

July 2026

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Rooted in Flavor

From farm to fork, explore how local, seasonal ingredients bring more color, flavor, and life to every meal! Reconnect with food in a new way.

Rise to the Occasion

Discover the simple joy of sourdough as you mix, knead, and shape your way to rustic, homemade loaves. Create something delicious from scratch!

Stars, Stripes & Squash

Enjoy this delicious, bubbling, golden bake that transforms summer squash into a rich, savory crowd-pleaser at your next BBQ cookout!

Live Well. Age Well.

ALOHA

JOIN US FOR A

LUAAU PARTY

THURSDAY
AUGUST 20

5 PM

ISLAND FEVER LUAAU
203 McINTOSH TRAIL | PEACHTREE CITY
Tickets only 20!

Mark Gray, Agent
770-487-8561



July

featured

A Life of Service, A Heart of Gold 10

Meet Katherine Irby, a cafe volunteer who brings warmth, wisdom, and joy to those around her and who reminds us what a true heart for service looks like.

Squash the Cravings 11

This no-fuss, all-flavor squash bake blends mouthwatering ingredients to create a delicious side dish that will quickly become a favorite.

Farm Fresh Bites 15

Take a flavorful journey through seasonal eating and discover the beauty of food at its freshest! Celebrate simple ingredients and bold flavor in every bite!

Dough My Goodness 15

Warm bread, simple ingredients, and a little patience will go a long way. Sourdough baking is magic in the making, and one you'll thank yourself for.

2026 HOLIDAY CLOSINGS

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

in every issue

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



ABOUT US

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

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

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

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

Meals On Wheels

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

AniMeals

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

STAR Program (Seniors Together After Retirement)

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

Transportation

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

In-Home Personal Care/ Homemaker Services

This service enables older adults to

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



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

Care Management

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

Medical Equipment Lending

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

2026
YELLOW BUTTERFLY FUND
SPONSOR

↓

VICTORIA J. FARRELL
ATTORNEY AT LAW
WILLS & TRUSTS
Fayette Law Group | 770.692.1054

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

Become part of the vibrant community at Fayette Senior Services (FSS)! Your annual membership helps support the programs, services, and welcoming spaces that make FSS such a valuable resource for older adults throughout our community. As a nonprofit 501(c)(3) organization, FSS relies on membership support to help maintain our beautiful facilities while continuing to offer engaging programs, wellness opportunities, and café services at an exceptional value. For more information about FSS, please reach out in person, by phone, or by email at info@fayss.org.

Annual Membership Dues:

- Fayette County residents: \$30
- Out-of-county residents: \$90

Membership registration must be completed in person and is available at the reception desk at both of FSS' locations. Please note that mail-in applications cannot be accepted. A photo ID/proof of residency are required at the time of registration.

Volunteer Membership Benefits:

Volunteers who complete 75 service hours within a 12-month period are eligible to receive a complimentary membership as a thank-you for their dedication and support.

Fayette Senior Services accepts cash, checks, and all major credit cards.

Membership Assistance:

FSS is committed to ensuring that no one is excluded due to an inability to pay. Complimentary memberships may be available through our care management team. To learn more or arrange a confidential conversation with a care manager, please call 770-461-0813.

As Fayette Senior Services continues to grow and create new opportunities for older adults, the benefits of membership continue to grow as well. Memberships are honored at both our Fayetteville and Peachtree City locations, giving you access to programs, services, and connections across the FSS community.

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.

Stuffed-Tastic: Meal Prep

470-400-9396
Receive \$5 off a \$30 order when you show your FSS membership card at the Peachtree City Farmer's Market where you can find Stuffed-tastic on Wednesday and Saturdays from 9 a.m. to 1 p.m.

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!*

AniMeals Donations Needed!

To donate, contact Stevie Coachman at 770-461-0813 or scoachman@fayss.org

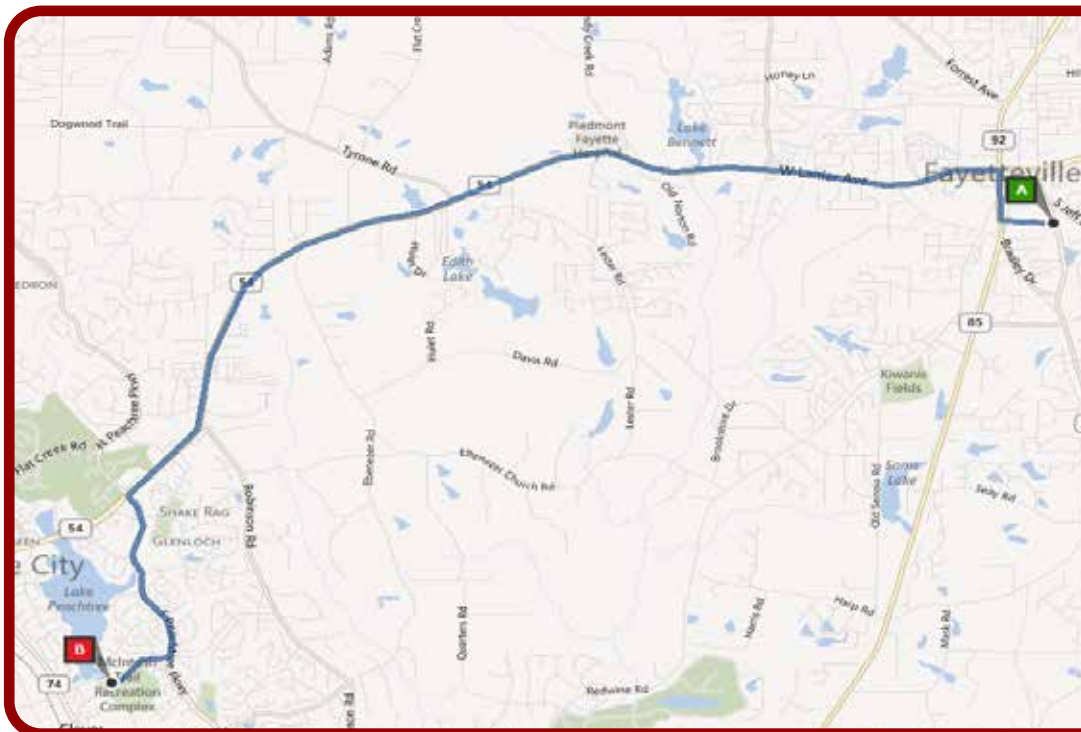
Fayette Senior Services' AniMeals program provides our Meals On Wheels clients' pets with food! We are in desperate need of donations for these valuable companions!

