

March 2026

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## Luck of the Irish

Enjoy a festive St. Patrick's Day celebration full of live music, Irish dance, and cheer. A lively night of shamrocks and celebration awaits!

## Sizzling Hibachi

Turn an ordinary lunch into an extraordinary experience with this mouthwatering hibachi cooked right before your eyes!

## Swiss Bliss

Cheesy, golden, and bursting with flavor, this casserole combines the perfect ingredients to create the ultimate comfort meal!

Live Well. Age Well.

Fayette Senior Services Presents:

# St. Patrick's Day Celebration

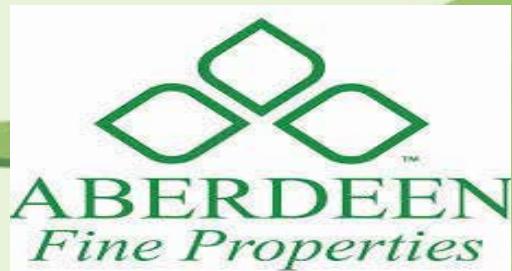
Live music, Irish dancers, and delicious  
food for an evening full of luck!

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:



# March

## featured

### **An Adventerous Spirit, A Giving Heart** 10

Meet Carla Waters, a Meals On Wheels volunteer whose bright spirit and kindness shine throughout the entire FSS community!

### **Layered and Delightful** 11

Layers of tender chicken, savory stuffing and melty cheese come together to create this flavor-packed casserole that is as comforting as it is bold!

### **Shamrock & Roll** 15

Rock 'n' roll into St. Patrick's Day with live music, toe-tapping Irish dance, and festive bites. Celebrate as we soak up an unforgettable night.

### **The Hibachi Hype** 15

Get ready for a lunchtime event! We're bringing the heat with a live hibachi show - full of fresh flavors, flair, and delicious eats you won't want to miss!

## in every issue

### **2026 HOLIDAY CLOSINGS**

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

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# Fayette Senior Services

*Making Life Better*™

## 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 | 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 CAFE

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

# Fayette Senior Services

Making Life Better™

## 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...

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. Event sponsored by State Farm Agent Mark Gray. \*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!

June 2026

### Boot Scoot & BBQ

Fayetteville | Thursday, June 18

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

Put on your boots and join us for a boot scootin' good time! We'll enjoy an evening full of delicious barbecue and some boot scootin' music that will keep you moving all night long. Event sponsored by Somerby and Senior Helpers. \*Tickets go on sale Monday, April 20th.

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

# 2026 Sponsorships Now Available!

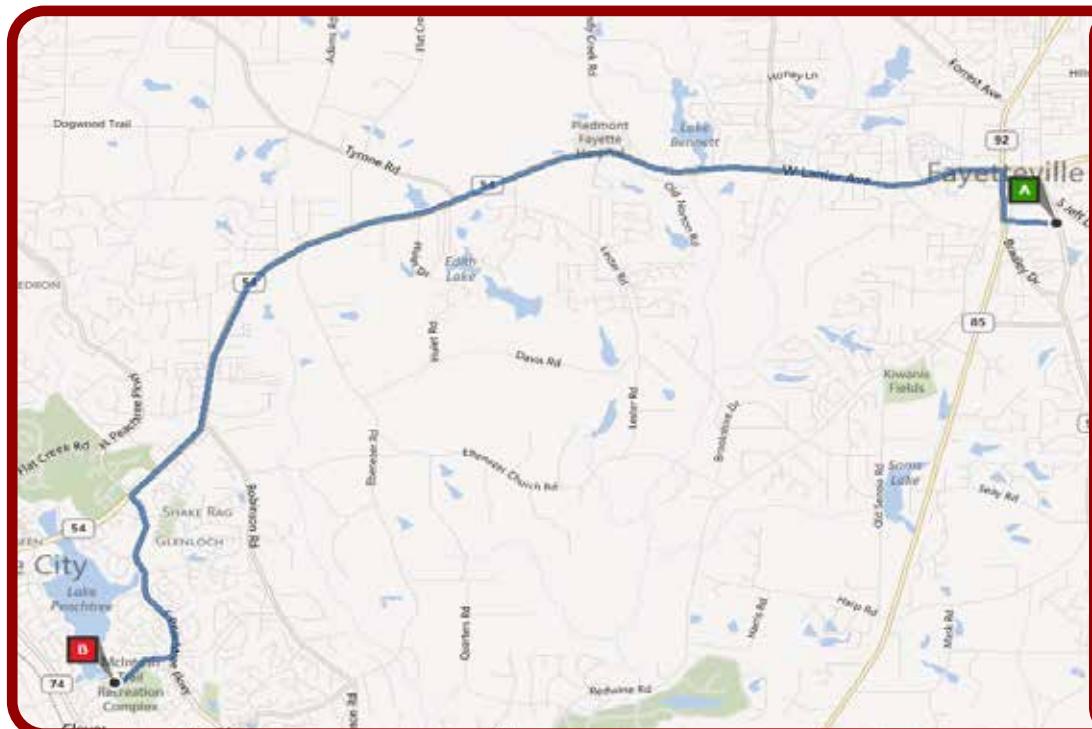
Contact Morgan Lanier at  
[mlanier@fayss.org](mailto:mlanier@fayss.org) or 770-769-8430  
for more information

