

October 2026

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY

Harvest Happenings

Fall is in the air, and we are ready for a gourd time! Join us for live music and delicious food as we celebrate our fall into the season!

A Grave Affair

Take a walk on the historic side with a spirited tour through the Historic Fayette Cemetery. Uncover stories, legends and lives of Fayette's past.

Crisp Happens

Crisp and bursting with fall flavors, this fresh salad brings ingredients together in one delicious bite. A perfect, refreshing taste fit for the season!

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

October

featured

A First-Class Volunteer 10

When MOW needs help, Ed Ediger is always ready for takeoff. Meet a volunteer who's dedication makes a difference, one delivery at a time.

A Harvest Worth Sharing 11

Sweet grapes, tart apples, and garden-fresh greens come together for a simple, yet delicious seasonal salad that is a great addition to any fall table!

Falling Into Good Times 15

Celebrate the season with an evening including plenty of autumn cheer! Gather with friends and enjoy a festive night of good food and great music.

Tales From the Tombstones 15

Enjoy a spirited stroll through the tombstones and step into the stories of Fayette's past as we discover the secrets tucked among these grounds.

2026 HOLIDAY CLOSINGS

Thanksgiving.....	November 26, 2026
Thanksgiving.....	November 27, 2026
Holidays.....	December 21, 2026
Holidays	December 22, 2026
Holidays	December 23, 2026
Christmas	December 24, 2026
Christmas	December 25, 2026

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ABOUT US

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

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

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

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

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

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

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

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

Fayetteville Location:

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

Peachtree City Location

The Gathering Place:

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

Visit us at our website:

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Donnie Davis

DIRECTOR | Paige Cotchett

DIRECTOR | Lynn Black

DIRECTOR | Christy Dunkelberger

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

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

Meals On Wheels

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

AniMeals

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

STAR Program (Seniors Together After Retirement)

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

Transportation

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

In-Home Personal Care/ Homemaker Services

This service enables older adults to

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



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

Care Management

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

Medical Equipment Lending

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



Meet Our Staff!

ADMINISTRATION

Nancy Meaders
President & CEO

Dan Gibbs
Director of Operations

Morgan Lanier
Program Development
Coordinator

Deana Wright
PTC Center Coordinator

Marilyn Walker
Member Services PTC

Amber Oliver
Center & Volunteer
Coordinator

Cristie Pollard
Finance Officer

THE ULTIMATE CAFÉ

Michelle Clanton
Kitchen Manager

Pedro Cruz
Sous Chef

Arnold Powell
Café Assistant

Kristie Weaver
Café Assistant

Owen Daniel
Café Assistant

MEALS ON WHEELS

Stevie Coachman
Meals On Wheels
Coordinator

Jane Rode
MOW Delivery Driver

Judy Sieman
MOW Delivery Specialist

CARE MANAGEMENT

Kelly Rigsby
Care Manager

Angie Hotard
Care Administrator

TRANSPORTATION

Jeff Wix
Transportation Manager

Adrienne Bellantoni
Transportation Coordinator

Roger Grandt
Driver

Dennis Duke
Driver

Harold Gunnin Jr.
Driver

Cheryl Hembree
Driver

Terry Billingsley
Driver

Paula Byram
Driver

Laurie Brasher
Driver

Alan Simmons
Driver

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

Scott Ledford
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...

November 2026

Dinner Theater
Fayetteville | Thursday, November 12
5 p.m. to 8 p.m. | \$20

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

Local theater company Town Square Playhouse presents Murder on the Titanic. All aboard for a night of mystery, mayhem, and murder on the high seas! The Titanic has set sail on its maiden voyage, but the trip takes a deadly turn when Quartermaster Edmund Fitzgerald is found murdered—and suddenly, everyone is a suspect. Was it the captain? The unsinkable Molly Brown? Rose? Jack? Or perhaps Quartermaster Robert Hitchens has something to hide? Keep your eyes peeled, your suspicions high, and your alibis straight as the clues begin to surface and secrets start spilling overboard. With plenty of laughs, unexpected twists, and a killer dinner to enjoy along the way, it's up to you to crack the case before this voyage leaves everyone with a... sinking feeling! Join us for an unforgettable evening of interactive murder mystery dinner theatre, where YOU are part of the show.

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



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:

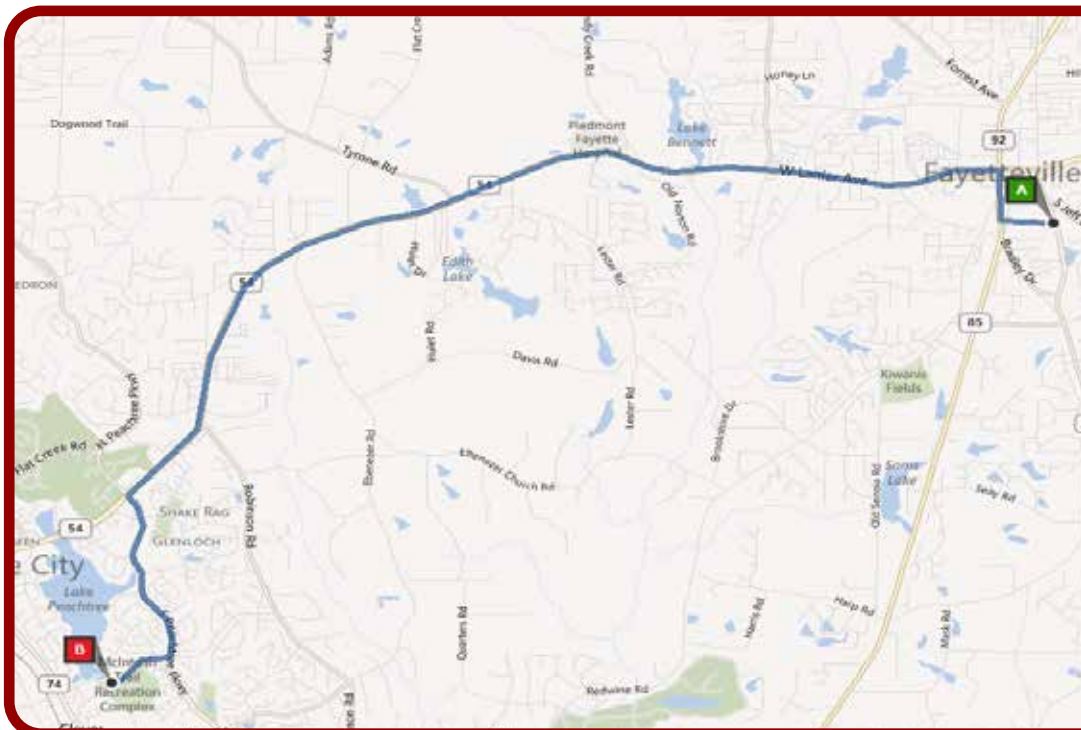
 **ABERDEEN**
Fine Properties

 **SENIOR
Helpers**

 **AZALEA ESTATES**
ASSISTED LIVING
RETIREMENT COMMUNITY

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



HELPING PEOPLE WITH ALZHEIMER'S THRIVE!

Discover the importance of calm, compassionate care! On the first Saturday of October, a group from the center gets together each year to walk, raise awareness, and raise money for the Alzheimer's Association. The money raised not only funds research, but also provides immeasurable emotional and physical support to caregivers. I can attest, firsthand, that caregivers need and deserve all the support they can get.

Caring for someone with Alzheimer's disease is a tough job. It demands much more than simply managing daily tasks, it requires understanding the person behind the diagnosis and remembering that this, too, is uncharted territory for them. Agitation, confusion, and frustration can all occur without warning if they feel overwhelmed, frightened, uncomfortable, or unable to communicate their needs. Arguing, correcting, rushing, or raising your voice only increases distress rather than resolving it.

Therefore, try to remain calm and respectful in your approach. I promise it will make a meaningful difference. Speak slowly, use simple questions, allow extra time for responses, and avoid unnecessary noise or distractions. In a perfect world, this works every time. But since we do not live in a perfect world, be prepared to step back and take a deep breath, offer reassurance, and try to understand the feelings behind your loved one's behavior rather than focusing only on the behavior itself when they become upset. Be empathetic and troubleshoot the situation. Make sure physical discomfort, such as hunger, thirst, pain, fatigue, or illness, is not the culprit.

When you help someone with Alzheimer's thrive, you help preserve their dignity, independence, and sense of purpose. You help them hold on to important pieces of themselves. They don't have to lose everything. Encouraging activities that reflect their interests and abilities - such as listening to music, gardening, creating art, walking, cooking, looking through photographs, or simply sharing memories - can foster dignity. Meaningful engagement provides comfort, connection, and opportunities for success.

Above all, remember that a person with Alzheimer's is still a whole person with feelings, preferences, history, and a need for love and respect. Patient, person-centered care can help create an environment where they feel safe, valued, and able to experience joy throughout their journey.

Please consider making a donation and/or joining our Team Silver Bullets this year as we WALK TO END ALZ. No contribution is too small. Donations can be made online at https://act.alz.org/site/TR?fr_id=19553&pg=personal&px=8353469 or in person via Miriam or the front desk.

Thank you for your continued support!

Fayette Senior Services & Town Square Playhouse PRESENTS

MURDER on the TITANIC

Dinner Theater

Thursday
November
20th

5:00p.m.
to
8:00p.m.

FSS
Fayetteville
4 Center Dr.

Tickets Only \$20

A night of mystery, mayhem, and murder awaits on the high seas!

PROLEVEL RECOVERY

AZALEA ESTATES
ASSISTED LIVING
RETIREMENT COMMUNITY

Mark Gray, Agent
770-487-8561
 State Farm

Dear Volunteer, You Make a Difference!

From Farm Fields to Front Doors

Written By: Amber Oliver



Our Meals on Wheels team is busy every day in the best way, delivering nutritious meals and friendly smiles across our community. With 16 daily routes to keep moving, it takes a dedicated team of volunteers to make sure every route is covered and every neighbor receives the meal they are counting on! When a route needs to be filled by a substitute driver, Ed Ediger is one volunteer we know we can count on to answer the call! Ed has a simple philosophy: if he can help, he will. Whether a route needs to be filled at the last minute or an extra set of hands is needed, he is always willing to help. His dependable spirit and genuine concern for others make him a wonderful example of what volunteering is all about. Every route completed represents a neighbor who doesn't have to wonder where their next meal will come from. It represents a friendly face at the door and a moment of human connection that can brighten someone's day every time!

Ed grew up in Hampton, Nebraska, in a farming family. His parents were hard workers, and like most farm kids, he learned early that when something needs to be done, you pitch in and get it done. He grew up alongside one brother and two sisters and attended Hampton Public Schools before heading to the University of Nebraska. His first job, outside of helping on the family farm, was working for an electrician. That early experience taught him another valuable lesson - there is always something useful you can do when you are willing to learn, work hard, and lend a hand. Those qualities have followed him throughout his life.

Ed met his wife, Chris, at First Baptist Church in Peachtree City and they were married in 2000. Ed has four children and four grandchildren, giving him plenty of reasons to stay busy and plenty of people to keep him young at heart! He embarked on a career in aviation and became a Delta pilot, a career that took him far beyond where he grew up among the Nebraska farm fields. After many years in the cockpit, he retired from Delta in 2024. But retirement didn't mean sitting still for long!

His connection to Meals on Wheels actually began during the COVID-19 pandemic. With flight schedules reduced and more time available, he decided to put that extra time to good use and began volunteering as a Meals on Wheels driver. When his flying career officially came to an end in 2024, he returned to volunteering and has continued to be one of those people the Meals on Wheels team can depend on. When he isn't delivering meals, he enjoys traveling, playing tennis, and reading. Apparently, retirement hasn't slowed down his travel plans. In August, he visited Iceland - proof that even when you have spent a career flying around the world, the adventure never truly ends.

