

April 2025

ENRICHMENT

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

Sounds of Spring

Take in the incredible music of the Southern Crescent Chorale as we welcome them for an outdoor concert!

Shred It Up

Bring your papers that you've been meaning to shred right here to Fayette Senior Services for a shredding event.

Fool's Food

This so-called "cake" may have been dreamed up for a prank, but it truly is as yummy as it is funny!

Live Well. Age Well.

Our Volunteers are a WORK OF HEART!



Volunteers



We'd like to recognize and thank our volunteers for having a helping hand in making FSS what it is today! Join us in celebrating our incredible volunteers throughout the month of April by showing your appreciation towards them for all they do! Volunteers have a hand in all areas of the center, and we couldn't do it without them. We'll be recognizing them during National Volunteer Appreciation Week, April 21st to the 25th, and can't wait to spread the love that they share with all of us all year long!

April

featured

Blazing Trails Just Like the Road Runner 10
 Meet FSS volunteer Catherine Ford, who blazes trails all over Fayette Senior Services with her kind heart!

Prank You Very Much 11
 This April Fools' inspired cake will be one you'll want to make all year long. We promise it's that easy and delicious.

Spring Into Music 15
 Sit back, relax and enjoy the gorgeous spring weather as we treat you to an evening full of live music and dinner.

A Shred of Paper 15
 We've got you covered in providing a great opportunity for you to come out and get your documents shredded.

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2025 HOLIDAY CLOSINGS

Annual Maintenance	April 30, 2025
Memorial Day.....	May 26, 2025
Independence Day.....	July 4, 2025
Labor Day.....	September 1, 2025
Thanksgiving.....	November 27, 2025
Thanksgiving.....	November 28, 2025
Holidays.....	December 22, 2025
Holidays.....	December 23, 2025
Christmas.....	December 24, 2025
Christmas.....	December 25, 2025
Holidays.....	December 26, 2025



ABOUT US

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

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

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DIRECTOR | Bob Reeves

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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

Jane Rode
Delivery Driver

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

Shayne Grant
Driver

Willie Copeland
Driver



Membership

Our nominal annual membership fee helps Fayette Senior Services (FSS), a non-profit 501(c)(3) organization, sustain its operations, programs and services in order for us to maintain our beautiful facilities and continue to offer great programs and café services at a great value to our members. For more information about FSS, please contact the center administrator.

Membership Dues: \$30 for Fayette County residents (\$90/out-of-county)*. Membership applications **must be made in person** and are available at the reception desk in both FSS locations. **We regret that we cannot accept mail-in applications. Photo ID/Proof of residency required.**

Volunteers are eligible for a FREE membership after 75 hours of service per 12 months. Fayette Senior Services accepts VISA, MASTERCARD and DISCOVER cards.

*No one is excluded for inability to pay. Complimentary memberships can be arranged with a care manager. Please call Iris Harris Care Manager, 770-461-0813 ext. 116 for information or arrange for a confidential meeting.

As we create more opportunities to enrich the lives of older adults in the community, your rewards of being a Fayette Senior Services Member grow as we do. Your membership will be honored at both our Fayetteville and Peachtree City locations.

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

Membership Has Its Rewards

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

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.

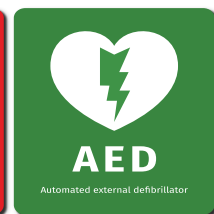
Hot breakfast item served every day
Enjoy a choice of continental breakfast items

(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...

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. Sponsored by Humana and Senior Helpers.

August 2025

Island Fever Luau

Peachtree City | Thursday, August 28
5 p.m. to 8 p.m. | \$15
Shake off your grass skirts, dust off your ukuleles, and turn up those island records for a wonderful evening, Aloha style in Hawaii! Sponsored by State Farm Agent Mark Gray.