 Wet & Dry Dog Food  Pet Treats
 Wet & Dry Cat Food



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



ALL WASHED UP

Have you ever been inside a public restroom and witnessed someone exit a stall, then leave the restroom without washing their hands? Yeah, I know...ewww! Not only is it gross, but it can also be detrimental to your health. Poor handwashing is a pernicious habit that has been strongly linked to higher rates of infectious illness simply because hands are one of the primary ways pathogens move from surfaces into the body.

Research continues to confirm that microorganisms like bacteria, viruses, and parasites spread through contact. Our hands constantly pick these up from toilet handles, faucets, doorknobs, phones, food, and other people. If we then touch our eyes, nose, mouth, or food, those microbes can enter our body, and just like that, we are sick. Take note of 5 situations that can be eliminated with proper handwashing:

1. Gastrointestinal infections: Not washing your hands after using the bathroom or before eating allows fecal-oral transmission of pathogens that cause illnesses like Norovirus and Salmonella infection. Studies show that proper handwashing reduces diarrheal illnesses by 30-40%.
2. High rates of respiratory illness: Viruses that cause colds, flu, and COVID-19 spread when contaminated hands touch the face. Handwashing breaks the chain of transmission, reducing infection risk by 15-20%.
3. Greater transmission in shared environments: Schools, workplaces, senior centers, and homes see faster spread when hand hygiene is poor. Cruise ships and buffets can also be Petri dishes. One person's contaminated hands can quickly expose many through shared surfaces.
4. Vulnerable populations are hit harder: Children, older adults, and people with weakened immune systems are more susceptible when hygiene practices are lax.
5. Food contamination risks: Unwashed hands can contaminate meals, leading to foodborne illness. This is why public restaurant bathrooms post signs requiring all staff to "wash hands thoroughly before exiting bathroom."

The bottom line is WASH YOUR HANDS, please! If not for yourself, then for others. The length of scrub time (20+ seconds) matters more than the type of soap and the water temperature. Proper hand hygiene is our most powerful weapon against the everyday spread of infectious disease. Let's utilize our power!



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



Dear Volunteer, You Make a Difference!

Serving With Grace

Written By: Amber Oliver



This month, we are proud to spotlight one of our wonderful café volunteers. Our Ultimate Café is a busy and welcoming place that is so much more than somewhere to just enjoy a meal. It's a place where friendships are formed, stories are shared, and meaningful connections are made. Serving up to 4,205 meals each month takes a true team effort, and we are incredibly grateful for the volunteers who help make it all possible! Volunteers like Katherine Irby, whose warm spirit and love for people shine through in everything she does, help make this place something truly special. At 94 years young, Ms. Katherine is the perfect example that you are never too old to make a difference!

Originally from Meridian, MS, Katherine grew up in a large family with six brothers and three sisters. Her parents worked as sharecroppers, and life was centered around family, hard work, and simple joys. As a child, she spent her days riding bikes, playing baseball, fishing, and sometimes getting into a little "mischievous fun"! She attended Meridian Baptist Seminary High School and her first job was as an elevator operator at the historic Threefoot Building in downtown Meridian. Imagine starting your very first job in a building listed on the National Register of Historic Places, a landmark built in 1929 that still stands as the tallest building in the city. Katherine was greeting people with a smile, riding up and down all day, and getting a front-row seat to the hustle and bustle of downtown. Talk about a job that

had its ups and downs! In many ways, it's similar to what she does in our café today - welcoming people, sharing conversations, and brightening someone's day...but minus the 16 flights and the hand crank.

Katherine married the love of her life, John L. Irby, Jr., on July 31, 1952. The two shared 40 years of marriage before his passing. Together, they raised four children, two sons and two daughters. Katherine fondly remembers meeting her husband through his sister Dorothy, who was one of her friends. Katherine retired in August of 1997 from Lithonia Lighting in Ohio. In retirement, she has continued to focus on what matters most to her: family, faith, and caring for others. She enjoys shopping, visiting loved ones in nursing homes and hospitals, and spending meaningful time talking with friends and family.

Although Katherine is new to Fayette County, she has already made a lasting impact. She jumped right into volunteering at FSS, and for that we are grateful. What she enjoys most about volunteering with FSS is "talking, sharing stories, and assisting others", something everyone around her can appreciate.

When asked a few fun questions to get to know her better here is what she said:

- If stranded on a desert island the 3 things she would not want to be without is her family, food, and her faith in God and church.
- One of the highlights of her week was being able to travel to visit family in Connecticut and Ohio, while also reconnecting with many friends and loved ones along the way.
- If she had to sing karaoke, "Yesterday" by Mary Mary would be her jam.
- If she could host her own late-night talk show, her dream first guest would be David Muir, anchor from ABC World News Tonight.
- The one song she says she could listen to for the rest of her life is the timeless hymn, *Nearer My God to Thee*, a reflection of the deep faith and grace she carries with her every day.

Thank you, Katherine, for the kindness, wisdom, and joy you bring to our café and community!



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

From Our Kitchen To Yours

Cheddar Squash Bake

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



Photo via Baked Bree

Ingredients

- 6 cups sliced summer squash
- 1 onion coarsely chopped
- Salt and pepper
- 1 1/2 cups cheddar cheese, shredded
- 1 cup sour cream
- 2 eggs
- 1/4 cup dry bread crumbs
- 1 T butter
- 1 T flour
- 6 slices of bacon, fried crisp and crumbled

Directions

- Cook the squash and onion with salt and pepper until soft.
- Separate the eggs and beat whites until firm.
- In a separate bowl, beat egg yolks and add sour cream and flour. Fold the yolk mixture into the egg whites.
- In a casserole dish, layer the squash, eggs, half the cheese, and half the bacon. Repeat.
- Melt butter and mix it with bread crumbs. Sprinkle on top and bake at 350 degrees for 20-25 minutes.

Enjoy!

Join us in the Ultimate Cafe in Fayetteville!

Breakfast:

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

Lunch:

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



MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

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

IMPORTANT INFORMATION TO FITNESS STUDENTS

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

Free in Fayetteville

Mondays

Sit and Get Fit:

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

Canasta:

8 a.m. to 3 p.m.

Regular and Hand & Foot

Blood Pressure Check:

12 p.m. to 1 p.m.

Mexican Train**Dominoes:**

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

Sit and Stitch:

1 p.m. to 4 p.m.

Chess Club:

1:30 p.m. to 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.



We had the best time celebrating volunteers at their Volunteer Dinner



Members enjoying a gorgeous evening at Sounds of Spring event

Rules, Regulations & Cancellation Policies

Register early! Many of our classes are extremely popular and fill up quickly! All classes have a maximum limit that varies. 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.