What does Ed enjoy most about volunteering? It is actually quite simple. He recognizes the need and is glad to help when he can. There is no complicated motivation behind it. He sees an opportunity to make someone's day a little easier, and he is happy to be the person who shows up!

Because every great volunteer deserves a few bonus questions, we asked Ed: If you had your own late-night talk show, who would be your first guest? President George W. Bush - and we can only imagine the stories that conversation might produce! If you could listen to only one song for the rest of your life, what would it be? Whitney Houston singing *The Star-Spangled Banner* - that is certainly a bold choice with Whitney's version being hard to argue with as being one of the most impactful. It's a full body experience!

From farm to flight to front doors, we are grateful that when a route needs to be filled, Ed is there to show up, lend a hand, and make a difference. Thank you Ed for all you do for FSS and our community.



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

From Our Kitchen To Yours

Flame Grapes and Green Apple Salad

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



Photo via Joyful Healthy Eats

Ingredients

- 1 cup seedless grapes (flame/globe)
- 1 green apple, cut into wedges
- 1 big bunch of mixed lettuce leaves
- 2 tbsp mayonnaise
- 1 tbsp lemon juice
- 1/2 tsp of mixed fresh herbs (dill, parsley, thyme)
- Salt and freshly ground black pepper to taste

Directions

- Wash and dry the lettuce leaves
- Combine mayonnaise, lemon juice, and herbs in a small glass bottle. Shake well to combine dressing together
- You can substitute sour cream for mayonnaise if you'd like
- Add lettuce, dressing, apples and grapes together and season with salt and pepper.
- Serve immediately
- Note: Always add the dressing just before serving the salad. This will ensure the leaves are not limp and soggy but fresh and crunchy

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.



When classmates become friends, it's easy to celebrate milestones!



Dancing the night away at our annual Island Fever Luau event in PTC!

Rules, Regulations & Cancellation Policies

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

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

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

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

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

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



A few of our puzzle gurus spent 2 weeks putting this together!

Special Events



Under the Harvest Moon

FAYETTEVILLE
Thursday, October 22
5 p.m. to 8 p.m.
\$20

Members can purchase tickets at front desk
Pre-registration required

Happy fall, ya'll! We're ready to celebrate the season with a gourd time. As Anne of Green Gables said, "I'm glad I live in a world where there are Octobers!" and we couldn't agree more! With colorful leaves, crisp air, and sweater weather finally returning, autumn is giving us plenty to celebrate. Help us welcome fall with a fun celebration. Enjoy live music by the incredibly talented Southpaw Band, savor some warm fall cider and fill your bellies with a delicious dinner. Fall is in the air, and it's finally sweater weather. Put on your best fall outfit and come on out for a fun evening at Fayette Senior Services! This event is sponsored by Aberdeen Fine Properties, Senior Helpers, and Azalea Estates Senior Living.



Just Shred It Shredding Services

FAYETTEVILLE
Wednesday, October 28
9 a.m. to 10 a.m.
\$5

Members and non-members
Pre-registration required

Fayette Senior Services will host an on-site shredding event with a professional shredding truck from A1 Shredding to securely handle your document disposal needs. Bring your papers to be shredded and enjoy the convenience of taking care of this task at a familiar, trusted location. For privacy and security, FSS staff will not handle any documents; each participant will take their items directly to the shredding truck. The cost for this event is \$5 per person for up to 10 file-sized boxes, with an additional fee for quantities exceeding 10 boxes.



Photo by tracydekalb via flickr

Beyond the Grave Cemetery Walk

FAYETTEVILLE
Thursday, October 29
1:30 p.m. to 2:30 p.m.
FREE

Member exclusive
Pre-registration required

Awaken the spirits and take a walk on the historic side! Debi Riddle with the Fayette County Historical Society leads a hauntingly fascinating tour through the Historic Fayette Cemetery, where two centuries of local stories are laid to rest. Wander among the headstones as the lives and legacies of prominent community figures rise from the pages of Fayetteville's past. Along the way, discover the people whose influence helped shape our hometown into the community it is today. Meet at the Historic Fayette Cemetery (210 Stonewall Avenue West in Fayetteville) for a spirited stroll through history that's simply to die for! Comfortable walking shoes are encouraged.

Sunday							Monday							Tuesday							Wednesday						
September 2026							November 2026																				
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October Program Schedule

Needlework

Crochet: Ghost Witch

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

This cute little ghost witch is not so scary after all! Materials needed: White worsted weight yarn and color for hat – black as well as orange, purple, or colors of your choice; size G crochet hook; stitch marker. Nancy will provide eyes. Contact Nancy at icrochet2@bellsouth.net with questions.

Crochet: The Year of Stitches

FAYETTEVILLE
Monday, October 26
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, explore the bubble and popcorn stitches. Materials needed: Small amount of worsted weight yarn; size G or H crochet hook. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, October 7
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, October 14
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

FAYETTEVILLE
Wednesday, October 21
9 a.m. to 3 p.m.
\$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble
FAYETTEVILLE

Wednesday, October 28
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

Beyond the Flow: Acrylics

PEACHTREE CITY
Friday, October 16
9:30 a.m. to 12:30 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Karen DeFelix

Discover the beauty of acrylics! Briefly cover some of the basics of using fluid acrylics - pour, dirty pour, swipe, pull, and drip. During class, you'll expand into some more advanced methods beyond the basic pour by using hair dryers, spinners, tools and metallics to make creative and outstanding paintings. Practice some methods on small canvases and then choose your favorite to make a larger painting. Designed for beginners and advanced levels alike, no previous experience needed. See front desk for picture.

The Craft of Origami

FAYETTEVILLE
Friday, October 16
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.

Painting Workshop

FAYETTEVILLE
Tuesday, October 20
10 a.m. to 12 p.m.
\$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a vibrant set of red poppies that capture their delicate beauty and timeless charm.

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.

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!



Mobility & Motion Pilates

FAYETTEVILLE
Monday
9 a.m. to 9:50 a.m.
\$25 | Month
Instructor: Meagan Dawnavette

Build strength, improve balance and mobility, and move through everyday life with greater confidence! Combine accessible Pilates exercises with intentional stretching and functional movement. Modifications available to meet a range of fitness levels. Whether you're returning to Pilates or trying it for the first time, come ready to strengthen, stretch and move well. Please bring a mat with you to class.

Waves of Wellness Water Aerobics

PIEDMONT WELLNESS CENTER
Monday
11 a.m. to 11:45 a.m.
\$25 | Month
Instructor: Piedmont Wellness Center

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.
FREE
Instructor: Pam Tate

FAYETTEVILLE
Wednesday
11:15 a.m. to 12 p.m.
FREE
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.

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 body and enhance 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

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

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.

Strength In Motion

PEACHTREE CITY
Friday
12 p.m. to 12:45 p.m.
\$15 | Month
Instructor: Lori Clark

Strength is one of the best investments you can make for your health, helping support balance, bone health, mobility, and the confidence to stay active every day! Focus on muscle-conditioning exercises designed to improve strength, functional movement, and overall fitness. With modifications available throughout, it's suitable for all fitness levels and makes it easy to build strength at your own pace.

Walking Group: Fayetteville

FAYETTEVILLE
Wednesday
10:45 a.m. to 11:30 a.m.
FREE
No pre-registration required
Meet inside the FSS lobby to increase your success by walking with a partner(s). 150 minutes per week of cardiovascular activity promotes heart health and lowers the risk of many other ailments. Improve physical fitness with a dose of cardio. Self-led group.

Walking Group: Peachtree City

PEACHTREE CITY

Thursday

10 a.m.

FREE

No pre-registration required

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

Tai Chi Club

FAYETTEVILLE

Wednesday

2 p.m. to 4 p.m.

FREE

No pre-registration required

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



What's for Lunch?

PEACHTREE CITY

Thursday, October 1

11:30 a.m.

FREE

Member exclusive

Pre-registration required

Meet at a local restaurant for an afternoon with great friends! FSS will make reservations and everyone will meet there to enjoy (payment will be on your own). Must be registered to attend due to reservation numbers. This month, lunch will be at Barnstormer's Grill in Williamson.

Peach State Mysteries

FAYETTEVILLE

Thursday, October 1

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

FREE

Members and non-members

Pre-registration required

Some mysteries fade with time, but Georgia's cold cases have a way of keeping their secrets alive. History enthusiast Jim Scott explores the intriguing stories behind cases that

have lingered for years, revealing the questions, clues, and twists that continue to capture attention. With a historian's curiosity and a storyteller's eye, Scott brings the past into focus and considers why some mysteries remain unsolved long after the headlines disappear. Join Jim to take a compelling look at Georgia's enduring mysteries of cold cases in our home state and the secrets that still linger just beneath the surface of the past.

Home Is Where the Smart Is

PEACHTREE CITY

Thursday, October 1

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

FREE

Members and non-members

Pre-registration required

Your home may be smarter than you think, and it's ready to make life a little easier! Tech expert Samuel Tisdale explores how smart home devices can add convenience, comfort, and peace of mind to

everyday routines. Discover how voice assistants, video doorbells, automated lighting, and other helpful tools work without getting tangled up in technical jargon. He'll also share tips for choosing devices that fit your needs and using them safely and confidently. With the right technology working behind the scenes, managing your home can feel less complicated and a whole lot smarter!

Cornhole

PEACHTREE CITY

Friday, October 2

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

FREE

Member exclusive

Pre-registration required

PEACHTREE CITY

Friday, October 16

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

FREE

Member exclusive

Pre-registration required

Bring out your competitive side or join

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY

Thursday, October 8 | 1:15 p.m.

Arthur the King (2024) | PG-13

Starring: Mark Wahlberg, Simu Liu. An adventure racer forms an unlikely bond with a stray dog named Arthur during a grueling race across the Dominican Republic. Together they face extreme conditions and obstacles as the dog becomes a loyal companion who changes the racer's perspective on friendship, perseverance, and what it means to win.

PEACHTREE CITY

Thursday, October 29 | 1:15 p.m.

Edward Scissorhands (1990) | PG-13

FAYETTEVILLE

Friday, October 30 | 1:15 p.m.

Edward Scissorhands (1990) | PG-13

Starring: Johnny Depp, Winona Ryder. Edward Scissorhands leaves his isolated castle and enters a suburban world eager to embrace him, until his differences become impossible to ignore. What begins as a modern fairy tale gradually becomes a tale about loneliness and beauty.

Fayette Senior Services
Making Life Better™

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!

Clicks to Clarity

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

Get ready to click, search, and explore your way through the online world with confidence! The internet is a big place, but finding your way around it doesn't have to leave you lost in cyberspace. Tech enthusiast Eric Larsen breaks down the basics of navigating the web, from using browsers and search engines to finding what you need and better understanding the websites you visit. He'll also share helpful tips for recognizing trustworthy information and avoiding some of the common confusion that can pop up online. Designed with beginners in mind, this approachable guide will help make the internet feel less intimidating and a whole lot easier to explore.

Falling for Foliage

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

Give your outdoor spaces a fall makeover with plants that love the cooler weather just as much as we do! Beautiful garden displays don't have to fade when summer ends, and Kim Toal with the Extension Office shares how to decorate with plants that thrive in fall temperatures. Discover seasonal favorites that bring fresh color and texture to containers and garden beds while standing up to the changing weather. Kim will also share creative ways to pair fall plants with natural seasonal touches to create displays full of autumn charm. With the right plant choices and a little creativity, you can keep your garden looking festive and beautiful well into the fall season.

