habits. Discover helpful tools to establish daily routines and discuss easy habit stacking examples anyone can do! You'll be well on your way to establishing sustainable habits for a better lifestyle!

Gotta Hand It To You: Hand Massages

PEACHTREE CITY

Wednesday, January 22

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. 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!

Every Breath I Take

FAYETTEVILLE

Wednesday, January 22

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

FREE

Members and non-members
Pre-registration required

We take 20,000 breaths per day. Wouldn't it be nice if we took some of them more consciously? Breathing and our wellness are linked together. Join Avril James, Piedmont Women's Heart Program Coordinator and certified health education specialist, as she discusses the science of breathing. Take an exploration of nasal and diaphragmatic breathing to increase your nervous system function, tone and well-being. Learn simple stretches, self-massages, and breathing techniques that will aid in your breathing awareness. Please dress in comfortable clothes and bring a mat with you to class if you'd like. Some of the class will take part on the floor, but chairs will be available with modifications if you prefer.

Wellness On A Plate

FAYETTEVILLE

Friday, January 24

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

FREE

Members and non-members

Pre-registration required

Explore how mindful, nutritious cooking can transform health from the inside out! Chef and healthy cooking expert Nora Pullen with In the Kitchen with Nora shares how specific foods and cooking principles support immunity, gut health, mental clarity, and heart and brain wellness. Discover practical strategies for integrating these foods into your daily life, empowering you to make informed choices that fuel both body and mind for lasting wellness. Gain confidence in cooking through these principles of healthy cooking.

The Essentials

PEACHTREE CITY

Monday, January 27

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

FREE

Members and non-members
Pre-registration required

Explore the benefits of essential oils for everyday common uses! Join oil expert and President of the Holistic Chamber of Commerce Tana Lee as she teaches us how to incorporate oils into our daily lives to help us in many ways you would have never imagined. From sweet aromas to stimulating fragrances, ignite your senses and enliven your body. These tips and tricks will leave you feeling confident in using essential oils for any need you may have from stress relief, muscle relaxation, improved mood, better sleep and so much more.

Perfect Balance

PEACHTREE CITY

Wednesday, January 29

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

FREE

Members and non-members
Pre-registration required

Just when you think you know it all, some new piece of

information comes your way, throwing what you thought you knew about your health quickly off course. Eat right, sleep well, exercise, and the list continues. However, the most important piece to balance your health is taking control of it and being proactive with your learning in order to anchor healthy habits into your daily living. David Moore, author of Perfect Balance, provides nuggets of wisdom and guidance to accomplish what you need to be not only healthy, but happy! Bring better balance to your life with this useful blueprint for success in mind, body and spirit.

A Good Night's Rest

FAYETTEVILLE

Thursday, January 30

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

FREE

Members and non-members

Pre-registration required

Sleep can seem elusive, particularly as we age. There are lots of gimmicks out there and folklore that promise a better night's rest. However, the key to better sleep is knowing what influences it in both a positive and negative way...and it's not necessarily what the health and wellness communities call sleep hygiene! Join Perry Brubaker, a prevention and health promotion certified specialist with a background in physical therapy, to learn what influences sleep and how to know when you may need to reach out to your physician for further testing and help.

I Like To Move It, Move It

PEACHTREE CITY

Friday, January 31

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

FREE

Members and non-members
Pre-registration required

Join Dr. Tarryn Hoff, sports psychologist, university professor, and owner of Peachtree City Personal Training, for a discussion designed to energize and empower all fitness levels to start this year out strong! Get practical demonstrations using dumbbells, resistance bands, step risers, and exercise balls to create a fun and dynamic workout. Learn how to safely and effectively use these tools to build strength, improve balance, and enhance mobility. Come ready to move, have fun, and leave with exercises you can incorporate into your daily routine! Wear comfortable shoes and clothes. This will be for beginner to involved fitness levels, modifications will be demonstrated for all levels.

Look What's Coming in February!

Black History Month Celebration

FAYETTEVILLE

Monday, February 3

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

Pre-registration required

Celebrate Black History Month as we honor and reflect on the resilience and achievements of African Americans who empower individuals and communities.

