

October 2025

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Harvest Hype

Put your best fall vibes forward and turn over a new leaf for a fall festival full of music, food, cider and great times!

## Whimsy Blooms

Create a fun, creative and gorgeous fairy garden that you'll enjoy all year long! This hands-on class is one you won't want to miss.

## Whip It Gourd

Enjoy this beyond easy and super delicious fall treat for your next get-together. You'll love this pumpkin pie fluff dessert!

*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.

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

770-461-0813 | **FAYSS.ORG**

# October

## featured

### Walking The Line Of Service 10

With the quiet dedication of someone who truly "walks the line," cafe volunteer Brett Levine makes FSS a brighter place for all.

### Give 'Em Pumpkin To Dip About 11

Whip up a little fall delight with this delicious dip. The perfect blend of pumpkin, spice, and everything nice full of fall flavor!

### Autumn Leaves and Pumpkins, Please 15

Get in the fall spirit as we celebrate the autumn season at our annual Under the Harvest Moon Fall Festival event!

### The Fairy Patch 15

Garden guru or blooming beginner, this class is for you! Enjoy a fun afternoon creating an adorably delightful fairy garden.

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## 2025 HOLIDAY CLOSINGS

Thanksgiving.....	November 27, 2025
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Holidays.....	December 22, 2025
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Christmas.....	December 24, 2025
Christmas.....	December 25, 2025
Holidays .....	December 26, 2025



## ABOUT US

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

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

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

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

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

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

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

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

### **Fayetteville Location:**

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

### **Peachtree City Location**

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

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

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

[www.fayss.org](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

Owen Daniel  
Café Assistant

## MEALS ON WHEELS

Stevie Coachman  
Meals On Wheels  
Coordinator

Jane Rode  
MOW Delivery Driver

## CARE MANAGEMENT

Morah Palmer  
Care Manager

Angie Hotard  
Care Administrator

## TRANSPORTATION

Jeff Wix  
Transportation Manager

Adrienne Bellantoni  
Transportation Coordinator

Roger Grandt  
Driver

Dennis Duke  
Driver

Harold Gunnin Jr.  
Driver

Cheryl Hembree  
Driver

Terry Billingsley  
Driver

Paula Byram  
Driver

Laurie Brasher  
Driver

Alan Simmons  
Driver

Charlie Hawkins  
Driver

Donna Johnson  
Driver

Michael Dixon  
Driver

John Felbinger  
Driver

Martin Anderson  
Driver

Danny Tallent  
Driver

Chris Clanton  
Driver

Kim Oliveira  
Driver

Willie Copeland  
Driver

Glenn Murph  
Driver

Jason Sherman  
Driver

Tom Kirby  
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... 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, Attorney Victoria Farrell with Fayette Law Group and Humana. Tickets on sale now!*

*This year's show "A Motown Christmas Memory" will be a soulful holiday musical about family and faith. In a cozy home filled with memories, Grandma waits for her family to arrive on Christmas Eve. As she prepares the house, she reminisces about joyful holiday pasts, especially those shared with her late husband. Through the flashbacks, soulful music, and visits to her church, Grandma reflects on the true meaning of Christmas – not in gifts or traditions, but in the arrival of Jesus and the gift of salvation and hope. A singing Motown-style trio appears throughout the musical – sometimes as narrators, as memory keepers and as angels – as they symbolize a generational legacy of faith, music and love.*

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

# COMMUNITY ENGAGEMENT

BRIDGING GENERATIONS,  
BUILDING COMMUNITY

We're grateful for the continued support and involvement of our city and county teams and elected officials who are true partners in growing a stronger, more connected community! Their partnership helps us keep our senior members and community leaders connected — building bridges between generations and shaping decisions that reflect all voices.

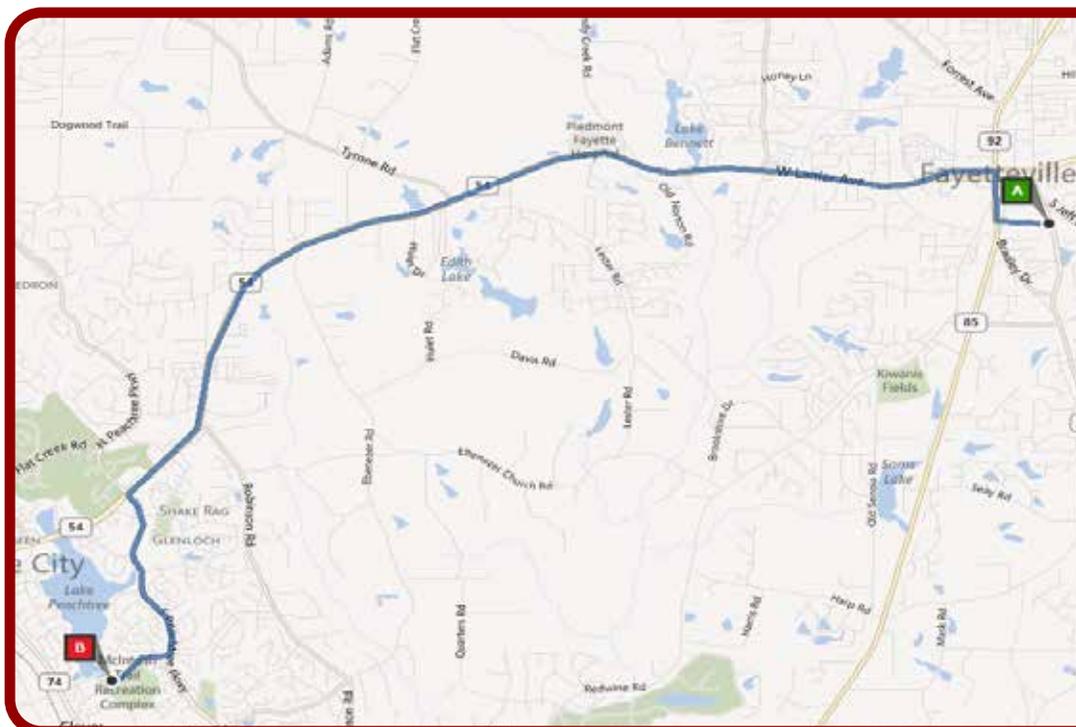
Throughout the year, we've welcomed speakers such as Fayetteville City Manager Ray Gibson, Peachtree City Mayor Kim Learnard, Judge Jason Thompson, Fayetteville Mayor Ed Johnson, Sheriff Barry Babb and Peachtree City City Manager Justin Strickland - just to name a few!

