

June 2026

# ENRICHMENT

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

## *Boot Scoot & Boogie*

Enjoy a fun and exciting summer night of good food, great music, and easygoing dancing that will have you boogying the night away!

## *Wick It Up*

Light up your creativity as you create your very own candle. Blend custom scents, pour your own candle, and add finishing touches to make it yours!

## *Slow Cooked Comfort*

Get ready for a true comfort food favorite! These simple ingredients, slow-cooked to perfection, are full of big flavors and even bigger bites!

*Live Well. Age Well.*



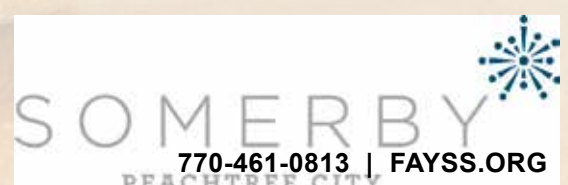
# BOOT SCOOT & BBQ

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

Fayetteville  
770.461.0813

Tickets only \$20  
Get Yours Today!

Event Sponsored by:



# June

## featured

### From 9 to 5 to Giving Back 10

Volunteer Beverly Daniel has found her rhythm in giving back to her community as she brings warmth and genuine love to all around her!

### Slow and Steady Wins the Taste 11

This crockpot cube steak recipe delivers melt-in-your-mouth tenderness and deep, savory flavor with minimal effort! A perfect cozy, no-fuss dinner.

### Boots on the Gound 15

Kick up some dust at our annual Boot Scoot & BBQ, where toe-tappin' tunes, easy line dances, and a finger-lickin' BBQ feast come together.

### Flicker & Fragrance 15

Step into this experience where creativity meets captivating fragrance. Personalize your own candle into a glowing creation that's uniquely you!

## 2026 HOLIDAY CLOSINGS

Juneteenth.....	June 19, 2026
Independence Day.....	July 3, 2026
Labor Day.....	September 7, 2026
Thanksgiving.....	November 26, 2026
Thanksgiving.....	November 27, 2026
Holidays.....	December 21, 2026
Holidays .....	December 22, 2026
Holidays .....	December 23, 2026
Christmas .....	December 24, 2026
Christmas .....	December 25, 2026

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## 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

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...

## 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! 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. Sponsored by Renasant Bank and Wellcare. \*Tickets go on sale Monday, July 20th.*

## October 2026

Under the Harvest Moon

Fayetteville | Thursday, October 22

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

*Fall is in the air! Put on your best fall outfit and come out for a fun evening full of great live music, delicious autumn dinner and warm cider. Sponsored by Aberdeen Fine Properties and Senior Helpers. \*Tickets go on sale Thursday, August 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

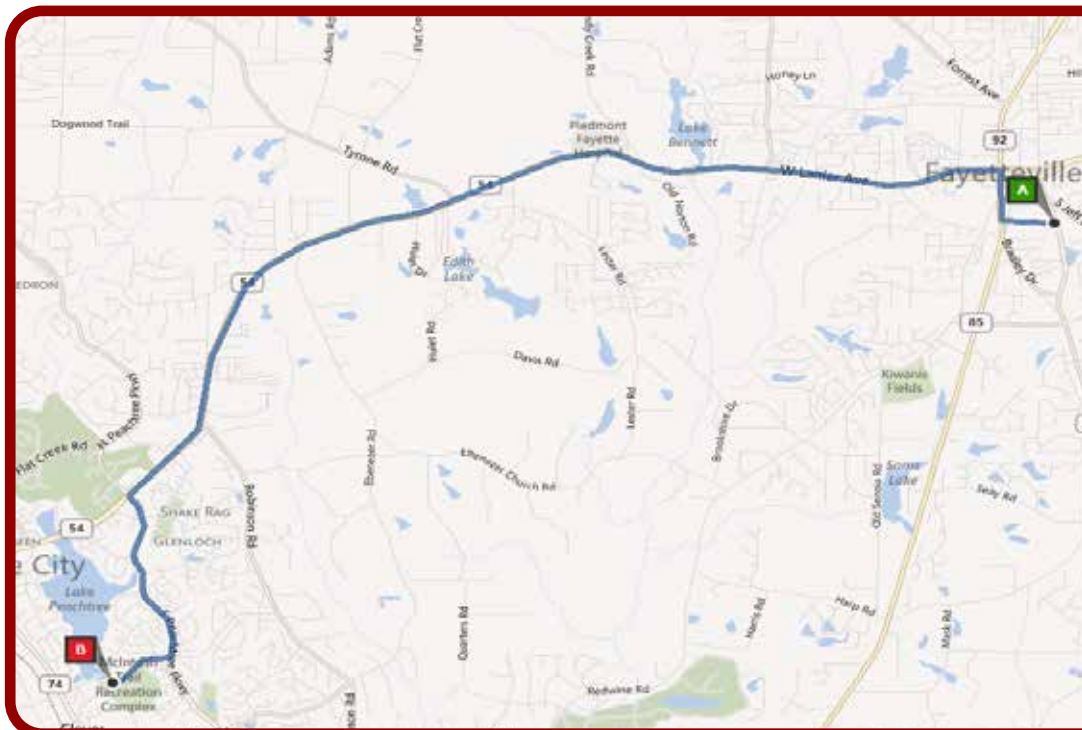


FOR MORE INFORMATION, CONTACT  
AMBER OLIVER | AOLIVER@FAYSS.ORG



# 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



# DON'T SWEAT IT: SUMMER FITNESS


As the days grow longer and the temperatures rise, June invites us to get outside, stay moving, and enjoy all that summer has to offer! For an active community like ours, this is a wonderful time to walk, garden, swim, or participate in group fitness. However, warmer weather also means it's especially important to stay aware of how heat can affect your body and to balance activity with proper rest and recovery.

When exercising in the summer, a few simple adjustments can make a big difference. Try to plan outdoor activities during the cooler parts of the day, such as early morning or later in the evening. Midday heat can be intense and increase the risk of dehydration or overheating. Wearing light-colored, loose-fitting clothing can help keep you cool, and adding a hat and sunscreen will protect your skin while you're outside.

