

September 2026

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

A watercolor-style illustration of a woman with short, curly brown hair, wearing a long, flowing blue dress with a white V-neckline. She is standing with one hand on her hip, looking slightly to the side. The background is a soft, abstract wash of light blue and white.

Fashion Forward

The runway comes alive with the latest fall looks, inspiring style tips, and models who prove fashion only gets better with age!

Hidden Pathways

Discover the hidden charm of Peachtree City by golf cart! Cruise the scenic paths and take in the city from an entirely new perspective.

Simply Simmered

Good things come to those who simmer! This cozy classic lentil soup recipe proves that slow and steady wins the soup race every time.

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

September

featured

Helping Hearts, Wagging Tails 10

From just one thoughtful donation, Katie Johnston's journey shows how kindness can create lasting connections for seniors and their beloved pets.

Good Things Come To Those Who Simmer 11

Patience pays off with this hearty lentil soup. Enjoy every spoonful where humble ingredients simmer into something incredibly delicious and comforting!

Life's A Runway 15

From bold fashions to timeless classics, our runway celebrates the beauty of every season of life! After all, every stage deserves a moment in the spotlight!

Let The Good Times Roll 15

From picturesque pathways to hidden treasures, every turn tells a story. Hop aboard for a ride through the history, beauty, and charm of Peachtree City.

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

in every issue

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ABOUT US

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

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

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

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

Meals On Wheels

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

AniMeals

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

STAR Program (Seniors Together After Retirement)

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

Transportation

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

In-Home Personal Care/ Homemaker Services

This service enables older adults to

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



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

Care Management

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

Medical Equipment Lending

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



Meet Our Staff!

ADMINISTRATION

Nancy Meaders
President & CEO

Dan Gibbs
Director of Operations

Morgan Lanier
Program Development
Coordinator

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

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...

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 2026

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!*



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

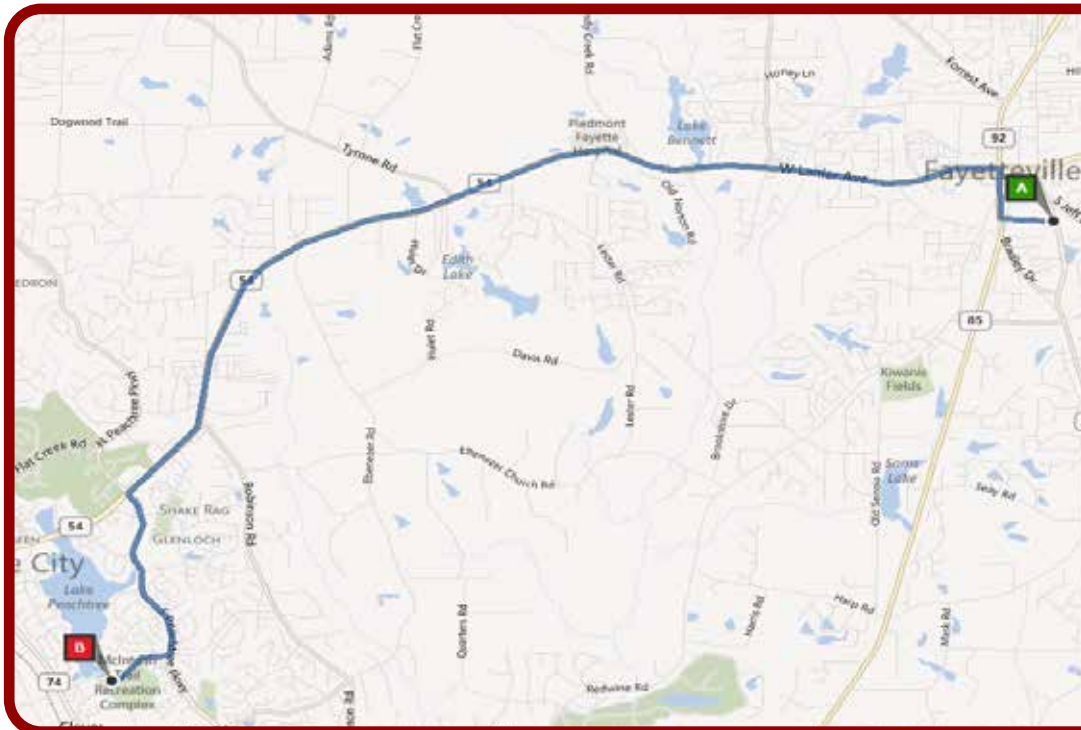


Visit Our Website
www.fayss.org



Need Directions?

How to get from FSS Fayetteville to FSS Peachtree City.



1. Head west on Center Drive towards GA-85/ Glynn Street S.

3. Continue Straight onto Melear Way.

3. Turn Right onto GA-85/ Glynn Street S.

4. Turn left onto GA-54 S/E Lanier Ave.

5. Turn left onto S. Peachtree Parkway

6. Turn right onto McIntosh Trail

Destination will be on the left

DON'T FALL FOR IT

STOPPING FALLS BEFORE THEY START!

Miriam's Fitness Corner

Did you know that falls are the leading cause of injury in older adults? How many situations can you recall where an acquaintance or family member's condition was stable, they experienced a fall, and then...just like that...they were gone? The answer is too many. Thankfully, most falls can be prevented with a few simple lifestyle changes!

First, get off the couch and get moving. Staying active is one of the best ways to improve balance, strength, and flexibility. Walking costs nothing, and gentle stretching, tai chi, or chair exercises can help keep muscles strong and improve stability - and lucky for you, FSS has all of this easily available for you!

