

February 2025

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Laughter Awaits

We'll have you on the floor rolling with laughter and your sides in stitches at this incredibly funny comedy night!

A Taste of Mardi Gras

Get in the Mardi Gras spirit as you treat your taste buds to a delicious themed lunch created by our incredible kitchen crew.

Berry Sweet

Take a bite out of this sweet Devonshire cream and strawberry treat! You'll be gleaming with love after just one taste!

Live Well. Age Well.

Fayette Senior Services Presents:

St. Patrick's Day Celebration

Live music, Irish dancers, and delicious
food for an evening full of luck!

Monday, March 17
5 p.m. to 8 p.m.

\$15 | Ticket
Pre-registration
required

Peachtree City
203 McIntosh Trail
770.461.0813

Event Sponsored By:

Fayette Senior Services
Making Life Better™


ABERDEEN
Fine Properties

February

featured

A Friendly Welcome to FSS 10

Take some time to get to know FSS volunteer Veronica Gottschalk who always shares a warm welcome.

I Love You Berry Much 11

We know you'll be telling us how berry much you love us after you taste this delicious dessert.

Life's Better When You're Laughing 15

Laugh the night away at our annual Comedy Night featuring a comedian and an amazing dinner!

Life of the Mardi 15

Put on your purple, gold and green as we take a bite out of some traditional Mardi Gras treats!

2025 HOLIDAY CLOSINGS

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

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ABOUT US

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

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

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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

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 guests to our center, but ask that they check in at the reception desk so we can provide a tour and answer questions about membership opportunities. While guests may attend non-member indicated programs, we ask that they join as a member to participate in member based programs. Guest visits are not a substitute for membership, so guests may not participate in member exclusive programs. We welcome groups to visit our center for a tour, but to better serve you, please call 770-461-0813 in advance to schedule one.

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 -

The Ultimate Café is member exclusive. 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 café register. Guest visits are not a substitute for membership. If a member-eligible guest has more than two visits to the café, we ask they become a member to continue enjoying the amenities.

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



2025 CPR/AED/FIRST AID TRAINING SPONSORED BY:



Coming Soon...

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 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.

May 2025

Volunteer Appreciation Dinner

Fayetteville | Thursday, May 1

5 p.m. to 7:30 p.m. | FREE for FSS Volunteers

It's time for our annual Volunteer Appreciation Dinner for all FSS volunteers! If you are a current FSS volunteer, mark your calendars for this fun and exciting event celebrating YOU!

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

Miriam's Fitness Corner

Killing Them With Kindness

During the month of February, what typically comes to mind for you? Is it love and romance? Perhaps it's moments in Black History. Or is it the importance of having a healthy heart? For some, it may be all 3! Did you know that February 9 to 15 is Random Acts of Kindness Week? This celebratory week was established to recognize small acts that make a huge difference! Kind random considerations can include holding the door open, paying for someone's coffee, offering a friendly smile, saying a kind word or giving a simple compliment. Each of these can brighten the day of an unsuspecting stranger, which is what the week is all about. Kindness relieves stress (for both parties) in ways you wouldn't believe! The physical and mental benefits are astounding. Kindness can boost mood, reduce stress and anxiety, which all improve physical health. The following are specific examples:

- Acts of kindness increase levels of oxytocin, known as the "love hormone", reducing stress and lowering BP.
- Giving to others increases feelings of happiness and self-worth, boosting positive mental health.
- Performing acts of kindness improves social connections, reducing loneliness and isolation.
- Being kind to others increases feelings of gratitude, improving physical health and reducing risk of illness.

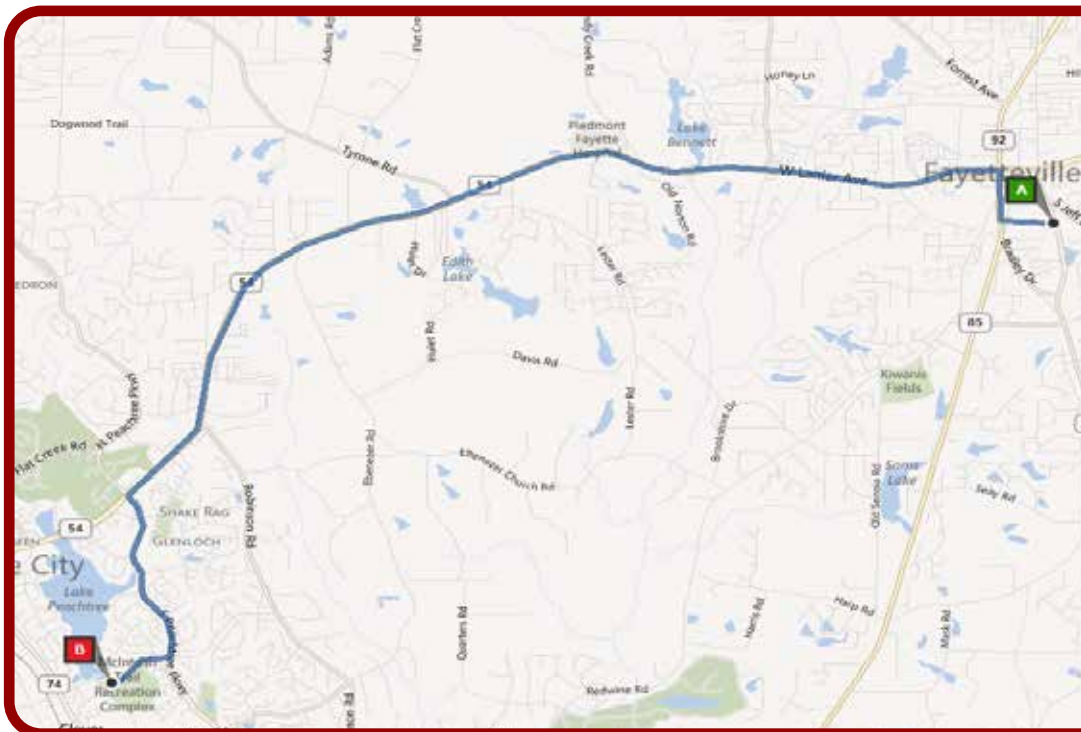
In a nut shell, performing random acts of kindness is a simple and effective way to improve health and well-being for ourselves, as well as others. So let's celebrate! The following suggest a few simple ways to do so:

- Donate: Donate to a food pantry or to the local library.
- Pay it forward: Buy coffee for the person behind you.
- Write a note: Leave a note on someone's car.
- Compliment someone: Compliment 3 people.
- Leave a gift: Leave a gas gift card at a gas pump.
- Include everyone: Try to make sure every person in a group conversation feels included (this one is big).

This month and always, be kind to one another!

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



2024 PROJECT ∞ LOVE

**It's More than a Simple Meal.
Together We Can End Senior Hunger.**

We met our goal and more! Over 8,400 meals will now be provided to Meals On Wheels clients throughout 2025. Thanks to all who helped us raise over \$42,000.

Together, we delivered a difference!

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!

Welcome, *Washingtonian Cougar*

Written By: Amber Oliver



She and her husband Ed, whom she met in college, have been married for 30 years and have 2 sons who still reside in Washington. Veronica enjoys attending concerts, wine tasting, running and hiking.

Veronica has lived in Fayette County for 6 months. When she moved to Georgia, she was looking for opportunities to meet people and get involved in the community. She was impressed with the activities and services offered to Fayette Senior Service members and after visiting, she knew it was a good fit for her! She joined our team and has quickly become a wonderful asset for the center. As a volunteer, she most enjoys the community connections that are made and the building of relationships.

Can you believe we are already in the month of February? The only month where it's possible to go the entire time without having a full moon, where we look to a groundhog's shadow to tell us if we will have 6 more weeks of winter, and where more than 110 million roses are sold! It is also the month where we express our love and appreciation for others, and at Fayette Senior Services we love our volunteers! Veronica Gottschalk is one such volunteer. If you have visited our Peachtree City location, Veronica is one of the friendly faces you have seen at the front desk.

Veronica grew up in Moses Lake, Washington, known for its historical significance as an important training ground for US Army Air Force pilots during WWII. Her father owned a trucking company and her mom worked at a processing plant. As a child, Veronica, along with her 2 brothers and 3 sisters, enjoyed swimming, riding bikes and playing in the park. She attended Moses Lake schools and Washington State University. The university's mascot is a cougar named Butch T. Cougar and Veronica will be quick to give you a "Go Cougs!" hello.

I asked Veronica a few "just for fun" questions to get to know her better. If stranded on a desert island, the 3 items she would want with her are a water filter, Swiss army knife, and a magnifying glass for starting fires. If singing Karaoke, her song would be *Dreams* by Fleetwood Mac. Shaggy from Scooby Do would be the cartoon character she would most choose to hang out with because he is laid back and loves food, his dog, and the adventure of solving mysteries.

Deana Wright, our Peachtree City Center Coordinator, says, "Veronica is a fast learner and a people person who is always willing to help, even filling in for other volunteers! She has quickly gotten to know some of the regulars and has been a great addition at the front desk. I have really enjoyed getting to know Veronica! She is new to the area and the South. You know she isn't from around here when she was unaware that Chick-fil-A serves breakfast!" laughed Deana. Thank you, Veronica! Volunteers like you help make Fayette Senior Services and our community a better place.

From Our Kitchen To Yours

Devonshire Cream & Strawberries

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



Photo via Restless Chipotle

Ingredients

- 8 oz block of cream cheese, softened
- 1 cup powdered sugar
- 1 teaspoon vanilla
- 1 1/2 cups whipping cream
- Fresh strawberries

Directions

- Beat the cream cheese, sugar, and vanilla together until it is creamy.
- Slowly add in the liquid whipping cream.
- Continue beating until soft peaks form.
- Serve with strawberries.

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.



A few of our incredible Peachtree City volunteers



The Peachtree City line dance group enjoying the holidays

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.



Our STARS group enjoyed a visit from Santa Claus in December



Celebrating the holidays at our annual Christmas Party

Special Events



A Bite Out of Mardi Gras Lunch

PEACHTREE CITY
Friday, February 7
11:30 a.m. to 12:30 p.m.
\$10 | Includes lunch
Member exclusive
Pre-registration required

It's Mardi Gras week, treat those taste buds to some delicious Cajun cuisine! Although we won't have a big parade and celebration like in some of the more spirited towns, we can have our very own little celebration at Fayette Senior Services. Throw on your green, purple and gold, grab some beads and join us for a delicious Mardi Gras themed lunch! Enjoy traditional tastes including Shrimp Etoufee, Chicken Gumbo, Red Beans and Rice and a delicious King Cake cupcake for dessert. Whoever finds the baby wins a special prize!



A Picture Perfect Snapshot

FAYETTEVILLE
Thursday, February 20
9 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

Enjoy this unique opportunity to get photos professionally done! This portrait session will be with local photographer Christopher Harper. Christopher will help create beautiful, lasting photos. Whether you want a solo portrait or a photo with loved ones, he will ensure you look your best! Sessions will be 10 minutes and held inside at FSS, complete with professional lighting and backdrop. Feel free to invite one or two people to join you for the photo, please no pets. After the session, Christopher will edit your photos and send them to FSS for distribution. You'll receive three professional 4x6 prints and a web-friendly digital copy, all free of charge. Don't miss this wonderful opportunity to capture images you and your loved ones will treasure forever!



Photo by Brandon Gresbrough via Flickr

The Laugh Track Comedy Night

FAYETTEVILLE
Thursday, February 20
5:30 p.m. to 7:30 p.m.
\$15
Members can purchase tickets at front desk
Pre-registration required

A night of laughter awaits as a hilarious comedian brings his talents live to all of us at Fayette Senior Services. Enjoy a delicious dinner prepared by our wonderful kitchen crew before relishing in some family-friendly humor that will have you out of your seats and rolling on the floor laughing. A perfect evening out for some light-hearted fun. This event is sponsored by Sonder Health Plans.

Sunday							Monday							Tuesday							Wednesday																																																																																																	
<p>January 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>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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>March 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>29</td></tr> <tr><td>30</td><td>31</td><td></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																			
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February Program Schedule

Needlework

Crochet: Basic Ribbed Hat

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

February still brings chilly weather, so a nice hat will be in order! This easy and stretchy hat may be just the thing to keep your head and ears warm. Materials needed: 1 skein soft yarn in color of your choice; crochet hook size H or I. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Coasters

FAYETTEVILLE
Monday, February 24
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 a shamrock in honor of St. Patrick's Day. Materials needed: Green cotton yarn; size H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, February 12
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, February 19
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, February 26
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

For The Love Of It

PEACHTREE CITY
Friday, February 14
1:30 p.m. to 2:30 p.m.
\$15 | Includes materials
Pre-registration required
Instructor: Colleen Davison

No matter if you want to use this for Valentine's Day décor or just to have at any point around your home, this piece is a gorgeous one that can be used for decorating at any time! Junk Mama General Store owner Colleen Davison guides us in creating a charming 'Love' sign during this fun, hands-on craft class! Using wood, paint, and simple techniques, you'll design a personalized sign featuring the word "love" to brighten

your home or give as a gift. Perfect for all skill levels! See front desk for sample photo.

Painting Workshop

FAYETTEVILLE
Tuesday, February 18
10 a.m. to 12 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

Paint a gorgeous picture by easily following along step-by-step with the instructor – you'll be surprised by what you're capable of! It's time to bring out your inner artist. See the front desk for a sample picture. This month, paint a leopard and your choice of background.

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 basic dance steps, 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 muscle and improve coordination in an interactive way that doesn't feel like a 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.



AARP Tax Aid Assistance

PEACHTREE CITY

Tuesday and Thursday

February 1 thru April 16

9 a.m. to 1 p.m.

FREE

Members and non-members

Pre-registration required

AARP is here to offer free tax aid to assist us with personal income returns. Bring last year's tax return and other tax documents necessary for your 2024 filing. This is your chance to meet one-on-one with an AARP representative to get help filing taxes. Must have an appointment set to attend, no walk-in appointments available.

Introduction to Chess

FAYETTEVILLE

Tuesday, February 3

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, February 13 | 1:15 p.m.
Lonely Planet (2024) | R

Starring: Laura Dern, Liam Hemsworth, Diana Silvers. At a writer's retreat in Morocco, a woman meets a young man whose acquaintanceship evolves into an unexpected love story. Oscar winner Laura Dern stars in this sumptuous romance about a successful author who visits Morocco for a post-breakup trip.

PEACHTREE CITY
Thursday, February 27 | 1:15 p.m.
It Ends With Us (2024) | PG-13

FAYETTEVILLE
Friday, February 28 | 1:15 p.m.
It Ends With Us (2024) | PG-13

Starring: Blake Lively, Justin Baldoni, Jenny Slate. A florist falls for a seemingly charming surgeon as her past and present collide in this adaptation of Colleen Hoover's bestseller! When a woman's first love suddenly reenters her life, her relationship with a charming, but abusive neurosurgeon is upended and she realizes she must learn to rely on her own strength to make an impossible choice for her future.

Movie sponsored by:



Sonder Health

A Medicare Advantage Company

9:30 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Chess, the game of kings and commoners while exercising the brain! If you've ever been curious about the game and how it's played, now is your chance to learn. Join Randy Vincent as he teaches about the chess pieces, how they move, as well as game strategy. This class is best suited for beginners. A chess group meets every Monday to play (see page 12 for more information).

The Four Chaplains

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

Feel inspired by the incredible tale of four brave chaplains aboard the USAT Dorchester. Veteran Renee Truitt with American Legion Post 105 tells the story of these brave individuals in 1943 who were aboard a military ship on a mission. When this 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.

Black History Month Celebration

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

Join us as we celebrate Black History Month with a focus on honoring the resilience and achievements of African Americans. The Fayette County Library will be here

for an engaging afternoon encouraging reflection. The 2025 Black History Month theme is "African Americans and Labor." Through this theme, we will focus on the diverse roles African Americans play in the workforce. This celebration will reflect on how work has been a source of both oppression and empowerment for black individuals and communities.

A Quiet Town in Georgia

PEACHTREE CITY
Wednesday, February 5
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

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

What's for Lunch?

PEACHTREE CITY
Thursday, February 6

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 Red Lobster in Newnan.

But First, Dessert

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

Life is short, get the dessert! Treat your sweet tooth as we welcome Carolyn Fludd with Revival Wines and Dessert Bar. You will enjoy all she has to offer from sharing secrets to creating savory, delicious and mouth-watering desserts that will just hit the spot. Carolyn will conduct a demonstration on making some decadent desserts right here at FSS. Learn the methods to creating sweet treats just in time for Valentine's Day! Tastings will be included.

It's in My DNA

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

It's no secret that we are made up of molecules bound together that contain our genetic makeup. With recent technology and testing, many companies have made it possible to do DNA genetics testing easily from our own homes. So, what happens

when you get the results? Genealogist Jan Bryant dives into the differences between these DNA companies and what each one has to offer. Take a look at what the DNA results mean and how to use your results to help with your genealogy research.

Cornhole

PEACHTREE CITY
Friday, February 7
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Friday, February 21
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

Bring out your competitive side or join us for a little fun and socialization, either way you'll have a blast! Two-time competitive league cornhole champion Denny Danylchak shares his love for the game and brings it to us at Fayette Senior Services. Enjoy time with friends while sharpening your skills and mastering the game of cornhole during these monthly games!

Let It Rot

FAYETTEVILLE
Monday, February 10
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Greens, browns, aeration... composting can be confusing! Join Georgia Master Naturalist Carol Garrison, Fayette Environmental Education Specialist with Southern Conservation Trust, as she introduces you to the process of composting. This is a great and exciting way to reduce your waste and create

nutritious soil amendments for your garden or potted plants. Composting is as easy as setting aside a little space and retraining yourself on what to throw away where! And the results are well worth it – healthier plants, bigger garden harvest and less food waste.

The People's Law School

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

You won't want to miss out on these information-packed sessions each month full of valuable information! 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 for a knowledgeable speaker on a senior related legal topic. Join attorney Karen C. Gainey, PC. Karen specializes in estate matters such as wills, estates, trusts and estate planning.

Volunteer Open House

FAYETTEVILLE
Tuesday, February 11
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.

Cut the Cord

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

These days, you can get great TV options without paying the premium of cable provider contracts. Queue streaming services! There are so many options out there today to catch up on shows, and cable isn't the only one now! Streaming services have taken over, full of tv shows, movies, documentaries and more, but there seem to be endless choices. Lance Collins with PTC Techs discusses some of the most popular ones available and breaks down pros and cons between them to help you in making your decision. Learn about the benefits to streaming services as well as the major differences to cable providers to help you make the right decision for you.

Revamp and Refresh

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

Have you ever considered updating your home but aren't sure where to begin? Are you wondering if it's truly worth the cost? There are many home updates and modifications that can make all the difference while others may be wasting your investment. It's important to know the difference between updates and maintenance, as well as how to avoid over-improving your home to a point you won't see that money back when ready to sell. Tonya and Tom Byrd

with The Byrd Group at Keller Williams help us break it down so you can make informed and smart choices for your property and yourself!

The Wings Of A Hero

FAYETTEVILLE

Thursday, February 13

10 a.m. to 11 a.m.

FREE

Members and non-members

Pre-registration required

Join John House, history enthusiast and retired Army Colonel, to spread our wings as he shares this incredibly inspiring story of Eugene Bullard, the first African-American military pilot to fly in combat. Bullard's story is one of valor. He was the only African American pilot in WWI. Although he was born in the US and retired and lived out his life here, he never flew for the United States. When he was just 10 years old, he stowed away on a freighter to Scotland, eventually settling and fighting for France in both WWI and WWII. When the wars were over, he eventually escaped to America, living in New York for the remainder of his life.

1-on-1 Medicare Consultations

PEACHTREE CITY

Tuesday, February 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.

And Sew It Begins

FAYETTEVILLE

Tuesday, February 18

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.

Bloom Baby Bloom

FAYETTEVILLE

Tuesday, February 18

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

FREE

Members and non-members

Pre-registration required

Many ornamental plants in our landscapes are known for their beautiful blooms and wonderful fragrance. Kim Toal with the Fayette County Extension Office will help us learn to identify plants known for their blooms. Learn how to differentiate between them and discover ways to grow and care for both in-ground and in container plants. There are many different options for both containers and in-ground plantings, and Kim will demonstrate how you can add these beautiful plants to your space.

A Novel Idea Book Club

PEACHTREE CITY

Tuesday, February 18

1:45 p.m.

FREE

Member exclusive

No pre-registration required

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

Dementia Caregiver Support Group

PEACHTREE CITY

Thursday, February 20

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, February 20

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

\$20

Member exclusive

Pre-registration required

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

The Social Dilemma

FAYETTEVILLE

Friday, February 21

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

FREE

Members and non-members

Pre-registration required

Social media has transformed the way we connect, helping families and friends stay in touch across miles and

generations. While it brings many positive benefits, it also carries hidden downsides that can impact our lives in surprising ways. Join Rachel Hopkins, therapist with A New Start Counseling, as she explores the double-edged nature of social media. From the images it portrays to the mindsets it shapes, Rachel will shed light on how these platforms influence not only younger generations but older adults as well. Learn how social media can create both connection and comparison, support and stress, and how being mindful of its effects can empower you to use it in healthier, more intentional ways. Discover practical tips to navigate social media with confidence while maximizing its positives and minimizing its negatives. Don't miss this insightful discussion on a topic that touches all of us!

iPad Workshop

PEACHTREE CITY
Monday, February 24
1 p.m. to 3 p.m.
\$15

Members and non-members
Pre-registration required

If you still can't figure out your iPad or just don't feel like you're getting the most use out of it, this is the class for you! The world of iPads can be confusing since they don't navigate similarly to the computers we often use. When using the Apple system, there are many differences, but so many things to take advantage of. Join tech expert Samuel Tisdale as he covers the basics to using your iPad. Learn how to utilize your product to get the most out of your tablet. Must have an Apple iPad to participate and bring with you to class to follow along.

The Power of Storytelling

FAYETTEVILLE
Tuesday, February 25
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

The Southern Crescent Storytellers group joins us during this interactive and enticing collection of tales and stories put together by these imaginative individuals. With a focus on Black History Month, these incredibly talented storytellers will share how Black History Month started through their creative stories. Hear a rendition of Sojourner Truth's poem "Ain't I A Woman" and enjoy recognition of some of Georgia's locals. This will be one for the books, a unique opportunity to celebrate Black History in this creative and enduring way.

Talk Birdy To Me

PEACHTREE CITY
Wednesday, February 26
2:30 p.m. to 3:30 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.

P"age" Turners Book Club

FAYETTEVILLE

Thursday, February 27
1:30 p.m.
FREE
Member exclusive
No pre-registration required

February book: *The Only Woman In the Room* by Marie Benedict. March book: *Hello Beautiful* by Anna Napolitano. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Love Is In The Hair

PEACHTREE CITY
Thursday, February 27
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Be a cut above the rest, your hair is the crown you never take off and it's time to take control of it! Good hair days can make you feel like you can rule the world. Susan Johnson, owner and stylist with The Parlor Hair Salon, snips us in on the latest hairstyle trends. Hear about a variety of cuts, color options and products to make your hair the best it can be. From current styling options, hair coloring, options for thinning hair and the trendy gray look, you'll get tips on the latest and greatest in the world of hair!

Bean Bag Baseball

PEACHTREE CITY
Friday, February 28
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!

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.



Computer Technology Assistance

PEACHTREE CITY

Wednesday, February 19

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, February 25

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



Massage

FAYETTEVILLE

Tuesday, February 4

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.

A Pain In The Nerve

PEACHTREE CITY

Tuesday, February 4

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

FREE

Members and non-members

Pre-registration required

Physical Therapist Dr. Josh Davis with First Step Physical Therapy helps us beat the nerves! Get an overview of the anatomy of nerves that cause us pain, neuropathy, and sciatica issues. Dr. Davis will help us better understand what causes this type of focused pain as well as provide advice on prevention, self-treatment and ways to reduce pain symptoms.

You Are What You Eat

FAYETTEVILLE

Wednesday, February 5

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

FREE

Members and non-members

Pre-registration required

As we age, the food we eat plays a more significant role in keeping us healthy, active, and feeling our best! Nutrition isn't just about counting calories, it's about providing

your body with the right fuel to support energy, mobility, and mental clarity. Dr. Linda Katz with Fayette Chiropractic dives into the fascinating concept of "You Are What You Eat." You'll learn how the nutrients in your meals influence your overall health, reduce the risk of chronic conditions, and even enhance your mood and brain function. From tips on creating a balanced plate to insights into the powerful connection between your gut and your brain, this is your guide to eating well and living well. Let's take this journey toward health and vitality—one delicious bite at a time!

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Thursday, February 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.

A Burst of Energy

PEACHTREE CITY

Monday, February 10
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

Who doesn't feel like they need more energy? We've all been in that boat of needing that little boost in our liveliness to get things done! Fortunately, there are activities you can do to enhance your own natural levels. If you're tired of feeling exhausted, try these simple tips for having more spark all day long. Ebonie Jackson with Humana shares the secrets for getting more vitality. Discover various ways to increase your

energy levels and highlight common factors that make you feel more tired. Hear about a number of lifestyle choices you can make and areas to focus on in order to stay away from that drowsy mood and get to that high energy spirit we all need.

A Sound Bath

PEACHTREE CITY

Wednesday, February 12
10:30 a.m. to 11:30 a.m.

FREE

Member exclusive

Pre-registration required

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

Lunch & Learn: The Heartbeats of Life

FAYETTEVILLE

Friday, February 14
10:30 a.m. to 1 p.m.

\$15 | Includes lunch

Members and non-members

Pre-registration required

Discover heart healthy habits and ways you can take care of one of the most important organs in your body. Take action over your own health and join us for a heart healthy make-over. We all know that it is important to exercise and eat right, but did you know that exercising and good nutrition are shown to significantly reduce your risk of heart disease as well? February is American Heart Month. Spend time with Nurse Practitioner Barbara Conlon with Piedmont Heart Institute, Dietitian Arisahi Crane with Fruition Nutrition, and a fitness expert with Piedmont Wellness Center to learn how you can incorporate a healthy diet and movement to improve your heart health. From basic anatomy of the heart, to preventative methods, symptoms and treatment, you'll leave with a better understanding of how you can take care of your heart through everyday habits, exercise, and diet.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, February 19
11:30 a.m. to 12:30 p.m.

FREE

Member exclusive

No pre-registration required

Hearing Life Center will be on site to clean hearing aids and perform minor, basic maintenance you may need done.

The MyPlate Pledge

FAYETTEVILLE

Wednesday, February 19
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

Remember the food pyramid? It was great for its time, but was due for a much needed update. MyPlate is the new and improved tool to teach you what to eat and how much you should be eating. Not only is it much easier to use, but also to remember so you can create a healthy plate each time you sit down to eat. This can be customized to fit a variety of dietary needs, preferences, cultural traditions and budget. Join Piedmont Wellness Center to learn how MyPlate can be used to control portions, help you eat healthier and get some new meal ideas!

A Healthy Overhaul

PEACHTREE CITY
Friday, February 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

There's no better time than the present to make those changes you've been talking about for so long. We are well into the new year now, have you made those improvements you've promised yourself you would? It's finally time for an at-home health tune-up! Certified Health Coach and Senior Benefits Advisor Jennifer Lunsford has created an easy-to-do plan to help you tune-up your health at home so you are always feeling great! Recipes, a meal plan, and a health guide will be included.

Gotta Hand It To You: Hand Massages

FAYETTEVILLE
Tuesday, February 25
10 a.m. to 1 p.m.
FREE
Member exclusive
Pre-registration required

Sit back and relax as certified massage therapist Ange Maihorn provides a focused hand and arm massage. This human hand connection will not only help relieve tension and stress, but will concentrate on muscle and lymphatic areas in your arm and on your hand. Research has shown that there are many health benefits to massages, and hand massage is no exception. Having this done not only feels great, but can help ease muscle tension, relieve stress, and reduce pain. Enjoy a relaxing 15-minute session with Ange and see the results for yourself!

Heat It Up: DIY Herbal Heating Pads

FAYETTEVILLE
Monday, February 24
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Join us for a hands-on demonstration as Dr. Shaneka McClarty, a licensed psychotherapist, health scientist and plant-based chef, guides us through creating your very own herbal heating pad, a natural and soothing way to ease discomfort. Learn how to select the best herbs and fabrics for your heating pad, assemble it, and discover how to use it effectively for pain relief and relaxation. Herbal heating pads are a wonderful alternative to over-the-counter solutions and can help target common issues like muscle aches, joint pain and cramps. The gentle heat combined with the healing properties of herbs can provide relief for a variety of conditions. Plus, they're reusable and eco-friendly, making them a great addition to your wellness routine. Dr. McClarty will share the medical benefits

of these herbal heating pads from pain relief, stress reduction, cramping relief and improved sleep, to name a few. Come prepared to create a personalized, eco-friendly heating pad, and take home a comforting remedy that's gentle on the body and the environment!

On the Move: Functional Movement Assessments

PEACHTREE CITY
Tuesday, February 25
1:30 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

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

The Power of Movement

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

Staying active as we age should not be so daunting. Keeping the right mindset and motivation is key. Dr. Nadria Lyn, ER Doctor and Certified Health and Life Coach, guides us in discussing the power of movement and staying active at any age. Designed especially for seniors who want to maintain vitality, independence, and joy in their everyday lives, we'll dive into the many benefits of staying active, including improving mobility, boosting energy, and enhancing overall health. Learn practical, low-impact ways to keep moving that will fit right into your lifestyle—no matter where you are in your fitness journey! Discover how small, simple movements can lead to big transformations. Let's stay strong, vibrant, and full of life together!

Memory Screenings

FAYETTEVILLE
Thursday, February 27
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.

Caring For You

PEACHTREE CITY
Friday, February 28
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Caring for a loved one with dementia can be overwhelming. You know how important taking care of yourself can be, but putting yourself first is much easier said than done when you're the primary caregiver for someone else. Discover the value of your role as a caregiver and gain insight on dementia. Beth Dow with Home Helpers Home Care joins us to lend a hand in support. She'll offer practical tips for caring for someone with dementia while also protecting your own well-being. Learn effective communication strategies, how to manage challenging behaviors, and ways to find support and joy in caregiving.

Look What's Coming in March!

The Fruit of It All

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

Sweet and delicious fruit isn't just for eating on it's own! Put a little spin into your springtime dishes by using fruits while cooking. Get tips on incorporating seasonal fruits in delicious recipes.

Peach State Trivia

FAYETTEVILLE
Tuesday, March 4
12 p.m. to 1 p.m. | FREE
Pre-registration required

How well do you know the history of our home state of Georgia? Join in for a little friendly competition and test your knowledge as we play a fun and interactive game of trivia featuring Georgia history.

Figuring Out Facebook

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

Enjoy an introduction to Facebook class to get you linked into social media. This is designed for beginners who want to learn the very basics of Facebook to connect with family and friends near and far!

We're All Booked

PEACHTREE CITY
Friday, March 7
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

A new age of technology has opened up an entirely new world when it comes to reading books! Get the latest updates on audiobooks and e-books, a new way of reading!

Registration will be available when the March newsletter comes out Thursday, February 20th!

SAE LIVE MUSIC EVENTS FAYETTEVILLE

SAE LIVE MUSIC EVENTS FAYETTEVILLE

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FOR CHOOSING US!

We are so honored to partner with Clothes Less Traveled (CLT) in so many areas of our community! Clothes Less Traveled provides grants, donations and support in many ways and we cannot express our appreciation enough! CLT has donated over \$8.5 million back to our community, including dozens of local non-profits! They work with a purpose to directly impact our communities.

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- STARs Assistant
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Contact Amber Oliver at
aoliver@fayss.org



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Contact Michelle Brown at
mbrown@clotheslesstraveled.org

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

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