

May 2026

# ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

## It's Taco Time

Taco lovers, rejoice! Celebrate Cinco de Mayo with a lively lunch full of flavor and festive vibes! Gather with friends for a little fiesta spirit.

## Creative Brushstrokes

Unleash your inner artist through a guided Bob Ross painting workshop. Discover the process through creativity and joy in every brushstroke.

## A Sweet Escape

Indulge in a little slice of heaven with this Tres Leches Cake recipe, where every bite is light, luscious, and layered with creamy goodness!

*Live Well. Age Well.*



# BOOT SCOOT & BBQ

Thursday, June 18  
5 p.m. to 8 p.m.

Fayetteville  
770.461.0813

Tickets only \$20  
Get Yours Today!

Event Sponsored by:



# May

## featured

### A Lasting Impact 10

Meet Brenda Davis, who quietly makes a difference in every corner of FSS. Celebrate the unwavering and lasting impact she has in our community.

### Tres Leches, Tres Cheers! 11

This classic Latin American dessert is quite the treat! Topped with whipped cream and fresh fruit and soaked in milk, it's the perfect blend in every bite!

### Taco Temptations 15

Celebrate the best holiday for taco lovers as you fill your plate full of sizzling flavors. The fiesta awaits as we bite into Cinco de Mayo!

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Discover the joy of colors and creativity where every stroke is a "happy little accident." Create a serene landscape through the Bob Ross method.

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## 2026 HOLIDAY CLOSINGS

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](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 Cotchett

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

Cristie Pollard  
Finance Officer

## THE ULTIMATE CAFÉ

Michelle Clanton  
Kitchen Manager

Pedro Cruz  
Sous Chef

Arnold Powell  
Café Assistant

Kristie Weaver  
Café Assistant

Owen Daniel  
Café Assistant

## MEALS ON WHEELS

Stevie Coachman  
Meals On Wheels  
Coordinator

Jane Rode  
MOW Delivery Driver

Judy Sieman  
MOW Delivery Specialist

## CARE MANAGEMENT

Kelly Rigsby  
Care Manager

Angie Hotard  
Care Administrator

## TRANSPORTATION

Jeff Wix  
Transportation Manager

Adrienne Bellantoni  
Transportation Coordinator

Roger Grandt  
Driver

Dennis Duke  
Driver

Harold Gunnin Jr.  
Driver

Cheryl Hembree  
Driver

Terry Billingsley  
Driver

Paula Byram  
Driver

Laurie Brasher  
Driver

Alan Simmons  
Driver

Charlie Hawkins  
Driver

Donna Johnson  
Driver

Michael Dixon  
Driver

John Felbinger  
Driver

Martin Anderson  
Driver

Danny Tallent  
Driver

Chris Clanton  
Driver

Kim Oliveira  
Driver

Glenn Murph  
Driver

Jason Sherman  
Driver

Tom Kirby  
Driver

Bill Miller  
Driver

## Membership

Our nominal annual membership fee helps Fayette Senior Services (FSS), a non-profit 501(c)(3) organization, sustain its operations, programs and services in order for us to maintain our beautiful facilities and continue to offer great programs and café services at a great value to our members. For more information about FSS, please contact the center administrator.

Membership Dues: \$30 for Fayette County residents (\$90/out-of-county)\*. Membership applications **must be made in person** and are available at the reception desk in both FSS locations. **We regret that we cannot accept mail-in applications. Photo ID/Proof of residency required.**

**Volunteers are eligible for a FREE membership after 75 hours of service per 12 months.** Fayette Senior Services accepts VISA, MASTERCARD and DISCOVER cards.

\*No one is excluded for inability to pay. Complimentary memberships can be arranged with a care manager. Please call to discuss with a care manager. They can be reached at 770-461-0813 for more information or to arrange for a confidential meeting.

As we create more opportunities to enrich the lives of older adults in the community, your rewards of being a Fayette Senior Services Member grow as we do. Your membership will be honored at both our Fayetteville

Advertising Information. We appreciate the support from our advertisers, which helps defray the cost of printing our newsletter. For information about FSS advertising and other sponsorship opportunities, please contact Morgan Lanier at 770-461-0813 or [mlanier@fayss.org](mailto:mlanier@fayss.org). \*The appearance of advertising in Fayette Senior Services, Inc. newsletter, website, classes, programs, or other promotional materials is neither a guarantee nor an endorsement by Fayette Senior Services, Inc. of the product, service, or company or the claims made for the product in such advertising.

# Membership Has Its Rewards

Just show your FSS membership card at these retailers and receive discounts:

## The Art of Landscaping

1120 GA-85 in Fayetteville | (770) 461-4860  
Receive a 15% discount for in-store nursery purchases when you show a valid FSS membership card. No landscaping services included.

## 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



**CENTRAL GEORGIA  
TECHNOLOGY**  
www.cengatech.com  
(470) 481-0400

# 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... 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.*

## September 2026

Fashion Show  
Fayetteville | Thursday, September 17  
5:30 p.m. to 7:30 p.m. | \$20

*Seasons of style, seasons of life... fashion never goes out of style, no matter the season or the stage of life! Help us strut the runway with B. Turner's Clothing for an eventful and entertaining evening. Event sponsored by Wellcare. \*Tickets go on sale Monday, July 20th.*

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

# Garden Club

Plant your roots with Fayette Senior Services

IF YOU HAVE A GREEN THUMB AND ENJOY  
GARDENING, VOLUNTEER WITH OUR FSS GARDEN CLUB!

