

June 2025

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Boot Scoot & Boogie

Boogie on down for a wonderful evening full of amazing music, dancing and food at our annual Boot Scoot & BBQ!

Moments in Focus

Take advantage of this unique opportunity right here in the FSS garden as a local photographer captures you in gorgeous photos.

Vidalia Dreams

You'll be dreaming up reasons to whip up this Vidalia Onion casserole after you taste just one bite, it's that delicious.

Live Well. Age Well.



SHIP

State Health Insurance
Assistance Program

Need help navigating Medicare? *SHIP can help.*



SHIP is your local State Health Insurance Assistance Program. We provide unbiased support to Medicare beneficiaries and their families.

Your SHIP can help with one-on-one, unbiased guidance:



Understanding costs
and coverage



Enrolling in and
changing plans



Comparing options



Correcting billing issues



2 | June 2025

SHIP is not reimbursed by health insurance plans. Our only priority is helping you to understand and make informed decisions about care and benefits. SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.

Find your local SHIP:
shiphelp.org 877-220-0127

770-461-0813 | FAYSS.ORG

June

featured

A Welcoming Smile 10

Get to know The Ultimate Cafe volunteer Rether White, who has served up a handful of smiles for so many at FSS!

A Cassrole to Cry For! 11

It won't just be the onions making your eyes tear up, this casserole is truly so good that you'll be crying.

Heel, Toe, Dosey Doe 15

Come on baby let's go boot scootin'! Get on the dance floor as we dance and eat our way through a wonderful evening of fun!

Portraits in Bloom 15

Join us among the blossoms in the breathtakingly beautiful FSS garden for updated portraits by a local photographer.

2025 HOLIDAY CLOSINGS

PTC location ONLYJuly 7-11, 2025

****Fayetteville will remain open this week****

Independence Day.....July 4, 2025

Labor Day.....September 1, 2025

Thanksgiving.....November 27, 2025

Thanksgiving.....November 28, 2025

Holidays.....December 22, 2025

HolidaysDecember 23, 2025

Christmas.....December 24, 2025

Christmas.....December 25, 2025

HolidaysDecember 26, 2025

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ABOUT US

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

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

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DIRECTOR | Paige Muh

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DIRECTOR | Lynn Black

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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

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

Stevie Coachman
Care Manager

Jane Rode
Delivery Driver

CARE MANAGEMENT

Natalie Hynson
Care Manager

Ashley Allred
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 to discuss with a care manager. They can be reached at 770-461-0813 for more information or to 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

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.

Pristine Touch Cleaning

470-580-0025

Receive a 10% discount on cleanings when you show a valid FSS membership card.. Price varies based on square footage and cleaning needs. Free quotes.

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 Fitness Sponsor



Tricia Bethel
770-626-5205

patricia.a.bethel@mwarep.org

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.

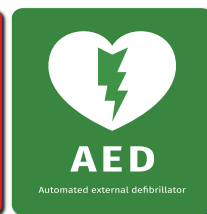
Coffee and tea are complimentary.

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...

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 just like Hawaii!
Sponsored by State Farm Agent Mark Gray, Sunvera Care and Wellcare.

September 2025

Fall Into Fashion Show

Fayetteville | Thursday, September 25
5:30 p.m. to 7:30 p.m. | \$15

Strut the runway as you get the inside scoop on new looks for your fall wardrobe. B. Turner's joins us as they dress up community icons to model the latest fall fashion trends. Sponsored by Aberdeen Fine Properties.

October 2025

Under the Harvest Moon

Fayetteville | Thursday, October 23
5 p.m. to 8 p.m. | \$15

Fall is in the air! Put on your best fall outfit and come out for a fun evening full of great live music, delicious autumn dinner and warm cider. Sponsored by State Farm Agent Mark Gray and Humana.