We're truly grateful for their time, insight, and commitment to keeping our seniors informed, included, and inspired. Their willingness to educate and listen reminds us that true leadership starts with connection.



# Need Directions?

How to get from FSS Fayetteville to FSS Peachtree City.



1. Head west on Center Drive towards GA-85/ Glynn Street S.
2. Turn right onto Melear Way.
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



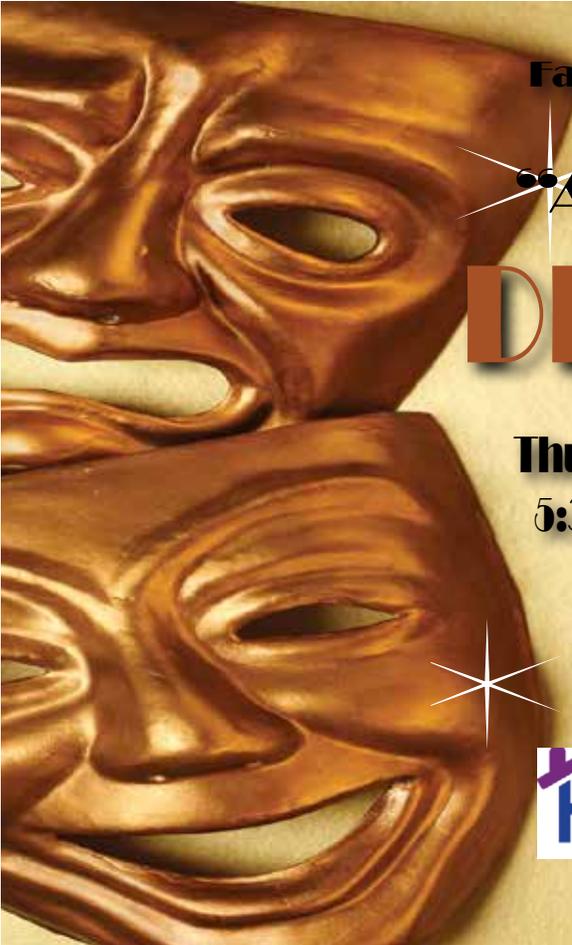
# A WALK TO REMEMBER

Did you know that September 21st is World Alzheimer's Day? Each year on this day, people around the globe unite to raise awareness and challenge the stigma surrounding Alzheimer's disease and other forms of dementia. With over 55 million individuals affected worldwide, the need for education, understanding, and advocacy has never been more critical. Alzheimer's is more than memory loss—it is a progressive, fatal disease that affects one in three older adults. It claims more lives than breast and prostate cancer combined. Despite these heartbreaking statistics, there is hope. Ongoing research is making significant strides, and several treatments are now available that can help slow the progression of Alzheimer's in its early stages. While this marks incredible progress, we still have a long road ahead.

At Fayette Senior Services, we are committed to being part of the solution—and we're inviting you to join us in this important fight! One simple way you can help is by making a minimum donation of \$10 or more to support our team, Silver Bullets, as we walk in honor of those who can no longer remember. We also welcome you to walk alongside us at the 2025 Walk to End ALZ on Saturday, October 4th. Our team will meet at The Fred Amphitheater in Peachtree City at 9:00 AM. The 5K (just 3.1 miles) will take place along the scenic cart paths of Peachtree City. Don't forget to wear purple, the official color of Alzheimer's awareness.

**How to give:**  
Make your donation online at [Walk2EndALZ.org](http://Walk2EndALZ.org) by selecting team Silver Bullets, or contribute in person by September 26th to Team Captain Miriam Jones. We accept cash or checks made payable to Walk to End ALZ.

Your support will help accelerate life-saving research and provide critical care and resources to the millions of families impacted by this devastating disease. Thank you for standing with us. Together, we can make a difference!



**Fayette Senior Services & Town Square Playhouse**  
**Present:**  
**“A Motown Christmas Memory”**  
**DINNED THEATER**

**Thursday, November 13**      **4 Center Drive**  
**5:30 p.m. to 8:30 p.m.**      **Tickets | \$15**

**Event Sponsored By:**



# Dear Volunteer, You Make a Difference!

*A Snoopy Spirit: Quiet Dedication, Big Heart*

Written By: Amber Oliver



At Fayette Senior Services, we believe our Ultimate Café plays a surprisingly powerful role in promoting healthy aging. It's not just about the coffee and the wonderful peanut butter pie – it's a social, nutritional, and emotional hub creating opportunities for affordable and nutritious meals, along with social interaction. One of the key reasons our café runs so well is due to the dedication of our volunteers, and one of those Ultimate Café volunteers is Brett Levine. He is a quiet presence with a strong work ethic focused on helping others. Like the beloved Snoopy character, he has a heart as big as can be, actions that are steady and a purpose that is quiet but unshakable with a greatness that doesn't always bark, but always keeps going! If you've had the opportunity to meet Brett, you know this describes him perfectly. And boy are we glad to have him as a part of our team!

When you get Brett talking, it becomes evident quickly that he has a love for traveling. He loves experiencing new places and seeing new things. Both of Brett's parents have worked in the hotel field which has made travel something easy for him and his family to do. His dad worked for Marriott guest services and his mom was in finance for Hilton Atlanta, both have now retired. Because of this, travel runs deep in the blood of this dedicated volunteer. Brett has a few favorite places to visit when traveling - Savannah, where he loves Byrd's cookies, the

Savannah Christmas Market, and River Street; Amelia Island where he enjoys spending time on the beach and visiting Café Karibo for a yummy dish of shrimp and grits; and Nashville that is always a hit for honky tonkin', walking on Broadway, and listening to country music.

Some of Brett's fondest memories go back to road trips where he and his brother, Evan, visited their grandparents in Baltimore, MD. Stops at Grandma's candy store were always a sweet highlight of those trips, and one he'll never forget! Brett is a proud graduate of Riverdale High School and his first job was as a library aide at the Jonesboro Headquarters Library.

