

April 2026

ENRICHMENT

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

Notes of Spring

Spring is upon us! Savor an alfresco evening of soaring melodies as the Southern Crescent Chorale sweeps us away under the open sky!

Pasta Perfect.

Get ready to twist, roll, and fill your way to pasta perfection! You'll be creating delicious homemade noodles that wow every time.

Tuscan Treasure

This Zuppa Toscana recipe brings sausage, kale, and creamy potatoes together in a Tuscan twist that's soup-er irresistible.

Live Well. Age Well.

The Southern
Crescent Chorale

Fayette Senior
Services
present

SOUNDS of SPRING

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:

SENIOR
Helpers

2 | April 2026

Care and comfort at a moment's notice.

Mark Gray, Agent
770-487-8561

State Farm™

770-461-0813 | FAYSS.ORG

April

featured

Serving the Good Vibes 10

Get to know Cristy Davis, a rockstar cafe volunteer whose positivity and initiative makes a lasting impact at Fayette Senior Services!

A Spoonful of Flavor 11

Savor a little Tuscan comfort in every spoonful! This hearty Zuppa Toscana turns simple ingredients into a soul-warming delight in every single bite.

In the Key of Spring 15

Dine, unwind, and let the music take center stage! This outdoor evening pairs a delicious dinner with rich harmonies for a night to remember.

Endless Pasta-bilities 15

Roll up your sleeves and dive into the world of homemade pasta-making! This hands-on class will turn you into a pasta pro in no time.

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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



ABOUT US

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

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

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

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

Meals On Wheels

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

AniMeals

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

STAR Program (Seniors Together After Retirement)

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

Transportation

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

In-Home Personal Care/ Homemaker Services

This service enables older adults to

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



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

Care Management

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

Medical Equipment Lending

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



Meet Our Staff!

ADMINISTRATION

Nancy Meaders
President & CEO

Dan Gibbs
Director of Operations

Morgan Lanier
Program Development
Coordinator

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

Paul Hives
Technology Development

Amber Oliver
Center & Volunteer
Coordinator

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

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. *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.

2026 Technology Sponsor



The Fitness Center

- Fayetteville -
Monday-Friday
7:30 a.m. to 4 p.m.

The fitness center is open to members for only \$10 per month. Our fitness center is a great place to get fit, enjoy friends & maintain a healthy lifestyle. 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...

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.*

August 2026

Island Fever Luau

Peachtree City | Thursday, August 20

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

*Shake off your grass skirts, dust off your ukuleles, and turn up those island records for a wonderful evening, aloha style just like in Hawaii! Event sponsored by State Farm Agent Mark Gray. *Tickets go on sale Monday, June 22nd.*

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

2026 Sponsorships Now Available!

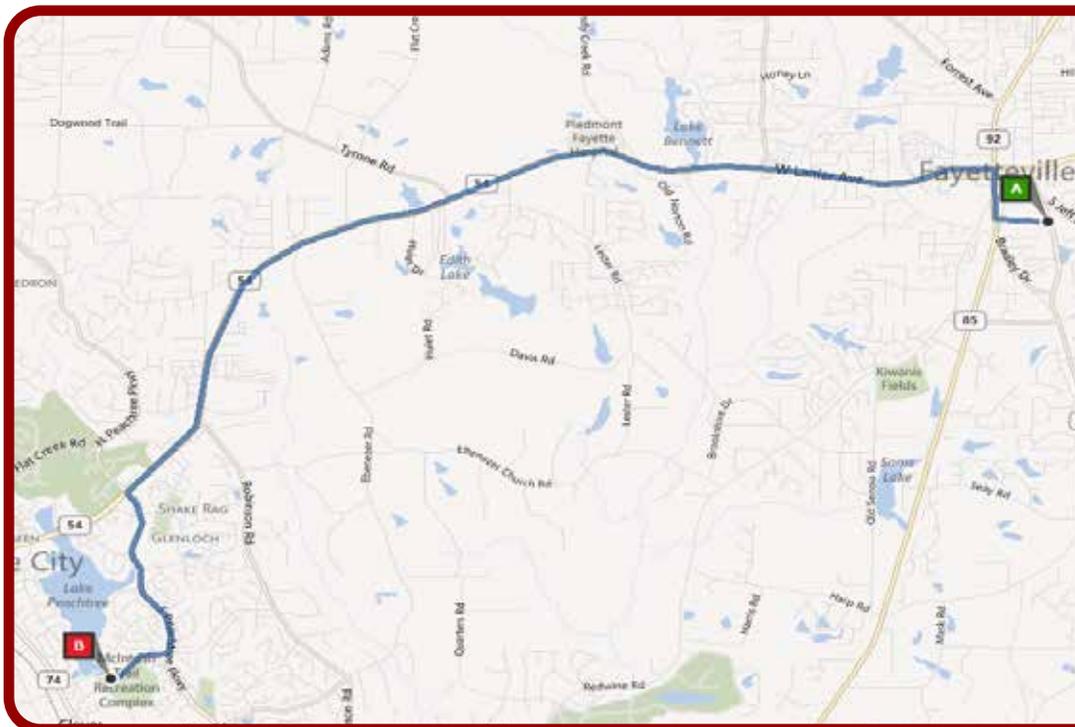
Contact Morgan Lanier at
mLANIER@fayss.org or 770-769-8430
for more information

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

DON'T STRESS IT

Miriam's Fitness Corner

According to research, stress tends to decrease with age. This gives me much to look forward to! Although, stress levels can vary, seniors typically report greater emotional resilience with lower levels of stress than younger adults. There are many contributing factors, such as improved emotional regulation, a shift in perspective and reduced daily responsibilities that all play a part. The kids are grown, the job is over, and you finally have the much needed and well-deserved time to focus on yourself! But what if you find you're still stressed, even after retirement? Should this be cause for concern? In light of April being National Stress Awareness Month, let's take a look.

