

July 2025

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Table Talk

Embrace the beauty of the farm-to-table way of living as you discover the perks of eating locally grown harvests!

Scoop There It Is

We've got the scoop...with a cherry on top! Cool off with us on a hot summer afternoon during this tasty ice cream social at FSS!

A Slice of Summer

Grab your watermelon and tomatoes and slice them up for this delicious summer combo that will have your taste buds dancing!

Live Well. Age Well.



SHIP

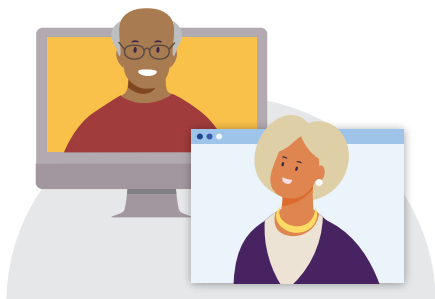
State Health Insurance
Assistance Program

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

July

featured

Style, Smiles and Service 10

Meet front desk volunteer and fashionista, Gigi, who is always so full of joy and love for those around her.

The Unlikely Duo 11

This sweet and savory mix of flavors is one you may not have thought of, but you'll be loving it all the same!

Rooted in Freshness 15

Enjoy the afternoon learning about local farming and sustainability during this farm-to-table lunch and learn.

Sundae Funday 15

What a sweet time to gather. Join us for a delicious ice cream social full of treats! You're just the sprinkles on top!

2025 HOLIDAY CLOSINGS

Independence Day.....July 4, 2025

PTC location ONLYJuly 7-11, 2025

Fayetteville will remain open this week

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

in every issue

About FSS 4

Supportive Services 5

Meet Our Staff 6

Membership & Center Info 6-7

Coming Soon 8

Free Stuff - Every Day! 12-13

Special Events 15

Classes & Programs 18-29



ABOUT US

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

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

DIRECTOR | Christy Dunkelberger

When You Need a Little Help From Some Friends...

We offer supportive services that make a meaningful difference in the emotional, social, and physical well-being of older adults by preserving their independence, improving their quality of life, and connecting them to the community.

Meals On Wheels

Meals on Wheels is a needs-based program for homebound or semi-homebound seniors who are unable to provide themselves with regular nutritious meals due to physical or financial challenges. The service also connects homebound seniors to the community through daily social contact, which also helps to ensure their well-being.

AniMeals

To many homebound seniors, having a pet is a source of companionship and comfort. The AniMeals™ program is designed to give our Meals On Wheels clients a little help with the cost of pet food to make sure that maintaining that important bond isn't an added burden.

STAR Program (Seniors Together After Retirement)

Our STAR program offers individuals 60 and older an opportunity to come together for socialization, recreational activities, health and wellness classes, and a nutritious meal in our Ultimate Cafe. Transportation to and from the Center may also be available to eligible participants.

Transportation

For older adults who no longer drive, getting to essential medical appointments, to the pharmacy, to church or to the grocery store can be a challenge putting their health and well-being at risk. We provide safe and affordable door-to-door transportation options. Wheelchair assistance available.

In-Home Personal Care/ Homemaker Services

This service enables older adults to

Eligibility requirements apply for some programs. Some services may be provided free of charge or based on a sliding scale of income. Tax deductible donations welcome for services. Contact us at 770-461-0813 for more information.



remain living independently by providing compassionate care from trained personnel who perform simple homemaker and/or personal care tasks, such as light housekeeping or assistance with bathing. Delivered with the utmost personal respect and dignity, our services can also bring much needed respite to caregivers.

Care Management

Our professional staff of social workers helps older adults make informed decisions to enhance independent living and quality of life. Our Care Managers offer consultations, assessments, and follow-up to assist individuals and families in planning and care. We also provide invaluable support to caregivers.

Medical Equipment Lending

We lend gently-used medical equipment to individuals, families and caregivers. Equipment is loaned on a first-come first served basis.



Meet Our Staff!

ADMINISTRATION

Nancy Meaders
President & CEO

Dan Gibbs
Director of Operations

Morgan Lanier
Program Development
Coordinator

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

Paul Hives
Technology Development

Amber Oliver
Center & Volunteer
Coordinator

Simone Gordon
Finance Officer

THE ULTIMATE CAFÉ

Michelle Clanton
Kitchen Manager

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

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 Wellcare, State Farm Agent Mark Gray and Sunvera Care.
**Tickets go on sale Friday, June 20th.*

September 2025

Seasons of Style 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 and Renasant.
**Tickets go on sale Monday, July 21st.*

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 join us for a fun evening full of great live music, a delicious autumn dinner and warm cider. Sponsored by State Farm Agent Mark Gray and Humana.
**Tickets go on sale Wednesday, August 20th.*