A great afternoon learning and tasting all about tomato basil goodness



Dance and Tone class in PTC always having a good time

Special Events



I Melt For You: Ice Cream Social

PEACHTREE CITY
Friday, July 24
1:30 p.m. to 2:15 p.m.
\$8
Member exclusive
Pre-registration required

Remember the days of soda fountains and jukebox tunes? We're bringing all of that nostalgia back, Fayette Senior Services style, with an ice cream social that's sure to be the cherry on top of your day! We invite you to shout it loud and proud, "I scream, you scream, we all scream for ice cream!" Dig into classic sundaes piled high with your favorite toppings, sip on fizzy, old-fashioned floats, and enjoy a sweet spread that includes sugar-free ice cream so everyone gets a scoop of the fun. The soundtrack of the day will be all the best oldies, setting the perfect toe-tapping, memory-jogging mood, no matter if you're ready to hit the dance floor or just sway in your seat with a smile. It's more than just dessert, it's a sundae funday filled with laughter, stories, and sweet connections! Come for the ice cream, stay for the memories, and leave with your heart (and maybe your belly) a little bit fuller. Don't miss this fun and flavorful trip down memory lane!



The Bread Basket: Sourdough Breadmaking

FAYETTEVILLE
Tuesday, July 28
1 p.m. to 3 p.m.
\$30
Members and non-members
Pre-registration required

There's nothing quite like the smell of fresh bread rising in your own kitchen, and now you can create it from scratch! Tone Eberhart with Scarlett's Crumb Bakery brings a hands-on sourdough bread-making workshop that turns simple ingredients into something truly magical. Learn the basics of building, feeding, and caring for your very own sourdough starter while discovering the patience and process behind this timeless baking tradition. Watch each step come to life as dough is mixed, shaped, and transformed into the foundation of delicious homemade bread. Along the way, pick up helpful tips and tricks to keep your starter thriving long after the class ends. Each participant will leave with their own sourdough starter, dough ready to take home and begin their baking journey. Tastings will be included during class!



Lunch & Learn: The Farm to Table Way

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

Embrace the farm-to-table philosophy, where the freshest ingredients, often harvested just steps from your plate, take center stage! Discover how this lifestyle can boost your nutrition, bring exciting seasonal variety to your meals, and support local sustainability, all while creating stronger connections within your community. Featured speakers include Mike Cunningham, owner of County Gardens Farm; Alison Vallee, owner of the local farmer's market The Peachtree Market; and Rachel Smartt, nutritionist with Smartt Transformations. Discover how freshness and flavor come together as they share tips, stories, and insights on how farm-to-table practices can transform the way you shop, cook, and eat. A delicious fresh lunch and a refreshing summer dessert will be included. Whether you're a seasoned foodie or just curious about eating fresher and healthier, leave inspired to bring the farm to your table!

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<p>June 2026</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>							S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<p>August 2026</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																			
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							<p>The Clutter Cutter pg. 22</p> <p>The Five Love Languages: Physical Touch pg. 22</p>							<p>Massage pg. 27</p> <p>Garden Club pg. 22</p> <p>Breath By Breath pg. 27</p> <p>The Preparedness Plan pg. 22</p>							<p>Planning for To</p> <p>Wellness In Eve</p> <p>Quilting UFO p</p> <p>The Heat Is</p> <p>A Voice in C</p>																																																																																																	
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							<p>Crochet: Steering Wheel Cover pg. 18</p> <p>Crime and Consequence pg. 24</p> <p>The Salad Days of Summer pg. 23</p>							<p>Volunteer Open House pg. 24</p> <p>A Sound Bath pg. 27</p> <p>Brain Bites pg. 27</p>							<p>Quilting UFO p</p> <p>The Gift of M</p> <p>Eyeglasses and Adjustm</p> <p>Computer Assi</p> <p>Splash Into F</p>																																																																																																	
19							20							21																																																																																																								
							<p>1-on-1 Medicare Consultations pg. 24</p> <p>Pots of Personality pg. 25</p> <p>The Wisdom Within pg. 25</p>							<p>Painting Workshop pg. 18</p> <p>And Sew It Begins pg. 25</p> <p>Book Club pg. 25</p> <p>AARP Smart Drivers Course pg. 25</p>							<p>Quilting UFO p</p> <p>The Joint Re</p>																																																																																																	
26							27							28																																																																																																								
							<p>Crochet: The Year of Stitches pg. 18</p> <p>Family Feud pg. 25</p> <p>Balance It Out: Balance Assessments pg. 28</p>							<p>Computer Assistance pg. 26</p> <p>Grandparent & Grandkid Move Day: Swapped pg. 26</p> <p>The Bread Basket: Sourdough Breadmaking pg. 15</p>							<p>Quilting UFO p</p> <p>A New Sense o</p> <p>The Snack H</p>																																																																																																	

2026

Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Tomorrow pg. 21</p> <p>Story Drop pg. 26</p>	<p>2</p> <p>Get to Know Fayette Senior Services pg. 21</p> <p>Once Upon A Story pg. 21</p> <p>What's for Lunch? pg. 21</p>	<p>3</p> <p>CLOSED</p> <p>Independence Day</p>	<p>4</p>
<p>8</p> <p>Movie Day: pg. 18</p> <p>On pg. 23</p> <p>Care pg. 23</p>	<p>9</p> <p>Movie Day pg. 21</p> <p>The Mango Talk pg. 23</p>	<p>10</p> <p>Keep Calm and Carry On pg. 27</p> <p>The Digital Newsstand pg. 23</p>	<p>11</p>
<p>15</p> <p>Movie Day: pg. 18</p> <p>Money pg. 24</p> <p>Repair pg. 27</p> <p>Distance pg. 26</p> <p>Fitness pg. 28</p>	<p>16</p> <p>The Grape Escape pg. 24</p> <p>Crypto Curious pg. 24</p> <p>Dementia Caregiver Support Group pg. 24</p>	<p>17</p> <p>Cornhole pg. 22</p> <p>Pigments of Your Imagination pg. 18</p> <p>Relief in Reach pg. 28</p> <p>You Had Me At Brunch pg. 24</p>	<p>18</p>
<p>22</p> <p>Movie Day: pg. 18</p> <p>Recipe pg. 28</p>	<p>23</p> <p>Book Club pg. 25</p> <p>The Science of Happiness pg. 28</p> <p>The Dirty Dozen pg. 28</p>	<p>24</p> <p>Cornhole pg. 22</p> <p>I Melt For You: Ice Cream Social pg. 15</p> <p>Taste of the Vine pg. 25</p> <p>A Touch of Greeting pg. 18</p>	<p>25</p>
<p>29</p> <p>Movie Day: pg. 18</p> <p>of Self pg. 29</p> <p>Hack pg. 29</p>	<p>30</p> <p>Movie Day pg. 21</p> <p>Lunch & Learn: The Farm to Table Way pg. 15</p>	<p>31</p> <p>Movie Day pg. 21</p> <p>Tech Tidy Takeover pg. 26</p> <p>Car Wash pg. 26</p>	