SPONSORS

FAYETTE SENIOR SERVICES  
Life Enrichment Center 

## 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. 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

# THE GIFT OF GIVING, THE JOY OF LIVING

"There is more happiness in giving than in receiving." These are words most of us have heard our entire lives. From youth, this holy adage was poured into my foundation, and I can attest that through every stage of life, I've found few words to be truer. And though I'm not as seasoned as the citizens I serve, the beaming faces of those who lend themselves charitably confirm that giving is—and will always be—a key component of happiness. Obviously, well-being, a loving family, and financial stability all matter. But research and lived experience consistently recognize joyful giving as a powerful factor in happiness. For seniors, contributing time, skills, attention, or resources can provide a purpose-filled pathway to a happier, more gratifying lifestyle. Joyful giving goes beyond obligation or duty. It is the act of giving freely,

with intention and pleasure. For seniors, this could look like volunteering here at the senior center, supporting other humanitarian causes, mentoring younger generations, or simply offering kindness and help to neighbors and friends. These acts create a strong sense of purpose, something sometimes lost after retirement, when previous work roles and routines have faded. What's more, giving of yourself promotes social connection! It brings people together, reducing feelings of isolation and loneliness that some older adults experience. Engaging in acts of generosity builds relationships, strengthens community ties, and boosts feelings of connection. Everyone involved wins in every way, especially the giver. Not only is the byproduct of giving—social engagement—closely linked to better emotional health and improved cognitive function, but the psychological benefits are astounding. Studies show that giving activates areas of the brain associated with pleasure and reward, releasing feel-good chemicals like dopamine and oxytocin. This "helper's high" can reduce stress, boost mood, and increase overall life satisfaction. For seniors, this is a big deal and can prove invaluable when navigating life changes or health challenges. Ultimately, joyful giving reminds us that we still have much to offer. It affirms value, wisdom, and impact. Focusing on generosity—big or small—will help us cultivate gratitude, purpose, and connection, creating a happier and more meaningful lifestyle!

*The Southern  
Crescent Chorale*  
Fayette Senior  
Services  
present

Thursday, April 23  
5:30 pm to 7:30 pm  
Tickets \$20

Fayetteville location  
4 Center Drive  
770.461.0813

Enjoy an evening of dinner & music as the Southern Crescent Chorale performs a collection of their most popular pieces, including some from their favorite concerts!

Event Sponsored By:

**Fayette Senior Services**  
Making Life Better™

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

# Dear Volunteer, You Make a Difference!

Books, Bread, and A Big Heart for FSS

Written By: Amber Oliver



One of the best parts of my job as Volunteer Coordinator at FSS is learning the stories of the amazing volunteers who serve our community, volunteers just like Carla Waters! Carla is one of our Meals On Wheels stars who is described by co-workers quickly with just a mention of her name as "wonderful, wonderful, wonderful!" And we couldn't agree more!

Carla's story begins in Poland, Ohio, where service and adventure were woven into her life from the very start. Both of her parents were World War II veterans - her mother, Ruth, proudly served in the WAC (Women's Army Corps) and later worked for the Selective Service, while her father, Bob, delivered troops and supplies by train throughout the Middle East before returning home to work for the Pittsburgh and Lake Erie Railroad (P&LE). Growing up with three older sisters, Carla spent her childhood playing "school", visiting family in Pennsylvania, and enjoying hikes and jeep rides at her Aunt Doris Jean and Uncle Bob's farm in New Baltimore, PA, all early hints of the adventure seeker she'd one day become. Carla attended Poland Seminary High School, and her first job was at McDonald's, back when a Quarter Pounder with cheese was still under a dollar!

While serving in the U.S. Air Force and stationed at Blytheville Air Force Base, Carla met her future husband in the most delightfully 1980s way - at the Holiday Inn bar just off Interstate 55! She and "Saint Mike" were married in 1985! Mike went on to spend 34 years as a pilot with Delta

Airlines and Carla worked part-time at FSS. For many years, even before she worked at the center, she was a dedicated FSS volunteer dating back to the mid-1990s, after answering a classified ad in The Citizen Newspaper looking for drivers and volunteers to deliver meals. We feel honored to still have her volunteering with us today! Carla has lived in Fayette County for 33 years, and her connection to FSS began at the original "little white house" on Lee Street, continuing on to the beautiful center that now serves as FSS's home.

When asked what she enjoys most about volunteering, Carla doesn't hesitate: "Hands down, the people! The staff is amazing and the clients are so delightful and grateful. What I love most about being at the center is watching how connected everyone is and not to their electronic devices! It's a special place where everyone is welcomed and meaningful relationships sprout!"

True to her self-description as an adventure seeker, Carla's greatest joy is the luxury of travel. She has rafted the Colorado River, the Snake River, and most of the rivers throughout Georgia and Tennessee. She's also hiked both into and out of the Grand Canyon - no small feat! Her hobbies include reading, researching upcoming trips, and most recently, baking bread.

## Just for Fun with Carla:

- Items if stranded on a desert island: "Books, wine, music...and of course Saint Mike!"
- Best thing that happened this week: Spending time with wonderful people.
- Karaoke song: *Wild Thing* by The Troggs
- Choice for late-night talk show guest: Stevie Wonder
- Favorite cartoon character: Bugs Bunny! Always into trouble but never worse for wear
- One song for the rest of her life: *Ribbon in the Sky* by Stevie Wonder or *Indian Summer* by Chris Botti

Carla's warmth, curiosity, and genuine love of people makes her a treasured part of the FSS family. Thank you, Carla! We're so grateful for your many years of service and for the adventurous spirit you bring with you wherever you go!