Second, commit to fall-proofing your home. Remove loose rugs, electrical cords, and clutter from walkways to make your home safer. Install grab bars in bathrooms and handrails on stairways for added support. Use non-slip mats in the bathtub or shower to reduce the risk of slipping. You may even consider using a shower

chair if your balance isn't what it used to be. Ensure your home has good lighting, especially in hallways, staircases, and entryways. Keep frequently used items within easy reach to avoid climbing on stools or chairs. As a matter of fact, never stand on a chair to reach an item. Just don't do it. That's what grandchildren, nieces, and nephews are for! And they don't even have to be yours, anybody's will do! It's ok to ask for help.

Lastly, address the small things. Wear supportive, non-slip shoes instead of slippers or socks on smooth floors. Keep your cell phone with you at all times. Don't leave it upstairs if you're downstairs or vice versa. Have your vision and hearing tested regularly so your senses are sharp. Being able to see and hear clearly can help you notice if something in your home has fallen, become loose, or isn't working properly before it catches you off guard. Review all current and future medications with your doctor or pharmacist so you're aware of any prescriptions that may cause dizziness or affect your balance. And if you use a cane or walker, use it consistently and make sure it fits properly.

If you do fall, try to remain calm. Take a few deep breaths and do not move immediately. First, check yourself for pain or injuries. If you believe you are seriously hurt or cannot move, call 911 or use a medical alert device if you have one. If uninjured, roll onto your side, get onto your hands and knees, crawl to a sturdy piece of furniture, and slowly pull yourself into a seated position before standing.

Finally, tell a family member or healthcare provider about the fall, even if you feel fine. A fall can signal underlying health problems or reveal safety hazards that need attention. Taking action now can help prevent future falls, keeping you active, safe, and independent for years to come.

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



Dear Volunteer, You Make a Difference!

Keeping Tails Wagging and Hearts Full

Written By: Amber Oliver



"The smallest act of kindness is worth more than the grandest intention." — Oscar Wilde. Sometimes that really is all it takes, one small act of kindness to begin something truly meaningful!

When Katie Johnston responded to a Facebook post asking for pet food donations, she had no idea it would lead to a volunteer opportunity with Fayette Senior Services' AniMeals program. After dropping off her donation, she met AniMeals Coordinator, Stevie Coachman, and the connection was instant. She began volunteering that very same week! Since then, she has been delivering pet food and transporting pets to veterinary appointments, making a difference for so many owners and their pets that benefit from this program.

Originally from the Kenai Peninsula in Alaska, she grew up in Soldotna as an only child with parents who were both public school teachers. She spent her childhood enjoying musical theater, Girl Scouts, camping, and fishing before attending the University of Alaska Anchorage. It was there that she met her husband, Kyle. Married since July 2007, the couple has lived in Fayette County for the past eight years.

Professionally, she serves as a Development Director for nonprofit organizations,

while Kyle works as a petroleum land manager. But Katie will tell you her first job was filleting salmon and halibut for fishing charter guests. Away from work, they enjoy traveling the world, fostering dogs, and giving back to causes they care about. In fact, she's visited all 50 states and 12 countries, a testament to her adventurous spirit!

What keeps Katie coming back to AniMeals is simple: the people and their pets. "I've built important relationships with everyone on my routes over the years," she says. "Making sure our most valued companions are getting the vaccines and nutrition they need brings me so much joy!" Katie credits Stevie's passion and vision for inspiring her continued service. "I really believe in the vision and appreciate the heart that Stevie brings to the program," she says. "It's an honor to support all the hard work."

That passion is at the heart of the AniMeals program. For many homebound seniors, a beloved pet is more than a companion, they're family. AniMeals helps provide pet food to Meals On Wheels clients so they can continue caring for the animals that bring them comfort, companionship, and unconditional love without the financial burden and stress.

Just for fun I asked Katie if she was to sing karaoke what would her song be. We were not surprised that she answered *Hold On* by Wilson Phillips. It perfectly reflects the optimism and heart she brings to everything she does. If she had to listen to one song for the rest of her life, it would be *Turpentine* by Brandi Carlile.

Stevie shared that the kindness, dependability, and selfless service that Katie demonstrates as a volunteer inspires her and strengthens the impact and mission of our AniMeals program. We're grateful for volunteers like Katie, whose kindness helps ensure that both our seniors and their cherished companions receive the care they deserve. Thank you, Katie, for all you do at FSS and in our community!

PLG
Peachtree Law Group
EST. 1984

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

From Our Kitchen To Yours

Lentil Soup

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



Photo via Peas and Crayons

Ingredients

- 1 lb package lentils
- 2 medium onions, sliced
- 2 qts water (may need more)
- 2 1/2 to 3 teaspoons salt
- 1/2 teaspoon dried thyme
- 1 large pared potato
- 2 tablespoons lemon juice
- 1/4 lb bacon, diced (optional)
- 2 medium diced carrots
- 2 cups sliced celery
- 1/2 teaspoon pepper
- 2 bay leaves
- 1 hambone

Directions

- Wash and drain lentils
- In a kettle, saute the diced bacon until golden. Add onions and carrots, and cook until onions are golden. Add lentils, water, celery, salt, pepper, thyme, bay leaves
- Grate pared potato into lentil mixture and add hambone
- Simmer, covered for 3 hours. Lentils should be tender afterward
- Remove bay leaves and hambone. Cut off all the meat from bone and add it back along with the lemon juice just before serving

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!

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.

Thursdays

Mexican Train Dominoes:

10 a.m. to 12 p.m.

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.



The Chinese Mahjong ladies enjoy an afternoon together



The Grape Escape crew always have a blast at their monthly gathering

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.



