

August 2026

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

It's Tiki Time

Slip into island time with a sunset soirée full of tropical flair. From dancing to island-inspired bites, this luau is just what you need!

Creative Spins

Discover the magic of the pottery wheel! From your first turn to final masterpiece, you'll shape, spin, and create every step of the way!

A Classic Comeback

Some classics are worth revisiting, and trust us when we say this one delivers in every bite! This meatloaf recipe is comfort food done right!

Live Well. Age Well.



SHIP

State Health Insurance
Assistance Program

Need help navigating Medicare? *SHIP can help.*



SHIP is your local State Health Insurance Assistance Program.
We provide unbiased support to Medicare beneficiaries and their families.

Your SHIP can help with one-on-one, unbiased guidance:



Understanding costs
and coverage



Enrolling in and
changing plans



Comparing options



Correcting billing issues



SHIP is not reimbursed by health insurance plans. Our only priority is helping you to understand and make informed decisions about care and benefits. SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.

Find your local SHIP:
shiphelp.org 877-220-0127

August

featured

Driven By Kindness 10

Fueled by a passion for serving others, Lisa and Chris Alexander are an inspiration for giving back through brightening lives one stop at a time!

Loaf At First Bite 11

Say hello again to a timeless favorite that never goes out of style. This flavor-packed meatloaf brings all the comfort, nostalgia, and goodness to the table.

Island Vibes Only 15

Grab your lei and get ready to sway as the evening sky settles! Experience the spirit of aloha at this event designed to delight your tropical senses!

Wheel Good Creations 15

Roll up your sleeves and dive into this hands-on pottery adventure where creativity comes full circle! Leave with a beautiful piece to call your own.

2026 HOLIDAY CLOSINGS

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

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ABOUT US

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

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DIRECTOR | Lynn Black

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

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

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

Meals On Wheels

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

AniMeals

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

STAR Program (Seniors Together After Retirement)

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

Transportation

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

In-Home Personal Care/ Homemaker Services

This service enables older adults to

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



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

Care Management

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

Medical Equipment Lending

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



Meet Our Staff!

ADMINISTRATION

Nancy Meaders
President & CEO

Dan Gibbs
Director of Operations

Morgan Lanier
Program Development
Coordinator

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

Amber Oliver
Center & Volunteer
Coordinator

Cristie Pollard
Finance Officer

THE ULTIMATE CAFÉ

Michelle Clanton
Kitchen Manager

Pedro Cruz
Sous Chef

Arnold Powell
Café Assistant

Kristie Weaver
Café Assistant

Owen Daniel
Café Assistant

MEALS ON WHEELS

Stevie Coachman
Meals On Wheels
Coordinator

Jane Rode
MOW Delivery Driver

Judy Sieman
MOW Delivery Specialist

CARE MANAGEMENT

Kelly Rigsby
Care Manager

Angie Hotard
Care Administrator

TRANSPORTATION

Jeff Wix
Transportation Manager

Adrienne Bellantoni
Transportation Coordinator

Roger Grandt
Driver

Dennis Duke
Driver

Harold Gunnin Jr.
Driver

Cheryl Hembree
Driver

Terry Billingsley
Driver

Paula Byram
Driver

Laurie Brasher
Driver

Alan Simmons
Driver

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

Anthony Cumento
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.

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

Membership Has Its Rewards

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

The Art of Landscaping

1120 GA-85 in Fayetteville | (770) 461-4860
Receive a 15% discount 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



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...

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. | \$20

*Fall is in the air! Put on your best fall outfit and come out for a fun evening full of great live music, a delicious autumn dinner and warm cider. Sponsored by Aberdeen Fine Properties and Senior Helpers. *Tickets go on sale Thursday, August 20th.*

November 2025

Dinner Theater

Fayetteville | Thursday, November 12

5:30 p.m. to 8:30 p.m. | \$20

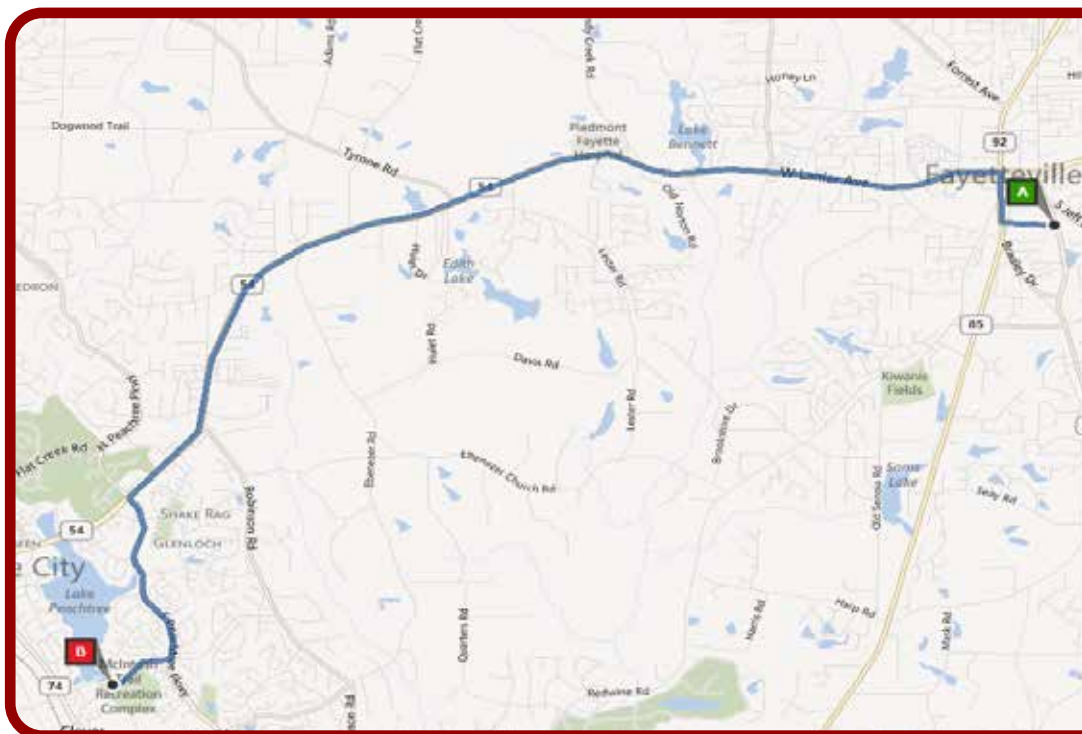
*Enjoy an evening to remember as we bring the theater right here to you at FSS! After an elegant dinner, sit back and enjoy a live holiday themed performance. Sponsored by State Farm Agent Mark Gray. *Tickets go on sale Monday, September 21st.*