2026 Volunteer Sponsor  
Attorney David R. Moore  
[www.peachtreelawgroup.com](http://www.peachtreelawgroup.com)  
770-487-0202

# From Our Kitchen To Yours

## Swiss Chicken Casserole

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



Photo via Dinner, Then Dessert

### Ingredients

- 4 boneless chicken breasts (or 8 skinless, boneless chicken thighs), cut into 1-inch cubes
- 8 slices Swiss cheese
- 2 cans condensed cream of chicken soup
- 1/3 cup whole milk
- 3 cups stuffing mix (Stove Top or similar brand)
- 1/4 cup unsalted butter, melted
- Salt
- Pepper
- Onion Powder

### Directions

- Preheat oven to 350 degrees and grease a 13x9 inch baking dish
- Season the chicken to preference with salt, pepper and onion powder and add it to the baking dish
- Top the chicken with Swiss cheese
- Whisk together the cream of chicken soup and milk and pour it over the Swiss cheese
- In a large bowl, add the stuffing mix and evenly pour over the melted butter and toss well to combine
- Arrange the stuffing mix over the casserole
- Cover with foil and bake for 40 minutes
- Remove foil and bake an additional 10 minutes

*Enjoy!*

Join us in the Ultimate Cafe in Fayetteville!

#### Breakfast:

Monday through Friday 8:30 a.m. to 10 a.m.  
Hot breakfast item served each day  
(*a la carte pricing plus tax*)

#### Lunch:

Monday through Friday  
11:15 a.m. to 1 p.m.  
(*a la carte pricing plus tax*)



# MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

As a member, there are many membership benefits available to you, including a variety of FREE activities...every day! Not big on classes or group activities? No problem! Many members enjoy the use of both Fayetteville and Peachtree City locations to relax, read a book, meet friends, or just grab a cup of coffee. In addition, we always have a schedule of free programs on the calendar (see our monthly events section). It pays to be a member!

## IMPORTANT INFORMATION TO FITNESS STUDENTS

Some fitness classes are free to center members while some have a fee. We also have a fitness center housing many workout machines and equipment, however, an orientation must be done prior to starting. \*Please check with your doctor before starting any new fitness program. "We Card!" Please help us preserve your member benefits...be prepared to show your member ID card when asked. Thank you.

## Free in Fayetteville

### Mondays

**Sit and Get Fit:**

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

**Canasta:**

8 a.m. to 3 p.m.

**Regular and Hand & Foot****Blood Pressure Check:**

12 p.m. to 1 p.m.

**Mexican Train****Dominoes:**

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

**Sit and Stitch:**

1 p.m. to 4 p.m.

**Chess Club:**

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

**Bid Whist:**

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

### Tuesdays

**Pinochle:**

9 a.m. to 12 p.m.

**Scrabble:**

1 p.m. to 4 p.m.

**Tuesday Bridge Club:**

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

### Wednesdays

**Sit and Get Fit:**

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

**Canasta:**

8 a.m. to 3 p.m.

**Blood Pressure Check:**

10 a.m. to 12 p.m.

**Rummikub:**

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

**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.

### 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.

### 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:**

Tuesday, March 24

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 enjoying an afternoon together around the center



ACE Pickleball joined us in PTC to show us the lay of the game

# 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.



These flappers had their passwords ready to enter our Speakeasy



Our very own gangster and flapper at the Speakeasy

# Special Events



## Treat Yourself Mini Massage

FAYETTEVILLE  
Thursday, March 19  
9 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

It's time to unwind, and what better way to treat yourself than with a little well-deserved TLC! Take a moment for yourself and stop by for a relaxing session designed to leave you feeling refreshed and rejuvenated. Massage students from Peachtree City School of Massage will be on site offering 15-minute mini massages to help you melt away tension and find your calm. A healthier, more relaxed you starts with de-stressing and this is the perfect opportunity to kick off that routine!

## St. Patrick's Day Celebration

PEACHTREE CITY  
Tuesday, March 17  
5 p.m. to 8 p.m.  
\$20  
Members can purchase  
tickets at front desk  
Pre-registration required

Get ready to shamrock and roll into a night full of Irish spirit! Top o' the mornin' to ya! Ready to catch a bit of Irish luck and celebrate in style? Our St. Patrick's Day Celebration is sure to have everyone who doesn't attend turning green with envy! We'll kick off the evening with festive traditions - think green drinks, delicious bites, and plenty of cheer! We'll keep the energy going with live music from the Southpaw Band and an exciting river dance performance by students of Kelly Porter Dance Academy that'll have your toes tapping all night long. It's an evening filled with fun, flavor, and unforgettable moments you won't want to miss! This event is sponsored by Aberdeen Fine Properties.

## Sizzle Me This: Hibachi Lunch

PEACHTREE CITY  
Tuesday, March 31  
11:45 a.m.  
\$30 | Steak  
\$30 | Chicken  
\$35 | Shrimp  
Member exclusive  
Pre-registration required

Fire up your lunchtime with fresh flavor and live cooking right before your eyes! Join us for an authentic hibachi experience right here at FSS with traveling chef Jaybi Bendicto, who will cook up a fresh, made-to-order hibachi meal right before your eyes on an outdoor grill. Enjoy your choice of protein alongside perfectly cooked rice and vegetables, all prepared with skill and flair that turns your lunch into a memorable event! With tables and chairs provided, you can relax, enjoy the atmosphere, and savor every bite without a thing to worry about. Come hungry and leave impressed by great food and great company! Meal includes choice of meat (pricing above), rice, veggies, and tip. This event will be held outside, weather permitting.

