

September 2025

ENRICHMENT

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

Step Into Style

Seasons of style, seasons of life...fashion never goes out of style! Enjoy a fantastic evening as we strut the runway!

Huddle Up

Down! Set! Hut! Football season is upon us. Let's kick off the season as we cheer on a fun-filled tailgate the FSS way.

Twice As Nice

Twice the yum, twice the taste, this twice-baked potato recipe will be everything you ever wanted in a delicious potato side 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



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.

2 | September 2025

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

770-461-0813 | FAYSS.ORG

September

featured

It Takes Two 10

From globe-trotting adventures to incredible volunteer work, this power couple shows that great life journeys are better shared.

Twice As Good 11

Just reading this recipe will get your mouth watering! Check out this delicious twice-baked potato that is beyond amazing.

The Golden Runway 15

We are excited to welcome back our popular Fashion Show. Strut the runway with us as we check out the latest styles.

Game Day Hustle 15

Throw on your favorite team colors and kick off tailgate season. It's time to cheer on your team, but first celebrate with us.

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

BOARD OF DIRECTORS

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

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

Meals On Wheels

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

AniMeals

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

STAR Program (Seniors Together After Retirement)

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

Transportation

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

In-Home Personal Care/ Homemaker Services

This service enables older adults to

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



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

Care Management

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

Medical Equipment Lending

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



Meet Our Staff!

ADMINISTRATION

Nancy Meaders
President & CEO

Dan Gibbs
Director of Operations

Morgan Lanier
Program Development
Coordinator

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

Paul Hives
Technology Development

Amber Oliver
Center & Volunteer
Coordinator

Simone Gordon
Finance Officer

THE ULTIMATE CAFÉ

Michelle Clanton
Kitchen Manager

Pedro Cruz
Sous Chef

Arnold Powell
Café Assistant

Kristie Weaver
Café Assistant

Owen Daniel
Café Assistant

MEALS ON WHEELS

Stevie Coachman
Meals On Wheels
Coordinator

Jane Rode
MOW Delivery Driver

CARE MANAGEMENT

Morah Palmer
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. *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.

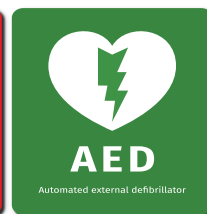
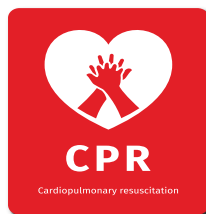
Coffee and tea are complimentary.

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...

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.

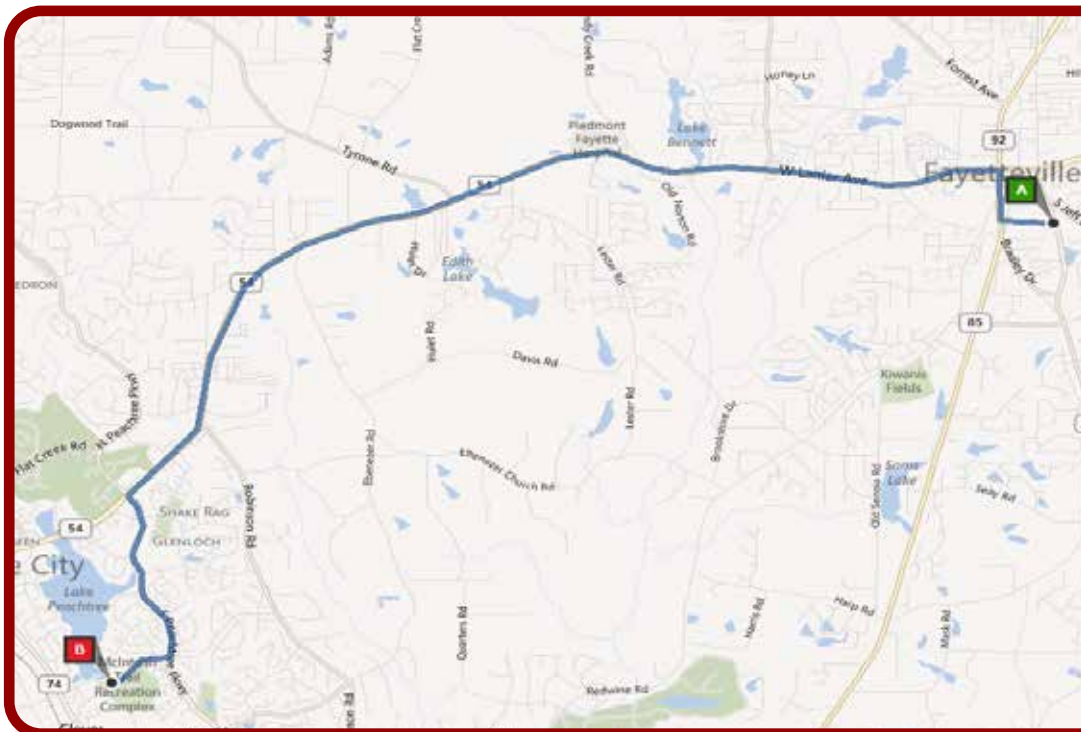
**Tickets go on sale Monday, September 22nd.*