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



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

FRIENDS WITH BENEFITS

Miriam's Fitness Corner

"Sorrow shared is sorrow halved. Joy shared is joy doubled," as my mother would say! I understood then, but nothing like the depth of understanding I hold at this stage of life. As human beings, we literally are not built to isolate nor bottle emotions. We are a deeply and biologically communal species by design. Research has even shown that our brains register social isolation the same way it registers hunger when our bodies are without food. In other words, our brain not only yearns for but it relies on interpersonal connection. For this reason, meaningful friendships are essential for us to thrive. They are as necessary as air and water because without them, our life expectancy insidiously decreases. This sobering fact, hopefully, will encourage us to be more intentional about building and fostering adult connections.

With August 2nd being National Friendship Day, I thought this would be a great time to share with you the many health benefits associated with having friends. Close social connections improve both physical and mental health by lowering stress, boosting the immune system, combating loneliness, and significantly increasing longevity. Engaging in positive social interaction prompts the release of endorphins and oxytocin, which actively calm the nervous system and lowers heart rate and blood pressure during tough times.

Friends act as an emotional buffer, helping to navigate life's tough transitions or a crisis - such as job loss, illness, or divorce—while keeping cortisol (the stress hormone) in check. A supportive friend group can reinforce confidence, provide a sense of purpose, and validate feelings. Having that non-judgmental space to process feelings is invaluable. Additionally, healthy friendships lower the risk of depression. People with close confidants are significantly less likely to suffer from anxiety or low-mood syndrome. These supportive social interactions and feedback loops help build higher feelings of self-worth and confidence resulting in boosted self-esteem.

Simply put, maintaining close friendships make the brain happy! So happy, in fact, that it preserves cognition. That's right! Regular social interaction promotes sharper brain health AND reduces the risk of dementia. And that's not all, the right friend group can also put us on the path to better health habits. When we have friends who prioritize mental and physical self-care, we are more likely to adopt some of those same healthy behaviors. Things like exercising or eating well together will undoubtedly, at some point, rub off. And if married, friend circles give our partners a break. Not in a bad way, but in a way that prevents the oversharing or overload of emotions onto our spouse. So, the next time you're having lunch in the cafe or arrive to a class early, say hello and introduce yourself to someone new. You will, indeed, be adding years to both of your lives!

Seasons of Style FASHION SHOW

Thursday, September 17

5:30 p.m. to 7:30 p.m. | Fayetteville, 4 Center Drive | Tickets \$20

Join us for an evening of fashion as we welcome FSS members, volunteers and community icons to strut the runway! Featuring incredible fashion from B. Turner's Clothing.



Event Sponsored By:



Dear Volunteer, You Make a Difference!

Side by Side In Service

Written By: Amber Oliver



Some people retire and slow down... but Lisa and Chris Alexander retired and jumped right into serving! They are part of our Meals On Wheels team and our clients are so grateful for their volunteer hearts. One client even shared that she looks forward to Tuesdays as much for visiting with Lisa and Chris as she does for her meal. Their kindness and conversation remind us that they deliver so much more than food, they deliver a difference.

Lisa grew up in southwest Atlanta, while Chris calls Northport and Tuscaloosa, Alabama, home. Their story began at the Federal Reserve Bank of Atlanta, where they met as coworkers. One workplace friendship turned into a lifelong partnership, and on November 14, 1992, they said "I do!" More than 33 years later, they still make an incredible team. Together, they've raised two sons born on the same day, yet two years apart, which makes for a fun family story!

Before retirement, Lisa wore many hats. She worked at the Federal Reserve, spent 10 years in real estate, and then inspired fifth graders at Arbor Station Elementary School in Douglasville for 15 years as an elementary school teacher. Chris devoted an impressive 38 years to the Federal Reserve Bank of Atlanta in roles across management and executive leadership in auditing, operations, customer support and divisional human resources. These days, however, if they're not delivering meals, you might find them planning their next

adventure. Their travels have taken them to Ghana, South Africa, Namibia, and Zimbabwe. Spain is next on the list! They're also devoted sports fans who cheer on Alabama football and basketball, the Atlanta Falcons, Hawks, and Braves - and they still love showing up to support Lisa's former students at their high school games. To top it all off, Chris was recently ordained as a deacon, giving the couple even more opportunities to serve their community.

So, what brought them to FSS? Lisa was inspired by a former coworker, Phillip Pelletier, who volunteered with Meals On Wheels. When retirement came around, she and Chris knew they wanted to do the same. They've been part of the FSS family for the past year, and they say the best part isn't just delivering meals, it's building relationships. "We've enjoyed engaging and getting to know each client, and sometimes even their family members. The clients have become family!"

Just for Fun!

- Karaoke Pick: *Man in the Mirror* by Michael Jackson
- Desert Island Must-Haves: A satellite phone, a lighter, and a fishing rod (always prepared!)
- Dream Talk Show Guests: Lisa would invite Denzel Washington, while Chris would welcome Barack Obama.
- Cartoon Sidekicks: Lisa would choose Tweety Bird, and Chris would hang out with Donkey from Shrek.
- One Lifetime Song: Lisa would be swaying to *We are the World* and Chris would be belting *Will You Be Ready?*
- Best Thing This Week: Hearing their sons enthusiastically recount the incredible atmosphere they experienced at the Morocco vs. Haiti World Cup soccer match in Atlanta.

