

February 2026

# ENRICHMENT

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

## *The Funny Spell*

Join us for an unforgettable evening at FSS featuring dinner, laughs, and jaw-dropping illusions in a show that will leave you amazed!

## *Festive Flavors*

Celebrate the flavors of New Orleans during this delicious Fat Tuesday lunch full of Cajun favorites and fun surprises!

## *Churro-ly Delicious*

Just one bite of these churro cheesecake bars will have you wondering how dessert ever existed without this sweet mash-up!

*Live Well. Age Well.*





# *The Laugh Track* **Comedy Night & Magic Show**

**featuring local Atlanta Comedian  
and Magician Ken Scott**

**Tickets just \$20**

**A night of laughter awaits!**

**Thursday, February 19  
5:30 p.m. to 7:30 p.m.**

**4 Center Drive | fayetteville**

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

**PLG**  
**Peachtree Law Group**  
EST. 1984



# February

## featured

### The Heartbeat of Our Organization 10

A heartfelt tribute to the volunteers who bring our mission to life every day. We celebrate your dedication that truly makes an impact!

### You Churro About That? 11

These churro cheesecake bars are here to shake things up. One creamy, cinnamon-swirled, baked to perfection bite is all you need to fall in love!

### A Night of Wonder 15

This light-hearted night of entertainment promises big laughs, delightful surprises, and an unforgettable experience with a comedy magic show.

### A Taste of Mardi Gras 15

Spice up your Fat Tuesday during this delicious lunch that will be full of Cajun flavors, treats, and festive fun in true New Orleans style.

## 2026 HOLIDAY CLOSINGS

<b>President's Day</b> .....	<b>February 16, 2026</b>
Annual Training.....	April 21, 2026
Memorial Day.....	May 25, 2026
Juneteenth.....	June 19, 2026
Independence Day.....	July 3, 2026
Labor Day.....	September 7, 2026
Thanksgiving.....	November 26, 2026
Thanksgiving.....	November 27, 2026
Holidays.....	December 21, 2026
Holidays .....	December 22, 2026
Holidays .....	December 23, 2026
Christmas .....	December 24, 2026
Christmas .....	December 25, 2026

## in every issue

About FSS	4
Supportive Services	5
Meet Our Staff	6
Membership & Center Info	6-7
Coming Soon	8
Free Stuff - Every Day!	12-13
Special Events	15
Classes & Programs	18-29



## ABOUT US

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

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

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

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

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

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

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

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

### **Fayetteville Location:**

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

### **Peachtree City Location**

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

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

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

[www.fayss.org](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

Judy Sieman  
MOW Delivery Specialist

## CARE MANAGEMENT

Kelly Rigsby  
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

Bill Miller  
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.

## 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.

# 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. Take a one time orientation to learn about the equipment.

# 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 á la carte, plus tax. Beverages are included with any meal purchase (iced tea, coffee, and water).

## Coming Soon... March 2026

### **St. Patrick's Day Celebration**

Peachtree City | Tuesday, March 17

5 p.m. to 8 p.m. | \$20

*Top of the morning to ya! Share some Irish Luck at this St. Patrick's Day event. It will leave all who don't attend green with envy. Enjoy live music and a traditional Irish dinner. \*Tickets go on sale Tuesday, January 20th.*

## April 2026

### **Sounds of Spring: Outdoor Concert**

Fayetteville | Thursday, April 23

5:30 p.m. to 7:30 p.m. | \$20

*Enjoy a relaxing evening of dinner and music as the Southern Crescent Chorale performs a collection of their most beautiful pieces. Bring a chair, settle on the lawn, and enjoy live music alongside a delicious dinner in a beautiful outdoor setting. \*Tickets go on sale Friday, February 20th.*

## May 2026

### **Volunteer Appreciation Dinner**

Fayetteville | Tuesday, May 5

5 p.m. to 7:30 p.m. | FREE for FSS Volunteers

*It's time for our annual Volunteer Appreciation Dinner for all Fayette Senior Services volunteers! If you are a current FSS volunteer, mark your calendars for this fun and exciting event celebrating YOU!*

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

# 2026 Sponsorships Now Available!

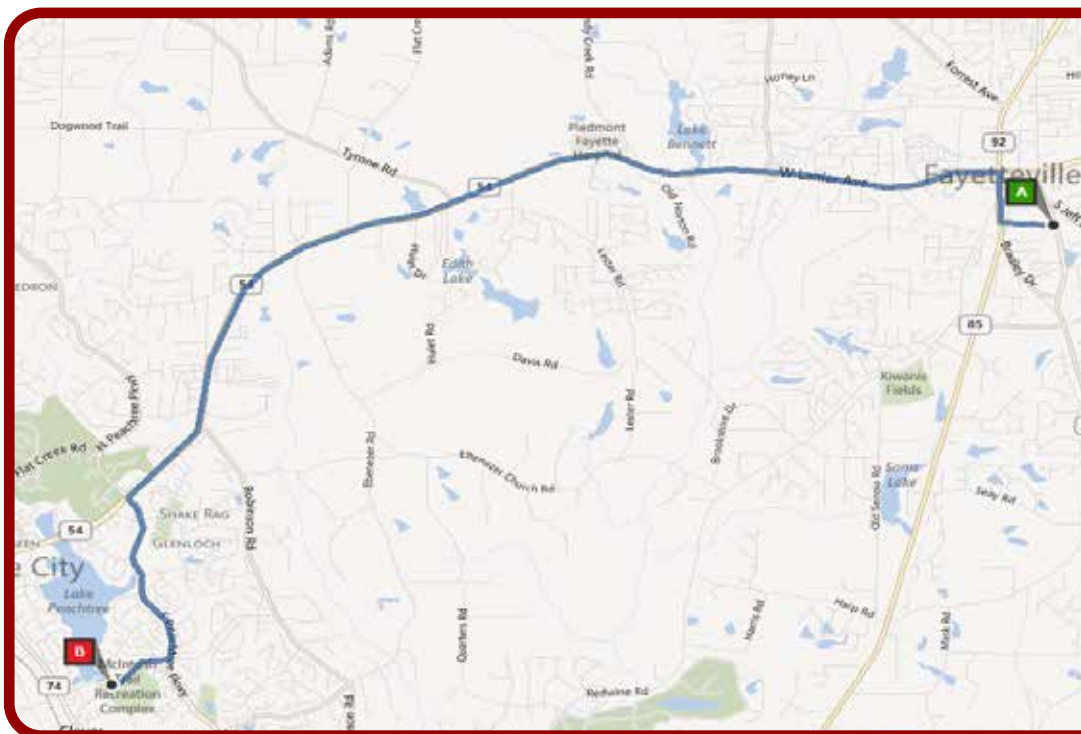
Contact Morgan Lanier at  
[mlanier@fayss.org](mailto:mlanier@fayss.org) or 770-769-8430  
for more information