Free membership with 75 hours of volunteer service

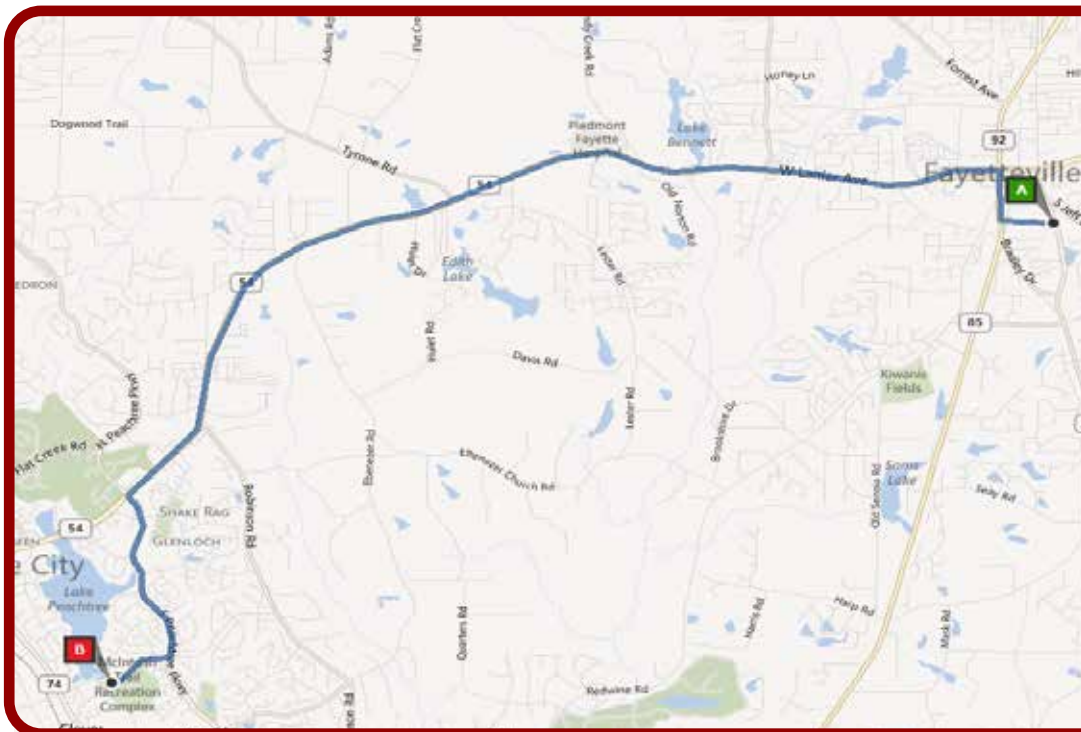


FOR MORE INFORMATION, CONTACT  
AMBER OLIVER | AOLIVER@FAYSS.ORG



## 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



# CARING IS SHARING

Getting older is a blessing comprised of many seasons. Sadly, some of those seasons include loss. And before that loss, we may find ourselves suddenly in a position of caregiving.

Caregiving is an act of deep compassion and, for many, a heartfelt display of love. This is why acknowledgment of how physically, emotionally, and mentally demanding it is, can be difficult. Too often, caregivers feel pressure to do everything themselves. They are sometimes convinced that to show love means to be present all the time, and asking for help is a sign of weakness or failure. When in reality, sustainable caregiving necessitates two essential practices: self-care and load sharing.

Contrary to popular belief, self-care is not a luxury, it is a necessity. When caregivers neglect their own well-being, they risk burnout, resentment, and self deterioration. Consistent habits like getting enough rest, eating well, taking breaks, and maintaining social connections make a profound difference. Even small moments of pause, like a walk outside or a quiet cup of coffee, help restore energy and perspective. Caring for yourself ultimately improves the quality of care you provide to others. Remember that airplane oxygen mask that must be applied BEFORE helping your seat mate? The same applies here.

Equally important is the willingness to share the lead. Caregiving should never rest upon one person's shoulders when living amongst a village. Involving family members, friends, or professional support creates a more balanced and resilient care system. Sharing responsibilities not only reduces stress but also allows others to contribute meaningfully. It fosters teamwork, prevents isolation, and ensures that care continues even when one person needs rest. Letting go of total control can be very difficult, especially when the patient is a loved one. However, trusting others and delegating tasks is an act of strength, not weakness. It acknowledges that caregiving is a collective effort, not a solo mission.

In the end, the best care comes from a supported caregiver. By prioritizing self-care and embracing shared responsibility, caregivers can sustain their compassion, protect their health, and provide more consistent, loving support long-term. To care is to share!

# Volunteers NEEDED FOR

## *tool team*



FOR MORE INFORMATION, PLEASE CONTACT:

- 📞 Amber Oliver, Volunteer Coordinator
- ☎ 770.461.0813
- ✉ aoliver@fayss.org

Fayette Senior Services is looking for dedicated volunteers to join our Tool Team! We are seeking individuals who are handy and experienced with minor home maintenance projects to assist homebound seniors in our community.

If you have a heart for giving back and enjoy working with your hands, this is a meaningful way to make a real impact. Help us ensure seniors live safely and comfortably in their homes.

# Dear Volunteer, You Make a Difference!

One Volunteer, Countless Ways to Serve

Written By: Amber Oliver



Sometimes, you meet a volunteer who truly does it all, and that's exactly the case with Brenda Davis! From lending a hand in the café, to stepping up to deliver Meals on Wheels (MOW), helping in the fitness center, working the front desk, and even jumping in at after-hour events, Brenda's impact is felt across every corner of FSS. We just truly can't put into words what a go-getter like Brenda means for an organization like ours. From filling in where needed and motivating others along the way, she does it all from the kindness of her heart and without any desire to be recognized. Yet, here we are, putting her in the spotlight for at least a little while, because let's face it, she deserves it! What a great reminder to us all what simple acts of kindness can do for ourselves and others.

Brenda grew up in the small farm town of Chrisman, Illinois, where her father was a farmer and her mother worked as a secretary. She was raised alongside two brothers and a younger sister. Her childhood was filled with simple joys of swimming in the creek, reading, neighborhood pickup baseball and softball games, and participating in band, cheerleading, and dance. She attended school in Chrisman before continuing on to nursing school in Danville, Illinois. Her career began as a registered nurse in the ICU, where she dedicated herself to caring for others. Later, while on military assignment at Headquarters, U.S. Army Corps of Engineers in Washington, D.C., she met her husband, Ron

who is also one of our valued FSS volunteers! The two have now been married for 12 years.

Family is at the heart of everything Brenda does. Together, she and Ron have five sons who live in Missouri, Maryland, and Virginia. They are proud grandparents to eight grandchildren - three grandsons and five granddaughters. In her free time, Brenda enjoys hiking, camping, reading, gardening, running, sewing, and dancing. She has called Fayette County home for the past 5 ½ years and has been volunteering with FSS since August 2025. When asked what she loves most about volunteering, Brenda shared, "Meeting so many great people! And I've learned a lot about our community."