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

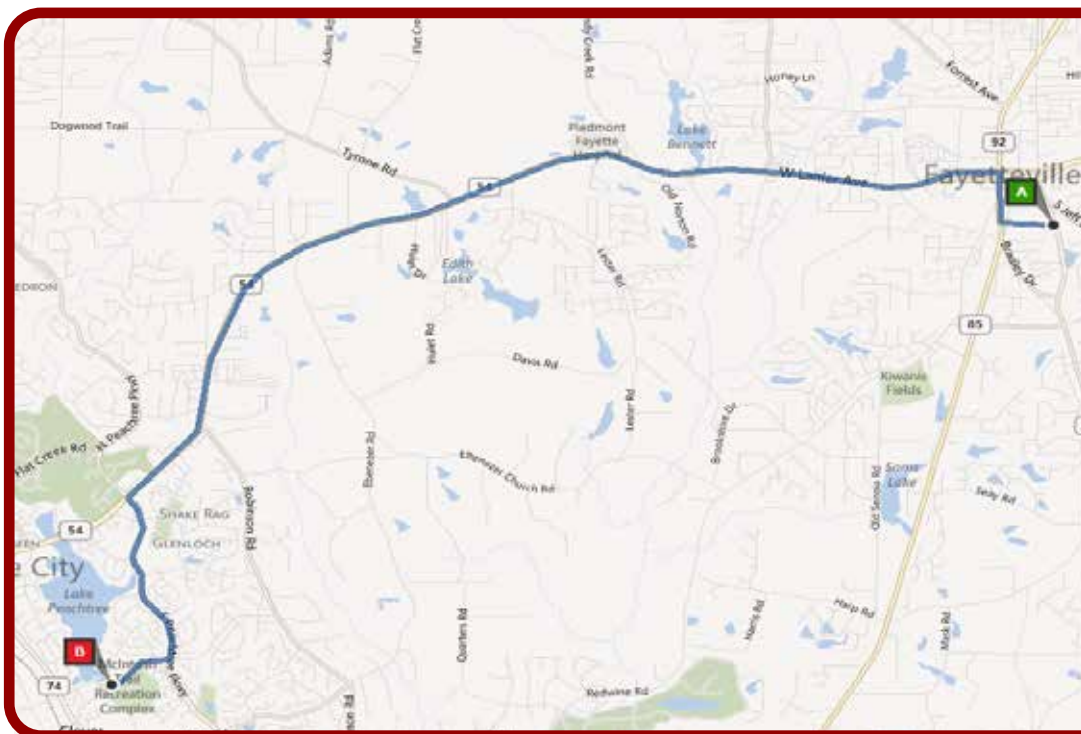
Miriam's Fitness Corner Hear Me Out

As we age, it is normal to experience a decrease in our body's overall performance. After all, nothing stays the same. As time passes, we are naturally not as fast, strong or flexible as we once were. Our balance and coordination diminish. Skin elasticity lessens. Vision is no longer 20/20. These things, to some, may seem superficial. However, the reality is much deeper. These areas of decrease can affect quality of life and independence. Therefore, we cannot disregard signs of aging. One sign in particular we can never afford to ignore is hearing loss. Let me explain why.

Hearing loss can have significant effects on the brain. Research has shown that hearing loss can exacerbate age-related cognitive decline, including memory loss and reduced problem-solving abilities. This may be due to the reduced stimulation of the auditory cortex, the brain's primary sound processing unit, which leads to atrophy. People with hearing loss often experience difficulties in communication leaving them socially isolated and lonely. Lack of social interaction contributes to decline in cognitive function and overall mental health. Struggling to hear can also lead to increased stress levels because the brain works harder to compensate for the lost auditory input. That increased stress can contribute to a decline in cognitive function and overall well-being. Studies confirm that there is a link between hearing loss and an increased risk of developing dementia, including Alzheimer's disease. Reduced auditory input likely leads to changes in the brain that contribute to the development of dementia. So the bottom line is...**WEAR THOSE HEARING AIDS** (and yes I'm shouting)! Or if you currently do not wear a device but have noticed a difference in your hearing, please schedule a free hearing test today. See me for a recommendation if needed. I'm "hear" for you!

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

AniMeals Donations Needed!

To donate, contact Stevie Coachman at 770-461-0813 or scoachman@fayss.org

Fayette Senior Services' AniMeals program provides our Meals On Wheels clients' pets with food! We are in desperate need of donations for these valuable companions!



Wet & Dry Dog Food



Pet Treats



Wet & Dry Cat Food



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



Dear Volunteer, You Make a Difference!

Nourishing Hearts, Not Just Appetites



At Fayette Senior Services we realize that a nutritious meal shared with good company can be a game changer for anyone, but especially seniors! We also realize that nourishment isn't just about food; it's also about connections. And that's just where our Ultimate Café volunteers shine! Whether they are serving with a smile, organizing behind the scenes, or simply offering a helping hand, their contributions are invaluable. The FSS Ultimate Café would not be the same without them – they make it more than just a place to eat, but about a place to connect, share and laugh together. Rether White is one of those special volunteers who makes such a difference to those around her. Her passion makes our members feel beyond welcomed, and for that we can't thank her enough.

Rether grew up in Washington D.C. with her sister and four brothers. As children, they would “run the streets” skating, biking, playing hide and seek, and jumping rope. Rether says “We didn't stop until the street lights came on!” What an amazing childhood that sounds like! Her energy and enthusiasm for life has certainly spilled over into her senior years, too. Her mother showed strength and resilience as a single mom working various jobs as a cook and as a housekeeper at the local college, among other things. Rether started work at an early age and has had a few unique jobs throughout her years. The first half of the day she would sweep the streets, then she would babysit for the

Written By: Amber Oliver

mothers in the back-to-school program. Her first official job was at Gallaudet University for the Deaf in Washington DC. As an adult, her career was as a legal assistant. She retired in 2018 and enjoys spending time hiking, swimming, and writing. But reading is her undeniable passion! Rether has three children, six grandchildren, and one great-grandchild and her heart shines when she speaks of them!