When he's not giving back through volunteering, you'll likely find Brett cheering on his favorite teams — the Atlanta Braves, the Falcons, and the Georgia Bulldogs. A true hometown fan, he reps his Georgia roots with pride! If he ever grabbed the mic at karaoke, his go-to song would be "Walk the Line" by Johnny Cash — a fitting pick for someone as steady and loyal as Brett. If he could hang out with any cartoon character, it would be none other than Snoopy—a nod to his appreciation for Charlie Brown and the Peanuts gang. And here's a fun fact most do not know about Brett, he has a special talent that surprises everyone! Ask him what day of the week Christmas falls on in 2045, or when your birthday will land in any year, and he'll tell you without skipping a beat! It's a unique gift that never fails to impress.

In the Ultimate Café, Brett is known not just for his dedication, but for the genuine kindness he brings to every shift. Whether he's clearing tables, carrying trays, or simply offering a helping hand, Brett serves with a heart full of compassion. His fellow volunteers often say that his helpful spirit lifts the entire team and makes the café a brighter place for everyone. We are truly fortunate to have someone as passionate, generous, and one of a kind as Brett on our volunteer team. Brett, thank you for all you do! Your presence makes a difference every single day at Fayette Senior Services.



2025 Volunteer Sponsor  
Attorney David R. Moore  
www.peachtreelawgroup.com  
770-487-0202

# From Our Kitchen To Yours

## Pumpkin Fluff Dip

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



Photo via Love From The Oven

### Ingredients

- 1 (16 oz) container of frozen Cool Whip, thawed
- 1 (5 oz) package instant vanilla pudding mix (the large box)
- 1 (15 oz) can solid pack pumpkin
- 1 teaspoon pumpkin pie spice
- 1 box cinnamon graham crackers

### Directions

- In a large bowl, mix together instant vanilla pudding mix, pumpkin and pumpkin pie spice.
- Fold in the thawed Cool Whip.
- Chill in the refrigerator until serving.
- Use the graham crackers to scoop out the dip.

*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.



We love our volunteers at Fayette Senior Services!



Wonderful members enjoying time together at the center.

# 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.



The line dance group bidding farewell to instructor Kandis Larkey.



Enjoying the Island Fever Luau event in Peachtree City!

# Special Events



## Enchanted Landscapes

FAYETTEVILLE  
Monday, October 20  
1:30 p.m. to 3 p.m.  
\$45  
Member exclusive  
Pre-registration required

Ready to invite a little magic into your life? Join Tauna Pierce, owner of Owl Cove Bottega, for a fun and creative hands-on craft experience where you'll create your very own unique terracotta fairy garden! Using gorgeous decorative plants, moss, stones, and whimsical decor, you'll design a miniature garden that's sure to spark your imagination and add a touch of enchantment to your space. This session is perfect for all experience levels and includes everything from the pot, soil, plants to embellishments alike. Pre-registration is required by Monday, October 13. Photo samples are available at front desk. Materials provided will include a terra-cotta planter, saucer for underneath, various substrates (soil, sand, pebbles glass rocks, etc.), variety of plants to choose from, gnomes, fairies, mushrooms and other embellishments, and a small reusable watering bottle to keep your garden hydrated.



## Under the Harvest Moon

FAYETTEVILLE  
Thursday, October 23  
5 p.m. to 8 p.m.  
\$15  
Members can purchase tickets at the front desk  
Pre-registration required

Happy fall, ya'll! We're ready to celebrate the season with a gourd time. As Anne of Green Gables said, "I'm glad I live in a world where there are Octobers!" and we couldn't agree more! The leaves are changing, there is a crisp freshness in the air and it's time to celebrate all the autumn vibes. Help us welcome fall with a fun celebration. Enjoy live music by the incredibly talented Southpaw Band, savor some warm fall cider and fill your bellies with a delicious dinner. Fall is in the air, and it's finally sweater weather. Put on your best fall outfit and come on out for a fun evening at Fayette Senior Services! This event is sponsored by Humana, State Farm Agent Mark Gray and Wellcare.



## A Gourd Time Pumpkin Carving

PEACHTREE CITY  
Wednesday, October 29  
2:45 p.m. to 3:45 p.m.  
\$8  
Member exclusive & grandkids  
Pre-registration required

Expressions are everything, and what better way to show yours than through pumpkin carving? Join us for a spooktacular afternoon where you can carve the scariest, funniest, or most jaw-dropping pumpkin designs for the Halloween season. All pumpkins and carving supplies will be provided, just bring your creativity! After you've carved your masterpiece, take it home and enjoy the festive vibe all season long. Feel free to bring your friends or grandkids who love Halloween fun. To top off the afternoon, we'll be showing a kid-friendly Halloween movie while you carve, making this the perfect family outing.

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# October Program Schedule

## Needlework

### Crochet: Scarecrow

FAYETTEVILLE  
Monday, October 13  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

This little scarecrow is just right for your fall decorations! Intermediate skill level. Materials needed: Worsted weight yarn (#4) in tan (head), red (shirt), blue (body), brown (hat) and yellow (straw); size G crochet hook; stitch marker. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Give Thanks Table Runner

FAYETTEVILLE  
Monday, October 20  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

This corner to corner (C2C) table runner makes a great centerpiece for Thanksgiving dinners and get togethers. Materials needed: Worsted weight yarn (#4) in tan and brown and small amounts of green or gold for the border; size G or H crochet hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: The Year of Coasters

FAYETTEVILLE  
Monday, October 27  
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 themes each time! This month, make turkey coasters fit for the season. This quick project will look great as décor on your dinner table.

Materials needed: Tan cotton yarn; small amounts of gold, orange, brown, burgundy, green (all acrylic); tiny amounts of black, gold and red; tapestry needle; crochet hook size G or H. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, October 1  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, October 8  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, October 22  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

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

## Creative Pursuits

### Mastering The Art of Origami

PEACHTREE CITY  
Tuesday, October 7, 14,  
21 & 28  
1:30 p.m. to 2:30 p.m.  
\$20  
Member exclusive  
Pre-registration required

Making origami is a creative and beautiful art form that is also

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

### Painting Workshop

FAYETTEVILLE  
Tuesday, October 21  
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 unique graphic birds.

### Gourd-geous Knits

PEACHTREE CITY  
Tuesday, October 21  
10 a.m. to 11:30 a.m.  
\$18 | Includes Materials  
Pre-registration required

Let's give 'em pumpkin to talk about! Cozy up with AR Workshop as we dive into the ultimate fall craft project creating festive chunky knit pumpkins! If you are a DIY pro or just wanting to inspire your new crafty side, you'll love this fun and easy hands-on workshop that is the perfect way to add a touch of handmade charm to your autumn décor. No knitting needles or tools required, just your fingers, some ultra-soft yarn and a whole lot of autumn spirit. Create your own snuggly, stylish pumpkin that is perfect for sprucing up your mantel, shelves or festive tablescapes and adds the perfect handmade touch for your fall decor. You'll learn the process for creating these adorable decorations so you can make more for around your home or for friends. Sample photo available at the front desk.