Stress is our body's natural response to help us react to challenges and threats. In small doses, it is not harmful. It can even be considered beneficial in some situations. Low to moderate stress can sharpen attention, increase motivation, and improve short term performance.

However, chronic stress can reshape our mental health in ways that are detrimental. It sends the brain into a state of heightened alert, inundating the body with hormones like cortisol and adrenaline. This constant activation, over time, interferes with emotional regulation, memory, and decision making. So, not only can stress contribute to weight gain, but also anxiety and depression. The mind becomes conditioned to anticipate danger, even in safe situations. This leads to restlessness, racing thoughts, and sleep disruption. That same continuous mental strain can reduce feelings of pleasure, drain energy, and create a sense of hopelessness, which is very dangerous because hope is essential to forward motion. Additionally, stress weakens concentration and increases irritability, which can damage relationships and reduce productivity. Long term stress can even change brain structure. Research shows it may shrink areas responsible for learning and emotional balance while strengthening fear-related pathways. This can create a cycle in which stress makes coping harder, which then increases stress further.

Thankfully, stress can be managed. Regular physical activity releases tension and regulates mood. Deep breathing calms the nervous system. Maintaining strong social connections, like the ones here at FSS, provide emotional support and boost serotonin levels. Set boundaries, prioritize sleep, and seek professional counseling when needed. Building small daily routines, practicing gratitude, and spending time in nature can gradually restore resilience and help us all feel more balanced, focused, and emotionally secure over time. And remember, in the grand scheme of things...as the saying goes, "We're all too blessed to be stressed!"

Deliver A Difference

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 or 770-461-0813



JOIN OUR MEALS ON WHEELS TEAM

 www.fayss.org/volunteer-application

Dear Volunteer, You Make a Difference!

Cue The Applause: Cristy Davis Takes The Spotlight

Written By: Amber Oliver



Cue the applause...because this week we're shining a big, joyful spotlight on one of our absolute rockstar cafe volunteers! She supports the Ultimate Cafe crew like a champ—always ready to jump in, lend a hand, and bring good vibes wherever she goes. She's truly the kind of volunteer every team dreams of!

Meet Cristy Davis. Cristy grew up in Fayetteville, where her dad worked as an aircraft mechanic, her mom as a medical transcriptionist, and together they raised kids who loved being outdoors. Along with her brother, she spent countless hours playing in the woods, climbing trees, and making childhood memories that still make her smile. She attended Fayette County schools, and her very first job was at Ingles where, believe it or not, the store was robbed just two days after she started. Talk about a memorable introduction to the working world!

She met her fiancé, Chris, on Facebook, and the rest is history. Ten years later, they're still going strong, bonded by a deep love of art, creativity, and exploring museums together. They also share their lives with one very important family member: Avery, their mini Aussie Doodle fur baby, who is clearly adored.

Volunteering at FSS felt like a perfect fit since her mom is a member. She thought it sounded fun and we're so glad she did. Cristy has lived in Fayette County for 30 years, a community she loves and where she has a special place in her heart for the Ultimate Cafe staff. Fellow volunteers and staff members say that Cristy is truly appreciated for the positive energy she brings to the team. Her upbeat attitude is contagious and makes even the busiest days feel more manageable. What stands out most about Cristy is how proactive she is, "We rarely have to ask for anything because she's already on it!" expressed the cafe staff. Her initiative, reliability, and willingness to step in without hesitation make a real difference in our workflow and team morale.

Now for the fun facts (because she has great ones):

- Desert Island essentials? Chris (her fiancé), Avery (the mini Aussie Doodle), and tacos (non-negotiable).
- Karaoke go-to: *Sweet Caroline* (yes, she's singing the "bah bah bah!" part).
- Late-night talk show dream guest: Picasso.
- Cartoon character she'd like to hang out with: Bluey.
- One song to listen to forever: *Yellow Submarine* by The Beatles.
- Favorite thing that happened this week: Her mom telling her "I love you!"
- Fun fact she proudly owns: She loves naps and believes they are highly underrated.

With over 3,000 meals served in January, our cafe continues to be a vibrant hub of activity and connection. We simply couldn't do it without the time, energy, and commitment of our wonderful volunteers. Thank you Cristy, for everything you do for Fayette Senior Services and for being such a bright part of our cafe family!



2026 Volunteer Sponsor
Attorney David R. Moore
www.peachtreelawgroup.com
770-487-0202

From Our Kitchen To Yours

Zuppa Toscana Soup

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



Photo via Gimme Some Oven

Ingredients

- 1 lb spicy (or mild) Italian ground sausage
- 4 tablespoons butter
- 1/2 white onion, diced
- 1 tablespoon minced garlic
- 6 cups chicken broth
- 2 cups water
- 4-5 yellow potatoes, cut into 1-inch pieces
- 3 teaspoons salt
- 1 teaspoon black pepper
- 2 cups heavy cream
- 4 cups chopped kale
- Chopped bacon or bacon bits and grated parmesan cheese for topping (optional)

Directions

- In a large pot, saute the sausage for 5-6 minutes until browned. Use a slotted spoon to transfer the sausage to a plate and set aside.
- In the same pot, add butter and saute the onions over medium heat until translucent. Add garlic and saute for another minute until fragrant.
- Add chicken broth, water, potatoes, salt, and pepper and bring it to a boil. Boil until potatoes are tender. Stir in the kale and heavy cream and add the sausage. Taste and add salt and pepper as needed.
- Serve garnished with grated parmesan cheese and bacon if desired.