SPONSORS

FAYETTE SENIOR SERVICES  
**Life Enrichment Center**  
*Making Life Better*

## 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

# TO YOUR HEART'S CONTENT

February is American Heart Month, making it the perfect time to refocus on cardiovascular health and building habits that keep our hearts strong all year long! While many people think of fitness as the path to weight loss or muscle tone, the heart is the real MVP. It is the true hero behind every movement. Therefore, fitness may be the path to weight loss, but the heart is the vehicle that drives it. And because all good and reliable transportation requires regular maintenance for optimal performance, consistent physical activity for our bodies is vital. Regular exercise improves circulation, lowers blood pressure, reduces

stress, and strengthens the cardiac muscle itself. So, if you have not already, start incorporating moderate-intensity aerobic exercise into your weekly routine. The American Heart Association suggests that we aim for at least 150 minutes per week - this can include brisk walking, cycling, dancing, swimming, or even a fun fitness class. We have tons here at Fayette Senior Services for you to choose from! If you already have a routine, challenge yourself by adding interval training or increasing your cardio duration slightly. The body's response will blow your mind.

Don't forget strength training. This type of training supports heart health by improving metabolism, reducing body fat, and balancing blood sugar levels. Two to three sessions per week targeting all major muscle groups is a great goal. February is also an excellent time to check in with lifestyle habits. Staying hydrated, reducing sodium intake, managing stress, and getting consistent sleep all support a healthier heart. Even small improvements like choosing the stairs over elevators or adding a daily 10-minute walk can make a meaningful difference.

This month, commit to showing your heart a little extra love. Your future self will thank you!



## 2025 PROJECT ∞ LOVE

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

We met our goal and more! Over 10,000 meals will now be provided to Meals On Wheels clients throughout 2026.  
Thanks to all who helped us raise over \$50,000!

When a community leads with heart, incredible things happen, and Project Love 2025 proved it. Powered by compassion and fueled by generosity, this campaign showed the true heart of our community by turning kindness into thousands of meals and meaningful moments of care. Together, Project Love 2025 became a beautiful reminder of what it truly means to come together for our neighbors.

**Together, we delivered a difference!**

# Dear Volunteer, You Make a Difference!

## Our Dearest Volunteers

*This is our love letter to you—the heart that keeps our organization beating strong!*

*Every day, you show up with compassion, patience, and generosity, and because of you, our mission reaches every corner of our community. You deliver more than meals through Meals on Wheels, you deliver dignity, connection, and the reminder that no one is forgotten. You answer phones with kindness, welcome guests with warmth, and give tours that help people feel they belong the moment they walk through our doors.*

*You plant and plan in the garden, turning care into growth. You pack meals with intention, knowing each one carries nourishment and hope. In our café, you serve more than food, you serve comfort and conversation. In the STAR program, you pour your hearts into uplifting others, creating moments of confidence, joy, and possibility.*

*You support wellness in the fitness center, fix what needs fixing on the Tool Team, and step in whenever help is needed - often before we even know to ask. No role is too small, no task beneath notice, because you understand that every act of service matters.*

*You love our community through action and because of that, our community feels loved.*

*Please know this: every smile, every hour, every helping hand ripples outward in ways you may never fully see, but we feel it every day. We are endlessly grateful for you, deeply inspired by you, and so proud to serve alongside you.*

*With all our appreciation and love,  
Thank you for sharing your love!*



2026 Volunteer Sponsor



Attorney David R. Moore  
[www.peachtreelawgroup.com](http://www.peachtreelawgroup.com)  
770-487-0202



# From Our Kitchen To Yours

## Churro Cheesecake Bars

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



### Ingredients

- 2 packages crescent rolls
- 2 (8 oz) packages of cream cheese, softened
- 1 cup sugar (for filling)
- 1/4 cup sugar (for topping)
- 1 teaspoon vanilla
- 1 stick butter
- 1 1/2 teaspoons cinnamon

### Directions

- Preheat the oven to 350 degrees. Spread one package of crescent roll dough across an ungreased 9x13 pan
- Beat two packages of cream cheese with one cup of sugar and 1 teaspoon of vanilla. Spread mixture over rolls
- Spread out second package of crescent rolls and lay on top of the cream cheese mixture
- Melt the butter and spread evenly over the top (use a basting brush to help)
- Mix the cinnamon and 1/4 cup sugar and sprinkle over the top
- Bake at 350 degrees for 25-30 minutes until lightly browned
- Cool completely before cutting. Serve at room temperature or chilled. Store extras in refrigerator

*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.

## 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.

Advanced play, experience needed. Observers welcome!

## 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.

Advanced play, experience needed. Observers welcome!

### Canasta:

1 p.m. to 4 p.m.

### Game Day:

1 p.m. to 4 p.m.

## Turn the Pages!

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



Members created gorgeous sea class Christmas tree decor!



Pool sharks showing off their skills in the pool room.

# 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 ladies of the scrabble group enjoying an afternoon together.



A fun afternoon of wine tasting at Revival Wine Bar!



# Special Events



## A Bite Out Of Mardi Gras

PEACHTREE CITY  
Tuesday, February 17  
11:30 a.m. to 12:30 p.m.  
\$12  
Member exclusive  
Pre-registration required

It's Fat Tuesday, officially Mardi Gras week, and your taste buds are in for a treat! While we may not have a full-blown parade, Fayette Senior Services is bringing the spirit of New Orleans to our very own celebration. Don your green, purple, and gold, grab some beads, and join us for a lively Mardi Gras-themed lunch full of flavor. Savor classic Cajun favorites like Shrimp Gumbo, Mardi Gras Chicken Wings, Red Beans and Rice, and top it off with a festive King Cake cupcake for dessert. Keep an eye out for the hidden baby in your cupcake, whoever finds it wins a special prize! Come hungry, come festive, and let's celebrate Mardi Gras in style!