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

Miriam's Fitness Corner Happier Independence Days

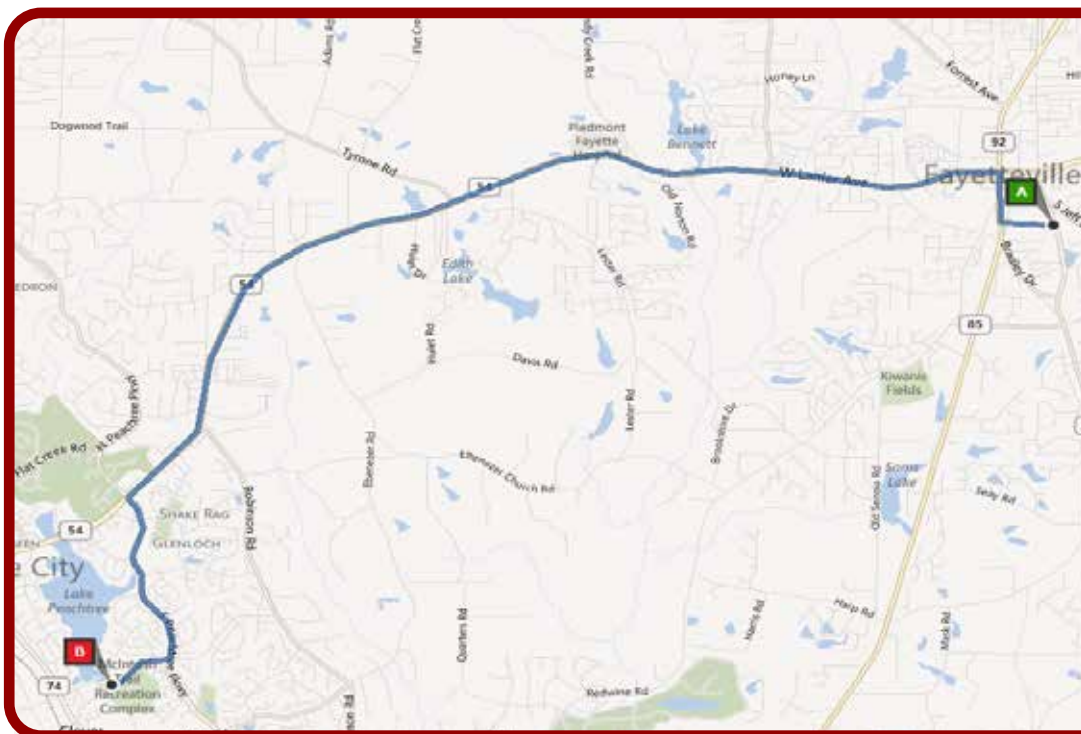
Getting older comes with many challenges. Some more easily recognizable than others. In the beginning they can appear subtle, but soon you realize it is the inevitable – aging! You think to yourself, "this is really happening." The body now requires more rest than before. Reaction times, mentally and physically, are now slower. Recall and vision are both a bit fuzzy. To add insult to injury, aches and pains have seemingly appeared out of nowhere. So what do we do? I'm glad you asked. We keep living! We embrace it and reclaim our independence by getting ahead of it. How do we get ahead of it? First, by recognizing and accepting this new season of life. Wine does not have to be the only thing that gets better with time, after all! Here are seven tips to help us thrive independently throughout our Golden Years:

1. Have a financial plan in order. Whether it's an in-law suite at the kids or an independent living community, a plan needs to be in place because neither are free.
2. Remain physically active. Exercise improves balance, strength and flexibility. This will reduce the risk of falls and maintain mobility.
3. Prioritize proper nutrition. A balanced diet ensures we receive proper nutrients needed to support overall health and energy levels.
4. Remain socially active. Engaging in social activities alleviates feelings of isolation and depression, enhancing overall health.
5. Stay mentally active. Puzzles, reading and learning new skills are great exercise for the brain and help maintain cognitive function.
6. Manage health conditions. Work with healthcare providers to manage chronic conditions. Always take medication as prescribed. Never skip routine wellness visits.
7. Maintain a safe home environment. Adding grab bars to bathrooms, removing things that could cause you to trip and other simple modifications will help prevent accidents and keep you in your home independently longer.

Follow these tips and live independently longer and happier!

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 TREATS, TOYS & TAILWAGS DRIVE

Help us treat our MOW pets to a giftbag!

During the month of July, we will be accepting donations for cat and dog items in order to provide our Animeals companions with pet treats, toys and other items! Join us by dropping by dog and cat treats, collars and leashes, food/water bowls, cat and dog toys and other useful items for us to create goodie bags to deliver to the pets of our Meals On Wheels clients!

ITEMS DUE BY FRIDAY, JULY 25

Items can be dropped at the front desk at either location. For more information, please reach out to our Animeals coordinator Stevie Coachman.



770-461-0813 Ext. 130



scoachman@fayss.org



4 Center Drive | Fayetteville
203 McIntosh Trail | Peachtree City



The People's Law School



Returns

We are excited to announce that we will be welcoming back by popular demand The People's Law School, in partnership with Judge Jason B. Thompson!

Keep your eyes peeled for more details regarding dates. Each month starting in August 2025 through May 2026, we will host local professionals to discuss a variety of topics in the legal field.

JASON B. THOMPSON

STATE COURT JUDGE



Dear Volunteer, You Make a Difference!

A Phenomenal Woman

Written By: Amber Oliver



Gigi Lambert is one of the friendly faces you will see at the front desk in Fayetteville on Mondays! You'll enjoy hearing her bright voice and seeing a smile on her face as people pass by and she welcomes them. Her charisma for life and ability to bring a positive environment to those around her is contagious and so appreciated at the center!

A resident of Fayette County for 13 years, she grew up in Montgomery, Alabama, where her mother was a cook and her father worked as a hospital dietitian. As the oldest of 4 children, Gigi assisted her mom with taking care of her younger 2 brothers and sister. With as much as a 7-year age gap, Gigi and her siblings didn't "play" together as kids, but they did share complete love, adoration and respect for each other. They had separate friend groups, yet they still enjoyed many things together as a family. Some of their favorite things to do were to play board games, card games, Atari video games, basketball, football and hopscotch. And don't forget the love they had for hiking in the woods, which always resulted in coming home with tons of fruits like plums and blackberries! The thing they enjoyed doing most together was listening, singing and dancing to R&B, jazz and early rap music. Gigi's first job was when she was just 15 years old as a summer camp counselor. She attended both Alabama State University and Shorter College.

Gigi met her husband, Garrett, in a nightclub and laughs when sharing, "It was like I was dating myself!" They married in 2005 and the rest is history. Gigi has 1 biological son, 3 bonus children and 1

grandchild. While Garrett is a computer programmer, Gigi worked as an administrator in higher education and retired in August of 2023 after serving 26 years at Morehouse School of Medicine. Gigi enjoys interior decorating, gardening – flowers not food she laughs - working out and taking part in other physical activities such as hiking, walking, yoga and dancing. She also enjoys curating fashion, reading, fine dining and traveling - especially girls' trips!