Just for fun, we asked Brenda a few lighthearted questions:

- If stranded on a desert island, she'd bring her toothbrush, her husband, and "Ann Sutton!"
- The best thing that's happened to her this week? Spending five days with her grandchildren in Missouri.
- Her go-to karaoke song? *Crazy* by Patsy Cline.
- If she had her own late-night talk show, her dream guests would include Barack Obama, Ruth Bader Ginsburg, or Jimmy Carter.
- If she could spend time with any cartoon character, she'd choose Kermit the Frog for his kind and easygoing nature.
- If she had to listen to just one song forever, it would be *Unforgettable* by Nat King Cole.

A fun fact about Brenda: She began a northbound thru-hike of the Appalachian Trail in March 2022. While she hasn't finished yet, she's determined that one day, she will!

Brenda's dedication, warmth, and enthusiasm make a lasting difference in our community. One of Kermit the Frog's most beloved quotes is, "Step-by-step, we can change our lives for the better," and that's exactly what Brenda does for FSS each and every day. Thank you, Brenda, for all that you do and for reminding all of us that we each have something amazing to offer!



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

# From Our Kitchen To Yours

## Tres Leches Cake

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



Photo via Julie's Eats and Treats

### Ingredients

- 1 package (about 18 oz) white cake mix, plus ingredients needed to prepare mix
- 1 can (14 oz) sweetened condensed milk
- 1 cup milk
- 1 cup (1/2 pint) whipping cream
- 1 container (8 oz) whipped topping, thawed
- Fresh fruit of your choice

### Directions

- Preheat the oven to 350 degrees F. Spray a 13x9x2 inch baking pan with nonstick cooking spray.
- Prepare cake mix according to package directions. Bake about 30 minutes or until cake is firm to the touch. Remove cake and let cool 5 minutes.
- Meanwhile, combine sweetened condensed milk, milk and whipping cream in a 4-cup measure. Poke holes all around the warm cake, using a wooden skewer or toothpick. Slowly pour milk mixture evenly over top of holes on cake.
- Let cake cool 10 to 15 minutes more to absorb all the liquid. Cover and refrigerate cake in pan at least 1 hour.
- When the cake is completely cool, spread whipped topping evenly on top. Cut into pieces and serve with fresh fruit of your choice.

*Enjoy!*

**Join us in the Ultimate Cafe in Fayetteville!**

#### Breakfast:

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

#### Lunch:

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



## MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

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

### IMPORTANT INFORMATION TO FITNESS STUDENTS

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

## Free in Fayetteville

### Mondays

**Sit and Get Fit:**

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

**Canasta:**

8 a.m. to 3 p.m.

Regular and Hand & Foot

**Blood Pressure Check:**

12 p.m. to 1 p.m.

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

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

**Sit and Stitch:**

1 p.m. to 4 p.m.

**Chess Club:**

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

**Bid Whist:**

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

### Tuesdays

**Pinochle:**

9 a.m. to 12 p.m.

**Scrabble:**

1 p.m. to 4 p.m.

**Tuesday Bridge Club:**

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

### Wednesdays

**Sit and Get Fit:**

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

**Canasta:**

8 a.m. to 3 p.m.

**Blood Pressure Check:**

10 a.m. to 12 p.m.

**Rummikub:**

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

### Thursdays

**Blood Pressure Check:**

10:30 a.m. to 12 p.m.

**Bunco:**

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

### Fridays

**Pinochle:**

9 a.m. to 12 p.m.

**Sit and Get Fit:**

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

**Canasta:**

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

**Game Day:**

12 p.m. to 3 p.m.

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

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

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

**Scrabble:**

1 p.m. to 4 p.m.

**Bid Whist:**

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

### *Calling all pool sharks!*

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

**Men & women welcome!**

# Free in Peachtree City

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

## Mondays

### Morning Stretch:

9 a.m. to 10 a.m.

### Blood Pressure Checks:

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

### Intermediate Social

### Bridge Free Play:

12 p.m. to 4 p.m.

### Canasta:

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

## Tuesdays

### Chinese Mahjong:

1 p.m. to 4 p.m.

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

### Bingo Bash:

3rd Tuesday of the month

2 p.m. to 4 p.m.

## Wednesdays

### Morning Stretch:

9 a.m. to 10 a.m.

### Marathon Bridge:

2nd Wednesday of month

10 a.m. to 2 p.m.

### Social Duplicate Bridge:

Wednesday (does not meet

2nd Wednesday of month)

10 a.m. to 3 p.m.

### American Mahjong:

12 p.m. to 4 p.m.

Advanced play, experience needed. Observers welcome!

## Thursdays

### Double Deck Pinochle:

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

## Fridays

### Morning Stretch:

9 a.m. to 10 a.m.

### American Mahjong:

12 p.m. to 4 p.m.

Advanced play, experience needed. Observers welcome!

### Canasta:

1 p.m. to 4 p.m.

### Game Day:

1 p.m. to 4 p.m.

## Turn the Pages!

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



We welcomed some local Rosie the Riveter ladies to PTC!



Members enjoyed learning about and tasting açai bowls.

# Rules, Regulations & Cancellation Policies

Register early! Many of our classes are extremely popular and fill up quickly! All classes have a class-size limit that varies with each class. All classes – free or fee-based – require registration unless otherwise noted. Any applicable fees must be paid at the time of registration, or you are not considered registered for the class.

**REGISTRATION:** Please stop by the Fayetteville or Peachtree City location or call the Center receptionist to register for classes. All fees are payable in advance – cash, check, or credit card.

**CANCELLATIONS:** Fayette Senior Services reserves the right to cancel any class due to insufficient registration or at the instructor's request. If cancellation is necessary, anyone already registered will be notified and receive a full credit to their account. Please note that some classes have specific registration deadlines.

**WAITING LIST:** All classes, activities, trips, and special events are offered on a first-come, first-served basis. If a class or activity is full, you may be placed on a waiting list.

**REFUNDS:** Refunds will be issued if registration is cancelled by the participant up to 5 working days prior to the start date. Any event costs incurred will be deducted from the requested refund in addition to a 10% administration fee. No refunds awarded after that deadline. Refunds will be issued in the form of an FSS credit towards future program registration or membership dues.

**CLASSROOM PARTICIPATION REQUIREMENTS:** Participants must be mobile as well as physically, mentally, and medically able to participate without disruption in any class or activity. Fayette Senior Services reserves the right to evaluate participants to determine an individual's participation ability. Some classes require a medical release and/or a fitness readiness questionnaire.