Hydration is key. As we age, our sense of thirst may not be as strong, so it's important to drink water regularly throughout the day, even before you feel thirsty. Bring a water bottle with you to any activity and take frequent sips. Foods like watermelon, cucumbers, and oranges can also help boost hydration. Equally important is learning to listen to your body. Summer heat can make activities feel more challenging, so pay attention to warning signs like dizziness, fatigue, headache, or nausea. These may indicate that your body needs a break. It's always okay to slow down, shorten your workout, or move your activity indoors where it's cooler. Choosing an air-conditioned space for exercise on especially hot or humid days is a smart and safe option (we have some great classes to offer here at Fayette Senior Services)!

Rest and recovery play a vital role in staying healthy and active as well. Taking time to recover allows your muscles to repair and helps prevent injury. Be sure to include rest days in your routine, and consider gentle activities like stretching, yoga, or leisurely walks to keep your body moving without overexertion. Quality sleep is also essential as it helps restore energy levels and supports overall well-being. This summer, embrace the season by staying active, but do so with care and awareness. By combining movement with hydration, rest, and a willingness to adjust when needed, you can enjoy a safe, healthy, and active summer!

Remember: Move often, rest when needed, and enjoy the sunshine - wisely! Love feeling energized while staying aware.



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

★ Your spare pennies are appreciated! ★

We are running low on pennies due to the ongoing penny shortage! We rely on them to provide exact change during cash transactions, and without them, purchases will have to be rounded up to the nearest nickel. If you have spare pennies sitting at home, we would truly appreciate your help. Donating your extra pennies to Fayette Senior Services is a small act of kindness that helps us continue serving our community with care.

*Every penny counts!*



# Dear Volunteer, You Make a Difference!

*Scooby-Dooby Doo, We've Got A Volunteer for You!*

Written By: Amber Oliver



If you're looking for someone who brings warmth, curiosity, and a genuine love for people into every room, look no further. This month's Volunteer Spotlight is Beverly Daniel, an incredible FSS Volunteer whose friendly spirit and ready-to-help attitude is loved by all!

Born and raised in Alabama, she spent many childhood summers with family in Michigan and later moved to Montana, where she graduated high school in Great Falls. With a mom who worked as a bookkeeper for a supermarket chain, a dad who was an accountant, and a stepfather in the Air Force, it's no surprise she grew up with a strong sense of discipline and service. Beverly has one sister and one brother. Although she didn't grow up alongside her siblings due to a big age gap, she kept busy in the best ways - playing tennis, basketball, running track, and even volunteering with special needs students in high school, showing a hint of her future volunteer heart!

Beverly earned her Bachelor of Science degree from Troy State University. From there, she built an impressive career in computer operations and data analysis, working with Panasonic Automotive, Customer Service Manager at M.A. Industries in Peachtree City, and most recently serving as Fayette County Registrar.

And then there's her love story. She met her husband, James, at a company gathering

while he was on a military assignment and here's the fun twist: they share the SAME birthday... and even got married on that day! Talk about a celebration! This year marks 30 years of marriage. Together, they've raised two children, one close by in Fayette County and the other in Ohio.

After retiring in 2025, Beverly didn't slow down, she simply shifted gears. These days, she enjoys baking up something delicious in the kitchen, planning her next adventure (she's explored Spain, Ecuador, Thailand, Japan, Morocco, and Mexico!), or giving back through volunteering. Beverly serves FSS by volunteering in the fitness center and Meals on Wheels, where she feels right at home. What does she love most? The people! She especially enjoys chatting with members and hearing their incredible life stories about their families, careers, travels, and hobbies. "They are even teaching me how to play Canasta!" she shared.

## Getting to Know Beverly - Fun Edition:

- Desert island essentials? A knife, her super Chiweenie dog, and her husband.
- Best moment this week? Watching her niece shine at a ballet recital in Alabama.
- Karaoke go-to? *9 to 5* by Dolly Parton. We'd love to hear that performance!
- Dream talk show guest? Dolly Parton because of her incredible charm and who wouldn't want to hear all of Dolly's stories?
- Cartoon bestie? Scooby-Doo. "I've always loved mysteries, and I like how they always solve the case and catch the bad guy."
- One song forever? *Purple Rain* by Prince, though she admits that's a hard one because the whole album is hard to beat!

Beverly is truly someone who believes deeply in community, serving others and staying engaged. Whether through volunteering or her interest in civic engagement and the election process, she's always looking for ways to make a difference and we are so lucky to have her doing that here at Fayette Senior Services. Thank you, Beverly, for contributing to making FSS brighter, friendlier, and a whole lot more fun!



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

# From Our Kitchen To Yours

## Crock Pot Cube Steaks

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



Photo via The Country Cook

### Ingredients

- 1 package cubed steak
- 1 can cream of celery soup
- 1 package onion soup mix
- 1 1/2 cans of water
- Serve with mashed potatoes or rice and a bread as this makes a wonderful gravy!

### Directions

- Season the steaks and dredge them in flour
- Brown them lightly in oil before placing them in the crock pot
- In a bowl, mix the cream of celery soup, onion soup mix, and water together well
- Pour mixture over the cubed steaks
- Cook on high for 4 hours

*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 4 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.

**Scrabble:**

1 p.m. to 4 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.

**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

Will return in September

10 a.m. to 2 p.m.

### Social Duplicate Bridge:

Wednesday (does not meet

2nd Wednesday of month)

10 a.m. to 3 p.m.

### American Mahjong:

12 p.m. to 4 p.m.

Advanced play, experience needed. Observers welcome!

## Thursdays

### Double Deck Pinochle:

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

## Fridays

### Morning Stretch:

9 a.m. to 10 a.m.

### American Mahjong:

12 p.m. to 4 p.m.

Advanced play, experience needed. Observers welcome!

### Canasta:

1 p.m. to 4 p.m.

### Game Day:

1 p.m. to 4 p.m.