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:

Tuesday, April 28

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.



All smiles after a jaw-dropping magic show during our Feb. event!



Members enjoyed the Fat Tuesday Mardi Gras lunch in PTC.

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.



Cardio Drumming ladies enjoyed the beach on a cardio drumming cruise!



A few of our STARS volunteer love bugs celebrating.

Special Events



Photo by Chris Urbanowicz via Flickr

It's Tee Time: Masters Luncheon

PEACHTREE CITY
Friday, April 3
12 p.m. to 1 p.m.
\$15 | Includes lunch
Member exclusive
Pre-registration required

A tradition unlike any other, The Masters Tournament is one of the most watched and celebrated golf weekends of the year! Celebrate The Masters Tournament in style. Put on your Masters best and join us for a themed luncheon featuring some of the most iconic tastes of the tournament. Our kitchen crew will serve up a mouthwatering lunch that brings the flavor of Augusta right to our table. Enjoy classic Masters highlights on the big screen and test your skills on our amateur putting green, bring your best putter and see if you can make the shot!



Sounds of Spring

FAYETTEVILLE
Thursday, April 23
5:30 p.m. to 7:30 p.m.
\$20
Members can purchase
tickets at front desk
Pre-registration required

Indulge in a relaxing evening of dinner and live music as the Southern Crescent Chorale takes the stage to perform a selection of their most beloved pieces! Enjoy a wonderful experience you won't soon forget as you get swept away by the rich harmonies of one of the area's most talented and celebrated musical ensembles. This event will be held outdoors, so be sure to bring a comfortable outdoor chair with you to the event! Our kitchen crew will have a delicious dinner served outside before the start of the concert. This event is sponsored by State Farm Agent Mark Gray, Senior Helpers, and Devoted Health.



Pasta La Vista!

PEACHTREE CITY
Thursday, April 30
1 p.m. to 3 p.m.
\$30
Members and non-members
Pre-registration required

There's nothing quite like the taste of fresh, homemade pasta, and now is your chance to roll up your sleeves and learn how to make it from scratch! In this hands-on class, StuffedTastic Catering will help us discover the secrets of crafting perfect pasta, from mixing the dough to shaping your favorite varieties. Best of all, you'll get to take home the delicious pasta you've created to share and enjoy. This fun, interactive experience will teach you the timeless art of pasta making, giving you the skills to create homemade dishes that wow every time. Get ready to impress with your own homemade creations!

Sunday							Monday							Tuesday							Wednesday						
<p>March 2026</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>							<p>May 2026</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>																				
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April Program Schedule

Needlework

Crochet: Spring Bunny

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

Let this bunny help you “hop” into Spring! Materials needed: White acrylic yarn and a spring color of your choice (yellow, pink, lavender, etc); size G crochet hook; tapestry needle. Nancy will provide the bunny eyes. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Stitches

FAYETTEVILLE
Monday, April 27
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 the shell pattern. Materials needed: Small amount of acrylic yarn (solid colors but not dark colors); size H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

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

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

FAYETTEVILLE
Wednesday, April 29
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.

Quilting: Country Starlight

FAYETTEVILLE
Wednesday, April 22
9 a.m. to 3 p.m.
\$25 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

Grace your home with this lovely quilt for your table or perfect for a wall hanging. The quilt is created with half square triangles and squares. Must provide your own sewing machine. Some quilting experience required, not for beginners.

Creative Pursuits

Stop and Smell the Roses: Watercolor

PEACHTREE CITY
Friday, April 17
9:30 a.m. to 12:30 p.m.
\$30 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Paint beautiful blooming flowers as you learn the skills of using watercolor paints. You'll even have the chance to paint a gorgeous rose garden. 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-sketched so no drawing involved. See front desk for picture.

Painting Workshop

FAYETTEVILLE
Tuesday, April 28
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 beautiful bouquet of spring flowers.

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
Tuesday
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 to reach your maximum capacity.

Intermediate Line Dance

FAYETTEVILLE
Tuesday
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 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!

Active Body, Sharp Mind

PEACHTREE CITY
Friday
11:30 a.m. to 12:30 p.m.
\$20 | Month
Instructor: Raven Winder

Unlock your full potential with a workout designed to energize both your body and mind! This class blends chair-based and standing aerobics, light strength training, and heart-pumping cardio with brain-boosting exercises. Enhance your strength, balance, coordination, and cardiovascular health, all while boosting your memory. Improve both body and mind as you move, stretch, and strengthen in a way that's as engaging for your body as it is for your brain!

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, combine core-strengthening benefits with soothing mobility

exercises and deep stretches to improve flexibility, balance and movement. 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 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 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.



Fitness

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.

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.

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 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. 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 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 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.



AARP Tax Aid Assistance

PEACHTREE CITY
Tuesday and Thursday
April 2 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.

What's for Lunch?