We love our volunteers! Celebrating them during a breakfast social.



Dancing the night away at our St. Patrick's Day event.

# Special Events



## Let's Taco 'Bout It: Cinco De Mayo Lunch

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

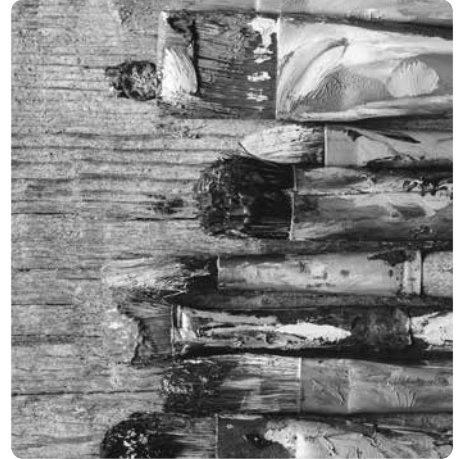
Olé! Olé! It's time to celebrate the greatest holiday for tacos. Join us for the perfect excuse to enjoy tacos for lunch, as if you really need a reason to chow down on some tacos! Our kitchen crew will be serving up a delicious spread of beef and chicken tacos with plenty of tasty toppings so everyone can build their perfect plate. The fiesta continues with flavorful Spanish rice, crispy chips, fresh salsa, and creamy guacamole on the side. It's a fun and festive way to celebrate Cinco de Mayo with great food and great company. Come hungry and get ready to treat your taste buds!



## Lunch & Learn: The Gift of Preparedness

FAYETTEVILLE  
Tuesday, May 19  
11 a.m. to 1:30 p.m.  
\$15 | Includes lunch  
Members and non-members  
Pre-registration required

Preparation is key! Peace of mind starts long before it's needed most, and sometimes the hardest conversations are the most important ones to have. Discover why advance planning matters and how taking steps now can ease stress and uncertainty for you and your loved ones later. Did you know that while 90% of people believe it's important to talk about end-of-life wishes, only 27% have actually had the conversation? Gain practical guidance, honest insight, and helpful resources from those who work with families every day. Attorney Victoria Farrell of Fayette Law Group will explain essential legal documents and decisions to have in place, Ron Lee of Mowell Funeral Home will outline funeral planning options and costs, and a Piedmont Fayette Chaplain will also offer supportive tools for navigating grief, both before and after a loss. Walk away better prepared, more confident, and ready to plan with intention as you learn strategies on how to have these difficult conversations.



## Happy Little Accidents: Bob Ross Painting

PEACHTREE CITY  
Thursday, May 28  
12 p.m. to 3 p.m.  
\$65  
Members and non-members  
Pre-registration required

"There are no mistakes, just happy little accidents"...and that's exactly what makes painting like Bob Ross so joyful! Join Certified Bob Ross Instructor Jeremy Rogers for an official Bob Ross Painting Class, where you'll complete a beautiful landscape in just one session, even if you've never painted before. Using the signature wet-on-wet technique made famous on *The Joy of Painting*, Jeremy guides you along step by step to create a vibrant, serene scene. This class is all about creativity, fun, and enjoying the process while learning authentic Bob Ross methods. Participants should bring a roll of paper towels, a small package of baby wipes, and a cardboard box large enough for a 12"x16" canvas to help take your painting home, as your masterpiece will still be wet. Pre-registration is required by Thursday, May 21st. Please see front desk for sample photo.

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<p>April 2026</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			<p>June 2026</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>							S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30																		
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# May Program Schedule

## Needlework

### Crochet: The Year of Stitches

FAYETTEVILLE  
Monday, May 11  
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 a V stitch and V stitch cluster, a very easy stitch to learn and great choice for various crochet projects. Materials needed: Small amount of acrylic yarn (light sold color); hook size G or H. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Let It Bee

FAYETTEVILLE  
Monday, May 18  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

May flowers need a bee! We will do ours as a plant stick. Materials needed: Yellow, black, and white yarn (sports weight preferred; size F crochet hook; tapestry needed. Nancy will provide the plant stick. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

FAYETTEVILLE  
Wednesday, May 6  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, May 13  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, May 20

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

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

## Creative Pursuits

### Pendant Perfection

PEACHTREE CITY  
Friday, May 15  
9:30 a.m. to 12:30 p.m.  
\$35 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Create beautiful, unique and personalized pendants to use for necklaces and earrings using acrylics and watercolor techniques! Learn this easy way to make gorgeous pendants to give as gifts or keep for yourself. Designed for all levels, no previous experience needed. See front desk for picture.

### Painting Workshop

PEACHTREE CITY  
Tuesday, May 19  
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 unique and colorful bird.

## Dance

### Introduction to Line Dance

FAYETTEVILLE  
Wednesday  
12:30 p.m. to 1:30 p.m.  
\$20 | Month  
Instructor: Sunshine Osborne

This introduction class will teach the basic steps and dance terminology and get you comfortable on the dance floor. Designed for those with little to no line dance experience. Dance your way to sunshine and blue skies with southern flavor dancing vibes!

### Beginner I Line Dance

PEACHTREE CITY  
Tuesday  
11:30 a.m. to 12:30 p.m.  
\$20 | 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.

### Beginner II Line Dance

PEACHTREE CITY  
Tuesday  
12:30 p.m. to 1:30 p.m.  
\$20 | 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 in order 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 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!



## Fitness

### 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, we'll combine core-strengthening benefits with soothing mobility exercises and deep stretches to improve flexibility, balance and overall movement. Whether you're new to Pilates or looking to enhance your routine, Flex

& Flow will help you feel stronger, move with ease and enjoy the freedom of a flexible, balanced body. Get ready to stretch, strengthen and flow through exercises that are fun, safe, and designed to keep you moving comfortably at any age! Please bring a mat with you to class.

### Just Beat It: Cardio Drumming

FAYETTEVILLE

Monday

11:45 a.m. to 12:30 p.m.

\$10 | Month

Instructor: Pam Tate

FAYETTEVILLE

Wednesday

11:15 a.m. to 12 p.m.

\$10 | Month

Instructor: Pam Tate

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

### Fit For Life

FAYETTEVILLE

Monday

10:30 a.m. to 11:20 a.m.