## Beyond the Flow: Advanced Acrylics

PEACHTREE CITY  
Thursday, October 23  
9:30 a.m. to 12:30 p.m.  
\$40 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Discover the exciting world of fluid acrylic painting! This class begins with a quick introduction to essential acrylic techniques like pour, dirty pour, swipe, pull, and drip. From there, dive into more advanced methods using tools like hair dryers, spinners, and palette knives, as well as incorporating metallics, to create truly stunning works of art. You'll have the opportunity to complete at least three unique paintings during the session. No previous experience needed. See front desk for sample photo.

## 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. Learn new and older classic dances that many have enjoyed for years. This class is energetic and great for the mind. For dancers who already have a knowledge of the basic line dance steps.

### Improver Plus Line Dance

FAYETTEVILLE  
Tuesdays  
1:45 p.m. to 2:45 p.m.  
\$20 | Month  
Instructor: Linda Vaughn

Keep advancing and become a line dance expert in no time. 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  
Tuesdays  
3 p.m. to 4 p.m.  
\$20 | Month  
Instructor: Linda Vaughn

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. Expand your line dance repertoire and at the same time keep your mind and body tuned up.

### 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 day options.

### 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.

## 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.

## 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. 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  
New meeting day TBD  
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.

### Get to Know Fayette Senior Services

PEACHTREE CITY

Wednesday, October 1  
2:30 p.m. to 3:15 p.m.  
FREE  
Members and non-members  
Pre-registration required

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

### Patchwork of Memories

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

Reminisce and a trip down memory lane during this heartwarming and interactive discussion as Beth Ann Webb helps us tell stories and preserve memories! Discover how



# The Center Box Office

**Member exclusive | Pre-registration required**

PEACHTREE CITY  
Thursday, October 9 | 1:15 p.m.  
*The Penguin Lessons* (2024) | PG-13

Starring: Steve Coogan, Jonathan Pryce, Bruno Blas. Amid the political turmoil of 1970s Argentina, a disillusioned Englishman finds a new lease on life when he rescues a stranded penguin from the beach.

PEACHTREE CITY  
Thursday, October 30 | 1:15 p.m.  
*The Thursday Murder Club* (2025) | PG-13

FAYETTEVILLE  
Friday, October 31 | 1:15 p.m.  
*The Thursday Murder Club* (2025) | PG-13

Starring: Helen Mirren, Pierce Brosnan, Ben Kingsley. Four irreplaceable retirees spend their time solving cold case murders for fun, but their causal sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. They test their skills as these senior sleuths investigate a murder in an English retirement community.



family quilts and their memories can bring out the joys of days gone by. Beth Ann will share treasured stories of her grandmother, who not only used quilting as an outlet for creativity but also as a way to capture life's precious moments. One of her favorite tales is of a quilt made from her grandfather's old PJs, fondly named the "Wastebasket," showcasing how even the most seemingly insignificant scraps can hold great meaning. As you listen to these stories, you're invited to share your own memories, whether about your family's quilts or moments from the past. Spark both personal reflection and collective nostalgia as Beth Ann's heartfelt tribute to her grandmother, who made over 500 quilts, celebrates not just her craft, but a life well-lived, one full of stories waiting to be shared.

## What's for Lunch?

PEACHTREE CITY  
Thursday, October 2  
11:30 a.m.  
FREE  
Member exclusive  
Pre-registration required

Meet us at a local restaurant for an afternoon out! 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 Barnstormer's Grill in Williamson.

## Tail Waggin' Tricks

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

Trot on over as we welcome Joel Harrison, owner and trainer at Scoobi and I Dog Training, and his four-legged friend Scoobi for an exciting and fun-filled afternoon of entertainment. Together, they'll demonstrate simple games and commands that can help stimulate your dog's mind and not only strengthen your bond, but teach good behaviors. Whether you're looking for fun activities,

training tips, or ways to address behavior issues, Scoobi and Joel will provide useful insights and playful demonstrations. Watch as Scoobi shows off some of his impressive tricks, proving that age is no obstacle when it comes to learning new things!

## Money In Your Pocket

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

Life comes at us fast...and the many expenses associated with just simply living are high! Adding in the cost of prescription medications can lend that much more stress to our wallets. Cindy Clonts, Medical Coach, shares a comprehensive guide to prescription drug cost-saving hacks. You might be surprised by the savings opportunities you haven't explored yet! From drug assurance programs and extra help for those with limited incomes to strategies for maximizing your Medicare plan and other cost-saving tips, Cindy will help you reduce your medication expenses and put more dollars back in your wallet.

## Cornhole

PEACHTREE CITY  
Friday, October 3  
10:30 a.m. to 11:30 a.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Friday, October 17  
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 of cornhole!

## 1-on-1 Medicare Consultations

FAYETTEVILLE  
Monday, October 6  
10 a.m. to 2 p.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Monday, October 20  
10 a.m. to 2 p.m.  
FREE  
Member exclusive  
Pre-registration required

Georgia Cares will meet 1-on1 with Medicare beneficiaries. 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.

## Learning From Living

FAYETTEVILLE  
Monday, October 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.

## Garden Club

FAYETTEVILLE  
Tuesday, October 7  
9:30 a.m.  
FREE  
Members and non-members  
No pre-registration required

End garden season with a bang at our final monthly meeting for the year. 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).

## And Sew It Begins

FAYETTEVILLE  
Tuesday, October 7  
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.

## The Hungry Garden

FAYETTEVILLE  
Tuesday, October 7  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Plants that are carnivorous? It's not something you'd think much about, but these types of insect eating plants can be fascinating. Join Kim Toal from the Extension Office for an intriguing look at carnivorous plants. Discover how these unique plants trap and consume insects and other organisms to meet their nutritional needs. Kim will introduce you to various species that thrive right here in Georgia, sharing insights on their growth habits and the specific care they require. Whether you're a seasoned plant enthusiast or a curious beginner, this program will give you the tools to understand and grow your own carnivorous plants, nature's most captivating, bug-hunting wonders!