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



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

Miriam's Fitness Corner

SWEETENING THE DEAL

Last month we zeroed in on the effects of consuming too much sugar. As we mindfully attempt to reduce intake, let's examine 2 alternatives - artificial sweeteners and stevia. These are both very popular sugar alternatives. But which is better for you? Let's take a look at their differences. The first major difference is that artificial sweeteners are synthetic compounds versus stevia, a natural sweetener, derived from the Stevia Rebaudiana plant. The chemical make up for artificial sweeteners consist of 0 calories making them weight loss friendly. Stevia is not calorie free, but the amount per serving is inconsequential (about 0-5 calories per serving) making it weight loss friendly, as well. Artificial sweeteners typically have a distinctive aftertaste that requires getting used to. Stevia does not have an aftertaste, but can have a slightly bitter or licorice-like taste, depending upon the brand and formulation.

While both are generally considered safe for consumption, there is ongoing debate surrounding the potential long-term health effects of artificial sweeteners. Research suggests these sweeteners can be hard on the liver and kidneys over time. They can also be highly addictive, making it hard to reduce intake. Regular consumption alters taste buds, diminishing appreciation for the natural sweetness of foods. Additional research has linked artificial sweeteners to the imbalance of bacteria in the gut, leading to digestive issues and other health problems, as well as increased risk of metabolic disorders. Even still, artificial sweeteners are widely accessible and commonly used in processed foods and drinks.

Studies regarding stevia, on the other hand, suggest it may actually help regulate blood sugar levels in people with diabetes. Other research indicates that stevia may help lower blood pressure and cholesterol levels. Its leaf contains antioxidants that may have anti-inflammatory properties. Despite stevia's obvious benefits, there are possible side effects. Some may experience sensitivities such as bloating, gas or diarrhea after consuming. Now that you have the skinny on sweets, consider the pros and cons and you be the judge.

TOOL TEAM



Fayette Senior Services' Tool Team is a group of dedicated volunteers who generously donate their time, talents, and skills to assist homebound seniors in our community. The team focuses on completing small, low-maintenance home projects that enhance safety and support independent living for older adults. From fixing leaky faucets to installing grab bars and building ramps, every project is aimed at helping seniors remain safely in their homes for as long as possible. The goal is to improve quality of life while reducing risks that could lead to accidents or early displacement. This valuable program is fully funded by donations, and every contribution—big or small—helps keep the Tool Team going strong.

If you'd like to make a donation, please visit the front desk or mail to Fayette Senior Services (please note 'Tool Team Donation')

If you'd like to volunteer on the Tool Team, please reach out to Amber Oliver at aoliver@fayss.org

For more information contact Morah Palmer at mpalmer@fayss.org

While there is no cost for labor or installation, Tool Team clients may be responsible for material costs if necessary.

Dear Volunteer, You Make a Difference!

The Joy of the Journey

Written By: Amber Oliver



Meet Richard and Sara Cookson, MOW volunteers who love to travel. They look forward to every opportunity to spend time together, exploring and learning about new people and new places! Over the past 18 years, they have visited no less than 36 US states, including Alaska, Hawaii and the US territories of Puerto Rico and the US Virgin Islands. Sixteen (so far) of the 63 National Parks have proven to be wonderful and breathtaking! Visiting foreign countries and learning about other cultures is also high on the list, with Italy becoming one of their favorite places! They both agree that almost as much fun as the journeys themselves have been, that the mapping and planning (even on a budget) are part of the excitement, and afterward sharing of their experiences with friends and family.

Richard grew up in Detroit, MI where he spent much of his childhood. His family moved to Port Huron, MI when he was 12 years old. He was the fourth child of 5 with 2 brothers and 2 sisters. Richard graduated from Port Huron High School and was president of the senior class of over 600 students. His father worked as an executive at PepsiCo (Pepsi) and his mother held a position in the financial department with JC Penney. As children (or what his wife calls "city kids"), he and his siblings played together outside in the local parks and playgrounds. His very first job was as a newspaper delivery boy, where he excelled!

Sara grew up in a small Indiana farming community just north of Indianapolis - Westfield, IN, population 1,500. She had one older sister, who sadly passed when Sara was just 17. She graduated high school with most of the same 90 kids she had entered kindergarten with. Her father was the manager of a local lumber yard as he studied to become a licensed contractor and builder

and her mother was the children's librarian at the town's library. Small town life means you know everyone in town – and that they also know you! There never seemed to be any lack of things to do or kids to play with! Her first job was as a summer vacation babysitter for a family with 3 little girls.

Richard and Sara first met at a theatre party being held by a mutual friend in 1973, and married the following year in September of 1974. Sara said "he took my breath away!" In 1986, Richard and Sara moved to Fayetteville. They have 2 children who are both sweet 'Georgia Peaches'. And 6 beautiful and wonderful grandchildren who are absolutely worshipped by their Nana and DoDad Cookson.