## The Laugh Track Comedy Night & Magic Show

FAYETTEVILLE  
Thursday, February 19  
5:30 p.m. to 7:30 p.m.  
\$20  
Members can purchase tickets at front desk  
Pre-registration required

Get ready for an evening of fun as Fayette Senior Services transforms into a stage filled with laughter, amazement, and unforgettable entertainment! Begin the night with a delicious dinner before settling in for a comedy and magic show that will have you laughing out loud and wondering, "How did he do that?" World-renowned magician and comedian Ken Scott - praised by David Copperfield as "Two Thumbs Up!" - brings more than 30 years of experience right here to FSS. A four-time winner of Greater Atlanta Magician of the Year, Ken has performed five times at the White House, appeared on national television, and dazzled crowds at Hollywood's famed Magic Castle. His high-energy blend of quick wit, amazing illusions, and family-friendly comedy keeps audiences engaged from start to finish. Join us for the perfect night out, light-hearted, magical, and full of laughter. This event is sponsored by Attorney David Moore with Peachtree Law Group.



## Think Outside the Chocolate Box

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

Dive into a world where chocolate goes far beyond the candy aisle! In this flavorful class, Tia Adams of Branch & Vine guides you through the many unexpected places chocolate can shine - from soothing teas and vibrant salads to decadent desserts and everyday dishes. You'll learn how to harness chocolate's natural health benefits while indulging in its irresistible taste during this cooking demonstration. Discover creative techniques, smart pairings, and simple strategies for incorporating this beloved treat into your routine. Come explore, taste, and transform the way you think about chocolate! Enjoy chocolate mint tea, double chocolate cheesecake bourbon cherries, ice cream with bourbon chocolate sauce and pecans, and Branch & Vine's arugula berry salad with chocolate truffle salad dressing!

Sunday	Monday	Tuesday	Wednesday
1	2	3	
	Tools At the Palm of Your Hand pg. 22	Massage pg. 26 The Prehab on Rehab pg. 27 The Five Love Languages pg. 22	Food For He The Budge Pass p
8	9	10	
	The People's Law School pg. 23 The Art of Reflection pg. 23 Crochet: The Year of Stitches pg. 18	Volunteer Open House pg. 24 And Sew It Begins pg. 23 The Power of Connection pg. 27 Beyond the Table pg. 27 Gotta Hand It To You: Hand Massages pg. 28	Quilting UFO p Hello Sunsh Hummingbird H
15	16	17	
	<b>CLOSED</b> <b>Presidents Day</b>	Book Club pg. 24 Painting Workshop pg. 18 A Bite Out of Mardi Gras pg. 15	Quilting UFO p Computer Assis Hearing Aid C Maintenance The Circle of The Ment of Exercis
22	23	24	
	1-on-1 Medicare Consultations pg. 25 A Sound Bath pg. 28 Crochet: Go-To Bag pg. 18 Sing It Loud, Sing It Proud: Karaoke pg. 25	Lunch & Learn: In A Heart Beat pg. 28 Frontline Photography pg. 25 Computer Assistance pg. 26	Quilting UFO p On the Move Movement Asse Memory Scee



# February 2026

Wednesday	Thursday	Friday	Saturday
<b>4</b> Heart pg. 27 at Boarding pg. 22	<b>5</b> What's for Lunch? pg. 22 Life On Set pg. 22 Olympic Gold pg. 22	<b>6</b> Cornhole pg. 23 Learning From Living pg. 23 Wishful Planning pg. 23	<b>7</b>
<b>11</b> g Day: pg. 18 ine pg. 24 Haven pg. 24	<b>12</b> Forever Young pg. 27 Movie Day pg. 21 Eyeglass Repair and Adjustments pg. 27	<b>13</b> Scam Shield pg. 24 The Pillars of Wellness pg. 27	<b>14</b>
<b>18</b> g Day: pg. 18 stance pg. 26 Cleanings & ce pg. 28 f Joy pg. 28 al State e pg. 28	<b>19</b> The Grape Escape pg. 24 The Laugh Track Comedy Night & Magic Show pg. 15 Dementia Caregiver Support Group pg. 24 The ChatGPT Chat pg. 24	<b>20</b> Cornhole pg. 23 Think Outside the Chocolate Box pg. 15 Watercolor in Bloom pg. 18 A Peach Of A Plan pg. 25	<b>21</b>
<b>25</b> g Day: pg. 18 : Functional ssments pg. 29 enings pg. 29	<b>26</b> Book Club pg. 25 Movie Day pg. 21 The Masterpiece of the Mediterranean pg. 25 Car Wash pg. 25	<b>27</b> Movie Day pg. 21 The Festival of Colors pg. 26 Seize the Clay: Soap Dishes pg. 26	<b>28</b>
		January 2026 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	March 2026 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

# February Program Schedule

## Needlework

### Crochet: The Year of Stitches

FAYETTEVILLE  
Monday, February 9  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

Explore various crochet stitches throughout the year. This month, learn about one of many ways you can begin a crochet project. Look at how to start with chains and then foundation stitches in single crochet, half double crochet, and double crochet. Produce samples of each stitch and compile a booklet for future reference. Materials needed: Small amount of any worsted weight yarn; size H crochet hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Go-To Bag

FAYETTEVILLE  
Monday, February 23  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

You'll love this colorful bag for your projects, books, or just to use as a handbag. Beginner friendly. Materials needed: Worsted weight yarn #4 in black and vibrant variegated (the wilder the better!); size H crochet hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, February 11  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, February 18  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, February 25  
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

### Script and Style

FAYETTEVILLE  
Monday, February 2. 9, 16  
10 a.m. to 11 a.m.  
FREE  
Member exclusive  
Pre-registration required

Experience the elegance and flow of beautiful handwriting as you learn the timeless art of calligraphy. Under the guidance of calligraphy expert Russ Hilton, this course will introduce you to the refined Chancery Calligraphy style, known for its graceful curves and balanced forms. Each week focuses on a new technique and lettering skill, allowing you to build confidence with the perfect blend of creativity and precision. Russ's step-by-step instruction will help you transform simple strokes into expressive, artistic letters. Please bring a 4x4 graph paper pad and a 3mm Elegant Writer

Calligraphy Pen each week. Build the confidence and skill to create beautifully lettered pieces that showcase your personal touch as you explore the beauty of hand lettering.