## The Last Frontier

PEACHTREE CITY  
Wednesday, October 8  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Step into the wild beauty that is Alaska! Known as The Last Frontier, this incredible place is full of wonder. World traveler enthusiast and travel advisor Ron Largent is here to bring it to life. Known for its breathtaking landscapes and rugged beauty, Alaska is a place that captures your heart. Hear about the iconic Inside Passage, the charming cities of Skagway and Ketchikan, and venture through some of the state's majestic mountain and lake regions. One of the most thrilling moments will be the story of landing on the icy peak of Mount Denali, the tallest mountain in North America. For those who have already visited Alaska, this will bring back fond memories, and for those who have yet to go, this will inspire you to visit one of the most remarkable places on Earth. Join Ron for an unforgettable virtual tour through the wonders of Alaska, The Last Frontier!

## Navigating the Medicare Maze

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

Navigating Medicare can feel like a maze, but Starr Slade, a GeorgiaCares Certified Medicare Counselor, is here to guide you through it with ease! Discover the basics of Medicare, including Part A (hospital insurance), Part B (medical insurance), Part C (Advantage plans), Part D (prescription drug coverage), and Medigap (supplemental insurance). Starr will walk you through the key factors to consider when choosing the right Medicare plan to fit your needs and provide expert tips to help you prepare for the upcoming Medicare Open Enrollment period. If you're new to Medicare or looking to review your options, you'll walk away with the knowledge you need to make informed decisions about

your healthcare coverage.

## Gullah Geechee

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

Did you know that one of the most unique and rich cultural traditions in America is rooted right here in the Southeastern coastal regions? Join Susan Durkes for a captivating look into the Gullah Geechee culture, a vibrant community with deep connections to history, language, traditions, and medicine. Learn about the Gullah language, the powerful spirituals, ring shouts preserved by folklorists, and the remarkable contributions of Lorenzo Dow Turner, known as the "Father of Gullah Studies." Explore the strong ties between the Gullah Geechee people and the Library of Congress, highlighting their profound impact on American culture. Discover the fascinating world of a little-known but incredibly fascinating subset of American heritage!

## A Walk in the Woods: The Ridge Nature Area

THE RIDGE NATURE AREA  
Tuesday October 14  
1 p.m.  
FREE  
Member exclusive  
Pre-registration required

Step into nature as Charlee Martin, Environmental Education Coordinator with the Southern Conservation Trust, takes us on a walk through The Ridge Nature Preserve. This guided walk will showcase the preserve's beautiful offerings, with a fresh look at its 308 acres of stunning natural landscapes. As you stroll through this diverse preserve, you'll experience a mix of ecosystems, peaceful recreational spots, and exciting exploration opportunities. With over seven miles of trails for hiking, trail running, and mountain biking, The Ridge is packed with wildlife and scenic views. Meet at the nature area in Fayetteville

(390 Burch Road Fayetteville, GA) and wear comfortable shoes and clothes for this adventure into the great outdoors!

## Volunteer Open House

FAYETTEVILLE  
Tuesday, October 14  
2 p.m.  
FREE

Members and non-members  
No pre-registration required

Join us for our monthly volunteer meeting! Meet with other volunteers, learn about upcoming events, current volunteer opportunities, and get center news and updates.

## Picture This

PEACHTREE CITY  
Wednesday, October 15  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Bring your memories to life, one page at a time! In this colorful and creative demonstration by Jennifer Boykin with Next Wave Seniors, you'll learn how to use Canva to create beautiful and simple digital scrapbooks filled with cherished photos, favorite quotes, and unforgettable stories. Whether it's pictures of grandkids, travel adventures, or family recipes, you'll discover how to turn those moments into a keepsake to treasure and share for years to come. No tech or design experience needed, just bring your creativity and be ready to bring your digital scrapbook to life!

## Dementia Caregiver Support Group

PEACHTREE CITY  
Thursday, October 16  
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 Lost Battalion

FAYETTEVILLE

Thursday, October 16  
10 a.m. to 11 a.m.  
FREE  
Members and non-members  
Pre-registration required

What if a tiny bird could change the course of history? On October 2, 1918, during the Meuse-Argonne Offensive in World War I, the 77th Division found itself in a dire situation, depending on the strength of birds. Trapped behind German lines, over 500 American soldiers from four battalions faced a seemingly hopeless fight. Back when radios didn't exist for infantry units, the battalion used carrier pigeons to send desperate pleas for help. When German fire killed pigeon after pigeon, it came down to one last bird, Cher Ami. Enduring unimaginable wounds, it still managed to deliver the message that saved many lives. Join John House, a retired Army Colonel and history enthusiast, as he shares the remarkable story of Cher Ami and the Lost Battalion, a tale of courage, determination, and a little bird's heroic flight that changed history.

## The People's Law School

PEACHTREE CITY  
Monday, October 20  
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 attorney Kait Hayden with Morrison & Hughes Law Firm for an overview of criminal procedures.

## Script and Style

FAYETTEVILLE  
Tuesday, October 21  
1:30 p.m. to 2:30 p.m.

FREE  
Members and non-members  
Pre-registration required

Ever wondered how to turn your handwriting into an elegant work of art? Join calligraphist Russ Hilton as you learn about the art and history of calligraphy. Russ will share the rich history of this timeless craft, showcasing its various uses and examples from his own family's collection. You'll not only get to admire beautiful samples but also practice the art of calligraphy yourself in a hands-on learning experience. With Russ's expert guidance, you'll have the opportunity to create your own elegant lettering. Bring 4x4 graph paper and a calligraphy pen, and get ready to discover the beauty of this ancient art form!

## A Novel Idea Book Club

PEACHTREE CITY  
Tuesday, October 21  
1:45 p.m.  
FREE

Member exclusive  
No pre-registration required

October book: *The White Lady* by Jacqueline Winspear. November book: *Intermezzo* by Sally Rooney. For more information, please contact Heather Martz at [hmartz@peachtree-city.org](mailto:hmartz@peachtree-city.org).

## Fantastic Filipino Flavors: Holiday Edition

PEACHTREE CITY  
Wednesday, October 22  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Take a bite out of the flavor-packed world of Filipino cuisine! Filipino cooking can be an art to master, but once you've learned its secrets, the incredible flavors are well worth the effort. Join Chef Kristel Thompson for a cooking demonstration where she'll guide you through the process of preparing pancit, a beloved Filipino dish. Along the way, she'll also share insights into the rich holiday traditions that make

Filipino celebrations so special. Get ready for a small tasting experience that will bring the festive flavors of the Philippines right to your plate! Leave feeling inspired to try something new in the kitchen!

### **P“age” Turners Book Club**

FAYETTEVILLE  
Thursday, October 23  
1:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

October book: *The Women* by Kristen Hannah. November book: *James* by Percival Everett. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

### **Fabulous Over 50**

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

Are you ready to rewrite the script on aging and embrace your most fabulous years yet? Join Sheila Agnew-McCoy, Senior Fitness Specialist at 180 Training at Fitness 54, for an empowering conversation about living life to the fullest after 50! In this inspiring discussion, Sheila will show how to break free from society's limits on aging and cultivate a mindset of personal growth, vitality, endless possibilities and new discoveries at any stage of life. Fabulous Over 50 is not just about getting older, it's about thriving, discovering new passions, and living confidently, no matter your age. It's time to redefine what it means to grow older and live fabulously!

### **Just Shred It: Shredding Services**

FAYETTEVILLE  
Friday, October 24  
9 a.m. to 10 a.m.  
\$5  
Members and non-members  
Pre-registration required

A1 Shredding will be on site to take

care of your shredding needs. FSS will not handle any papers; each member is responsible for taking their shredding out to the trucks directly. This event will be \$5 per person, up to 10 file-sized boxes (additional payment for over 10 boxes).

### **Up In the Cloud**

PEACHTREE CITY  
Friday, October 24  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Ever feel like you and your devices are drowning in photos and files? Let's fix that! Join Sandra McGill from TechSmart for Seniors in this easy-to-follow hands-on session designed to clarify cloud storage. Get help with accessing your photos, documents, and files from anywhere. You'll learn what the cloud is, how to upload and organize your files, set up automatic photo backups, and keep everything secure, all while saving space on your devices! Sandra will walk you through popular cloud storage services like iCloud, Google Drive, OneDrive, and Dropbox, helping you choose the best one for your needs. During this session, you'll get a short demo, hands-on assistance, take home guides, and help to ensure you leave with your cloud storage fully set up. By the end, you'll have organized folders, auto backups turned on, and a file ready for sharing with the right permissions, not to mention the confidence to manage it all!

### **Building Our Future**

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

Curious how those SPLOST funds are helping to enhance projects around Fayette Senior Services? Join Operations Manager Dan Gibbs for an informative update on how

these funds are supporting three key projects benefiting the senior community. Thanks to SPLOST funding, Fayette Senior Services has been awarded new transportation vehicles to help meet the growing demand for senior transportation each year, with more to come. Our Meals on Wheels program will soon be receiving a boost with the expansion of its porch to include a walk-in freezer for more food storage. Additionally, the café project will begin in the future and will expand the area to include a temperature-controlled outdoor patio, providing a comfortable space for meals and activities year-round. Don't miss this opportunity to learn more about how the SPLOST funding is making a lasting impact at FSS.

### **AI At Your Service**

PEACHTREE CITY  
Monday, October 27  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

AI and ChatGPT are a hot topic! What are they? How do they help? And is it safe? Stephanie Harris from Working Concepts, Inc. has the answers for you! Discover how using ChatGPT can make your life easier and more efficient as Stephanie helps you build digital confidence and safely incorporate AI into your daily routines. Learn what ChatGPT is, how it can help you with tasks like writing emails, meal planning, creating your next travel adventure, budgeting, and even finding lost instruction manuals – just to name a few of its vast options available. Feel confident every step of the way as you take control of AI through discovering how to use outlets such as ChatGPT to simplify your life!

### **Beyond the Field**

PEACHTREE CITY  
Tuesday, October 28  
2:30 p.m. to 3:30 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.

### Beyond the Grave Cemetery Walk

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

Awaken the spirits during this cemetery walk! Debi Riddle with the Fayette County Historical Society leads an intriguing tour of the Historic Fayette Cemetery. Discover the stories of community icons who shaped our county over the past 200 years. This walking tour will bring to life the fascinating history of Fayetteville's most influential figures, giving you a unique glimpse into the people who made our hometown what it is today. Meet at the Historic Fayette Cemetery (210 Stonewall Avenue West in Fayetteville) for this unforgettable journey through time! Wear comfortable shoes.

### Trivia

FAYETTEVILLE  
 Fridays  
 1:30 p.m. to 3 p.m.  
 FREE  
 Member exclusive

No pre-registration required  
 Host: Linda Abbott

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

### Dulcimer

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

Join our dulcimer group! This group has been playing together for some time, but always welcomes new people! The dulcimer is a unique string instrument native to the Appalachian region of the United States. This is an open group playing music together. You must have your own dulcimer and know how to read music to join. This is not an instruction-based class, just free time to play music together!



### Computer Tutor

FAYETTEVILLE  
 PEACHTREE CITY  
 Classes scheduled by request between 10 a.m. and 1 p.m.  
 \$15 | Session (up to 1 hour)  
 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, October 15  
 1 p.m. to 4 p.m.  
 FREE  
 Member exclusive  
 Pre-registration required

FAYETTEVILLE  
 Tuesday, October 21  
 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.



### The Sleep Solution

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

As we age, quality sleep and proper recovery become essential for maintaining energy, focus, and overall well-being. Dr. Tarryn J. Hoff, exercise psychologist, university professor, and owner of Peachtree City Personal Training, will reveal how sleep profoundly impacts both the body and mind. Learn simple strategies to improve sleep naturally and discover why rest is the hidden key to longevity. Dr. Hoff will guide you through simple yet powerful ways to build healthy routines, reduce nighttime disruptions, and optimize recovery so you can wake up feeling

refreshed and ready to enjoy life to the fullest each and every day. Equip yourself with these valuable tips to sleep better, recover more effectively, and age with vitality.

## From Swell to Well

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

Inflammation is a term we often hear, but many don't fully understand its role in our health. While inflammation is the body's natural way of protecting and healing itself, when it becomes long-lasting, it can contribute to common health problems such as arthritis, heart disease, memory changes, and even difficulty with digestion. Dr. Linda Katz with Fayette Chiropractic explores what inflammation really is, how it affects our body as we age, and most importantly, what simple steps you can take to keep it in balance. You'll gain practical insights on how lifestyle, nutrition, and self-care can help reduce inflammation and enhance your overall well-being. This is your chance to better understand your body and learn effective ways to support a healthier, more comfortable life.