Graduation day for The Story Within Writer's Workshop group



Creating a one-of-a-kind container garden in PTC

Special Events



Seasons of Style Fashion Show

FAYETTEVILLE

Thursday, September 17
5:30 p.m. to 7:30 p.m.

\$20

Members can purchase tickets
at front desk
Pre-registration required

Seasons of style, seasons of life... fashion never goes out of style, no matter the season or the stage of life! Join FSS, B. Turner's Peachtree City, and Drop the Mic for Seasons of Style, a senior fashion show celebrating timeless elegance. This unforgettable evening brings the latest fall looks and gives you the inside scoop on how to refresh your wardrobe with seasonal flair. Enjoy a delicious dinner prepared by our talented kitchen crew while cheering on our fabulous models featuring men and women alike —FSS members, volunteers, and community icons. From bold autumn colors to cozy classics, you'll love seeing the models strut the runway in styles inspired by all seasons of life, proving style only gets better with age! With music, laughter, dinner, and stunning fashion, it's an event you won't want to miss. Seasons of Style is more than a fashion show—it's a celebration of style, confidence, and community at every age! Event sponsored by Wellcare and Renasant.



The Peachtree Roll Golf Cart Tour

PEACHTREE CITY

Thursday, September 24
10 a.m. to 11 a.m.

\$40

Member exclusive
Pre-registration required

Let the good times roll through the sights and stories of Peachtree City as you experience it like never before! Embark on a private one-hour golf cart tour as you ride along in a comfortable six-passenger golf cart while discovering the stories, history, and natural beauty tucked throughout Peachtree City. Take in all our incredible city has to offer including peaceful waterfront views, fascinating local sites, and some of the city's most memorable destinations. With insights from your knowledgeable tour guide and plenty of opportunities to take in the scenery, this one-of-a-kind adventure offers a fun way to experience the charm of Peachtree City like never before. Meet your tour guide just outside Pure Hair Artistry in The Avenue (210 City Circle Drive).



In Bloom Garden Party

FAYETTEVILLE

Tuesday, September 29
10 a.m. to 11 a.m.

FREE

Member exclusive
Pre-registration required

A garden this beautiful doesn't grow on its own, it blossoms through the time, care, and dedication of many helping hands! Join us as we celebrate the garden and it's incredible volunteers who have planted, nurtured, and helped the FSS' garden flourish over the years. With flowers in full bloom and the perfect weather inviting us outdoors, spend a beautiful morning surrounded by nature, community, and the people who make this special space possible. Enjoy the peaceful garden setting with live music, refreshing treats, and plenty of opportunities to relax and soak in the beauty around you. Come celebrate the hands and hearts that have helped this garden grow into a place where memories continue to bloom.

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September Program Schedule

Needlework

Crochet: Rainbow Paws Afghan

FAYETTEVILLE

Monday, September 14
10 a.m. to 12 p.m.

\$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

A whimsical throw or a reminder of a lost pet, this Afghan can be done in the original rainbow colors or all one color. Intermediate beginner crochet skill. Materials needed: 1 skein each in red, orange, yellow, green, blue, purple, and lavender or 4 skeins of one color; size H or I crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Stitches

FAYETTEVILLE

Monday, September 28
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, focus on ripples as you learn to do a standard ripple and a granny stitch ripple sample. Materials needed: Two small balls of worsted weight yarn (solid color is best); size H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE

Wednesday, September 2
9 a.m. to 3 p.m.

\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE

Wednesday, September 9
9 a.m. to 3 p.m.

\$15 | Materials not included
Pre-registration required

Instructor: Darlene Hubble

FAYETTEVILLE

Wednesday, September 23
9 a.m. to 3 p.m.

\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE

Wednesday, September 30
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

The Craft of Origami

PEACHTREE CITY

Thursday, September 10
1 p.m. to 2 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.

Painting Workshop

PEACHTREE CITY

Tuesday, September 15
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 timeless still life featuring pears resting gracefully atop a woven lace tablecloth.

The Batik Technique

PEACHTREE CITY

Friday, September 18
9:30 a.m. to 12:30 p.m.

\$35 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Learn the unique and ancient Indonesian art of batik. Batik is a technique of wax-resistant dyeing and the same technique used to make beautiful batik cloth can be applied to make gorgeous watercolor paintings. If the painting is framed in a mat without a backing, it even has a stained-glass look when hung in a window! Karen will demonstrate how to use this ancient technique to create a beautiful painting. See front desk for sample photo.

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, learn 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!



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 class.

Just Beat It: Cardio Drumming

FAYETTEVILLE

Monday

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

\$10 | Month

Instructor: Pam Tate

FAYETTEVILLE

Wednesday

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

\$10 | Month

Instructor: Pam Tate

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

Fit For Life

FAYETTEVILLE

Monday

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

\$15 | Month

Pre-registration required

Instructor: Euriel Reynolds

Build strength to make your daily activities easier, whether you exercise best in a chair or on your feet. Strength training provides an abundance of benefits. It contributes to better coordination,

balance, mobility, and overall health, to name a few. Use hand weights, elastic bands and balls to strengthen muscles and increase range of movement during this full body workout for all fitness levels.

Chair Yoga

PEACHTREE CITY

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

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

*1 or 2 day option available

\$25 | Month – 1 class

\$35 | Month – 2 classes

Instructor: Lori Clark

Choose between 2 days a week or 1 day a week (either Tuesday OR Thursday). Chair yoga is a gentle yoga practice in which poses are performed in a chair or aided by a chair while standing on a mat. This class will build strength, balance, and flexibility, while incorporating breathing exercises and meditation to calm the body and mind and increase awareness.