July Program Schedule

Needlework

Crochet: Steering Wheel Cover

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

Steering wheel covers are great for using on hot summer days! Even if you don't want to drive with it on, you can put it on when you leave the car so next time you get in, you don't burn your fingers on a hot wheel. Materials needed: Cotton yarn in up to 6 colors of your choice; size G or H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Stitches

FAYETTEVILLE
Monday, July 27
10 a.m. to 12 p.m.
\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Explore various crochet stitches throughout the year. This month, learn about the diagonal box stitch or corner to corner (C2C), which is a very popular stitch for everything from dish cloths to afghans. Materials needed: Small amounts of yarn; size G or H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

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

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

FAYETTEVILLE
Wednesday, July 22

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

FAYETTEVILLE
Wednesday, July 29
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

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

Creative Pursuits

Painting Workshop

PEACHTREE CITY
Tuesday, July 21
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 vibrant, colorful sunset that will take your breath away.

Pigments Of Your Imagination

PEACHTREE CITY
Friday, July 17
9:30 a.m. to 12:30 p.m.
\$35 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Learn the magic of alcohol ink! Discover the secret to making wonderful gifts for you or your friends using this method. Make a coaster, magnet, earrings and pendant. Learn how to use this medium on a variety of items. Careful, this fun and easy art can become addictive! No experience is needed. See front desk for picture.

A Touch of Greeting

PEACHTREE CITY
Friday, July 24
10:30 a.m. to 11:30 a.m.
\$10 | Includes materials
Member exclusive
Pre-registration required
Instructor: Karen Wimberly

Who knew paper could be this much fun? Get ready to sprinkle a little magic on paper as you turn blank cardstock into heartfelt works of art through greeting cards! Mix, match, stamp, and color your way to crafting three unique cards that shout "you're special!" to whomever the lucky recipient may be. Let your creativity run wild as you put your own touch and style into these greeting cards in a personal way. Walk away with hand-made cards ready to make someone's day with a personal touch that makes friends and family smile. Perfect for gifting, collecting or just showing off your crafty flair!

Dance

Introduction to Line Dance

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

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

Beginner I Line Dance

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

For those who are new to line dance. Learn the basic dance steps, dance terminology and some of the popular party, reunion and reception dances.

Beginner II Line Dance

PEACHTREE CITY
Tuesday
12:30 p.m. to 1:30 p.m.
\$20 | Month
Instructor: Stella Joshua

For those who have had at least six months of Beginner I Line Dance. This class develops more complex dances, steps and turns.

Improver Plus Line Dance

FAYETTEVILLE
Tuesday
1:45 p.m. to 2:45 p.m.
\$20 | Month
Instructor: Linda Vaughn

Keep advancing and become a line dance expert in no time. When you reach the Improver level, you are on your way to learning a myriad of new and fun challenging dances. Remember line dancing is excellent for mind, body and social networking. Reach out and connect to workshops, seminars and open dance parties in order to reach your maximum capacity.

Intermediate Line Dance

FAYETTEVILLE
Tuesday
3 p.m. to 4 p.m.
\$20 | Month
Instructor: Linda Vaughn

This class is geared to those who are comfortable with improver dances and would like to begin dancing intermediate dances. This class will include both classic and new intermediate line dances. Get ready to expand your line dance repertoire and at the same time keep your mind and body tuned up.

Advanced Beginner Line Dance

PEACHTREE CITY
Monday
3 p.m. to 4 p.m.
\$20 | Month
Instructor: Jennifer Glavosek

Learn additional line dance steps and more challenging routines. This class will teach you new and older classic dances that students have been enjoying for years. This class will be fun, energetic and great for the mind. For dancers who already have a knowledge of the basic line dance steps.

Free Moves Line Dance

FAYETTEVILLE
Friday
10 a.m. to 12 p.m.
FREE
No pre-registration required

Enjoy a morning of dancing during this self-led group. Gather together to move to the music. This is just a casual dance and not instruction based. No teacher will be present, just members who love dancing!



Fitness

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 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
*NEW TIME!
11 a.m. to 11:45 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 to class.

Dance and Tone

PEACHTREE CITY
Tuesday
9 a.m. to 9:45 a.m.
\$18 | Month
Instructor: Lori Clark

PEACHTREE CITY
Thursday
9 a.m. to 9:45 a.m.
\$18 | Month
Instructor: Lori Clark

Make your workout more fun as you dance and tone during this class. This easy-to-follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light weights, followed by a cool down and stretch. Boost your cardiovascular fitness, tone your muscles, improve your coordination and memory in an interactive way that doesn't feel like your typical workout.

Cardio, Core & More

PEACHTREE CITY
Thursday
12 p.m. to 12:50 p.m.
\$18 | Month
Instructor: Miriam Jones

If early morning workouts aren't your thing, this is the class for you! Miriam feels your pain and is happy to reciprocate! Join for a fun and different mix of effective, yet easy-to-follow exercises that will strengthen your body and enhance your mood.

Power Aerobics

FAYETTEVILLE
Tuesday and Thursday
7:40 a.m. to 8:30 a.m.
\$35 | Month
Instructor: Miriam Jones

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

Intermediate I Aerobics

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

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

Intermediate II Aerobics

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

This total body workout will leave you feeling stronger and more

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

Stretch for Movement

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

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

Seated Stretch for Movement

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

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

Walking Group: Fayetteville

FAYETTEVILLE
Wednesday
10:45 a.m. to 11:30 a.m.
FREE
No pre-registration required

Meet inside the FSS lobby to increase your success by walking with a partner(s). 150 minutes per week of cardiovascular activity promotes heart health and lowers the risk of many other ailments. Improve physical fitness with a dose of cardio. Self-led group.

Walking Group: Peachtree City

PEACHTREE CITY
Thursday
10 a.m.

FREE
No pre-registration required

Meet at the Gathering Place to check in and then take advantage of the paths around the center to add social interaction with a dose of cardio. Self-led group.

Tai Chi Club

FAYETTEVILLE
Wednesday
2 p.m. to 4 p.m.
FREE
No pre-registration required

This self-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 overall fitness.