## Turn the Pages!

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



Members getting their workout on in PTC during Cardio Core & More



Great friends enjoying a wonderful morning together at FSS

# 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 welcomed a belly dancing guru to share about belly dancing traditions



Getting their hands dirty learning the art of pasta making

# Special Events



## Wine Not: The Wine Bar Tastings

THE WINE BAR  
Thursday, June 11  
3:30 p.m. to 5 p.m.  
\$55  
Member exclusive  
Pre-registration required

Swirl, sip, and discover your new favorite pour at Peachtree City's newest hotspot, The Wine Bar! This lively tasting experience will feature five 2 oz. pours spanning from crisp sparklings to bold reds, offering something to delight every palate. Alongside each pour, guests will enjoy heavy grazing boards thoughtfully curated with foods that perfectly complement the wines. Learn how to identify different wine styles, explore pairings that enhance flavor, and pick up simple tips to elevate your tasting skills. Meet at The Wine Bar (312 Willowbend Road) for the perfect excuse to sip, snack, and settle into a laid-back afternoon filled with great flavors and easy conversation. It's all about enjoying the moment, discovering something new, and sharing a great experience with others!



## Boot Scoot & BBQ

FAYETTEVILLE  
Thursday, June 18  
5 p.m. to 8 p.m.  
\$20  
Members can purchase  
tickets at front desk  
Pre-registration required

Grab your boots and get ready to kick up some dust—this is one summer night built for dancing, laughter, and a whole lot of fun! Boot Scoot & BBQ brings together the best of toe-tapping music, high-energy moves, and delicious down-home cooking for an unforgettable evening. The FSS Kitchen Crew will be dishing out a mouthwatering BBQ feast while DJ Stacia keeps the party going with upbeat tunes and easy-to-follow dance steps. Whether you're a line dancing pro or just in it for the fun, you'll find yourself moving, laughing, and joining right in. It's the perfect chance to spend time with friends, meet new people, and enjoy a lively, feel-good atmosphere. Come hungry, bring your dancing spirit, and get ready for a night that keeps the smiles wide and the boots moving! This event is sponsored by Senior Helpers, Somerby and Renasant Bank.



## Candle Creations

PEACHTREE CITY  
Friday, June 26  
1:30 p.m. to 3:30 p.m.  
\$40  
Members and non-members  
Pre-registration required

With just a little creativity and a few good scents, suddenly a simple candle becomes something completely your own! Amanda Cole with AR Workshop leads a hands-on candlemaking experience where guests design custom candles from start to finish, including choosing their scents. Explore fragrance blending to create personalized scent combinations before pouring and crafting a candle in this guided DIY session. Elevate your designs with fun-finishing touches. The result is a playful mix of scent, style, and creativity as you leave with something both beautiful and uniquely yours!

Sunday	Monday	Tuesday	Wednesday
	<p><b>1</b></p> <p>The Sweet Spot pg. 21</p> <p>The Spirit of Spain pg. 21</p>	<p><b>2</b></p> <p>Massage pg. 26</p> <p>Garden Club pg. 22</p> <p>Back In Action pg. 26</p> <p>Paw Patrol pg. 22</p>	<p>Quilting UFO p</p> <p>Green Your Ro</p> <p>Hearing Scree</p>
<p><b>7</b></p>	<p><b>8</b></p> <p>A Grand Old Flag pg. 23</p> <p>Outwit Your Smart Phone pg. 23</p> <p>Crochet: Phone Pouch pg. 18</p>	<p><b>9</b></p> <p>Volunteer Open House pg. 23</p> <p>The Roots of Peachtree City pg. 23</p> <p>And Sew It Begins pg. 23</p> <p>The Five Love Languages: Receiving Gifts pg. 23</p>	<p>Quilting UFO p</p> <p>The Breath E</p> <p>Ready, Set, P</p>
<p><b>14</b></p>	<p><b>15</b></p> <p>1-on-1 Medicare Consultations pg. 24</p> <p>The Care Conversation pg. 24</p> <p>Color Me Inspired pg. 24</p>	<p><b>16</b></p> <p>Painting Workshop pg. 18</p> <p>Voices of Freedom: A Juneteenth Celebration pg. 24</p> <p>Book Club pg. 24</p> <p>Eyeglass Repair and Adjustments pg. 28</p>	<p>Quilting UFO p</p> <p>Hearing Aid C Maintenance</p> <p>Computer Assi</p> <p>Fit On the F</p> <p>Memory Scree</p>
<p><b>21</b></p>	<p><b>22</b></p> <p>Crochet: The Year of Stitches pg. 18</p> <p>The Chilled Chef pg. 28</p> <p>Sing It Loud, Sing It Proud: Karaoke pg. 25</p>	<p><b>23</b></p> <p>Rise and Shine, It's Omelet Time pg. 25</p> <p>Get Wild pg. 25</p> <p>Computer Assistance pg. 26</p>	<p>Quilting UFO p</p> <p>The Simple Ki</p> <p>The Heritage</p>
<p><b>28</b></p>	<p><b>29</b></p> <p>The Metabolism Myth pg. 29</p>	<p><b>30</b></p> <p>Sun Moon Rising pg. 26</p> <p>Vein Screenings pg. 29</p>	

# 2026

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# June Program Schedule

## Needlework

### Crochet: Phone Pouch

FAYETTEVILLE  
Monday, June 8  
10 a.m. to 12 p.m.  
\$5 | Materials not included  
Pre-registration required  
Instructor: Nancy Crow

Enjoy making this handy pouch purse to carry your cellphone, complete with a small pocket for ear buds or cash! Materials needed: Smooth yarn (I Love This Cotton or #3 cotton thread); size F or G crochet hook; stitch marker. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: The Year of Stitches

FAYETTEVILLE  
Monday, June 22  
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 moss stitch. This beautifully textured look is relaxing and has a repetitive rhythm. Also known as the linen stitch, woven stitch or granite stitch, this beginner-friendly crochet stitch creates a woven, knit-like fabric using just basic stitches – the single crochet and chain stitches. Materials needed: Small amount of yarn; size G or H crochet hook. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: UFO

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

FAYETTEVILLE  
Wednesday, June 10  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, June 17  
9 a.m. to 3 p.m.  
\$15 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

FAYETTEVILLE  
Wednesday, June 24  
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

### Painting Workshop

FAYETTEVILLE  
Tuesday, June 16  
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 breathtaking summer scene of a path through the lush green woods.