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February 2026

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April 2026

S	M	T	W	T	F	S
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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# March Program Schedule



## Needlework

### Crochet: Lucky Penny Shamrock

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

We hope your day is touched by this bit of Irish Luck! Attach this shamrock to your keys, belt loop, or backpack, decorate a package or put it in a card, or just toss it in your purse for good luck, the options are endless. Materials needed: small amount of green worsted weight yarn; size G crochet hook; penny. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: The Year of Stitches

FAYETTEVILLE  
Monday, March 23  
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, we'll learn all about circles and how to start them with a magic ring. Materials needed: Small amount of yarn in the color of your choice; size H crochet hook; stitch marker. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, March 4  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

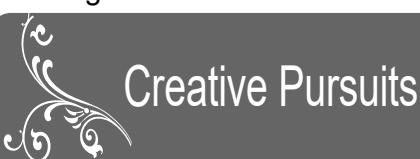
FAYETTEVILLE

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

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

FAYETTEVILLE  
Wednesday, March 25  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

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



## Creative Pursuits

### Painting Workshop

PEACHTREE CITY  
Tuesday, March 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 peaceful sunset over a marsh.

### A Scarf to Dye For

PEACHTREE CITY  
Friday, March 20  
9:30 a.m. to 12:30 p.m.  
\$40 | Includes materials  
Pre-registration required

Instructor: Karen DeFelix

Create your own beautiful and one-of-kind silk scarves. Learn the ancient art of silk painting using batik painting and dying on scarves. You will be provided with a blank white scarf canvas to let your imagination and design desires come alive and leave with a beautiful silk printed scarf that you made yourself. Keep for yourself or use as a unique, personal present. No previous experience needed.

### Welcome Starts Here: DIY Doormats

PEACHTREE CITY  
Wednesday, March 25  
1:30 p.m. to 3:30 p.m.  
\$40 | Includes materials  
Pre-registration required  
Instructor: Amanda Cole

First impressions start at the doorstep, make yours unforgettable! Get ready for a creative, hands-on workshop led by Amanda Cole of AR Workshop, where you'll design and stencil your very own custom doormat. Using professional paints and step-by-step guidance, guests will choose from a variety of design options and sayings to create a piece that adds the perfect personal touch to your outdoor décor. This relaxed, beginner-friendly class is all about having fun and letting your creativity shine, no crafting experience required. The best part? You'll head home with a functional, one-of-a-kind doormat made entirely by you! Picture sample available at the front desk.



## 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!

### **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 improviser dances and would like to begin dancing intermediate dances. This class will include both classic and new intermediate line dances. Get ready to expand your line dance repertoire and at the same time keep your mind and body tuned up.

### **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 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!

### **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



**Fitness**

**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! 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 (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: 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.

### **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 super fun, up-tempo total body workout sessions are designed to strengthen your muscles and core while simultaneously improving balance, coordination, and flexibility. Prepare to be safely challenged as no workout is ever the same. You'll gain energy and friendships. Each Thursday workout includes floor work so bring a mat that day. Modifications provided.

### **Intermediate I Aerobics**

**FAYETTEVILLE**  
Tuesday and Thursday  
8:40 a.m. to 9:30 a.m.  
\$35 | Month  
Instructor: Miriam Jones

Whether you're a fitness enthusiast or dread the idea of exercise, this is the class for you. Take the routine out of fitness. These total body workouts are never the same and will have you feeling stronger and more energized. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided. Bring a mat on Thursdays.

### **Intermediate II Aerobics**

**FAYETTEVILLE**  
Tuesday and Thursday  
9:40 a.m. to 10:30 a.m.  
\$35 | Month  
Instructor: Miriam Jones

This total body workout will leave you feeling stronger and more energized. Start your morning off twice a week with Miriam as she provides a great session intended to get you moving and feeling better throughout each week. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided. Bring a mat on Thursdays.

### **Stretch for Movement**

**FAYETTEVILLE**

Wednesday  
9:45 a.m. to 10:30 a.m.  
\$18 | Month  
Instructor: Miriam Jones

A series of simple and easy-to-follow stretch combinations to improve your balance, coordination, and range of motion as well as helping relieve stress through a series of breathing techniques. Bring a mat to class.

### **Seated Stretch for Movement**

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

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

### **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. Self-led group.

### **Walking Group: Peachtree City**

PEACHTREE CITY  
Thursday  
10 a.m.  
FREE  
No pre-registration required

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**

### **Get To Know Fayette Senior Services**

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

Step into a place where aging well and living well truly come together! Discover everything Fayette Senior Services has to offer - from engaging programs and vital social services to meaningful volunteer opportunities that enrich lives and strengthen community connections. Explore how our activities, resources, and support can keep you active, informed, and inspired at every stage. Whether you're looking for involvement, guidance, or simply a warm place to belong, Fayette Senior Services is here to help you thrive every step of the way.

## **The Center Box Office**

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

PEACHTREE CITY  
Thursday, March 12 | 1:15 p.m.  
*Wicked: Part 1 (2024) | PG*

Starring: Cynthia Erivo, Ariana Grande, Jonathan Bailey, Jeff Goldblum. Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

PEACHTREE CITY  
Thursday, March 26 | 1:15 p.m.  
*Wicked For Good (2025) | PG-13*

FAYETTEVILLE  
Friday, March 27 | 1:15 p.m.  
*Wicked For Good (2025) | PG-13*

Starring: Cynthia Erivo, Ariana Grande, Jonathan Bailey, Jeff Goldblum. The epic conclusion to the untold story of the witches of Oz. Elphaba, demonized as The Wicked Witch of the West, lives in exile, fighting for truth. Glinda, the symbol of Goodness, reigns in Emerald City. But when the angry citizens of Oz rise up against the Wicked Witch, the two must reunite and truly see each other to change themselves, and all of Oz, for good.