Sara's mother, Frances, who was living on her own in Florida at the time, unfortunately lost her vision and needed to move to Georgia to be with the family. With 2 young children, and both still working, Sara and Richard became her caregivers for more than 13 years! Although difficult for her at times, it was joyous for the family. While searching for ways to introduce Mom to an entirely new, to her, community in order to keep her engaged under the circumstances of losing her sight, they discovered Fayette Senior Services! At the time it was just a smallish, white house in Fayetteville - with one driver and one van – and it's there a happy journey began. "New friends and experiences became Mom's new norm. She looked forward to going each day!"

It really is no wonder that some 20 years later, and after their retirements, that Sara and Richard found their way back to Fayette Senior Services for themselves this time. "What fun it is to be able to take advantage of this vibrant community of people, take the interesting classes, attend the informative speakers' lectures, and all the opportunities to volunteer are especially wonderful!" says Sara. They both agreed that working with Meals On Wheels would be a perfect fit for them and would also offer an opportunity to work together. They signed up and were assigned to deliver one day every week. After a few months, another day on the route became available and they didn't hesitate to jump on for another delivery day! The people they deliver to twice a week have become very dear to them and almost like family. They enjoy spending time talking and visiting with everyone on the route, and say they get back so much more than they give.

From globe-trotting adventurers to beloved community volunteers, Richard and Sara prove that the greatest journeys are those shared—whether exploring the world or delivering kindness one meal at a time



2025 Volunteer Sponsor

Attorney David R. Moore

www.peachtreelawgroup.com

770-487-0202

From Our Kitchen To Yours

Twice-Baked Potatoes

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



Photo via Simply Recipes

Ingredients

- 10 baking potatoes
- 1 stick butter
- 1/2 onion, minced
- 1 to 2 cups sharp cheddar cheese, grated
- 1 cup sour cream
- 6 slices of bacon, fried and crumbled
- salt
- pepper

Directions

- Bake the potatoes, cut in half while still hot and scoop inside of potatoes into a bowl.
- Add the butter, onion, cheese, salt, pepper and half of the bacon. Mix the ingredients together using an electric mixer.
- Add the sour cream after the mixture has been combined a little.
- Spoon mixture back into potato shells and sprinkle the tops with remaining bacon.
- Place in a baking dish and bake at 350 degrees for 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 p.m. to 3:30 p.m.

Fridays

Pinochle:

9 a.m. to 12 p.m.

Sit and Get Fit:

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

Canasta:

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

Game Day:

12 p.m. to 3 p.m.

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

Mexican Train**Dominoes:**

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

Scrabble:

1 p.m. to 4 p.m.

Bid Whist:

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

Calling all pool sharks!

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

Men & women welcome!

Free in Peachtree City

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

Mondays

Morning Stretch:

9 a.m. to 10 a.m.

Blood Pressure Checks:

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

Intermediate Social

Bridge Free Play:

12 p.m. to 4 p.m.

Canasta:

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

Tuesdays

Chinese Mahjong:

1 p.m. to 4 p.m.

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

Bingo Bash:

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

Group meets monthly to play bingo. No partner needed.

Wednesdays

Morning Stretch:

9 a.m. to 10 a.m.

Marathon Bridge:

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

Social Duplicate Bridge:

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

American Mahjong:

12 p.m. to 4 p.m.

Thursdays

Double Deck Pinochle:

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

Fridays

Morning Stretch:

9 a.m. to 10 a.m.

American Mahjong:

12 p.m. to 4 p.m.

Canasta:

1 p.m. to 4 p.m.

Game Day:

1 p.m. to 4 p.m.

Turn the Pages!

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



Peachtree City line dancers hitting the dance floor!



Members enjoyed a Name That Tune game, full of music and fun.

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 brought the garden inside for a class on plants that thrive indoors!



Our Treats, Toys & Tailwags AniMeals drive was a success.

Special Events



Touchdowns & Tailgates

PEACHTREE CITY
Friday, September 5
1:30 p.m. to 2:30 p.m.
\$10
Member exclusive
Pre-registration required

Get ready to kick off football season in style with our exciting Tailgate Party! Join us for a fun-filled social event featuring all your favorite tailgate finger foods and appetizers that are sure to fuel your game day spirit. Challenge your friends to a friendly game of cornhole, enjoy great music, and test your college football knowledge with trivia, hosted by Todd Bills from Todd Bills Agency. Whether you're a die-hard fan or just here for the fun, this tailgate bash is the perfect way to celebrate the season's start. Put on your favorite college team's gear, bring your game face and your appetite and let's make this kickoff unforgettable!



Photo via Christopher Harper Photography

In Bloom Garden Party

FAYETTEVILLE
Monday, September 8
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Celebrate the hands of so many who helped to create, build and sustain our lovely garden. Over the years, many volunteers have worked together to bring it to life! The flowers are in full bloom and the weather is gorgeous! Enjoy it with us at this fabulous Garden Party. Spend the morning in Fayette Senior Services' beautiful garden and help honor the people who make it possible and savor the beauty surrounding us. We'll have live music entertainment and refreshments will be served.