Gigi was initially introduced to FSS when she retired and her mom came to live with her for 8 months. When her mom returned to Montgomery, Gigi found herself with a lot of time on her hands. And if you know Gigi, you know she is not good at doing nothing. Since she enjoys learning from her elders and staying busy, she thought it would be a good idea to be around a community where she could garner a wealth of knowledge and give back at the same time. And FSS was a perfect fit for just that! Gigi loves volunteering with seniors because it provides her the opportunity to build genuine relationships and make a positive impact in their lives. "Spending time with older adults allows me to learn from their life experiences and wisdom, which gives me a broader perspective on the world and helps me develop important life skills like empathy and patience. I find it incredibly rewarding to help reduce feelings of loneliness or isolation for seniors, and I've seen firsthand how even simple acts of companionship can brighten someone's day and improve their well-being. It also gives me a strong sense of purpose and accomplishment knowing that my time and attention can help someone feel more connected and valued. It is deeply fulfilling. The relationships I've built through volunteering, to include my volunteer peers, are meaningful and I appreciate the chance to give back to the community while also growing personally."

Gigi's favorite line comes from a Maya Angelou poem: "It's the fire in my eyes and the flash of my teeth, the swing in my waist and the joy in my feet. I'm a phenomenal woman, that's me." And phenomenal she is! Thank you Gigi, for sharing your time and talents with all of us at FSS. There is no doubt that you make an impact on everyone you meet. You truly are a phenomenal woman and we are glad you chose to be a part of Fayette Senior Services!

2025 Volunteer Sponsor



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

From Our Kitchen To Yours

Watermelon and Tomato Salad with Balsamic Syrup

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



Recipe courtesy of local store Branch & Vine!

Ingredients | Balsamic Syrup

- 1 cup balsamic vinegar
- 1 tablespoon brown sugar

Ingredients | Salad

- 1 small watermelon
- 1 lb tomatoes (best quality you can find)
- 3 tablespoons balsamic syrup

Directions | Balsamic Syrup

- In a small saucepan, heat the balsamic vinegar and brown sugar over medium heat. Don't boil or the sugars will burn and taste bitter.
- Keep at a simmer until reduced by half (about 15-20 minutes).
- When the consistency is close to a syrup, remove from heat. It will continue to thicken.
- If too thick, return to heat and add more balsamic. If too thin, return to heat and continue to reduce.

Directions | Salad

- If arranging on a platter, slice the watermelon and tomatoes in thin slices and fan them out on a plate.
- Sprinkle liberally with the balsamic syrup and serve.
- If serving as an appetizer, cut the watermelon and tomatoes into small cubes.
- Arrange the cubes on skewers and drizzle with the balsamic syrup and serve.

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.



We welcomed the PTC Fire Department to share at the center.



Members out for an afternoon hike at Line Creek Nature Area.

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.



Volunteers at the Appreciation Dinner playing Minute to Win It games.



Volunteers in the cafe are always ready for serving up smiles!

Special Events



Photo via Healthline

Don't Let the Bugs Bite

PEACHTREE CITY
Wednesday, July 16
2:30 p.m. to 3:30 p.m.
\$15 | Includes materials
Members and non-members
Pre-registration required

Say goodbye to pesky pests and hello to natural relief as Tana Lee, President of the Holistic Chamber of Commerce, provides a hands-on class creating your very own natural bug spray and bug bite relief. Learn how to use essential oils to create your own chemical-free bug spray and itch relief roller bottles. Tana will guide you through the best combination of oils to use for repelling mosquitoes, gnats and ants, among other bothersome bugs, as well as safe application techniques for your skin, clothing and around the home. Learn holistic DIY solutions for pest protection as you take the first steps toward a more natural, bug-free lifestyle! You'll leave with two ready-to-use items – bug spray and itch relief rollers - and the confidence to make more on your own at home. It's the perfect way to prep naturally for a bug-free summer!



Lunch & Learn: The Farm to Table Way

FAYETTEVILLE
Tuesday, July 29
11 a.m. to 1:30 p.m.
\$15 | Includes lunch
Members and non-members
Pre-registration required

Embrace the farm-to-table philosophy, which emphasizes the use of fresh, minimally processed ingredients, often served just steps from where they were grown! Discover the numerous health benefits that come with following this lifestyle, including improved nutrition, seasonal variety and local sustainability. Highlight how freshness, simplicity and local availability create not only healthier meals but also stronger communities. Featured speakers include Scott Tyson, Owner of 180 Degree Farms; Hayes Tyson, Registered Dietitian with Nourish; and Rebecca Jacobs with Georgia Farm Bureau. Gain insight into how farm-to-table practices can transform your approach to food. Enjoy a delicious lunch and a refreshing summer dessert as part of this wholesome experience!



I Melt For You Ice Cream Social

PEACHTREE CITY
Thursday, July 31
1:30 p.m. to 2:15 p.m.
\$8
Member exclusive
Pre-registration required

Remember the days of soda fountains and juke boxes? Join us as we bring back those memories with an ice cream social the Fayette Senior Services' way! I scream, you scream, we all scream for ice cream. Enjoy classic sundaes, fizzy floats and all your favorite toppings as we bring them all together for an afternoon full of delicious treats. Sugar-free ice cream will be provided as well. We'll be spinning the best oldies tunes to set the mood, whether you're ready to hit the dance floor or simply relax and reminisce. It's a sweet way to spend time with friends, share stories and create new memories as we celebrate the good ole days. Don't miss this fun and flavorful trip down memory lane!

Sunday	Monday	Tuesday	Wednesday
		1 Massage pg. 26 Garden Club pg. 21 Stay Balanced pg. 26 Once Upon A Story pg. 21	Quilting UFO p Thriving On the I
6	7 When Disaster Strikes pg. 22 Peachtree City location CLOSED	8 Volunteer Open House pg. 22 Lessons from the Blue Zone pg. 27 Peachtree City location CLOSED	Quilting UFO p The Year of Ya Peachtree location
13	14 Crochet: Eye Glass Holder pg. 18 Healthy Together pg. 27 Tap Into Tech pg. 23	15 Painting Workshop pg. 18 Who Done It? pg. 23 Book Club pg. 23	Quilting UFO pg Hearing Aid Maintenance Computer Assi Ageless En Don't Let the B
20	21 1-on-1 Medicare Consultations pg. 24 Hometown Legends pg. 24 The Great Indoors pg. 24	22 And Sew It Begins pg. 24 Planning for Tomorrow pg. 24 Computer Assistance pg. 26 Feed Your Recovery pg. 28	Quilting D Holiday Ide Grave Landsc Name That T
27	28 Crochet: The Year of Coasters pg. 18 Home Smart Home pg. 25 Lights, Camera, Combat pg. 25	29 Lunch & Learn: The Farm to Table Way pg. 15 The Pathway to Peachtree City pg. 25	On the Defe Quick Bite Gotta Hand Hand Massa

2025

Wednesday	Thursday	Friday	Saturday																																																																																											
<div>2</div> <div>g Day: g. 18</div> <div>Dry Side pg. 22</div>	<div>3</div> <div>What's for Lunch? pg. 22</div> <div>Grandparent & Grandkid Movie Day: <i>Moana 2</i> pg. 22</div> <div>Grandparent & Grandkid Movie Day: <i>Paddington In Peru</i> pg. 22</div>	<div>4</div> <div>CLOSED</div> <div>Independence Day</div>	<div>5</div>																																																																																											
<div>9</div> <div>g Day: g. 18</div> <div>rdening pg. 22</div> <div>ree City CLOSED</div>	<div>10</div> <div>Eyeglass Repair and Adjustments pg. 27</div> <div>Hacks on Aging pg. 27</div> <div>Peachtree City location CLOSED</div>	<div>11</div> <div>Retrain, Restore, Reawaken pg. 27</div> <div>Peachtree City location CLOSED</div>	<div>12</div>																																																																																											
<div>16</div> <div>Day: g. 18</div> <div>Cleanings & ice pg. 27</div> <div>istance pg. 26</div> <div>ergy pg. 27</div> <div>ugs Bite pg. 15</div>	<div>17</div> <div>The Grape Escape pg. 23</div> <div>The Tastes and Traditions of South Africa pg. 23</div> <div>Dementia Caregiver Support Group pg. 23</div>	<div>18</div> <div>Cornhole pg. 23</div> <div>1-on-1 Legal Consultations pg. 24</div> <div>A Season of Watercolor pg. 18</div> <div>A Sound Bath pg. 28</div>	<div>19</div>																																																																																											
<div>23</div> <div>ay: UFO as pg. 18</div> <div>apes pg. 25</div> <div>une pg. 24</div>	<div>24</div> <div>Book Club pg. 25</div> <div>Movie Day pg. 21</div> <div>Balance It Out: Balance Assessments pg. 28</div> <div>Car Wash pg. 25</div> <div>Bean Bag Baseball pg. 25</div>	<div>25</div> <div>Cornhole pg. 23</div> <div>Movie Day pg. 21</div> <div>Prescription Peace of Mind pg. 28</div>	<div>26</div>																																																																																											
<div>30</div> <div>nse pg. 25</div> <div>s pg. 28</div> <div>d It To You: ages pg. 28</div>	<div>31</div> <div>I Melt For You Ice Cream Social pg. 15</div> <div>Layered and Delicious: Salad In A Jar pg. 29</div> <div>Ask the Pharmacist pg. 29</div>	<div>June 2025</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr></table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<div>August 2025</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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31																																																																																														

July Program Schedule

Needlework

Crochet: Eye Glass Holder

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

This is perfect to place in your bedroom to hold your glasses for safe keeping at night! A specific spot for glasses so they are easy to find when you need them. Materials needed: Yarn in your choice of colors (Red Heart Super Saver is a good choice); small amount of white and black for the nose and eyes; 4 stitch holders; crochet hook size G. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Coasters

FAYETTEVILLE
Monday, July 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, create a bright colored sunflower to brighten the hot summer days! Materials needed: Brown and yellow or gold cotton yarn; crochet hook size G. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, July 2
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required

Instructor: Darlene Hubble

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

FAYETTEVILLE
Wednesday, July 16
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 Day: UFO Holiday Ideas

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

While working on your current UFOs, brainstorm some ideas for holiday projects with the group! Some ideas will also be presented by Darlene. 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

Painting Workshop

PEACHTREE CITY
Tuesday, July 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, paint a gorgeous spring and summer flower bouquet.

A Season of Watercolor

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

A tree for summer, spring, fall and winter! Learn to draw a natural tree and paint them uniquely to represent the four seasons. Master the art of how to use masking fluid, how to paint snow, how to use wet-into-wet for more natural color blending and other techniques. Discuss different ways to use and frame these paintings once they are complete. Leave with four small paintings and a frame to display them. This class is designed for all levels, no previous experience needed.

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 (doesn't meet
1st 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 already have a knowledge of the basic line dance steps.

Intermediate Line Dance

FAYETTEVILLE

Tuesday

12:15 p.m. to 1:15 p.m.
(doesn't meet 1st Tuesday)

\$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!



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, combine core-strengthening benefits with soothing mobility exercises and deep stretches to improve flexibility, balance and movement. Whether you're new to Pilates or looking to enhance your routine, this will help you feel stronger, move with ease and enjoy the freedom of a flexibility. Get ready to stretch, strengthen and flow through exercises that are 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

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.



Garden Club

FAYETTEVILLE
Tuesday, July 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.

Once Upon A Story

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

You don't have to be a kid to enjoy the art of storytelling! Join storyteller Marcia Robinson as she expressively shares the

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, July 24 | 1:15 p.m.
A Complete Unknown (2024) | R

FAYETTEVILLE
Friday, July 25 | 1:15 p.m.
A Complete Unknown (2024) | R

Starring: Timothée Chalamet, Edward Norton, Elle Fanning. In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world.

Movie sponsored by:



Sonder Health
A Medicare Advantage Company

tales untold. Enjoy a variety of inspirational stories that will encourage you, offer hope and bring a smile to your heart. Through her powerful words, Marcia and her creative storytelling will leave you feeling valued and excited!

Thriving On the Dry Side

PEACHTREE CITY

Wednesday, July 2

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

FREE

Members and non-members

Pre-registration required

It's hot outside! You're not the only one feeling the heat, your plants are feeling it too! Kim Toal with the Extension Office will talk about beautiful, low-maintenance plants that are perfect for your backyard, patio, or garden during long dry spells. She'll also share practical tips to help your existing plants survive and thrive during drought-like weather. No matter if you're a seasoned gardener or just starting out, equip yourself with the knowledge to keep your greenery going strong all summer long.

What's for Lunch?

PEACHTREE CITY

Thursday, July 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 Friend's Table in Peachtree City.

Grandparent & Grandkid Movie Day: *Moana 2*

FAYETTEVILLE

Thursday, July 3

1:15 p.m.

FREE

Member exclusive

Pre-registration required

Bring your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing *Moana 2* (PG). After receiving an unexpected call from her wayfinding ancestors, Moana must journey to the far seas of Oceania and into dangerous, long-lost waters for an adventure unlike anything she's ever faced.

Grandparent & Grandkid Movie Day: *Paddington In Peru*

PEACHTREE CITY

Thursday, July 3

1:15 p.m.

FREE

Member exclusive

Pre-registration required

Bring your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing *Paddington In Peru* (PG). Paddington and the Brown family travel to Peru to find his beloved Aunt Lucy, whose mysterious disappearance may be linked to a legendary lost city. This thrilling adventure ensues when a mystery plunges them into an unexpected journey.

When Disaster Strikes

FAYETTEVILLE

Monday, July 7

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

FREE

Members and non-members

Pre-registration required

An emergency or disaster can occur at any time, and often without any warning. In the face of a disaster, your daily life can be quickly impacted. Join Mikkita Dean with the American Red Cross as she discusses details on preparedness essentials and offers practical advice for staying ready in the face of emergencies. With years of experience in disaster preparedness, Mikkita will

guide us through the key steps to building an effective evacuation kit and creating a family emergency plan. She will also cover what actions to take before, during, and after a crisis to ensure safety and quick recovery. Leave feeling empowered with the knowledge and confidence to handle unexpected events.

Volunteer Open House

FAYETTEVILLE

Tuesday, July 8

2 p.m.

FREE

Members and non-members

No pre-registration required

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

The Year of Gardening

FAYETTEVILLE

Wednesday, July 9

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

FREE

Members and non-members

Pre-registration required

Dig into your garden calendar with expert guidance from Frank and Patty Hiller as they continue their engaging discussion on annual garden planning. As Georgia Master Gardeners, Master Naturalists, and Atlanta Audubon Master Birders, the Hillers bring a wealth of knowledge and practical experience to every season. Focus on gardening during the hot summer months—July, August, and September—as they offer tips on watering, keeping plants cool, deadheading, and cutting back flowers and shrubs. Learn the best times to prep, plant, sit back and plan to help your garden thrive all year long. You'll discover just how crucial timing is for long-term gardening success.

Tap Into Tech

FAYETTEVILLE

Monday, July 14

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

FREE

Members and non-members

Pre-registration required

Ebonie Jackson with Humana is here to open our eyes to the world of technology. Discover the basics of technology as you build confidence and independence with new skills to open the door to today's technology. Gain practical tips to stay connected with family, access information and optimize the most of your device to make everyday life easier. During this hands-on workshop designed to help seniors build confidence using their smartphones, you'll learn how to identify basic phone hardware, use essential touch gestures, adjust text size and screen brightness and explore helpful accessibility features. With clear, friendly instruction tailored to all experience levels, feel empowered to stay connected, independent and informed in today's digital world.

Whodunit?

FAYETTEVILLE

Tuesday, July 15

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

FREE

Members and non-members

Pre-registration required

In this interactive "whodunit?" murder mystery, writer and researcher S.K. Bentley Davis delves into a series of real unsolved murder mysteries that have happened throughout history. Many of these cases, especially older ones, remain unresolved due to missing evidence, limited investigative resources or complex circumstances. Can you help solve them? As the presentation unfolds, examine key suspects and evaluate them using the classic criminal investigation trio: motive, means and opportunity. As you follow the clues and uncover

hidden details, you'll have the chance to piece together the puzzle and propose your own solutions. Each clue brings you closer to uncovering the truth. Can you solve the mystery where others have failed? Step into the detective's shoes as we explore the shadows of history's most puzzling crimes.

A Novel Idea Book Club

PEACHTREE CITY

Tuesday, July 15

1:45 p.m.

FREE

Member exclusive

No pre-registration required

July book: *No Two Persons* by Erica Bauermeister. August book: *Lula Dean's Little Library of Banned Books* by Kirsten Miller. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

Dementia Caregiver Support Group

PEACHTREE CITY

Thursday, July 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 Tastes and Traditions of South Africa

FAYETTEVILLE

Thursday, July 17

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

FREE

Members and non-members

Pre-registration required

Experience the rich flavors and vibrant traditions of the South African culture in this engaging cooking demonstration that blends food with cultural storytelling. Edith Livinus with Piedmont Home Care Services shares her expertise of her home

country of South Africa. Learn how to make popular dishes like egg rolls and vegetable fried rice through this fascinating cooking demonstration, followed by a delicious tasting. Alongside the culinary experience, you'll also discover cultural insights, including traditional views on marriage and family life in parts of Africa. Connect with heritage through food and conversation. Come ready to learn, taste and celebrate the beauty of South African culture!

The Grape Escape

PEACHTREE CITY

Thursday, July 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 bubbly summer wines.

Cornhole

PEACHTREE CITY

Friday, July 18

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

PEACHTREE CITY

Friday, July 25

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!

1-on-1 Legal Consultations

FAYETTEVILLE
Friday, July 18
11 a.m. to 2 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.

1-on-1 Medicare Consultations

FAYETTEVILLE
Monday, July 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.

Hometown Legends

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

Did you know that Fayette County has been called home to governors, athletes, artists and even a Walmart CEO? Join Gail Jenkins with the Fayette County Historical Society for a fascinating look at the iconic individuals who were born, raised or lived right here in our community! From Governor Hugh Dorsey and Olympic athletes like Christian Taylor and Kelley O'Hara to

Grammy-winning singer Zac Brown and folk artist Nellie Mae Rowe, Fayette County's history is rich with talent and achievement. Discover the diverse group of local legends who've made their mark on Georgia and beyond, who once lived right here in the county we call home. Discover the stories and successes of some of our county's most remarkable residents. You might be surprised by who once called Fayette County home!

The Great Indoors

FAYETTEVILLE
Monday, July 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

It's time to put your green thumb to work! Don't let the weather be an excuse. Even if you don't have the right space for outdoor gardening or you think it's too hot, we've got the perfect solution for you! Robbie Martin, owner of Art of Landscaping, shares secrets to indoor gardening and easy to maintain houseplants. She will discuss indoor and patio gardening ideas with tips for plants you can enjoy in both spaces. You'll learn the best ways to care for them with this type of gardening technique and she'll share ideas for how you can spruce up your decorating around the house.

And Sew It Begins

FAYETTEVILLE
Tuesday, July 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.

Planning For Tomorrow

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

Estate planning is long, detailed and sometimes overwhelming, but it's one of the most important steps you can take for your future. Brandon Jordan with Arch Advisory Group will walk us through five essential estate planning documents that can help protect your assets, honor your wishes and provide peace of mind for you and your loved ones. He'll also break down the differences between family gifting and charitable gifting, and how each can be used strategically within your overall plan. Whether you're starting from scratch or looking to update and revisit your existing plans, gain insight in order to help you make practical and informed decisions. Take the first step in securing your legacy!

Name That Tune

FAYETTEVILLE
Wednesday, July 23
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

The classics are back in style... get ready to test your music knowledge with a competitive twist right here at FSS! Martell Jones with Wellcare helps us enjoy the classics during this exciting round of Name That Tune, featuring favorite hits from decades past. Whether you're playing solo or with a team, you'll enjoy singing along, tapping your toes and maybe even dancing to the rhythms of yesteryear. This lively game is all about fun, nostalgia and a little friendly competition. Come relive the golden days of music and see how many tunes you can name!

Grave Landscapes

PEACHTREE CITY

Wednesday, July 23

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

FREE

Members and non-members

Pre-registration required

Author and preservationist Erica Danylchak shares the history of the rural cemetery movement. As people began to flock to cities during the Industrial Revolution, overcrowding led to full urban graveyards that were unsightly and a source of public health concerns. Erica will discuss the innovative solution to this situation that would not only create beautiful burial grounds to honor our loved ones, but also park-like spaces open to the public. Erica currently works as an Architectural Historian for VHB in Atlanta.

Car Wash

PEACHTREE CITY

Thursday, July 24

9 a.m. to 4 p.m.

\$40

Member exclusive

Pre-registration required

Spish splash your car was taking a bath! Hector Antonio with Roll N' Shine will be on site for your convenience to bring your car in for a wash, inside and out, while you wait comfortably in FSS. Roll N' Shine has the right to turn down cleaning service for extremely dirty interior.

P“age” Turners Book Club

FAYETTEVILLE

Thursday, July 24

1:30 p.m.

FREE

Member exclusive

No pre-registration required

July: *The Covenant of Water (B)* by Abraham Verghese. August: *Packing for Mars* by Mary Roach. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Bean Bag Baseball

FAYETTEVILLE

Thursday, July 24

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!

Home Smart Home

PEACHTREE CITY

Monday, July 28

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

FREE

Members and non-members

Pre-registration required

You don't have to be tech-savvy to have a smart house! Let your house do all the work for you, or at least what you program it to. Join tech expert Zyler Gilley with TCG Smart Homes as he shares how simple it can be to upgrade your home with smart technology. Learn about popular devices like Ring cameras, Alexa/Google Home, smart switches and thermostats that can make daily life more convenient and secure. From automating lights and adjusting temperatures to monitoring your home while you're away, smart technology offers easy ways to stay connected and in control. Zyler will also provide helpful tips on installation, trusted brands, and how to get started—no tech degree required!

Lights, Camera, Combat

FAYETTEVILLE

Monday, July 28

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

FREE

Members and non-members

Pre-registration required

Join Chris Madrid from the Commemorative Air Force Airbase Georgia for an intriguing take on how Hollywood and films have played a role in shaping WWII narratives. Explore how classic movies have influenced people's perception of World War II and shaped the national conversation about the war. Chris will also discuss how modern films revisit these narratives, reflecting evolving attitudes and historical interpretations. Whether you're a film buff or history enthusiast, take a unique look at the intersection of cinema and wartime storytelling. Don't miss this opportunity to learn how Hollywood both captured and shaped the understanding of the war for many generations.

The Pathway to Peachtree City

PEACHTREE CITY

Tuesday, July 29

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

FREE

Members and non-members

Pre-registration required

Join Peachtree City Mayor Kim Learnard and City Manager Justin Strickland as they provide an update on what is in the works around our hometown! Hear the latest developments and future plans for our community as they discuss what's in motion and what's on the horizon. They'll also provide an update on upcoming Peachtree City happenings. Enjoy this chance to get to know the mayor and city manager and discover what exciting things are to come. Don't miss this exciting look at what's happening in Peachtree City!

On the Defense

FAYETTEVILLE

Wednesday, July 30

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

FREE

Members and non-members

Pre-registration required

The building blocks of self-defense are essential for personal safety, and Patrick Boyd is here to share valuable tools for empowerment. In this hands-on seminar, you'll learn the importance of situational awareness, confidence, and peace of mind in staying safe. Patrick will guide you through basic self-defense moves and provide practical strategies for avoiding and reducing the risk of danger. This class is designed to be low-impact, focusing on learning techniques in a comfortable and stress-free environment. Whether you're new to self-defense or looking to refresh your skills, this session will set you on the path to protecting yourself with confidence.

Trivia

FAYETTEVILLE

Fridays

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

FREE

Member exclusive

No pre-registration required

Host: Linda Abbott

It's not who you know, it's what you know. Join Quiz Queen Linda Abbott for a little friendly competition. Form teams or take 'em on yourself. Answer questions from a variety of categories and test your knowledge.

Dulcimer

FAYETTEVILLE

Wednesday

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

FREE

Member exclusive

No pre-registration required

Join our dulcimer group! This group has been playing together for some time, but always welcomes new people! The dulcimer is a unique string instrument native to the Appalachian region of the United States. This is an open group playing music together. You must have your own dulcimer and

know how to read music to join. This is not an instruction-based class, just free time to play music together!

Technology

Computer 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, July 16

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, July 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.

Wellness

Massage

FAYETTEVILLE

Tuesday, July 1

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.

Stay Balanced

PEACHTREE CITY

Tuesday, July 1

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

FREE

Members and non-members

Pre-registration required

Good balance is something many of us take for granted, until it becomes more difficult for us to steady ourselves. Dr. Josh Davis with First Step Physical Therapy discusses the three things that contribute to good balance. Learn how posture affects our balance, ways to reduce risks of falls, and the best exercises to do at home to improve overall balance, posture and coordination.

Lessons from the Blue Zone

FAYETTEVILLE

Tuesday, July 8

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

FREE

Members and non-members

Pre-registration required

People are living longer than they ever have, so what's the secret? There are a combination of contributing factors according to science, including genetics, diet and lifestyle. But what is truly the secret to living to 100? Join Henry Mason with Precious Hospice as he offers insight into the daily habits and cultural practices of the world's longest-living and healthiest populations. Discuss the extended research of the blue zones, where people are said to live significantly longer and healthier lives, surpassing the 100-year mark! Explore and highlight key factors that contribute to longevity, such as lifestyle habits, diet, strong social and community connections, and purposeful living. Henry will share practical tips tailored for you on how to adopt these healthy habits in your own daily routines. This inspiring and informative session will promote well-being and vitality long into your golden years.

Eyeglass Repairs and Adjustments

FAYETTEVILLE

Thursday, July 10

11:30 a.m. to 12:30 p.m.

FREE

Member exclusive

No pre-registration required

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

Healthy Hacks On Aging

FAYETTEVILLE

Thursday, July 10

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

FREE

Members and non-members

Pre-registration required

It's no secret that we are aging, it's happening to the best of us! Instead of harping on it, meet it head on with grace and enthusiasm! Brenda Landers with Southern Grace Hospice shares practical and encouraging advice on simple daily habits that support strong, healthy aging. Learn easy-to-implement tips that promote physical well-being, mental sharpness and emotional balance. From nutrition and movement to social connection and mindset, you'll discover how small, consistent choices can lead to lasting benefits. Whether for yourself or if you're supporting a loved one, you'll walk away with actionable ideas to enhance quality of life every day. After all, growing old may be mandatory, but growing up is optional!

Retrain, Restore, Reawaken

FAYETTEVILLE

Friday, July 11

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

FREE

Members and non-members

Pre-registration required

Step into the world of neurorehabilitation, where the brain and body reconnect through the magic of movement! Daniel Draper with First Step Physical Therapy explores how physical therapy sparks recovery for those who have suffered from strokes, spinal cord injuries, and Parkinson's, just to name a few. Learn how cutting-edge techniques used through neurorehab help rewire the brain for better strength. Through retraining muscles, restoring balance, and reawakening mobility, this form of rehab helps patients reclaim their independence. Whether you're a patient, caregiver, or just curious to learn more, come discover the incredible resilience of the human body and mind!

Healthy Together

PEACHTREE CITY

Monday, July 14

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

FREE

Members and non-members

Pre-registration required

A well-balanced meal is more than just healthy eating, it's the start to a healthy lifestyle! Eating well not only is good for yourself, but can set a great example for your family as well. Join Chef and healthy cooking expert Nora Pullen with In the Kitchen with Nora for a fun and engaging session designed to help grandparents and grandkids discover the power of healthy eating, together! You are welcome to join with just yourself, or bring your grandchild along. Either way you'll gain an abundance of knowledge! Learn easy tips for building balanced meals, explore smart snacking ideas and play fun food-themed games that make learning about nutrition exciting for all ages! Through colorful visuals, creative activities, and lively discussions, you'll leave with practical strategies to make healthier choices — and have fun while doing it!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, July 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.

Ageless Energy

FAYETTEVILLE

Wednesday, July 16

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

FREE

Members and non-members

Pre-registration required

While we can't turn back time, we can help slow it down! Join Piedmont Wellness Center as they share insight on ways to reduce or eliminate age-related declines with routine exercise. We hear it all the time that exercise is the best medicine. Here is your chance to find out just how much exercise is needed each day to help combat age-related decline and support healthy aging. Learn ways that exercise alone can reduce or completely eliminate certain mental and physical declines that we have accepted as an inevitable part of aging. Discover how small, consistent movements can lead to big changes in your quality of life and improve overall vitality.

A Sound Bath

PEACHTREE CITY
Friday, July 18
1:30 p.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

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

Feed Your Recovery

FAYETTEVILLE

Tuesday, July 22
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Does nutrition really matter during recovery from illness, surgery or hospitalizations? Absolutely! And it can be just as crucial as your medical care. Join Certified Health Coach and Licensed Insurance Broker Jennifer Lunsford as she shares essential tips on how proper nutrition supports healing, boosts energy and helps prevent complications in recovery. Learn what you should be prioritizing during a time of recovery in order to increase your success in healing. Jennifer will share meal plan ideas with easy, recovery-friendly recipes to support your healing journey.

Balance It Out: Balance Assessments

FAYETTEVILLE
Thursday, July 24
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Lauren Cathey 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, she will discuss the results and make suggestions to achieve the level of wellness and balance you desire.

Prescription Peace of Mind

PEACHTREE CITY
Friday, July 25
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Starr Slade, Georgia SHIP Coordinator, for a better understanding of Medicare drug costs. Navigating prescription coverage can be confusing, but

Starr will break down the key factors that affect what you pay, including drug tiers, formularies and coverage. Learn how to compare plans, identify cost-saving opportunities and avoid common pitfalls that can lead to higher out-of-pocket expenses. Join in whether you are a current Medicare beneficiary or preparing to enroll. Gain the knowledge you need to make informed decisions and manage your medication costs with confidence.

Gotta Hand It To You: Hand Massages

FAYETTEVILLE
Wednesday, July 30
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!

Quick Bites

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

It's time to make the kitchen one of your favorite places to be again! Learn to love cooking while focusing on nutrition as Tara Stephen, RN and owner of Samaritan Nursing Care, provides helpful advice on creating quick and nourishing meals that will have you coming back for more! Tara will share

tips for preparing healthy, balanced dishes that don't require hours in the kitchen. Perfect for busy schedules or anyone looking to simplify mealtime. Learn how to build meals that support energy and wellness while using simple, nutritious ingredients. Whether you're cooking for yourself or others, you'll leave feeling inspired and ready to enjoy delicious, wholesome food.

Ask the Pharmacist

PEACHTREE CITY

Thursday, July 31

1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Join Hiren Patel, owner and pharmacist with The Pharmacy Place. He will be on-site to answer your questions about the specific medications you take. Get an individual one-on-one analysis of all your medications and the way they

work, how they should be taken, potential side effects and any possible interactions. Bring in a complete list of your medications as well as any questions or concerns you may have as you sit down to get the answers you need from one of our local pharmacists!

Layered and Delicious: Salad In A Jar

FAYETTEVILLE

Thursday, July 31

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

FREE

Members and non-members

Pre-registration required

Who doesn't love a light, quick and delicious meal during the summertime? A quick and easy option that checks all these boxes is a fresh salad in a jar using seasonal ingredients for an on-the-go healthy meal all summer long. Join Dr. Shaneka McClarty, a licensed psychotherapist, health scientist and plant-based chef, as she guides us in making

sure these salads stay nice and fresh in a mason jar until you're ready to devour them! This hands-on workshop will teach you how to build the perfect salad in a jar, starting with your choice of salad base like spinach, kale, or field greens, and then adding 5-8 ingredients of your choice. Bring mason jars and the salad base of your choice to class with you to start off your salad jar! Pick up some of your favorite salad toppings as we swap and share ingredients with each other to create delicious and refreshing salads in your mason jar. Bring enough for everyone in the class to enjoy each others. Dr. McClarty will provide tips on ingredient combinations, storage ideas and how to keep your salads fresh for days. Feel free to pick up a list of ingredient ideas at the front desk to inspire future creations and spark ideas for things to bring to class to share!

Look What's Coming in August!

Around the Clock

PEACHTREE CITY

Friday, August 1

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

Pre-registration required

Discover the intricate parts of the clock as you learn about the gears, sprockets and mechanisms that come together to create that familiar sound of tick tock.

Wine Not: Revival Wine Bar Tastings

FAYETTEVILLE

Friday, August 1

2 p.m. to 4 p.m. | \$35

Pre-registration required

Whether you're a seasoned connoisseur or a curious beginner, enjoy a thoughtfully crafted wine tasting to bring you closer to the world of fine wines. Wine tastings and small food samples included.

The Birds of Georgia

PEACHTREE CITY

Monday, August 4

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

Pre-registration required

Flock on over and spread your wings while learning about the beautiful birds of Georgia. Discover the beauty of our native birds and the regions in which you may see them.

The Great Pollinator Census

FAYETTEVILLE

Tuesday, August 5

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

Pre-registration required

In August, the Great Southeast Pollinator Census will be completed! Meet in the garden to become a citizen scientist. Learn about the many pollinators around and how you can help with this census.

Registration will be available when the July newsletter comes out on Monday, July 21st!



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

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- Moved out of your plan service area
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- Faced other qualifying circumstances

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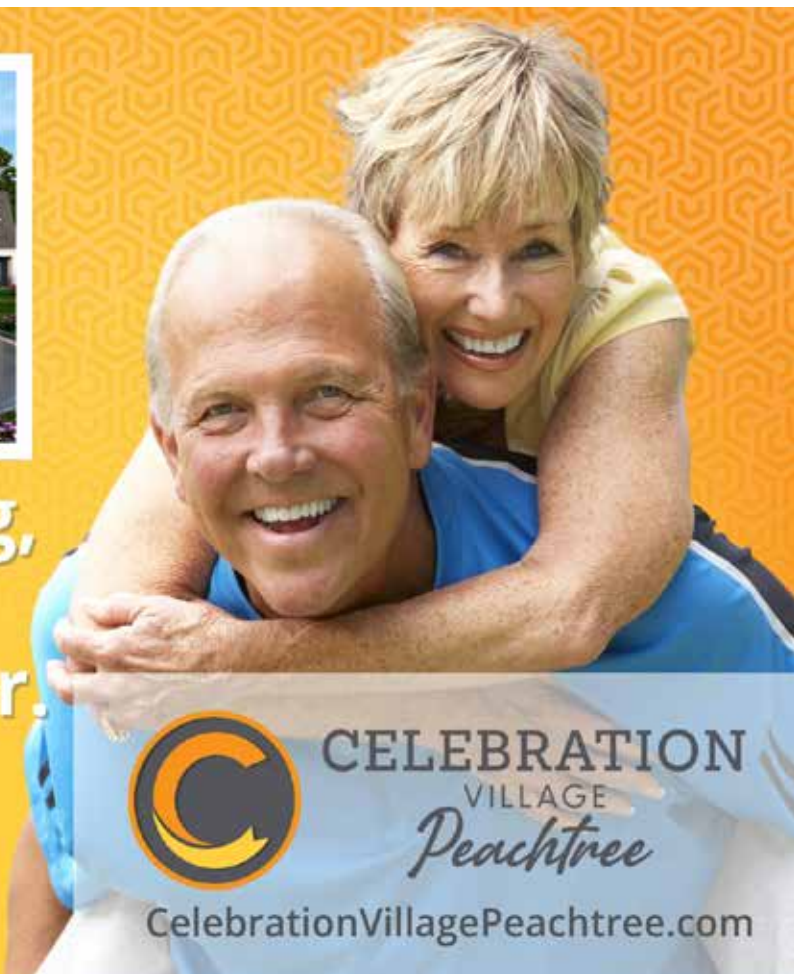
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