Yoga: Fayetteville

FAYETTEVILLE

Friday

8:45 a.m. to 9:45 a.m.

\$20 | Month

Instructor: T. Michael

A form of mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm. Please bring a mat with you to class.

Dance and Tone

PEACHTREE CITY

Tuesday

9 a.m. to 9:45 a.m.

\$18 | Month

Instructor: Lori Clark

PEACHTREE CITY

Thursday

9 a.m. to 9:45 a.m.

\$18 | Month

Instructor: Lori Clark

Make your workout more fun as you dance and tone during this class. This easy-to-follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light weights, followed by a cool down and stretch. Boost your

cardiovascular fitness, tone your muscles, improve your coordination and memory in an interactive way that doesn't feel like your typical workout.

Cardio, Core & More

PEACHTREE CITY

Thursday

12 p.m. to 12:50 p.m.

\$18 | Month

Instructor: Miriam Jones

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

Power Aerobics

FAYETTEVILLE

Tuesday and Thursday

7:40 a.m. to 8:30 a.m.

\$35 | Month

Instructor: Miriam Jones

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

Intermediate I Aerobics

FAYETTEVILLE

Tuesday and Thursday

8:40 a.m. to 9:30 a.m.

\$35 | Month

Instructor: Miriam Jones

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

Intermediate II Aerobics

FAYETTEVILLE

Tuesday and Thursday

9:40 a.m. to 10:30 a.m.

\$35 | Month

Instructor: Miriam Jones

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

Stretch for Movement

FAYETTEVILLE

Wednesday

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

\$18 | Month

Instructor: Miriam Jones

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

Seated Stretch for Movement

FAYETTEVILLE

Friday

12:15 p.m. to 1 p.m.

\$18 | Month

Instructor: Miriam Jones

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

Walking Group: Fayetteville

FAYETTEVILLE

Wednesday

10:45 a.m. to 11:30 a.m.

FREE

No pre-registration required

Meet inside the FSS lobby to increase your success by walking with a partner(s). 150 minutes per week of cardiovascular activity promotes heart health and lowers

the risk of many other ailments. Improve physical fitness with a dose of cardio. Self-led group.

Walking Group: Peachtree City

PEACHTREE CITY
Thursday
10 a.m.
FREE
No pre-registration required

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

Tai Chi Club

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

This self-led group meets to practice their form together. This is not instruction based and previous Tai Chi experience is needed. Tai Chi provides a safe, gradual way to improve flexibility, increase circulation, reduce stress, strengthen bones, lower blood pressure, and increase overall fitness.

Special Interest

Introduction to Mahjong

PEACHTREE CITY
Tuesday, September 1, 8, 22
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. Instructor will place tables based on skill level.

Beginner Mahjong

PEACHTREE CITY
Tuesday
Does not meet 3rd Tuesday
9 a.m. to 12:45 p.m.
FREE
Member exclusive
Pre-registration required

Ready to turn your American mahjong basics into confident, winning play? This beginner-friendly class is perfect for players who already know the tiles and general flow of the game but want guided practice to feel more comfortable at the table. From 9 to 11 a.m., an instructor will be on hand to answer questions, clarify rules, and share helpful tips and strategies to strengthen your skills. After that, the group will continue in a relaxed, self-led format so you can build confidence through play. If you have a mahjong set, bring it to share! Please bring an official 2026 Mahjong card from the

National Mahjong League with you.

Garden Club

FAYETTEVILLE
Tuesday, September 1
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.

Cut the Cord

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

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, September 10 | 1:15 p.m.
The Sheep Detectives (2026) | PG

Starring: Hugh Jackman, Brett Goldstein, Patrick Stewart. When their beloved farmer is found dead under mysterious circumstances, a flock of the sheep conclude they will have to solve the murder themselves, even if it means leaving their meadow for the first time and facing the fact that the human world isn't as simple as it appears in books.

PEACHTREE CITY
Thursday, September 24 | 1:15 p.m.
Project Hail Mary (2026) | PG-13

FAYETTEVILLE
Friday, September 25 | 1:15 p.m.
Project Hail Mary (2026) | PG-13

Starring: Ryan Gosling, Sandra Hüller. A science teacher wakes up on a spaceship with no recollection of who he is or how he got there. As his memory returns, he begins to uncover a mission: solve the riddle of the mysterious substance causing the sun to die out.

Fayette Senior Services
Making Life Better™

These days, you can get great TV options without paying the premium of cable provider contracts. Queue streaming services! Cutting the cord doesn't have to mean cutting out the shows you love! With streaming services changing the way we watch TV, there are more options than ever to enjoy entertainment without being tied to traditional cable contracts. Lance Collins of PTC Techs breaks down some of the most popular streaming platforms available today, helping you understand the differences, benefits, and potential drawbacks of each option. Explore how streaming compares to cable providers and discover what features may best fit your viewing habits and budget. Get ready to navigate the world of streaming with more confidence to find a setup that keeps your favorite entertainment right at your fingertips.

What's for Lunch?

PEACHTREE CITY
Thursday, September 3
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 Town and Country Restaurant in Newnan.

A Southern Hollywood

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

Travel the backroads of Fayette and Coweta counties for a virtual Southern Hollywood Film Tour with Sherri Smith Brown. From iconic movies like "Fried Green Tomatoes" and "Sweet Home Alabama" to the newest in Marvel movies and streaming television productions, you will get an

insider's view of what's going on in the movie production world, filming right in our own backyard. Sherri is a semi-retired television and video producer and writer with many ties to the film and television industry. She has loved movies all her life but mostly, she loves moviemaking. She will share location sites and tell some great behind-the-scenes stories about productions, movie stars, and why Georgia was nicknamed The Hollywood of the South!