Chris and Lisa, whether you're delivering meals, sharing a smile, brightening someone's day with conversation, or simply showing up week after week, your kindness leaves a lasting impact. Thank you for giving your time, your hearts, and your servant spirit to FSS and our community. We're so thankful you're a part of our volunteer family, and we're lucky our clients get to call you family, too!



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

From Our Kitchen To Yours

Fluffy Meat Loaf

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



Photo via The Fresh Cooky

Ingredients

- 1 lb ground beef
- 1/2 lb Jimmy Dean sausage
- 1/2 cup milk
- 2 slices of soft bread, crumbled
- 1 egg
- 3 or 4 sprigs fresh parsley, chopped
- 1 onion, chopped
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp dry mustard
- 1/4 tsp celery salt
- 1/8 tsp garlic powder
- 1 T horseradish
- 1 T Worcestershire sauce

Directions

- Heat the oven to 350 degrees
- Mix all the ingredients thoroughly
- Shape into round and bake in an 8x8 inch pan
- Bake for 1 hour

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.

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.

Chess Club:

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

Tuesday Bridge Club:

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

Wednesdays

Sit and Get Fit:

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

Canasta:

8 a.m. to 3 p.m.

Blood Pressure Check:

10 a.m. to 12 p.m.

Rummikub:

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

Game Day:

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

Bring your favorite game

to share and play with
others around the center

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 said Aloha to Hula Dancing and hello to unforgettable memories!



Members enjoyed a meet-and-sniff (it seems!) learning about K9 cops.

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.



Boots, smiles and the best volunteers - what more could we ask for?



Cheers to 103 years YOUNG! Happy birthday Mr. Calvin!

Special Events



Wine Not: Revival Wine Bar Tasting

REVIVAL WINE BAR
Friday, August 14
2 p.m. to 4 p.m.
\$45
Member exclusive
Pre-registration required

Raise a glass to an exceptional wine tasting experience! Join Virgil Fludd, wine enthusiast and owner of Revival Wine Bar, for a thoughtfully curated afternoon exploring the world of fine wines. Sip and savor the refreshing tastes of summertime wines. Whether you're a seasoned aficionado or a curious beginner just starting your wine journey, this tasting promises insight, discovery and great conversation! Savor four distinctive wines, perfectly paired with bites from Chef Carolyn's kitchen. Meet at Revival Wines (140 W. Lanier Avenue in Fayetteville).



Island Fever Luau

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

As the evening sky settles into a spectacular sunset, escape to the tropics as we kick off our Island Fever Luau with a vibrant Hawaiian theme. Get ready to sway your hips and embrace the Aloha Spirit as we bring a taste of paradise right here to FSS. Put on your leis, shake out those grass skirts, and strum along with the sweet sounds of the islands. This festive evening will be full of tropical flair, complete with a lively hula dancer, mouthwatering island cuisine, toe-tapping music, and joyful fun that'll have you feeling like you're living your best luau life. Dance the night away with a live performance from the Island Express Band and soak in the feel-good vibes of a true Hawaiian celebration! This event is sponsored by State Farm Agent Mark Gray.



Seize the Clay

TWO HANDS
POTTERY STUDIO
Friday, August 28
10 a.m. to 12 p.m.
\$60
Member exclusive
Pre-registration required

Have you ever been interested in learning to throw on the wheel but don't know where to start? Or do you even know what that means? Meet at Two Hands Pottery Studio - 240 Glynn Street in Fayetteville - as they welcome us to the studio to use a wheel to make a gorgeous piece of pottery. During this introduction to the pottery wheel, walk through the steps from centering to shaping. Begin the class with a demonstration and, once you're ready, you'll create one to two different pieces on the pottery wheel. At the end of class, choose a glaze color for your pieces and finished pots that will be ready to pick up within four to six weeks. This class is extremely beginner-friendly, instructors will be there every step of the way to answer any questions you may have. Must be registered by Friday, August 21.

Sunday	Monday	Tuesday	Wednesday																																																																																				
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August Program Schedule

Needlework

Crochet: Mini Yip Yip

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

This cute little character from Sesame Street can hang around your house or on the rear view mirror of your car while holding a variety of things! Materials needed: Worsted weight yarn in color of your choice; size H crochet hook; stitch marker and scissors. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Stitches

FAYETTEVILLE
Monday, August 24
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 the traditional granny stitch that is done in a square with changing colors for each row. You will also explore the stitch in a rectangle and as modern granny. Materials needed: Small amounts of yarn in at least 3 different colors; size H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, August 5
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, August 26
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

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

Creative Pursuits

Painting Workshop

FAYETTEVILLE
Tuesday, August 18
10 a.m. to 12 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a beautiful scene of bowls of fruit.

Watercolor: Landscapes

PEACHTREE CITY
Friday, August 21
9:30 a.m. to 12:30 p.m.
\$30 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Paint gorgeous landscapes – mountains, trees, and a lake – as you learn the skills of using watercolor paints. Learn about basic watercolor techniques including tips on mixing colors, types of application techniques, how to capture the whites of a painting, and much more. Take home a finished painting. Designed for all levels, no previous experience needed. Paintings are pre-sketched so no drawing involved. See front desk for picture.

The Craft of Origami

FAYETTEVILLE
Friday, August 21
1:30 p.m. to 2:30 p.m.
\$5 | Includes materials

Pre-registration required

Discover the ancient art of origami in this interactive class designed for all skill levels. Learn how to fold traditional origami figures with step-by-step guidance from origami guru Marilyn Weigle. Along the way, you'll challenge your brain as you build creative thinking, memory, and analytical skills while exploring basic drawing and design techniques. Decorate your finished pieces with colored pencils, adding a personal artistic touch. No prior experience is necessary, and everyone will leave with a unique piece of handmade artwork to take home.