### Watercolor Iris

PEACHTREE CITY  
Thursday, June 25  
9:30 a.m. to 12:30 p.m.  
\$30 | Includes materials  
Pre-registration required  
Instructor: Karen DeFelix

Paint a breathtaking iris as you learn the skills of using watercolor paints. Learn about basic watercolor techniques including tips on mixing colors, types of application techniques, how to capture the whites of a painting, and much more. Take home a finished painting. Designed for

all levels, no previous experience needed. Paintings are pre-sketched so no drawing involved. See front desk for picture.

## Dance

### Introduction to Line Dance

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

This intro 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!



### Aloha to Hula Dancing

PEACHTREE CITY

Wednesday  
10:30 a.m. to 11:30 a.m.  
\$25 | Month  
Member exclusive  
Pre-registration required

Step into the spirit of the Pacific islands with this chair hula class led by Tupua Ainuu. Flow through graceful movements as you learn the beauty and tradition of this captivating Hawaiian dance, all from the comfort of your chair. This is a fun, low-impact workout that energizes your body while connecting you to the rhythm and culture of the islands. No passport required, just bring your aloha spirit and get ready to sway!

### 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.

### 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, bring a mat for floor work. 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 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-led 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.

## Special Interest

### The Sweet Spot

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

Golden, nutrient-packed, and surprisingly easy to grow, sweet potatoes can transform any home garden into a rewarding harvest. Join Tom Bonnell, retired from the UGA Cooperative Extension Office and a Master Gardener, as he shares the best practices to bring you a crop that is bursting with homegrown flavor. From selecting the right slips and preparing your soil to proper planting techniques and seasonal care, each stage is covered with clarity. Learn how to harvest for the best yield, along with essential curing methods to maximize flavor and storage life. Walk away ready to grow, harvest, and enjoy a thriving sweet potato harvest that delivers long after the season ends!

### The Spirit of Spain

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

Step into a land where golden coastlines meet ancient stone streets, centuries of history breathe through bustling plazas, and every sunset seems to linger a little longer over hills, cathedrals, and sea. Welcome to Spain, a country that invites you not just to visit, but to experience it with all your senses! World travel enthusiast and travel advisor Ron Largent shares the beauty of this magnificent county. Spain is a tapestry of culture and contrast, where vibrant traditions and modern energy live side by side in harmony. From the lively, artistic spirit of Barcelona to the elegant heartbeat of Madrid, every corner tells a story. The genius of architect Antoni Gaudí lives on in the breathtaking Sagrada Família, widely regarded as one

of the world's great architectural wonders. With a constitutional monarchy led by a King and Queen, Spain blends royal tradition with modern life, inspiring travelers around the globe through its history, beauty, and culture.

### Introduction to Mahjong

PEACHTREE CITY  
Tuesday, June 2, 16 & 30  
9 a.m. to 11 a.m.  
\$10  
Member exclusive  
Pre-registration required

Ready to dive into the exciting world of American Mahjong? This 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.

### Beginner Mahjong

PEACHTREE CITY  
Tuesdays in June  
9 a.m. to 12:45 p.m.  
FREE  
Member exclusive  
Pre-registration required

Ready to turn your American 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 to build confidence through play. If you have a mahjong set, bring it to share! Please bring an official 2026 Mahjong card from the National Mahjong League with you. \*No instructor on June 9th and 23rd, free play only.

## The Center Box Office

### Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, June 11 | 1:15 p.m.  
*Wild Mountain Thyme* (2020) | PG-13

Starring: Emily Blunt, Jamie Dornan, Jon Hamm, Christopher Walken. A headstrong farmer pines for her oblivious neighbor, but tangled family history and a long-held secret stand in the way of their future together.

PEACHTREE CITY  
Thursday, June 25 | 1:15 p.m.  
*Remarkably Bright Creatures* (2026) | PG-13

FAYETTEVILLE  
Friday, June 26 | 1:15 p.m.  
*Remarkably Bright Creatures* (2026) | PG-13

Starring: Sally Field, Lewis Pullman, Alfred Molina. While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drama based on the bestselling book. She learns of a life-changing discovery that may bring her joy and wonder once again.

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

## Garden Club

FAYETTEVILLE  
Tuesday, June 2  
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 for more information.

## The Story Within: Writer's Workshop

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

Stephen King once said, "The scariest moment is always just before you start." And sometimes, that statement couldn't be closer to the truth! Take that first step and turn it into lasting momentum in this month-long Writers Workshop led by self-published author Jim Scott. This immersive course builds on every stage of the creative process, from discovering your voice and generating ideas to shaping characters, refining structure, and preparing your work for sharing or publication. Through guided prompts, discussion, and supportive feedback, you'll explore fiction, memoir, poetry, and more while developing the skills to bring your stories to life. Each session is designed to strengthen confidence, spark imagination, and help you move from blank page to polished piece. Whether you're writing to preserve memories or pursue publication, this workshop offers the time, structure, and encouragement to tell your story just the way you always imagined!

## Paw Patrol

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

Police dogs are more than just loyal companions, they're highly trained heroes protecting our communities each and every day. Join Lt.

Shane Whitlock with the Fayette County Sheriff's Office and one of their cutest deputies, Rufus the bloodhound, as they share an inside look at the rigorous training, specialized skills, and daily lives of a K9 cop. Learn how these remarkable dogs are prepared for search and rescue, detection, and law enforcement work as you meet one of the newest recruits of the sheriff's office in person right here at FSS! Rufus will be on hand to charm the crowd and show a glimpse of life as a K9 cop. Enjoy this unique perspective on teamwork, dedication, and the incredible bond between handlers and their canine partners.