Special Interest

Planning for Tomorrow

PEACHTREE CITY
Wednesday, July 1
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Retirement should bring peace of mind, not uncertainty about what happens if care is ever needed. The cost of long-term care can impact nearly every family, yet most people still aren't sure what it actually covers, when to plan for it, or whether insurance is even worth considering. Join Senior Aging Specialist Amy O'Rourke for an unbiased conversation that cuts through the confusion surrounding long-term care. From understanding what long-term care actually covers to exploring when, or if, it makes sense to purchase a policy, Amy brings clarity to one of the most important financial and lifestyle decisions families face as they age. With no insurance affiliation to take the pressure off, Amy helps bring together an interactive discussion designed to provide practical insight, real-world perspective, and the confidence to make informed choices for your future.

What's for Lunch?

PEACHTREE CITY
Thursday, July 2
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 Nic & Norman's in Senoia.

Once Upon A Story

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

You don't have to be a kid to

enjoy the art of storytelling! Join storyteller Marcia Robinson as she expressively shares the tales untold. Immerse yourself in a collection of inspirational stories that uplift, encourage, spark joy, and bring a smile to your heart. Through her powerful words and creative storytelling, Marcia will leave you feeling seen, valued, and refreshed, right down to your soul.

Get to Know Fayette Senior Services

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

Step into a place where aging well and living well truly come together! Discover everything Fayette Senior Services has to offer - from engaging programs and vital social services to meaningful volunteer opportunities that enrich lives and strengthen

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, July 9 | 1:15 p.m.
And So It Goes (2014) | PG-13

Starring: Michael Douglas, Diane Keaton, Sterling Jerins. A self-absorbed realtor enlists the help of his neighbor when he suddenly finds himself in charge of a granddaughter he never knew existed until his estranged son drops her off at his home.

PEACHTREE CITY
Thursday, July 30 | 1:15 p.m.
The Last Word (2017) | R

FAYETTEVILLE
Friday, July 31 | 1:15 p.m.
The Last Word (2017) | R

Starring: Shirley MacLaine, Amanda Seyfried. Harriet, a controlling, unloved, retired businesswoman, tries to control everything around her. When she decides to hire a young journalist to write her own obituary, they end up finding the truth and reshaping her legacy, resulting in a life-altering friendship.

Fayette Senior Services
Making Life Better™

community connections. Explore how our activities, resources, and support can keep you active, informed, and inspired at every stage. Whether you're looking for involvement, guidance, or simply a warm place to belong, Fayette Senior Services is here to help you thrive every step of the way.

Cornhole

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

PEACHTREE CITY
Friday, July 24
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!

The Clutter Cutter

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

What if the secret to feeling lighter, more peaceful, and less overwhelmed at home starts with letting go of just a few things? Join Celeste Stoney of Wonderworld Studio, a creative design specialist, photographer, marketing strategist, and home organization specialist, and Ray Stoney of Southern Classic Realty, as they share practical and encouraging tips to help simplify your home, reduce clutter, and make downsizing feel far less overwhelming. From room-by-room organization strategies and smart storage ideas to deciding what to keep, donate, gift, or discard, you'll learn ways to create a more functional, stress-free living space. Get helpful guidance for organizing sentimental keepsakes, improving safety and accessibility, and

preparing for a future move or lifestyle transition, all designed to help you feel more confident and in control. Discover budget-friendly organization solutions, simple home hacks, and thoughtful downsizing approaches that make it easier to enjoy your home more fully and focus on what matters most!

The Five Love Languages: Physical Touch

PEACHTREE CITY
Monday, July 6
1:30 p.m. to 2:15 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 physical touch. Through meaningful gestures such as hugs, holding hands, a reassuring pat on the shoulder, or simply being present, physical touch can communicate comfort, safety, encouragement, and love in ways words often cannot. Gain a deeper understanding of how this love language impacts emotional connection, strengthens relationships, and helps foster trust, compassion, and a sense of belonging in everyday life.

Introduction to Mahjong

PEACHTREE CITY
Tuesday, July 7, 14 & 28
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 July
Does not meet 3rd Tuesday
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 so you can 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.

Garden Club

FAYETTEVILLE
Tuesday, July 7
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 Preparedness Plan

FAYETTEVILLE
Tuesday, July 7
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Being prepared isn't just about emergencies, it's about making sure you and your neighbors are never invisible when it matters most. Everyday readiness can make the difference between confusion and calm when the unexpected happens. Shelton Davis, creator of Helper-ID, blends practical preparedness with a bigger conversation about connection and community. Participants will

complete a personalized emergency information card to take home that captures key medical details, medications, allergies, contacts, and insurance information to keep in both a wallet and at home for easy access in a crisis. The discussion also explores how to ask for help, how to offer it, and the everyday skills each person already has that can strengthen your community. Through simple reflection and engaging conversation, attendees identify what they can contribute, what support may be needed, and how small connections can fill larger community gaps. Leave with practical tools, greater awareness of local resources, and a renewed sense that being a helper, for both yourself and others, begins with preparation, awareness, and showing up for others.

A Voice In Care

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

Every patient deserves to be heard, respected, and fully informed when it comes to their care, and sometimes that means becoming your own strongest voice to make sure it happens! Shari Douglas with Southern Grace Hospice brings us the confidence we need to know that our rights matter. Gain a better understanding on patient rights, healthcare advocacy, and the role insurance plays in care decisions. Learn what questions to ask, how to speak up when something doesn't feel right, and why knowing your rights can lead to clearer communication and better choices throughout your healthcare journey. Shari breaks down complex topics into clear information that anyone can apply in real-life situations. Walk away better equipped to navigate the healthcare system and advocate for yourself or a loved one when it matters most.

The Heat Is On

PEACHTREE CITY
Wednesday, July 8
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Fire doesn't send a calendar invite,

it crashes your day like an uninvited guest with a serious attitude problem! Join Josh Teal, Deputy Fire Marshal, as he gives real-world tools to prevent fires and respond quickly when seconds matter. With a focus on everyday risks like cooking mishaps, electrical overloads, and heating equipment, learn how simple habits like maintaining smoke alarms on every level and closing bedroom doors at night can dramatically slow the spread of smoke and flames. Through hands-on demonstrations of the PASS technique (Pull, Aim, Squeeze, Sweep) and interactive "spot the hazard" challenges, Josh turns critical safety skills into usable knowledge. Build personalized escape plans with two exits per room and a clear meeting place, while exploring tailored strategies for older adults. Along the way, surprising facts, like having as little as one to two minutes to escape, bring urgency into sharp focus, but also provide a sense of calm in preparation and knowledge. By the end, fire safety feels less like a checklist and more like a set of instincts you'll be glad to have if the unexpected ever sparks to life.

