

August 2025

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Aloha Style

Move your hips to the music at our annual Island Fever Luau that will be full of laughter, music and delicious eats.

## The Chef's Kiss

Put on your chef's hat as you enjoy a fun afternoon learning the art of creating the perfect Italian artisan sandwich and side!

## Dishin' It Out

Enjoy a new mouthwatering casserole dish that is as easy to make as it is delicious! You'll love this Frito Chili Pie Casserole dish.

*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 | August 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](https://shiphelp.org) 877-220-0127

770-461-0813 | [FAYSS.ORG](https://FAYSS.ORG)



# August

## featured

### Mr. Fix It 10

Meet FSS Tool Team volunteer John DiVergilio who not only uses his hands, but his heart, to give back to others.

### Gettin' Chili With It 11

Bite into this delicious mix of crunchy and savory as you try this amazing frito chili pie casserole recipe!

### On Island Time 15

This FSS style Luau will have you lei'd back in no time as we make the switch to island time for the best Luau around!

### Mama Mia! Now That's A Sandwich 15

Bite into the perfect Italian sandwich! You'll love this hands-on spin to perfecting the art of building the ultimate sandwich.

## 2025 HOLIDAY CLOSINGS

Labor Day.....	September 1, 2025
Thanksgiving.....	November 27, 2025
Thanksgiving.....	November 28, 2025
Holidays.....	December 22, 2025
Holidays .....	December 23, 2025
Christmas.....	December 24, 2025
Christmas.....	December 25, 2025
Holidays .....	December 26, 2025

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## ABOUT US

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

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

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

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

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

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

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

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

### **Fayetteville Location:**

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

### **Peachtree City Location**

#### **The Gathering Place:**

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

### **Visit us at our website:**

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

## **BOARD OF DIRECTORS**

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | 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

Kristie Weaver  
Café Assistant

## MEALS ON WHEELS

Stevie Coachman  
Meals On Wheels  
Coordinator

Jane Rode  
Delivery Driver

## CARE MANAGEMENT

Morah Palmer  
Care Manager

Stevie Coachman  
Care Manager

Ashley Allred  
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

Glenn Murph  
Driver

Jason Sherman  
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](mailto: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.

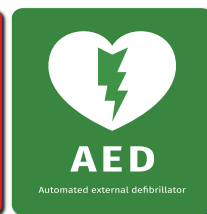
Coffee and tea are complimentary.

### 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...

### 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, Humana and Rehasant.*

*\*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 Wellcare, State Farm Agent Mark Gray and Humana.*

*\*Tickets go on sale Wednesday, August 20th.*

### November 2025

#### **Dinner Theater**

Fayetteville | Thursday, November 13  
5:30 p.m. to 8:30 p.m. | \$15

*Enjoy an evening to remember as we bring the theater right here to you at FSS! Sit back after an elegant dinner and enjoy a live holiday themed performance. Sponsored by Senior Helpers and Attorney Victoria Farrell with Fayette Law Group.*

*\*Tickets go on sale Monday, September 22nd.*

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

## Miriam's Fitness Corner How Sweet It Is

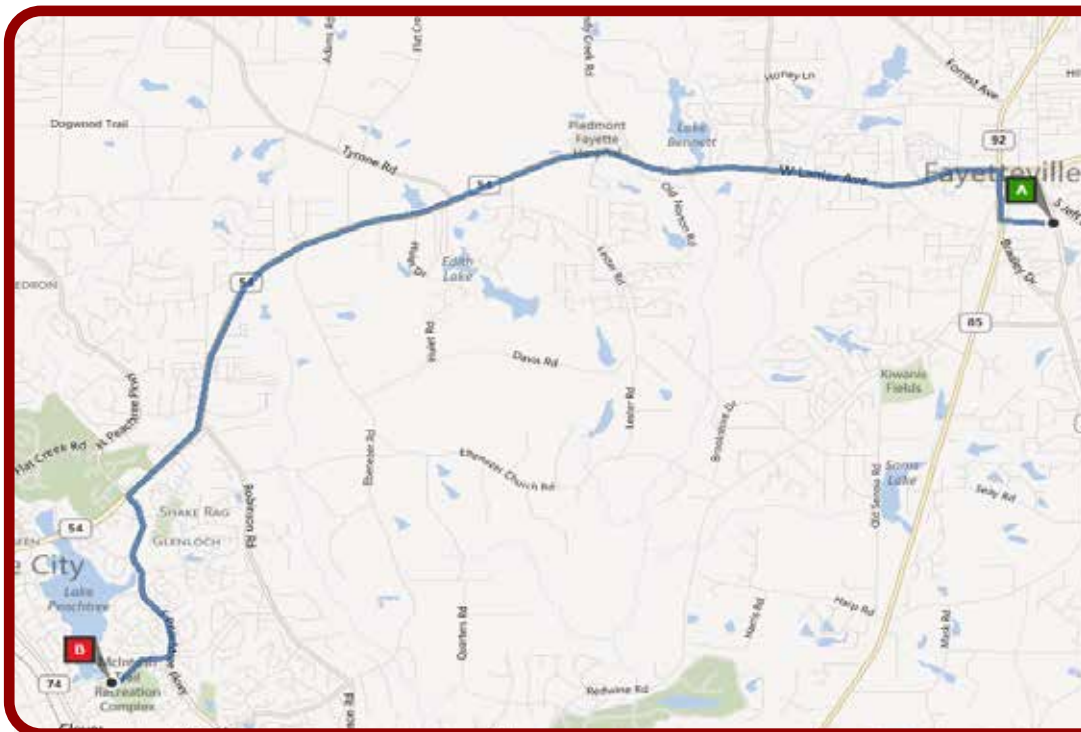
Are you trying to cut back on sugar but your sweet tooth won't let you? If so, you are not alone! A recent study showed the average American consumes 66 lbs of added sugar each year. That is almost 20 teaspoons per day. The American Heart Association says sugar intake should be limited to less than 36 grams per day for men and less than 25 grams per day for women and children. So stop and think for a moment...How are you doing with this? Why? Because this is a really big deal! Excessive sugar intake can lead to a variety of preventable health issues, including obesity, type 2 diabetes, heart disease, tooth decay, fatty liver disease and even cognitive decline. That's right - sugar fuels dementia. So, while sugar is a natural part of many foods, consuming too much, especially from processed sources, can be detrimental to overall health. Therefore, it is wise to reduce sugar intake whenever possible. Manufacturers prey on uninformed consumers so read those labels. Be mindful of hidden sugar in seemingly healthy options too. Here are a few tips to help:

1. Identify and eliminate added sugars:  
Swap sodas, juices and sports drinks for water, unsweetened tea or sparkling water. Avoid processed foods listing sugar as primary ingredient. Reduce sugary desserts. Also, keep in mind that low-fat products often contain added sugar to compensate for flavor.
2. Choose healthier alternatives:  
Prioritize whole, unprocessed foods like fruits, vegetables, lean proteins and whole grains. Use natural sweeteners and other spices like cinnamon, nutmeg and vanilla extract.
3. Make gradual changes:  
Doing anything cold turkey seldom sticks. A gradual reduction in sugar intake is typically more sustainable.
4. Drink lots of water, get plenty of sleep and never skip a meal:  
These habits will help reduce cravings. Cook at home when possible. This way you are in control.

Remember, less sugar makes life that much sweeter!

## Need Directions?

### How to get from FSS Fayetteville to FSS Peachtree City.



1. Head west on Center Drive towards GA-85/ Glynn Street S.

3. Continue Straight onto Melear Way.

3. Turn Right onto GA-85/ Glynn Street S.

4. Turn left onto GA-54 S/E Lanier Ave.

5. Turn left onto S. Peachtree Parkway

6. Turn right onto McIntosh Trail

Destination will be on the left





# Garden Club

Plant your roots with Fayette Senior Services

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

Free membership with 75 hours of volunteer service



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



## AniMeals Donations Needed!

To donate, contact Stevie Coachman at 770-461-0813 or [scoachman@fayss.org](mailto: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



# Dear Volunteer, You Make a Difference!

*The Heart Behind the Hammer*



Did you know Fayette Senior Services has a volunteer Tool Team? The Tool Team is comprised of volunteers who help seniors in need around Fayette County make repairs focusing on safety within their homes. John DiVergilio is one of our dedicated volunteers whose life journey reflects a deep commitment to service and leadership. John plays an intricate role on our tool team. His leadership is helping seniors safely be able to stay independently in their homes longer by assessing their needs, developing a plan, and taking action in performing much needed home repairs. We are grateful for the Mr. Fix-It's like John who are able to help us meet our mission through hands-on work like this.

While his story began in Baltimore, Maryland, he spent most of his earlier years in Dearborn, Michigan. His dad was a Concrete Superintendent who worked on large construction projects. His mom was a stay-at-home mom, but also a bookkeeper at times. John is the youngest of 8 children, including 6 boys and 2 girls in his family. As children, they enjoyed Scouts and frolicking on the lake in northern Michigan! John began working at the age of 12 and had many jobs throughout his youth, including caddying at a country club, a paper route, and lawn care. At 15 he was big for his age, so he was able to get away with "fast forwarding the truth a few years" in order to gain employment in restaurants and construction sites during the summers. After graduating high school, John attended Lawrence Technological University in Southfield, MI.

While attending a Sunday School volleyball game at Peachtree Presbyterian Church in Buckhead, he met Ellen and the rest was history. They were married in 1994 and have 2 children, Alex and Madison. Professionally, John carved out a successful career in commercial construction, overseeing major

Written By: Amber Oliver

developments and large-scale operations. One of his proudest professional achievements was serving as Senior Superintendent for the Olympic Rowing and Canoeing venue in Gainesville during the 1996 Games!

Retiring in 2023, John has not slowed down! He has begun a new chapter of purpose-driven living. As an active volunteer for the GSDF (Georgia State Defense Force), which focuses on responding to help in case of a state emergency or disaster, he is passionate about guiding others to this volunteer opportunity. He also enjoys being a background actor in movies. A few months ago, he was in the background on *Tulsa King* where Sylvester Stallone was filming that day. He also enjoys gardening, spending time with family, and maintaining his property of 5 acres. In the last few years, he and Ellen have visited Italy, Switzerland, Alaska, Hawaii and are looking forward to traveling even more in the future!

I asked John a few just for fun questions. He told me the best thing that has happened to him this week is "I got my tractor running and completed putting in a drainage system in my backyard." With all the rain we have had lately, this was a happy occasion. If John had his own late night talk show, his first guest would be the current Pope, Leo XIV. If singing karaoke, he could not just have one song, but would have to lip sync to *I Want It That Way* by the Backstreet Boys, *Happy* by Pharrell Williams and *Africa* by Toto. A fun fact about John is that he has had the opportunity to shake several hands of well-known people, including Muhammad Ali, Telly Savalas, and former President George Bush Sr. "The most memorable was during the final days of building the Olympic Rowing and Canoeing venue. The head of the Olympic Building Committee, Billy Payne, pulled up in a limo for the grand opening event. He got out of his car and walked in the opposite direction of the podium, directly towards me! I was standing in front of the new building we built. He shook my hand and said, 'Hi, I'm Billy Payne. Where's the restroom?'"

John says the thing he most enjoys about volunteering at FSS is the sense of satisfaction displayed by the people he is helping. They are so thankful and appreciative of his time. FSS is grateful for John and the Tool Team Volunteers for all they do in helping others. The saying goes, no small task goes unnoticed, and that rings true with these projects. They are celebrated and appreciated in a way that cannot be expressed by our clients and by FSS. Thank you John, and the Tool Team, for all you do for seniors in Fayette County!