Get To Know Fayette Senior Services

PEACHTREE CITY
Thursday, September 3
1:30 p.m. to 2:15 p.m.
FREE
Members and non-members
Pre-registration required

Step into a place where aging well and living well truly come together! Discover everything Fayette Senior Services has to offer - from engaging programs and vital social services to meaningful volunteer opportunities that enrich lives and strengthen community connections. Explore how our activities, resources, and support can keep you active, informed, and inspired at every stage. Whether you're looking for involvement, guidance, or simply a warm place to belong, Fayette Senior Services is here to help you thrive every step of the way.

Cornhole

PEACHTREE CITY
Friday, September 4
10:30 a.m. to 11:30 a.m.
FREE
Member exclusive
Pre-registration required

PEACHTREE CITY
Friday, September 18
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!

Once Upon A Story

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

You don't have to be a kid to enjoy the art of storytelling! Join storyteller Marcia Robinson as she expressively shares the tales untold. Immerse yourself in a collection of inspirational stories that uplift, encourage, spark joy, and bring a smile to your heart. Through her powerful words and creative storytelling, Marcia will leave you feeling seen, valued, and refreshed, right down to your soul.

The Aging Reframe

PEACHTREE CITY
Friday, September 4
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

What if getting older is actually something to celebrate instead of resist? Growing older is one of life's greatest privileges, yet messages about "anti-aging" and compliments like "you look good for your age" often encourage us to see it differently. Join Avril James Maynard, Piedmont Women's Heart Program Coordinator and Certified Health Education Specialist, for an interactive discussion celebrating National Healthy Aging Month as we explore ageism, mindfulness, and realistic expectations for our minds, hearts, and bodies. Together, we'll discover how shifting our perspective can help us embrace aging with greater confidence, appreciation, and joy, making every stage of life one worth looking forward to!

Volunteer Open House

FAYETTEVILLE
Tuesday, September 8

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!

Guac and Roll

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

Holy guacamole, for the love of all things guac, come on over for this delicious discussion! Join avocado queen Tasha of Love Guac (available at the Peachtree City Farmer's Market!) as she shares her secrets for creating fresh, flavorful guacamole that's guaranteed to impress. Learn how to pick the perfect avocado, spot peak ripeness, and master the techniques that take guac from good to great. Tasha will also share creative ingredient ideas to add a fun twist to your favorite recipes. Enjoy a live demonstration, plenty of tips and tricks, and tastings of some of her most popular guacamole creations. Come hungry and get ready to guac and roll!

Say It Your Way

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

Ever wish the perfect words would show up right when you need them? The right words can open doors, strengthen relationships, and make everyday conversations a lot easier. Michelle Archable, Confidence Coach with AI Confidence Enterprises, shares strategies for expressing your needs with confidence. Learn how setting healthy boundaries and

communicating more effectively with family, healthcare providers, and the people you interact with every day can lead to stronger connections and more productive conversations. Explore simple techniques that can help you feel more comfortable speaking up, asking questions, and navigating discussions with greater ease. Come away with fresh ideas for building confidence one conversation at a time, making even the toughest discussions feel a little more manageable.

Never Forget: A Personal Perspective

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

History is often measured by dates and events, but its true meaning is found in the voices and memories of the people who were there and by how they changed us forever. Former NY/NJ resident and FSS member Anthony Evans shares his deeply personal experience of September 11, 2001, offering a firsthand perspective of the fear, uncertainty, and resilience felt on that unforgettable day. As a VP at JPMorgan Chase just blocks from the World Trade Center, Anthony's ordinary workday quickly became a moment he and millions of others would never forget. Through his personal memories, accounts from those around him, and photographs captured by him, he brings a powerful perspective to the events that unfolded. Join Anthony as he reflects on a day that shaped a generation and honors the stories, emotions, and human connections that continue to carry its impact forward.

Rising to Meet the Challenge

FAYETTEVILLE
Monday, September 14
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

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

The Asset Advantage

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

Making sense of your investments doesn't have to feel like solving a financial puzzle! Brandon Jordan, Financial Advisor with Arch Advisory Group, helps break down the basics of asset allocation and explains how different investment styles can shape your overall financial strategy. Discover what conservative, moderate, and aggressive asset types mean and how understanding these options can help you feel more comfortable with your investment decisions. With easy-to-follow guidance, gain a better grasp on how your money can be positioned to support the goals that matter most to you. Explore how asset allocation can influence your financial strategy and the importance of finding an approach that aligns with your individual needs and goals.

The Grill Deal

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

Fire up your curiosity and get ready to bring new flavor to the grill! Laurie Breckenridge with Compassus Palliative Care and Hospice Care Consultant shares creative ways to explore grilling and smoking techniques that can add not only more flavor, but excitement to your favorite recipes. Discover the differences between grilling methods, along with creative ways to use an indoor grill pan to bring that same delicious flavor into your kitchen. Enjoy a cooking demonstration featuring a special seasoning blend, tasty samples, and recipes to inspire your next meal. You'll even get to take a sample of the seasoning home to try for yourself! From the first sizzle to the final bite, this flavorful experience celebrates the fun of cooking and the joy that comes from sharing great food. Tastings will be included.