Rether has lived in Fayette County for three years. She joined the center in February 2025 and shortly after began volunteering in the café. “I wanted to give back in appreciation of what I've gotten out of being in the STAR program. It gives me great joy helping my fellow seniors.”

I asked Rether a few just-for-fun questions and here is what she had to share. If stranded on a desert island the three items she would want with her are her Bible, water and a tent. If Rether had her own late night talk show, her first guest would be Paul the Apostle. If she could hang out with any cartoon character, she would choose Betty Boop in jest sharing with a giggle, “because I could get her leftover guys!” A fun act you may not know about Rether is that she used to be involved with street ministry. When we asked her what the best thing that has happened to her this week was, she proudly stated, “I'm Alive! I'm Alive!” And alive she is! Her enthusiasm for living is contagious. Meet her just once, and we can almost promise that your mood will instantly become better!

Michelle Clanton, Kitchen Manager in our Ultimate Café, said “Rether understands our mission at FSS and is always willing to help! She is a volunteer who does not seek the spotlight, but helps create a warm and welcoming space that makes a lasting impact on everyone who comes through the café.” Thank you, Rether, for sharing your time, talents and positive attitude with our seniors who rely on the Ultimate Café for more than just a place to eat!

2025 Volunteer Sponsor



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

From Our Kitchen To Yours

Vidalia Onion Casserole

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



Ingredients

- 5 large Vidalia Onions
- 1 stick of butter
- Grated Parmesan cheese
- Crispy buttery crackers
- Pre-packaged herb stuffing (optional)

Directions

- Peel and slice the onions into thin rings
- Saute onions in 1 stick of melted butter
- Simmer and cover for 15 to 20 minutes or until limp and opaque
- Crush the crackers and mix with the Parmesan cheese (can mix prepacked herb stuffing in with this but it is optional)
- Pour half of the onions into casserole dish and cover with the cheese and cracker mixture
- Pour the remaining onions on top for the next layer and repeat the cheese and cracker crumb layer
- Bake uncovered at 325 degrees until golden brown, about 30 minutes

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.

Resumes in September

Social Duplicate Bridge:

Wednesday (does not meet
2nd Wednesday of month)

10 a.m. to 3 p.m.

American Mahjong:

12 p.m. to 4 p.m.

Thursdays

Double Deck Pinochle:

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

Fridays

Morning Stretch:

9 a.m. to 10 a.m.

American Mahjong:

12 p.m. to 4 p.m.

Canasta:

1 p.m. to 4 p.m.

Game Day:

1 p.m. to 4 p.m.

Turn the Pages!

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



Members enjoying a tour and tasting at Line Creek Brewing.



A beautiful night listening to The Southern Crescent Choroale.

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.



A few of our members enjoying time together after a fun workout!



Member Ms. Eliza celebrated her 106th Birthday in May!

Special Events



Raise the Flag

PEACHTREE CITY

Wednesday, June 11

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

FREE

Members and non-members

Pre-registration required

History enthusiasts and members of the American Legion Post 105 celebrate Flag Day as we raise a flag to the past! Trace the history of the United States Flag and learn about its iterations, beginning with the Revolutionary War to present day. An understanding of it is worth remembering and reminiscing in order to fully understand how the flag came to be. Hear about its meaning and development over the years as we celebrate and honor the history of the flag on this special day. The American Legion Post 105 shares the true meaning its symbolism holds, discusses what it represents, and how it came to be a symbol of America. Also enjoy a live demonstration of the folding of the flag and learn what each of the 13 folds signify.



Picture Perfect Snapshots

FAYETTEVILLE

Tuesday, June 24

8:30 a.m. to 12:30 p.m.

FREE

Members exclusive

Pre-registration required

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



Boot Scoot & BBQ

FAYETTEVILLE

Thursday, June 26

5 p.m. to 8 p.m.

\$15

Members exclusive

Pre-registration required

Put your boots on and join us for this guaranteed fun time! The FSS Kitchen Crew will have a wonderful BBQ meal to go along with DJ Stacia's dance moves and tunes. Put your dancing shoes on and learn some new moves. Boogie on down to enjoy a delicious supper and some boot scootin' music that will keep you moving all night long! This event is sponsored by Humana, Senior Helpers and Piedmont Homecare Services.

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June Program Schedule

Needlework

Beginning Crochet

FAYETTEVILLE

Monday, June 9

10 a.m. to 12 p.m.

\$5 | Materials not included

Pre-registration required

Instructor: Nancy Crow

New to crochet or just need a refresher? We will learn practical basic stitches, single crochet, half double and double crochet to begin a simple scarf. Materials needed: 1 skein/ball of #4 yarn (Red Heart Super Saver is a good option) in a solid and light color; size H or I crochet hook and stitch makers. Contact Nancy at icrochet2@bellsouth.net with questions.

How to Read Crochet Patterns

FAYETTEVILLE

Monday, June 16

10 a.m. to 12 p.m.