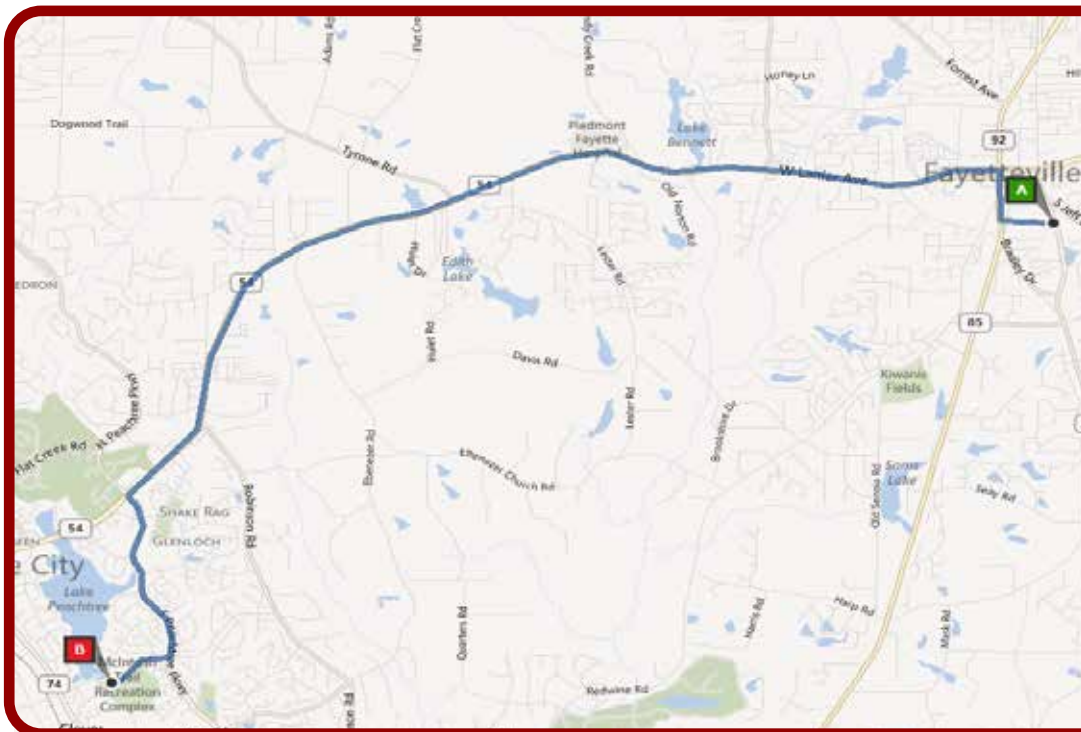
**All events are subject to change in date/time. Stay tuned for more details!*

Miriam's Fitness Corner Nature's Medicine Cabinet

Hopefully last month's discussion regarding natural alternatives peaked some interest, because natural remedies offer a host of health benefits! However, let me be clear. I am in no way encouraging discontinuance of prescribed medication from your health care provider. Before making any sort of prescription adjustment, consult your physician. What I am suggesting is an alternate perspective to help prevent need for additional medication. So let's talk benefits! Natural medicine typically has fewer side effects than synthetic medicine because there are no additives. Many times a prescription drug may cure one thing yet cause another, leading to an additional prescription. What is also great about natural medicine is that it is usually more affordable and accessible. Between the internet and health food stores, finding what you need is seldom an issue. This approach to medicine improves the immune system, which helps prevent illness and speeds up recovery allowing the body a more natural healing response. Lastly, natural medicine can help manage many common chronic symptoms. Let's take a look at a few. Research has shown curcumin to be very effective in fighting inflammation and arthritis pain. An easy-to-make homemade capsaicin cream proves to be equally effective for topical treatment...think like a muscle rub lotion. For nausea, a cup of boiled water over 1/2 teaspoon of fresh grated ginger root will not only keep your digestive system intact, but also fight joint inflammation without the side effects of traditional NSAIDs. And if you struggle with irregularity, migraines, fatigue or body aches, you may want to consider a magnesium supplement. Studies confirm that magnesium improves bone, nerve and muscle function, while keeping you calm, relaxed and pain free. Isn't nature amazing?!!! I know! Join me next month as we put a bow on this discussion with remedy recipes that promote natural healing.

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



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!

Catherine Ford, Meep Meep

Written By: Amber Oliver



You'll love the opportunity to meet one of our wonderful volunteers, Catherine Ford. Catherine is a volunteer at Fayette Senior Services who has dual roles in our volunteer family. Not only does she take time out of her already busy schedule to deliver for our Meals on Wheels team, but she also works at the Gathering Place in Peachtree City to help make membership renewal calls each month. She has been living in Fayette County for 6 years, but just recently came to FSS in January of 2024, and it sure has been a great year with her. Catherine says that through her volunteer role she most enjoys meeting new people!

Catherine grew up in Long Beach, CA. Her father was a career Naval Officer and an aerospace buyer and her mother was a homemaker, raising Catherine and her 3 siblings. Catherine, her brother, and 2 sisters would play hide and seek, cops and robbers, cards, and board games during their childhood! She has fond memories of their time together. Catherine's first job was as a shoe store cashier. She later attended the University of California, Santa Barbara. She met her husband, Dennis Struble, in a night club. They danced their way into

marriage in 1987 and have enjoyed 37 wonderful years together since. Dennis worked as a commercial Insurance Broker while Catherine was a teacher, project manager and software trainer. They enjoy reading, live theater and orchestral concerts.

I asked Catherine some "just for fun" questions and here is what she said. If stranded on a desert island, the three items she would want would be a shade umbrella, fish hook with line, and her tablet to play games. If singing karaoke, *You're So Vain* by Carly Simon would be her go-to song. Her first guest if she had her very own late night talk show would be Lady Gaga and if she had to listen to one song for the rest of her life it would be *Because You Loved Me* by Celine Dion. A fun fact I learned about Catherine is that she grew up playing the violin in the school orchestra.