\$15 | Month

Pre-registration required

Instructor: Euriel Reynolds

Build strength to make your daily activities easier, whether you exercise best in a chair or on your feet. Strength training provides an abundance of benefits. It contributes to better coordination, balance, mobility, and overall health, to name a few. Use hand weights, elastic bands and balls to strengthen muscles and increase range of movement during this full body workout for all fitness levels.

### Chair Yoga

PEACHTREE CITY

Tuesday | 10 a.m. to 11 a.m.

Thursday | 10 a.m. to 11 a.m.

\*1 or 2 day option available  
\$25 | Month – 1 class  
\$35 | Month – 2 classes  
Instructor: Lori Clark

Choose between 2 days a week or 1 day a week (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. 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 fitness.



### Cornhole

PEACHTREE CITY  
Friday, May 1  
10:30 a.m. to 11:30 a.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Friday, May 15  
10:30 a.m. to 11:30 a.m.  
FREE  
Member exclusive  
Pre-registration required

Bring out your competitive side and join us for a little fun, 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!

### Off to the Races

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

Members and non-members  
Pre-registration required

Thunder of hooves, bright spring hats, and the scent of fresh mint signal the arrival of the Kentucky Derby, America's most celebrated two minutes in sports! Grace Senior Living and Memory Care brings the excitement and pageantry of this iconic race to life, sharing the rich history that has made the Derby a beloved tradition since 1875. From the thrilling rules of the race to legendary horses and unforgettable finishes, discover the stories that have shaped this famous event. The celebration goes far beyond the track, with colorful fashion, festive tailgating, classic Southern foods, and the signature mint julep. Along the way, enjoy fun trivia, fascinating facts, and a look at the spirited world of Derby betting. Enjoy samples of a refreshing mocktail mint julep while soaking up the

charm and traditions of Derby Day.

### Rules of the Road

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

Discover the rules of the road as Brett Bexley with Edward Jones provides insight on the essential principles for successful investing. Learn about the most common investing mistakes and how to avoid them, along with strategies to help you stay on track toward your long-term financial goals. Brett will also share practical steps you can take now and in the future to continue with a secure and comfortable living in retirement. No matter where you are on your financial journey, gain valuable insight to help you move forward with clarity and confidence.

## The Center Box Office

### Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, May 14 | 1:15 p.m.  
*Frankenstein* (2025) | R

Starring: Oscar Isaac, Jacob Elordi, Christoph Waltz. Dr. Victor Frankenstein, a brilliant but egotistical scientist, brings a creature to life in a monstrous experiment that ultimately leads to the undoing of both the creator and his tragic creation.

PEACHTREE CITY  
Thursday, May 28 | 1:15 p.m.  
*Eleanor the Great* (2025) | PG-13

FAYETTEVILLE  
Friday, May 29 | 1:15 p.m.  
*Eleanor the Great* (2025) | PG-13

Starring: June Squibb, Erin Kellyman, Chiwetel Ejiofor. After a devastating loss, and grieving a friend, witty and proudly troublesome Eleanor, 94, moves to New York. It's here she meets a journalism student fascinated by her life story. She soon tells a tale that takes on its own dangerous life and spins out of control.

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

## Get to Know Fayette Senior Services

### FAYETTEVILLE

Monday, May 4  
1:30 p.m. to 2:30 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.

## Introduction to Mahjong

### Session 1

#### PEACHTREE CITY

Tuesday, May 5 & 12

9 a.m. to 11 a.m.

FREE

Member exclusive

Pre-registration required

### Session 2

#### PEACHTREE CITY

Tuesday, May 19 & 26

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 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. Only 1 session is needed, please do not register for both.

## Beginner Mahjong

### PEACHTREE CITY

Tuesday, May 5, 12, 19 & 26

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, May 5

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

Wednesday, May 6

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.

## What's for Lunch?

### PEACHTREE CITY

Thursday, May 7

11:30 a.m.

FREE

Member exclusive

Pre-registration required

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

## The Bluetooth Breakdown

### FAYETTEVILLE

Thursday, May 7

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

FREE

Members and non-members

Pre-registration required

Technology should make life easier, not more complicated. And it seems more often than not, it's the latter. Tech expert Samuel Tisdale joins us for a hands-on, easy-to-understand discussion that simplifies the world of Bluetooth devices and wireless connections. Gain a better understanding on how to pair and manage everything from headphones and speakers to smartphones, tablets, and car systems with confidence. Learn practical setup steps, helpful troubleshooting strategies, and simple ways to improve connection reliability. No matter what level of a techy you think you are, you'll learn new skills and gain confidence that will allow you to use your devices seamlessly to make technology work for you!

## Put Your Best Fruit Forward

### PEACHTREE CITY

Thursday, May 7

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

FREE

Members and non-members

Pre-registration required

Nothing quite compares to the sweet, juicy flavor of fruit at the peak of its season! While many fruits are available year-round, that first bite of a perfectly ripe, in-season fruit delivers a burst of freshness that simply can't be matched. Erin Guy with the

Georgia Farm Bureau shares expert tips for selecting the best summer fruits and explains why seasonal produce tastes better and supports local agriculture. Discover which fruits thrive in Georgia during the summer months, including favorites like blueberries, peaches, and watermelon, along with suggestions for finding them locally sourced. Erin will also demonstrate a simple way to use fresh fruit in the kitchen. Guests will enjoy a tasting featuring some of the season's most delicious flavors.

### **The Five Love Languages: Acts of Service**

PEACHTREE CITY  
Friday, May 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 Acts of Service. Simple, thoughtful actions can communicate care and appreciation in powerful ways. Joanna will explore how everyday gestures - like helping with a task, offering support, or lending a hand - can speak volumes to those who value this love language. Learn how these small acts can strengthen bonds and create meaningful moments of connection in daily life.

### **The Art of Community**

FAYETTEVILLE  
Monday, May 11  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

Discover the hidden treasures of art right in our own community. Join Don Stafford of Staffords Art and Craft Gallery for an engaging exploration of the rich history and variety of art, from traditional paintings to

sculpture, ceramics, and other creative forms. Learn about talented local artists and the stories behind their work, as well as galleries in Fayetteville and other nearby galleries just a short drive away. Take a unique look at how local art reflects culture, creativity, and community. Gain a new appreciation for the arts around you and get inspired to experience the galleries, studios, and creative spaces in your area.