The Mango Talk

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

A new language can open the door to new places, new people, and entirely new ways of seeing the world. Michelle Bennett-Copeland, Library Director with the Fayette County Public Library, introduces MANGO Languages, a free, easy-to-use language learning resource available with your library card. This interactive platform offers more than 70 languages and can be accessed anytime on a computer, tablet, or phone, allowing learners to go at their own pace while tracking progress along the way. Learn how to navigate the database, get started with lessons, and make the most of this powerful tool for travel, hobbies, or personal growth. Michelle will also include a fun quiz with prizes to add a lively finish to an already engaging experience!

The Digital Newsstand

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

The newsstands have gone digital, opening the door to thousands of publications right at your fingertips. While the familiar rustle of newspapers and magazines from a neighborhood newsstand can still carry a sense of comfort and nostalgia, we are seeing new reading habits evolve. Join Heather Martz of the Peachtree City Library as she helps bridge that cherished print experience with today's digital world. Learn how to navigate library resources to find current issues, archived articles, and trusted publications available anytime and anywhere! Discover how digital access can preserve the joy of reading while adding convenience, variety, and immediacy. Step away ready to enjoy the best of both worlds, where the feel of yesterday meets the ease of today!

The Salad Days of Summer

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

Summer is the perfect time to turn fresh, simple ingredients into something colorful, crisp, and full of flavor! Laurie Breckenridge with Compassus shares creative inspiration for refreshing and unique summer salads that are as nourishing as they are delicious. Using peak-season ingredients that are easy to find at the height of summer, discover how to build salads that go far beyond the basics. From flavorful dressings to eye-catching presentation ideas, learn simple ways to add variety and excitement to everyday meals. Explore unique ingredient combinations that bring out the best of summer produce while keeping things light and satisfying. Recipes will be shared, and samples will be provided so you can taste the freshness for yourself and take the ideas home to recreate.

Crime and Consequence

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

Behind every infamous mob boss, secret deal, and underground empire is a story far more complex than the movies ever reveal. History enthusiast Jim Scott takes a fascinating look at the rise of organized crime and how powerful criminal networks have shaped societies across the world. From early syndicates and bootlegging operations to modern criminal enterprises, discover how organized crime evolved alongside politics, economics, and public demand. Explore the motivations, opportunities, and social conditions that allowed these groups to thrive and gain influence over time. Jim also examines why organized crime remains such a relevant topic today and what continues to fuel its growth in modern society. Filled with intriguing history, surprising connections, and real-world stories, this discussion offers a compelling look into one of history's most notorious and enduring underworlds.

Volunteer Open House

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

Are you interested in becoming a volunteer at FSS and sharing your time and talents with the community? Meet our volunteer coordinator, explore different volunteer roles, and discover how your skills and passion can make a difference. We look forward to welcoming you and answering all your questions!

The Gift of Money

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

You hear it all the time...or maybe you are the one saying it - "You Can't Take It With You!" - when it comes to your money. But what plans do you have for the money that is left behind

if that is the case? Brandon Jordan, Financial Advisor with Arch Advisory Group, provides advice, suggestions and guidance for leaving assets behind. The reality is, you may have money leftover and preparing in advance can greatly help not only you, but also your loved ones. Gain insight on when to gift, run through scenarios for how to distribute it, learn about how it is taxed, and discover a variety of ways to plan and prepare for leaving assets behind for your loved ones or charities.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, July 16
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.

Crypto Curious

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

Think cryptocurrency is only for tech experts and traders? It's more approachable than you might actually think! Stanford Kimble takes the mystery out of digital currency, breaking it down into simple, easy-to-understand concepts that start from the very basics. Learn what cryptocurrency is, how it's traded, and the ways it's being used in everyday transactions and long-term investment strategies. Explore important topics like security, risks, and potential benefits. Stanford helps connect the dots so you can better understand one of today's fastest-growing financial trends and how it may impact the future of money.

The Grape Escape

PEACHTREE CITY
Thursday, July 16
2 p.m. to 3:30 p.m.
\$25
Member exclusive
Pre-registration required

Uncork your curiosity and let the good times pour! Wine connoisseur Renessa Montcalm leads this spirited monthly series, guiding you through the fascinating world of wines from regions and countries around the world. Each session highlights a featured selection, offering tasty insights that help you grow your wine knowledge one sip at a time. From unexpected flavor notes to the stories behind each bottle, and delicious food pairing suggestions, you'll enjoy a relaxed, engaging journey into all things wine. This month, escape into the world of the wines of the Mediterranean as you raise a glass to learn something new!

You Had Me At Brunch

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

Brunch is proof that the best meals happen somewhere between breakfast and lunch, especially when delicious food and good company come together! Lauren Green and Chef Theo with Grace Senior Living and Memory Care serve up creative and crowd-pleasing brunch ideas perfect for gatherings, holidays, or simply treating yourself to something special. From sweet favorites to savory bites, discover easy recipes, entertaining tips, and fresh inspirations to elevate your brunch menu. Enjoy a live demonstration featuring simple techniques and flavorful dishes that are both approachable and impressive. Best of all, a small tasting is included, giving everyone the chance to sample the delicious creations firsthand! Leave inspired with new ideas to make your next brunch both memorable and mouthwatering.

1-on-1 Medicare Consultations

FAYETTEVILLE
Monday, July 20

10 a.m. to 2 p.m.
FREE
Member exclusive
Pre-registration required

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

Pots of Personality

PEACHTREE CITY
Monday, July 20
1:30 p.m. to 2:30 p.m.
\$10 | Planting material included
Members and non-members
Pre-registration required

Sometimes all it takes is a little soil, a few beautiful plants, and a creative touch to turn an ordinary porch into a welcoming outdoor retreat! Kim Toal with the Extension Office leads this interactive container gardening workshop where creativity and gardening come together. Learn how to combine colors, textures, heights, and plant varieties to create a container arrangement that reflects your personal style and adds seasonal beauty to your home. Create a small container plant that is perfect for a front porch, patio, balcony, or entryway while picking up helpful gardening tips along the way. Choose and bring the perfect container for you (13.25 x 13.25 x 9 inches or smaller) and come ready to get your hands dirty and have some fun. Leave with a one-of-a-kind planting and the confidence to continue creating beautiful container gardens at home. Bring your own pot, but the rest of the materials will be provided!

The Wisdom Within

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

Some of life's greatest wisdom doesn't come from textbooks or milestones, but from the moments that quietly change everything. Dr. Linda Katz with Fayette Chiropractic shares a thoughtful and reflective look at life's journey, drawing from experiences that shape who we become and how

we see the world. Explore what life has taught along the way, the advice we might offer our younger selves, the moments that shifted everything, and the lessons we often only recognize in hindsight. Through meaningful stories and gentle insight, discover how ordinary lives often carry extraordinary impact in ways that ripple far beyond what we can see. This engaging reflection encourages connection, gratitude, and a deeper appreciation for the paths we each travel, reminding us that every chapter holds something worth learning.