It is no surprise that if Catherine could choose any cartoon character to hang out with, she would choose the Road Runner. She says it's because he "always gets away" but I think, that like the Road Runner, Catherine is always leaping over obstacles to reach new heights, leaving a trail of dust as she sprints towards achieving whatever she sets her mind to! Deana Wright, PTC Coordinator, says "Catherine is amazing! She not only delivers Meals On Wheels weekly with her husband Dennis, she also comes to the office in Peachtree City once a month to call members whose memberships have expired to check in on them and welcome them back to the center with open arms. At one time we sent letters letting people know it was time to renew, but Catherine's kind and caring voice on the phone is so much better! Her warm and welcoming personality comes across in person and over the phone! She is so personable and professional and truly enjoys interacting with our members!" Thank you Catherine for sharing your time and talents with all of us at Fayette Senior Services.

From Our Kitchen To Yours

April Fools' Cake

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



Photo via Taste of Home

Ingredients

- 1 jar (14 oz) pizza sauce
- 1/2 lb Italian sausage, cooked and crumbled
- 1 package (8 oz) sliced pepperoni
- 3 cups biscuit/baking mix
- 3/4 cup whole milk
- 2 large eggs
- 2 tablespoons butter, melted
- 1 teaspoon garlic salt
- 5 to 6 slices mozzarella cheese

Directions

- In a bowl, combine the pizza sauce, sausage and pepperoni and set aside.
- In another bowl, combine the biscuit mix, milk, eggs, butter and garlic salt. Spread half of the batter on the bottom and up the sides of a greased 10-inch fluted tube pan. Spoon the meat mixture over the batter and cover with remaining batter.
- Bake at 375° for 35 to 40 minutes or until browned and a toothpick comes out clean. Invert onto a baking sheet and arrange cheese over the cake. Return to oven for 5 minutes or until cheese is melted.
- Using two large metal spatulas, transfer cake to a serving platter and serve hot!

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 great program with Wild Birds Unlimited



Storyteller Marcia and members celebrating Black History Month

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.



Awaiting a night full of laughter at our annual Comedy Night event



High fives all around for our 'Bet'ter Weigh participants

Special Events



Happy Tails Dog Training

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

Wag your way into a well-behaved pup! It's never too late to start training. Providing your dog and yourself with the necessary tools to train is the best way to have success. Join 20-year veteran dog trainer Robin Sockness with My Best Buddy Dog Training as she shares her expertise. Join this exclusive small group training that will have you and your dog on the way to great behavior in no time! This month-long session will provide you with the tools for training your dog in simple commands, calming techniques and controlling unwanted behaviors. The class will include personalized training sessions, curriculum packets, dog toy and access to Robin by email, text or phone call throughout the month! To participate, your pet must be fully vaccinated, spayed/neutered and be dog and people friendly. Please have them on a harness and leash during the training sessions.



Sounds of Spring Outdoor Concert

FAYETTEVILLE
Thursday, April 24
5:30 p.m. to 7:30 p.m.
\$15
Members can purchase tickets at front desk
Pre-registration required

Relish in a relaxing evening of dinner and music as the Southern Crescent Chorale performs a collection of their most popular pieces. Enjoy a wonderful experience you won't soon forget as you sit back and savor the sounds of one of the most talented and popular local musical groups. This event will be held outdoors, so bring a chair with you to the event! Our kitchen crew will have a delicious dinner served outside before the start of the concert. This event is sponsored by State Farm Agent Mark Gray.



Just Shred It Shredding Services

PEACHTREE CITY
Friday, April 25
9 a.m. to 10 a.m.
\$5
Members and non-members
Pre-registration required

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

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<p>6</p>	<p>7</p> <p>Happy Tails Dog Training Begins pg. 15</p> <p>Snake It 'Til You Make It pg. 23</p> <p>Eyeglass Repair and Adjustments pg. 27</p>	<p>8</p> <p>Volunteer Open House pg. 23</p> <p>The View From Your Window pg. 23</p> <p>The People's Law School pg. 23</p>	<p>Quilting Serendipity</p> <p>Rate Your Place</p> <p>Are You Fit To</p>
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<p>27</p>	<p>28</p> <p>Crochet: The Year of Coasters pg. 18</p> <p>Balance It Out: Balance Assessments pg. 29</p> <p>YouTube Tips pg. 26</p>	<p>29</p> <p>This Is How We Brew It: Line Creek Brewing pg. 26</p>	<p>CLOS</p> <p>Annual Ma</p>

2025

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April Program Schedule

Needlework

Crochet: Granny Square Chicken

FAYETTEVILLE
Monday, April 14
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Just two granny squares make this adorable chicken for your spring décor. Materials needed: Small amounts of white, yellow, gold, beige and red yarn; size H crochet hook and tapestry needle. Nancy will provide the stuffing and eyes. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Coasters

FAYETTEVILLE
Monday, April 28
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, spring into the season with these cute flowers! Materials needed: White yarn and color of your choice for the center; size H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, April 2
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, April 16

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

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

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

Quilting: Serendipity

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

A quilt of challenges and fun, great at any size! Make few or more blocks for your desired size. Either way, it is a fun quilt to make. Materials list and picture at front desk. Must provide your own sewing machine.