Dance

Belly Dancing

FAYETTEVILLE
Thursday
3 p.m. to 3:45 p.m.
\$25 | Month
Instructor: Dawn Morrison

Tone your body while having a blast learning the art of belly dance! In this low impact workout you will move to the beat and rhythm while strengthening your core through belly dance isolations. Styles taught include Turkish, Egyptian Raqs Sharqi, and American cabaret. Experience the joy, movement and confidence that belly dancing brings during this fun alternative to a typical workout.

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!



Aloha to Hula Dancing

PEACHTREE CITY
Wednesday
10 a.m. to 11 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!

Waves of Wellness Water Aerobics

PIEDMONT WELLNESS CENTER
Thursday
11 a.m. to 11:45 a.m.

\$25 | Month
Instructor: Piedmont
Wellness Center

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 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.

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.



Learning From Living

FAYETTEVILLE
Monday, August 3
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

You can't change the past, but you can learn from it. As we reach our senior years, setting your own personal guidelines for how you want to live your life can create comfort. You've lived a number of years, what have you discovered about yourself? How have you developed? How has the past influenced your decisions for tomorrow? Join retired psychologist Dr. James Hughey for individual conferences and introspective conversation as he assists you with digging into your past in order to look to your future in constructing a guideline that works for your current life stage.

Faces of Fayette

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

Every community has its standouts, and Fayette County is filled with people whose names and stories

continue to resonate far beyond its borders. Join Debi Riddle with the Fayette County Historical Society for an engaging look at the people who have helped shape the identity, spirit, and story of our hometown. From governors to Olympic gold medalists, Fayette County's list of notable residents reads like a national "who's who." Take a fascinating look at the faces of Fayette icons as we explore the remarkable individuals who were born, raised, or once called this community home! From Governor Hugh Dorsey to Olympic champions Christian Taylor and Kelley O'Hara, and Grammy-winning artist Zac Brown, this county's story is filled with extraordinary talent and achievement. These names represent just a glimpse of the broader mix of leaders, innovators, and athletes whose connections to Fayette County stretch far beyond Georgia. Learn about the people whose stories continue to surprise, inspire, and define the spirit of the place we proudly call home!

Introduction to Mahjong

PEACHTREE CITY
Tuesday, August 4, 11 & 25
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
Tuesday
Does not meet 3rd Tuesday
9 a.m. to 12:45 p.m.
FREE
Member exclusive

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, August 13 | 1:15 p.m.
Springsteen: Deliver Me From Nowhere (2025) | PG-13

Starring: Jeremy Allen White, Jeremy Strong, Paul Walter Hauser. As Bruce Springsteen crafts his 1982 album Nebraska, which emerged as he recorded Born in the USA with the E Street Band, he confronts personal struggles, family history, and the cost of success, creating some of the most intimate music of his career.

PEACHTREE CITY
Thursday, August 27 | 1:15 p.m.
Song Sung Blue (2025) | PG-13

FAYETTEVILLE
Friday, August 28 | 1:15 p.m.
Song Sung Blue (2025) | PG-13

Starring: Hugh Jackson, Kate Hudson, Michael Imperioli. Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heart-break in their musical journey together.

Fayette Senior Services
Making Life Better™

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, August 4
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 Drone Zone

PEACHTREE CITY
Wednesday, August 5
11:30 a.m. to 12:30 p.m.
FREE
Members and non-members
Pre-registration required

The sky is no longer the limit when technology can put a bird's eye view right at your fingertips. Take flight with Monika and Janusz Ruch for an exciting look at the rapidly growing world of drones and the innovative ways they are being used today. Explore both recreational and professional applications, from photography and personal hobbies to public safety, utilities, military operations, and business solutions. Learn about the rules and regulations that guide drone use and discover why these flying devices have become popular with everyone from major organizations to everyday enthusiasts. Enjoy a live drone flight demonstration, offering a chance to see this fascinating technology in action and

gain a greater appreciation for its many possibilities.

Inside the Honey Hive

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

Always buzzing with a purpose, honey bees operate one of the most impressive production systems on the planet. Join Tom Bonnell, retired from the UGA Cooperative Extension and a Master Gardener, for a fascinating look inside the honey hive and the remarkable world of honey bees. Discover how thousands of bees work together to build intricate wax combs, care for their colony, and produce the honey we all love and enjoy so much. Learn about the specialized roles within the hive and the extraordinary teamwork that keeps this complex community thriving. Along the way, you'll gain a deeper appreciation for these tiny engineers and the vital role they play in our natural world.

What's for Lunch?

PEACHTREE CITY
Thursday, August 6
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 Bay Breeze in Hampton.

Woodturning Wonders

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

From humble logs to elegant works of art, a stunning piece of wood can tell quite a story. Join Don Stafford, accomplished woodturner with pieces displayed

at multiple locations in Florida, Georgia, and on Etsy, for a look at the fascinating craft of woodturning. Discover how gorgeous wooden bowls, platters, vases, and other round objects are created from the techniques used centuries ago and with the tools and methods practiced today. Don will share a variety of finished pieces, showcase different types of wood, and explain how each species contributes its own distinctive character and beauty to a project. Take in the unique art as you learn about the skill, creativity, and craftsmanship that transform a simple piece of wood into something both functional and artistic, making it easy to see why this timeless craft continues to captivate woodmakers and admirers alike!

Cornhole

PEACHTREE CITY
Friday, August 7
10:30 a.m. to 11:30 a.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Friday, August 21
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 Riches of Spain

PEACHTREE CITY
Friday, August 7
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Our journey through Spain continues! Join us for another fascinating journey through this incredible country as world traveler and travel advisor Ron Largent continues his exploration of one of Europe's most captivating destinations. Ron takes us deeper into the history, culture, and

remarkable landmarks that make Spain a favorite among travelers worldwide. From the legendary Rock of Gibraltar at Spain's southern gateway to the breathtaking mountains of Catalonia, discover the diverse landscapes and rich heritage that define this extraordinary country. Learn about Spain's centuries-old royal legacy, one of the most enduring monarchies in Europe, and its influence on modern Spanish life. Explore iconic treasures including the awe-inspiring La Sagrada Família, the world-renowned Prado Museum, and the vibrant city of Madrid. Rich in history, architecture, and tradition, take an engaging look at the many layers of Spain and the enduring spirit that continues to define this remarkable country.