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

## AARP Tax Aid Assistance

PEACHTREE CITY  
Tuesday and Thursday  
March 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 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.

## Garden Club

FAYETTEVILLE  
Tuesday, March 3  
9:30 a.m.  
FREE  
Members and non-members  
No pre-registration required

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.

## Once Upon A Story

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

You don't have to be a kid to enjoy the art of storytelling! Join storyteller Marcia Robinson as she expressively shares the tales untold. Immerse yourself in a collection of inspirational stories that uplift, encourage, spark joy, and bring a smile to your heart. Through her powerful words and creative storytelling, Marcia will leave you feeling seen, valued, and refreshed, right down to your soul.

## Tomato, Tamato

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

We are fast approaching the season of delicious, ripe, and juicy tomatoes here in Georgia, but first, it's time to get them in the ground! Before the harvest comes the planting and Tom Bonnell will help you master the art of tomato growing from start to finish. Tom, retired from the UGA Cooperative Extension Office, will share his expertise to guide you every step of the way. Learn about the wide variety of tomato types and how to choose the best ones for your backyard garden. Tom will also cover proven techniques for planting, maintaining healthy plants, and maximizing your harvest. You'll leave with the knowledge and confidence to grow more tomatoes than you ever imagined this season.

## What's for Lunch?

PEACHTREE CITY  
Thursday, March 5  
11:30 a.m.  
FREE  
Member exclusive  
Pre-registration required

Meet 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 Redneck Gourmet in Newnan.

## Backup Basics

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

What would you do if all the files on your computer disappeared in an instant? Learn how to protect your important documents, photos, and data before disaster strikes. Lance Collins with PTC Techs will explain simple, effective ways to back up your computer and keep your information safe. Discover the differences between cloud-based and physical backup options and how to choose what works best for you. Lance will also share practical tips for setting up a reliable backup routine. Leave with the confidence that your digital life is protected and recoverable.

## Cornhole

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

PEACHTREE CITY  
Friday, March 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!

## A Salute to Rosie

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

She rolled up her sleeves and helped change the course of history! And just like that, Rosie the Riveter became an American icon. Help us salute Rosie with members of the Frankie Lyle Chapter of the United Daughters

of the Confederacy, as we honor the women who stepped into vital industrial roles during World War II. Discover the origins of the Rosie the Riveter image and the real women she represented on the home front. Learn how their strength, resilience, and determination supported the war effort and reshaped expectations for women in the workforce. Through historical insight and patriotic reflection, they'll highlight Rosie's lasting legacy in American history. This tribute is a celebration of service, sacrifice, and the enduring spirit of American women!

## **AARP Tax Filing Assistance**

FAYETTEVILLE  
Monday, March 9  
8:30 a.m. to 3 p.m.

FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Monday, March 30  
8:30 a.m. to 3 p.m.

FREE  
Member exclusive  
Pre-registration required

AARP is here to offer free tax aid to assist with personal income returns. Bring last year's tax return and other tax documents necessary for 2025 filing. 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.

## **The Five Love Languages: Quality Time**

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

We all express our love and gratitude in different ways, just like we all view love in various ways for ourselves. Relationships don't have to be complicated, and *The*

*5 Love Languages* book and test is a simple and effective way to strengthen your connections so you can experience a greater joy in all of your relationships. This month, Joanna Hannah with Baptist Retirement Communities of Georgia turns the focus to the Love Language of Quality Time, digging deeper into what it truly means to give someone your presence, attention, and intentional moments together. Learn how prioritizing quality time can deepen your relationships, create richer connections, and bring more joy into the lives of those you care about. Whether it's shared activities, meaningful conversations, or simply being there, you'll discover practical ways to speak love in ways that resonate most.

## **The Shady Garden**

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

Members and non-members  
Pre-registration required

Think pollinators only love sunny gardens? Think again, because shade gardens can buzz with life too! Even areas with limited sunlight can become vibrant havens for bees, butterflies, hummingbirds, and other pollinators when planted with the right species. Kim Toal with the Extension Office will share how to choose and care for shade loving ornamentals that thrive in lower light conditions while still offering nectar and pollen for wildlife. Discover design tips and plant ideas that turn cool, shaded spots into colorful, buzzing sanctuaries. With a little knowledge, even the shadiest patches can become some of the most rewarding places in your garden.

## **Volunteer Open House**

FAYETTEVILLE  
Tuesday, March 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.

## **Are You Fit To Sell?**

FAYETTEVILLE  
Wednesday, March 11  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

If you're thinking about putting your home on the market, a little preparation can make a big difference. Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, will share insider tips to help your home shine for potential buyers. Learn the secrets of getting your house ready to sell, starting with smart, cost-effective improvements. From minor repairs and simple upgrades to decluttering and routine maintenance, you'll discover what truly matters. Walk away with practical advice to help your home stand out and move quickly on the market.

## **The Hidden Risks of Retirement**

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

Members and non-members  
Pre-registration required

Retirement can feel like the freedom you've earned, but it also comes with financial twists you might not expect! Brandon Jordan, Financial Advisor with Arch Advisory Group, breaks down the key risks that can challenge your retirement security, including the possibility of outliving your savings, rising costs from inflation, and the impact of health care expenses that often grow faster than other bills. He'll also talk about how your investment choices and the rate at which you withdraw money

each year can affect how long your nest egg lasts. Understanding these risks helps you make choices that protect your lifestyle and give you peace of mind. With a little foresight and smart planning, you can navigate the uncertainties of longevity, market ups and downs, and health care costs with greater confidence. It's all about helping you enjoy the retirement you've worked so hard to reach!