\$5 | Materials not included

Pre-registration required

Instructor: Nancy Crow

What is a dc or hdc? What do those *'s mean? And what are those () doing in my pattern? What is that stuff on the band of yarn and do I need to read it? Does all this confuse you? Let's take the mystery out of reading crochet patterns! Good for beginners and experts alike. No materials needed. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Coasters

FAYETTEVILLE

Monday, June 30

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, enjoy making a star spangled coaster, an adorable July 4th themed red, white and blue star! Materials needed: Red, white and blue cotton yarn; size G or H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE

Wednesday, June 4

9 a.m. to 3 p.m.

\$15 | Materials not included

Pre-registration required

Instructor: Darlene Hubble

FAYETTEVILLE

Wednesday, June 11

9 a.m. to 3 p.m.

\$15 | Materials not included

Pre-registration required

Instructor: Darlene Hubble

FAYETTEVILLE

Wednesday, June 18

9 a.m. to 3 p.m.

\$15 | Materials not included

Pre-registration required

Instructor: Darlene Hubble

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

Creative Pursuits

Mastering the Craft of Origami

FAYETTEVILLE

Friday, June 6, 13, 20 & 27
11 a.m. to 12 p.m.

\$20 | Includes materials

Pre-registration required

Instructor: Marilyn Weigle

Making origami is a creative and beautiful art form that is also great exercise for the brain and hands! Marilyn Weigle will teach with step-by-step instructions and individual help each week. Create easy origami that you can do with the grandkids and harder origami that will amaze your friends! Develop new art skills as we decorate some of the figures with colored pencils.

Painting Workshop

FAYETTEVILLE

Tuesday, June 17

10 a.m. to 12 p.m.

\$40 | Includes materials

Pre-registration required

Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a tranquil scene featuring the hills and sea.

Beyond the Flow: Acrylics

PEACHTREE CITY

Friday, June 20

9:30 a.m. to 12:30 p.m.

\$40 | Includes materials

Pre-registration required

Instructor: Karen DeFelix

Discover the beauty of acrylics! Briefly cover some of the basics of using fluid acrylics - pour, dirty pour, swipe, pull, and drip. During class, you'll expand into some more advanced methods beyond the basic pour by using hair dryers, spinners, tools and metallics to make creative

and outstanding paintings. Practice some methods on small canvases and then choose your favorite to make a larger painting. Designed for beginners and advanced levels alike, no previous experience is needed. 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. 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

PEACHTREE CITY
Wednesday
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. Tuesday and Wednesday Beginner I class are the same class, two different options for days!

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: Kandis Larkey

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
10:15 a.m. to 11:15 a.m.
\$15 | Month
Instructor: Michelle McCullough

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 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

Yoga: Peachtree City

PEACHTREE CITY
Tuesday
8:45 a.m. to 9:45 a.m.
\$25 | Month
Instructor: Lori Clark

Improve your strength, flexibility and balance while bringing more focus and peace into your life in this gentle flow yoga class. Through breathing work and intentional practice, you'll find a sense of calm during this mind-body exercise. Different options provided for poses, but must be able to get up and down from the floor. Please bring a mat with you.

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 your daily activities easier, whether you exercise best in a chair or on your feet. Strength training provides an abundance of benefits. It contributes to better coordination, balance, mobility, and overall health, to name a few. Use hand weights, elastic bands and balls to strengthen muscles and increase range of movement during this full body workout for all fitness levels.

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.

Dance and Tone

PEACHTREE CITY

Thursday

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

\$20 | Month

Instructor: Lori Clark

Make your workout more fun as you dance and tone during this class. This easy-to-follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light weights, followed by a cool down and stretch. Boost your cardiovascular fitness, tone your muscles, improve your coordination and memory in

an interactive way that doesn't feel like your typical workout.

Cardio, Core & More

PEACHTREE CITY

Thursday

12 p.m. to 12:50 p.m.

\$10 | Month

Instructor: Miriam Jones

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

Yoga: Fayetteville

FAYETTEVILLE

Friday

8:45 a.m. to 9:45 a.m.

\$20 | Month

Instructor: T. Michael

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

Power Aerobics

FAYETTEVILLE

Tuesday and Thursday

7:40 a.m. to 8:30 a.m.

\$20 | Month

Instructor: Miriam Jones

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

Intermediate I Aerobics

FAYETTEVILLE

Tuesday and Thursday

8:40 a.m. to 9:30 a.m.

\$20 | Month

Instructor: Miriam Jones

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

Intermediate II Aerobics

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

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

Stretch for Movement

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

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

Walking Group: Fayetteville

FAYETTEVILLE
Wednesday
10:45 a.m. to 11:30 a.m.
FREE
No pre-registration required

Meet inside the FSS lobby to

increase your success by walking with a partner(s). 150 minutes per week of cardiovascular activity promotes heart health and lowers the risk of many other ailments. Improve physical fitness with a dose of cardio. Self-led group.