## Harvest For Health

PEACHTREE CITY  
Monday, October 6  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Fall into wellness as we take a seasonal look at eating well during the upcoming autumn season. Join certified health coach and licensed insurance broker Jennifer Lunsford as you take control in eating well during these crisp months. Explore the unique benefits of fall produce, how to incorporate warming spices for both flavor and health, and practical meal ideas to stay nourished as the weather cools down. Perfect for anyone looking to boost immunity, feel their best, and enjoy the rich flavors of the

season - all while keeping meals simple and affordable! Jennifer will also have a few healthy fall foods to taste and sample.

## Massage

FAYETTEVILLE  
Tuesday, October 7  
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.

## Gotta Hand It To You: Hand Massages

PEACHTREE CITY  
Tuesday, October 7  
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!

## Boost Your Immunity

PEACHTREE CITY  
Tuesday, October 7  
2:30 p.m. to 3:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Strengthen your immune system with these helpful tips for boosting your immunity. From diet and exercise to proactive lifestyle choices, there are many factors that can play a major role in your health in order to support your immunity. Dr. Josh Davis from First Step Physical Therapy will share valuable insights on the power of breathing techniques, the importance of good sleep habits, and how small adjustments to your diet and exercise routine can have a lasting impact on your immune health. Learn how simple changes can help you feel stronger, healthier, and more resilient.

## The Stress Factor

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

What if the key to better health lies in understanding how stress affects your body? Stress can be the hidden culprit behind many chronic health issues. Join Dr. Jeffry Kalins from New Concept Wellness for an eye-opening look at the powerful role stress hormones play in your health. Gain insight on how the three forms of stress - physical, chemical, and emotional - can contribute to chronic diseases like diabetes, thyroid dysfunction, and heart problems. With a focus on functional medicine, he'll share how different approaches can help reverse conditions and restore balance to your life. Take control of your health with a better understanding behind the science of stress.

## Eyeglass Repairs and Adjustments

FAYETTEVILLE  
Friday, October 10  
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.

## **Germ Guard**

PEACHTREE CITY  
Friday, October 10  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

As the cooler weather sets in, so do the germs! Join Shari Douglas from Southern Grace Hospice for essential tips on how to fight off the flu and other seasonal illnesses. Learn more about the best sanitizing practices, role of vaccines, proper handwashing to prevent the spread of germs, and simple nutrition tips that help naturally fight off the sickness during the fall months. Shari will share practical advice on how to minimize your risk and stay healthy throughout the season and keep sickness at bay!

## **Stride Right**

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

Steady does it! If you want to improve your balance and stay steady on your feet as you age, it's time to take action now. Dr. Noah Marchese from Health Choice Chiropractic provides the latest advancements in balance and gait training. Learn why good balance is crucial for overall health and how targeted training will improve not only your stability and coordination but most importantly your confidence. Noah will share the innovative techniques he uses to enhance balance, prevent falls and improve mobility. If you're looking to stay strong or trying to improve your current balance, these practical tips can be incorporated into your daily routine to keep you steady on your feet!

## **A Sound Bath**

PEACHTREE CITY  
Monday, October 13  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
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 Gut Feeling**

PEACHTREE CITY  
Tuesday, October 14  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Good digestion is the foundation of wellness, but many of us don't give it the attention it deserves. Join Ebonie Jackson with Humana as she explores the importance of digestive health and how it affects daily well-being. Learn practical tips to support your digestive system, from diet and hydration to simple lifestyle changes that can make a big difference. Whether you're dealing with occasional discomfort or simply want to optimize your digestion, gain valuable insights on how to keep your system running smoothly. Discover how small adjustments can lead to big improvements in digestion, energy, and enhanced overall health.

## **Hearing Aid Cleanings & Maintenance**

FAYETTEVILLE  
Wednesday, October 15  
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.

## **No Joint About It**

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

Struggling with joint pain? You're not alone, and the good news is that regular exercise can actually help! When you have aches and pains in your joints, exercising is usually the last thing on your mind, but Piedmont Wellness Center will show you how the right kind of exercise can make moving easier and reduce your overall pain. Get tips on low-impact, joint-friendly exercises that can help strengthen muscles, ease discomfort, and improve your range of motion. Gain confidence on ways you can get a great workout in without the jarring impact that can worsen joint pain. Discover how to stay active, feel better, and move with ease - without the ouch!

## **Spa Day Mini Massages**

FAYETTEVILLE  
Friday, October 17  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Treat yourself to a relaxing break as you unwind and recharge during these mini-massages! Aetna will have a massage therapist on site to perform 7-minute massages that target key areas of tension, leaving you feeling refreshed and rejuvenated. It's the perfect opportunity to indulge in a little

self-care in a calming and familiar environment. Join us for some much-needed TLC and make your day a little more relaxing!

### Second Chance Bites

FAYETTEVILLE  
Monday, October 27  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Tired of tossing out leftovers? Turn them into other tasty, nutritious meals that'll make the most of your food! Join Tara Stephen, RN and owner of Samaritan Nursing Care, as she teaches the tricks to repurposing everyday leftovers into simple, healthy dishes. Tara will share practical strategies for reducing food waste, stretching your grocery budget, and creating balanced meals that support your health. Enjoy a live demo with easy-to-follow recipes. By the end, you'll have the tools to make mealtime both affordable and

enjoyable while getting creative in the kitchen!

### Virtual Dementia Tour

FAYETTEVILLE  
Tuesday, October 28  
12:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Understanding what someone with dementia experiences can be challenging, but Brightmoor Hospice is here to offer a powerful glimpse into their world. The Virtual Dementia Tour is a unique and proven method that uses sensory tools to help you experience dementia from a first-hand perspective. For a few short minutes, you'll step into the shoes of a dementia patient, gaining a deeper understanding of the struggles they face daily. This eye-opening experience is designed to foster empathy, increase awareness, and enhance care for those living with dementia. Take the chance to step into a dementia

patient's shoes in a way you never imagined before.

### Balance It Out: Balance Assessments

PEACHTREE CITY  
Friday, October 31  
1:30 p.m. to 3:30 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

## Look What's Coming in November!

### Chimney Sweep

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

Colder weather is upon us and it's time to put that fireplace to good use! Join a former firefighter for tips on fireplace safety and chimney care to make sure your fire stays peaceful this season.