Creative Pursuits

Painting Workshop

FAYETTEVILLE
Tuesday, April 15
10 a.m. to 12 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

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

capable of! See the front desk for a sample picture. This month, celebrate the fun of April Fools through your art! Choose between a diving pig or a kaleidoscope pig.

Pendant Perfection

PEACHTREE CITY
Friday, April 18
9:30 a.m. to 12:30 p.m.
\$35 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Create beautiful, unique and personalized pendants to use for necklaces and earrings! Learn this easy way to make gorgeous pendants to give as gifts or keep for yourself. Designed for all levels, no previous experience needed. See front desk for picture.

The Hand You're Dealt

FAYETTEVILLE
Thursday, April 24
1:30 p.m. to 2:30 p.m.
\$10 | Includes materials
Pre-registration required
Instructor: Colleen Davison

If you're a card player, this is the perfect opportunity for you! Junk Mama General Store owner Colleen Davison guides us in creating a charming card holder that will be perfect for your next game. She'll take us through the steps for hand sewing fabric around old CDs to create a unique playing card holder. Participants will learn how to cut fabric to the right size, wrap it around the CDs, and use simple hand-stitching techniques to secure it in place. She'll guide you through stitching the pieces together to form a functional and stylish card holder. This project is perfect for beginners and experienced crafters alike, and by the end of the session, you'll have a beautifully handmade

card holder and new sewing skills to use in other creative projects. See front desk for sample photo.

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. 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! 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.

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 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.

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 during this class. This easy-to-follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light

weights, followed by a cool down and stretch. Boost your cardiovascular fitness, tone your muscles, improve your coordination and memory in an interactive way that doesn't feel like your typical workout.

Cardio, Core & More

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

If early morning workouts aren't your thing, this is the class for you! Miriam feels your pain and is happy to reciprocate! Join for a fun and different mix of effective, yet easy-to-follow exercises that will strengthen your body and enhance your mood.

Yoga: Fayetteville

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

A form of mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm. Please bring a mat with you to class.

Power Aerobics

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

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

Intermediate I Aerobics

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

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

Intermediate II Aerobics

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

This total body workout will leave you feeling stronger and more energized. Start your morning off with 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.

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, April 10 | 1:15 p.m.
La Dolce Villa (2025) | PG

Starring: Scott Foley, Violante Placido, Maia Reficco. When his daughter decides to buy a crumbling Tuscan villa, Eric rushes to Italy to talk her out of spending all her money to restore an old villa. Instead, Italy has other romantic plans in store. He finds beauty, romance and a new purpose!

PEACHTREE CITY
Thursday, April 24 | 1:15 p.m.
Wicked: Part 1 (2024) | PG

FAYETTEVILLE
Friday, April 25 | 1:15 p.m.
Wicked: Part 1 (2024) | PG

Starring: Cynthia Erivo, Ariana Grande. This musical film tells the untold story of the witches of Oz. Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become unexpected friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

Movie sponsored by:



Sonder Health

A Medicare Advantage Company



Special Interest

AARP Tax Aid Assistance

PEACHTREE CITY
Tuesday and Thursday
April 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 set to attend, no walk-in appointments available.

Garden Club

FAYETTEVILLE
Tuesday, April 1
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.

Smart DriverTEK

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

Cars have seemingly become smarter than we are with all the new gadgets included on newer models! Learn

the necessary tools to navigate modern vehicle technology. This will help drivers understand current and evolving vehicle safety technologies, how to use them and discover how these new features enhance the driving safety and experience. From parking assistance, Bluetooth, backup cameras and more, you'll learn all the ins and outs to outsmarting your car.

What's for Lunch?

PEACHTREE CITY
Thursday, April 3
11:30 a.m.
FREE
Member exclusive
Pre-registration required

Meet us at a local restaurant for an afternoon out with great friends! FSS will make reservations and everyone will meet there to enjoy time with others. Must be registered to attend due to reservation numbers. This month, lunch will be at Pascal's Bistro in Peachtree City.

Thanks for the Assist

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

Dr. Thad Poitevint, Physical Therapist with Tx:Team, shares valuable information on assistive devices and measures to look out for. Learn about certain conditions and injuries that may create unsteadiness and hear about various devices that can assist with short-term recovery or long-term aid. You'll be surprised to discover the many pros and cons to the different pieces and find out which one may work best for you or a loved one.