Walking Group: Peachtree City

PEACHTREE CITY
Thursday
10 a.m.
FREE
No pre-registration required

Meet at the Gathering Place to check in and then take advantage of the paths around the center to add social interaction with a dose of cardio. Self-led group.

Tai Chi Club

FAYETTEVILLE
Tuesday
2 p.m. to 4 p.m.
FREE
No pre-registration required

Self-lead group practice their form together. Not instruction based and previous Tai Chi experience is needed. Tai Chi provides a safe way to improve flexibility, increase circulation, reduce stress, strengthen bones and increase overall fitness.



Learning From Living

FAYETTEVILLE

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, June 12 | 1:15 p.m.
A Dog's Way Home (2019) | PG

Starring: Ashley Judd, Ben Ratner, Jonah Hauer-King. A devoted, homesick dog goes on a treacherous journey through the Colorado wilderness to be reunited with her beloved owner.

PEACHTREE CITY
Thursday, June 26 | 1:15 p.m.
Mufasa (2024) | PG

FAYETTEVILLE
Friday, June 27 | 1:15 p.m.
Mufasa (2025) | PG

Starring: Aaron Pierre, Kelvin Harrison Jr. Mufasa, a cub lost and alone, meets a sympathetic lion named Taka, the heir to a royal bloodline. The chance meeting sets in motion an expansive journey of a group of misfits searching for their destiny.

Movie sponsored by:



Sonder Health

A Medicare Advantage Company

Monday, June 2
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 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.

Garden Club

FAYETTEVILLE
Tuesday, June 3
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.

The Hidden Gem of Europe

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

Revel in this best-kept secret that shows off the true beauty of Eastern Europe, Croatia! World travel enthusiast and travel advisor Ron Largent

shares all about what this incredibly beautiful place has to offer. The secret is out, and Croatia is the place to visit! Ron joins us to share why this hidden gem is so unique and unforgettable. Going back to the Roman Emperor and his palace outside Rome to the tourist attractions of today, this small country has a huge worldwide impact you won't soon forget.

Get to Know Fayette Senior Services

PEACHTREE CITY
Wednesday, June 4
2:30 p.m. to 3:15 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!

What's for Lunch?

PEACHTREE CITY
Thursday, June 5
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 Miller's Ale House in Sharpsburg.

Take It Out Back

PEACHTREE CITY
Thursday, June 5
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Summer is upon us, are you ready to entertain guests in your backyard area? Don't let the heat keep you indoors! Take the fun outside as design enthusiast Bethany Vickery helps us spruce up our patios and outdoor space with some easy and budget friendly decorating and design tips. These decorating ideas will provide for some great outdoor entertaining options as the summer get-togethers continue!

Cornhole

PEACHTREE CITY
Friday, June 6
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Friday, June 20
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!

Fantastic Filipino Flavors

PEACHTREE CITY
Monday, June 9
1:30 p.m. to 2:30 p.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.

Frankly My Dear

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

Join historian Debi Riddle with the Fayette County Historical Society as she makes the connections between the most beloved characters of Margaret Mitchell's *Gone with the Wind* and Fayette County. Learn the red dirt past of Margaret Mitchell and how that past helped her vision in writing an iconic Southern love story. Hear how her great grandparents, grandparents and mother all helped shape her life. Discover how the characters tie into both her story and her life as you connect the dots and discuss the influence of Fayette County both before and after the pages were printed!

Volunteer Open House

FAYETTEVILLE
Tuesday, June 10
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.

A Slice of Summer Bites

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

Beat the heat with these quick and easy summer dishes that are not only packed full of flavor but also provide simple and light meals for those summer nights. Ashley Smallwood, Owner and Chef with Rudine's, shares her expertise as we navigate the kitchen to create summer dinners that will treat the taste buds. Get ideas for delicious recipes to try out during this cooking demonstration. Ashley will share tips and tricks for cooking like a pro! Tastings will be included.

Show Me the Money

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

It's time to live the retirement you've always envisioned for yourself! Brett Bexley with Edward Jones shares insight on investment strategies to help build a plan to last throughout your retirement years. Explore ways you can address key concerns such as inflation, health care expenses and market volatility as well as how to prepare in advance for things that may not go as expected.

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, June 16
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.

Lifelong Learning Partner

PEACHTREE CITY
Monday, June 16
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Whether you're an avid reader or just starting out, libraries are here to support you at every stage of life. Beyond books and audiobooks, the library offers a vast world of knowledge, right at your fingertips and even from the comfort of home. Explore online resources that cover everything from tutorials and practice tests to consumer reports, health information, legal forms, eBooks, genealogy tools, historical archives and so much more than you ever imagined. Join Cherese Cadet from the Peachtree City Library for a whirlwind tour of the library's digital offerings and discover how these powerful tools can educate, inform, and entertain—no matter where you are in life!