### Painting Workshop

FAYETTEVILLE  
Tuesday, February 17  
10 a.m. to 12 p.m.  
\$40 | Includes materials  
Pre-registration required  
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a colorful portrait of dogs!

### Watercolor in Bloom

PEACHTREE CITY  
Friday, February 20  
9:30 a.m. to 12:30 p.m.  
\$30 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Paint gorgeous flowers as you learn the skills of using watercolor paints. Learn about basic watercolor techniques including tips on mixing colors, types of application techniques, how to capture the whites of a painting, and much more. Take home a finished painting. Designed for all levels, no previous experience needed. Paintings are pre-sketches so no drawing involved. See front desk for picture.

## Dance

### Introduction to Line Dance

PEACHTREE CITY  
Wednesday  
11:30 a.m. to 12:30 p.m.  
\$15 | Month  
Instructor: Stella Joshua



This class is designed for those with little to no line dance experience. This introduction class will teach the basic steps and terminology and get you comfortable on the dance floor. You'll be moving and grooving in no time and discovering why everyone loves line dance so much!

### **Beginner I Line Dance**

PEACHTREE CITY  
Tuesday  
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!

### **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  
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. Get ready to expand your line dance repertoire and at the same time keep your mind and body tuned.

### **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.

### **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 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!

### **Waves of Wellness Water Aerobics**

PIEDMONT WELLNESS CENTER  
Thursday  
8:30 a.m. to 9:15 a.m.  
\$25 | Month  
Instructor: Mitzi Bayerlein

Make a splash while staying fit with this water aerobics class, exclusively for Fayette Senior Services members! This low-impact workout is perfect for improving strength, flexibility, and endurance, all while being easy on the joints. Enjoy energizing routines in a warm water indoor pool that provides a great way to stay active in a unique experience. You do have to be a member of Fayette Senior Services, but you do not have to be a member of Piedmont Wellness Center to take this specific class.

### **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  
11:45 a.m. to 12:30 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 | 10 a.m. to 11 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. 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: 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

Tuesday

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

\$18 | Month

Instructor: Lori Clark

### PEACHTREE CITY

Thursday

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

\$18 | 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 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  
Wednesday  
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.

## Special Interest

### Garden Club

FAYETTEVILLE  
Regular meetings will resume in March  
FREE  
Members and non-members  
No pre-registration required

Garden meetings are dormant, just like our plants, but join us in March! If you have a green thumb, love gardening and are interested in volunteering, join the Garden Club. It's never too early to get involved, so contact Amber Oliver at [aoliver@fayss.org](mailto:aoliver@fayss.org) for more information.

### AARP Tax Aid Assistance

PEACHTREE CITY

# The Center Box Office

## Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, February 12 | 1:15 p.m.  
*Freakier Friday* (2025) | PG

Starring: Jamie Lee Curtis, Lindsay Lohan. 22 years after Tess and Anna endured an identity crisis, Anna now has a daughter and soon-to-be stepdaughter of her own. As they navigate the challenges that come when two families merge, Tess and Anna discover that lightning might strike twice.

PEACHTREE CITY  
Thursday, February 26 | 1:15 p.m.  
*Wake Up Dead Man: A Knives Out Mystery* (2025) | PG-13

FAYETTEVILLE  
Friday, February 27 | 1:15 p.m.  
*Wake Up Dead Man: A Knives Out Mystery* (2025) | PG-13

Starring: Daniel Craig, Josh O'Connor, Glen Close. A murder at a small-town church presents dapper detective Benoit Blanc with a devilishly dark mystery. A baffling whodunit that draws a tense investigation where faith, secrets, and suspicion blur as a close community turns against itself.

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



Tuesday and Thursday  
February 3 thru April 14  
9 a.m. to 1 p.m.  
Members and non-members  
Pre-registration required

AARP is here to offer free tax aid to assist us with personal income returns. Bring last year's tax return and other tax documents necessary for your 2025 filing. This is your chance to meet one-on-one with an AARP representative to get help filing taxes. Must have an appointment set to attend, no walk-in appointments available.

### **Tools At the Palm Of Your Hand**

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

Your phone can do a lot more than just make calls! Are you using it to its full potential? Turn your phone into your personal assistant as you learn how to master the tools right in the palm of your hand. Join tech expert Samuel Tisdale as you explore the essential tools on your smartphone such as the calendars, reminders, and notes. Learn how to organize your day, keep track of important tasks, and streamline your daily routines with simple, practical tips. Samuel will guide you through what simple tools your phone is capable of, making it easy to use confidently and efficiently. Take control of your phone and your schedule as you gain confidence and get more from your device. Don't miss this opportunity to make technology work for you!

### **The Five Love Languages**

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

We all express love and gratitude differently, and each of us

experiences love in our own unique way. While relationships can sometimes feel complicated, *The Five Love Languages* offers a simple, effective framework for strengthening our connections and deepening the joy we experience with others. This approach helps us understand our primary love language and explore how we both give and receive love. Joanna Hannah with Precious Hospice will guide us through the five love languages - Acts of Service, Receiving Gifts, Quality Time, Words of Affirmation, and Physical Touch. Together, we'll uncover our personal love languages and learn how to express love in ways that truly resonate with the people around us.

### **The Budget Boarding Pass**

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

They say travel is the only thing you buy that makes you richer, but it doesn't have to make you broke! Join Stephanie Triestsch with TriTravelPro as she reveals insider secrets to finding and taking advantage of the best travel deals. She'll share insider secrets as you learn about spotting hidden discounts, smart timing strategies, and the top tools and tricks seasoned travelers use to save big on flights, hotels, and adventures to make every travel dollar go even further. From spontaneous trips to dream getaways, Stephanie will show you how to travel farther for less without sacrificing comfort or experience. Walk away with confidence, and maybe a few extra bucks for souvenirs!

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

PEACHTREE CITY  
Thursday, February 5  
11:30 a.m.