That's the Spirit

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

Ever wondered what happens when curiosity meets the unexplained? Brian Daffern of Ghosts of Georgia Paranormal Investigations pulls back the curtain on the fascinating world of ghost hunting and paranormal investigations. Discover how reports of spirits and unexplained activity are investigated, the equipment used to search for evidence, and the techniques investigators rely on in the field. Through stories from actual cases, along with photos, audio recordings, and equipment demonstrations, you'll get an inside look at what it's like to explore places where the ordinary and extraordinary seem to intersect. Whether you're a longtime paranormal enthusiast or simply intrigued by the unknown, you'll leave with a better understanding of the methods, mysteries, and experiences that make ghost hunting such a captivating pursuit.

And Sew It Begins

FAYETTEVILLE
Tuesday, August 11
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.

Driving Miss Daisy

FAYETTEVILLE
Tuesday, August 11
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Buckle up for a ride through history, Hollywood, and the remarkable true story behind a beloved film. History enthusiast Jim Scott explores the real-life people who inspired the classic *Driving Miss Daisy*, bringing their stories to life with fascinating details and historical context. Meet Lena G. Fox, the woman behind "Miss Daisy," and her trusted chauffeur, Will Coleman, whose relationship inspired one of cinema's most memorable friendships. Discover how their experiences reflected a changing South and ultimately found their way to the big screen. Filled with engaging stories, memorable characters, and a touch of nostalgia, this journey down memory lane offers a deeper appreciation for the history that inspired a timeless American classic.

Volunteer Open House

FAYETTEVILLE
Tuesday, August 11
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!

Rise and Shine, It's Omelet Time

PEACHTREE CITY
Tuesday, August 11
2:30 p.m. to 3:30 p.m.

FREE
Members and non-members
Pre-registration required

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

Money On the Mind

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

Would you believe that the most powerful force shaping your financial decisions isn't the market? It's your mind! Financial Advisors Jennifer Camp and Ellie Camp with Edward Jones explore the psychology behind why people make the financial choices they do, even when those choices don't always seem logical. Greed and fear often sit on opposite ends of the same coin, quietly influencing decisions more than most people realize. Take a look at who or what is really in the driver's seat when financial decisions are made, especially during moments of uncertainty or opportunity. Layered into all of this is the powerful role upbringing plays, shaping beliefs, habits, and attitudes toward money that often last a lifetime, offering a deeper understanding of how financial behavior is formed and how it can be better navigated.

Rising to Meet the Challenge

PEACHTREE CITY
Monday, August 17

10 a.m. to 11 a.m.
FREE
Members exclusive
Pre-registration required

Navigating life as a newly single person in later years can be daunting, but you're not alone in the journey. Join this monthly discussion group where we share real-world solutions and helpful resources for managing the everyday challenges of living solo. Whether it's tackling home repairs, meal planning, or navigating new technology, we learn from each other's experiences and support one another along the way. Each session is a chance to connect, share advice, and discover new strategies for living life to the fullest. Whether you've been on your own for a while or are just starting to navigate this new chapter, all are welcome to join the conversation. This is a self-led discussion group that will be guided by Marilyn Weigle.

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, August 17
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.

A Grip On Gangs

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

Not every threat announces itself loudly. Sometimes it blends into the streets you pass every day. Detective Snider and Sergeant Israel of the Fayetteville Police Department provide an eye-opening look at gang activity in Fayette County and the surrounding areas, helping to build awareness of how these groups operate. Learn how to recognize common signs of gang involvement, along with the types of crimes that

can impact local communities. Sergeant Israel also shares firsthand accounts of encounters and investigations involving gangs. The goal is not to create fear, but awareness, helping you stay informed, observant, and confident as you move through your community!

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, August 18
1:45 p.m.
FREE
Member exclusive
No pre-registration required

August book: *How To Read A Book* by Monica Wood.
September book: *Wild Dark Shore* by Charlotte McConaghy. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

When Life Gives You Lemons

PEACHTREE CITY
Wednesday, August 19
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Bright, zesty, and full of sunshine, lemons have a way of waking up both flavor and mood in the most delightful way, bringing a burst of freshness to both food and spirit! So much more than a simple garnish, this vibrant citrus takes center stage in a celebration of taste, health, and summer-inspired cooking. Join Laurie Breckenridge with Compassus as she leads a citrusy salute to summer, exploring the many surprising benefits of this powerhouse fruit. Enjoy a cooking demonstration as you discover how lemons can brighten everyday dishes while supporting wellness in simple, refreshing ways. Laurie will also include a flavorful sampling of recipes that showcase just how versatile and vibrant this ingredient can be. Pucker up for a tangy celebration that proves life is always a little better with a squeeze of lemon! Tastings included.

You Give Me Butterflies

FAYETTEVILLE

Thursday, August 20
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Every great butterfly story starts long before their wings appear right there in the leaves of your garden. Kim Toal with the Extension Office explores how the right host plants can turn any yard into a welcoming habitat for butterflies and moths at every stage of life. Because each species depends on specific plants for its caterpillars, those early plant choices make all the difference in what you'll eventually see fluttering through the garden. Learn about host plants for some of the butterflies commonly found in Georgia and how they support the full life cycle from egg to adult. With a few thoughtful additions, your garden can become a place where beauty doesn't just visit, but grows right before your eyes.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, August 20
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.