Introduction to Mahjong

PEACHTREE CITY
Tuesday, October 6, 13 & 27
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.

Garden Club

FAYETTEVILLE
Tuesday, October 6
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.

Volunteer Open House

FAYETTEVILLE
Tuesday, October 13
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!

Common Cents

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

Investing isn't only about growing your money, it's about helping it support the life you've worked hard to build! Brett Bexley with Edward Jones explains the foundations of investing and how a thoughtful strategy can help you make informed decisions for your finances. Learn what to consider when choosing quality investments and how diversification may help balance risk within your portfolio. Learn why a long-term perspective remains important through changing markets and how focusing on what you can control can bring greater confidence to the process. A better understanding of investing basics can help you feel more prepared to protect your progress and make your money work with purpose.

From Paper to Pixels

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

Give those treasured photos and important papers a new life! Tech enthusiast Kisha Meikle shows how the smartphone already in your hand can become a handy tool for turning photographs and documents into digital files. Learn simple techniques for capturing clear, quality images and organizing them so they're easier to save, find,

and share. Kisha will help take the guesswork out of the process, making digitizing feel approachable even if technology isn't your strong suit. From preserving favorite memories to keeping important paperwork at your fingertips, discover just how much your phone can help you hold onto without holding onto all the extra photos and paper.

A Daily Dose of Joy

PEACHTREE CITY

Friday, October 9

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

FREE

Members and non-members

Pre-registration required

Joy begins where emotional wellness takes root, turning ordinary moments into meaningful opportunities to thrive! It isn't something you stumble upon either, as it grows from the way you care for your mind, nurture your emotions, and choose to embrace life's everyday moments. Sophia Gethers, CEO and Life Coach with The Freedom Zone, shares insight into what emotional wellness is, why it matters, and how simple daily habits can help build resilience, protect your peace, and create more room for happiness. Explore healthy ways to navigate difficult emotions, discover the powerful role gratitude plays in shaping your outlook, and identify the people, places, and experiences that bring genuine everyday joy into your life. Create a personal "Joy List" and reflect on simple yet meaningful questions that encourage a fresh perspective and offer lasting inspiration for cultivating a healthier, more balanced, and joy-filled life.

Field to Fork

FAYETTEVILLE

Friday, October 9

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

FREE

Member and non-members

Pre-registration required

Fresh from the farm means a whole lot more when you know what goes into growing it! Mike Cunningham, owner of Country Garden Farms, digs into the world of local and organic farming and what sets these growing practices apart from large-scale commercial farming. Get a behind-the-scenes look at how food makes its way from the field to your table and why the way it's grown can make a difference. Mike will share helpful tips for spotting quality produce and choosing fruits

and vegetables at their peak freshness. You may even pick up a few tricks for helping your produce stay fresh longer, giving you a greater appreciation for every delicious bite that comes from the farm.

Rising to Meet the Challenge

PEACHTREE CITY

Monday, October 12

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 is guided by Marilyn Weigle.

And Sew It Begins

FAYETTEVILLE

Tuesday, October 13

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.

Living In the Age of AI

FAYETTEVILLE

Tuesday, October 13

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

FREE

Members and non-members

Pre-registration required

AI is changing the way we

live, work, and connect, and understanding it is the first step toward using it wisely! Stephanie Harris with Working Concepts, Inc. explains what artificial intelligence is, how it works, and why it is becoming such a common part of everyday life. Explore the helpful side of AI, from simplifying tasks and finding information to generating ideas and supporting creativity. Stephanie will also address important safety concerns, including how AI is making certain scams more convincing and difficult to recognize. Learn practical ways to evaluate AI-generated content, protect personal information, and spot signs that something may not be what it seems. Gain a balanced understanding of this powerful technology and discover how a little knowledge can help you enjoy its possibilities while navigating its risks with greater confidence.

A Taste of Havana

PEACHTREE CITY

Tuesday, October 13

2:30 p.m. to 3:30 p.m.

FREE

Members and non-members

Pre-registration required

With just one bite of Cuba, suddenly every meal has a story to tell! Executive Chef Luis Alas of So Cu Kitchen brings the vibrant flavors, rich traditions, and warm spirit of Cuban cuisine to life. Explore the people, history, music, and cultural influences that have shaped Cuba and its distinctive culinary heritage. From slow-simmered classics to the bold seasonings, signature spices, and family recipes passed down through generations, discover what gives Cuban food its unmistakable character while learning the time-honored cooking techniques behind these beloved dishes. Chef Luis will also prepare a simple demonstration of a traditional Cuban sofrito and offer tastings of Cuban favorites, including savory bites and sweet pastries. It's a delicious way to savor the heart of Cuba while celebrating the traditions that continue to bring people together around the table.

Dementia Caregiver Support Group

PEACHTREE CITY

Thursday, October 15

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.

CSI Fayette

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

The clues are waiting, and it's time to put on your detective hat! Sgt. Israel with the Fayetteville Police Department takes you behind the scenes of Crime Scene Investigation to reveal how evidence is collected, analyzed, and used to piece together a crime scene. Hear memorable stories from closed cases the team has worked and discover what it takes to turn the smallest detail into a major breakthrough. Learn about the different stages of a crime scene investigation, from processing the scene to collecting and examining evidence. You'll also explore how fingerprints and other evidence can help investigators uncover the truth. By the end, you may find that solving a mystery is all in the details, and that the evidence is right at your fingertips!

The Grape Escape

PEACHTREE CITY
Thursday, October 15
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 fall inspired wines fit for the changing of the seasons as you raise a glass to learn something new!

Click Bait

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

Think your computer can spot every scam before you do? Think again! Join the IT Team from Central Georgia Technology for a beginner-focused look at protecting your personal computer from today's online threats. Learn how to recognize suspicious emails using Zero Trust principles and the SLAM method, create strong, memorable passwords and securely store them with a free password manager, and prevent ransomware and other malicious software with built-in tools like Microsoft Defender. You'll also discover how to spot warning signs, recover from attacks by backing up your data to the cloud, and build simple, everyday habits that help keep your computer secure. Whether you're checking email, browsing the web, or managing personal information online, you'll leave with practical tips and greater confidence every time you log on.

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, October 19
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.

Beyond the Pitch: Inside US Soccer

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

Big-time soccer has officially kicked off right here in our very

own hometown of Fayetteville! Tom Norton, General Manager of the U.S. Soccer Center, joins us at FSS as he takes us behind the scenes of the Arthur M. Blank U.S. Soccer National Training Center, the new home of U.S. Soccer. Discover how the 200-acre campus and its 19 specialized fields will serve as the training home for all 27 U.S. National Teams, including the U.S. Men's National Team as it prepares for the World Cup. Beyond the fields, the facility also serves as U.S. Soccer's headquarters, bringing more than 400 employees together at the home of the beautiful game each day. Get an inside look at this remarkable addition to our community and see how Fayetteville scored one of the most exciting sports destinations in the country!

Introduction to Chess

FAYETTEVILLE
Tuesday, October 20
10 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

Randy Vincent introduces the timeless game of chess, where every piece has a purpose and each move opens the door to a new possibility. Learn how the pieces travel across the board, explore the basic rules, and begin building simple strategies for outsmarting your opponent. Designed especially for beginners, this class makes learning chess approachable and fun, no prior experience required. Once you've mastered the basics, keep the momentum going by joining our chess group, which meets every Tuesday (see page 12 for more info).

The Digital Bookshelf

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

Turn a page on the way you read. Your next great story may be just a tap away! Discover a whole new way of reading, where your entire library can fit right in the palm of your hand. Michelle Bennett-Copeland, Library Director with the Fayette County Public Library, explores the world of e-reading and the many digital materials available through the library. Discover how to check out

e-books and audiobooks, along with magazines and newspapers, using the library's online database. Learn how these convenient options work and how they can make reading more accessible wherever life takes you. With so much available at the touch of a button, your next great read may be only a click away! Bring your e-reader with you to class if you have one.

A Novel Idea Book Club

PEACHTREE CITY
Tuesday, October 20
1:45 p.m.
FREE
Member exclusive
No pre-registration required

October book: *Frankenstein* by Mary Shelley. November book: *The Correspondent* by Virginia Evans. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

The Art of War

PEACHTREE CITY
Wednesday, October 21
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Powerful images have the ability to shape opinions, inspire action, and leave a lasting mark on history, and that hasn't changed much over time. During World War II, propaganda posters became some of the most influential tools for rallying support, boosting morale, and communicating critical messages. Many of these same persuasive techniques still appear in today's advertising and political campaigns. Chris Madrid of the Commemorative Air Force Airbase Georgia takes a fascinating look at the artistry, psychology, and purpose behind these iconic posters while exploring their lasting influence on modern messaging. Discover how the visual language of the past continues to shape the way we think, feel, and respond to the world around us, offering a fresh perspective on the power of communication across generations.

P"age" Turners Book Club

FAYETTEVILLE
Thursday, October 22
1:30 p.m.
FREE
Member exclusive
No pre-registration required

October book: *The Women* by Kristen Hannah. November book: *Theo of Golden* by Allen Levi. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

The Gift of Gratitude

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

Gratitude has a way of turning ordinary moments into something worth celebrating! Chaplain Amanda King and Hospice Care Consultant Laurie Breckenridge with Compassus Palliative Care and Hospice explore how intentionally noticing the good can shift perspective and bring greater meaning to everyday life. Discover simple ways to practice gratitude throughout the day, even when life feels busy or challenging. Put those ideas into action through guided journaling, thoughtful prompts, and the creation of a personalized gratitude jar to enjoy at home or give as a heartfelt gift. As the saying goes, "Gratitude turns what we have into enough," offering a beautiful reminder that thankfulness can begin with the smallest moments.

Wine and Dine

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

Pour, sip, and discover the art of the perfect pairing! Virgil and Carolyn Fludd, owners of Revival Wines and Dessert Bar, will share the essentials of creating delicious harmony between food and wine. Explore how flavor, texture, acidity, sweetness, and aroma influence a pairing, and learn simple principles that take the guesswork out of choosing the right wine for your meal. Using familiar foods and approachable wines, they will highlight combinations that complement one another, and a few pairings that are best avoided. You'll leave with practical tips for selecting wine at dinner, planning a menu, entertaining guests, and confidently explaining

why certain pairings simply work. Whether you're a wine enthusiast or just beginning to explore, you'll gain a greater appreciation for the difference a thoughtfully paired plate and pour can make. Food and wine tastings are not included.

Sing It Loud, Sing It Proud: Karaoke

FAYETTEVILLE
Monday, October 26
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.

Branching Out

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

It's time to branch out and discover the trees hiding in plain sight! Taylor King, Environmental Education Coordinator with the Southern Conservation Trust, digs into the fascinating world of dendrology and why knowing the trees around us is so valuable. Learn to recognize different species by studying their leaves, bark, growing patterns, and other natural clues. Then, put your new knowledge to the test on a short, guided walk featuring an up-close sensory exploration of the trees along the way. Create leaf rubbings for a special "leave no trace herbarium" and gain a fresh appreciation for the remarkable trees rooted throughout our community.

Car Wash

PEACHTREE CITY
Thursday, October 29
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!

Once Upon A Boo

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

BOO! Don't let a little ghost story scare you away, because the Southern Crescent Storytellers are dying to share a few! Settle in for a spirited collection of eerie tales chosen especially for the season, each brought to life through the art of storytelling. You may find yourself laughing one moment and looking over your shoulder the next as the stories take a turn toward the mysterious and macabre. With plenty of suspense and a few chilling surprises, there's no telling what may be lurking around the next twist. Come for the stories, stay for the goosebumps, and enjoy a hauntingly good time that may follow you all the way home!

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!



Technology

Computer Technology Assistance

PEACHTREE CITY
Wednesday, October 21
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, October 27
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

The Inflammation Equation

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

A little inflammation can be a hero, but too much can quietly and quickly become a troublemaker. While inflammation is your body's natural way of protecting and healing itself, chronic inflammation can linger beneath the surface and play a role in many common health concerns. Dr. Teresa Roberson with My Nutrition Source explores the difference between helpful and harmful inflammation while sharing ways to help keep it in balance through everyday choices. Discover how simple changes in nutrition, lifestyle habits, and targeted supplements may help support your body's natural defenses and promote long-term wellness. Learn what's really happening inside your body and how the little choices you make each day can have a lasting impact, helping create a healthier foundation for years to come.

A Harvest of Flavor

PEACHTREE CITY
Monday, October 5
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Fall is served, and boy does it smell amazing! Fall's freshest flavors are ready to take center stage with seasonal produce, warm spices, and recipes that celebrate the best of the harvest. Explore creative ways to cook with fall fresh ingredients while discovering simple, comforting dishes that bring the taste of the season to your table. Erin Guy with Georgia Farm Bureau joins us as she shares how to make the most of fall vegetables through practical cooking tips and recipe inspirations. Enjoy a delicious harvest soup demonstration and tasting as well! With new ideas and seasonal inspiration, you'll be ready to embrace the flavors of fall right in your own kitchen.

Massage

FAYETTEVILLE
Tuesday, October 6
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.

Navigating the Medicare Maze

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

Navigating Medicare can feel like a maze, but Starr Slade, a GeorgiaCares Certified Medicare Counselor, is here to guide you through it with ease! Discover the basics of Medicare, including Part A (hospital insurance), Part B (medical insurance), Part C (Advantage plans), Part D (prescription drug coverage), and Medigap (supplemental insurance). Starr will walk you through the key factors to consider when choosing the right Medicare plan to fit your needs and provide expert tips to help you prepare for the upcoming Medicare Open Enrollment period. If you're new to Medicare or looking to review your options, you'll walk away with the knowledge you need to make informed decisions about your healthcare coverage.

The Immunity Boost

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

Give your immune system the backup it deserves! Dr. Josh Davis with First Step Physical Therapy explores how everyday habits can help strengthen your body's natural defenses and support better overall health. Discover the surprising power of breathing techniques and quality sleep, along with manageable adjustments to your diet and activity routine that can make a meaningful difference. A few simple changes today can help you feel stronger, healthier, and more resilient for whatever comes your way.

Good Things Come to Those Who Age

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

Forget about turning back the clock, it may be time to start celebrating what each year adds instead! Amy O'Rourke challenges the idea that aging is something to cure, reverse, or fight against and takes a refreshing look at the benefits that come with getting older. Explore common myths and mindsets around anti-aging while discovering what research really tells us about living healthier for longer. With so many products and promises claiming to hold the secret to staying young, Amy brings the focus back to what truly makes a difference. And what is the #1 best way to support a long, healthy life? You'll have to show up to find out as we embrace a more positive and empowering way to think about the years ahead!

Plant Yourself In Good Health

PEACHTREE CITY
Monday, October 12
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Plant the seeds for better health, one delicious bite at a time! Arisahi Crane, Dietitian with Fruition Nutrition, explores how plant-based eating can support energy, vitality, and overall wellness. Discover the valuable nutrients found in plant-based foods and the role they can play in maintaining energy and helping your body feel its best. Learn realistic ways to include more of these foods in everyday meals without giving up everything you already know and love. With simple changes and a flexible approach, eating more plants can become an enjoyable and satisfying part of caring for your health.

The Healing Harmony

FAYETTEVILLE
Monday, October 12
1:30 p.m. to 2:30 p.m.
\$5
Member exclusive

Pre-registration required

Experience the power of music in a whole new way! Music Therapist Mike Dwyer leads an interactive music therapy session designed to use music as a tool for connection, engagement, and overall well-being. Take part in familiar songs, guided conversation, and hands-on activities using beginner-friendly instruments, with plenty of opportunity to participate at your own comfort level. This session gives you the chance to experience music therapy benefits firsthand as Mike guides the group through music-based activities to help provide calm, comfort, and relaxation. Come enjoy the rhythm, connection, and fun that can unfold when music becomes more than something we simply listen to!

Hear, Hear!

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

Hearing health deserves to be heard loud and clear! Angela Williamson, Outreach Educator with CapTel, explores what hearing loss and aging really look like and why changes in hearing can affect far more than everyday conversations. Learn about the connections between hearing health, memory, balance, social connection, and cognitive wellness. Angela will clear up common misconceptions about hearing aids while sharing realistic expectations and helpful technology available today. Gain insight into programs and resources that may help with costs, along with practical ways to protect your hearing health and remain connected, confident, and engaged. Tune in to better hearing health and discover why a little sound advice can make a big difference in everyday life!

The Heart of the Matter

PEACHTREE CITY
Wednesday, October 14
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

It's time to put a little heart into staying steady, strong, and confident on your feet. Shari Douglas with

Southern Grace Hospice explores the important connection between cardiovascular wellness, healthy blood flow, and balance. Learn how the heart's ability to circulate blood throughout the body can influence stability, movement, and the way you feel each day. Shari will share practical ways to support heart health and recognize changes that may deserve a closer look. As the leaves begin to fall, discover how caring for your cardiovascular health can help keep you from doing the same.

Eyeglass Repairs and Adjustments

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

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

Brain Bites

PEACHTREE CITY
Friday, October 16
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

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

A Sound Bath

PEACHTREE CITY
Monday, October 19
2:30 p.m. to 3:30 p.m.
FREE
Member exclusive

Pre-registration required

Relaxation can be a key component to the healing process no matter if it is physical, mental or emotional. Lei 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.