## Green Your Routine

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

What if living greener was easier and more rewarding than you ever imagined, with the simplest choices you make each day adding up to something truly powerful? Green living is all about making easy, everyday decisions that help protect the environment and reduce waste without overcomplicating your life! Small habits like turning off lights, using reusable bags and bottles, conserving water, and being mindful of what we buy can grow into meaningful change over time. Even simple steps, such as cutting back on food waste or trying more plant-based meals, contribute to a healthier planet. Green living isn't about being perfect, but about embracing small, positive changes that naturally lead to a more thoughtful and balanced way of life. It's about choosing a little better each day and letting those choices shape a more sustainable future!

## What's for Lunch?

PEACHTREE CITY  
Thursday, June 4  
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 Fish Tales in Zebulon.

## Cornhole

PEACHTREE CITY  
Friday, June 5  
10:30 a.m. to 11:30 a.m.  
FREE  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Friday, June 12  
10:30 a.m. to 11:30 a.m.  
FREE  
Member exclusive  
Pre-registration required

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

## Come Sail Away

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

Step aboard and let the rhythm of the sea set the pace for an unforgettable journey! Cruising brings together every kind of traveler, from those eager to explore from sunrise to sunset to those who prefer slow mornings, scenic views, and meaningful, guided experiences. It's one of the easiest ways for groups with different interests to travel together, with something happening at every hour for every energy level. Stephanie Trietsch, owner of TriTravel Pro, helps us settle in onboard as she shares the endless perks of cruising. Enjoy incredible dining, entertainment, and destinations without the hassle of constant planning. Days can be filled with immersive excursions including food, wine, history, or active adventures, or simply enjoyed onboard with shows, spas, quiet lounges, or a little thrill. Whether it's

a river cruise, an expedition voyage, or a grand journey across oceans, cruising turns travel into a seamless, personalized escape.

## A Grand Old Flag

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

Patriotism is more than a symbol, it is a story woven through history, sacrifice, and shared ideals. The American flag tells a story of unity, sacrifice, and enduring ideals that continues to shape the nation today. Audrey Fowler, Auxiliary Life Member with Veterans of Foreign Wars Post 9949 and retired educator, brings that story to life through a thoughtful and fascinating reading of the Constitution and an exploration of the flag's rich history. She'll highlight the evolution of the American flag and the meaning behind its many versions, alongside the traditions that honor it. Timed with the spirit of Flag Day and the 4th of July, the program offers a deeper connection to the values and history that define American identity. Blending reflection, heritage, and civic pride, it invites a renewed appreciation for what the flag represents.

## Outwit Your Smart Phone

PEACHTREE CITY  
Monday, June 8  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

## And Sew It Begins

FAYETTEVILLE  
Tuesday, June 9  
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.

## The Five Love Languages: Receiving Gifts

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

We all express our love and gratitude in different ways, just like we all view love in various ways for ourselves. Relationships don't have to be complicated, and *The Five 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 Receiving Gifts. This love language goes beyond material items and highlights the meaning behind thoughtful, intentional gestures. Explore how even small gifts can communicate care, appreciation, and emotional connection as you gain insight into how to both give and receive gifts. Leave with a clearer understanding of how small acts can make a lasting impact on the relationships that matter most.

## Volunteer Open House

FAYETTEVILLE  
Tuesday, June 9  
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!

## The Roots of Peachtree City

PEACHTREE CITY  
Tuesday, June 9  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

A bold vision and an unexpected twist of fate set the stage for one of Georgia's most distinctive communities. Discover how Peachtree City emerged as a rare planned city, shaped by ideas that didn't even originate in America, and how a chance meeting determined its bright future. Jill Prouty, Library Services Director and manager of the Joel Cowan History Room, brings the story to life through the people, plans, and pivotal decisions that guided its creation. From the original land purchase to the surprising role of a 21-year-old Georgia Institute of Technology student overseeing the project, the journey unfolds with rich detail and local insight. Explore how Peachtree City grew into a thriving new town and uncover the historical resources that preserve its story today.

## Ready, Set, Protect

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

Staying safe often starts long before a situation ever becomes dangerous. Sgt. Scott Israel with the Fayetteville Police Department will help us prepare as we gain confidence in protecting ourselves. He'll share practical guidance on situational awareness and how to better understand your environment to reduce risk. Discover the key to recognizing early warning signs, avoiding common vulnerabilities, and responding calmly and effectively when something feels off. Learn basic self-defense concepts along with an overview of commonly used personal safety tools. Focus on building everyday confidence, staying alert without anxiety, and making smart, proactive choices in any setting. Learn practical skills and a stronger sense of control over your own personal safety!

## Hostess with the Mostest

FAYETTEVILLE

Thursday, June 11  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

The best gatherings aren't the ones that are perfect, they're the ones where everyone feels welcome, relaxed, and ready to have a great time! Paul-Ann Gray with Party Divas brings the joy back to entertaining with fresh, easy ideas for hosting the perfect summer gathering, from cozy indoor dinners to lively patio get-togethers and everything in between. Learn how to create a fun and inviting atmosphere with simple, budget-friendly tips for food, décor, music, and effortless setup. Discover how thoughtful details such as lighting, flow, and a few creative touches can completely transform any space into something special with just the smallest effort on your part. Whether planning a small dinner with friends or a bigger celebration, you'll gain inspiration to make hosting feel easy and enjoyable! Leave ready to throw gatherings that guests will talk about long after the fun winds down.

### 1-on-1 Medicare Consultations

PEACHTREE CITY  
Monday, June 15  
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.

### Color Me Inspired

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

Color is the easiest way to give a room a whole new personality, no renovation or big budget required! It can completely change the mood of a room faster than you can say "paint swatch." Join decorating enthusiast Bethany Vickery for a playful, creative look at how to bring color to life

throughout your home in easy, approachable ways. From bold paint choices and easy wallpaper options for accent walls to pops of personality in pillows, blankets, and décor, discover how small changes can make a big impact. Learn simple tricks for mixing shades, layering tones, and finding combinations that feel fresh, fun, and uniquely you. Packed with inspiration and lighthearted ideas, this is all about making decorating feel less intimidating and a lot more exciting. Leave ready to experiment, mix, match, and fall in love with your space all over again!