### **And Sew It Begins**

FAYETTEVILLE  
Tuesday, May 12  
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.

### **Pennies, Pitfalls, and Paychecks**

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

The biggest threats to your financial future often aren't dramatic, but the small, common mistakes made over time. A few small money missteps can quietly grow into major financial setbacks. Join Brandon Jordan, Financial Advisor with Arch Advisory Group, for an eye-opening discussion that explores the most common money mistakes that can derail even the best-laid plans. From everyday spending habits to long-term investment oversights, get a highlight of the pitfalls that often go unnoticed. Brandon will share strategies to help you avoid them and warning signs to watch for. Get clarity and practical tools to help you make confident, informed decisions about your

financial future.

### **Volunteer Open House**

FAYETTEVILLE  
Tuesday, May 12  
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. We look forward to welcoming you and answering all your questions!

### **Tomato Basil Bliss**

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

Sun-ripened tomatoes and fragrant basil are the flavors that define summer at its very best! Join Laurie Breckenridge with Compassus Palliative Care and Hospice Care for a deliciously inspiring look into this classic culinary pairing. While you'll learn the very basics of growing healthy tomatoes and basil, the focus will be on bringing these fresh ingredients into the kitchen. Laurie will introduce several different varieties of tomatoes and types of basil, explaining how each one offers unique flavors and uses. Enjoy a live cooking demonstration and samples of dishes that showcase the versatility and vibrant taste of this timeless combination. Leave with new recipe ideas and a fresh appreciation for cooking with garden-inspired ingredients. A small tasting will be included!

### **From 'For Sale' to 'Sold'**

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

Navigating the real estate market

can feel complex, but understanding the process makes buying or selling a home much easier. Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, guide us through every stage of today's market, from start to finish. Learn what it takes to get a home ready to list, how to attract buyers, and what happens along the way to closing. With this knowledge, you'll be able to approach buying or selling with confidence and ease, knowing each step is manageable and predictable.

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

FAYETTEVILLE  
Monday, May 18  
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  
Monday, May 18  
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 Karen Gainey with Karen Gainey Law as they discuss power of attorney and medical advanced directives.

### **Scent-sational Flowers**

PEACHTREE CITY  
Monday, May 18  
1:30 p.m. to 2:30 p.m.  
FREE

Members and non-members  
Pre-registration required

The sweet scent of blooming flowers can turn any garden into a sensory delight! And who doesn't love to take a moment to stop and smell the roses, as the saying goes. Kim Toal with the Extension Office highlights some of the most fragrant flowers that bring both beauty and wonderful aromas to your landscape. Discover popular varieties known for their signature scents and what makes them thrive in our area. Kim will share simple tips for growing these blooms successfully, whether in containers or tucked into a small garden space. Enjoy a refreshing way to learn how to add both color and fragrance to your garden.

### **A Novel Idea Book Club**

PEACHTREE CITY  
Tuesday, May 19  
1:45 p.m.  
FREE  
Member exclusive  
No pre-registration required

May book: *Demon Copperhead* by Barbara Kingsolver. June book: *My Friends* by Fredrik Backman. For more information, please contact Heather Martz at [hmartz@peachtree-city.org](mailto:hmartz@peachtree-city.org).

### **Dementia Caregiver Support Group**

PEACHTREE CITY  
Thursday, May 21  
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, May 21  
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 Spain and Portugal wines as you raise a glass to learn something new!

### **Rising to Meet the Challenge**

FAYETTEVILLE  
Friday, May 22  
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.

### **Seize the Clay: Flower Snack Dish**

TWO HANDS POTTERY STUDIO  
Friday, May 22  
10 a.m. to 12 p.m.  
\$35  
Member exclusive  
Pre-registration required

Join us at Two Hands Pottery

Studio (240 Glynn Street, Fayetteville) for a hands-on class where they will guide you through creating and decorating a gorgeous flower-shaped decorated snack dish! As you create this breathtaking piece of pottery, you'll have friendly guidance every step of the way. Whether it's your first time with clay or you're a seasoned maker, you'll leave with a truly special piece. Let your creativity shine! Registration required by Friday, May 15. Picture sample available at front desk.

## Postmarked From War

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

Nearly 70 years after they were written, a young soldier's words are finally finding their way home. Ben Gross, a 95-year-old Korean War veteran living in Peachtree City, is reminiscing on times past and sharing his story on being reunited with more than two dozen letters he wrote to his family while serving overseas in 1952 and 1953. At the time, Gross was a 21-year-old North Dakota farm boy describing daily life during the war and thanking his family for small comforts like homemade cookies. His brother had saved the letters for decades and eventually mailed them back to him, but the package broke apart during transit. Now, the U.S. Postal Service is delivering the letters one by one, each still sealed in its original envelope. What was meant to be a single delivery has turned into a powerful, piece-by-piece reunion with a young soldier's memories and a remarkable piece of history.

## Growing Care

PEACHTREE CITY  
Tuesday, May 26  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

As we age, our care needs evolve, so why shouldn't our understanding of senior care evolve too? Join Tanya Schoenhoff from Senior Provisions for an insightful discussion about the different levels of senior care. From

in-home support options like home care, hospice, and respite, to live-in care settings such as independent living, assisted living, and memory care, Tanya will break down what each level offers, how they differ, and who benefits most from each option. She'll also provide valuable insights into coverage options and share tips to help families make well-informed decisions about their loved ones' care. Whether you're exploring your options or just want a clearer understanding of senior care, get equipped with the knowledge needed to make informed choices when the time comes.

## The Haunting of Georgia

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

Some of Georgia's most fascinating history isn't found in textbooks...it lingers in its shadows! Join history enthusiast Jim Scott for a spine-tingling journey into the real-life haunted places, legends, and ghostly tales that have shaped the Peach State's mysterious side. From historic homes and forgotten cemeteries to eerie inns and storied landmarks, discover the chilling accounts that continue to captivate locals and visitors alike. Jim will separate documented history from folklore while sharing the stories that refuse to fade with time. Prepare for an afternoon of intrigue, rich storytelling, and a deeper look at the haunted history of Georgia.