2025 Volunteer Sponsor



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



# From Our Kitchen To Yours

## Frito Chili Pie Casserole

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



Photo via All Things Mama

### Ingredients

- 3 cups Fritos brand corn chips
- 1 large onion, chopped
- 1 can (19 oz) chili
- 1 cup grated American cheese

### Directions

- Place 2 cups of Fritos brand corn chips in a baking dish
- Arrange the chopped onion and half of the grated cheese on the corn chips
- Pour the chili over the onion and cheese
- Top with the remaining corn chips and grated cheese
- Bake at 350 degrees for 15 to 20 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

**Blood Pressure Check:**

12 p.m. to 1 p.m.

**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.



Getting creative making succulents with Owl Cove Bottega.



Members enjoyed a private tour of Thrive Ranch Co. Farm.

# 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.



We already can't wait for next year's Boot Scoot & BBQ Event!



Life on the farm is never dull with these cute guys around!



# Special Events



Photo via Airbase Georgia website

## Wings Over Georgia: Airbase Georgia Tour

AIRBASE GEORGIA  
Tuesday, August 19  
10 a.m. to 12 p.m.  
FREE

Member exclusive  
Pre-registration required

Step back in time and experience living history with a tour of Airbase Georgia. Dedicated to restoring and preserving World War II-era aircraft and history, Airbase Georgia offers visitors a rare, up-close look at aviation history in action as they educate, honor, and inspire those around them. Tour their fully operational restoration shop, where you'll see two exciting projects currently underway—a Stearman and a P-47 Thunderbolt. With seven fully restored and flight-ready WWII aircrafts on site, this visit is a unique opportunity to hear fascinating stories of the war, aviation, and the intricate restoration process from passionate volunteers. If you are a history buff, aviation enthusiast or just simply curious about this local gem, there's something to spark everyone's interest. Meet at the Air Base Georgia Museum – 1200 Echo Court, Peachtree City.



## Ciabatta-Bing!

FAYETTEVILLE  
Friday, August 22  
12 p.m. to 1 p.m.  
\$25 | Includes lunch  
Members and non-members  
Pre-registration required

Get ready to roll up your sleeves and dive into the bold, fresh flavors of Italy in this hands-on cooking class! Bring your appetite and creativity as Branch & Vine shows us the secrets to creating this mouthwatering meal. You'll not only learn the skills to create more at home, but also get to enjoy them at the end of class for lunch. Whether you're a vegetarian or a meat-lover, you'll learn how to craft the ultimate Italian artisan sandwich using rustic ciabatta bread and your choice of savory Italian ingredients. From prosciutto, salami, and grilled chicken to fresh veggies, mozzarella, and specialty sauces from Branch & Vine, there's something for every taste. Pair your sandwich with a delicious homemade side and enjoy a tasty Italian-style meal you made yourself! Gain tips on building balanced flavors, customizing ingredients, and presenting a sandwich that's as beautiful as it is tasty. Come hungry, leave inspired, and take home the skills to recreate your own Italian café experience anytime!



## Island Fever Luau

PEACHTREE CITY  
Thursday, August 28  
5 p.m. to 8 p.m.  
\$15

Members can purchase tickets  
at front desk  
Pre-registration required

As the evening sky settles into a spectacular sunset, escape to the tropics as we kick off our Island Fever Luau with a vibrant Hawaiian theme. Get ready to sway your hips and embrace the Aloha Spirit as we bring a taste of paradise right here to FSS. Put on your leis, shake out those grass skirts, and strum along with the sweet sounds of the islands. This festive evening will be full of tropical flair—complete with lively hula dancers, mouthwatering island cuisine, toe-tapping music, and joyful fun that'll have you feeling like you're living your best luau life. Dance the night away with a live performance from the Island Express Band and soak in the feel-good vibes of a true Hawaiian celebration! This event is sponsored by Sunvera Care, State Farm Agent Mark Gray and Wellcare.

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# August Program Schedule

## Needlework

### Crochet: Beaded Hedgehogs

FAYETTEVILLE  
Monday, August 11  
10 a.m. to 12 p.m.

\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

You'll love these adorable little fidget hedgehogs that are as cute as they are fun! For intermediate crochet skill level. Materials needed: Tan yarn (or color of your choice), 44 pony beads and tapestry needle; crochet hook size F or G. Other supplies will be provided by Nancy. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: The Year of Coasters

FAYETTEVILLE  
Monday, August 25  
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, it's time to make some gorgeous fall leaves! Materials needed: #4 yarn in fall colors (gold, burgundy, brown or orange); size G crochet hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, August 6  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, August 13  
9 a.m. to 3 p.m.

\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, August 20  
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

### Pigments Of Your Imagination

PEACHTREE CITY  
Friday, August 15  
9:30 a.m. to 12:30 p.m.  
\$35 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Learn the magic of alcohol ink! Discover the secret to making wonderful gifts for you or your friends using this method. Make a coaster, magnet, earrings and pendant. Learn how to use this media on a variety of items. Careful, this fun and easy art can become addictive! No experience is needed. See front desk for picture.

### Painting Workshop

FAYETTEVILLE  
Tuesday, August 19  
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 of a gorgeous stream through the summer woods.

### Made to Welcome: Mini Welcome Bench Craft

FAYETTEVILLE  
Thursday, August 21  
10 a.m. to 11 a.m.  
\$40 | Includes Materials  
Pre-registration included  
Instructor: Junk Mama's General Store

Add a charming touch to your home décor with a handmade welcome bench, full of unique items to welcome your guests! In this creative and hands-on workshop, you will create a miniature decorative bench complete with rustic elements like a welcome sign, greenery, and farmhouse-style accents. Perfect for entryways, shelves or tabletops, this piece brings warmth and personality to any space! All supplies are provided, so just bring your imagination and get ready for a fun and relaxing crafting experience with Junk Mama's General Store!