### The Care Conversation

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

Life doesn't come with a script, but your healthcare choices can still be written your way. Ebonie Jackson with Humana discusses advanced care planning through five simple steps designed to make a complex topic feel manageable. Explore how to think through personal medical wishes, document important decisions, and communicate them with loved ones and providers. These conversations are never easy, but always important, and Ebonie helps us easily work through preparation in an easy-to-follow way. Highlight how planning ahead can ease uncertainty and support everyone involved when unexpected moments arise. With practical guidance and an encouraging tone, get help turning planning into an empowering act of care and clarity.

### Voices of Freedom: A Juneteenth Celebration

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

Join us as we celebrate and honor Juneteenth, a national holiday marking the end of slavery in the United States. The ever-talented Southern Crescent Storytellers group will be joining us to present

a captivating collection of tales and stories created by these imaginative individuals. Through their creative storytelling, they will share the origins of Juneteenth and the importance of this holiday in our history. As we celebrate Juneteenth National Independence Day, the storytellers will highlight how this holiday came to be and the role of Opal Lee in its recognition. Enjoy a mix of short stories, poetry and engaging anecdotes that bring the significance of Juneteenth to life! Don't miss out on this unique opportunity to learn, reflect and share a meaningful experience with family and friends through this interactive event.

### A Novel Idea Book Club

PEACHTREE CITY  
Tuesday, June 16  
1:45 p.m.  
FREE  
Member exclusive  
No pre-registration required

June book: *My Friends* by Fredrik Backman. July book: *Fahrenheit 451* by Ray Bradbury. For more information, please contact Heather Martz at [hmartz@peachtree-city.org](mailto:hmartz@peachtree-city.org).

### Dementia Caregiver Support Group

PEACHTREE CITY  
Thursday, June 18  
1:30 p.m. to 3 p.m.  
FREE  
Members and non-members  
No pre-registration required

This group offers emotional support, practical information, and connection to caregivers for those with memory loss. This is not intended for those suffering from memory loss, and we ask that they do not attend. For more information, contact Lynnette Dunn at 404-271-5652 or by email at [lynnette.dunn@piedmont.org](mailto:lynnette.dunn@piedmont.org).

### The Grape Escape

PEACHTREE CITY  
Thursday, June 18  
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 blind tasting as you raise a glass to learn something new! We are taking on a different approach this month as you blindly taste new and exciting wines to discover what you really like. You'll be surprised how your taste buds come alive!

### **Sing It Loud, Sing It Proud: Karaoke**

FAYETTEVILLE  
Monday, June 22  
1:30 p.m. to 2:30 p.m.  
FREE  
Members 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 singalong experience. It's an afternoon you'll be talking about - or better yet, singing about - for days to come!

### **Rise and Shine, It's Omelet Time**

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

Crack into something egg-stra special and discover how a simple omelet can turn into a delicious masterpiece! Lauren Green and a chef with Grace Senior Living and Memory Care bring a fun, approachable twist to the art of omelet-making with tips that make cooking feel easy and fun! Learn how to achieve that perfectly fluffy texture, master the fold, and build flavor with the right mix of fresh ingredients. From classic favorites to creative combinations for your omelet, you'll pick up ideas that can brighten any breakfast and yes, even lunch or dinner! Enjoy a live demonstration filled with helpful tricks. Tasty samples

will be included, so you can savor the results for yourself. It's an egg-citing way to boost your kitchen confidence and have a little fun while doing it!

### **Get Wild**

PEACHTREE CITY  
Tuesday, June 23  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

It turns out that "just another day at work" can take on a whole new meaning when your days are spent working side by side with some of the world's most fascinating animals. Michelle Sharpee, current team member at Noah's Ark Animal Sanctuary and former animal trainer at Zoo Atlanta, Disney's Animal Kingdom, and Caribbean Gardens Naples Zoo, brings an exciting behind-the-scenes look at life as an animal trainer. She shares captivating stories from her work with birds, sloths, lemurs, reptiles, exotic cats, and more. Through her experiences as both trainer and keeper, she reveals what it takes to understand animal behavior and bring educational shows to life. Expect a lively mix of humor, insight, and unforgettable moments from the animal world. It's a wild journey that highlights the connection between people, animals, and the work that brings them together!

### **The Heritage Trail**

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

History isn't just found in books, it's waiting to be discovered right here in Georgia. Chris Madrid, Commemorative Air Force Airbase Georgia Education Officer and Secretary of the Georgia WWII Heritage Trail, brings the Georgia WWII Heritage Trail to life with stories that connect local sites to a global moment in history. Explore how airfields, training bases, and hometown communities across the state played a vital role during World War II. Through engaging storytelling and rich historical insight, you'll gain a deeper

appreciation for the people and places that shaped the war effort. Walk away with a powerful sense of connection to the past and a new perspective on the history woven into Georgia's landscape.

### **Car Wash**

PEACHTREE CITY  
Thursday, June 25  
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!

### **P"age" Turners Book Club**

FAYETTEVILLE  
Thursday, June 25  
1:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

June book: *The Accidental President* by A.J. Baime. July book: *The Indigo Girl* by Natasha Boyd. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

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

FAYETTEVILLE  
Friday, June 26  
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.

### Sun Moon Rising

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

Your zodiac sign is only one piece of a much bigger cosmic puzzle waiting to be explored. Astrology expert Sarah Humphrey guides you beyond your Sun sign to uncover the deeper layers of your personality through your Moon and Rising signs. Learn what each placement reveals about your emotions, inner world, and the way others experience you. Explore the four elements - Fire, Earth, Air, and Water - and how their balance shapes your unique energy. Together, these insights open a richer understanding of how astrology maps out personality, patterns, and perspective in everyday life, offering a new way to interpret both yourself and the people around you.

### 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. Trivia will take a break from June 12th thru July 24th, returning July 31st!

### Dulcimer

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

Join our dulcimer group! This group

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



### Computer Technology Assistance

PEACHTREE CITY  
Wednesday, June 17  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, June 23  
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.