AARP Smart Driver's Course

PEACHTREE CITY
Tuesday, June 17
9 a.m. to 3:30 p.m.
\$20 | AARP Members
\$25 | Non AARP Members
FSS 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 your knowledge. Most auto insurance companies provide a multi-year discount to graduates as well. Bring a lunch or snack or plan to grab something close by during the midday lunch break.

Thrive Ranch Co. Farm Tour

THRIVE RANCH CO
Tuesday, June 17
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Join us for a soul-refreshing tour where the animals are at the heart of the experience! Enjoy an afternoon at this incredible farm, touring the grounds, meeting the animals and discovering yourself again. Ever feel like you just need a moment to breathe, reset and reconnect with what really matters? That's exactly why Zanna Wolfgang with Thrive Ranch Company created Revive Day—a simple, soul-refreshing experience built around three powerful tools you already have inside you. Explore the grounding energy as you reconnect and find your calm in the chaos. Take personal responsibility as you shift from the “why me?” to “what now?” mindset. Revel in the gratitude as you focus turning ordinary moments into extraordinary ones. Let's face it, yes, cow poop happens, and it's on us not to step in it - literally and metaphorically! At the barn, you can pause and fill the Gratitude Bucket, taking a moment to reflect on all there is to appreciate. Revive Day isn't about doing more, it's about reconnecting with the earth, the animals, and most of all, yourself! Meet at Thrive Ranch Company, Zanna's beautiful farm, located at 513 Bankstown Road, Brooks, GA 30205.

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, June 17
1:45 p.m.

FREE
Member exclusive
No pre-registration required

June book: *Frozen River* by Ariel Lawhon. July book: *No Two Persons* by Erica Bauermeister. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, June 19
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.

Voices of Freedom: A Juneteenth Celebration

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

Join us as we celebrate and honor Juneteenth, a national holiday marking the end of slavery in the United States. The ever-talented Southern Crescent Storytellers group will be joining us to present a captivating collection of tales and stories created by these imaginative individuals. Through their creative storytelling, they will share the origins of Juneteenth and the importance of this holiday in our history. As we celebrate Juneteenth National Independence Day, the storytellers will highlight how this holiday came to be and the role of Opal Lee in its recognition. Enjoy a mix of short stories, poetry and engaging anecdotes that bring the significance of Juneteenth to life! Don't miss

out on this unique opportunity to learn, reflect and share a meaningful experience with family and friends through this interactive event.

The Grape Escape

PEACHTREE CITY
Thursday, June 19
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 European white wines.

Sounds of the Songbirds

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

Hearing and seeing birds in your backyard can be a delightful and peaceful experience. Join Kim Toal with the Extension Office as she shares information about some of the fascinating birds you might encounter in your garden. Discover how you can enhance your landscape to be more inviting for these feathered visitors. Hear their unique calls and see beautiful photos that help you identify them. Turn your outdoor space into a bird-friendly haven!

There's An App for That

PEACHTREE CITY
Friday, June 20
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

Pre-registration required

There are a number of phone apps out there, and users can be overwhelmed by the sheer number available. You may be surprised, however, just how useful some can be if used in the right way. Join Sandra McGill with TechSmart for Seniors as she explores the world of essential apps designed to make life easier and more fun. Discover communication apps that help you stay connected, learn how productivity apps like calendars, to-do lists and notes can keep your day organized and on track, get comfortable using navigation tools such as maps and GPS for easier travel and planning, and smile through entertainment apps for music, games and streaming that bring joy right to your fingertips! If you've got technology right in the palm of your hand, you may as well use it to the best of its abilities!

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE
Monday, June 23
1:30 p.m. to 3 p.m.
FREE
Member exclusive
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.

And Sew It Begins

FAYETTEVILLE
Tuesday, June 24
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.

From 'For Sale' to 'Sold'

PEACHTREE CITY
Tuesday, June 24
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

If you're in the market for a new house or looking to sell, it is important to know the stages of today's real estate world. Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will take us through the stages from start to finish. Beginning with getting a home ready to list to finally closing, you'll have a better understanding of what to expect during the entire process.

Outwit Your Smart Phone

PEACHTREE CITY
Wednesday, June 25
12 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

You've finally got a 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 with you.

Reckless Courage

FAYETTEVILLE

Wednesday, June 25
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Sometimes a horse is more than a horse, especially when that horse becomes a hero! John House, history enthusiast and retired Army Colonel, tells the tale of one brave horse who made a name for himself during the war. In the difficult terrain of Korea, where hauling ammunition and wounded Marines up and down the mountains was nearly impossible, an inventive lieutenant found an unexpected solution in an unemployed racehorse. The platoon named her Reckless, and she quickly proved to be invaluable, carrying ammunition uphill with unwavering courage and bringing wounded Marines back down. She even used her body to shield her comrades from enemy artillery fire, showing a selflessness that went beyond her role. Wounded herself, Reckless never faltered, earning her place as a beloved symbol of bravery and cementing her legacy as Sergeant Reckless.