## **AARP Smart Driver Course**

**FAYETTEVILLE**  
Monday, March 16  
9 a.m. to 3:30 p.m.  
\$20 | AARP Members  
\$25 | Non AARP Members  
FSS Member exclusive  
Pre-registration required

The AARP Smart Driver® Course is a refresher program designed for adult drivers, helping millions stay safe and confident on today's roads. Sharpen your driving skills, refresh your knowledge of current traffic laws, and discover practical tips for safer driving. Many auto insurance companies also offer multi-year discounts to course graduates. Bring a lunch or snack, or grab lunch in the café during the midday break.

## **1-on-1 Medicare Consultations**

**FAYETTEVILLE**  
Monday, March 16  
10 a.m. to 2 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

## **The People's Law School**

**FAYETTEVILLE**  
Tuesday, March 17

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 Brandon Price-Crum with Serious Injury Law Group as they discuss the court systems and personal injury and litigation.

## **A Novel Idea Book Club**

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

March book: *We Solve Murders* by Richard Osman. April book: *Emma* by Jane Austen. For more information, please contact Heather Martz at [hmartz@peachtree-city.org](mailto:hmartz@peachtree-city.org).

## **The Zodiac Path**

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

Astrology offers a timeless framework that many believe helps illuminate human nature and connection. Join astrology expert Sharon Humphrey as she guides you through the basics of the zodiac and how it all comes together. Explore the 12 zodiac signs, what defines each one, and how they express through the elements and modalities to shape your personal chart. You'll cover the core traits of all 12 signs, how your own signs show up in everyday life, and why some signs naturally

harmonize while others create tension. Sharon offers a grounded yet fascinating introduction to astrology as a practical tool for greater self-awareness and understanding.

## **Dementia Caregiver Support Group**

**PEACHTREE CITY**  
Thursday, March 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, March 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 wines from women-owned wineries as you raise a glass to learn something new!

## **Outwit Your Smart Phone**

**FAYETTEVILLE**  
Friday, March 20  
1 p.m. to 3 p.m.  
**FREE**  
Member exclusive  
Pre-registration required

You've finally got a trusty smart

phone that seems smarter than you! We all feel that way when we get a new phone or can't figure out the one we have. Whether you're trying to figure out a new device or are still puzzled by the one you've had for years, this is your chance to get the answers you need with one-on-one help. Tech expert Samuel Tisdale will sit down with you and help you outwit your phone, once and for all. Bring your phone.

## Reimaging Downtown Fayetteville

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

Get ready to see downtown Fayetteville like never before! Lori Funderwhite, Director of Economic Development, shares the city's bold vision for revitalizing its historic core. From adaptive reuse projects like 240 Glynn Street supporting locally-owned businesses to vibrant public spaces and a growing arts district, Fayetteville is blending historic charm with modern energy. Learn how new businesses, preservation efforts, and community-driven events are transforming downtown into a connected, lively destination for residents and visitors alike. This is Fayetteville's moment to shine, and there truly are "No Limits on Imagination."

## A Mastermind Escape

PEACHTREE CITY  
Tuesday, March 24  
11 a.m. to 12 p.m.  
\$40  
Member exclusive  
Pre-registration required

Get ready to put your teamwork and wits to the test as you meet at Mastermind Escape Games in Peachtree City (297 Dividend Drive). Take on the challenge at the place where every clue brings you closer to victory! If you love problem solving, collaboration, and the thrill of racing against the clock, this challenge is made for you. Step into a themed room with a mission

to complete, then work with the group to uncover hidden hints, unravel clever puzzles, and crack codes before time runs out. With immersive scenarios and engaging challenges, every minute is packed with fun and excitement as you enjoy the rush of figuring out each twist as you go. Come see if you can beat the clock and escape. The adventure awaits!

## Life After Loss

FAYETTEVILLE  
Wednesday, March 25  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Losing a loved one is one of life's most difficult experiences, and the responsibilities that follow can quickly feel overwhelming. Attorney Robert Goldberg of Goldberg & Associates provides practical, compassionate guidance to help families navigate the many tasks that often arise after a death. Most importantly, Robert emphasizes the importance of planning ahead before a crisis occurs. Having conversations in advance and creating a thorough estate plan can help families avoid probate, confusion, reduce conflict, and prevent unnecessary delays and expenses. Thoughtful planning allows loved ones to focus on supporting one another and honoring what truly matters during an already difficult time.

## And Sew It Begins

FAYETTEVILLE  
Thursday, March 26  
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.

## P“age” Turners Book Club

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

March book: *The Other Einstein* by Marie Benedict. April book: *The Heaven and Earth Grocery Store* by James McBride. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

## Car Wash

FAYETTEVILLE  
Friday, March 27  
9 a.m. to 4 p.m.  
\$50  
Member exclusive  
Pre-registration required

Splash, 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!

## Wine Not: Revival Wine Bar Tastings

REVIVAL WINE BAR  
Friday, March 27  
2 p.m. to 4 p.m.  
\$35  
Member exclusive  
Pre-registration required

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

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

## Don't Judge A Book By Its Cover

PEACHTREE CITY

Monday, March 30

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

FREE

Members and non-members

Pre-registration required

Libraries are more than just books, they're launchpads for curiosity, connection, and discovery. Join Chereese Cadet from Peachtree City Library for a lively look beyond the cover as we explore the incredible online and in-library resources waiting for you. From audiobooks, eBooks, movies, and databases to hotspots, Chromebooks, and even family passes and disc golf sets, the library is full of delightful surprises. Discover vibrant collections, cutting-edge technology, creative programs, community partnerships, and welcoming spaces designed to inform, inspire, and connect. Get ready to see your library not only as a quiet place, but as a gateway to discovery, creativity, and endless possibilities.