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

Meet us at a local restaurant for an afternoon out with 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 The Blackbird Café in Woodbury.

Say Cheesecake

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

Craving cheesecake like never before? Discover the art of creating the perfect cheesecake with Ellie Connolly, a true dessert aficionado. Learn her insider tips for crafting rich, creamy, and irresistible cheesecakes, from classic favorites to inventive flavor twists. Watch as she demonstrates essential techniques and shares ideas for toppings that take your cheesecake to the next level. Savor the experience with a small tasting of some of her most delicious creations. By the end,

you'll be inspired to bring your own cheesecake dreams to life!

The Wonders of Vietnam

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

Vietnam is a country of striking contrasts, where ancient traditions meet vibrant modern life in a way you'd never imagine. Join world traveler and travel advisor Ron Largent as he takes you on a journey through Vietnam from top to bottom. He'll highlight the country's major cities, from bustling urban centers to historic hubs, offering insight into what makes each destination unique. Along the way, Ron will explore Vietnam's rich culture, traditions, and everyday life, bringing the country's story to life through the eyes of a

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, April 9 | 1:15 p.m.
The Magic of Belle Isle (2012) | PG

Starring: Morgan Freeman, Virginia Madsen, Kenan Thompson. Monty Wildhorn, a burned-out author, has lost his drive. His nephew pushes him to summer in quiet Belle Isle, where he begrudgingly befriends a newly single mom and her 3 girls who help him find the inspiration to write again.

PEACHTREE CITY
Thursday, April 23 | 1:15 p.m.
The Swedish Connection (2026) | PG-13

FAYETTEVILLE
Friday, April 24 | 1:15 p.m.
The Swedish Connection (2026) | PG-13

Starring: Henrik Dorsin, Sissela Benn, Jonas Karlsson. In 1942, one shy Swede hatches a plan to save Jewish lives by causing Nazi Germany a thumping bureaucratic headache. Overlooked during WWII, Gösta Engzell rescued thousands while turning supposedly neutral Sweden into a moral force. His efforts challenged the status quo and left a lasting humanitarian legacy. Based on an inspiring true story.



seasoned traveler. Gain a deeper appreciation for Vietnam's history and people as you open your eyes to this incredible place!

Cornhole

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

PEACHTREE CITY
Friday, April 17
10:30 a.m. to 11:30 a.m.
FREE
Member exclusive
Pre-registration required

Bring out your competitive side or join us for a little fun and socialization, either way you'll have a blast! Two-time competitive league cornhole champion Denny Danylchak shares his love for the game and brings it to us at Fayette Senior Services. Enjoy time with friends while sharpening your skills and mastering the game!

Orchid Oasis

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

Orchids are elegant, captivating, and surprisingly resilient when cared for correctly! Kim Toal from the Extension Office will reveal how to keep your orchids blooming beautifully season after season. Learn the best techniques for watering, fertilizing, providing light, and choosing the right planting medium. With the right care, these stunning flowers can thrive and brighten any space! Whether you're new to orchids or looking to perfect your green thumb, you'll leave inspired to help your orchids flourish like never before.

A Picture Perfect Snapshot

FAYETTEVILLE
Monday, April 6
9 a.m. to 1 p.m.
FREE
Member exclusive
Pre-registration required

Get ready to capture memories that will last a lifetime with this exclusive opportunity! Join local photographer Christopher Harper for a personalized portrait session designed especially for FSS members. Whether it's a beautiful individual portrait or a meaningful photo with a loved one or friends, Christopher will guide you through a relaxed, professional experience to help you look and feel your best. Sessions will be 10 minutes and held indoors at FSS, featuring professional lighting and a studio backdrop. Participants may invite one or two guests to join them for the photo (please, no pets). After the session, each participant will receive one professionally edited and printed 5x7 portrait. Additional prints and digital files will be available for purchase for those who wish to share their images with family and friends. Don't miss this wonderful opportunity to create a keepsake you and your loved ones will treasure for years to come.

It's A Bird, It's A Plane, It's A UFO

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

Get ready for a journey that's out of this world! Join author and UFO investigator Brian Daffern as he dives into astonishing stories and interviews from his book *Alien-ated: Astonishing Interviews of Alien Encounters*. Drawing from a lifetime of studying the unexplained, Brian shares firsthand accounts that explore some of the deepest mysteries of the unknown. From close encounters to strange phenomena, his insights will leave you questioning what's really out there. Whether you're a skeptic or a believer it's entirely up to you. Take a fascinating, thought-provoking glimpse into the world of UFOs.

Introduction to Mahjong

PEACHTREE CITY
Session 1

Tuesday, April 7 & 14
9 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Session 2
Tuesday, April 21 & 28
9 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Ready to dive into the exciting world of Mahjong? This two-week class with instructor Tamara Scully is perfect for complete beginners who want to learn the ins and outs of this classic game and have no prior experience or knowledge of mahjong. You'll discover the fun of matching tiles, strategizing your moves, and mastering the basic rules, all in a relaxed, hands-on environment.

Beginner Mahjong

PEACHTREE CITY
Tuesday, April 7, 14, 21 & 28
9 a.m. to 12:45 p.m.
FREE
Member exclusive
Pre-registration required

Ready to turn your mahjong basics into confident, winning play? This beginner-friendly class is perfect for players who already know the tiles and general flow of the game but want guided practice to feel more comfortable at the table. From 9 to 11 a.m., an instructor will be on hand to answer questions, clarify rules, and share helpful tips and strategies to strengthen your skills. After that, the group will continue in a relaxed, self-led format so you can build confidence through play.