Seasons of Style Fashion Show

FAYETTEVILLE
Thursday, September 25
5:30 p.m. to 7:30 p.m.
\$15
Members can purchase tickets at front desk
Pre-registration required

Seasons of style, seasons of life... fashion never goes out of style, no matter the season or the stage of life! Join FSS, B. Turner's Peachtree City, and Drop the Mic for Seasons of Style, a senior fashion show celebrating timeless elegance. This unforgettable evening brings together fashion as we showcase the latest fall looks and give you the inside scoop on how to refresh your wardrobe with seasonal flair. Enjoy a delicious dinner prepared by our talented kitchen crew while cheering on our fabulous models featuring men and women alike — FSS members, volunteers, and community icons. From bold autumn colors to cozy classics, you'll love seeing the models strut the runway in styles inspired by all seasons of life, proving style only gets better with age! With music, laughter, dinner, and stunning fashion, it's an event you won't want to miss. Seasons of Style is more than a fashion show — it's a celebration of style, confidence, and community at every age! Event sponsored by Aberdeen Fine Properties, Renasant, and Humana.

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September Program Schedule

Needlework

Crochet: Fingerless Gloves

FAYETTEVILLE
Monday, September 8
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

It's hard to believe that the cooler weather is coming, but it's just around the corner! Be prepared with these easy to make fingerless gloves. Materials needed: Worsted Weight yarn (#4) in the color of your choice; crochet hook size H. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Coasters

FAYETTEVILLE
Monday, September 29
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 pumpkins or a spooky spider (your choice)! Materials needed: Orange cotton yarn and a very small amount of brown and green or black if you want a spider; size G crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

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

FAYETTEVILLE

Wednesday, September 17
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

Painting Workshop

PEACHTREE CITY
Tuesday, September 16
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 collection of lilies in a beautiful Spanish style vase.

A Scarf to Dye For

PEACHTREE CITY
Friday, September 19
9:30 a.m. to 12:30 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Create your own beautiful and one-of-a-kind silk scarf. Learn the ancient art of silk painting using batik painting and dying on scarves. You will be provided with a blank white scarf canvas to let your imagination and design desires come alive and leave with a beautiful silk printed scarf that you made yourself. Keep yours or use as a unique,

personal present. No previous experience needed.

The Craft of Origami

PEACHTREE CITY
Tuesday, September 23
2:30 p.m. to 3:30 p.m.
\$5
Member exclusive
Pre-registration required

Put your artistic skills to the test! Join this interactive origami demonstration as you fold and decorate traditional origami figures. Marilyn Weigle will teach the art of origami with step-by-step instructions and individual help. Create easy origami that you can do with the grandkids and harder origami that will amaze your friends! Develop new art skills as we decorate some of the figures with colored pencils.

Dance

Advanced Beginner Line Dance

PEACHTREE CITY
Monday
3 p.m. to 4 p.m.
\$20 | Month
Instructor: Jennifer Glavosek

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.

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, September 2, 9,
16 & 30
11 a.m. to 12 p.m.
\$20 | 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, September 2, 9,
16 & 30
12:15 p.m. to 1:15 p.m.
\$20 | Month
Instructor: Kandis Larkey

This class is geared to those who are comfortable with improver dances and would like to begin dancing intermediate dances. This class will include both classic and new intermediate line dances. Get ready to expand your line dance repertoire and at the same time keep your mind and body tuned up.

Free Moves Line Dance

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

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



Fitness

Flex & Flow Pilates

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

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

mat with you to class.

Just Beat It: Cardio Drumming

FAYETTEVILLE
Monday
12 p.m. to 12:45 p.m.
\$10 | Month
Instructor: Pam Tate

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

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

Fit For Life

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

Build strength to make 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. Bring a mat on Thursdays.

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. Bring a mat on Thursdays.

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. Bring a mat to class.

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.



Garden Club

FAYETTEVILLE
Tuesday, September 2
9:30 a.m.
FREE

Members and non-members
No pre-registration required

Garden season is in full bloom! 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, September 2
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

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

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

Reckless Courage

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

Sometimes a horse is more than a horse, especially when that horse becomes a hero! John House, history enthusiast and retired Army Colonel, tells the tale of one brave horse who made a name for himself during the war. In the difficult terrain of Korea, where hauling ammunition

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, September 11 | 1:15 p.m.
Snow White (2025) | PG

Starring: Rachel Zegler, Emilia Faucher, Gal Gadot. A princess joins forces with seven dwarfs and a group of rebels to liberate her kingdom from her cruel stepmother, the Evil Queen. Enjoy this live-action adaptation to the beloved tale of Snow White.

PEACHTREE CITY
Thursday, September 25 | 1:15 p.m.
The Upside (2017) | PG-13

FAYETTEVILLE
Friday, September 26 | 1:15 p.m.
The Upside (2017) | PG-13

Starring: Kevin Hart, Bryan Cranston, Nicole Kidman. This heartfelt comedy is inspired by a true story. Dell Scott is in need of a way forward. Recently paroled, unemployed, and unable to see his child, fate just landed him the opportunity of a lifetime as he takes care of a multi-millionaire named Phillip who is paralyzed from the neck down. The two quickly become friends and create a bond that will change both their lives.