AARP Smart Drivers Course

FAYETTEVILLE
Tuesday, July 21
9 a.m. to 3:30 p.m.
\$20 | AARP Members
\$25 | Non AARP Members
FSS Member exclusive
Pre-registration required

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

And Sew It Begins

FAYETTEVILLE
Tuesday, July 21
11 a.m. to 1 p.m.
FREE
Member exclusive
Pre-registration required

If you've had a button missing for a while or a hole in your favorite shirt, we have just the spot for you! Kelly Farmer joins us to take care of your minor sewing needs such as buttons, holes, hemming, elastic, etc. Materials will be provided, but if you have matching thread or buttons feel free to bring them with you.

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, July 21
1:45 p.m.
FREE
Member exclusive

No pre-registration required

July book: *Fahrenheit 451* by Ray Bradbury. August book: *How To Read A Book* by Monica Wood. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

P“age” Turners Book Club

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

July book: *The Indigo Girl* by Natasha Boyd. August book: *Lillian Boxfish Takes A Walk* by Kathleen Rooney. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Taste of the Vine

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

Bite into summer during this tomato tasting extravaganza! Few things spark summer flavor quite like a perfectly ripe tomato bursting with color, sweetness, and juiciness! Erin Guy with the Georgia Farm Bureau takes a delicious dive into the world of tomatoes, exploring the unique qualities of different varieties. From sweet cherry and grape tomatoes to hearty Roma and richly flavored heirlooms, discover what makes each type special, how their flavors and textures differ, and why the same fruit can taste so wonderfully diverse. Along the way, learn simple tips for choosing the best tomatoes for snacking, salads, sauces, and more. A fresh tasting brings it all to life, offering the chance to sample a colorful variety and experience firsthand how each one shines in its own way. This flavorful, fun-filled experience is sure to change the way you look at a simple tomato forever!

Family Feud

PEACHTREE CITY
Monday, July 27
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

Pre-registration required

Survey says... fun is coming your way! Wellcare brings the excitement of Family Feud right here to Fayette Senior Services for a lively, laugh-filled showdown you won't want to miss. Gather a group of friends or find a team when you get here as we add a competitive twist to this classic game show experience. Wellcare leads the action as teams go head-to-head guessing the most popular survey answers in a fast-paced, friendly competition filled with big laughs, friendly rivalry, and plenty of "good answer!" moments. Whether playing or cheering from the sidelines, everyone gets in on the fun, making it a high-energy, community-centered event where quick thinking and good times take center stage.

Grandparent & Grandkid Movie Day: Swapped

PEACHTREE CITY
Tuesday, July 28
2 p.m.
FREE
Member exclusive
Pre-registration required

Bring your grandkids or just yourself for a wonderful afternoon movie at the center. We will be showing *Swapped* (PG). When two rival woodland creature students wake up mysteriously in each other's bodies, life quickly turns into total chaos. The rule-follower is suddenly stuck in nonstop chaos, while the free spirit has to navigate strict schedules and responsibilities. As they stumble through each other's worlds, they discover unexpected laughs, challenges, and a surprising new understanding for one other. This animated summer film is a great one for everyone!

Car Wash

FAYETTEVILLE
Friday, July 31
9 a.m. to 4 p.m.
\$50
Member exclusive
Pre-registration required

Splish, splash—your car is getting a bath! Hector Antonio from Roll N' Shine will be on-site to give your vehicle a fresh, clean shine inside and out while you relax comfortably at 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!

Tech Tidy Takeover

PEACHTREE CITY
Friday, July 31
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Your phone storage is just like your junk drawer...somehow full of things you didn't even know you saved! Do you ever feel like your phone is holding thousands of photos, random screenshots, and apps you forgot existed hostage? Lance Collins from PTC Techs will share simple ways to manage storage on both iPhone and Android devices so you can free up space and improve performance without stress. From hidden storage hacks to quick cleanup tricks, learn how to organize photos, manage apps, clear unnecessary files, and keep your phone running smoothly. Whether your device is constantly warning you about low storage or just feels slower than it used to, Lance offers easy, everyday solutions that make a noticeable difference while helping you stay organized and in control of your digital clutter!

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 31st, returning August 7th!

Dulcimer

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

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



Technology

Computer Technology Assistance

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

FAYETTEVILLE
Tuesday, July 28
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

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



Wellness

Wellness In Every Drop

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

What if your next solution for stress, headaches, aches and pains, and better sleep came straight from nature instead of the medicine cabinet? Join Tana Lee with the Holistic Chamber of Commerce as she shares about the powerful ways essential oils are being

used to support everyday health and wellness. Discover natural approaches people are exploring for relief, relaxation, immune support, and overall well-being while learning practical, easy-to-use tips for daily life. From soothing everyday discomforts to creating healthier habits naturally, you'll gain fresh insight into how these plant-based essential oils can become part of your wellness toolkit. Get ready to explore the incredible scents and surprising benefits that have so many people excited about the world of essential oils and natural wellness!

Massage

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

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

Breath By Breath

PEACHTREE CITY
Tuesday, July 7
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Breathing is something we do every moment of every day, yet most people never realize how much it affects energy, stress, posture, pain, and overall health. Join Dr. Josh Davis with First Step Physical Therapy as we take a look at how proper breathing techniques can improve the way the body functions and feels. Explore the different types of breathing, common breathing problems and their causes, and how poor breathing habits can quietly impact daily life. Learn easy breathing exercises that can be done at home to help support relaxation, movement, and better overall wellness. Take a deep breath with a fresh perspective on one your most powerful and overlooked functions, breathing!

Keep Calm and Carry On

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

Peace of mind isn't something you stumble upon, it's something you can build, one simple moment at a time. Sophia Gethers, CEO and Life Coach with The Freedom Zone, shares an uplifting and practical approach to understanding stress and creating more balance in daily life. Learn how the body naturally responds to stress and how small, science-backed techniques can help reset both the mind and body when life feels overwhelming. Explore gentle breathing practices, grounding exercises, and easy tools designed to help you feel more centered, focused, and in control throughout the day. Discover how cultivating calm can positively support both emotional and physical wellness, improving overall quality of life in simple, accessible ways. Walk away with practical strategies that can be used anytime, anywhere to bring more ease, steadiness, and peace into everyday moments!

Brain Bites

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

Food has the power to do a lot more than satisfy hunger, it can actually help fuel your brain. Ebonie Jackson with Humana explores how everyday diet choices can influence focus, memory, and overall mental sharpness. Discover brain-friendly foods that support long-term cognitive health, from ingredients that boost energy to those that help keep your mind clear and alert. Learn how small, easy changes to your diet can make a meaningful difference in how you think and feel throughout the day, opening the door to simple habits that support better focus, steadier energy, and a healthier brain over time. Discover how everyday eating can be both enjoyable and a powerful tool for supporting lifelong brain health.