FREE  
Member exclusive  
Pre-registration required

Meet us at a local restaurant for an afternoon out with great friends! FSS will make reservations and everyone will meet there to enjoy time with others (payment will be on your own). Must be registered to attend due to reservation numbers. This month, lunch will be at Camp Brewing Company in Fayetteville.

### **Life On Set**

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

Step behind the curtain and into the golden era of '90s television with veteran actor Alex Zonn. With more than a dozen TV appearances including Dr. Quinn, Baywatch, and Married With Children, alongside several films, 50+ audiobooks, and nearly 100 stage productions across the country, Alex brings a lifetime of rich storytelling to the stage. He'll share what life was really like on set, from early call times to unforgettable behind-the-scenes moments. Alex offers an inside look at the dedication, craft, and creativity required to build a career in acting. Join us for an inspiring, entertaining journey through the film and theater world from someone who lived it.

### **Olympic Gold**

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

Few events capture the world's imagination quite like the Olympics! Held only once every four years, the Olympic Games stand as the ultimate celebration of athletic excellence and global unity. Join Cory Gambardella with Grace Senior Living as she

takes you on a journey through the fascinating history and hidden stories of the Olympic Games. Ever wonder how far Bob Beamon's legendary long jump soared back in the 1968 Olympics? (Spoiler: it shattered records!) Curious how those dazzling Opening and Closing Ceremonies come together, or where all those props magically appear from? Cory pulls back the curtain with insider stories from her husband's 15 years as an Executive with the U.S. Olympic Committee, offering a rare glimpse into what it's really like behind the scenes of one of the world's greatest events.

## Cornhole

PEACHTREE CITY  
Friday, February 6  
10:30 a.m. to 11:30 a.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Friday, February 20  
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 during these monthly games!

## Learning From Living

FAYETTEVILLE  
Friday, February 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. 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.

## Wishful Planning

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

It's never too early to plan for peace of mind. Did you know that three out of every ten people don't share their final wishes with their loved ones? Join Gina Sturm from Grace Senior Living and Memory Care for a heartfelt and informative look at working through how to openly lead a discussion on your final wishes. Explore how thoughtful preparation can ease the emotional and financial burden on loved ones during life's most difficult moments. From legal documents to personal wishes, Gina will guide you through the essential steps to ensure your voice is heard and honored. Whether you're planning for yourself or a loved one, this conversation brings clarity, comfort, and empowerment. Let's face these important decisions together, with grace, dignity, and understanding.

## The People's Law School

FAYETTEVILLE  
Monday, February 9  
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 as a knowledgeable speaker and Judge Jason Thompson share on a senior related legal topic. Join attorney Victoria J. Farrell with Fayette Law Group as they discuss accountability court, wills, and trusts.

## The Art of Reflection

PEACHTREE CITY  
Monday, February 9  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Your story holds more wisdom than you realize. Join Sea Glass Therapy as she guides you through an expressive art therapy exercise that turns personal experiences into creative insight. Through thoughtful reflection, explore how your past has shaped who you are today and the lessons you will carry forward. After, you'll transform these insights into a visual message of advice for future generations. Delight in a meaningful blend of creativity, healing, and self-discovery, leaving you with a lasting piece of personal wisdom.

## And Sew It Begins

FAYETTEVILLE  
Tuesday, February 10  
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.

## Volunteer Open House

FAYETTEVILLE  
Tuesday, February 10  
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.

## Hummingbird Haven

FAYETTEVILLE  
Wednesday, February 11  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Tiny, dazzling, and full of personality, hummingbirds bring nonstop energy and beauty to the garden. Join Kim Toal with the Extension Office as she shares tips for gardening for hummingbirds and discusses what attracts these incredible pollinators to your landscape. Known for their remarkable flight patterns and important role in pollination, hummingbirds are a joy to watch and support. Highlight plants that encourage hummingbirds to visit, with special attention to varieties that grow well in our area. Discover simple ways to turn your garden into a welcoming stop for these remarkable birds.

## Hello Sunshine

PEACHTREE CITY  
Wednesday, February 11  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Since spring blossoms are just around the corner, it's the perfect time to refresh your space with color, light, and a touch of joy! Join decorating enthusiast Bethany Vickery as she shares simple, stylish ways to brighten your home just in time for spring's arrival! Say

goodbye to winter's gloomy tones and hello to fresh, cheerful pops of color that breathe new life into every room and your mood. From vibrant accents and light-enhancing tips to airy textures, Bethany will guide you through simple changes that make a big impact. Discover easy ways to transform your home into a springtime sanctuary just in time for the beautiful season. Get inspired to refresh your décor and celebrate the longer, brighter days ahead!

## Scam Shield

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

Your identity is priceless and scammers know it. They may be getting smarter by the day, but so can you! Join Nathan Coflin with the Georgia Senior Medicare Patrol for an eye-opening presentation on how identity thieves gather, steal, and exploit personal information. Nathan will break down the most common scams targeting seniors today and explain the subtle tricks scammers use to appear legitimate. You'll learn practical, easy-to-follow steps to safeguard your identity, protect your Medicare information, and stay alert to red flags. Learn how to defend yourself and keep your identity where it belongs - safe and in your hands.

## A Novel Idea Book Club

PEACHTREE CITY  
Tuesday, February 17  
1:45 p.m.  
FREE  
Member exclusive  
No pre-registration required

February book: *James* by Percival Everett. March book: *We Solve Murders* by Richard Osman. For more information, please contact Heather Martz at [hmartz@peachtree-city.org](mailto:hmartz@peachtree-city.org).

## The ChatGPT Chat

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

Artificial intelligence (AI) isn't just for tech experts, it's a tool anyone can use with confidence and ease. You'd be surprised just how useful it can be for everyday things. Join Stephanie Harris from Working Concepts, Inc. for step-by-step guidance of ChatGPT, and how to explore AI safely. Stephanie will lead participants through the basics of asking clear questions, improving answers with simple follow-up prompts, and using ChatGPT for everyday tasks like shopping lists, reminders, and writing messages. She'll also teach a quick three-step scam check to help you spot unsafe content and protect yourself online. By the end of this session, you'll know how to use AI one click at a time...comfortably, confidently, and safely!

## Dementia Caregiver Support Group

PEACHTREE CITY  
Thursday, February 19  
1:30 p.m. to 3 p.m.  
FREE  
Members and non-members  
No pre-registration required

For more information, contact Lynnette Dunn at 404-326-0219 or by email at [lynnette.dunn@piedmont.org](mailto:lynnette.dunn@piedmont.org).

## The Grape Escape

PEACHTREE CITY  
Thursday, February 19  
2 p.m. to 3:30 p.m.  
\$25  
Member exclusive  
Pre-registration required

Uncork your curiosity and let the good times pour! Wine connoisseur Renessa Montcalm leads this spirited monthly series, guiding you through the



fascinating world of wines from regions and countries around the world. Each session highlights a featured selection, offering tasty insights that help you grow your wine knowledge one sip at a time. From unexpected flavor notes to the stories behind each bottle, and delicious food pairing suggestions, you'll enjoy a relaxed, engaging journey into all things wine. This month, escape into the world of French wines as you raise a glass to learn something new!

## A Peach Of A Plan

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

Nestled among pine trees and golf cart paths, Peachtree City didn't just happen, it was dreamed into existence. Our beloved town grew from the bold vision of a few determined planners in the late 1950s, who imagined a master-planned community unlike any other in Georgia. Over the decades, that dream blossomed into a thriving, close-knit hometown full of charm, innovation, and community pride. Join Charlie Nelson, a longtime resident and Publisher of Peachtree City Magazine, as he shares the remarkable story of how this city came to life. From its early days as farmland to becoming a nationally recognized model for planned living, you'll gain a heartfelt glimpse into what makes Peachtree City truly special. This is more than a history lesson, it's a tribute to the place we're proud to call home!

## 1-on-1 Medicare Consultations

PEACHTREE CITY  
Monday, February 23  
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.

## Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE  
Monday, February 23  
1:30 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Just because you can't sing doesn't mean you shouldn't... and if you can, even better! Warm up those vocal cords and join us for an afternoon of lively, laughter-filled karaoke. Karaoke gurus Vince and Carla Cloud will keep the energy high and the fun nonstop as they guide us through an interactive, memorable singalong experience. It's an afternoon you'll be talking about - or better yet, singing about - for days to come!

## Frontline Photography

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

Some images don't just capture a moment, they capture history itself. Join Chris Madrid from the Commemorative Air Force Airbase Georgia for an insightful look into frontline photography and the role of war correspondents. Explore iconic images from World War II and discover how photojournalism emerged as a powerful medium for telling the visual truth. Chris will highlight the stories behind these unforgettable photographs and the courageous individuals who captured them. Learn how these images shaped public perception, influenced history, and continue to inspire generations. Take a fascinating look at the art, bravery, and

impact of documenting life on the frontlines.

## Car Wash

PEACHTREE CITY  
Thursday, February 26  
9 a.m. to 4 p.m.  
\$50  
Member exclusive  
Pre-registration required

Splish, splash—your car is getting a bath! Hector Antonio from Roll N' Shine will be on-site to give your vehicle a fresh, clean shine inside and out while you relax comfortably in FSS. Enjoy the convenience of a professional wash without ever leaving the building. Please note that Roll N' Shine reserves the right to decline service for excessively dirty interiors. Give your car the care it deserves with this effortless, on-the-spot service!

## P“age” Turners Book Club

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

February book: *Snowflower and the Secret Fan* by Lisa Fan.  
March book: *The Other Einstein* by Marie Benedict. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## The Masterpiece of the Mediterranean

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

The Mediterranean is a legendary crossroads of civilizations, landscapes, and cultures, and it continues to captivate travelers from around the world. World traveler and travel advisor Ron Largent invites you on a journey that spans from the historic

grandeur of Rome and the Vatican to the sophistication and glamour of the French Riviera. Experience the sheer scale and power of ancient Roman and Greek ruins, then slow down and savor the beauty of Santorini's world-famous beaches and sunsets. Along the way, discover vibrant cities, coastal villages, and unforgettable flavors that define this iconic region. Whether your passion is history, scenery, cuisine, or relaxation, the Mediterranean truly offers it all. Let Ron guide you through an inspiring presentation filled with insight, stories, and travel expertise that will spark your wanderlust.

### Seize the Clay: Soap Dishes

**TWO HANDS POTTERY**  
Friday, February 27  
10 a.m. to 12 p.m.  
\$35 | Includes Materials  
Member exclusive  
Pre-registration required

Join us at Two Hands Pottery Studio (240 Glynn Street, Fayetteville) for a hands-on class where they will guide you through the popular slab method in pottery to create unique, handmade soap dishes. The raised texture on each dish keeps soap dry, and you'll make two to take home! As you create this breathtaking piece of pottery, you'll have friendly guidance every step of the way. Whether it's your first time with clay or you're a seasoned maker, you'll leave with a truly special piece. Let your creativity shine! Registration required by Friday, February 20. Picture sample available at front desk.

### The Festival of Colors

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

Celebrate the vibrant spirit of colors and community as you learn about the Holi Festival! Join Namrata Sharma for an engaging look at Holi, the beloved festival of colors celebrated across India

and around the world. Learn about its rich history, cultural significance, and the joyful traditions that make Holi such a beloved celebration. Discover how families and communities come together to play with colors, share festive foods, and welcome the arrival of spring! Namrata will also share stories and insights that bring this lively festival to life. Immerse yourself in the sights, sounds, and spirit of Holi and leave inspired by its message of joy, unity, and renewal.

### Trivia

**FAYETTEVILLE**  
Fridays  
1:30 p.m. to 3 p.m.  
FREE  
Member exclusive  
No pre-registration required  
Host: Linda Abbott

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

### Dulcimer

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

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

## Technology

### Computer Technology Assistance

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

**FAYETTEVILLE**  
Tuesday, February 24  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

Bring in your laptop and questions about your computer for 1-on-1 assistance. Lance Collins with PTC Techs will assist with computer technology troubleshooting, removal of unwanted programs, antivirus prevention, and general questions. This is not a computer tutor class.

## Wellness

### Massage

**FAYETTEVILLE**  
Tuesday, February 3  
10 a.m. to 4 p.m.  
\$60 | 1 hour  
Member exclusive  
Pre-registration required  
Masseuse: Tranquil Escape

There are many health benefits to massages including stress reduction, increase in blood flow, improving balance, stimulating the nervous system, helping flexibility, assisting in better sleep, and relieving pain. Treat yourself to a relaxing massage! Enjoy this FSS exclusive discount by booking through us, but meet at their quiet and calming studio for your appointment – 500 W. Lanier Avenue Suite 602 | Fayetteville, GA 30214.