Movie sponsored by:



Sonder Health
A Medicare Advantage Company

and wounded Marines up and down the mountains was nearly impossible, an inventive lieutenant found an unexpected solution in an unemployed racehorse. The platoon named her Reckless, and she quickly proved to be invaluable, carrying ammunition uphill with unwavering courage and bringing wounded Marines back down. She even used her body to shield her comrades from enemy artillery fire, showing a selflessness that went beyond her role. Wounded herself, Reckless never faltered, earning her place as a beloved symbol of bravery and cementing her legacy as Sergeant Reckless.

The People's Law School

FAYETTEVILLE
Wednesday, September 3
12 p.m. to 1 p.m.
FREE
Members and non-members
Pre-registration required

You won't want to miss out on these monthly information-packed sessions full of valuable guidance! 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 as he discusses the different types of courts in the judicial system and Attorney Latisha Roebuck who will share about mediation basics and employment law.

What's for Lunch?

PEACHTREE CITY
Thursday, September 4
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 (payment will be on your own). Must be registered

to attend due to reservation numbers. This month, lunch will be at La Casa Del Taco in Haralson.

A Stroll Down Melody Lane

FAYETTEVILLE
Thursday, September 4
1:30 p.m. to 2:15 p.m.
FREE
Members and non-members
Pre-registration required

Sit back, relax, and enjoy a mini concert that promises to delight your senses, as the talented Nancy Davis performs right here at FSS! With a collection of her favorite songs, Nancy brings to life a wonderful afternoon filled with melodies you'll recognize and love. From timeless classics of the 1930s to lively Doo-Wop, cozy Carpenters tunes, and the romantic hits of the 70s and 80s, this concert is a musical journey through the decades. Nancy's rich vocal style will make this an unforgettable experience, perfect for music lovers of all ages. A retired Army major with over 20 years of service, Nancy's passion for performance is matched only by her dedication to bringing joy through song. Don't miss this special treat for the ears!

Must Be The Honey

PEACHTREE CITY
Thursday, September 4
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
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, from their critical role in pollination to the sweet science of honey production. Join Marcus Pollard, UGA Master Beekeeper and owner of Bee Pimpn, as you discover the vital role of honey bees in our ecosystem. Cover the intricate world of bees from beekeeping basics to the

fascinating behavior of these tiny creatures. You'll also have the unique opportunity to see live bees in action with an up-close view of an observation hive! Whether you're curious about starting your own hive or just want to learn more, this is a buzz-worthy event you won't want to miss out on.

Cornhole

PEACHTREE CITY
Friday, September 5
10:30 a.m. to 11:30 a.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Friday, September 19
10:30 a.m. to 11:30 a.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.

When Pigs Fly

FAYETTEVILLE
Tuesday, September 9
1:30 p.m. to 2:30 p.m.
FREE Members and non-members
Pre-registration required

Ever wonder how a fast-food CEO saved his bacon against all odds? Join Joyce Beverly, founder of My Storyographer and creator of the Tell My Story course, as she helps recount the story that she helped create with multi-franchise operator Doug Augustine. Together, these two worked together to write the fascinating journey behind the book *When Pigs Fly*, from the birth of the idea to the triumph of publishing a book that reveals how Doug used his entrepreneurial savvy to turn

his business around. Discover the key moments, challenges, and lessons learned along the way as she dives into the story behind the story. From the spark of inspiration to the challenges of writing and publishing, Joyce will share insights, behind-the-scenes moments, and the powerful lessons learned along the way.

Volunteer Open House

FAYETTEVILLE

Tuesday, September 9
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 Bookworm's Guide

PEACHTREE CITY

Wednesday, September 10
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members
Pre-registration required

Open the pages with Chereese Cadet of the Peachtree City Library as she teaches us about Goodreads and NoveList, two of the largest community of booklovers in one simple place! Whether you're looking for your next favorite book, exploring different genres, or simply trying to narrow down your options, she'll guide you through the process. Learn tips and tricks for setting up an account, navigating reviews, ratings, and personalized recommendations to find books that truly resonate with you. Plus discover how to build your own reading list and stay on track with your literary goals. You're just one click away from your next great reading selection. Feel free to bring your tablet or phone to follow along.

Home Is Where the Heart Is

FAYETTEVILLE

Friday, September 12
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

As we age, our living arrangements are something to take into consideration. Do you want to stay at home longer or move into a senior living facility and if so, what options are there? Choosing can be very overwhelming. If you're curious about senior living but unsure where to start, Beth Dow with Home Helpers Home Care is here to lead a relaxed and informative conversation about it. Whether you're simply exploring your options, actively planning for the future, or have been resisting the idea altogether, this is your chance to find out more without the pressure of tours. We'll dive into what senior living looks like today and how you can plan in a way that fits your unique needs and preferences. No pressure, just honest insight and helpful advice to guide your decision-making process. Come with your questions and leave with a clearer understanding of what senior living could mean for you or your loved ones.

1-on-1 Medicare Consultations

FAYETTEVILLE

Monday, September 15
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.

Inspector Home

FAYETTEVILLE

Monday, September 15
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members
Pre-registration required

Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will share the secrets to home inspections. Walk through your options, key red flags to look out for, and strategies for negotiating the results as they discuss all you need to know about inspections. Whether you're buying or selling, this is your chance to gain expert tips that could make all the difference in your real estate journey as you navigate the home inspection process with confidence.