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Wednesday, October 21
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.

Rest Assured

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

Rest days aren't lazy days, they're part of the workout. And it surely isn't taking a step backwards, it's about helping you keep moving forward! Piedmont Wellness Center explores how giving your body time to recover can support energy, mobility, and the ability to stay active in everyday life. Learn why quality sleep, proper hydration, and well-timed recovery days are just as important as regular movement and exercise in helping the body feel and function its best. Discover how listening to your body can help prevent aches and overuse injuries while making activities such as walking, fitness classes, and favorite hobbies more enjoyable. Let

go of the guilt around slowing down and see recovery for what it truly is.

The Nature of Wellness

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

Nature called...and it has a refreshingly simple plan for feeling your best! Natural Health Coach Cynthia Terrell with Wholistic Strength shares how returning to the basics can support greater energy, strength, and overall well-being without extreme routines or a medicine cabinet overflowing with supplements. Explore how wholesome foods, restorative rest, enjoyable movement, and time outdoors can help your body feel more balanced and capable. Cynthia will also introduce approachable mind-body practices that can bring more calm and clarity into everyday life. Skip the complicated gadgets and rediscover the powerful wellness tools nature has provided all along, inspiring small changes that can help you feel more vibrant and fully alive.

Balance It Out: Balance Assessments

PEACHTREE CITY
Monday, October 26
1 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

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

The Clean Plate Club

PEACHTREE CITY
Tuesday, October 27
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Give your plate a fresh start and let clean foods do more of the heavy lifting! Avril James, Coordinator with Piedmont Women's Heart Program, breaks down what "clean eating" really means and how it can fit into everyday life. Explore the differences among vegan, vegetarian, organic, sustainable, and whole-food approaches so you can better understand the many options on the menu. Learn how minimally processed foods and more plant-based choices may support cardiovascular health while still allowing room for flexibility and personal preference. With the labels finally making more sense, you can create an eating style that feels wholesome, manageable, and right for you.

Gotta Hand It To You: Massage Moments

PEACHTREE CITY
Wednesday, October 28
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!

The Medicare Update

PEACHTREE CITY
Wednesday, October 28
2:30 p.m. to 3:30 p.m.
FREE

Members and non-members
Pre-registration required

Medicare is always changing, and staying up to date can make a big difference when it comes to your healthcare and your wallet, no matter if you're new or seasoned in Medicare benefits! Starr Slade, a GeorgiaCares Certified Medicare Counselor, breaks down the latest Medicare updates and what they could mean for you. Get the inside scoop on changes to Medicare costs, coverage, Advantage plans, and prescription drug benefits, along with important enrollment information to keep on your radar as Open Enrollment begins. Starr will also highlight savings programs and helpful Georgia resources that may make navigating Medicare a little easier. Stay informed about what's new so you can better understand your coverage, anticipate potential costs, and feel more prepared when making Medicare decisions for the year ahead.

Look What's Coming in November!

Protect Your Pockets

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

Spot the red flags before they become real trouble! Discover the warning signs as you uncover steps you can take to protect yourself and stay one step ahead of financial fraud.

La Dolce Vita

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

Discover the heart of Italy through its delicious foods, vibrant traditions, fascinating facts, and captivating stories. Discuss what makes Italian culture so rich, lively, and unforgettable!

The Onion Patch

PEACHTREE CITY
Wednesday, November 4
2:30 p.m. to 3:30 p.m. | FREE
Pre-registration required

From planting to harvest, discover the secrets to growing healthy, flavorful onions right in your own garden. Learn the best ways to enjoy homegrown onions long after the growing season ends.

The Light of Diwali

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

Step into the vibrant world of Diwali, the Festival of Lights, filled with glowing traditions, joyful celebrations, delicious foods, and fascinating stories. Discover what makes this beloved holiday so special!

Registration will be available when the November newsletter comes out Tuesday, October 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.

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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



EVERY MILE MATTERS.

**DRIVING CONNECTION.
DELIVERING HOPE.**

The Rotary Club of Peachtree City is proud to donate **\$12,000** to Fayette Senior Services in support of their "Every Mile Matters" campaign.

This vital program provides **reliable transportation** for senior citizens to get to medical appointments and essential services—helping them live well, age well, and stay connected to what matters most.



FAYETTE SENIOR SERVICES
Life Enrichment Center
A Ministry of FAYSS
Monday - Friday | 2:30 a.m. to 4 p.m.
4 Center Drive



TRANSPORTATION
TO APPOINTMENTS
AND ESSENTIAL
SERVICES



SUPPORTING
INDEPENDENCE
AND QUALITY
OF LIFE



BUILDING A
STRONGER,
MORE CONNECTED
COMMUNITY

Thank you, Fayette Senior Services,
for the incredible difference you make
in the lives of seniors every day.

TOGETHER, WE MAKE A DIFFERENCE.

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Come See Why So Many Are Calling Azalea Estates Home

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CALL TODAY TO SCHEDULE LUNCH AND A TOUR
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Phone: 770.461.0039

2026 PROJECT ∞ LOVE

**It's More than a Simple Meal.
Together We Can End Senior Hunger.**



**Help us reach our goal of raising \$50,000 to
help support Meals On Wheels in 2027!**

Make a difference in the life of a senior this year
by giving a gift that may be outside the box!

For a donation as little as \$5, you can provide one holiday or weekend meal to a Meals On Wheels recipient. Spread the cheer by making a generous contribution. For more information or to make a donation, please visit the front desk at either location or call 770-461-0813.

The Project Love campaign provides additional funding to deliver holiday, weekend, and doctor prescribed meals that FSS' annual MOW funding does not cover. Together, we can end senior hunger!



**Scan QR Code for
online donation**

Fayette Senior Services
Making Life Better™