## Dance

### 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.

## **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.

## **Free Moves Line Dance**

FAYETTEVILLE  
Friday  
10 a.m. to 12 p.m.  
FREE  
No pre-registration required

Enjoy a morning of dancing during this self-led group. Gather together to move to the music. This is just a casual dance and not instruction based. No teacher will be present, just members who love dancing!



# **Fitness**

## **Flex & Flow Pilates**

FAYETTEVILLE  
Monday  
9 a.m. to 9:45 a.m.  
\$15 | Month  
Instructor: Jodi Smit

Experience the flex and flow of Pilates for strength and mobility. In this gentle Pilates class, we'll combine core-strengthening benefits with soothing mobility exercises and deep stretches to improve flexibility, balance and overall movement. Whether you're new to Pilates or looking to enhance your routine, Flex & Flow will help you feel stronger, move with ease and enjoy the freedom of a flexible, balanced body. Get ready to stretch, strengthen and flow through exercises that are fun, safe, and designed to keep you moving comfortably at any age! Please bring a mat with you to class.

## **Just Beat It: Cardio Drumming**

FAYETTEVILLE  
Monday  
12 p.m. to 12:45 p.m.

\$10 | Month  
Instructor: Pam Tate

FAYETTEVILLE  
Wednesday  
11:15 a.m. to 12 p.m.  
\$10 | Month  
Instructor: Pam Tate

Drum roll please...it's time to join in the fun with this upbeat and dynamic cardio workout that is a little outside the box! Cardio drumming combines cardio exercise and drumming to the rhythm of music in an easy but effective workout regime. This exciting, low-impact workout is for all ages and helps improve coordination and motor skills, boost your mood, and enhance overall health.

## **Fit For Life**

FAYETTEVILLE  
Monday  
10:30 a.m. to 11:20 a.m.  
\$15 | Month  
Pre-registration required  
Instructor: Euriel Reynolds

Build strength to make 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.

## 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.

## 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.

## 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.  
\$18 | 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.

## Power Aerobics

FAYETTEVILLE  
Tuesday and Thursday  
7:40 a.m. to 8:30 a.m.  
\$35 | 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.  
\$35 | 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.  
\$35 | 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.  
\$18 | 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.

## Seated Stretch for Movement

FAYETTEVILLE  
Friday  
12:15 p.m. to 1 p.m.  
\$18 | Month  
Instructor: Miriam Jones

Flex! It's time to get stretched. This class is guaranteed to enhance mood, boost energy, improve circulation and reduce muscle stiffness. Experience increased range of motion, better balance and reduced risk of falls and other injuries. Prepare to feel and move better.

## 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



### **Around the Clock**

PEACHTREE CITY

Friday, August 1

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

FREE

Members and non-members

Pre-registration required

There's far more to an antique clock than meets the eye. Inside each one lies a delicate network of gears, sprockets, and mechanisms that come together to create an intricate collection which becomes the familiar tick tock of the clock. Join Jerry Carlson and a local group of clock lovers that will showcase rare and fascinating pieces from their collections. He'll discuss where to find

antique clocks, offer tips on refurbishing them, and even take one apart to reveal its inner workings. Don't forget to bring your own favorite clock (or a photo of it) to share with the group and connect with fellow enthusiasts!

### **Wine Not: Revival Wine Bar Tastings**

REVIVAL WINES

Friday, August 1

2 p.m. to 4 p.m.

\$35

Member exclusive

Pre-registration required

Raise a glass to an exceptional wine tasting experience! Join Virgil Fludd, wine enthusiast and owner of Revival Wine Bar, for a thoughtfully curated afternoon exploring the world of fine wines. Whether you're a seasoned aficionado or a curious beginner just starting

your wine journey, this tasting promises insight, discovery and great conversation! Savor four distinctive wines, perfectly paired with bites from Chef Carolyn's kitchen. Meet at Revival Wines (140 W. Lanier Avenue in Fayetteville).

### **Birds of Georgia**

PEACHTREE CITY

Monday, August 4

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

FREE

Members and non-members

Pre-registration required

Flock on over as you spread your wings to learn about the beautiful birds of Georgia. Discover the beauty of our native birds as Michael Turner, owner of Wild Birds Unlimited, takes us on a journey through the diverse regions of Georgia and the feathered friends that call each area home. From the

## **The Center Box Office**

### **Member exclusive | Pre-registration required**

PEACHTREE CITY

Thursday, August 14 | 1:15 p.m.

*Heads Of State* (2025) | PG-13

Starring: John Cena and Idris Elba. The UK Prime Minister and the US President have a public rivalry that risks their countries alliance. But when they become targets of a foreign adversary, they're forced to rely on each other as they go on a wild, multinational run. Allied with Noel, a brilliant MI6 agent, they must find a way to thwart a conspiracy that threatens the free world.

PEACHTREE CITY

Friday, August 29 | 1:15 p.m.

*Nonnas* (2025) | PG

FAYETTEVILLE

Friday, August 29 | 1:15 p.m.

*Nonnas* (2025) | PG

Starring: Vince Vaughn, Susan Sarandon, Lorraine Bracco. After losing his beloved mother, a grieving man finds the recipe for healing when he risks everything to honor her. He buys an Italian restaurant and hires four sassy grandmothers as the chefs. Based on a true story.

Movie sponsored by:



# **Sonder Health**

A Medicare Advantage Company

mountain regions to the coast and the plains in between, Georgia is home to a wide variety of native bird species, each uniquely suited to their region. No matter if you're a dedicated bird watcher or just enjoy seeing them in nature from time to time, you'll leave chirping with excitement over Georgia's vibrant and vast number of birds.

## **Garden Club**

FAYETTEVILLE  
Tuesday, August 5  
9:30 a.m.