The Land of the Rising Sun

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

Discover the beauty and fascinating culture of Japan! World travel enthusiast and travel advisor Ron Largent shares about all this remarkable country has to offer. Nicknamed The Cherry Blossom Country and The Land of the Rising Sun, Japan has a wide range of culture and sights to share. From their shrines and temples to the technological advances and the breathtaking scenery, you'll be blown away by this historic and beautiful place.

Cornhole

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

PEACHTREE CITY
Friday, April 18
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

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

Get to Know Fayette Senior Services

PEACHTREE CITY
Friday, April 4
1:30 p.m. to 2:15 p.m.

FREE
Members and non-members
Pre-registration required

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

Snake It 'Til You Make It

PEACHTREE CITY
Monday, April 7
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Jeff Davis, certified through Georgia Department of Natural Resources, shares his expertise about snakes. Hear about snake identification, conservation, and habitats that are commonly found in addition to a slithering amount of other snake facts! He will be bringing his pet nonvenomous ball pythons with him.

The View From Your Window

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

They say to enjoy the great outdoors that you, well, need to be outside. But, that isn't truly the case! We can enjoy the gorgeous views of the outdoors from inside our homes. The view from your window could be a garden, fields, water or other natural scenery. You can enhance your view by landscaping your yard with a beautiful arrangement from the inside out. Join Robbie Martin with The Art of Landscaping as she provides insight on landscaping and gardening around your window for

a breathtaking view to enjoy indoors as much as outdoors!

The People's Law School

FAYETTEVILLE
Tuesday, April 8
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. For our final month, we look forward to welcoming attorney Elizabeth Williams Winfield, MBA, Esq. of the Simmons, Finney & Winfield, LLC law firm and founder of Peachtree Fiduciary & Guardianship Services, LLC. Elizabeth will share her knowledge on her work as a fiduciary with the Veterans Administration.

Volunteer Open House

FAYETTEVILLE
Tuesday, April 8
2 p.m.
Members and non-members
No pre-registration required

If you are an FSS volunteer or are interested in becoming one, join us for our monthly meeting! Meet with other volunteers, learn about upcoming events, current volunteer opportunities, and get center news and updates.

Are You Fit To Sell?

FAYETTEVILLE
Wednesday, April 9
1:30 p.m. to 2:30 p.m.

FREE
Members and non-members
Pre-registration required

If you're planning to put your house on the market, get tips to make sure it's ready to sell. Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will share the secrets of preparing your home to put up for sale. From minor repairs and upgrades to decluttering and basic maintenance, you'll learn the best ways to help your house move on the market.

Learning From Living

FAYETTEVILLE
Friday, April 11
10 a.m. to 12 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 in living. You've lived a number of years, what have you discovered about yourself? How have you developed? How has the past influenced your decisions for tomorrow? Join retired psychologist Dr. James Hughey for individual conferences and introspective conversation as he assists you with digging into your past in order to look to your future in constructing a guideline that works for your current life stage. If you'd like, listen to his podcasts online prior – www.pfpl.us.

Foundations of Investing

PEACHTREE CITY
Monday, April 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Investing can have a big

impact on your income, and Brett Bexley with Edward Jones will delve into the foundations of just that. For those new to investing or those who may need some refreshing and guidance, Brett will provide guidelines on developing a strategy. Determine the best practices for choosing quality investments and ways to diversify your portfolio. Learn the importance of investing for the long term while focusing on what you can control.

Home Sweet Color

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

It's time to brighten your day! And there are so many ways to do just that. One great option is through simple pops of colors in your decor. Fresh spring and summer decorating is easy to achieve with tips and tricks for bringing the brightness indoors using flowers, pillows, pops of color & garden accents. Join Amy Epperson from Brightmoor Hospice as she shares easy ways to brighten up your space for a fresh new look as we head into the warmer months!

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, April 15
1:45 p.m.
FREE
Member exclusive
No pre-registration required

April book: *The Invisible Life of Addie LaRue* by Victoria E. Schwab. May book: *The God of the Woods* by Liz Moore. For more information, please contact Meghan Caton at megcaton@gmail.com.

Fantastic Filipino Flavors

PEACHTREE CITY

Wednesday, April 16
10:30 a.m. to 11:30 a.m.
FREE
Members and non-members
Pre-registration required

Take a bite out of this flavor-packed, unique cuisine of the Philippines! Mastering the art of cooking Filipino food can be a challenge, but the incredible flavors are worth it. Join Chef Kristel Thompson as she shares some of her secrets to cooking like a Philippine pro. In addition, she'll discuss the culture of this region and how they tie that into their inspired dishes. Often in Filipino homes, food is served family-style in large bowls or platters and everyone is encouraged to help themselves! During this cooking demonstration, Kristel will show how to make lumpia (spring rolls) which are a staple for special occasions! A small tasting will be included.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, April 17
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

For more information, contact Lynnette Dunn at 404-326-0219 or by email at lynnette.dunn@piedmont.org.