### Massage

FAYETTEVILLE  
Tuesday, June 2  
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.

### Back In Action

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

Back pain may be common, but it doesn't have to control your life. Dr. Josh Davis from First Step Physical Therapy will help us explore ways to reduce discomfort and support a healthier spine. Gain a deeper understanding of the anatomy and biomechanics of the spine, learn about common injuries and what causes them, and discover effective, drug-free strategies for managing pain. Dr. Davis will also demonstrate simple exercises and share practical daily tips you can use to strengthen your back, improve flexibility, and prevent future issues, helping you move more comfortably and confidently every day.

### Hearing Screenings

FAYETTEVILLE  
Wednesday, June 3  
1 p.m. to 3 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

### The Lifestyle Reset

PEACHTREE CITY  
Thursday, June 4  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Bright, meaningful change doesn't always come from big, dramatic overhauls, it often starts with the smallest, most intentional shifts in daily life. Alia with Sea Glass Therapy highlights the growing awareness of just how powerful therapeutic lifestyle changes can be for supporting mental health and emotional well-being in a lasting way. There has been increasing interest in how everyday habits like sleep, movement, nutrition, and connection quietly and consistently shape how we feel, think, and function. The great news is that many of these changes are simple, approachable, and often cost little to nothing to begin, making them accessible to almost anyone. By emphasizing realistic, sustainable steps, these lifestyle adjustments can gently build toward a more balanced, energized, and resilient way of living, creating space for continued growth and well-being for yourself.

### Smoothie Your Way

FAYETTEVILLE

Thursday, June 4  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Blend your way to better health with flavors that are as nourishing as they are delicious! Learn how smoothies can support everyday wellness while still tasting like a treat. Wellcare explores the health benefits of different fruits and vegetables as we discover creative ingredient combinations and pick up easy tips for building balanced blends at home. From energizing morning mixes to nutrient-packed refreshers, you'll walk away with plenty of new ideas to try. Enjoy live demonstrations and sample a variety of smoothies along the way with tastings included. Sip, learn, and feel inspired to blend your way to better health.

### Enjoy Every Sandwich

PEACHTREE CITY

Friday, June 5  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

What if something as simple as a sandwich could change the

way you experience your entire life? Dr. Tarryn J. Hoff, exercise psychologist, university professor, and owner of Peachtree City Personal Training, invites you to pause, reflect, and reconsider how you approach each day. Inspired by the powerful message behind Dr. Lee Lipsenthal's book *Enjoy Every Sandwich*, Tarryn explores how slowing down and savoring ordinary moments can lead to a deeper sense of gratitude and purpose. As life grows busier and more complex, it becomes easy to overlook the small experiences that truly give it meaning. Through relatable stories, practical insights, and reflective prompts, learn how to cultivate awareness, strengthen connections, and bring intention into your daily routines. Leave feeling inspired to shift your mindset, embrace the present, and create a life defined not by urgency, but by appreciation! Fulfillment isn't found in extraordinary events alone, it's discovered in the simple moments we choose to fully experience.

### The Breath Effect

PEACHTREE CITY

Wednesday, June 10  
2:30 p.m. to 3:30 p.m.

FREE

Members and non-members  
Pre-registration required

Breathe in...breathe out! Breathe better, feel brighter, and unlock a calmer, more energized version of yourself, one breath at a time. Natural Health Coach Cynthia Terrell of Wholistic Strength brings a refreshing look to improving health through intentional breathing and simple daily habits. Rooted in the Buteyko method, discover how nasal breathing can enhance oxygen efficiency, reduce anxiety, and support overall resilience at any age. Learn easy techniques that promote deeper, more restorative sleep, along with guidance on nutrition timing and evening wind-down routines that naturally align the body for rest. With a focus on realistic, sustainable change, these strategies can be seamlessly integrated into everyday life with an investment of just a few minutes a day. The result is a powerful shift toward greater vitality, mental clarity, and lasting well-being, simply achieved through the often-overlooked power of breathing!

### Through Their Eyes

FAYETTEVILLE

Friday, June 12  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

When memory changes the way a loved one experiences the world, everyday moments can suddenly feel unpredictable and overwhelming. Dennis Kubiak, former caregiver and Community Educator and Advocate with the Alzheimer's Association, offers practical insight into the behaviors that often accompany dementia and how to respond with confidence and remain calm. Instead of reacting in frustration or fear, discover how to recognize what confusion, agitation, or withdrawal may be communicating. Simple shifts in approach can help ease tension, reduce stress, and create more meaningful connections in difficult moments. Grounded in real caregiving experience, this discussion offers guidance that helps turn uncertainty into understanding and more steady, compassionate care.

### A Sound Bath

PEACHTREE CITY

Friday, June 12  
1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Relaxation can be a key component to the healing process no matter if it is physical, mental or emotional. Lei Rhyne with Healing Through Art & Sound takes us on a journey of healing through the unique process of a sound bath which aids in the relaxation process. This technique involves lying down and immersing yourself in resonant sounds around you. These sounds are produced through a combination of singing bowls, gongs and chimes. This meditative practice can help lessen stress and anxiety, boost mood, enhance concentration and induce a calming effect that may enhance your wellbeing and quality of sleep. Take part in this innovative way of healing as you decompress in this session of relaxation and meditation that will have you feeling refreshed. She will have mats, pillows and blankets to use during the session.

## **Eyeglass Repairs and Adjustments**

FAYETTEVILLE  
Tuesday, June 16  
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.

## **Hearing Aid Cleanings & Maintenance**

FAYETTEVILLE  
Wednesday, June 17  
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.

## **Fit On the Fly**

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

Summer is for making memories, not missing out because your energy can't keep up. Piedmont Wellness Center shares simple, realistic ways to stay active and feel your best while traveling with friends, family, and visiting with the grandkids during the busiest months of the year. Discover easy movement ideas that fit into vacations, road trips, and everyday adventures without feeling like a chore. Learn how to keep strength, mobility, and stamina up so you can fully enjoy every outing, from sightseeing to playtime. With practical tips and encouraging guidance, you'll feel inspired to move more, worry less, and make the most of every summer moment!