### Memory Screenings

PEACHTREE CITY  
Thursday, November 6  
1 p.m. to 3 p.m. | FREE  
Pre-registration required

Receive one-on-one memory screenings followed by a brief consultation to review the results. Intended to be helpful in determining if your forgetfulness is more than just normal aging.

### Uncork the Holidays

FAYETTEVILLE  
Friday, November 7  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

Sip your way into the holiday season with the perfect pour! Join Revival Wines for festive wine suggestions that'll make your celebrations merry, bright, and deliciously unforgettable. No tastings included.

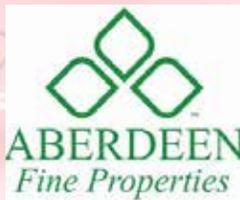
### A Cup of Cozy

PEACHTREE CITY  
Friday, November 7  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

Cozy up through winter with a soothing tea-tasting experience! Sample flavorful blends and discover your new favorite brew just in time for the holidays.

**Registration will be available when the November newsletter comes out on Monday, October 20th!**

Thank you to our  
Fashion Show  
event sponsors!



Thank you  
Garden Volunteers!

As the garden season comes to a close this October, we want to extend a sincere thank you to our incredible volunteers who brought this space to life! Their time, energy, and care transformed this space into a beautiful and peaceful retreat for everyone to enjoy and take pride in. You've not only grown a garden, but a true sense of community. Thank you for everything you've done!

Turning 65 or new to Medicare?

**I'm here to help you  
navigate Medicare in  
Atlanta, GA and  
surrounding areas**

If you're new to Medicare or have some questions, I'm here to help you make sense of it all. Reach out to me for personalized support throughout the process, from learning about your Medicare Advantage plan options to enrolling in the right plan for you. I even offer house calls, bringing info and answers into the comfort of your home.



**Call a licensed  
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**AJ Hicks**  
**470-620-7691 (TTY: 711)**  
Mon - Fri  
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Humana.com





*Under the*  
**HARVEST**  
*Moon*

THURSDAY  
OCTOBER 23

5 p.m. to 8 p.m. | \$15

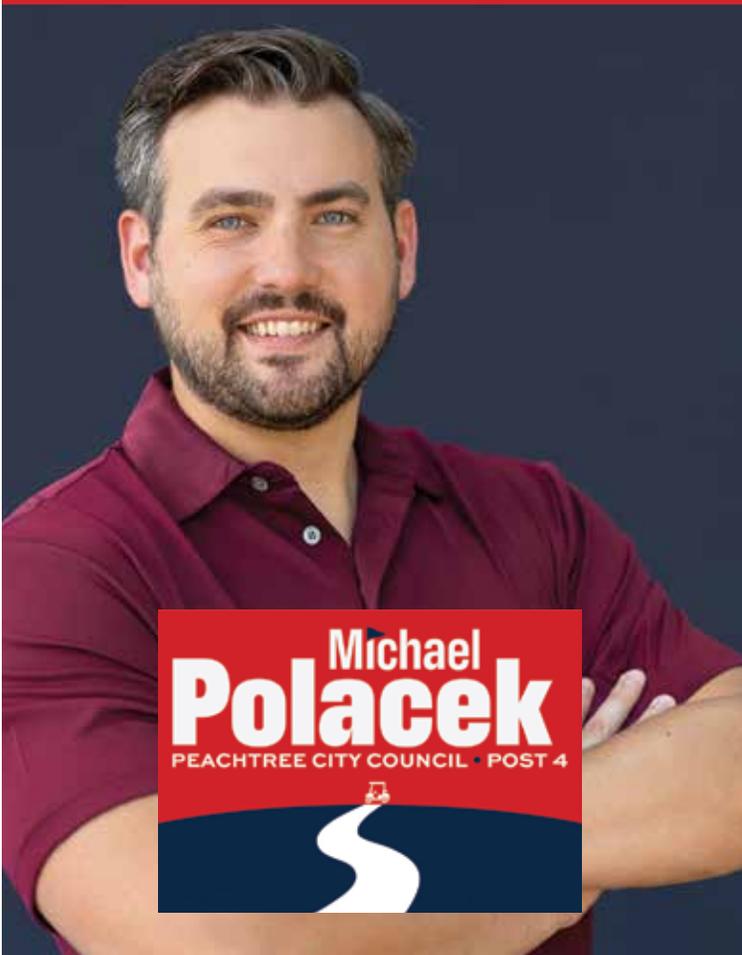
HAPPY FALL Y'ALL!  
ENJOY LIVE MUSIC AND DELICIOUS FOOD  
AT THIS FALL FESTIVAL!

Fayetteville | 4 Center Drive



Mark Gray, Agent  
770-487-8561  
**State Farm**

**Humana**



*"I'm running to protect the small-town values that make Peachtree City one of the best places to live and ensure it remains attractive for the next generation of families."*

### **Your Hometown Choice!**

- My family is now raising its third generation in PTC
- First generation American after parents and sister escaped communism and immigrated to USA with only \$100 and a suitcase of clothes
- Undergraduate in Psychology from Kennesaw State University and Master's in Public Administration from Georgia State University
- Director of Health Policy at Piedmont Healthcare where I work on medical workforce initiatives in GA
- Member of Peachtree City Recreation Advisory board
- Public servant – former budget writer and policy analyst for Georgia House of Representatives. Held senior leadership positions under Gov. Kemp
- Helped craft Georgia's \$36 billion budget
- Strong relationships with regional and state leaders

*Michael4PTC.com*

paid for by Elect Michael Polacek for PTC Council

# 2025 PROJECT LOVE

**It's More than a Simple Meal.  
Together We Can End Senior Hunger.**



**Help us reach our goal of raising \$50,000 to help support Meals On Wheels in 2026!**

Make a difference in the life of a senior this year by giving a gift that may be outside the box!

For a donation as little as \$5, you can provide one holiday or weekend meal to a Meals On Wheels recipient. Spread the cheer by making a generous contribution. For more information or to make a donation, please visit the front desk at either location or call 770-461-0813.

The Project Love campaign provides additional funding to deliver holiday, weekend, and doctor prescribed meals that FSS' annual MOW funding does not cover. Together, we can end senior hunger!



Scan QR Code for  
online donation

**Fayette Senior Services**  
*Making Life Better™*