The Grape Escape

PEACHTREE CITY
Thursday, April 17
2 p.m. to 3:30 p.m.
\$20
Member exclusive
Pre-registration required

Wine connoisseur Eric Trout, will be on hand to pass along all his expertise about wines. Join in the fun for a monthly educational program related to different

wines, regions, countries, and more. Get information on the monthly choice and become a wine expert in no time. This month, learn about blended red wines.

Custer's Last Stand

PEACHTREE CITY
Monday, April 21
10:30 a.m. to 11:30 a.m.
FREE
Members and non-members
Pre-registration required

Much has been written and speculated about the Battle of Little Bighorn, also referred to as Custer's Last Stand. The battle symbolizes the clash between buffalo and horse cultures of the Northern Plains Tribes and the industrial culture of the United States. It still leaves much up for debate and controversy to this day. John House, history enthusiast and retired Army Colonel, takes us back through history as he recounts the hard-fought battle in the Great Sioux War of 1876. Courage and sacrifice were common on the battlefield on both sides, as many saw their troops dwindling. Ride with the boys in blue as they faced disaster on a hot day in Montana. John will also share about the only survivor of Custer's part of the regiment, as well as a horse named Comanche that inspired an excited young boy to vow to visit the site.

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, April 21
10 a.m. to 2 p.m.
FREE
Member exclusive
Pre-registration required

A representative with Georgia Cares will meet one-on-one with Medicare beneficiaries and their families. Georgia Cares is a State Health Insurance Assistance program

that provides free, non-biased information about Medicare. Please bring your Medicare card and list of medications with you to the session.

Garden Up

FAYETTEVILLE

Monday, April 21

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

FREE

Members and non-members

Pre-registration required

You'd be shocked at the many benefits of raised beds and vertical gardening. These gardening styles can offer not only the opportunity to garden without the backache from bending over, but also can provide the perfect solution to managing good soil to nourish your plants and vegetables. Given the right location, these can be a great option. Kim Toal with the Extension Office shares tips for gardening in raised beds and vertical gardens. She'll demonstrate how these practices can look different depending on the space you have available to you. Learn how to design different types of raised beds and vertical gardens in order to maximize your space and increase your plant and vegetable harvests.

And Sew It Begins

FAYETTEVILLE

Tuesday, April 22

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.

A Bucket Full

FAYETTEVILLE

Tuesday, April 22

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

FREE

Members and non-members

Pre-registration required

Create a space that cultivates growth, reflection, inspiration, connection, and dreams that become reality! Zanna Wolfgang, owner of Thrive Ranch Company, helps cultivate our dreams by inspiring us to live our best lives. She'll share about the power of intentionally filling our buckets. Find the tools to empower yourself through fostering dreams by focusing on aspirations and passions, releasing what no longer serves you, and celebrating the little and big things with gratitude. Harness the power of three life-changing buckets - the *Dream Bucket* to be intentionally pursuing what lights you up, the *Let it Go Bucket* to free yourself from unnecessary burdens, and the *Gratitude Bucket* to celebrate life's blessings.

In the Comfort of Home

PEACHTREE CITY

Tuesday, April 22

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

FREE

Members and non-members

Pre-registration required

There is no place like home! That saying never has rung more true than when you put it into the perspective of staying in our homes well into our golden years. As we age, one of the most important things is adapting our surroundings to keep us independently and safely in our homes longer. Tonya and Tom Byrd with The Byrd Group at Keller Williams help us make informed decisions about staying in our homes safely

and comfortably as we age. They'll discuss key topics such as home modifications, financial planning, local resources, and real estate options for downsizing or transitioning when the time is right. Whether you're planning for yourself or a loved one, gain valuable insight to help you maintain not only your independence, but also your quality of life.

P"age" Turners Book Club

FAYETTEVILLE

Thursday, April 24

1:30 p.m.

FREE

Member exclusive

No pre-registration required

April book: *What Was Mine* by Helen Klein Ross. May book: *Remarkably Bright Creatures* by Shelby Van Pelt. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Bean Bag Baseball

PEACHTREE CITY

Friday, April 25

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

One, two, three strikes you're out at the baseball board! Yes, we said that right... bring out your competitive side with this exciting combination of baseball and cornhole. We'll split into two teams as we head up to bat and toss the bean bags for our "hit". Sink it in one of the many holes to determine if you hit a home run, get a base hit, made an out, or strike out. No previous experience needed to join in the fun!