The Four Chaplains

PEACHTREE CITY

Monday, February 3

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

Pre-registration required

Feel inspired by the incredible tale of four brave chaplains. When their military ship was hit by an enemy submarine, these four chaplains gave up their life jackets in order for selfless soldiers to be saved from the sinking ship.

You Are What You Eat

FAYETTEVILLE

Wednesday, February 5

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

Pre-registration required

It is important to eat nutritious foods in order to be healthy and fit! Nutrients for foods we eat provide a foundation for our system to function properly. Discover what foods should be on your plate to feel better.

A Bite Out Of Mardi Gras Lunch

PEACHTREE CITY

Friday, February 7

11:30 a.m. to 12:30 p.m. | \$10

Pre-registration required

It's Mardi Gras week, treat those taste buds with some good Cajun cuisine! Throw on your green, purple and gold, grab some beads and join us for a delicious Mardi Gras themed lunch.

Registration will be available when the February newsletter comes out Monday, January 20th!



2025 Sponsorships Now Available!

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

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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

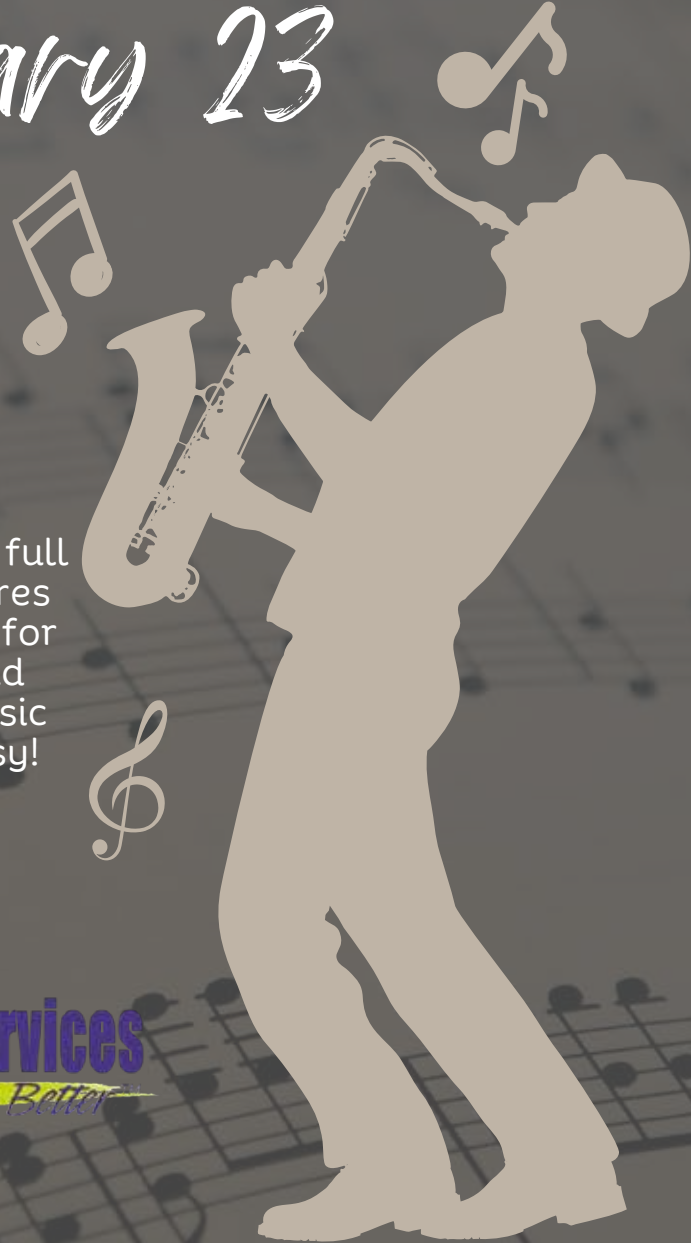


A Night at the Speakeasy

Thursday, January 23

Fayetteville
4:30 p.m. to 6:30 p.m.
Tickets | \$10

Join us for a wonderful and exciting evening full of delicious Speakeasy inspired hors d'oeuvres and spirits! Help us uncork the wine bottles for an exciting social event as we swirl, sip and snack the evening away. Enjoy live Jazz music by SAE Entertainment at the FSS Speakeasy!



Event Sponsored By



Fayette Senior Services
Making Life Better

SimplyAwesomeEntertainment.com