The Grape Escape

PEACHTREE CITY
Friday, August 21
2 p.m. to 3:30 p.m.
\$25
Member exclusive
Pre-registration required

Uncork your curiosity and let the good times pour! Wine connoisseur Renessa Montcalm leads this spirited monthly series, guiding you through the fascinating world of wines from regions and countries around the world. Each session highlights a featured selection, offering tasty insights that help you grow your wine knowledge one sip

at a time. From unexpected flavor notes to the stories behind each bottle, and delicious food pairing suggestions, you'll enjoy a relaxed, engaging journey into all things wine. This month, escape into the world of "not your average" American wines as you raise a glass to learn something new!

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE
Monday, August 24
1:30 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

Just because you can't sing, doesn't mean you shouldn't sing! And if you have a voice worth showing off, come on out and share with everyone! Warm up those vocal cords and join us for some Karaoke. Karaoke gurus Vince and Carla Cloud will make this interactive and noteworthy afternoon something you'll be talking about - or better yet singing about - for a while.

A Walk in the Woods: The Early Bird

LINE CREEK NATURE AREA
Tuesday, August 25
9 a.m. to 10 a.m.
FREE
Member exclusive
Pre-registration required

Think you know your backyard birds? The early bird gets the worm with Taylor King, Environmental Education Coordinator with the Southern Conservation Trust, as we take a walk through the woods to discover the sights and sounds fluttering all around us. Stroll through Line Creek Nature Area as you learn to spot different species, pick up on bird calls, and notice the little details that often go unseen. From colorful songbirds to quiet woodland visitors, each step brings a new chance to connect with nature in a fresh way. Whether you're a seasoned bird lover or just a little curious, there's always something exciting waiting in the trees. Meet at Line Creek Nature Area on Line Creek Drive in Peachtree City, and let the morning unfold one feathered friend at a time.

Drizzle Me This

FAYETTEVILLE
Tuesday, August 25

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

A drizzle of the right olive oil can transform the simplest bite of food into something you actually stop and savor! And once you notice the difference, we promise there's no going back. Tia Adams with Branch & Vine invites you into a flavorful exploration of extra virgin olive oil, often referred to as liquid gold, and what truly sets high-quality oils apart. Learn how to taste like a pro using your senses, recognize the difference between smooth, buttery notes and bold, peppery finishes, and understand what makes an oil worthy of the extra-virgin label. Discover storage tips, the differences between infused, fused, and traditional oils, and simple ways to use olive oil in everyday cooking from salads to roasting and dipping. With guided tastings and plenty of delicious ideas, the experience blends education and flavor in a way that makes it easy to bring a little more richness to your kitchen and your meals. Come hungry for knowledge and ready to taste the difference!

The Pathway to Peachtree City

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

Get the inside scoop on Peachtree City straight from the source! Join City Council member Laura Johnson and City Manager Justin Strickland as they share the latest updates on projects, plans, and happenings around our hometown. Hear firsthand about what's in the works now and what's coming in the future, from community improvements to exciting initiatives. This is your chance to connect with the city's leadership, ask questions, and discover all the exciting things unfolding in Peachtree City. Don't miss this great opportunity including insights, updates, and a glimpse of what's ahead for our vibrant community!

Car Wash

PEACHTREE CITY
Thursday, August 27
9 a.m. to 4 p.m.
\$50
Member exclusive
Pre-registration required

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

P"age" Turners Book Club

FAYETTEVILLE
Thursday, August 27
1:30 p.m.
FREE
Member exclusive
No pre-registration required

August book: *Lillian Boxfish Takes A Walk* by Kathleen Rooney. September book: *The Sunflower House* by Adriana Allegri. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Girls Got Game

PEACHTREE CITY
Friday, August 28
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Ever wonder what it takes to blow the whistle in the biggest moments of the game? Step courtside with Lauren Holtkamp-Sterling, one of the first women to break into the NBA officiating ranks, as she brings you inside the action with a behind-the-scenes look at her journey through the NBA and WNBA. As one of the first women to officiate in the NBA, she shares what it was like stepping onto the court in a male-dominated sport and earning her place among the best. From intense game-time decisions to unforgettable career moments, her experiences offer a unique perspective on the game you thought you knew. Along the

way, her story unfolds with insight, honesty, and a few surprises that just might change how you see the game.

The Good Ole Days

FAYETTEVILLE
Monday, August 31
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Close your eyes and imagine a time when life felt a little slower, a little simpler, and the biggest rule of the day was just to be home by dark. Join Dale Phenicie, author of *Be Home By Dark*, as he reflects on “the good ole days” and growing up in a small town in the years following WWII. Hear stories from his childhood, where freedom to roam was part of everyday life and the phrase “it takes a village” truly reflected how communities looked out for one another. Dale will share the inspiration behind his book and what those formative years revealed about connection, community, and growing up in a very different era. Along the way, the conversation opens the door for shared memories and personal stories, creating a warm space to reflect on what those times meant then, and what they still mean today.

Trivia

FAYETTEVILLE
Fridays
1:30 p.m. to 3 p.m.
FREE
Member exclusive
No pre-registration required
Host: Linda Abbott

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

Dulcimer

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

Join our dulcimer group! This group has been playing together for some time, but always welcomes new people! The dulcimer is a unique string instrument native to the

Appalachian region of the United States. This is an open group playing music together. You must have your own dulcimer and know how to read music to join. This is not an instruction-based class, just free time to play music together!

Technology

Computer Technology Assistance

PEACHTREE CITY
Wednesday, August 19
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, August 25
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

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

Wellness

Massage

FAYETTEVILLE
Tuesday, August 4
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.

The Hospital Revolving Door

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

Home should be where recovery begins, not where the countdown to the next hospital visit starts. Hospital readmissions can be frustrating, costly, and often preventable with the right knowledge and support. Beth Dow of Home Helpers Home Care shares practical strategies for reducing the risk of returning to the hospital, including medication management, recognizing early warning signs, and creating a successful recovery plan at home. Gain insight into the common factors that lead to readmissions and the simple steps that can make a meaningful difference. These helpful tools for navigating the transition from hospital to home will help you hang up your hospital frequent flyer miles to recover comfortably in your own home throughout recovery!