1-on-1 Legal Consultations

PEACHTREE CITY

Friday, April 25

12 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

Wine Not: Revival Wine Bar Tastings

REVIVAL WINE BAR
Friday, April 25
2 p.m. to 4 p.m.
\$25
Member exclusive
Pre-registration required

Cheers to a tasting like no other! Join Virgil Fludd, wine connoisseur and owner of Revival Wine Bar, as he curates a thoughtfully crafted wine tasting to bring you closer to the world of fine wines. Whether you're a seasoned connoisseur or a curious beginner, you're sure to learn something new. Enjoy 4 wine tastings to include 2 white wines and 2 red wines in addition to enjoying their popular chicken salad and Country Club crackers. Meet at Revival Wines (140 W. Lanier Avenue in Fayetteville).

YouTube Tips

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

Cindy Clonts, medical insurance coach, gives us a crash course on YouTube! Get ready to discover how to leverage this platform to learn new skills, reminisce with old television programs and get inspired! YouTube can be

a valuable resource for seniors, offering educational content, entertainment, and a way to relive memories. From endless options of tutorials, how-to videos, workout routines, old tv shows and popular music, you'll be reminiscing and enjoying the nostalgia while learning new ways to do things before you know it! Cindy will also share some of the most popular channels on YouTube, in addition to great options for older adults.

This Is How We Brew It: Line Creek Brewing

LINE CREEK BREWERY
Tuesday, April 29
3 p.m. to 4 p.m.
\$20
Member exclusive
Pre-registration required

Take a look behind the scenes of one of the biggest and most well-known local breweries, Line Creek Brewing Company. Meet at their Peachtree City location (150 Huddleston Road Suite 300) as we go behind the bar for an up close and personal look at how they produce their beer. Enjoy a backstage tour to see the equipment and process first-hand before enjoying a tasting. During the tasting, you'll learn about the many different types of beer and how they are made, making each one unique. Four 5-oz tastings will be included.

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!



Computer Technology Assistance

PEACHTREE CITY
Wednesday, April 16
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, April 22
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

Bring in your laptop and questions about your computer for 1-on-1 assistance. Lance Collins with PTC Techs will assist with computer technology troubleshooting, removal of unwanted programs, antivirus prevention, and general questions. This is not a

computer tutor class.



Massage

FAYETTEVILLE

Tuesday, April 1
10 a.m. to 2 p.m.
\$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.

Knees, Hips and Pain, Oh My

PEACHTREE CITY

Tuesday, April 1
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 helps us combat hip and knee pain that may help avoid surgery. Learn about the most common causes of hip and knee pain, how to avoid injury, methods of treatment if injured and tips to reducing stress on the joints that can lead to surgery.

Gotta Hand It To You: Hand Massages

PEACHTREE CITY

Wednesday, April 2
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!

A Season of Health

FAYETTEVILLE

Friday, April 4
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Staying on top of our health can be one of the most beneficial ways to live a long active life. Join independent insurance agent and retired nurse Mary Harris as she gives a detailed overview of some of the most common medical concerns we face as we age. From the importance of routine exams, focusing on mind, mobility, and senses to skin care and so much more, you'll discover ways you can take control of your health!

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Monday, April 7
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.

Rate Your Plate

PEACHTREE CITY

Wednesday, April 9
2:30 p.m. to 3:30 p.m.
FREE

Members and non-members
Pre-registration required

Building the foundations for a healthy lifestyle may seem overwhelming, but they don't have to be. Creating a healthy plate should be a priority and doesn't have to be hard! Join Ebonie Jackson with Humana in this interactive session to learn how to turn your plate from fair to five-star with a few helpful tips and tricks. Ebonie will discuss rating your plate while teaching the basics of healthy eating. Get insight on the best strategies for evaluating your meals in addition to mastering simple and easy ways for making better eating choices.

Every Breath I Take

FAYETTEVILLE

Thursday, April 10
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

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

will take part on the floor, but chairs will be available with modifications if you prefer.

Lettuce Eat

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

Who doesn't love a fresh, crisp and delicious salad? However, a salad isn't always healthy, even though they have that reputation. Join Certified Health Coach Jennifer Lunsford as she discusses the benefits of incorporating healthy salads into your diet! Explore the nutritional advantages of fresh salads, easy-to-make recipes, and practical tips for enhancing flavor and variety. Gain confidence in creating delicious, nutrient-rich salads that support heart health, digestion and overall well-being. Whether you're looking for new meal ideas or ways to boost your health, this presentation will provide valuable insights and inspiration. Jennifer will include a demonstration on how easy making healthy salads can be!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, April 16
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
No pre-registration required

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

Non-Scale Victories

FAYETTEVILLE
Wednesday, April 16
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

How fit are you? See how you measure up! But remember, it isn't always about the numbers on the scale. There are many ways to measure your health progress and results as you set goals and track them. Piedmont Wellness Center will help us measure your way to a healthier you! They will share different ways to track your exercise goals in simple methods that are about more than just the number on the scale. Those non-scale victories are sometimes the most rewarding too! From strength, balance, lowering blood pressure to how your body feels and the way your clothes fit are just a few results to name.