P"age" Turners Book Club

FAYETTEVILLE
Thursday, June 26
1:30 p.m.
FREE
Member exclusive
No pre-registration required

June: *The Covenant of Water (A)* by Abraham Verghese.
July: *The Covenant of Water (B)* by Abraham Verghese.
For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Bean Bag Baseball

FAYETTEVILLE
Thursday, June 26
1:30 p.m. to 2:30 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!

Stars, Stripes and Stitches

PEACHTREE CITY
Friday, June 27
1:30 p.m. to 2:30 p.m.
\$10 | Includes embroidery materials
Member exclusive
Pre-registration required

Get ready to celebrate in style as you show off your patriotic side with Junk Mama's General Store. Join us to create a unique 4th of July themed embroidered flag shirt! This fun, hands-on workshop is perfect for all skill levels—no embroidery experience needed. You'll create your own patriotic shirt, just in time for Independence Day celebrations! Simply bring a plain shirt in your favorite color, and we'll supply the rest. Come stitch, be creative and show off your festive spirit with us! See front desk for photo sample.

Simple Stylish Succulents

FAYETTEVILLE
Monday, June 30
1:30 p.m. to 3 p.m.
\$45 | Includes materials
Member exclusive
Pre-registration required

Create your own beautiful succulent terrarium in this fun, hands-on workshop! Tauna Pierce, owner of Owl Cove Bottega Folk Art & Design, will provide all the materials you

need, including a variety of plants, a glass terrarium, decorative substrates and other essential tools. Discover the art of substrate layering and learn how to care for your succulents so they thrive. Along the way, enjoy some fascinating facts about the natural history of these resilient and fascinating plants! Pre-registration required by Monday, June 23.

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 Tutor

FAYETTEVILLE
PEACHTREE CITY
Classes scheduled by request
\$15 | Session (up to 2 hours)
Member exclusive
Instructor: Edwin Cooper

If you can't quite figure out that computer or the programs on it, here is your chance to get one-on-one help for your specific needs. Edwin will assist in guiding and teaching basic computer skills you may need help mastering. Maybe you need help with setting up email, or learning how to use a program like Microsoft Word or even setting up passwords, the options are endless. Simply choose a topic, location and request a date and time and we'll have you well on your way to unwinding your confusion for these useful pieces of technology! Edwin can tutor on Windows or Mac computers.

Computer Technology Assistance

PEACHTREE CITY
Wednesday, June 18
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, June 24
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.



Technology



Wellness

Massage

FAYETTEVILLE

Tuesday, June 3

10 a.m. to 4 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.

Breathe In, Breathe Out

PEACHTREE CITY

Tuesday, June 3

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

FREE

Members and non-members

Pre-registration required

Stress is sometimes inevitable. Learning how to cope with it can be a great resource for reducing it in a healthy way! Dr. Josh Davis with First Step Physical Therapy discusses how to reduce stress through proper breathing techniques and home exercise practices that can promote relaxation. In addition, discover ways to improve sleep and little changes to make in your diet that can also reduce overall stress.

Age Old Rules

FAYETTEVILLE

Wednesday, June 4

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

FREE

Members and non-members

Pre-registration required

A funny thing happened on the way to aging...you've gotten older! Have you embraced aging for all it's worth? Do you appreciate its divine beauty

or has acceptance been difficult? Get real with Sheila Agnew-McCoy, Senior Fitness Specialist for 180 Training at Fitness 54, as she shares ways you can stay positive, healthy, and active as you age!

An Essential Ingredient

FAYETTEVILLE

Thursday, June 5

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

FREE

Members and non-members

Pre-registration required

There are so many benefits to essential oils. Did you know that you can add them into your recipes as well? Tana Lee, President of the Holistic Chamber of Commerce, shares flavorful ways to safely and deliciously add essential oils into your everyday cooking. From boosting flavor in your favorite dishes to adding wellness benefits to your meals, learn how to turn your kitchen into a space of nourishment and creativity. Perfect for foodies, wellness lovers and curious beginners alike! Tastings will be included.

Sweet Tooth

PEACHTREE CITY

Friday, June 6

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

FREE

Members and non-members

Pre-registration required

Are you constantly battling sugar cravings but want to make healthier choices? Get the shakedown on sugar as April Potter, Registered Nurse and Certified Diabetes Care and Education Specialist with Sweet ReSolve, shares a delicious demo on curbing your sweet tooth the smart way. Learn how to whip up satisfying sweet snacks and desserts that skip the excess sugar, calories and unhealthy ingredients without sacrificing taste. April will share easy, guilt-free recipes you can

try at home, using natural sweeteners and wholesome ingredients. You'll also get to taste one of her favorite sweet treats during the session—proof that healthy can still be indulgent. Empower yourself to make better choices while still enjoying the flavors you love, after all, you're sweet enough already!

Hearing Screenings

FAYETTEVILLE

Monday, June 9

1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Huh? What did you say? I didn't hear you. Hearing Life Center will be at FSS just for you. Get a complimentary hearing screening without having to deal with all the doctor office visits.