A Novel Idea Book Club

PEACHTREE CITY

Tuesday, September 16
1:45 p.m.

FREE

Member exclusive
No pre-registration required

September book: *The Mighty Red* by Louise Edrich. October book: *The White Lady* by Jacqueline Winspear. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

AARP Smart Driver Course

FAYETTEVILLE

Tuesday, September 16
9 a.m. to 3:30 p.m.

\$20 | AARP Members

\$25 | Non AARP Members

FSS Member exclusive

Pre-registration required

The AARP Smart Driver Course is a refresher course for adult drivers, which has helped millions of drivers remain safe on today's roads. Tune up your driving skills and update your knowledge. Most auto insurance companies provide a multi-year discount to graduates as well.

Bring a lunch or snack or plan to grab one at the café or close by during the lunch break midday.

The Slither Factor

PEACHTREE CITY
Wednesday, September 17
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Don't get rattled as we talk about snakes! Slither on over as Kim Toal with the Extension Office shares information about these slithery residents of Georgia. With only six venomous species in the state, most snakes you encounter are harmless and actually very helpful to our ecosystem, whether you like them or not! Learn how to identify common snakes, understand their role in nature, and pick up tips for staying safe around them. Learn about a variety of species, both venomous and not, that you may cross paths with in our home state. Don't worry, there will be no live snakes in the room, we promise! Brush up on your reptile knowledge, shed your fear and maybe even replace it with fascination.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, September 18
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

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

The Grape Escape

PEACHTREE CITY
Thursday, September 18
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 wines.

Grand Savings

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

Want to help your grandkids soar without breaking the bank? Join Brandon Jordan, Financial Advisor with Arch Advisory Group, to learn how you as grandparents can play a key role in helping fund your grandchildren's education. Explore smart strategies for saving and paying for college, from 529 plans to other generational funding options. Brandon will break down the financial tools that can benefit both parents and grandparents, helping you make the most of your resources. Develop a clear plan to help support your grandkids' future, whether you've already been saving or are just starting out!

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE
Monday, September 22
1:30 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

Outwit Your Smart Phone

FAYETTEVILLE
Monday, September 22
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

You've finally got a trusty smart phone that seems smarter than you! We all feel that way when we get a new phone or can't figure out the one we have. Here is your chance to get one-on-one help for the specific questions you have. Tech advisor Gerald will sit down with you and help you outwit your phone, once and for all! This class is intended for iPhone users only. Bring your phone with you.

And Sew It Begins

FAYETTEVILLE
Tuesday, September 23
11 a.m. to 1 p.m.
FREE
Member exclusive
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.

Casseroles and Crockpots

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

As the leaves turn and the weather cools, it's time to embrace the heartwarming tastes of casseroles and crockpot meals! These easy to put together, delicious and warming meals are perfect for the upcoming fall season. Join

Ashley Smallwood, Chef and Owner of Rudines, for an exciting cooking demo that celebrates the season's best comfort foods. In this hands-on presentation, Ashley will guide you through the art of crafting rich, flavorful casseroles that are perfect for family dinners or gatherings. You'll also discover how to make the most of your crockpot meals with simple, delicious options that practically cook themselves while you go about your day. Whether you're looking to spice up your meal routine or impress guests, these fall-inspired dishes will have you covered. Let's dive into the cozy, flavorful world of casseroles and crockpot cooking, just in time for the cooler months! A small tasting will be included.

P“age” Turners Book Club

FAYETTEVILLE
Thursday, September 25
1:30 p.m.
FREE
Member exclusive
No pre-registration required

September book: *The Silent Patient* by Alex Michaelides.
October book: *The Women* by Kristen Hannah. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Car Wash

FAYETTEVILLE
Friday, September 26
9 a.m. to 4 p.m.
\$40
Member exclusive
Pre-registration required

Splish 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.

1-on-1 Legal Consultations

PEACHTREE CITY

Friday, September 26
11 a.m. to 2 p.m.
FREE
Member exclusive
Pre-registration required

Get personalized legal advice from attorneys at Georgia Legal Services. Whether you have questions about topics such as estate planning, family law, housing, or contract disputes, their experts are here to provide guidance and clear answers to your non-criminal legal concerns. The Georgia Legal Services Program offers trusted information and practical advice to help you navigate your legal challenges with confidence. Bring your questions and get the guidance you need to handle your situation effectively.

Shelf-ishly Stylish

FAYETTEVILLE
Monday, September 29
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Ever stare at your shelves and wonder why they don't look quite right? Take control of your blank, or cluttered, space as Amy Epperson from Brightmoor Hospice helps us master the art to shelf decorating! From bookcases and mantels to side tables and built-ins, Amy will show you how to create beautifully balanced displays that add charm and personality to any space. Learn how to mix textures, play with height, add color pops, and avoid the dreaded “too little or too much” look. Whether you're starting fresh or refreshing your current setup, you'll leave with practical tips and creative ideas to accessorize like a pro. Spark your creative side as you get inspired and bring your home décor to life!