FREE  
Members and non-members  
No pre-registration required

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

## **The Great Pollinator Census**

FAYETTEVILLE  
Tuesday, August 5  
1:30 p.m. to 2:30 p.m.

FREE  
Members and non-members  
Pre-registration required

Join in on this exciting hands-on experience in preparation for the Great Southeast Pollinator Census that will be happening in August! Become a citizen scientist as we head out to the FSS garden where Kim Toal with the Extension Office will show us the best ways to observe and identify local pollinators. Discover the diverse species visiting the garden and gain valuable insights into their role in our ecosystem. Please dress appropriately for being outdoors in the garden, and bring a chair to sit on as we explore and observe these fascinating creatures. This is a fantastic opportunity to engage with nature and help contribute valuable data for the census!

## **Learning From Living**

FAYETTEVILLE  
Wednesday, August 6  
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](http://www.pfpl.us).

## **Viva Italia!**

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

Join world traveler and travel advisor Ron Largent as he takes us on an unforgettable journey through Italy. From the snow-capped Alps of the north to the sun-soaked coasts of the south, Italy is the place to be! Explore the country's rich culture, stunning landscapes and fascinating history. Discover iconic cities like Venice, Rome and Florence, and venture off the beaten path to charming villages and dramatic coastlines. Whether you're dreaming of a relaxing vacation or intrigued by Italy's volcanic wonders, you'll discover something for every interest. Get inspired and gather tips for your next great Italian adventure, or

just enjoy learning about this incredibly beautiful country.

## **What's for Lunch?**

PEACHTREE CITY  
Thursday, August 7  
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 Bay Breeze in Hampton.

## **Cornhole**

PEACHTREE CITY  
Friday, August 1  
11 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Friday, August 15  
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!

## **Rules of the Road**

FAYETTEVILLE  
Friday, August 8  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Discover the rules of the road as Brett Bexley with Edward Jones provides insight on the essential principles for successful investing. Learn

about the most common investing mistakes and how to avoid them, along with strategies to help you stay on track toward your long-term financial goals. Brett will also share practical steps you can take now and in the future to continue with a secure and comfortable living in retirement. Whether you're a seasoned investor or looking for some changes, gain valuable insight to continue navigating your financial future with confidence.

## **Jelly Good Vibes**

FAYETTEVILLE

Monday, August 11

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

FREE

Members and non-members  
Pre-registration required

Take a dive into the waters for an in-depth look into the fascinating world of jellyfish, or 'jellies' as many professionals like to call them! With over 20 years of experience working with jellies, Malissa Smith, Senior Aquarist with the Georgia Aquarium, will share her expertise about these interesting sea creatures. Learn about the unique biology of jellies, including their life cycle and why they aren't technically fish, like many believe. Missy will take you behind the scenes to see how jellies are cultured and cared for. She'll also discuss what jellies can teach us about marine ecosystems and their vital role in the ocean.

## **Volunteer Open House**

FAYETTEVILLE

Tuesday, August 12

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.

## **Beyond the Stars**

FAYETTEVILLE

Wednesday, August 13

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

FREE

Members and non-members  
Pre-registration required

Astronomy is fascinating as it studies the universe and everything in it, including planets, stars, galaxies, comets and black holes. It's full of huge distances, gigantic sizes and long periods of time that endless people have studied throughout the years. Yet there is still so much to be discovered. Join Eddie Rivera from Sunvera Care for an engaging exploration of groundbreaking discoveries in modern astronomy. Discover key contributions from the 20th and 21st centuries, highlighting the work of scientists who have expanded our understanding of the cosmos. Learn how these discoveries have answered some of the biggest questions about the universe, while also sparking new mysteries for future exploration! Leave as an astronomy enthusiast with fascinating insights into the wonders of space.

## **Rivers and Roots of the Piedmont**

PEACHTREE CITY

Wednesday, August 13

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

FREE

Members and non-members  
Pre-registration required

Did you know that before European settlers arrived in the 1550s over 100,000 Native Americans lived throughout this area? The Northern Georgia region was once home to several indigenous tribes, including the Creek, Cherokee and Catawba. Join Carol Garrison, Environmental Educator and Nature Center Docent with the Southern Conservation Trust, as she takes you on a fascinating

journey through the history of these tribes. Explore how they lived, worked and thrived along the rivers in the Piedmont region. Learn about their deep connection to the land and the waterways that shaped their culture. Take a unique glimpse into the lives of the indigenous people who called this area home long before the arrival of Europeans.

## **Lunch & Learn: The Caregiver's Compass**

FAYETTEVILLE

Thursday, August 14

11 a.m. to 1:30 p.m.

\$12 | Includes lunch

Members and non-members  
Pre-registration required

Caregiving is one of the most important, and often overwhelming, roles we may take on in our life. Taking on the wellbeing and care for our loved ones is honorable, but can bring challenges along with it. Whether you're in the beginning stages of caring for a loved one, deep into the caring role, or planning ahead for your own future needs, this session will guide you through the emotional, financial and legal sides of caregiving. As you gain insight on navigating the financial and legal roles of caregiving, you'll learn not only how to manage expectations and plan, but how to care for your own needs along the way. Get expert guidance from Attorney Victoria Farrell with Fayette Law Group, Financial Advisor Francois Bigot with Edward Jones, and Aging Life Care Manager Sharon Brooks with Wallace Brooks & Associates. Explore care preferences, identify key decision-making necessities and build a practical action plan. Learn how to take inventory of your resources, avoid common document pitfalls, protect your legal and financial privacy and form a trusted team of support. Walk away feeling more confident and prepared to manage the caregiving journey with clarity and compassion.