Gotta Hand It To You: Hand Massages

PEACHTREE CITY

Tuesday, June 10

11 a.m. to 2 p.m.

FREE

Member exclusive

Pre-registration required

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

The Weighting Game

PEACHTREE CITY

Tuesday, June 10

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

FREE

Members and non-members

Pre-registration required

Are you eating well and staying active, but still noticing the scale creeping up? Ebonie Jackson with Humana will uncover the sneaky causes of weight gain that often go unnoticed. Learn about common misunderstandings and surprising pitfalls that could be sabotaging your efforts, even when you think you're doing everything right. She'll address common misunderstandings around weight gain and provide practical tips for maintaining a healthy weight. Walk away with insights and easy adjustments to support your journey in maintaining your weight.

Sip Happens

FAYETTEVILLE

Wednesday, June 11

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

FREE

Members and non-members

Pre-registration required

Staying hydrated is essential, especially during the hot weather months, as it helps maintain body temperature, supports digestion and keeps energy levels up. Dehydration can lead to fatigue, dizziness, headaches and dry skin, making it crucial to recognize its signs early. Dietitian Arisahi Crane with Fruition Nutrition shares tips for staying hydrated and provides ideas for delicious and healthy drinks to help with this as well. From infused water made by adding fruits, herbs or vegetables to teas enjoyed hot or cold and smoothies packed with healthy options, all are refreshing and flavorful alternatives to plain water while boosting hydration. Choosing healthy drinks like these ensures you stay

hydrated and energized, even in the hottest weather.

A Sound Bath

PEACHTREE CITY

Friday, June 13

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.

Prep In Your Step

FAYETTEVILLE

Monday, June 16

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

FREE

Members and non-members

Pre-registration required

Meal prepping not only makes your week much simpler, quicker and easier, but also is a great option to use when trying to stay healthy and on track. Lifestyle Coach and Certified Nutritional Therapist Linda Weigand with Inside Out Dynamics discusses the abundance of benefits to meal planning and prepping and the value of reading food labels. Get tips for being successful as well as simple food hacks for easy meal prep. Discover ways to save time

while cooking, learn about critical ingredients to look for, recognize when something is not what it seems, and gain confidence in meal prepping to help you in your diet!

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Wednesday, June 18

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.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, June 18

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.

Summer Sweat Sesh

FAYETTEVILLE

Wednesday, June 18

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

FREE

Members and non-members

Pre-registration required

The summer months can be chaotic. It always seems that our routine is off from travel, summer activities and the grandkids being out of school! It happens to the best of us, and let's be honest, we all use it as an excuse to not exercise. Don't use it as your reason to lay off your hard work the next few months. Join Piedmont Wellness Center to explore creative solutions for staying active while you travel and while your schedule is off. Get tips for staying on track during these busy summer

months with on-the-go ideas for working out anytime and anywhere.

Scale Back the Confusion

PEACHTREE CITY
Wednesday, June 18
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Trying to lose weight but don't know what to do? TV ads, social media, even friends and family are telling us what to do, but is it the right plan for you? Join Certified Health Coach and Licensed Insurance Broker Jennifer Lunsford as she shares tips for choosing the right plan to fit your needs. Review popular meal plans that focus on weight loss as she provides us with resources to use when deciding what works best for your health.

A Mindful Approach to Memory Loss

PEACHTREE CITY
Monday, June 23
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Facing dementia can be challenging for those diagnosed and the family and caregivers who help. Beth Dow with Home Helpers Home Care provides a powerful and practical session for individuals and families navigating dementia. Learn effective strategies to manage symptoms, build brain-healthy habits and create supportive daily routines. Designed to empower you with tools, knowledge and renewed confidence, you'll leave feeling like you aren't alone in your fight against dementia. Let's face dementia together with clarity, compassion and hope.

Vein Screenings

PEACHTREE CITY
Monday, June 30
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 or loose pants for the doctor to have easy access to your legs.

Look What's Coming in July!

Once Upon A Story

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

You don't have to be a kid to enjoy the art of storytelling! Enjoy a variety of inspirational stories that will encourage you, offer hope and bring a smile to your heart.

Stay Balanced

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

Good balance is something many of us take for granted, until it becomes more difficult for us. Discuss things that contribute to unsteadiness and ways to improve coordination and balance.

Thriving On the Dry Side

PEACHTREE CITY
Wednesday, July 2
2:30 p.m. to 3:30 p.m. | FREE
Pre-registration required

You're not the only one feeling the heat, your plants are too! Learn ways you can help your plants thrive during these hot, dry conditions.

Grandparent & Grandkid Movie Day

FAYETTEVILLE
Thursday, July 3
1:15 p.m. | FREE
Pre-registration required

Bring out your grandkids or just come by yourself for a wonderful afternoon movie at the center. We will be showing *Moana* 2 (PG).

Registration will be available when the July newsletter comes out on Friday, June 20th!



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