## Building A Future Of Care

FAYETTEVILLE

Tuesday, March 31

2 p.m. to 3 p.m.

FREE

Members and non-members

Pre-registration required

Big things are happening at Piedmont Fayette Hospital, and the impact will be felt across the entire community. Chief Operating Officer Kevin Clark will share an update on the hospital's ambitious \$300 million campus expansion, including a new patient tower, expanded operating rooms, and upgraded support departments. This growth is designed to enhance patient care, expand access, and meet the community's evolving

healthcare needs. With progress comes change, and Kevin will also explain how construction will temporarily affect parking and entrances during the multi-year project. Attendees will gain helpful tips on navigating campus during construction while learning why these improvements matter. Discover how this exciting expansion will shape the future of healthcare at Piedmont Fayette and strengthen care for patients and families alike.

## 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 some friendly competition. Form teams or take 'em on yourself. Answer questions 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 Technology Assistance

PEACHTREE CITY

Wednesday, March 18

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, March 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, March 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.

## Achy Breaky Arthritis

PEACHTREE CITY

Tuesday, March 3

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



## Technology

FREE  
Members and non-members  
Pre-registration required

Oh, my aching joints! Arthritis can slow you down, but it doesn't have to control your life. Dr. Josh Davis of First Step Physical Therapy explains the different types of arthritis and the common causes behind joint pain and stiffness. Learn effective, medication-free strategies you can use at home to reduce inflammation and manage discomfort. Discover practical movement tips and everyday techniques to help protect your joints and improve flexibility.

### **Açaí All Day**

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

Fuel your day the delicious way! Discover how vibrant, fruit-forward açai bowls can support energy, movement, and overall wellness. Maria Gardner-Rogers of Everbowl shares the health benefits of the açai berry and why simple, real ingredients make such a difference in how you feel. Learn how these nutrient-packed bowls are crafted to keep you energized, active, and satisfied. Rooted in the idea of "unevolving," Everbowl celebrates going back to basics with fresh fruit, bold flavors, and good vibes. Plus, enjoy a tasty sample and experience firsthand how nature in a bowl can help keep you moving.

### **Bites For A Better You**

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

Food can be the best medicine when it comes to aging well and feeling your best! Eating well is one of the most powerful ways to support healthy aging and overall well-being. Join Shari Douglas from Southern Grace Hospice as

she shares the importance of balanced meals and practical nutrition strategies. Learn how to build meals that support energy, strength, and long-term health. Shari will also share smart grocery shopping tips to help you make nutritious choices while staying on budget. Leave with simple, realistic ideas you can put into practice right away to support aging well through healthy eating.

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

PEACHTREE CITY  
Wednesday, March 11  
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 15-minute session and see the results for yourself!

### **The Right State Of Mind**

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

Calm your mind, ease your stress, and reconnect with the moment! Mindfulness and meditation are powerful tools for reducing anxiety, enhancing focus, and improving overall well-being by training your attention on the present and quieting the noise of daily life. Practicing mindfulness can help lower stress and anxiety, improve mood, and support better sleep and cognitive clarity as we

age. DeAnna Harper from Esther Angels Home Care and Assisted Living guides us through simple stress reduction techniques and mindfulness practices that can fit into everyday routines while offering valuable ways to feel more centered and peaceful.

### **Eyeglass Repairs and Adjustments**

FAYETTEVILLE  
Thursday, March 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.

### **The Happiness Habit**

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

They say laughter is the best medicine, so get ready for a healthy dose of it! Who says growing older means growing serious? Dr. Linda Katz from Fayette Chiropractic will show how laughter, humor, and a joyful attitude can brighten even the hardest days. Discover why laughing really is timeless and how humor can help you navigate life's challenges with a lighter heart. Learn creative ways to dance through life, and why joy truly has no wrinkles! Explore simple habits to invite more smiles, laughter, and uplifting moments into your daily routine. By the end, you'll feel energized, light-hearted, and ready to carry a little more laughter into each and every day.

### **Posture Perfect**

FAYETTEVILLE  
Friday, March 13  
1:30 p.m. to 2:30 p.m.

## FREE

Members and non-members  
Pre-registration required

As we age, posture naturally changes, but forward-head posture and age-related spinal curvature have become much more common problems in recent years. Modern habits like cell phone use, screen time, and prolonged sitting have accelerated forward-head posture and excessive upper-back curvature, often leading to neck pain, stiffness and poor balance. Dr. Tarryn J. Hoff, exercise psychologist, university professor, and owner of Peachtree City Personal Training, will show how posture naturally changes with age and, more importantly, how it can be improved at any stage of life. Learn practical strategies to strengthen your upper back, stretch tight chest and neck muscles, and retrain your body for better alignment. Simple exercises and movement techniques will help reduce pain, improve balance, and restore a taller, more confident posture. Walk away with the tools to stand straighter, feel stronger, and move with greater ease every day.

## Hearing Screenings

### PEACHTREE CITY

Monday, March 16  
1 p.m. to 3 p.m.

FREE

Member exclusive  
Pre-registration required

Huh? What did you say? I didn't hear you? Do you find yourself saying this a lot? If you're feeling like you're missing out on conversations, stop by to check your hearing. Get personalized advice, and learn about solutions that can help you reconnect with the sounds you've been missing, no stressful doctor visits required. Join Hearing Life Center for a quick and easy hearing screening right here at FSS. Take the first step toward clearer, fuller hearing. Get expert guidance in a friendly, convenient setting. Don't miss out, your ears will thank you!

## Hearing Aid Cleanings & Maintenance

### FAYETTEVILLE

Wednesday, March 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.

## Stand Up For Health

### FAYETTEVILLE

Wednesday, March 18  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Sitting all day might feel harmless, but did you know it could be quietly taking a toll on your health? After all, as they say, sitting is the new smoking when it comes to its impact on your health. Prolonged sitting is linked to poor posture, stiffness, chronic pain, and contributes to a higher risk of developing chronic conditions. Piedmont Wellness Center offers practical, easy-to-use strategies to help counteract these effects in everyday life. Explore simple movements, posture improvements, and healthy habits that support better circulation and alignment. Small changes can make a big difference in how your body feels and functions, helping you feel stronger, move easier and stay healthier long term!

## A Sound Bath

### PEACHTREE CITY

Friday, March 20  
1:30 p.m. to 2:30 p.m.

FREE

Members exclusive  
Pre-registration required

Relaxation can be a key component to the healing process no matter if it is physical, mental or emotional. Lei Rhyne with Healing Through Art & Sound takes us on a journey of healing through the unique process of a sound

bath which aids in the relaxation process. This technique involves lying down and immersing yourself in resonant sounds around you. These sounds are produced through a combination of singing bowls, gongs and chimes. This meditative practice can help lessen stress and anxiety, boost mood, enhance concentration and induce a calming effect that may enhance your wellbeing and quality of sleep. Take part in this innovative way of healing as you decompress in this session of relaxation and meditation that will have you feeling refreshed. She will have mats, pillows and blankets to use during the session.

## Embracing Life Your Way

### PEACHTREE CITY

Monday, March 23  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Independence is one of the greatest gifts of aging, but it takes a little planning to hold onto it! Beth Dow from Home Helpers Home Care shares valuable ways aging adults can stay physically strong, socially connected, and financially prepared so day-to-day independence becomes less of a worry and more of a lifestyle! Learn strategies for proactive planning, like making simple home safety upgrades, staying active to maintain balance and strength, and organizing your finances. These changes can help you easily adapt without losing control of your routine and freedom. Making thoughtful choices now reduces stress later and supports the activities and connections you love. With the right mindset and tools, you can extend your independence and enjoy each chapter of life fully and confidently while staying in charge of your future.

## Simple, Delicious, Done!

### FAYETTEVILLE

Tuesday, March 24  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Eating well shouldn't feel complicated, restrictive, or overwhelming, especially when the goal is staying strong and independent. Andrea Bauer with Smart and Simple Nutrition focuses on how to eat better, feel better, and maintain muscle without dieting, tracking, or overthinking food choices. And yes, you really can make it that simple! The emphasis is on understanding what to eat, why nutrition matters more as we age, and how simple habits can support energy, balance, and strength. Learn an easy, realistic grocery store game plan that makes meals repeatable and stress-free. Small changes are highlighted as far more powerful than perfect eating, and changing your mindset to this will create a strong path for your success. Get practical guidance that is clear, doable, and designed to work in real life for you!

## Vein Screenings

FAYETTEVILLE  
Thursday, March 26  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

Truffles Vein Specialists will be on site offering vein screenings. If you experience leg pain, fatigue, swelling in the legs or ankles, or simply want peace of mind, a trained professional will perform a quick, noninvasive examination. Receive helpful feedback and guidance on whether further medical evaluation may be beneficial. Screenings designed to help you stay proactive about your vascular health. Please wear shorts or loose-fitting pants to allow easy access to your legs during the exam.

## The Power of Positivity

PEACHTREE CITY

Friday, March 27  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

What if a simple shift in perspective could change how your mind and body feel every day? The power of positivity goes far beyond "thinking happy thoughts", it plays a powerful role in both mental and physical health, influencing stress levels, resilience, and overall well-being. Explore how everyday thought patterns shape our emotions, behaviors, and health outcomes. Ebonie Jackson with Humana discusses realistic ways to cultivate optimism and break cycles of negative thinking. With simple, practical strategies, even small changes in mindset can create big impacts and lead to meaningful, lasting change!

# Look What's Coming in April!

## Say Cheesecake

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

Discover the secrets to making the perfect savory cheesecake, from preparation to creative flavors and toppings. Treat your taste buds with a chance to sample some delicious favorites.

## The Wonders of Vietnam

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

Explore Vietnam's vibrant cities, rich culture, and fascinating traditions unlike any others on a journey that reveals the country's unique blend of ancient heritage and modern life.

## It's Tee Time: Masters Lunch

PEACHTREE CITY  
Friday, April 3  
1:30 p.m. to 2:30 p.m. | \$15  
Pre-registration required

Celebrate the Masters Tournament with a themed luncheon featuring classic tournament flavors, vintage clips, and a fun amateur putting green to test your skills.

## A New Moon Rising

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

Discover how returning to the Moon bridges Apollo's legacy with Artemis ambitions, exploring why renewed lunar exploration matters now and how it could reshape our future beyond Earth.

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

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# VOLUNTEERS NEEDED

Our Meals on Wheels team is in need of new volunteers! We are so appreciative of the support we have received from volunteers and those interested in volunteering, and have a few unfilled positions for a regular driver for MOW. Please reach out if you are interested in giving back to your local community.

- 1 day a week for 1 to 2 hours (between 10:30-12:30)
- Create connections with homebound seniors
- Weekly drawing to win gas gift card

For more details, contact Amber Oliver at [aoliver@fayss.org](mailto:aoliver@fayss.org) or 770-461-0813

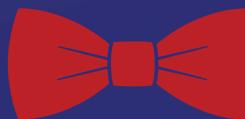


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