Stay Balanced

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

Do you ever catch yourself making strange little “recovery moves” just to keep from losing your balance? Dr. Josh Davis with First Step Physical Therapy explores how balance, posture, and coordination all work together to keep us steady and moving confidently through everyday life. Good balance is something many of us take for granted until it becomes more difficult to steady ourselves, and understanding the three key systems that contribute to balance can make a major difference in preventing falls and improving mobility. Learn how posture directly affects stability, what common

habits may be increasing fall risks, and simple exercises that can be done at home to strengthen balance, coordination, and overall body awareness while helping everyday movements feel safer, smoother, and more natural.

Eat Your Heart Out

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

A healthy heart starts with the choices we make at the table. Join Bianca White from County Gardens Senior Living as she dives into heart-healthy eating and the foods that can help support cardiovascular wellness. Learn the best ways to creating balanced meals, making nutritious food choices, and incorporating heart-smart habits into your daily routine. Enjoy a small tasting featuring heart-healthy snacks like grapes, crackers, and cheese cubes, as Bianca provides a tasty way to explore healthy eating concepts. Filled with simple ideas and easy everyday strategies, gain confidence in making choices that support your long-term health and well-being.

Gut Instincts

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

Your gut does a lot more than digest food, it also helps influence everything from your immune system to your mood. As we age, changes in the digestive system can affect how we feel, think, and function each day. Lamura Poore, registered dietitian and owner of Diet to Lifestyle, explores why a healthy gut microbiome is one of the best investments we can make for our overall wellness. Learn how gut health impacts digestion, energy levels, immunity, and even brain health, along with easy ways to support a thriving digestive system through everyday habits. With a better understanding of the powerful connection between the gut and the rest of the body, you'll discover simple approaches that can contribute to greater comfort, vitality, and well-being.

A Sound Bath

PEACHTREE CITY
Monday, August 10
1:30 p.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

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

Gotta Hand It To You: Massage Moments

PEACHTREE CITY
Tuesday, August 11
10 a.m. to 1 p.m.
FREE
Member exclusive
Pre-registration required

Sit back and relax as certified massage therapist Ange Maihorn offers 15 minutes of personalized care tailored to you, tuning in to exactly what your muscles need in the moment. With gentle guidance to focus on your breathing, you'll begin to release tension and quiet the stress of the day. Ange will thoughtfully work through tight spots and areas that need a restorative touch. It's a chance to pause, reset, and let someone focus entirely on supporting you so you can step back into your day feeling refreshed, lighter, and ready to carry that sense of ease with you!

Did My Doc Order This?

FAYETTEVILLE
Wednesday, August 12
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

Did my doctor order this, or did someone else just find a way into my Medicare? Durable Medical Equipment (DME) fraud is one of the fastest-growing Medicare scams, often involving charges for supplies, tests, or devices that were never needed or even delivered to you. Nathan Coflin with the Georgia Senior Medicare Patrol breaks down how these schemes happen and why they can be so hard to spot at first glance. Learn how to recognize red flags on Medicare statements, protect personal information from being misused, and take quick action if something doesn't look right. With real-world examples and clear guidance, Nathan helps turn confusion into confidence when it comes to protecting your Medicare benefits and staying one step ahead of fraud.

On the Move: Functional Movement Assessments

PEACHTREE CITY
Wednesday, August 12
2:30 p.m. to 3:45 p.m.
FREE
Member exclusive
Pre-registration required

Our daily movements come naturally and without a thought in the world, like second nature. However, as we age, those movements can become more difficult. The team of Physical and Occupational Therapists at Bench Mark Physical Therapy performs one-on-one functional movement assessments to help us determine areas for improvement and provide exercises to assist in making us stronger and more mobile. Functional movement is defined as a movement sequence based on real-world situations such as standing, sitting and lifting. These are performed throughout your day on a regular basis. Determine your potential risk of injury and gain insight on ways to improve your movements to feel better, stronger and become even more mobile.

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Thursday, August 13
11:30 a.m. to 12:30 p.m.

FREE
Member exclusive
Pre-registration required

Dale Klauss with Compassion 312 will be here to perform minor repairs, adjustments, maintenance, and cleaning of your glasses.

The 120 Year Life

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

What if age isn't a limit, but an invitation to keep expanding what's possible? Natural Health Coach Cynthia Terrell of Wholistic Strength explores the concept of the "120-year life" and the powerful idea that longevity can be shaped with intention. Rather than accepting the common narrative that aging must mean decline, this approach challenges those expectations and reframes aging as an opportunity for continued strength, growth, and vitality. Mindset, daily habits, movement, and nutrition all come together as tools to support a life built for thriving at any age. Cynthia shares her personal "120-year plan" and the practices she uses to support long-term wellness, offering inspiration for creating a life that continues to thrive rather than simply endure!

The Balance From Within

PEACHTREE CITY
Friday, August 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

The mind and body are constantly working together, often communicating in ways we don't even realize. Join Therapist Megan Terry as we explore how stress, emotions, and daily experiences can show up physically and how the body can also become a valuable tool for supporting emotional well-being. From tight shoulders and restless nights to calm breaths and relaxed muscles, the body often reflects what's happening beneath the surface. Through conversation, gentle breathing exercises, and light chair-based movement, Megan highlights simple ways to tune in

to the body's signals and nurture a greater sense of balance. With a flexible, welcoming approach and plenty of room for discussion, slow down, reconnect, and appreciate the powerful partnership between our mind and body.

Food For Thought

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

Food facts are on the menu, but a few surprises might just be too! Ebonie Jackson with Humana brings a fun and interactive look at healthy eating through engaging trivia questions and fascinating nutrition facts. She'll challenge and bring to light the truth behind common myths as unexpected truths are uncovered and everyday food choices get a fresh perspective. From snacks and meals to ingredients and portion sizes, there's always something new to discover about the foods we eat. Get ready to test your knowledge, rethink familiar favorites, and leave with practical tips you can use every day as Ebonie brings a fresh twist to what's on your plate.