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, September 15
1:45 p.m.
FREE
Member exclusive
No pre-registration required

September book: *Wild Dark Shore* by Charlotte McConaghy. October book: *Frankenstein* by Mary Shelley. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

The Lincoln Files

PEACHTREE CITY
Wednesday, September 16
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

History is filled with moments that changed the course of a nation, and few stories are as captivating as the events surrounding the assassination of President Abraham Lincoln. History enthusiast Jim Scott takes you back to the days leading up to and following this infamous moment, exploring the people involved and the details that shaped one of the most talked-about events in American history. Discover lesser-known facts and intriguing insights that bring new perspective to the story beyond what is often

found in the history books. With a closer look at the individuals, motivations, and circumstances surrounding the assassination, you'll gain a deeper appreciation for the complexities behind this pivotal chapter in our nation's past.

Dementia Caregiver Support Group

PEACHTREE CITY
Thursday, September 17
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.

Outwit Your Smart Phone

FAYETTEVILLE
Thursday, September 17
1:30 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

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

The Grape Escape

PEACHTREE CITY
Thursday, September 17
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 South American wines as you raise a glass to learn something new!

U.S. Soccer National Training Center Tour

TRAINING CENTER
Friday, September 18
10 a.m. to 11 a.m.
\$25
Member exclusive
Pre-registration required

Every great team has a home field, and this one just happens to be shaping the future of soccer in America! Step inside the Arthur M. Blank U.S. Soccer National Training Center, located right here in Fayetteville, for a behind-the-scenes look at the spaces, stories, and big ideas that make this landmark facility so much more than just a place to play. As you explore select areas of the campus, you'll discover how the National Training Center is designed to inspire athletes, support the game at every level, and welcome the next generation of soccer fans. Some locations may be unavailable during active team operations or special events, making every visit a little different. Meet at the training facility - 910 Veterans Parkway, Fayetteville, GA 30214 - where your inside look at this one-of-a-kind destination gets underway.

Scent-sational Flowers

PEACHTREE CITY
Friday, September 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

The sweet scent of blooming flowers can turn any garden into

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

1-on-1 Medicare Consultations

FAYETTEVILLE
Monday, September 21
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.

Inspector Home

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

There's more to a home than what meets the eye, and knowing what to look for can make all the difference! Linda Sorrow and Lee McKinney, real estate specialists with Aberdeen Fine Properties, pull back the curtain on home inspections and the important role they play in the buying and selling process. Take a look at red flags, how inspections can shape negotiations, and what those findings really mean for your next steps. They will bring clarity to a part of real estate that often feels overwhelming. It's a chance to see homes through different eyes for a better understanding of how each detail can truly influence the bigger picture.

And Sew It Begins

FAYETTEVILLE
Tuesday, September 22
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.

Hope On the Horizon

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

What if the best chapters of your story are still waiting to be written? The future has a way of surprising us with moments we never saw coming, and Dr. Linda Katz with Fayette Chiropractic shares an uplifting message about embracing hope and looking ahead with optimism. Discover how new beginnings can happen at any stage of life and how each day offers a chance to find fresh opportunities, renewed purpose, and the beauty that still lies ahead. As life continues to unfold like a new chapter, you'll be encouraged to welcome tomorrow with curiosity and appreciation for the meaningful moments and unexpected possibilities it may bring!

Love At First Line

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

There's nothing quite like the feeling of discovering a book you simply can't put down. Cherese Cadet of the Peachtree City

Library shares an insider scoop on some of the most beloved romance reads, along with hidden gems that deserve a place on your reading list. Turn the pages and discover a love of reading again as we explore a variety of stories that capture the heart of this popular genre. You may just find a great deal of new possibilities for your next cozy escape between the pages. With plenty of inspiration to spark your imagination, you'll leave ready to find a romance read that feels like the perfect match.

P"age" Turners Book Club

FAYETTEVILLE
Thursday, September 24
1:30 p.m.
FREE
Member exclusive
No pre-registration required

September book: *The Sunflower House* by Adriana Allegri. October book: *The Women* by Kristen Hannah. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Car Wash

FAYETTEVILLE
Friday, September 25
9 a.m. to 4 p.m.
\$50
Member exclusive
Pre-registration required

Splish, splash—your car is getting a bath! Hector Antonio from Roll N' Shine will be on-site to give your vehicle a fresh, clean shine inside and out while you relax comfortably in FSS. Enjoy the convenience of a professional wash without ever leaving the building. Please note that Roll N' Shine reserves the right to decline service for excessively dirty interiors. Give your car the care it deserves with this effortless, on-the-spot service!

Moon Struck

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

Ready to uncover the hidden side of your personality written among the stars? Your Moon sign may hold the key to understanding the emotions, comforts, and connections that make you uniquely you. Astrology expert Sarah Humphrey explores how this often-overlooked part of your birth chart can reveal what nurtures your soul and shapes your inner world. Discover what your Moon sign says about the way you experience feelings, seek security, and care for yourself on a deeper level. Explore the emotional patterns connected to the elements and uncover simple, sign-specific insights that can help you better understand your own needs. You may just find new ways to embrace self-awareness and create more meaningful connections with yourself and others.

A Bucket Full Of Life

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

Create a space that cultivates growth, reflection, inspiration, connection, and dreams that become reality! Zanna Wolfgang, owner of Thrive Ranch Company, helps cultivate our dreams by inspiring us to live our best lives. She'll share about the power of intentionally filling our buckets. Find the tools to empower yourself through fostering dreams by focusing on aspirations and passions, releasing what no longer serves you, and celebrating the little and big things with gratitude. Harness the power of three life-changing buckets - the Dream Bucket to be intentionally pursuing what lights you up, the Let it Go Bucket to free yourself from unnecessary burdens, and the Gratitude Bucket to celebrate life's blessings. Leave inspired with practical tools to nurture your aspirations, lighten your load, and embrace each day with purpose, positivity, and a heart full of possibility.