Garden Club

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

If you have a green thumb and are interested in volunteering, join the Garden Club. Contact Amber Oliver at aoliver@fayss.org for more information.

A New Moon Rising

FAYETTEVILLE

Tuesday, April 7

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

FREE

Members and non-members

Pre-registration required

The moon is back on center stage as humanity prepares to take its next giant leap for mankind. Astronomy enthusiast Eddie Rivera, owner of Sunvera Care, weaves together the story of where we've been and where we're headed, blending the legacy of the Apollo missions with the promise of the Artemis era. Eddie paints a vivid picture of what sustained lunar exploration could look like and how it might change the way we explore beyond Earth. Discuss past triumphs and future ambitions as you launch into why returning to the moon matters now more than ever. Capture the sense of possibility that comes with standing at the edge of a new era of exploration as we look at how returning to the moon could reshape our future among the stars.

The Key to Communication

PEACHTREE CITY

Tuesday, April 7

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

FREE

Members and non-members

Pre-registration required

Living with Alzheimer's and dementia is not only a lifestyle change for those diagnosed, but also for their loved ones closest to them. Learning to relate and understand what they are going through can be challenging. Dennis Kubiak, Community Educator and Advocate with the Alzheimer's Association and former caregiver, explores ways that Alzheimer's and other dementias affect an individual's ability to communicate clearly and effectively. Get tips on ways you can better communicate with people living with the disease.

The Five Love Languages: Words of Affirmation

FAYETTEVILLE

Wednesday, April 8

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 Precious Hospice turns the focus to the Love Language of Words of Affirmation, digging deeper into what it truly means to express love through kind, encouraging, and heartfelt words. Learn how prioritizing words of affirmation can deepen your relationships, create richer connections, and bring more joy into the lives of those you care about. Whether it's spoken compliments, written notes, or thoughtful messages, you'll discover practical tips to speak love in ways that resonate most.

Tracing The Truth

PEACHTREE CITY

Wednesday, April 8

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

FREE

Members and non-members

Pre-registration required

Family secrets have a way of echoing across generations, waiting for the courage of one voice to uncover them. In *Finding My Grandfather: From Triumph to Victory, My DNA Journey*, author Sharon Jackson shares the deeply personal story of growing up with an unshakable sense of emptiness and knowing almost nothing about her maternal grandfather beyond the claim that he died when her mother was a child. Persistent questions revealed only fragments, yet the truth remained hidden for decades. Through the power of DNA testing and Sharon's own courage, she uncovered a stunning reality: her grandfather had lived until her mother was 28, and an entire network of previously unknown siblings had been kept secret. Her journey from confusion to clarity is a

reminder that the search for truth can redefine a family's legacy and transform uncertainty into triumph!

Partner In Crime

FAYETTEVILLE

Friday, April 10

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

FREE

Members and non-members

Pre-registration required

Keeping your community safe starts with knowledge and awareness! Sgt. Israel and Sgt. Bell from the Fayetteville Police Department are dedicated to protecting seniors and enhancing the quality of life in our neighborhoods. They'll share practical tips for personal safety, strategies to reduce crime, and ways citizens can actively support a safer community. Explore current crime trends in Fayetteville and learn how to guard against the scams and frauds that often target seniors. With their guidance, you'll gain the tools and confidence to protect yourself, your loved ones, and your community. Stay informed, stay vigilant, and help make Fayetteville a safer place for everyone.

New Beginnings

FAYETTEVILLE

Monday, April 13

1 p.m. to 2 p.m.

FREE

Members and non-members

Pre-registration required

Finding yourself single later in life can feel overwhelming, but it can also be an opportunity for growth and independence. Olivia Lane, Therapist with Back On Track Counseling, offers guidance for coping with this life change while honoring the memories and relationships you've cherished for so long. Learn how to navigate daily routines, embrace independence, and build confidence in managing your home and social life. Discover strategies to cultivate joy, purpose, and connection as you create a new branch of life that still holds space for the past. With practical tips and compassionate support, you'll gain the tools to thrive, stay positive, and continue enjoying life to its fullest.

The Podcast Peek

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

Podcasts are a fun, flexible way to learn, laugh, and stay informed - anytime, anywhere! Join Shari Douglas from Southern Grace Hospice as she introduces you to the world of podcasts, exploring where to listen, how they work, and how to find topics that interest you. Whether you're into true crime, health, or just need a good story, there's a podcast for everyone. Get tips on discovering new shows, understanding podcast formats, and making the most of this exciting medium. Dive into the exciting world of podcasts and find your next favorite listen!

And Sew It Begins

FAYETTEVILLE
Tuesday, April 14
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.

Echoes of the Holocaust

FAYETTEVILLE
Tuesday, April 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Step back in time to explore one of history's most profound and tragic periods. Remembering the past helps guide our future, and the stories of resilience and courage continue to inspire. Audrey Fowler, Auxiliary Life Member with Veterans of Foreign Wars Post 9949 and retired educator, leads a meaningful reflection on

Holocaust Remembrance Day. Explore the history, stories, and lessons of the Holocaust while honoring the lives affected by this tragedy and the immense impact of the Holocaust on individuals and communities. Bring the past to life as Audrey helps offer a deeper appreciation for the strength, struggles, and humanity of those who lived through it. It's an opportunity to remember, reflect, and connect with history in a meaningful way.

Volunteer Open House

FAYETTEVILLE
Tuesday, April 14
2 p.m.
FREE
Members and non-members
No pre-registration required

Are you interested in becoming a volunteer at FSS and sharing your time and talents with the community? Meet our volunteer coordinator, explore different volunteer roles, and discover how your skills and passion can make a difference.

Cyberwise With AI

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

In a matter of seconds, a single click can make all the difference between staying safe and becoming a scam target. Stephanie Harris of Working Concepts, Inc. provide us practical advice on ways you can take advantage of AI for safety and scam awareness. Discover how to spot scams and stay safe online as Stephanie leads us through simple strategies for using AI platforms. With seniors in mind, she'll show how modern AI tools like ChatGPT can be used as an extra layer of protection online. Review real-world examples of fake texts, emails, and pop-up scams, along with the warning signs scammers rely on. Learn how to verify messages or websites before clicking, report or block suspicious activity, and adjust

privacy and browsing settings for greater security. Protect yourself through creating strong, easy-to-remember passwords, and building confidence to navigate the digital world with clear, actionable strategies for staying informed, protected, and in control.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, April 16
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

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

The Grape Escape

PEACHTREE CITY
Thursday, April 16
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 California Dreamin' as we learn all about California wines. Raise a glass to learn something new!

ACE Your Game: Pickleball Play

ACE PICKLEBALL COURT
Friday, April 17
9:30 a.m. to 10:30 a.m.
FREE
Member exclusive
Pre-registration required

Step onto the court and discover the excitement of pickleball at Ace

Pickleball Club in Peachtree City! Ryan Lister will provide a quick overview of the basics of the game before guiding us through live play on a regulation court. Get expert instruction designed to help you build confidence and improve your skills during this chance to see what the sport is all about! Bring your own paddle if you have one, or borrow one of theirs for this session. Be sure to wear comfortable shoes and clothes for a fun, active experience! Meet at Ace Pickleball Club – 200 Crosstown Drive in Peachtree City.

The Wine Whisperer

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

Pour yourself a little knowledge and let your taste buds do the talking! Virgil Fludd, owner and wine connoisseur with Revival Wines and Dessert Bar, guides us through an introduction to the art of wine tasting. Learn the “5 S’s” of wine—See, Swirl, Smell, Sip, Savor—and discover how to truly experience every pour. Explore how to distinguish dry wines from sweet, and gain the skills to read and understand wine labels like a pro. Whether you’re new to wine or looking to refine your palate, this program offers practical tips and enjoyable insights to make every tasting more flavorful and fun. Cheers to discovering wine with confidence and curiosity! No tastings will be included.

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, April 20
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

PEACHTREE CITY
Monday, April 20
12 p.m. to 1 p.m.
FREE
Members and non-members
Pre-registration required

You won’t want to miss out on these monthly information-packed sessions full of valuable guidance! The People’s Law School is intended to spread knowledge about the legal field among members of the community. Join us once a month as a knowledgeable speaker and Judge Jason Thompson share on a senior-related legal topic. Join attorney Holly Peace with Manning Peace, LLC as they discuss criminal appeals.

Exploring Trilith

FAYETTEVILLE
Monday, April 20
2 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

Step behind the scenes and explore the creative world of Trilith! Kade Smith, Experience Coordinator with the Trilith Foundation, takes you on a virtual tour filled with the latest updates, happenings, and insider insights from this dynamic creative community. Discover how art, film, and innovation come together to shape Trilith’s unique environment. From cutting-edge projects to community initiatives, see what makes Trilith a hub of creativity and collaboration. Whether you’re curious about film, design, or the arts, this tour offers an engaging glimpse into a world where imagination meets opportunity. Get ready to experience Trilith like never before!

A Novel Idea Book Club

PEACHTREE CITY LIBRARY
Tuesday, April 21
1:45 p.m.
FREE
Member exclusive
No pre-registration required

Meet at the PTC Library for book

club this month. April book: *Emma* by Jane Austen. May book: *Demon Copperhead* by Barbara Kingsolver. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

Belly Beats

FAYETTEVILLE
Wednesday, April 22
3 p.m. to 4 p.m.
FREE
Members and non-members
Pre-registration required

Get ready to shake, shimmy, and discover the art of belly dancing! Dawn Morrison with Shimmy Dreams Belly Dance explores the rich history of this captivating dance, clears up common misconceptions, and shares fun facts about its origins and cultural significance. Learn how belly dancing works the body, engages the mind, and offers physical, mental, and emotional benefits while encouraging self-expression and improvisation. After a lively demonstration, participants will have the chance to try a short hands-on session, feeling the rhythm and energy for themselves. Experience the joy, movement, and confidence that belly dancing brings, all while having fun!

Car Wash

PEACHTREE CITY
Thursday, April 23
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!

Learning From Living

FAYETTEVILLE

Thursday, April 23
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? 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.

P"age" Turners Book Club

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

April book: *The Heaven and Earth Grocery Store* by James McBride. May book: *The Tattooist of Auschwitz* by Heather Morris. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Rising to Meet the Challenge

FAYETTEVILLE
Friday, April 24
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Navigating life as a newly single person in later years can be daunting, but you're not alone in the journey. Join this monthly discussion group where we share real-world solutions and helpful resources for managing the everyday challenges of living solo. Whether it's tackling home repairs, meal planning, or navigating new technology, we learn from each other's experiences and support one another along the way. Each session is a chance to connect, share advice, and discover new strategies for living life to the

fullest. Whether you've been on your own for a while or are just starting to navigate this new chapter, all are welcome to join the conversation. This is a self-led discussion group that will be guided by Marilyn Weigle.

Just Shred It: Shredding Services

PEACHTREE CITY
Friday, April 24
10 a.m. to 11 a.m.
\$5
Members and non-members
Pre-registration required

Fayette Senior Services will host an on-site shredding event with a professional shredding truck from A1 Shredding to securely handle your document disposal needs. Bring your papers to be shredded and enjoy the convenience of taking care of this task at a familiar, trusted location. For privacy and security, FSS staff will not handle any documents; each participant will take their items directly to the shredding truck. The cost for this event is \$5 per person for up to 10 file-sized boxes, with an additional fee for quantities exceeding 10 boxes.

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE
Monday, April 27
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 for an afternoon of karaoke. Karaoke gurus Vince and Carla Cloud will keep the energy high and the fun nonstop as they guide us through an interactive, memorable sing along experience. It's an afternoon you'll be talking about - or better yet, singing about - for days to come!

Creative Sparks Fly

PEACHTREE CITY
Monday, April 27

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

Everyone has a story worth telling, yours is just waiting to be written! Join self-published author Jim Scott for a discussion designed to help you find your voice and bring your stories to life. Get a big-picture look at the process of creative writing and how imagination, memory, and personal experience can be shaped into meaningful stories. Jim will provide guidance, creative encouragement, and the confidence to spark ideas, unlock creativity and remind you it's never too late to tell your story. Whether you're looking for a creative outlet, a way to preserve your memories, or taking the first step toward publication, leave feeling inspired to start telling your story with clarity, imagination, and heart.

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 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!

Technology

Computer Technology Assistance

PEACHTREE CITY
Wednesday, April 15
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, April 28
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

A Sound Bath

PEACHTREE CITY
Wednesday, April 1
2:30 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

Relaxation can be a key component to the healing process no matter if it is physical, mental or emotional. Lei Rhyne with Healing Through Art & Sound takes us on a journey of healing through the unique process of a sound bath which aids in the relaxation process. This technique involves lying down and immersing yourself in resonant sounds around you. These sounds are produced through a combination of singing bowls, gongs and chimes. This meditative practice can help lessen stress and anxiety, boost mood, enhance concentration and induce a calming effect that may enhance

your wellbeing and quality of sleep. Take part in this innovative way of healing as you decompress in this session of relaxation and meditation that will have you feeling refreshed. She will have mats, pillows and blankets to use during the session.

Massage

FAYETTEVILLE
Tuesday, April 7
10 a.m. to 4 p.m.
\$60 | 1 hour
Member exclusive
Pre-registration required
Masseuse: Tranquil Escape

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

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Thursday, April 9
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 Freedom to Move

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

Stay active, feel strong, and move with confidence at any age! Fitness coach Quentin Pullen and healthy lifestyle expert Nora Pullen discuss advice to reduce everyday aches while improving strength, mobility, and posture. Discover simple,

practical exercises and recovery habits that support joint health and long-term independence. Learn how to move safely, listen to your body, and build routines that enhance balance, flexibility, and overall well-being. By focusing on functional movement, feel empowered to maintain an active, pain-free lifestyle as you continue enjoying the activities you love every day!

Sugar Rush

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

Sugar is sneaky, showing up in more foods than we realize, and it can have a big impact on our health. Ebonie Jackson from Humana will help you uncover where sugar hides in everyday foods and how it affects your body. Learn how to read labels effectively and discover ways to cut back on added sugar while still enjoying tasty meals. Gain insight on simple strategies to reduce your sugar intake, improve your diet without giving up the flavors you love, and feel better in ways you never expected before.

Gotta Hand It To You: Hand Massages

PEACHTREE CITY
Tuesday, April 14
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!

A Pain in the Nerve

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

Nerve pain can be one of the most frustrating and debilitating issues we face, but understanding it is the first step to relief. Dr. Josh Davis, Physical Therapist with First Step Physical Therapy, will walk us through the anatomy of the nerves that cause pain, neuropathy, and sciatica. Learn what triggers these focused pain patterns and discover practical tips on prevention and self-treatment. Dr. Davis will also share effective strategies for reducing pain symptoms, helping you take control of your pain on your first step to relief.

Hearing Aid Cleanings & Maintenance

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

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

We've Got A Bone to Pick

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

Imagine feeling stronger and more confident with every step, knowing you're actively protecting your bones. Piedmont Wellness Center dives into the best practices for boosting bone health through resistance training. Weak bones increase the risk of fractures, but with the right exercises, you can reduce that risk and build lasting strength. Learn how simple resistance moves can

make a huge difference in your bone density, helping you stay active, independent, and healthy for years to come. Take charge of your bone health with the right approach so you can improve it in order to maintain an active, fulfilling lifestyle.

The Strength Within

FAYETTEVILLE
Thursday, April 16
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Life in later years can bring big changes and unexpected challenges, and learning to cope with them is key to thriving. Therapist Megan Terry explores emotional resilience in a realistic and supportive way, focusing on tools that help you navigate stress, uncertainty, and overwhelming moments. Discover strategies for practicing self-compassion, tuning into your emotions, and responding thoughtfully rather than reacting out of pressure or fear. Megan offers practical approaches to manage difficult feelings, build inner strength, and face life's transitions with greater confidence. By embracing realistic coping skills, you can find balance, calm, and a sense of control even in uncertain times.

Down to the Detox

PEACHTREE CITY
Wednesday, April 22
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Detoxing diets seem to be a popular way to lose weight, but they aren't always the healthier option. Avril James, Coordinator of Piedmont Women's Heart Program, explains how our bodies naturally detoxify every day, provided we give them the right nutrients. Learn how to support your body's natural detox process in a healthy way and discover the benefits of feeling less bloated, sluggish, and tired! Avril will share simple and effective tips for improving energy levels, mood and overall well-being. Say goodbye to fad diets and hello to a

more balanced, natural approach to feeling your best!

Golden Years, Brighter Days

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

The golden years should be a time of joy and fulfillment, not weighed down by stress or feelings of disconnection. Sophia Gethers, CEO and Life Coach with The Freedom Zone, provides easy-to-follow strategies to help you reduce anxiety and overcome the solitude that can sometimes accompany this stage of life. Learn simple yet effective ways to boost your motivation, cultivate a more positive mindset, and find moments of happiness in your everyday routine. Take part in interactive activities and discussion that promote both physical and emotional well-being as you discover new ways to stay active, engaged, and connected. It's all about embracing this chapter with confidence, energy, and a brighter outlook!

Balance It Out: Balance Assessments

PEACHTREE CITY
Thursday, April 28
9 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Join PT Solutions Physical Therapy as they perform a series of simple, guided tasks to determine balance and stability. They will help you uncover your strengths and identify areas where your balance could use a boost, giving you insight into your risk of falls. Once the assessment is complete, they will walk you through your results and offer personalized tips and strategies to help you improve stability and move with confidence. This hands-on, interactive opportunity will help you take charge of your balance, learn practical ways to stay steady on your feet, and leave feeling empowered and informed. Don't miss this chance to prioritize

your health and step into greater confidence!

Senior Moments

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

We all kid about our “senior moments,” those times we can’t recall something familiar or losing our car keys for the third time this week. But how do we know when it’s more than just a momentary lapse? Some cognitive slow-down is to be expected as we age, but what’s normal and what’s not? Dr. Alfonso Martinez from The Neuropsychology Center will be here to help us distinguish between a “senior moment” and the early signs of more serious memory issues. Discover practical tips on when to seek professional help and what steps we can take to protect our brain health at every age.

A Spark of Energy

PEACHTREE CITY
Wednesday, April 29
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

If you’re tired of feeling drained and relying on caffeine to get through the day, it’s time to make a change. Dr. Teresa Robinson from My Nutrition Source offers simple, effective strategies to help you boost your energy and liveliness. Discover which foods fuel your body naturally, keeping you energized without the midday slump or post-meal fatigue. She’ll also explain how balanced meals, proper hydration, and smart snacking can stabilize blood sugar levels and prevent energy crashes before they start. With easy-to-follow tips, you can increase your stamina and endurance, leading to a better quality of life and more vibrant years ahead. Reclaim your energy, feel more alive, and embrace each day with renewed strength, no extra caffeine required.

The Thriving Plate

FAYETTEVILLE

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

Experience the power of food to fuel your vitality and longevity! Join Natural Health Coach Cynthia Terrell from Wholistic Strength for simple, whole-food strategies to boost strength, energy, and overall well-being. Explore anti-inflammatory foods and spices that promote joint health and improve digestion, and learn an easy meal-building framework to keep your energy steady all day long. Plus, discover hydration tips that will leave you feeling refreshed and vibrant. Walk away with practical tools to nourish your body and feel your best every day!

Look What’s Coming in May!

Rules of the Road

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

Unlock the secrets to successful investing as you discover powerful strategies to stay on track with your financial goals. Gain practical steps to confidently navigate finances with ease.

Off to the Races

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

Explore The Kentucky Derby’s rich history and vibrant traditions, from stylish attire and tailgating to fun facts and race rules. Immerse yourself in the charm of this timeless race!

There’s No Place Like Home

FAYETTEVILLE
Monday, May 4
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Turn your home into the perfect sanctuary for aging in place with smart planning and simple changes. Live safely, comfortably, and joyfully in the place you love most for years to come.

Let’s Taco ‘Bout It: Cinco de Mayo Lunch

PEACHTREE CITY
Tuesday, May 5
12 p.m. to 1 p.m. | \$15
Pre-registration required

Olé! Celebrate Cinco de Mayo with a fiesta full of flavor, fun, and the perfect excuse to indulge in tacos. Enjoy a delicious Mexican lunch with us right here at FSS!

Registration will be available when the May newsletter comes out Monday, April 20th!

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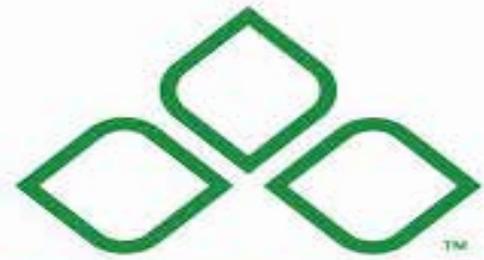
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A PENNY FOR YOUR THOUGHTS... *and for change!*

Important **update** About Pennies!

Our bank will no longer be supplying pennies. Here's what this means for you:

When pennies are available:



Exact Change
will be given.

When pennies are unavailable:

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