## Seasoned to Perfection

PEACHTREE CITY  
Wednesday, May 27  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

A pinch of salt can make or break a dish, but the real magic comes from balancing it with the right seasonings. Tia Adams with Branch & Vine explores

the art of flavor, showing how to use salt and other seasonings to elevate any meal. Learn the differences between seasoning and salt, when to use each, and how to enhance flavors without overpowering them. Tia will share practical tips for creating depth and complexity in everyday cooking. Discover how a few simple adjustments can transform ordinary ingredients into extraordinary dishes. Gain confidence in seasoning your food perfectly, every time. Walk away ready to bring out the best flavors in your cooking with balance and finesse.

## P"age" Turners Book Club

FAYETTEVILLE  
Thursday, May 28  
1:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

May book: *The Tattooist of Auschwitz* by Heather Morris.  
June book: *The Accidental President* by A.J. Baime. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## Dress for the Ages

FAYETTEVILLE  
Thursday, May 28  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Twirl your way into a world of elegance, opulence, and intricate detail as we explore the fashion of the Victorian era. Join Debi Riddle with the Fayette County Historical Society for a captivating look at the styles that defined the late 1800s and early 1900s. Through stunning images and historical context, you'll discover the influences behind women's elaborate gowns, accessories, and everyday attire. Learn how social customs, technological advances, and cultural trends shaped the evolution of fashion during this period. Take a fascinating glimpse into the artistry, creativity, and expression of a bygone era.

## Car Wash

FAYETTEVILLE

Friday, May 29

9 a.m. to 4 p.m.

\$50

Member exclusive

Pre-registration required

Spish, 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!

## The Chronicles of Life

PEACHTREE CITY

Friday, May 29

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

FREE

Members and non-members

Pre-registration required

Memories reconnect us to who we were and show us how far we've come. In *You're From Away You Know*, local author Dale Phenicie draws on his own life to spark reflection on growth, risk, and resilience. He shares the story of leaving his Great Lakes roots in the 1960s with his bride for the remote woods of Maine, where he began a 50-plus-year career with Great Northern Paper Company (now Georgia Pacific). Through vivid vignettes, he explores the challenges of cultural transition, raising a family far from home, and building a life in unfamiliar surroundings. His story captures both the pride of a premier papermaking company and the unthinkable collapse that reshaped a community and industry. At its heart, this memoir celebrates perseverance, perspective, and the lessons learned when stepping outside your comfort zone. Attendees are also invited to share their own stories of change and growth.

## Trivia

FAYETTEVILLE

Fridays

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

FREE

Member exclusive

No pre-registration required

Host: Linda Abbott

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

## Dulcimer

FAYETTEVILLE

Wednesday

11 a.m. to 12:30 p.m.

FREE

Member exclusive

No pre-registration required

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

## Technology

### Computer Technology Assistance

PEACHTREE CITY

Wednesday, May 20

1 p.m. to 4 p.m.

FREE

Member exclusive

Pre-registration required

FAYETTEVILLE

Tuesday, May 26

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

Monday, May 4

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

Discover the transformative power of sound and relaxation on your journey to wellness. Lei Rhyne with Healing Through Art & Sound takes us on a journey of healing through the unique process of a sound bath. She will guide participants through a soothing experience designed to support physical, mental, and emotional healing. During the session, you'll lie back and immerse yourself in resonant tones created by singing bowls, gongs, and chimes, allowing the vibrations to gently calm your mind and body. This meditative experience can help reduce stress and anxiety, elevate mood, improve focus, and promote deeper, more restorative sleep. Experience this innovative approach to relaxation as you unwind and recharge in a serene, supportive environment. Mats, pillows, and blankets will be provided to ensure your comfort as you fully embrace the calming effects of sound therapy.

### There's No Place Like Home

FAYETTEVILLE

Monday, May 4

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

FREE

Members and non-members

Pre-registration required

Home isn't just where the heart is, it's where your best years can continue to unfold into your golden years! Join Beth Dow from

Home Helpers Home Care for an inspiring and practical conversation about the joy of aging in place. Discover how thoughtful planning and simple home modifications can create a safer, more comfortable environment that supports your independence. From practical home safety enhancements to everyday lifestyle adjustments, learn how small changes can make a big impact. Turn your home into your forever sanctuary with smart strategies designed to help you live confidently and joyfully in the place you love most for years to come.

## Massage

FAYETTEVILLE  
Tuesday, May 5  
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.

## Batch Cooking Blueprint

PEACHTREE CITY  
Wednesday, May 6  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Great meals don't have to mean long periods of time in the kitchen every single day. Marilyn Weigle shares smart and simple ways to batch cook a variety of healthy meals perfectly sized for one or two people. Learn how preparing food ahead of time can save valuable time, reduce grocery costs, and make daily meals easier and less stressful. Marilyn will walk through practical tips for planning, cooking, and storing meals so nothing goes to waste. Important food safety

guidelines will also be covered to help keep meals fresh and safe to enjoy. Leave with helpful ideas that make healthy eating convenient, affordable, and delicious.

## Your Peaceful Path

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

In a world that constantly demands more of our time, energy, and attention, finding ways to safeguard your inner calm has never been more important. Shari Douglas from Southern Grace Hospice encourages us to nurture our mental health and emotional well-being. Explore simple, effective tools you can incorporate into daily life to manage stress, set healthy boundaries, and respond to challenges with greater clarity. Discover how small mindset shifts and intentional habits can create lasting balance and resilience as you leave feeling inspired with realistic strategies to strengthen your well-being and protect your peace each and every day.

## Telehealth Tricksters

PEACHTREE CITY  
Monday, May 11  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Healthcare scams are evolving, and many are now happening online or over the phone where they can be even harder to spot. Nathan Coflin with Georgia Senior Medicare Patrol sheds light on the growing number of scams targeting people through virtual healthcare services. Learn how fraudsters pose as medical providers, insurance representatives, or telehealth services in attempts to steal personal or Medicare information. Nathan will explain common warning signs and the tactics scammers use to gain trust as you get practical tips that will help protect your identity, your healthcare benefits, and your peace of mind. Staying informed is

one of the best defenses against becoming a target!

## Gotta Hand It To You: Hand Massages

FAYETTEVILLE  
Tuesday, May 12  
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!