A Sound Bath

PEACHTREE CITY
Tuesday, July 14
2:30 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

Relaxation can be a key component to the healing process no matter if it is physical, mental or emotional. Lei Rhynne 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
Wednesday, July 15
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
Will return in Augsut
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.

Splash Into Fitness

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

Make a splash while you move, stretch, and strengthen your way to better health! Piedmont Wellness Center explores the many benefits of aquatic fitness, from improving joint flexibility and balance to building strength through low-impact movement that's easy on the body while still delivering powerful results! Learn how water-based exercise supports heart health, boosts energy, and makes staying active feel refreshing and enjoyable for all fitness levels. Like what you hear? Don't forget that FSS has the opportunity for you to test these benefits firsthand through the "Waves of Wellness" water aerobics classes, bringing the community together for movement, motivation, and fun in the pool while turning fitness into something social, energizing, and sustainable for long-term wellness! Check out FSS' Waves of Wellness water aerobics class on page 19.

Relief in Reach

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

When pain sticks around instead of resolving, it often begins to influence not just how you feel, but how you live each day. Noah Marchese with First Choice Chiropractic shares a hands-on approach to tackling common conditions like plantar fasciitis, tendonitis, and tennis elbow. Learn to recognize key signs and symptoms early, understand what's really causing the discomfort, and explore practical treatment options and targeted exercises designed to promote healing and restore mobility. With a special focus on shockwave therapy, a new and innovative treatment gaining traction and popularity, Noah explains how this advanced approach can precisely target problem areas and accelerate recovery. The result is a clearer path toward lasting relief, improved

function, and getting back to the activities that keep life moving, with greater comfort and confidence along the way.

The Joint Recipe

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

Healthy joints are the foundation for staying active, independent, and doing the things you love every day. Dr. Teresa Roberson with My Nutrition Source shares practical, easy-to-follow ways to help reduce joint pain through simple daily habits that support long-term health. Learn how everyday lifestyle choices can either support or strain your joints, and which small changes can make a meaningful difference. Explore foods that naturally help calm inflammation and support mobility, along with practical ideas for incorporating them into daily meals. Dr. Roberson also highlights supplements that have been researched for their potential role in supporting joint comfort and function. With simple lifestyle changes, you can feel better, move more freely, and keep doing the activities you enjoy with greater ease over time!

The Dirty Dozen

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

What we put on our bodies can be just as important as what we put in them! We are taught our entire lives to eat right, to take care of our bodies and it will take care of us, and while nutrition plays a huge role in our health, the products we use on our skin, hair, and nails matter too. Piedmont Women's Heart Program Coordinator Avril James explores how everyday beauty products may contain chemicals of concern. Learn what to look for when reading labels, how to identify ingredients that may be harmful, and discover simple ways to choose safer, healthier alternatives without sacrificing self-care routines. Avril empowers us to make more informed choices about the products we use every day. Walk

away feeling more aware, more confident, and better equipped to support your overall wellness from the outside in.

The Science of Happiness

PEACHTREE CITY
Thursday, July 23
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Happiness has a way of surprising us most in the later chapters of life, when clarity and perspective begin to matter more than ever. Joy doesn't just stick around as we age, it often gets better, brighter, and even more intentional! Join Beth Dow with Home Helpers Home Care as she shares uplifting, research-backed insights on how happiness can actually grow stronger after 65 when it's actively nurtured. Explore what truly fuels a joyful life far beyond material things, including meaningful relationships, purpose, gratitude, and everyday moments of laughter. Blending science with real-life perspective, Beth offers simple, encouraging ways to bring more lightness and connection into your life. Step into the rest of your days with a happier heart and a refreshed outlook, reminded that some of life's happiest seasons are still ahead!

Balance It Out: Balance Assessments

FAYETTEVILLE
Monday, July 27
1:30 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

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

your health and step into greater confidence!

The Snack Hack

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

Snack time just got a whole lot smarter and a lot more fun! Snacking can do more than curb hunger, it can be a simple way to keep your energy steady and your body fueled throughout the day. Join Arisahi Crane, dietitian with Fruition Nutrition, for a look at how everyday snack choices can become powerful tools for boosting energy, supporting better nutrition, and promoting overall wellness. Discover easy, flavorful ideas that strike the perfect balance between taste and health, without complicated steps or restrictive eating. Explore practical tips for building smarter snacks that fit seamlessly into your routine and help you feel satisfied between meals without sacrificing flavor.

Make healthy snacking feel simple, enjoyable, and easy to stick with long term. After all, snacking should be fun!

A New Sense of Self

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

Aging brings a quiet kind of freedom you may not have even considered. It brings the chance to slow down, reflect, and step more fully into who we truly are. Join Sharalene Roper, owner of Ignite Living, as she explores the idea of embracing our "Golden Era" as a meaningful, joyful season rather than a time of limitation. Take part in a conversation centering on rediscovering your identity in later life, where wisdom, experience, and genuineness come together in powerful ways. Highlight the beauty of continuing to grow and connect and the power of sharing what we've learned with others along the way. In a season shaped by wisdom and experience, discover

a way to live with a deeper sense of intention, authenticity, and fulfillment.

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 August!

Faces of Fayette

PEACHTREE CITY
Monday, August 3
1:30 p.m. to 2:30 p.m.
FREE
Pre-registration required

Discover the people who shaped Fayette County's identity and whose impact reaches far beyond Georgia. Explore the stories and connections that continue to define the spirit of the community!

Stay Balanced

PEACHTREE CITY
Tuesday, August 4
2:30 p.m. to 3:30 p.m.
FREE
Pre-registration required

Explore how posture, coordination, and balance work together to improve stability and make everyday movement feel steadier. Build strength and confidence for lasting control!

Inside the Honey Hive

FAYETTEVILLE
Wednesday, August 5
1:30 p.m. to 2:30 p.m.
FREE
Pre-registration required

Take a look inside the honey hive at the remarkable world of honey bees. See how these tiny engineers create one of nature's most efficient and fascinating manufacturing systems in nature.

Woodturning Wonders

FAYETTEVILLE
Thursday, August 6
1:30 p.m. to 2:30 p.m.
FREE
Pre-registration required

Experience the fascinating world of woodturning and how these gorgeous pieces come to life. See beautiful pieces up close and personal as you learn the ins and outs to this unique art form.

Registration will be available when the August newsletter comes out Monday, July 20th!

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★ 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.

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 *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!

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

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