From Your Hips To Your Knees

FAYETTEVILLE
Tuesday, August 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Every step tells a story, especially when knee or hip pain begins to interfere with daily life. It can change the way we move, exercise, or enjoy the activities we love. Join Dr. Gaines Cumbie, Knee & Hip Joint Preservation & Replacement Specialist with Georgia Bone & Joint, as he shares the common causes of knee and hip pain, from arthritis and injury to wear-and-tear changes over time. Gain a better understanding of how the knee and hip work, why pain develops, and how symptoms are evaluated. Explore treatment options including lifestyle modifications, physical therapy, medications, injections, joint preservation techniques, and advanced replacement procedures designed to reduce pain, restore

mobility, and enhance quality of life. Leave with a better understanding of today's treatment approaches and the confidence to support healthier, more comfortable movement for years to come.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, August 19
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.

Find Your Footing

FAYETTEVILLE
Wednesday, August 19
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Stability shows up in all the little things - standing up, turning, walking, and moving through the day with ease. Piedmont Wellness Center takes a closer look at how strength, coordination, and awareness all work together to support steady, confident movement in everyday life. A few simple, guided checks help highlight how the body responds to different positions in a safe and approachable way. Enjoy an active, hands-on experience to demonstrate standing movements and gentle exercises designed to build control and ease without feeling complicated or intimidating. Learn small, helpful movements you can easily continue to do at home so stability feels like a natural part of the day!

The Independence Formula

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

Independence isn't something you lose overnight, it's something you build and protect every day. Dr. Tarryn J. Hoff, exercise psychologist, university professor, and owner of Peachtree City Personal Training, explores the right combination for

"The Independence Formula". Discover the key ingredients that help us stay strong, sharp, and self-sufficient long into our golden years. This research-based approach looks at how strength, balance, movement, mental engagement, and social connection all work together to support long-term health and function. Along the way, you'll discover practical strategies that make it easier to stay active and confident day in and day out. It all comes together in a way that supports doing the things you love for as long as possible, with greater ease and confidence for years to come!

Don't Mind If I Do

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

Have you ever felt like your thoughts have a mind of their own? You aren't alone! Discover the fascinating connection between

the mind and the brain as Jane Hutchinson, Brain Health Specialist with Brain Thrive, brings clarity to what sets them apart and how they work together. Explore how the thoughts you think can shape your brain - for better or for worse - and why that matters more than you might expect. Learn to recognize and overcome pesky A.N.T.s (Automatic Negative Thoughts) before they take over your mindset and discover just how powerful your inner dialogue can be. Along the way, you may find yourself rethinking not just what you think, but how you think!

Memory Screenings

FAYETTEVILLE
Wednesday, August 26
1:30 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

Dr. Martinez and his staff with the Neuropsychology Center will be on site to perform one-on-one memory screenings that are helpful in determining if forgetfulness is more than just normal aging. Immediately following a screening by a staff

member, Dr. Martinez will be available for a brief consultation to review the results.

Back to the Beat

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

Ever notice how one song can lift your mood or bring back a favorite memory in an instant? Shari Douglas of Southern Grace Hospice explores the powerful connection between music, health, and emotional well-being. From familiar melodies to rhythmic movement, discover how music can boost mood, spark memory, and even benefit your overall health. Whether it's tapping your toes, humming along, or simply listening, even the smallest moments with music can make a meaningful impact. With a mix of fun, nostalgia, and a little rhythm for the soul, it all comes together in a way that's sure to keep you smiling and swaying along.

Look What's Coming in September!

Cut the Cord

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

Thinking about cutting the cord? Explore popular streaming services and learn how they compare to traditional cable so you can find the best fit for your entertainment needs.

Hearing Screenings

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

Don't let hearing loss keep you from the conversations and sounds you enjoy most. Join us for a quick hearing screening and discover simple ways to reconnect with the moments that matter.

A Southern Hollywood

FAYETTEVILLE
Thursday, September 3
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Lights, camera, Georgia! Take a journey through local filming locations and discover the behind-the-scenes stories that helped earn our state the title "Hollywood of the South."

The Aging Reframe

PEACHTREE CITY
Friday, September 4
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Aging brings wisdom, experience, and new perspectives at every stage of life! Explore how to challenge age-related stereotypes and embrace a positive, realistic approach to aging well.

Registration will be available when the September newsletter comes out Thursday, August 20th!

Home Helpers® Home Care



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

Veterans are eligible for care through
Homemaker and Home Health Aid programs.

678-876-5118

bdow@homehelpershomecare.com
HomeHelpersHomeCare.com

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2026 Sponsorships Now Available!

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



SPONSORS

FAYETTE SENIOR SERVICES
Life Enrichment Center
Making Life Better

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

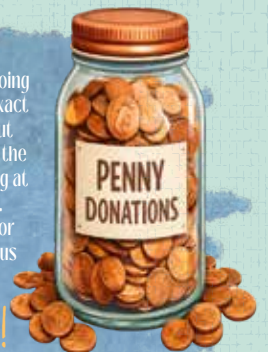


APENNYFORYOUR
THOUGHTS...
and for change!

★ Your spare pennies are appreciated! ★

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

Every penny counts!





ALOHA

JOIN US FOR A

LUAAU PARTY

THURSDAY
AUGUST 20

5 PM

203 McINTOSH TRAIL | PEACHTREE CITY | \$20

Mark Gray, Agent

770-487-8561





Live Well, Age Well, Ride Well

EVERY MILE MATTERS TRANSPORTATION

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

Help us reach \$75,000!

EVERY DONATION HELPS

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

LEARN MORE



Fayette Senior Services
Making Life Better™



Contact Us
770-461-0813



Visit Our Website
www.fayss.org