The Golden Discount

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

Members and non-members
Pre-registration required

Your wallet deserves a little extra love, and those senior discounts are just waiting to be discovered! Shari Douglas from Southern Grace Hospice shares how to uncover savings opportunities that can make everyday expenses a little easier on your budget. Learn where to find valuable discounts, how to make the most of loyalty programs and special offers, and ways to take advantage of perks that are often overlooked. From favorite activities to everyday purchases, discover how small savings can add up while still enjoying the things you love most. With a few helpful tips and a fresh look at the benefits available, you may be surprised by just how much value is waiting to be unlocked.

Table Talk

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

Forks, flair, and a little finesse help a great gathering start long before the first bite! Join decorating enthusiasts Bethany Vickery and Tricia McGrath as they share creative ideas for designing beautiful place settings that fit any occasion and budget. From simple, low-cost arrangements that make everyday meals feel special to elegant tables dressed in fine china and formal touches, they'll demonstrate ways to elevate your table with confidence and style. Along the way, you'll pick up practical tips, clever tricks, and easy details that can make a big impact without adding stress. Whether you're hosting a casual brunch, a holiday feast, or a special celebration, you'll leave inspired to set a table that's as welcoming as it is memorable!

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
Monday
8:30 a.m. to 10:30 a.m.
FREE
Member exclusive
No pre-registration required

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!



Computer Technology Assistance

PEACHTREE CITY
Wednesday, September 16
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, September 29
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, September 1
10 a.m. to 4 p.m.
\$70 | 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.

Full Circle

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

Are you curious how good circulation can help your body feel better and heal faster? Dr. Josh Davis of First Step Physical Therapy explores the powerful role circulatory modalities play in reducing pain, easing inflammation, and supporting the body's natural healing process. Discover what these treatments are, how they work, and why healthy circulation is such an important part of recovery. You'll also see how simply improving blood flow can make a meaningful difference in comfort, mobility, and overall healing, offering a fresh perspective on an often-overlooked piece of the recovery puzzle.

Hearing Screenings

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

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

Relief In Reach

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

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

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Wednesday, September 9
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
Pre-registration required

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

The Colon Connection

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

Knowledge is one of the most powerful tools when it comes to protecting your health! Dr. Erin King-Mullins with Colorectal Wellness Center shines a light on the importance of colorectal health and helps you better understand how this vital part of your body plays a role in your overall wellness. Gain insight into why preventive care, regular screenings, and recognizing changes early can make a meaningful difference and can greatly impact your quality of life. Learn how to listen to what your body may be telling you and feel more confident when discussing your health with your care team. By increasing awareness and understanding, you can take an active role in making informed choices that support a healthier future!

Gotta Hand It To You: Massage Moments

FAYETTEVILLE
Thursday, September 10
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!

A Sound Bath

PEACHTREE CITY
Friday, September 11
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.

Pick Your Brain

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

Your brain works hard every day, so why not give it the care and attention it deserves? Dennis Kubiak, Community Educator and Advocate with the Alzheimer's Association and a former

caregiver, explores the fascinating world of brain health and the many factors that influence how our minds age. Learn how choices related to nutrition, movement, mental engagement, and social connection can help create a healthier environment for the brain to thrive. Explore current research and gain a deeper understanding of the role these areas play in supporting cognitive wellness throughout life. By learning more about how the brain works and what it needs, you can discover meaningful ways to support a sharper, healthier mind for years to come.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, September 16
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
Pre-registration required

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

Step-tember

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

Put a little extra pep in your step as you discover just how powerful a daily walk can be! Piedmont Wellness Center helps us walk into "Step"tember with a fresh look at the impact of walking and how those steps can add up to meaningful benefits for your overall health and energy. Take a closer look at where the 10,000-step goal came from and why it has become such a popular way to track movement. Explore easy, realistic ways to fit more steps into your day without overthinking your routine, and see how small changes can naturally build momentum. With a focus on keeping things simple and sustainable, discover a fun and encouraging way to rethink how movement fits into your everyday life! And as we step into the month,

we challenge you to take on your own "Step"tember challenge with meeting your step goal count each and every day this month!

The Healing Harmony

PEACHTREE CITY
Monday, September 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Music has a way of bringing people together, and sometimes it can do even more than that! Join Music Therapist Mike Dwyer for a fun and interactive introduction to music therapy as he explores what it is, how it works, and the many ways it can support your overall well-being. Enjoy a hands-on experience featuring a guitar, familiar songs, engaging discussion, and beginner-friendly instruments, with opportunities to sing and play along if you'd like. Mike will also share unique instruments from around the world, demonstrating how they're played and inviting everyone to experience them firsthand in a welcoming and relaxed setting.

The Journey To Joy

FAYETTEVILLE
Tuesday, September 22
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

The best years of life aren't behind us, they're the ones we continue to create ahead of us! Ebonie Jackson with Humana explores what it means to age with a sense of purpose, positivity, and joy while embracing the experiences that make each stage of life meaningful. Discover how everyday lifestyle choices and personal habits can support a healthier, happier way of living and help you stay connected to the things that matter most. With an uplifting perspective on aging, this program invites you to reflect on what brings fulfillment and how you can continue to grow in ways that inspire you. Celebrate the possibilities that come with each new chapter and the opportunity to make every year one worth enjoying.

Vein Screenings

FAYETTEVILLE
Thursday, September 24
9 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

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

The Food Factor

PEACHTREE CITY
Friday, September 25
1:30 p.m. to 2:30 p.m.

