

March 2025

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Irish Luck

Top of the morning to ya as we revel in a bit of Irish luck at our annual St. Patrick's Day Celebration full of fun!

## Hot Tamale!

Put your cooking skills to the test as you learn the secrets to making these delicious and traditional Mexican staples!

## Rice Rice Baby

Don't sleep on this incredibly tasty rice dish full of delicious cheese and chilies for the perfect kick to your taste buds!

*Live Well. Age Well.*

The Southern  
Crescent Chorale

Fayette Senior  
Services  
present

# SOUNDS of SPRING

Thursday, April 24  
5:30 pm to 7:30 pm  
Tickets \$15

Fayetteville location  
4 Center Drive  
770.461.0813

Enjoy an evening of dinner & music as the Southern Crescent Chorale performs a collection of their most popular pieces, including some from their favorite concerts!

Event Sponsored By:

Mark Gray, Agent  
770-487-8561



**Fayette Senior Services**

Making Life Better™  
770-461-0813 | FAYSS.ORG

# March

## featured

### Not All Heroes Wear Capes 10

Meet Meals On Wheels volunteer Steve Metz who makes a difference for so many in our community.

### You're the Chilies to My Rice 11

This mouthwatering cheesy rice dish with the perfect chilies kick will have you on the edge of your seat!

### Irish I May, Irish I Might 15

You'll be wishing you could relive this St. Patrick's Day event over again after such a fun evening of celebration!

### Tamale Time 15

Learn the art of making these delectable Mexican treats. This tasty cuisine will soon be in your regular meal rotation.

## 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

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

## **BOARD OF DIRECTORS**

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

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

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.



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.



# 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

Arnold Powell  
Café Assistant

Christina Stokes  
Café Assistant

Kristie Weaver  
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

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

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 Volunteer Sponsor



Attorney David R. Moore  
www.peachtreelawgroup.com  
770-487-0202

## 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 á la carte, plus tax.  
Coffee and tea are complimentary.

## Lunch

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

Choose from two chef-prepared hot entrees, side dishes, soup du jour, small garden-fresh salad, choice of desserts or fruit. Pricing is



2025 CPR/AED/FIRST AID TRAINING SPONSORED BY:



## Coming Soon...

**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 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!*

**June 2025**

### Boot Scoot & BBQ

Fayetteville | Thursday, June 26

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

*Put on your boots and join us for a boot scootin' good time! We'll enjoy an evening full of a delicious barbecue meal and some boot scootin' music that will keep you moving all night long.*

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

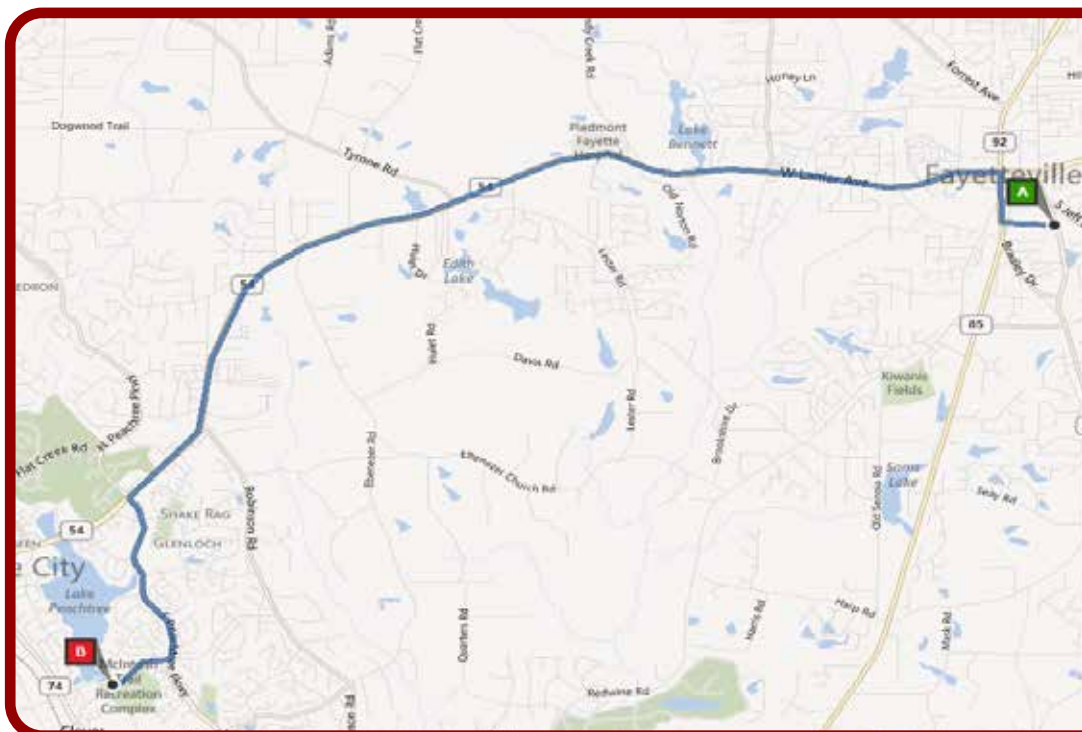
## Miriam's Fitness Corner Nature's Pharmacy

Have you ever considered exploring a more natural approach to your health? Ever thought about what that entails or would look like? How feasible is it to make such adjustments? Are the benefits even worthwhile? Well, let's take a look together! The Cambridge Dictionary defines the word natural, "as found in nature and not involving anything made or done by people." Therefore, the opposite of natural could assumingly be defined as artificial, man-made or fake, of which none of these sound appealing when referring to our health. Ah-ha... so now do I have your attention?

We know that natural remedies have been used for centuries to treat a variety of ailments. But do they really work? A substantial amount of research suggests yes and so do I! It is a fact that humans were limited in treatment options for thousands of years prior to modern medicine and yet they managed. Our ancestors used what they had, and what they had were the natural ingredients the earth produced. These ingredients were unaltered, unprocessed and unmodified. So if it worked then, why have we now moved so far in the opposite direction? Obviously, the main reason is money so I won't bog you down with redundant discourse. However, the other major reason, which is definitely worth elaborating on, is because natural remedies do not work as quickly as Western medicine. Natural remedies require commitment, consistency and congruence. This means that multiple aspects of your lifestyle need to be aligned. For example, walking 30 minutes 5 times per week has been proven to decrease blood pressure. Nonetheless, continuing to smoke and/or consume high sodium foods will likely impede results. In other words, for optimal results, your behaviors must be in agreement. Meet me back here next month where we will continue our discussion and take a closer look into nature's medicine cabinet.

## 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





# Garden Club

Plant your roots with Fayette Senior Services

IF YOU HAVE A GREEN THUMB AND ENJOY GARDENING, VOLUNTEER WITH OUR FSS GARDEN CLUB!

Free membership with 75 hours of volunteer service



FOR MORE INFORMATION, CONTACT  
AMBER OLIVER | AOLIVER@FAYSS.ORG



# BOOK Donations NEEDED

The Fayette Senior Services library is in need of new book donations! If you have books around your home that you are looking to declutter, please consider donating them to Fayette Senior Services. Our wonderful volunteer librarians will sort through them and use them to switch in and out for avid readers to choose from around the center!

Thank you!

Drop offs accepted at both locations

4 Center Drive | Fayetteville - 203 McIntosh Trail | Peachtree City

# Dear Volunteer, You Make a Difference!

*Heroes Come In Many Forms*

Written By: Amber Oliver



Did you know that Meals On Wheels is an internationally recognized, evidence-based organization proven not only to enable people to live independently in their homes for longer but also to reduce risk of falls and malnutrition? This community resource is special to our hearts at Fayette Senior Services, as we believe it empowers our senior community to age well and live well. Each year over 40,000 nutritious meals are delivered throughout Fayette County by volunteers. These volunteers are the heart and soul of our Meals On Wheels Program, delivering not only a meal, but also a side of compassion. One of those volunteers is Steve Metz! Steve has volunteered with our Meals On Wheels team since July 2018. What has kept him coming back for over 6 years? He says it's because there are "so many nice people including the clients, the staff and the other volunteers!"

Steve grew up in Jacksonville, FL where his dad worked for a concrete pipe company and his mom worked for the Visiting Nurse Association. Steve has an older sister and brother and lovingly claims, as the youngest kids often do, "they were mean!" As kids they played just about every sport - football, baseball, basketball, softball, soccer, you

name it! His first job was at a Carvel ice cream shop. Steve attended Christ the King Elementary School and Bishop Kenny High School before attending the University of North Florida. He met his wife Kathy while in high school and they have been married now for 44 years. Kathy was a teacher and Steve was an actuary, retiring in 2008. They have lived in Fayette County for 18 years and enjoy playing golf, traveling, and watching University of Florida sports. When asked why he decided to volunteer with Fayette Senior Services and the Meals On Wheels team, Steve jokingly replied, "They told me I would meet a lot of lonely women!"

I asked Steve some just for fun questions and here is what he had to share. When asked who would be his first guest if he had his own late night talk show, he stated it would be Douglas Murray, a British author and journalist. If he had to sing Karaoke, the song he would choose would be *The Battle Hymn of the Republic*. If he had to listen to one song for the rest of his life, it would be *La Mer* by the French composer Charles Trenet. If Steve could hang out with any cartoon character, he would choose Batman because "well, he's Batman!" I find it ironic that one of Batman's quotes is "Everything's impossible until somebody does it." Volunteering to help others is a little like that. It often seems impossible to help others, but Steve has made it a priority to do just that! And we couldn't be more grateful for him finding his inner Batman in order to make the seemingly impossible possible.

Our Meals On Wheels Coordinator Natalie Hynson shared what makes Steve such an amazing asset to the volunteer family at FSS. "Steve is a fabulous Meals On Wheels driver! He doesn't just deliver meals, he gets to know his clients and advocates for them. We are so lucky to have him!" she expressed. Thank you, Steve, for all you do for Fayette Senior Services, but mostly we want to thank you for delivering a difference for Meals On Wheel clients!

# From Our Kitchen To Yours

## Cheesy Green Chile Rice

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

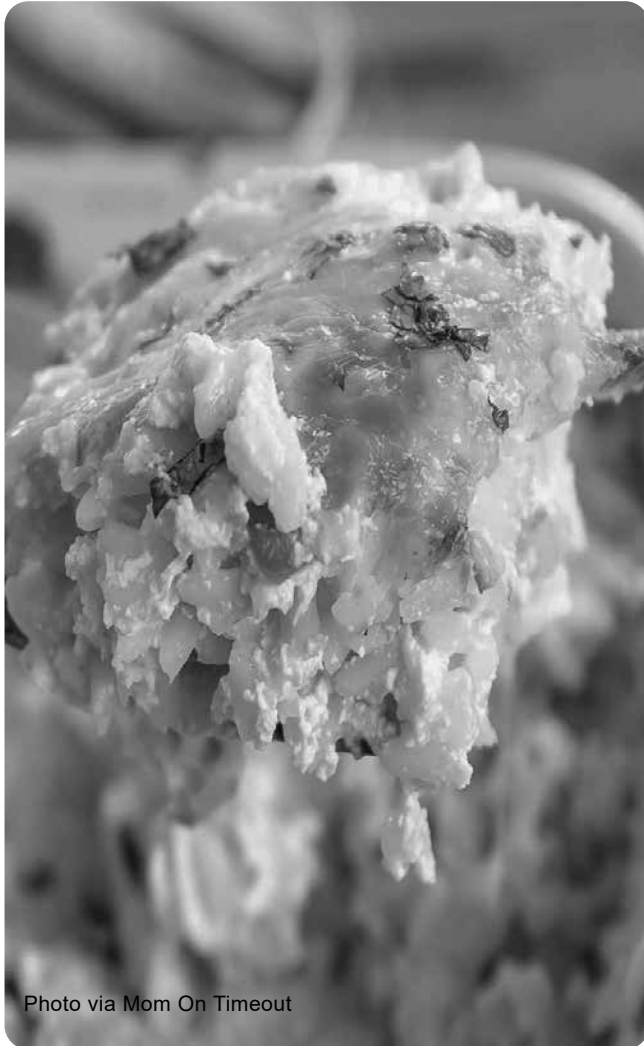


Photo via Mom On Timeout

### Ingredients

- 3 cups sour cream
- 2 (4 oz) cans chopped mild green chilies
- 4 cups cooked rice
- 2 1/2 cups grated Monterey Jack cheese
- 2 1/2 cups grated Cheddar cheese
- Salt and pepper to taste

### Directions

- Reserve some cheese for topping the casserole.
- Mix all ingredients together and pour into a greased 1 1/2 quart casserole dish.
- Top it with the reserved cheese.
- Bake for 25 minutes at 375 degrees or until bubbly.

*Enjoy!*

Join us in the Ultimate Cafe in Fayetteville!

#### Breakfast:

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

#### Lunch:

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



## MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

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

### IMPORTANT INFORMATION TO FITNESS STUDENTS

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

## Free in Fayetteville

### Mondays

**Sit and Get Fit:**

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

**Canasta:**

8 a.m. to 3 p.m.

Regular and Hand & Foot

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

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

**Sit and Stitch:**

1 p.m. to 4 p.m.

**Chess Club:**

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

**Bid Whist:**

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

### Tuesdays

**Pinochle:**

9 a.m. to 12 p.m.

**Scrabble:**

1 p.m. to 4 p.m.

**Tuesday Bridge Club:**

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

### Wednesdays

**Sit and Get Fit:**

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

**Canasta:**

8 a.m. to 3 p.m.

**Blood Pressure Check:**

10 a.m. to 12 p.m.

**Rummikub:**

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

### Thursdays

**Blood Pressure Check:**

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

**Bunco:**

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

### Fridays

**Pinochle:**

9 a.m. to 12 p.m.

**Sit and Get Fit:**

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

**Canasta:**

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

**Game Day:**

12 p.m. to 3 p.m.

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

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

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

**Scrabble:**

1 p.m. to 4 p.m.

**Bid Whist:**

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

## *Calling all pool sharks!*

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

**Men & women welcome!**

# Free in Peachtree City

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

## Mondays

### Morning Stretch:

9 a.m. to 10 a.m.

### Blood Pressure Checks:

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

### Intermediate Social

### Bridge Free Play:

12 p.m. to 4 p.m.

### Canasta:

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

## Tuesdays

### Chinese Mahjong:

1 p.m. to 4 p.m.

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

### Bingo Bash:

3rd Tuesday of month  
2 p.m. to 4 p.m.

Group meets monthly to play bingo. No partner needed.

## Wednesdays

### Morning Stretch:

9 a.m. to 10 a.m.

### Marathon Bridge:

2nd Wednesday of month  
10 a.m. to 2 p.m.

### Social Duplicate Bridge:

Wednesday (does not meet  
2nd Wednesday of month)  
10 a.m. to 3 p.m.

### American Mahjong:

12 p.m. to 4 p.m.

## Thursdays

### Double Deck Pinochle:

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

## Fridays

### Morning Stretch:

9 a.m. to 10 a.m.

### American Mahjong:

12 p.m. to 4 p.m.

### Canasta:

1 p.m. to 4 p.m.

### Game Day:

1 p.m. to 4 p.m.

## Turn the Pages!

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



Members enjoyed a tour of the PTC Fire Department.



Learning about life's perfect balance for health and happiness.

# 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.



Flappers and gentleman alike at the Night At the Speakeasy event!



The STARS having a blast at their snowball fight.

# Special Events



## St. Patrick's Day Celebration

PEACHTREE CITY  
Monday, March 17  
5 p.m. to 8 p.m.  
\$15

Members can purchase tickets at front desk  
Pre-registration required

Top of the morning to ya! Want to share some Irish luck? This St. Patrick's Day Celebration event is one that will leave everyone who doesn't attend green with envy! We will kick start the evening with holiday traditions, including green drinks and good eats. To top off an evening of fun, the Southpaw Band will be playing live music and Kelly Porter Dance Academy will be performing river dances to keep the night rolling. Don't miss this sure-to-remember night of fun! This event is sponsored by Aberdeen Fine Properties.



Photo via Better Shea Butter

## The Sweetest Aroma: Candlemaking

PEACHTREE CITY  
Monday, March 24  
1:30 p.m. to 2:30 p.m.  
\$20 | Includes materials  
Member exclusive  
Pre-registration required

Light up your home with these incredible smelling candles, made by you! Rachel Maye-Haywood, owner of The Sweetest Aroma, teaches us the techniques of candlemaking. This mobile studio brings us a unique and fun filled experience! Make a custom 6-ounce candle while learning the steps of candlemaking. There will also be a few fun games to play. All materials will be included to create your very own custom candle. Choose from a variety of fragrances and create your very own scented candle to take home or give as a gift! Candles will take about 45 minutes to dry – come back to pick it up or hang around and play games with Rachel!



Photo via Taste of Home

## Hot Tamale! Tamale Making Demo

FAYETTEVILLE  
Monday, March 31  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Discover the art to making traditional homemade tamales! This authentic Mexican dish is a staple in Mexico. They are made with a corn-based dough mixture that is filled with various meats, beans and cheeses. Tamales are wrapped and cooked in corn husks. While making tamales is a process, it can be simple. Knowing the trick to mastering them can make all the difference in creating delicious tamales at home. Join Omar and Danya Aviles with Al Gustito Mexicano as they provide a tamale demo for making traditional homemade tamales. A small tasting will be included!

Sunday							Monday							Tuesday							Wednesday						
<p>February 2025</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28</p>							<p>April 2025</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>																				
<b>2</b>							<b>3</b>							<b>4</b>													
							<p>The Fruit Of It All pg. 22</p> <p>Bean Bag Baseball Demo pg. 21</p>							<p>Massage pg. 26</p> <p>Prevention Is Better Than Cure pg. 26</p> <p>Garden Club pg. 22</p> <p>The People's Law School pg. 22</p>							<p>Quilting: Star Topp</p> <p>Hearing Scree</p> <p>Peach State</p> <p>Eyeglass and Adjustm</p>						
<b>9</b>							<b>10</b>							<b>11</b>													
							<p>Crochet: Scrubby pg. 18</p> <p>It's All About Balance pg. 27</p> <p>Look to the Stars pg. 23</p>							<p>Volunteer Open House pg. 23</p> <p>And Sew It Begins pg. 23</p> <p>The Spices of the Mediterranean pg. 23</p> <p>The Range of Rehab pg. 27</p>							<p>Quilting UFO p</p> <p>Money In Your</p> <p>The Season of S</p>						
<b>16</b>							<b>17</b>							<b>18</b>													
							<p>1-on-1 Medicare Consultations pg. 24</p> <p>St. Patrick's Day Celebration pg. 15</p> <p>AARP Tax Filing Assistance pg. 24</p>							<p>Painting Workshop pg. 18</p> <p>Book Club pg. 25</p> <p>The Flavors of Spring pg. 28</p> <p>A Mastermind Escape pg. 24</p> <p>Gotta Hand It To You: Hand Massages pg. 28</p>							<p>Quilting: Ra Table Topp</p> <p>Computer Assi</p> <p>Hearing Aid C Maintenance</p> <p>Taste of the S</p> <p>Not So Brittle</p>						
<b>23</b>							<b>24</b>							<b>25</b>													
							<p>Crochet: The Year of Coasters pg. 18</p> <p>AARP Tax Filing Assistance pg. 24</p> <p>The Sweetest Aroma: Candlemaking pg. 15</p> <p>Karaoke pg. 25</p>							<p>Computer Assistance pg. 26</p> <p>Flex On Aging pg. 28</p>							<p>Quilting UFO p</p> <p>Shades of G</p>						
<b>30</b>							<b>31</b>																				
							<p>Hot Tamale! Tamale Making Demo pg. 15</p>							<p>Outwit Your Smart Phone pg. 25</p>							<p>Learning From</p>						



# March 2025

Wednesday	Thursday	Friday	Saturday
			1
Radiant per pg. 18 5 enings pg. 27 Trivia pg. 22 Repair ents pg. 27	6 Fuel Your Body pg. 27 Figuring Out Facebook pg. 22 What's for Lunch? pg. 22	7 Cornhole pg. 22 Once Upon A Story pg. 23 We're All Booked pg. 23	8
12 g Day: g. 18 Pocket pg. 23 Sneezes pg. 27	13 Movie Day pg. 21 Virtual Tour: National Infantry Museum pg. 24 The Trilith Experience pg. 24	14 AARP Smart Driver's Course pg. 24 A Sound Bath pg. 27	15
Radiant Ruby er pg. 18 19 stance pg. 26 Cleanings & ce pg. 28 eason pg. 28 Bones pg. 28	20 The Grape Escape pg. 25 A Bit Of A Stretch: Stretch Sessions pg. 28 Dementia Caregiver Support Group pg. 25	21 Cornhole pg. 22 Watercolor Sunflower pg. 18 Foster the Shell-ebrity pg. 25 Seated Serenity Chair Massage pg. 28	22
26 g Day: g. 18 reen pg. 25 Living pg. 25	27 Movie Day pg. 21 Book Club pg. 26 Car Wash og, 26 Vein Screenings pg. 29	28 Movie Day pg. 21 Bean Bag Baseball pg. 26 Instantly Delicious pg. 29	29

# March Program Schedule

## Needlework

### Crochet: Scrubby

FAYETTEVILLE  
Monday, March 10  
10 a.m. to 12 p.m.  
\$5 | Materials included  
Pre-registration required  
Instructor: Nancy Crow

Nancy has been gifted several balls of scrubby yarn! She wants to share it with you to make useful scrubby pads to use to clean your dishes. Materials needed: Size H or I crochet hook; Nancy will provide the yarn. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: The Year of Coasters

FAYETTEVILLE  
Monday, March 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 adorable coasters for Easter. Choose between an egg or a bunny. Materials needed: Spring colored cotton yarn (can be variegated); size H crochet hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

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

FAYETTEVILLE  
Wednesday, March 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.

### Quilting: Radiant Star Topper

FAYETTEVILLE  
Wednesday, March 5  
9 a.m. to 3 p.m.  
\$25 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

Make this radiant topper just in time for spring or use as an early start to your Christmas. Create a topper for your table using just three fabrics. Materials list and picture at front desk. Must provide your own sewing machine.

### Quilting: Radiant Ruby Table Topper

FAYETTEVILLE  
Wednesday, March 19  
9 a.m. to 3 p.m.  
\$25 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

Make this radiant table topper just in time for spring. If you need a little something to help show off your Easter table, then this is it! You're ready to begin, using just four fabrics. Materials list and picture at front desk. Must provide your own sewing machine.

## Painting Workshop

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

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a breathtaking view of Cherry Blossoms!

## Watercolor Sunflower

PEACHTREE CITY  
Friday, March 21  
9:30 a.m. to 12:30 p.m.  
\$30 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Paint a gorgeous sunflower as you learn the skills of using watercolor paints. Learn about basic watercolor techniques including tips on mixing colors, types of application techniques, how to capture the whites of a painting, and much more. Take home a finished painting. Designed for all levels, no previous experience needed. Paintings are pre-sketched so no drawing involved. See front desk for picture.

## Dance

### Introduction to Line Dance

FAYETTEVILLE  
Wednesday  
12:30 p.m. to 1:30 p.m.  
\$15 | Month  
Instructor: Michelle McCullough

This class is designed for those with little to no line dance experience.

## Creative Pursuits

This introduction class will teach the basic steps and terminology and get you comfortable on the dance floor. You'll be moving and grooving in no time and discovering why everyone loves line dance so much!

### **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

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! Bring a mat.

### **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 low-impact workout helps improve coordination and motor skills, boost your mood, and enhance overall health. All equipment 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 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. Use hand weights, elastic bands and balls to strengthen muscles and increase range of movement during this full body workout.

## 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 classes

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.

## Chair Pilates

### PEACHTREE CITY

Wednesday

10:30 a.m. to 11:15 a.m.

\$15 | Month

Instructor: Jodi Smit

This dynamic Pilates class, with the support of a chair, combines gentle yet effective exercises to build core strength, improve mobility, and enhance balance. Designed to be both accessible and challenging, this class will help you develop functional strength and control to

support everyday movement, while keeping the intensity adaptable to your fitness level. Discover the perfect blend of support and challenge to leave you feeling empowered, energized, and more confident in your daily activities! This class will be chair-assisted using both standing with support of a chair and seated exercises. Bring your own mat to stand on if you'd like.

## 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. 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 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 with a great workout intended to get you moving and feeling better.

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.

## Special Interest

### AARP Tax Aid Assistance

PEACHTREE CITY  
Tuesday and Thursday  
March 1 thru April 15  
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, no walk-in appointments available.

### Bean Bag Baseball Demo

FAYETTEVILLE  
Monday, March 3  
1 p.m. to 2 p.m.  
FREE  
Members exclusive  
Pre-registration required

Join Rita Parrish and Laurie Larson for a demo of this

## The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, March 13 | 1:15 p.m.  
*You Gotta Believe* (2024) | PG


Starring: Luke Wilson, Greg Kinnear, Sara Gadon. A Little League baseball team of misfits dedicates their season to a family man and coach that receives devastating news. This ragtag team rallies around him all the way to baseball glory. In doing so, they accomplish the impossible by reaching the World Series finals in a game that became an ESPN instant classic.

PEACHTREE CITY  
Thursday, March 27 | 1:15 p.m.  
*The Six Triple Eight* (2024) | PG-13

FAYETTEVILLE  
Friday, March 28 | 1:15 p.m.  
*The Six Triple Eight* (2024) | PG-13

Starring: Kerry Washington, Ebony Obsidian, Milauna Jackson. During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission. The 855 women who joined the fight to fix the three-year backlog of undelivered mail is faced with discrimination and a country devastated by war.

Movie sponsored by:



# Sonder Health

A Medicare Advantage Company

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! Group meets once a month in Peachtree City.

## The Fruit Of It All

PEACHTREE CITY

Monday, March 3

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

FREE

Members and non-members

Pre-registration required

Sweet and delicious fruit isn't just for eating sliced up or as they come! Put a little spin to your springtime fruits by incorporating them into your cooking regimine. Chef Ashley Smallwood with Rudine's shares her secrets to using these tasty fruits. Whether they are fresh, cooked or dried, there are many options to explore! Cooking is all about combining flavors, and there is something special about the blend of sweet and savory in meals that gives them an added touch of wonderful contrasting flavors. Get tips on using seasonal fruit in delicious recipes for a unique combination of flavors that will have your tastebuds singing your praises! A small tasting will be included.

## Garden Club

FAYETTEVILLE

Tuesday, March 4

9:30 a.m.

FREE

Members and non-members

No pre-registration required

Garden season is upon us again! If you have a green thumb, love gardening and are interested in volunteering, join the Garden Club! Have a helping hand in creating a beautiful oasis for everyone to enjoy! For more information, contact Amber Oliver at [aoliver@fayss.org](mailto:aoliver@fayss.org).

## The People's Law School

FAYETTEVILLE

Tuesday, March 4

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! 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. This month, we'll be joined by Cindy Liebes, Chief Program Officer with Cyber Security Network. Cindy will be discussing consumer fraud and scams commonly seen among older adults.

## Peach State Trivia

FAYETTEVILLE

Wednesday, March 5

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

FREE

Members and non-members

Pre-registration required

Put your knowledge to the test! Do you have what it takes? Todd Bills with Todd Bills Agency challenges our knowledge of our home state of Georgia. This trivia style program will feature some of the most well-known and not so well-known facts about our state of Georgia. Show off your skills during this fun and interactive game and show

us what you really know about the great Peach State!

## What's for Lunch?

PEACHTREE CITY

Thursday, March 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 Matt's Small Town Pizza in Senoia.

## Figuring Out Facebook

FAYETTEVILLE

Thursday, March 6

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

FREE

Members and non-members

Pre-registration required

Cindy Clonts, computer expert and medical insurance coach, provides an introduction to Facebook class to get you linked into social media right away. This is designed for beginners who want to learn the very basics of Facebook. What is Facebook all about and how do you get it to work? Find out how to create an account, find friends, and navigate the page so you can keep up with all your family and friends near and far!

## Cornhole

PEACHTREE CITY

Friday, March 7

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

PEACHTREE CITY

Friday, March 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!

## Once Upon A Story

FAYETTEVILLE

Friday, March 7

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!

## We're All Booked

PEACHTREE CITY

Friday, March 7

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

FREE

Members and non-members

Pre-registration

The age of technology has opened up an entirely new world when it comes to reading books! Today, when you can access great reads from just about anywhere and in any form, the possibilities are endless. Access to e-books and audiobooks has become extremely convenient. From Kindles, tablets, computers and apps to your favorite retailer or the local public library, you can read, listen to, or purchase the e-books and audiobooks of your choice. Join the Peachtree City Public Library as they provide an overview of the abundant

options available today!

## Look to the Stars

FAYETTEVILLE

Monday, March 10

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

FREE

Members and non-members

Pre-registration required

Astronomy is fascinating as it studies the universe and everything in it, including planets, stars, galaxies, comets and black holes. It's full of huge distances, gigantic sizes and long periods of time that endless people have studied throughout the years. Yet there is still so much to be discovered. Eddie Rivera with Sunvera Care shares his expertise and excitement about astronomy as he discusses notable discoveries of scientists from antiquity to the 20th century that have contributed to the study of astronomy. Reserve space as you discover the contributions of Ancient Greek and Persian scientists, Galileo Galilei, Isaac Newton and Albert Einstein.

## And Sew It Begins

FAYETTEVILLE

Tuesday, March 11

11 a.m. to 1 p.m.

FREE

Members and non-members

Pre-registration required

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

## Volunteer Open House

FAYETTEVILLE

Tuesday, March 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.

## The Spices of the Mediterranean

PEACHTREE CITY

Tuesday, March 11

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

FREE

Members and non-members

Pre-registration required

Transform your afternoon into a sensory escape with this one-of-a-kind experience! Tia Adams with Branch & Vine immerses us in the rich world of premium olive oils and aromatic Mediterranean spices. Learn how to taste, pair, and use these culinary gems to enhance your favorite dishes. Perfect for food enthusiasts and adventure seekers alike, this fun and interactive session offers a relaxing yet inspiring outing. Whether you're looking to sharpen your cooking skills or simply enjoy a flavorful afternoon, this is an experience you won't want to miss as you discover the flavors of the Mediterranean!

## Money In Your Pocket

PEACHTREE CITY

Wednesday, March 12

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

FREE

Members and non-members

Pre-registration required

Life comes at us fast... and the many expenses associated with just simply living are at an all-time high! Money-saving-tips are always a wonderful thing to have in mind! Financial Advisor Brandon Jordan, owner of

Arch Advisory Group, provides us with the best strategies for not only saving money, but also spending it! Learn how you can be more mindful about where your money is going and how to align your values and goals with spending and saving habits. You'll leave feeling like your wallet is in a much better place than it was before!

## Virtual Tour: National Infantry Museum

FAYETTEVILLE

Thursday, March 13

10 a.m. to 11 a.m.

FREE

Members and non-members

Pre-registration required

Located just south of us in Columbus, GA is the incredibly fascinating National Infantry Museum. This museum is full of history that chronicles the history of the nation through the eyes of infantry soldiers. Join John House, history enthusiast and retired Army Colonel, as he takes us on a virtual tour of this exceptional place! Opening in 2009, this museum features nearly 63,000 square feet of display space, including approximately 2,500 of their nearly 25,000 artifacts on display at a time. Imagine as you enter "The Last 100 Yards" entrance that includes life-size recreations of eight battles from U.S. history. It displays attractions of a WWII street and memorials to Vietnam veterans, Korean War veterans and the Global War on Terrorism, to name just a few. You'll be amazed at what all there is to learn about this incredible museum!

## The Trilith Experience

ROAM WORKSPACE TRILITH

Thursday, March 13

1 p.m. to 2 p.m.

\$25

Member exclusive

Pre-registration required

Experience Trilith like never before! Enjoy this guided trolley tour for an overview of

the distinct, purpose-built gateway to inspiration. This tour includes a brief video that highlights the journey of Trilith, followed by a tour to experience how their remarkable story has developed. Discover the stories of Trilith through the movies that have been filmed there to the community that has grown in the town itself! See primary filming locations for some of the highest grossing films and be inspired by what you see behind the scenes. Discover the beauty of handcrafted buildings and carefully curated shops and chef-driven restaurants to purposeful placement of greenspaces and homes. Meet at ROAM Workspace in the downtown area of Trilith – 210 Trilith Parkway, Suite 100. Registration required by Monday, March 10.

## AARP Smart Driver's Course

FAYETTEVILLE

Friday, March 14

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

\$20 | AARP Members

\$25 | Non AARP Members

Member exclusive

Pre-registration required

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

## AARP Tax Filing Assistance

FAYETTEVILLE

Monday, March 17

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

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Monday, March 24

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

FREE

Member exclusive

Pre-registration required

AARP is here to offer free tax aid to assist with personal income returns. Bring last year's tax return and other tax documents necessary for 2024 filing. 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.

## 1-on-1 Medicare Consultations

FAYETTEVILLE

Monday, March 17

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.

## A Mastermind Escape

MASTERMIND ESCAPE

GAMES

Tuesday, March 18

10 a.m. to 11 a.m.

\$35

Member exclusive

Pre-registration required

Can you escape? Meet at Mastermind Escape Games (297 Dividend Drive) in Peachtree City and take on the challenge! Mastermind Escape Games is the perfect place to challenge yourself and have a little fun. If you enjoy problem solving, collaborating and working under pressure, then you'll enjoy this. Solve the puzzles, find clues, crack codes and try



to escape the room before time runs out. Receive a mission and be placed in a themed room where you will find hints and clues to beat the game and escape the challenge.

## **A Novel Idea Book Club**

PEACHTREE CITY  
Tuesday, March 18  
1:45 p.m.  
FREE

Member exclusive  
No pre-registration required

March book: *Look Closer* by David Ellis. April book: *The Invisible Life of Addie LaRue* by Victoria E. Schwab. For more information, please contact Meghan Caton at megcaton@gmail.com.

## **Dementia Caregiver Support Group**

PEACHTREE CITY  
Thursday, March 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, March 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 Swiss wines.

## **Foster the Shell-ebrity**

FAYETTEVILLE

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

Join us to meet a hard-shelled friend, Foster! Foster is an African Spur Tortoise who will be on-site for an up close and personal experience. His owner Julie Harper will share all about his breed and the interesting things about them. African Spur Tortoises are an endangered species that typically inhabit the southern edge of the Sahara Desert. Foster is a 10-year-old tortoise weighing in at 26 pounds, but their species can live to be 50 to 70 years old and max out the scales at 100-150 pounds!

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

FAYETTEVILLE  
Monday, March 24  
1:30 p.m. to 3 p.m.  
FREE

Members and non-members  
Pre-registration required

Just because you can't sing, doesn't mean you shouldn't sing! And if you have a voice worth showing off, come on out and share with everyone! Warm up those vocal cords and join us for some Karaoke. Karaoke gurus Vince and Carla Cloud will make this interactive and noteworthy afternoon something you'll be talking about - or better yet singing about - for a while.

## **Outwit Your Smart Phone**

FAYETTEVILLE  
Tuesday, March 25  
1 p.m. to 3 p.m.  
FREE

Member exclusive  
Pre-registration required

You've finally got a trusty smart phone that seems smarter than you! We all

feel that way when we get a new phone or can't figure out the one we have. Here is your chance to get one-on-one help for the specific questions you have. Tech expert Samuel Tisdale will sit down with you and help you outwit your phone, once and for all. Bring your phone.

## **Learning From Living**

FAYETTEVILLE  
Wednesday, March 26  
1 p.m. to 3 p.m.  
FREE

Member exclusive  
Pre-registration required

You can't change the past, but you can learn from it. As we reach our senior years, setting your own personal guidelines for how you want to live your life can create comfort. You've lived a number of years, what have you discovered about yourself? How have you developed? How has the past influenced your decisions for tomorrow? Join retired psychologist Dr. James Hughey for individual conferences and introspective conversation as he assists you with digging into your past in order to look to your future in constructing a guideline that works for your current life stage. If you'd like, listen to his podcasts prior – [www.pfpl.us](http://www.pfpl.us).

## **Shades Of Green**

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

Members and non-members  
Pre-registration required

When we think of plants, we often focus on flower color, bloom time, or fragrance when making a selection. Although flowers are beautiful, they typically last only a short period of time. To fully enjoy the landscape, Kim Toal with the Extension Office helps

us refocus our priorities when choosing the perfect plant for our landscapes. Discover tips to focus on when selecting different shades of foliage color. Learn which plants can enhance your landscape with full, vibrant, green colors even when the flowers fade.

## Car Wash

PEACHTREE CITY  
Thursday, March 27  
9 a.m. to 4 p.m.  
\$40  
Member exclusive  
Pre-registration required

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.

## P“age” Turners Book Club

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

March book: *Hello Beautiful* by Anna Napolitano. April book: *What Was Mine* by Helen Klein Ross. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## Bean Bag Baseball

PEACHTREE CITY  
Friday, March 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. Split into two teams, head up to bat and toss the bean bags for your "hit". Sink it in to determine if you hit a home run, get a base

hit, made an out, or strike out.

## 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!

## Technology

### Computer Technology Assistance

PEACHTREE CITY  
Wednesday, March 19  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE

Tuesday, March 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.

## Wellness

### Massage

FAYETTEVILLE  
Tuesday, March 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.

### Prevention Is Better Than Cure

PEACHTREE CITY  
Tuesday, March 4  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Dr. Josh Davis with First Step Physical Therapy discusses the top five injuries he sees in

senior patients. Learn about the leading causes of these injuries, in addition to who is at risk and the best practices to preventing them from happening in the first place.

## **Eyeglass Repairs and Adjustments**

FAYETTEVILLE  
Wednesday, March 5  
11:30 a.m. to 12:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

Dale Klauss with Dale's Optical will perform minor repairs, adjustments, maintenance, and cleaning of your glasses.

## **Hearing Screenings**

PEACHTREE CITY  
Wednesday, March 5  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

What did you say? I didn't hear you. Hearing Life Center provides complementary hearing screenings without having to deal with all the doctor office visits.

## **Fuel Your Body**

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

As we age, choosing the right foods can become daunting! We're constantly being told what to eat based on our health, but no one really helps the aging adult find solutions to healthy foods that are easy to prepare for just one or two people. To add insult to injury, our appetites change, our tastebuds adjust, our digestive system fluctuates, and for some of us our esophagus may even weaken, making eating not as enjoyable as it used to be. Perry Brubaker, a prevention and health promotion certified

specialist with a background in physical therapy, will discuss the difference between eating healthy or dieting vs. fueling our bodies. Learn how fueling your body is a much better approach to eating and doesn't have to be time consuming or complex.

## **It's All About Balance**

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

You may be shocked to discover that balance and dizziness issues can be linked to your ears and hearing. Each year, over 3 million people are treated in the ER for fall injuries. 95% of hip fractures are caused by falls and falls are the leading cause of Traumatic Brain Injuries. Dr. Nikki Weaver with Fayette Hearing Clinic will discuss the prevalence of falls, how hearing loss is related, what you can do to improve your balance, and how your ears, eyes and feet are connected!

## **The Range of Rehab**

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

Although you don't want to think of yourself in a position of needing rehab assistance, there may come a time that you or a loved one may have to use it. There is often lots of confusion about the differences between the levels of rehab options available. Wendy Davis with Encompass Health helps us sort through the area to gain a better understanding of the variety of levels of rehabilitation. Learn about the main difference between acute care, subacute care, outpatient therapy and home health in addition to

how to request those for yourself or a loved one if the need arises.

## **The Season of Sneezes**

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

Achoo...the misery of allergy season is here. You don't realize how much you take breathing for granted until you are all stuffed up! Ebonie Jackson with Humana will teach us about seasonal allergies and the causes and symptoms behind the discomfort and our allergic response. In addition, learn about helpful strategies to manage them in order to relieve some of the nuisance.

## **A Sound Bath**

PEACHTREE CITY  
Friday, March 14  
1:30 p.m. to 2:30 p.m.  
FREE  
Member exclusive  
Pre-registration required

Relaxation is 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 which aids in relaxation. This technique involves lying down and immersing yourself in resonant sounds 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 for you to use.

## **Gotta Hand It To You: Hand Massages**

FAYETTEVILLE  
Tuesday, March 18  
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!

## **The Flavors of Spring**

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

Spring is finally in the air and it's time to dust off the winter blues! Join Certified Health Coach and Senior Benefits Advisor Jennifer Lunsford as she shares how to enjoy delicious and healthy springtime foods. These springtime foods will not only help you lose a little bit of that winter weight, but also create energy and boost your mood to get out and enjoy the season! Recipes and an easy meal plan included.

## **Hearing Aid Cleanings & Maintenance**

FAYETTEVILLE  
Wednesday, March 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 maintenance you may need done.

## **Not So Brittle Bones**

FAYETTEVILLE  
Wednesday, March 19  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Our skeletal system is vital in our ability to move and execute activities of daily living. As we age, our bones begin to become more fragile, leading to bone loss and fragility, osteoporosis and osteopenia. Piedmont Wellness Center joins us to discuss the causes of bone deterioration and ways we can combat it as we age. Learn how to continue living an active and fulfilling life by minimizing your exposure to these chronic ailments.

## **Taste of the Season**

PEACHTREE CITY  
Wednesday, March 19  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Discover the secret to savoring seasonal flavors all year long! Arisahi Crane with Fruition Nutrition will show us simple, yet effective ways to preserve fresh fruits and veggies so we can enjoy their goodness anytime throughout the year, even when they aren't in season. Explore various methods to preserve fresh fruits and vegetables to make them last year-round ensuring they stay fresh, nutritious and delicious.

## **A Bit Of A Stretch: Stretch Sessions**

FAYETTEVILLE  
Thursday, March 20  
1 p.m. to 3 p.m.  
FREE  
Members and non-members  
Pre-registration required

Take time to stretchhhhh it out! Incorporating a regular stretch routine can provide a world of difference. Lane Fenner and his team with Stretch Zone help us get a great stretch. Enjoy a 15-minute stretch session and get tips on which areas you should be focusing on to loosen up through stretching. Increase mobility, improve your ability to do daily activities, relieve stiffness, and gain their full motion. Wear comfortable clothing and socks. Experience the difference just 15 minutes can make!

## **Seated Serenity Chair Massage**

PEACHTREE CITY  
Friday, March 21  
1 p.m. to 3:30 p.m.  
FREE  
Member exclusive  
Pre-registration required

It's time to relax and what better way to do that than to give yourself a little TLC! Take time for yourself and stop by for a full-on relaxation session to help you get on your way to feeling better. A massage therapist with Piedmont Wellness Center will be on site to perform 10-minute chair massages to help you achieve a calmer state. A healthier you begins with destressing and here is the perfect chance to start that routine.

## **Flex On Aging**

PEACHTREE CITY  
Tuesday, March 25  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

First the hard facts – as we age, our muscle mass naturally decreases. The good news is our bodies are responsive to strength training at any age! With a little insight and focus, keeping strong and healthy muscles is possible. Nutritionist Andrea Beauer with Smart and Simple Nutrition discusses why muscles are important well into our golden years. Learn how muscles are more than about heavy lifting. They help preserve independence, support metabolic health, boost bone health, enhance recovery and immunity, combat age-related muscle loss and improve overall quality of life. Andrea will provide tips on how to incorporate things into your daily life to increase muscle in a healthy way!

## Vein Screenings

FAYETTEVILLE

Thursday, March 27  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Truffles Vein Specialist will be on site to perform routine vein screenings. If you have leg pain, fatigue, leg and ankle swelling, or just want to have your veins checked out, a professional with Truffles will perform a quick examination of your legs and make suggestions as to if you should seek further medical attention or not. Please wear shorts of loose pants for the doctor to have easy access to your legs.

## Instantly Delicious

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

Instant Pots are an excellent

alternative to cooking in a traditional way! But there can be a learning curve to using them, and time to get used to how fast they can cook our food. Join Dr. Shaneka McClarty, a licensed psychotherapist, health scientist and plant-based chef, as she provides tips to cooking a healthy meal in just 30 minutes or less using an Instant Pot. Join for the demonstration to watch, or if you have an Instant Pot, feel free to bring it along to get hands-on experience. You'll feel like an expert in no time with these easy, time-saving recipes. If you decide to bring your Instant Pot with you, please request a detailed grocery list at the front desk to have the day of the program to ensure you're ready to cook alongside Dr. McClarty. Instant Pot not required to attend. This is perfect for individuals looking to eat healthy without the hassle!

# Look What's Coming in March!

## Knees, Hips and Pain, Oh My

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

Combat hip and knee pain as you get insight on ways to help avoid injury and surgery. Learn about common issues that cause the pain and what you can do to help alleviate it.

## Smart DriverTEK

FAYETTEVILLE  
Wednesday, April 2  
1:30 p.m. to 3 p.m. | FREE  
Pre-registration required

Cars have seemingly become smarter than us with all their new gadgets and technology. Discover the necessary tools to navigate your vehicle's modern technology to outsmart your car!

## Land of the Rising Sun

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

Discover the beauty and fascinating culture of Japan! Learn about all this remarkable country has to offer from their shrines and temples to the technological advances and the breathtaking scenery.

## Happy Tails Dog Training

FAYETTEVILLE  
Monday April 7, 14, 21 & 28  
10 a.m. to 11 a.m. | \$125  
Pre-registration required

Get your pup on the right track as a dog trainer with over 20 years of experience joins us for this personalized small group dog training session. Max 4 dogs. See front desk for details.

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

# Thank you to our Comedy Night event sponsors!



The Reserve at Peachtree City is a premier senior Living and Memory Care community in Peachtree City.

No matter where you've lived before, we'd be honored to have you call the Reserve at Peachtree City your home.



Contact us at:

marketing@reserveatpeachtreecity.com  
(770) 631-0205  
reserveatpeachtreecity.com

441 Prime Point  
Peachtree City, GA 30269



## Healthier state of *life.*

**Discover Sonder's innovative Medicare Advantage plans for Georgians and choose the right plan for you.**

Sonder Health offers plans tailored to fit your unique health needs, including special options for chronic conditions. With benefits like grocery or gas allowances\*, living well has never been easier.

Medicare Advantage plans featuring:

**\$0 Premiums, \$0 Copays \$0 Deductibles, \$0 Specialists**



Call for more information at: **(888) 217-7110 TTY:711** to find out about joining Sonder Health Plans!

Or visit us today at **www.sonderhealthplans.com** by scanning the QR Code.

\*Some benefits are for members who have qualifying chronic medical conditions. Please see Summary of Benefits for details. — Sonder Health Plans, Inc. is an HMO and PPO with Medicare contracts and a written agreement with Georgia Medicaid program to coordinate Medicaid benefits. Enrollment in Sonder Health Plans, Inc. depends on contract renewal.



**CELEBRATION**  
VILLAGE  
*Peachtree*

Sales Center

*Now Open!*

**CelebrationVillagePeachtree.com**

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

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

*thankyou*

**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.

**Fayette Senior Services**

- Receptionist
- Meals On Wheels Driver
- Fitness Center
- Cafe Assistant
- STARs Assistant
- Garden
- Special Events

Contact Amber Oliver at  
aoliver@fayss.org



**Clothes Less Traveled Benefits**

- Make your own schedule and work as much as you like
- 25% discount with minimum service hours
- Opportunities in all areas of the store
- Meet new people
- Get first choice on quality goods before they go to the sales floor

Contact Michelle Brown at  
mbrown@clotheslesstraveled.org

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*