Mini Massages

FAYETTEVILLE
Thursday, April 17
9 a.m. to 12 p.m.
FREE
Members exclusive
Pre-registration required

It's time to relax and what better way to do that than to give yourself a little treat with some TLC! Take a little time for yourself and stop by for a relaxing session to help you get on your way to feeling better. Massage students with Peachtree City School of Massage will be on site to perform fifteen-minute mini massages to help you achieve a calmer state. A healthier you begins with de-stressing and here is the perfect chance to start that routine.

A Sound Bath

PEACHTREE CITY
Friday, April 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
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.

The Stability Ability

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

As we age, maintaining balance and stability help us in many ways. In addition to aiding our strength in mobility and staying active, it also helps prevent falls, which can lead to injuries, hospitalization and reduced quality of life. Dr. Tarryn Hoff, exercise and sport psychologist, university professor and owner of Peachtree City Personal Training, explores essential strategies for enhancing stability, balance and strength to help reduce the risk of injury. Gain knowledge on the best practices for staying safe, participate in simple exercise examples and discover ways to promote long-term health and mobility. Invest in your well-being and confidence!

Readmission Reduction

FAYETTEVILLE

Wednesday, April 23
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Even though you may not want to believe it, the numbers are staggering when it comes to hospital readmission among older adults. With nearly 1 in every 5 senior patients returning to the hospital within a month of going home, the statistics are eye-opening. This revolving door isn't just costly for the patient, but is also a sign that we are all falling short of the goal to truly heal. Beth Dow with Home Helpers Home Care discusses this sobering fact and helps us stay well and at home in order to reduce your chances of hospital readmission. Learn practical strategies to staying healthy, managing medications and recognizing early warning signs to avoid

unnecessary trips back to the hospital. Stay informed, stay safe and stay home, just where you belong, in the comfort of your home!

Virtual Dementia Tour

PEACHTREE CITY
Wednesday, April 23
10:30 a.m. to 12:30 p.m.
FREE

Members and non-members
Pre-registration required

It's hard to understand what someone with dementia is going through, but Brightmoor Hospice will help us see into their world for a few short minutes. The Virtual Dementia Tour has been a proven method to building a greater understanding of dementia through the use of sensory tools that gives us a chance to step into a dementia patient's shoes in a way you never imagined before.

Balance It Out: Balance Assessments

PEACHTREE CITY
Monday, April 28
1:30 p.m. to 3:30 p.m.
FREE

Member exclusive
Pre-registration required

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

Look What's Coming in May!

Once Upon A Story

FAYETTEVILLE
Friday, May 2
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Enjoy a variety of inspirational stories that will encourage you, offer hope and bring a smile to your heart as a seasoned storyteller expressively shares tales untold!

Nourish to Flourish

FAYETTEVILLE
Monday, May 5
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Fuel your body for longevity and vitality as you discover nutrient-dense foods to support healthy aging. Discover how small changes in your diet can make a big difference overall!

Let's Taco 'Bout It: Cinco de Mayo Lunch

PEACHTREE CITY
Monday, May 5
12 p.m. to 1 p.m. | \$10
Pre-registration required

As if you really need a reason to chow down on some tacos...but we'll still give you one anyway! Enjoy a delicious Cinco de Mayo inspired lunch right here at FSS.

Achy Breaky Arthritis

PEACHTREE CITY
Tuesday, May 6
2:30 p.m. to 3:30 p.m. | FREE
Pre-registration required

Oh my aching joints! Learn about the varying types and causes of arthritis and discover how you can help better manage it through preventing inflammation that causes pain.

Registration will be available when the May newsletter comes out Monday, April 21st!

Our community wants to hear from you!

Advertise with Fayette Senior Services!

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For more information, contact Morgan Lanier at mlanier@fayss.org



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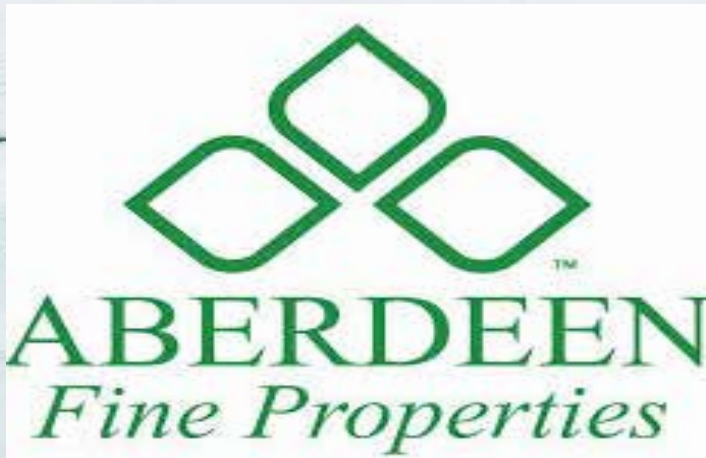
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SOUNDS of SPRING

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

Fayetteville location
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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!

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