## Prevention Is Better Than Cure

PEACHTREE CITY  
Tuesday, May 12  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Strong bodies stay independent longer, and preventing injuries is one of the best ways to keep moving with confidence! Dr. Josh Davis of First Step Physical Therapy shares the five injuries he most commonly sees among senior patients and why they happen so often. Learn about the leading causes behind these injuries and which individuals may be at higher risk. Dr. Davis will also offer practical, easy-to-follow strategies that can help reduce the chances of injury before it occurs. Gain helpful insight into protecting your mobility and maintaining an active lifestyle. A few simple adjustments can make a big difference in staying safe, strong, and independent at every stage of aging!

## Calm in the Chaos

PEACHTREE CITY  
Wednesday, May 13  
10:30 a.m. to 11:30 a.m.  
FREE  
Members and non-members  
Pre-registration required

Negative energy doesn't have to control your day, and learning how to navigate it can restore your peace and power. Morgan Rysdon, a nationally certified Alexander Technique teacher with Center Studio, leads a restorative discussion on handling negative people while staying grounded and centered. Learn practical techniques to spot when you're being triggered, pause before reacting, and respond with intention rather than impulse. Discover ways to remain calm and resilient even in the face of difficult or draining behavior. Focus on rest, nervous system regulation, and stress reduction, while helping yourself maintain balance in challenging situations. With these tools, you can protect your energy, strengthen your emotional well-being, and approach interactions from a place of confidence and clarity. Walk away empowered to handle negativity without letting it weigh you down.

## Voice Your Health

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

Your voice is your most powerful medicine! Clear, confident communication can shape your care, strengthen your partnerships with providers, and ensure your needs are truly heard. Join Melissa Turner, Manager of Patient Experience at Piedmont Fayette Hospital, for an empowering discussion focused on understanding and exercising your rights as a patient. Advocating for yourself is one of the most important things you can do when navigating a hospital stay or medical visit. Explore what you can expect as a patient, the rights you and your loved ones have, and

the key questions to ask your care team. Learn practical strategies for speaking up, staying informed, and partnering confidently with your doctors and nurses. Walk away feeling prepared, supported, and ready to be your own strongest advocate in any healthcare setting!

## Eyeglass Repairs and Adjustments

FAYETTEVILLE  
Thursday, May 14  
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.

## On the Move: Functional Movement Assessments

FAYETTEVILLE  
Friday, May 15  
2:30 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE  
Wednesday, May 20  
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.

## Put Out the Flare

FAYETTEVILLE  
Wednesday, May 20  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

What if the foods on your plate could help calm inflammation and support your body's natural healing? Would you take advantage of the way you can fuel your body without medications? Join Piedmont Wellness Center for an engaging introduction to the Autoimmune Protocol (AIP) and how it can be used as an inflammation reset. Discover how removing common inflammatory foods and focusing on nutrient-dense choices may help support immune balance and overall wellness. Break down the basics of AIP eating and why many people turn to it when addressing autoimmune symptoms and chronic inflammation. Learn simple, realistic ways to begin incorporating AIP principles into daily life to support greater comfort, energy, and vitality.

## The Connection Effect

PEACHTREE CITY  
Wednesday, May 20  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Every day, in ways we often overlook, the smallest moments can create the strongest connections, shaping how we feel, how we heal, and how we relate to one another. Dr. Linda Katz of Fayette Chiropractic explores the importance of relationships and connections and how they shape our health, happiness, and sense of belonging throughout life. From the power of a kind word to the reassurance of knowing we are still needed and loved, meaningful

interactions truly matter. She will also address the value of friendship at every stage of life and how meaningful connections evolve over time. Discover how just one smile or simple gesture can truly change a day, for ourselves and for others.

### Life In Transition

FAYETTEVILLE  
Thursday, May 21  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Change doesn't stop at 60, and in many ways, it's just beginning! Life after 60 can bring exciting opportunities, but it can also bring unexpected changes that require new perspective and preparation. Join Ebonie Jackson with Humana and discover how you can navigate transitions with confidence! From retirement and caregiving responsibilities to unexpected health shifts, Ebonie addresses the changes that can feel overwhelming without

the right tools. Explore strategies for managing change in healthy, productive ways while identifying what truly matters in any stage of life. Through guided reflection and planning, you'll begin building a personalized action plan to feel more prepared and in control of your next chapter.

### The Wellness Compass

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

What if the goal was not about living longer, but about living better? Longevity is not just about adding years to life; it's about enriching those years through balance in mind, body, and spirit. The eight dimensions of wellness - physical, emotional, social, spiritual, intellectual, environmental, occupational, and financial - all work together to create a vibrant, fulfilling life! When these areas are nurtured, we build resilience, increase vitality,

and experience deeper joy in our everyday routines. Simple, consistent habits like movement, meaningful connection, lifelong learning, and faith can have a powerful impact over time. Sharalene Roper, owner of Ignite Living, shows us how true longevity is cultivated through intentional daily choices that support overall well-being. Discover that when we invest in all eight dimensions, we don't just extend life, we elevate it!

## Look What's Coming in June!

### The Story Within: Writer's Workshop

FAYETTEVILLE  
Tuesday and Thursday in June  
10 a.m. to 11 a.m. | FREE  
Pre-registration required

This month-long writer's workshop will guide you through the full creative process from discovering your unique voice, shaping ideas, drafting, editing and exploring publication.

### The Sweet Spot

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

Explore the versatility of sweet potatoes, from planting to harvesting. Discover how to cultivate this nutritious and delicious crop in your own garden as you learn tips to easily grow them.

### Back In Action

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

Take charge of your back health! Explore simple, effective exercises and practical daily tips to help reduce pain, prevent common injuries, and strengthen your spine.

### Smoothie Your Way

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

Master the art of creating delicious, nutrient-packed smoothies while exploring their many health benefits. Enjoy tastings and simple tips for the best fruit and veggie combinations!

*Registration will be available when the June newsletter comes out Wednesday, May 20th!*

# Home Helpers® Home Care



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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:

Cash transactions will be  
*rounded up to the next nickel!*



★ Your spare **pennies** are **appreciated!** ★

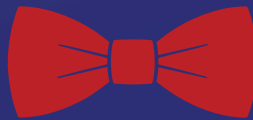
**Donated** pennies help us provide exact change whenever possible.  
*Every penny counts!*



Thank you for your understanding and continued support!

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# JASON B. THOMPSON



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