## The Prehab on Rehab

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

FREE

Members and non-members

Pre-registration required

Strong bodies recover faster, and prehab is the key to getting there. Join Dr. Josh Davis from First Step Physical Therapy to learn how prehab can enhance your rehab experience and set you up for a smoother recovery. Discover the benefits of preparing your body before surgery, including increased strength, flexibility, and confidence. Dr. Davis will walk you through what to expect in a prehab session and how these exercises can improve outcomes after surgery or injury. Empower yourself with the tools to strengthen, prevent, and heal effectively.

## Food For Heart

PEACHTREE CITY  
Wednesday, February 4  
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members

Pre-registration required

It's time to nourish your body and show your heart some love from the inside out! Discover delicious, everyday foods that pack a powerful punch for cardiovascular health. Join Arisahi Crane, Dietitian with Fruition Nutrition, as she serves up simple tips and tasty ideas to nourish your heart and energize your plate. Learn which delicious, heart-smart foods to add to your plate and how to build meals that support cardiovascular wellness. Discover how nutrients like omega-3, potassium, magnesium, and antioxidants work together to protect your heart and boost overall health in a way you never imagined. Eating for heart health has never been so easy, or so delicious!

## Beyond the Table

FAYETTEVILLE  
Tuesday, February 10  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

Healthy aging starts with the choices we make at the table and beyond. Nutrition and weight management remain two of the biggest wellness priorities for many. Small and steady changes can have a big impact. Join Jennifer Lunsford, certified health coach and independent insurance broker, for an uplifting discussion on maintaining a healthy weight as we age. Jennifer will share simple meal ideas, portion tips, healthy proteins, smart carbs, and strategies for staying active. You'll also gain tools for navigating the nutritional challenges that often come with aging. This class is ideal for anyone looking to feel stronger, healthier, and more confident in their everyday life.

## The Power of Connection

PEACHTREE CITY  
Tuesday, February 10  
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members

Pre-registration required

In a world where staying connected matters more than ever, technology makes it possible to bridge distances with just a tap. With tools like video calls that bring loved ones face-to-face and health apps that keep care teams within reach, there are digital tools readily available. Phones are transforming how we support one another. Using technology helps individuals stay informed, engaged, and empowered no matter where they are. We believe connection is a key part of overall well-being, and innovation helps make that connection stronger. Join Ebonie Jackson with Humana as she highlights how technology keeps us connected, supported, and thriving.

## Eyeglass Repairs and Adjustments

FAYETTEVILLE  
Thursday, February 12

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.

## Forever Young

FAYETTEVILLE  
Thursday, February 12  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

The secret to positive aging may be simpler, and more fun, than you think! Aging may be inevitable, but feeling old is completely optional. In this lively presentation, retired psychologist Dr. David Aycock explores the surprising science behind "subjective age" - how young we feel versus how old we are. Drawing from large-scale studies and real-world stories, he reveals research showing that feeling younger than your chronological age isn't denial, it's a powerful predictor of better health, sharper thinking, and longer life! Dr. Aycock highlights the mental, emotional, and physical benefits of embracing a youthful mindset while also offering a few cautionary notes about pushing the illusion too far. With humor, research, and a dash of Don Quixote, he shows how playfulness, perspective, and everyday joy can bring youthfulness to how we experience life. Join us to discover why thinking young might just be one of the healthiest habits you can adopt as he leaves you smiling, inspired, and ready to reclaim your inner vitality!

## The Pillars of Wellness

PEACHTREE CITY  
Friday, February 13  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members



Pre-registration required

Thriving as we age starts with a strong foundation, and that foundation is built on the five pillars of healthy living. Join GYMGUIZ for an engaging and encouraging discussion on the five essential pillars of healthy aging: nutrition, movement, restorative sleep, stress reduction, and social connection. Discover practical, science-backed strategies to nourish your body, strengthen your muscles and balance, improve sleep quality, manage daily stress, and build meaningful connections that support emotional well-being. A Certified Personal Trainer will share simple tips that can be easily incorporated into everyday routines to promote vitality, confidence, and independence. Take proactive steps toward aging with energy, health, and purpose, and learn how small, consistent habits can help you thrive at every stage of life.

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

PEACHTREE CITY  
Tuesday, February 10  
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, February 18  
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.

### **The Mental State of Exercise**

FAYETTEVILLE  
Wednesday, February 18  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Exercise is not only great for improving your body, it's one of the most powerful tools for strengthening your brain. It has an impact by improving memory, focus, and the way we process information. By adding simple mental challenges to physical movement, exercise becomes a tool for keeping the brain sharp and resilient. This brain-body connection helps us perform better, think clearer, and stay engaged in everyday life. Join Piedmont Wellness Center to discover how intentional exercise can support both your physical health and cognitive well-being.

### **The Circle of Joy**

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

Connection is the heartbeat of our lives. It is how love is felt, kindness is shared, and meaning is created! Shari Douglas with Southern Grace Hospice helps us celebrate the power of meaningful relationships and emotional well-being at every stage of life. Through guided discussion, simple activities, and shared experiences, you will explore the many forms of love from friendship, family, and community to self-care. Discover how kindness strengthens both personal health and social bonds

as you gain practical ways to stay connected, reduce loneliness, and nurture a supportive, compassionate environment. This is designed to promote emotional wellness, a sense of belonging, and joyful engagement in a respectful and inclusive setting.

### **A Sound Bath**

PEACHTREE CITY  
Monday, February 23  
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.

### **Lunch & Learn: In A Heart Beat**

FAYETTEVILLE  
Tuesday, February 24  
11 a.m. to 1:30 p.m.  
\$15 | Includes lunch  
Members and non-members  
Pre-registration required

Discover heart-healthy habits and learn how to care for one of the most important organs in your body. Take charge of your well-being and join us for a heart-health makeover dedicated to helping you build long-lasting, healthy routines. We all know that regular

exercise and nutritious eating are essential, but did you know they can significantly reduce your risk of heart disease? In recognition of American Heart Month this February, spend time with Nurse Practitioner Barbara Conlon from the Piedmont Heart Institute, fitness expert Sheila Agnew-McCoy, and Dietitian Laura Pariseau-Dhanoolal, with Piedmont Fayette Hospital, as they share practical ways to integrate movement and healthy eating into your daily life. From understanding the basics of heart anatomy to learning preventive strategies, recognizing symptoms, and exploring treatment options, you'll leave with valuable knowledge and actionable steps to strengthen your heart through everyday habits, exercise, and nutrition.

### Memory Screenings

FAYETTEVILLE  
Wednesday, February 25  
2 p.m. to 4 p.m.

FREE  
Member exclusive  
Pre-registration required

Dr. Martinez and his team from the Neuropsychology Center will be on site to offer personalized, one-on-one memory screenings—an important step in determining whether forgetfulness is a normal part of aging or something that warrants further attention. After your screening, Dr. Martinez will be available for a brief, private consultation to review your results and answer any questions. This is a valuable opportunity to gain insight into your cognitive health and take proactive steps toward maintaining your memory and mental sharpness.

### On the Move: Functional Movement Assessments

PEACHTREE CITY  
Wednesday, February 25  
2:30 p.m. to 4 p.m.  
FREE  
Member exclusive

Pre-registration required

Our daily movements often come naturally and without a second thought. But as we age, even these simple actions can become more challenging. The team of Physical and Occupational Therapists at Bench Mark Physical Therapy offers personalized, one-on-one functional movement assessments to identify areas for improvement and provide exercises designed to make you stronger and more mobile. Functional movement refers to sequences based on real-world activities you perform every day, helping ensure your body stays capable and resilient. During your assessment, you'll learn your potential risk for injury and gain practical strategies to improve your movements. Walk away feeling more confident, stronger, and ready to move through your day with greater ease.

## Look What's Coming in March!

### Feline Good, Like I Should

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

Who says dogs get all the fun? Join cats Lucy and Ricky as they demonstrate cool tricks and simple training techniques that will help enrich your cat's playtime and engagement.

### Achy Breaky Arthritis

PEACHTREE CITY  
Thursday, March 5  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

Oh, my aching joints! Discover the different types and causes of arthritis and learn effective, medication-free ways to reduce inflammation and manage pain at home.

### Backup Basics

FAYETTEVILLE  
Thursday, March 5  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

Don't wait for a crash to lose everything! Learn how to back up your computer the smart way as you discover easy tools and strategies to protect your files, photos, and peace of mind.

### Açaí All Day

PEACHTREE CITY  
Thursday, March 5  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

Enjoy a delicious introduction to açai bowls while exploring how simple, fruit-forward foods can help you feel your best. It's time to fuel your energy and movement for overall wellness!

*Registration will be available when the March newsletter comes out Friday, February 20th!*

## Home Helpers® Home Care



At Home Helpers Home Care, we don't just want to make your life easier, we want to make your life better. We do this by providing personal care, companion care and homemaker services, so you can focus on maintaining an active and healthy lifestyle. We're here when you need us.

Veterans are eligible for care through  
Homemaker and Home Health Aid programs.

**678-876-5118**

[bdow@homehelpershomecare.com](mailto:bdow@homehelpershomecare.com)

[HomeHelpersHomeCare.com](http://HomeHelpersHomeCare.com)

©2025 H.H. Franchising Systems, Inc. Each office is independently owned and operated. Home Helpers® and the Home Helpers logo are registered trademarks of H.H. Franchising Systems, Inc.

# HAPPY 2026!

INTRODUCING THE NEW

## SAE GROUP PARTY

— LIVE MUSIC PACKAGE — DAY OR NIGHT —

Pick Your Date ~  
We Pick the Place  
& Bring the Vibes!

- ✓ Live Jazz, R&B & Old School Soul
- ✓ Reserved Group Seating
- ✓ Classy, Comfortable Atmosphere
- ✓ Real Grown-Folks Vibes

STARTING AT JUST  
**\$20 PER PERSON\***  
(pricing may vary by venue & group size)

Perfect for:

- Birthdays
- Seniors
- Church Groups
- Social Clubs
- Co-Workers
- Girls' Day Out

**MUST RSVP — RESERVE YOUR GROUP DATE NOW!**  
Call **Ms. L'Tanya • 770-837-7067**

Let's Make 2026 Simply Awesome!

**Simply Awesome**  
SimplyAwesomeEvents.com



**Mark Gray, Agent**  
66 Eastbrook Bend  
Peachtree City, GA 30269  
Bus: 770-487-8561  
[mark.gray.gz37@statefarm.com](mailto:mark.gray.gz37@statefarm.com)



**I love  
this town.**

**Thanks, Fayette Senior Services.**

I love being here to help  
in a community where  
people are making a  
difference every day.  
Thank you for all you do.



Fayette Senior Services Presents:

# St. Patrick's Day Celebration

Live music, Irish dancers, and delicious  
food for an evening full of luck!

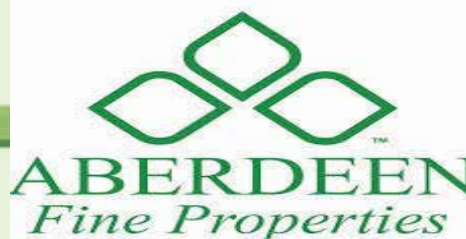
Tuesday, March 17  
5 p.m. to 8 p.m.

**\$20 | Ticket**  
**Pre-registration**  
**required**

**Peachtree City**  
**203 McIntosh Trail**  
**770.461.0813**

**Event Sponsored By:**

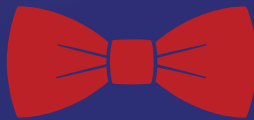
**Fayette Senior Services**  
*Making Life Better™*





**RE-ELECT JUDGE**

# JASON B. THOMPSON



In Georgia's courts, every voice deserves to be heard. Judge Jason B. Thompson has built a reputation for fairness, transparency, and unwavering integrity. Let's keep a steady hand on the bench.

**RE-ELECT JUDGE  
JASON B. THOMPSON.**



Scan the code to  
learn more and  
donate to the  
Re-Election fund.



**EXPERIENCED. TRUSTED. PROVEN.**

**KEEPJUDGEJBT.COM**

PAID FOR BY FRIENDS OF JASON B. THOMPSON