Town Treasures

PEACHTREE CITY
Tuesday, September 30

2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Ever wonder what stories are hidden just around the corner? Join Gail Jenkins with the Fayette County Historical Society for a fascinating journey through Fayette County's most iconic landmarks. Discover the stories behind historic sites that have shaped the community's unique character and charm. From historic buildings to charming local treasures, learn how these sites tell the story of our community's past and shape its future. Gail will reveal hidden gems, intriguing facts, and memorable moments tied to each landmark. If you're a history buff or just curious about the place you call home, you'll discover all there is to Fayette County's rich past and present as we explore the roots of our remarkable community!

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. 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, September 17
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, September 23
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, September 2
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.

Label Me Smart

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

Want to become a savvy shopper who makes healthier choices with confidence? Foods often hide unhealthy ingredients behind confusing labels, making them seem healthier than they really are. Join Arisahi Valentin, Dietitian with Fruition Nutrition, as she helps us better understand and navigate food labels so you can make smarter choices when it comes to your health! Get tips on how to decode nutrition labels, uncover hidden sugars, find unhealthy fats, and spot

sneaky sodium that often hide in everyday foods. Arisahi will break down the confusing jargon and teach you what to look for when choosing foods. Get ready for a fun, hands-on activity using real food packages to practice your new label-reading skills. Don't miss this chance to empower yourself with knowledge that makes a real difference to help you shop smarter and make healthier choices every time you hit the grocery store!

Memory Matters

FAYETTEVILLE
Friday, September 5
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Our memory is not only used for reminiscing on the past, but also plays a vital role in our day-to-day living and future happenings. Our memory is such an important piece of who we are. Unlock the power of your mind and discover why memory really matters. Join Shari Douglas from Southern Grace Hospice as she shines light on memory health. Explore brain exercises that boost cognitive function and learn ways to spot the early signs of memory decline and what is normal and not. Gain insight on valuable resources that go beyond mere preparedness, empowering you with the tools to keep your mind sharp. Whether you're navigating memory care or simply looking to strengthen your own cognitive health, get advice and support on the best ways to improve your memory as you give your brain the care it deserves!

The Health Connection

PEACHTREE CITY
Monday, September 8
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

The health element of 'connect'

is perhaps the most critical element of them all. Connect includes 3 levels: connection to self, connection to others and communities, and connection to a higher source that may or may not include a specific religion. As we age, we must ask ourselves if we have fully connected to our health, abilities, and wishes. More importantly, adult children of aging parents need to reflect on whether they are ready to relate to their parents beyond the traditional parent-child dynamic. Perry Brubaker, a certified prevention and health promotion specialist with a background in physical therapy, explores our personal connections with ourselves as we age, the impact of the medical system on our perceptions of aging, and the challenges adult children may face when navigating the health and care of an aging parent. Drawing on both scientific research and her own experience caring for her mother, Perry will facilitate a safe and open discussion aimed at fostering better communication between parents and their adult children—ultimately helping them connect with each other in a new, meaningful way.

Back In Action

PEACHTREE CITY
Tuesday, September 9
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Back pain may be common, but living with it doesn't have to be your norm. It can be difficult to deal with and Dr. Josh Davis with First Step Physical Therapy will help us alleviate some of the issues associated with pain. Gain a better understanding of the anatomy and biomechanics of the spine, learn about common back injuries, and discover effective ways to manage pain without the need for medications or surgery. Dr. Davis will also share simple tips and exercises you can use daily to reduce discomfort and build a stronger, healthier back.

The Habits of Happy People

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

Want to know the secret to living a happier, healthier life? Ebonie Jackson with Humana shares insight into the most common habits seen in healthy people. Explore the powerful connection between happiness and health and discover the habits that not only promote physical well-being but also enhance your mental and emotional joy! Whether it's boosting your energy, improving your mindset, or simply feeling more fulfilled, these healthy habits are designed to bring balance and happiness into your routine. Learn practical steps you can take to incorporate wellness into your daily routine and boost your overall sense of well-being. Leave feeling inspired to take action for a healthier, happier you!

Hearing Screenings

PEACHTREE CITY
Thursday, September 11
1 p.m. to 3 p.m.
FREE
Member exclusive

Huh? What did you say? I didn't hear you. If you hear yourself saying this more and more often, it might be time for a hearing check! Hearing Life will be at FSS just for you! Get a complimentary hearing screening in the comfort of the center, no doctor's appointment or waiting room hassle required.

A Sound Bath

PEACHTREE CITY
Friday, September 12
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.

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Monday, September 15
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
Pre-registration required

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

Gotta Hand It To You: Hand Massages

FAYETTEVILLE
Tuesday, September 16
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!

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, September 17
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
Pre-registration required

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

Fuel To Move

FAYETTEVILLE
Wednesday, September 17
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Not fueling your body the right way before exercise is like trying to drive a car on empty. Proper nutrition is the secret fuel that powers your workout, from pre-exercise energy all the way through to post-workout recovery. Join Piedmont Wellness Center as we explore how the right foods can boost performance, enhance endurance, and speed up recovery. Discover which nutrient-packed food options give you the best bang for your buck for energy and how to eat to maximize your results. Whether you're lifting, walking, or doing yoga, the right fuel makes all the difference.