## **Memory Screenings**

PEACHTREE CITY  
Wednesday, June 17  
2 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

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

## **Learning From Living**

FAYETTEVILLE  
Thursday, June 18  
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.

## **The Chilled Chef**

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

Cooling down has never tasted so good as when the kitchen turns into your favorite summer retreat! Laurie Breckenridge with Compassus Palliative and Hospice Care brings a refreshing, hands-on approach to beating the summer heat with simple, flavorful ideas anyone can easily recreate at home. Enjoy a live cooking demonstration featuring a variety of delicious, cool summer foods. From chilled gazpacho, a vibrant cold tomato and vegetable soup perfect for warm days, to creative ways to elevate everyday water with cucumber, citrus, herbs,

and other refreshing add-ins, along with gourmet ice cubes made from juices, berries, edible flowers, and a touch of sparkle, you'll be set for a summer refresh! The experience wraps up on a sweet note with popsicles on the porch, making it an easygoing way to gather ideas for staying cool, hydrated, and inspired all season long.

## **The Simple Kitchen**

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

Vibrant, nourishing meals start with simple techniques that transform everyday cooking into something truly impactful! It really can be that simple, and we're here to show you how. Join Chef Josh Darden and Lakeisha Kennedy of Passion to Care Home Care as they demonstrate how to create wholesome, flavorful dishes with ease and confidence. Enjoy a live cooking demonstration that brings practical and relatable methods to life, along with time-saving meal prep strategies and smart ingredient swaps. Along the way, gain insight into how balanced nutrition supports healthy aging and long-term wellness and realize just how easy healthy cooking can be. Leave ready to enjoy the process, have fun in the kitchen, and bring more flavor and feel-good moments to every meal! Tastings will be included.

## **The Sounds of Wellness**

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

A single song can lift your mood, calm your mind, and bring memories rushing back in an instant. Zanna Wolfgang, owner of Thrive Ranch Company, explores the powerful connection between music, movement, and overall well-being in a way that's both uplifting and meaningful. Through shared songs, gentle movement, and thoughtful reflection, tap into how music can soothe, energize, and give voice to personal experiences. Inspiring prompts spark conversation about life, resilience, and the moments

that shape us, creating space for connection and expression! With a focus on joy, nature, and the simple act of listening, this experience highlights how music can ground us, heal us, and bring us together. Leave feeling lighter, more connected, and reminded that every voice, and every song, has a purpose!

### **The Metabolism Myth**

PEACHTREE CITY  
Monday, June 29  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Contrary to popular belief and what we believe is the cause for sudden weight gain, our metabolism doesn't disappear after 50...it just starts playing by a slightly different set of rules. Personal trainer Tyra Reid breaks down what actually changes in the body over time and why common myths about metabolism don't tell the full story. Learn how factors like muscle mass, activity levels, and daily habits all play a role in how the

body uses energy. Discuss realistic ways to support strength, energy, and overall wellness through simple lifestyle adjustments. Discover how it all comes back to your body's natural evolution and how simple choices you make every day can result in small, steady changes that shift over time!

### **Vein Screenings**

PEACHTREE CITY  
Tuesday, June 30  
9 a.m. to 11 a.m.  
FREE  
Member exclusive  
Pre-registration required

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

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

Will return in August  
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!

## **Look What's Coming in July!**

### **Planning for Tomorrow**

PEACHTREE CITY  
Wednesday, July 1  
2:30 p.m. to 3:30 p.m. | FREE  
Pre-registration required

Making life easier, brighter, and more secure has never been more within reach. Discover how long-term care brings comfort, confidence, and peace of mind to every stage of life.

### **Get to Know Fayette Senior Services**

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

Step into a vibrant community where staying active, connected, and supported is part of everyday life. Learn how you can get involved at FSS and the many services that are available.

### **The Clutter Cutter**

FAYETTEVILLE  
Monday, July 6  
1:30 p.m. to 2:30 p.m. | FREE  
Pre-registration required

Clear the clutter and keep what matters most with simple help for organizing and downsizing your home. Enjoy a lighter, more comfortable space that's easy to manage and perfectly suited for you!

### **The Preparedness Plan**

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

Stay prepared and protected with an easy, all-in-one emergency info kit. Leave with a ready-to-use wallet card and home copy so important details are on hand when they matter most!

**Registration will be available when the July newsletter comes out Monday, June 22nd!**

# Home Helpers® Home Care



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

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Homemaker and Home Health Aid programs.

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[bdow@homehelpershomecare.com](mailto:bdow@homehelpershomecare.com)  
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# 2026 Sponsorships Now Available!

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



# SPONSORS

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

# Volunteers

## NEEDED FOR

# tool team



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.

FOR MORE INFORMATION, PLEASE CONTACT:

- 📞 Amber Oliver, Volunteer Coordinator
- 📞 770.461.0813
- ✉️ [aoliver@fayss.org](mailto:aoliver@fayss.org)



**Peachtree Law Group**

# DAVID R. MOORE ATTORNEY

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*Celebrate Everyday*

 *Live Well, Age Well, Ride Well*

# EVERY MILE MATTERS TRANSPORTATION

Reliable transportation is a lifeline for many older adults served by Fayette Senior Services (FSS), connecting them to medical appointments, dialysis, and essential services. Due to a significant reduction in federal transportation funding, a nearly \$90,000 deficit for FSS this year, many seniors are now facing steep increases in ride costs. In some cases, clients are paying up to 5x more than they did just months ago. These rising costs are simply not sustainable for those on very limited incomes. Your support helps ensure our seniors can continue to receive rides to their needed treatments and appointments in an affordable, safe, and reliable way with FSS!

## Help us reach \$75,000!

### EVERY DONATION HELPS

- ✔ \$10 supports one-way ride
- ✔ \$20 supports round-trip ride
- ✔ \$50 supports one week of dialysis rides

**LEARN MORE**



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



Contact Us  
770-461-0813



Visit Our Website  
[www.fayss.org](http://www.fayss.org)