## Ctrl, Alt, Defend

FAYETTEVILLE

Friday, August 15

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

FREE

Members and non-members

Pre-registration required

The world of technology is vast, providing resources and outlets for things we never knew we'd have at our fingertips, but with that click of a button convenience also comes the click of a button danger. Join Sandra McGill from TechSmart for Seniors for an essential look at security and privacy in the digital age. Learn how to set up strong passwords, protect your data from malware and phishing attacks and manage privacy settings on your favorite apps and websites. Sandra will also cover the importance of backing up your data to ensure it's safe in case of an emergency. If you're a tech newbie or looking to sharpen your digital security skills, learn how to navigate the online world with confidence and peace of mind.

## 1-on-1 Medicare Consultations

PEACHTREE CITY

Monday, August 18

10 a.m. to 2 p.m.

FREE

Member exclusive

Pre-registration required

A representative with Georgia Cares will meet one-on-one with Medicare beneficiaries and their families. Georgia Cares is a State Health Insurance Assistance program that provides free, non-biased information about Medicare. Please bring your Medicare card and list of medications with you to the session.

## The People's Law School

FAYETTEVILLE

Monday, August 18

12 p.m. to 1 p.m.

FREE

Members and non-members

Pre-registration required

You won't want to miss out on

these information-packed sessions each month full of valuable information! The People's Law School is intended to spread knowledge about the legal field among members of the community. Join us once a month for a knowledgeable speaker on a senior related legal topic. Join Judge Jason B. Thompson, Sheriff Barry Babb and Captain Brian Lee as they discuss the most common crimes they see against seniors and how to avoid them!

## Mission Siberia

PEACHTREE CITY

Monday, August 18

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

FREE

Members and non-members

Pre-registration required

Join history enthusiast and retired Army Colonel John House for a gripping look at one of the lesser-known episodes of World War I, the American expedition to Siberia. On August 6, 1918, a quiet-kept meeting in a Kansas City train station set in motion a mission that seems more like a spy novel. It led to an uncertain invasion of a foreign land with limited intelligence, unclear objectives and fierce debate on its purpose. Led by Major General William S. Graves, American troops were sent to Siberia not just to intervene in Russia's civil war, but also to promote democracy and provide humanitarian aid in a volatile and unpredictable environment. With few resources and shifting alliances, the mission quickly became a high-stakes balancing act. John brings to life the challenges and chaos these soldiers faced as he recounts the fascinating story of military history that still resonates today.

## A Novel Idea Book Club

PEACHTREE CITY

Tuesday, August 19

1:45 p.m.

FREE

Member exclusive

No pre-registration required

August book: *Lula Dean's Little Library of Banned Books* by Kirsten Miller. September book: *The Mighty Red* by Louise Edrich. For more information, please contact Heather Martz at [hmartz@peachtree-city.org](mailto:hmartz@peachtree-city.org).

## Comfortably Uncomfortable

PEACHTREE CITY

Wednesday, August 20

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

FREE

Members and non-members

Pre-registration required

Let's face it, change is NOT comfortable! It is hard and can be even when the change is considered a good one. Join Sea Glass Therapy for an encouraging and insightful look on learning to embrace life's inevitable changes. If you're facing a personal shift or major life event, walk away with the tools to help you handle change with grace. No matter if it is transitions in day-to-day life, relationships, or personal growth, we will explore why change feels so hard and how to make it more manageable. Discover practical coping strategies, mindset shifts and tools to help you feel more grounded and resilient through uncertainty. Leave with greater confidence in your ability to navigate change with grace and adaptability.

## Dementia Caregiver Support Group

PEACHTREE CITY

Thursday, August 21

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](mailto:lynnette.dunn@piedmont.org).

## The Grape Escape

PEACHTREE CITY  
Thursday, August 21  
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 Petit Sirah and Zinfandels.

## From Junk to Journal

PEACHTREE CITY  
Monday, August 25  
1 p.m. to 3 p.m.  
\$45 | Includes materials  
Members exclusive  
Pre-registration required

Put your crafty side to work as you create your very own Junk Journal! Join Tauna Pierce, owner of Owl Cove Bottega Folk Art & Design, for a fun and creative workshop! Using decorative papers, fabric, book pages, and other upcycled materials, you'll leave with a one-of-a-kind handbound journal perfect for writing, collecting recipes or preserving keepsakes. All materials will be provided, but participants are encouraged to bring their own "junk" such as greeting cards, envelopes or magazine clippings to personalize their creation. No experience necessary, just bring your imagination! Pre-registration is required by Monday, August 18. Photo sample available at the front desk.

## And Sew It Begins

FAYETTEVILLE  
Tuesday, August 26  
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.

## Picture Perfect Genealogy

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

A picture is worth a thousand words! Unlock the stories behind your old family photographs as Angela Pendleton, President of the Fayette County Historical Society, helps us turn back the pages in time to old photographs. In this fascinating look at history, you'll learn basic photo identification techniques to help uncover hidden clues in your ancestral images. Discover how photo formats, clothing styles, and other subtle details can help estimate the timeframe for those unidentified long-lost relatives. Angela will also share tips to enhance your genealogy research using visual history. Bring along an old family photo if you'd like to share and explore its mystery!

## Grab and Go Goodness

PEACHTREE CITY  
Tuesday, August 26  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Who knew jars could be the secret to stress-free dinners? Would you have ever thought about jars when you think about preparing your meals? Whether you need a quick weeknight meal, a thoughtful gift or just want something easy for those nights when

cooking feels like a chore, meals in a jar are the perfect solution! All you'll need to do to get a delicious meal on the table is add a little water and cook after creating these easy-to-store meals in a jar. Whitley Farms helps us discover the secrets to dinner prepping like a pro. This demo class will teach you how to create delicious meals packed conveniently in jars that can be stored in your pantry for months. Take the hassle out of everyday dinner prep with these useful tips and wonderful ideas for creative meals in a jar recipes.

## Sugar, Spice and Everything Nice

FAYETTEVILLE  
Wednesday, August 27  
1:30 p.m. to 2:30 p.m.  
\$30 | Includes materials  
Members and non-members  
Pre-registration required

Treat yourself to not only a homemade sugar scrub, but also a fun afternoon learning the skills to making more at home! Join Amanda Cole with AR Workshop for a fun, hands-on workshop as you learn how to create your own custom sugar scrub! Amanda will guide you through the process step-by-step, from choosing your scent to blending ingredients that leave your skin feeling soft and refreshed. Get tips on scent combinations, natural additives and the benefits of each ingredient. Make one 8oz jar of sugar scrub to take home, perfect for pampering yourself or gifting to someone special. This workshop is a great way to relax, get creative and learn a simple self-care craft for nourishing and exfoliating your skin. See the front desk for a sample photo of the finished product.

## P"age" Turners Book Club

FAYETTEVILLE  
Thursday, August 28  
1:30 p.m.  
FREE

Member exclusive  
No pre-registration required

August book: *Packing for Mars* by Mary Roach. September book: *The Silent Patient* by Alex Michaelides. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## Seize the Clay

### TWO HANDS POTTERY STUDIO

Friday, August 29  
10 a.m. to 12 p.m.  
\$45 | Includes materials  
Member exclusive  
Pre-registration required

Have you ever been interested in learning to throw on the wheel but don't know where to start? Or do you even know what that means? Meet at Two Hands Pottery Studio - 240 Glynn Street in Fayetteville – as Bree Deck welcomes us to her studio to use a wheel to make a gorgeous piece of pottery. During this introduction to the pottery wheel, she'll walk you through the steps from centering to shaping. Begin the class with a demonstration and, once you're ready, you'll create one to two different pieces. This class is extremely beginner-friendly, instructors will be there every step of the way to answer any questions you may have. Must be registered by Friday, August 22.

## 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, August 20  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, August 26  
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, August 5  
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.

### Bring On the Sensation

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



Dr. Josh Davis with First Step Physical Therapy helps us better understand and manage neuropathy. Discuss common causes of neuropathy, along with practical steps you can take to help prevent and slow its progression. Learn effective techniques to improve circulation, reduce symptoms, and enhance overall sensation as you gain insight and valuable tools to support healthier nerves and better quality of life.

## **Sippin' Pretty**

PEACHTREE CITY  
Wednesday, August 6  
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members  
Pre-registration required

Want to create delicious, easy and nutritious smoothies that boost energy and support overall wellness? Join certified health coach and licensed insurance broker Jennifer Lunsford as she helps us sip our way to health. Discover how easy making smoothies to support energy and wellness can be. Jennifer will demonstrate how to whip up simple, healthy smoothies that not only taste great, but also nourish the body. Get tips on choosing the right ingredients that fuel your day, support digestion and keep you feeling your best. A small tasting will be included and you'll get take home recipes and handouts to help you on your way to blending at home. Smoothies are a tasty way to sip your way to better health!

## **The Calm Within**

FAYETTEVILLE  
Thursday, August 7  
1 p.m. to 2 p.m.

FREE

Members and non-members  
Pre-registration required

Stress is a reality of today's society no matter what phase of life you may find yourself in. While we can't change the society of the world around us to fit our desires, we can learn strategies and

skills to help us weather uncertainty with dignity and grace. Join stress resilience expert Avril James, Piedmont Women's Heart Program Coordinator and certified health education specialist, for an interactive discussion focused on understanding the stress response. Explore mindfulness techniques, gain a fresh perspective on stress and practice basic meditation practices to help cultivate calm in the face of uncertainty. Equip yourself with practical tools to not only manage stress, but improve overall well-being.

## **Freedom In Motion**

PEACHTREE CITY  
Friday, August 8  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

As we age, maintaining flexibility, reducing stiffness and preventing joint pain are key to staying active and independent. Explore the best exercises, stretches and movement strategies to keep your joints strong and pain-free. Dr. Tarryn Hoff, sport psychologist, university professor, and owner of Peachtree City Personal Training, discusses joint health and mobility to keep your body moving with ease long into your golden years. Discover tips for managing arthritis, preventing injuries and incorporating joint-friendly activities into your daily routine to keep your body feeling good. This interactive session will include guided movements, making it both informative and practical!

## **The Soundtrack To Wellness**

PEACHTREE CITY  
Monday, August 11  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Discover the power of music! It may come as a surprise that music is about more than just

entertainment. It is powerful, in more ways than you could imagine - connecting us, evoking memories and boosting our health in a variety of ways. Join Shari Douglas with Southern Grace Hospice as she brings us back to the beat of music for our health. Discover how the simple act of listening to music can positively impact your overall well-being, from boosting heart health and reducing stress to enhancing mood and supporting memory function. Explore the science behind music's therapeutic power and how it can be used as a daily tool for emotional and cognitive wellness. This upbeat and interactive session will include a live listening experience, so come ready to sit back, relax and enjoy the sounds that heal. Let music guide you to a healthier you!

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

PEACHTREE CITY  
Tuesday, August 12  
10 a.m. to 1 p.m.

FREE

Member exclusive  
Pre-registration required

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

## **Eyeglass Repairs and Adjustments**

FAYETTEVILLE  
Tuesday, August 12

11:30 a.m. to 12:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

Dale Klauss with Compassion 312 will be here to perform minor repairs, adjustments, maintenance, and cleaning of your glasses.

## Ageless Grace

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

Get ready to laugh, discover and rethink everything you thought about getting older! Dr. Linda Katz with Fayette Chiropractic shares the secrets to aging with grace, grit and great attitude. Forget the rocking chair clichés, Dr. Katz will share how a positive mindset, a dose of humor and a dash of self-care can turn the aging process into a time of vitality and joy. Aging gracefully isn't about turning back the clock, it's about winding it forward towards positivity, resilience and self-love to help you stay vibrant at any age. After all, your best years are ahead of you, and with the right attitude, you can feel a little younger at heart!

## A Sound Bath

PEACHTREE CITY  
Tuesday, August 12  
2:30 p.m. to 3:30 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.

## A Kitchen For Two

PEACHTREE CITY  
Friday, August 15  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Join Ebonie Jackson with Humana as she shares her expertise on healthy cooking for one or two people! Cooking for one or two people can sometimes be a challenge if you're trying to avoid waste or having endless leftovers. During this tasty cooking demonstration, you'll get tips on cooking quick, healthy and reasonably portioned meals for one or two! Learn practical ideas for meal prep, freezing leftovers and smart storage ideas with insight on healthy foods along the way. Say goodbye to those repetitive microwavable dinners or leftovers you end up throwing out and hello to those fresh, flavorful dishes for one or two!

## Beyond the Field

PEACHTREE CITY  
Friday, August 22  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Advancements in today's world have opened the door to broader, more efficient and sustainable ways to farm. Alō Farms, located right here in Peachtree City, is leading the way. Through a revolutionary indoor ecosystem farming model, they are transforming how

we think about agriculture by using cutting-edge technology to grow fresh, nutrient-rich produce year round. Their innovative approach not only strengthens our local food system but also promotes the concept of food as medicine, using healing foods to help combat sickness and support a healthier lifestyle. Hear the story behind this inspiring local farm and how they're creatively addressing the challenges of modern agriculture. Explore how Alō Farms is nourishing the community while advancing sustainability, health and resilience. From farming techniques to food philosophy, discover how they're cultivating real change, one harvest at a time.

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE  
Wednesday, August 20  
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.

## The Protein Puzzle

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

Protein is such a buzz word these days, especially in relation to health and wellness. But the real questions are: why do we need protein, how much do we need, and where can we find good sources of it? Join Piedmont Wellness Center as they discuss the importance of eating protein to help in your nutrition and exercise health journey. They'll include tips and tricks for how to incorporate it into your diet in addition to great meal and snack ideas to blend them into your daily food intake. Whether you're looking to fuel your workouts or simply improve your nutrition,

you'll leave with valuable knowledge and ideas to boost your protein intake and support your wellness goals.

## Ears Wide Open

FAYETTEVILLE

Monday, August 25

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

FREE

Members and non-members

Pre-registration required

Hearing loss is a fact of aging, but it doesn't mean you just have to accept not hearing well. MacKenzie Connor, Hearing Instrument Specialist with Hearing Life, helps us better understand our hearing health. Discover key facts about hearing loss and how it can affect your quality of life if left untreated - from communication challenges to cognitive impacts. Learn about the many benefits of hearing aids and how they can make a big difference in day-to-day living, from the growing availability of

over-the-counter hearing aids to the latest advancements in technology, including Bluetooth connectivity for a more seamless listening experience.

## On the Move: Functional Movement Assessments

PEACHTREE CITY

Wednesday, August 27

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

FREE

Member exclusive

Pre-registration required

Our daily movements come naturally and without a thought in the world, like second nature. However, as we age, those movements can become more difficult. The team of Physical and Occupational Therapists at Bench Mark Physical Therapy performs one-on-one functional movement assessments to help us determine areas for improvement and provide exercises to assist in making us stronger and more mobile. Functional movement is defined as a movement sequence based

on real-world situations such as standing, sitting and lifting. These are performed throughout your day on a regular basis. Determine your potential risk of injury and gain insight on ways to improve your movements to feel better, stronger and become even more mobile.

## Memory Screenings

FAYETTEVILLE

Thursday, August 28

1 p.m. to 3 p.m.

FREE

Member exclusive

Pre-registration required

Dr. Martinez and his staff with the Neuropsychology Center will be on site to perform one-on-one memory screenings that are helpful in determining if forgetfulness is more than just normal aging. Immediately following a screening by a staff member, Dr. Martinez will be available for a brief consultation to review the results.

# Look What's Coming in September!

## The People's Law School

FAYETTEVILLE

Wednesday, September 3

12 p.m. to 1 p.m. | FREE

Pre-registration required

The People's Law School spreads knowledge about the legal field among members of the community. Join us for a legal topic related to seniors each month.

## Must Be the Honey

PEACHTREE CITY

Thursday, September 4

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

Pre-registration required

Buzz on over to learn all about bees! You'll be amazed at all there is to know about this fascinating species. You'll even have a chance to see an observation beehive up close and personal.

## A Stroll Down Melody Lane

FAYETTEVILLE

Thursday, September 4

1:30 p.m. to 2:15 p.m. | FREE

Pre-registration required

Sit back and enjoy a mini-concert by the talented Nancy Davis as she performs a collection of her favorite songs from many decades for you to sing along to!

## Touchdowns and Tailgates

PEACHTREE CITY

Friday, September 5

1:30 p.m. to 2:30 p.m. | \$10

Pre-registration required

Kickoff the football season with the Fayette Senior Services' team. Put on your favorite team colors and head on over for games, music and delicious tailgate foods for an afternoon of fun!

**Registration will be available when the September newsletter comes out on Wednesday, August 20!**



# THE RESERVE AT PEACHTREE CITY



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

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



Contact us at:

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

441 Prime Point  
Peachtree City, GA 30269

# 2025 Sponsorships Now Available!

Contact Morgan Lanier at  
[mlanier@fayss.org](mailto:mlanier@fayss.org) or 770-769-8430  
for more information



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# *Seasons of Style* FASHION SHOW

Thursday, September 25

5:30 p.m. to 7:30 p.m. | Fayetteville, 4 Center Drive | Tickets \$15

Join us for an evening of fashion as we welcome FSS members, volunteers and community icons to strut the runway! Featuring clothes from B. Turner's Clothing in Peachtree City.



Event Sponsored By:



**Humana**

# ALOHA

JOIN US FOR A

# LUAAU PARTY

THURSDAY  
AUGUST 28

5 PM

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wellcare