Get Stretchy With It

FAYETTEVILLE
Thursday, September 18
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

It's time to take some time to stretch it out! Ready to feel more flexible and relaxed? You'd be surprised how just a little stretch can make all the difference in how you feel overall! Join Michelle Martin as she discusses the importance of deep stretching and how it can transform your body and mind. Learn essential stretching safety tips, discover easy-to-follow techniques for stretching at home, and find out how regular deep stretching can improve mobility, reduce stress, and prevent injury. Michelle will also guide you through a short, rejuvenating stretch session so you can experience the benefits firsthand. After, you'll feel refreshed and ready to incorporate stretching into your daily routine!

Connected In Community

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

They say that aging is not just about growing older, but about staying connected. Join Precious Hospice as we explore the incredible power of community and social bonds in promoting not just longevity, but a joyful life as we age! We were never meant to age alone. Discover how being socially connected can boost not only happiness, but also health, as well as the importance of fostering relationships to help in aging gracefully. Learn how loneliness impacts well-being and how recognizing disconnection is the first step to reclaiming a fulfilling life. With practical tips, conversation starters, and real stories of connection, feel empowered to embrace your social circle and take simple steps to build stronger, meaningful bonds no matter your age. It's never too

late to belong! You'll see how connection is truly the key to aging well!

Chill Out

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

Frozen meals and foods may seem like the easy thing to do, but they aren't always the best option out there. Think frozen food is all the same? Think again! Join Certified Health Coach and Licensed Insurance Broker Jennifer Lunsford as she helps us thaw out the truth to freezer finds. Jennifer will guide you through making smarter frozen food choices as she compares popular brands and meals side-by-side, showing you what to look for on labels, what to avoid, and how to build a balanced and nutritious frozen breakfast, lunch, and dinner meal plan. From frozen waffles and pizzas to microwaveable meals, you'll learn healthier alternatives that still pack the flavor and convenience you crave. Get ready to make better choices without sacrificing taste or time!

Swell Solutions

FAYETTEVILLE
Wednesday, September 24
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Don't let swelling steal your stride! Join Daniel Draper with First Step Physical Therapy as he sheds light on the often misunderstood condition lymphedema. Learn how physical therapy can dramatically reduce swelling, improve mobility, and help you regain control of your daily life. Daniel will share proven movement strategies, hands-on techniques, and practical tips for managing symptoms and improving your quality of life. Look forward to a pathway of

solutions as you take the first step toward healing!

Living On A Full Tank

PEACHTREE CITY
Friday, September 26
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

Feeling drained before the day is even halfway through? If you're running on empty more often than you'd like, you're not alone! Good news—there is a better way! Join a nationally certified personal trainer from GYMGUYZ to discover how daily movement can actually leave you feeling more energized. Learn how moderate exercise can boost your energy, support heart health, and reduce fatigue. Whether you're just starting out or looking to level up your routine, you'll walk away with simple, effective tips to build endurance, stay active, and

feel your best throughout the day. Come ready to rethink how movement fuels your life, and leave feeling empowered to move more and be tired less!

The Medicine of Food

PEACHTREE CITY
Monday, September 29
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

Discover the healing power of food as you unlock the secret to vibrant health by using your food as medicine. Laura Marchese MS, RD, LD and owner of Nourishing Nutrition Consulting, helps us take control of our health through simple nutrition hacks. This evidence-based way of eating will empower you to take control of your own health by turning your meals into powerful tools for healing and wellness. If you're managing a chronic condition or simply striving for better wellness, you'll

learn how food can nourish, prevent, and even heal your body. It's not just about what's on your plate, it's about using food to transform your health and your life.

Vein Screenings

FAYETTEVILLE
Tuesday, September 30
1 p.m. to 3:30 p.m.

FREE

Member exclusive

Pre-registration required

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

Look What's Coming in October!

Patchwork of Memories

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

Reminisce during this guided discussion for a trip down memory lane! Discover how family quilts and their memories can bring out the joys of days gone by. Bring along a quilt that carries stories with it!

Money In Your Pocket

PEACHTREE CITY
Thursday, October 2
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Get the scoop on saving as we guide you through hacks to lowering prescription drug cost. You'd be surprised what programs and extra help are available to assist you.

Tail Waggin' Tricks

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

You can teach an old dog new tricks! Join Scoobi, a friendly and talented dog, as he shows you simple games and commands to stimulate your pup. He'll also show off some of his own tricks!

Harvest for Health

PEACHTREE CITY
Monday, October 6
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Fall into wellness as we take a seasonal look at eating well during the upcoming autumn season. Explore unique ways to use fall produce for more flavor and health perks!

Registration will be available when the October newsletter comes out on Monday, September 22!

Thank you to our
Island Fever Luau
event sponsors!

Mark Gray, Agent
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The Wellcare logo, consisting of a teal circle with the word "wellcare" in white, lowercase, sans-serif font, and a small trademark symbol.The Humana logo, featuring the word "Humana" in a green, sans-serif font, with a small trademark symbol.

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:



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