FREE
Members and non-members
Pre-registration required

Your plate may be holding more power than you think! Nutritionist Andrea Bauer with Smart and Simple Nutrition uncovers the surprising ways everyday foods can interact with the medications many of us take regularly. From healthy staples like leafy greens and morning coffee to unexpected culprits like grapefruit and calcium supplements, you'll learn why these common choices can matter more than you may realize. Explore how being more aware of your food choices can help you feel more confident about the choices you make for your health each day. With a few thoughtful changes and a closer look at the connection between your plate and your pill bottle, you'll discover a new way to view the role nutrition plays in your everyday wellness.

The Aroma Effect

FAYETTEVILLE
Monday, September 28

1:30 p.m. to 2:30 p.m.
\$5
Members and non-members
Pre-registration required

A little drop of nature can bring a world of wellness! Sharalene Roper, owner of Ignite Living, dives into the world of essential oils and the ways these natural plant-based extracts have been used to support wellness for centuries. Explore how different oils can be incorporated into everyday life and how aromatherapy may help create a sense of relaxation, focus, and overall balance. Learn more about the many ways essential oils can be enjoyed safely, from creating a peaceful space at home to adding mindful moments into your self-care routine. Embrace a fresh perspective on natural wellness and the simple ways these aromatic treasures can help support harmony between the mind and body. Learn the best methods to creating your own oils as you create some in class to take home!

Look What's Coming in October!

Peach State Mysteries

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

Go beyond the headlines as we explore some of Georgia's cold cases. Examine clues, challenges, and dedicated efforts to uncover the truth behind these unsolved mysteries.

The Inflammation Equation

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

Discover how simple nutrition and lifestyle changes can help reduce chronic inflammation and support long-term wellness. Learn how small changes can make a lasting difference.

A Harvest of Flavor

PEACHTREE CITY
Monday, October 5
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Celebrate the flavors of fall with seasonal produce, warm spices, and fresh harvest recipes featuring locally sourced ingredients and simple, comforting dishes for the season.

Navigating the Medicare Maze

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

Medicare doesn't have to feel overwhelming! Discover the basics and explore your options to help you make confident choices about your healthcare coverage going into Open Enrollment.

Registration will be available when the October newsletter comes out Monday, September 21st!

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

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HomeHelpersHomeCare.com

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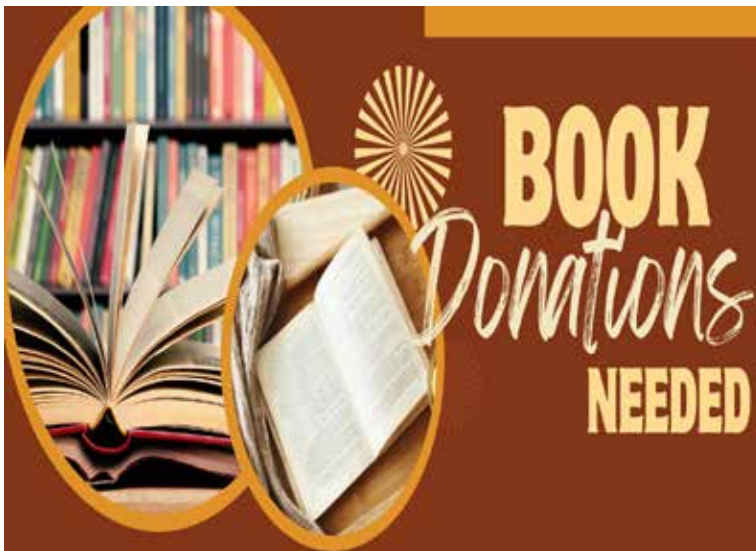
QTS is proud to be a part of the **Fayetteville Community**

We are committed to being good neighbors in the communities where we live and work.

- › We pay for 100% of the energy used by our facilities so that project costs are not shifted to local residents and businesses.
- › We build data centers that consume no water once operational.
- › We create good jobs in communities in which we operate.
- › We support local community projects that matter to you.
- › We lead with openness and transparency.



Learn more at Q.com/designed-to-be-different

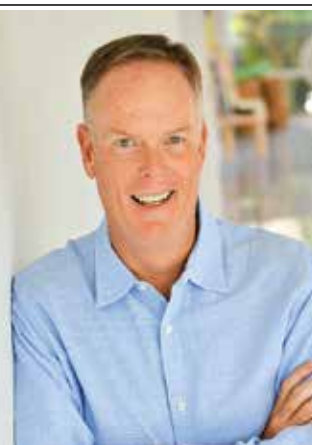


The Fayette Senior Services library is in need of new book donations! If you have books around your home that you are looking to declutter, please consider donating them to Fayette Senior Services. Our wonderful volunteer librarians will sort through them and use them to switch in and out for avid readers to choose from around the center!

Thank you!

Drop offs accepted at both locations

4 Center Drive | Fayetteville - 203 McIntosh Trail | Peachtree City



Mark Gray, Agent
66 Eastbrook Bend
Peachtree City, GA 30269
Bus: 770-487-8561
mark.gray.gz37@statefarm.com

I love this town.

Thanks, Fayette Senior Services.

I love being here to help in a community where people are making a difference every day. Thank you for all you do.





Fayetteville | 4 Center Drive

*Under
the*
**HARVEST
MOON**

FEATURING THE
SOUTHPAW BAND LIVE!

HAPPY FALL Y'ALL!

THURSDAY, OCTOBER 22
5 P.M. TO 8 P.M. | \$20

Event sponsored by:



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:

