December 2026

ENRICHMENT

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

FAYETTEVILLE | PEACHTREE CITY



Mingle & Jingle

The most wonderful time of year is made even better when we celebrate together! Get ready for holiday cheer, festive fun, and merry memories.

O' Christmas Tree

There's something magical about a Christmas tree and the traditions surrounding them. Experience the magic with a tour of Minter's Tree Farm.

Holiday Cravings

A little savory, a little smoky, and a whole lot of delicious! This festive salmon appetizer is sure to be the catch of the day at your gathering!

Live Well. Age Well.

A Night at the Speakeasy

Thursday, January 21st

Fayetteville
4:30 p.m. to 6:30 p.m.
Tickets | $20

Join us for a wonderful and exciting evening full of delicious Speakeasy inspired hors d'oeuvres and spirits! Help us uncork the wine bottles for an exciting social event as we swirl, sip and snack the evening away. Enjoy live Jazz music by SAE Entertainment at the FSS Speakeasy!

Event Sponsored By

Fayette Senior Services
Making Life Better

Simply Awesome
SimplyAwesomeEntertainment.com

December

featured

A "STAR" That Shines 10
Meet STARs volunteer Betty Wilson, whose warm smile, adventurous spirit, and love for connecting with others make her a shining part of our FSS family.

The Catch of the Party 11
Reel in the compliments at your next gathering with this delicious appetizer that is sure to make a splash! This savory smoked salmon log will be a favorite.

The Claus for Celebration 15
Come on over as we mingle, jingle, and celebrate the season with our FSS family! Enjoy plenty of Christmas cheer through games and karoke.

Where Christmas Grows 15
Get into the holiday spirit with a festive behind-the-scenes tour of Minter's Farm Christmas trees! Discover how to choose and care for the perfect tree.

2026/2027 HOLIDAY CLOSINGS

Holidays	**December 21, 2026**
Holidays	**December 22, 2026**
Holidays	**December 23, 2026**
Christmas	**December 24, 2026**
Christmas	**December 25, 2026**
New Years Day	January 1, 2027
MLK, Jr. Day	January 18, 2027

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Fayette Senior Services

Making Life Better™

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 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.



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.

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

Adrianne 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

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

Chris Conner
Driver

Fayette Senior Services
Making Life Better™

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...

January 2027

A Night At the Speakeasy
Fayetteville | Thursday, January 21
4:30 p.m. to 6:30 p.m. | $20
*Clink your glasses together for a cheers worthy event! Join us at FSS' very own speakeasy event, complete with the perfect blend of great company, delicious hors d'oeuvres and live jazz by SAE Entertainment. *Tickets go on sale Friday, November 20th.*

February 2027

The Laugh Track Comedy Night
Fayetteville | Thursday, February 18
5 p.m. to 7 p.m. | $20
*A night of laughter awaits as a hilarious comedian brings his talents live to us at FSS! Enjoy a delicious dinner before relishing some family-friendly humor for a light-hearted evening full of fun. *Tickets go on sale Monday, December 14th.*

March 2027

St. Patrick's Day Celebration
Peachtree City | Wednesday, March 17
5 p.m. to 8 p.m. | $20
*Top of the morning to ya! Share some Irish Luck at this St. Patrick's Day event that will leave all who don't attend green with envy. Enjoy live music and a traditional Irish dinner. *Tickets go on sale Wednesday, January 20th.*

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

Thank you to our Dinner Theater sponsors

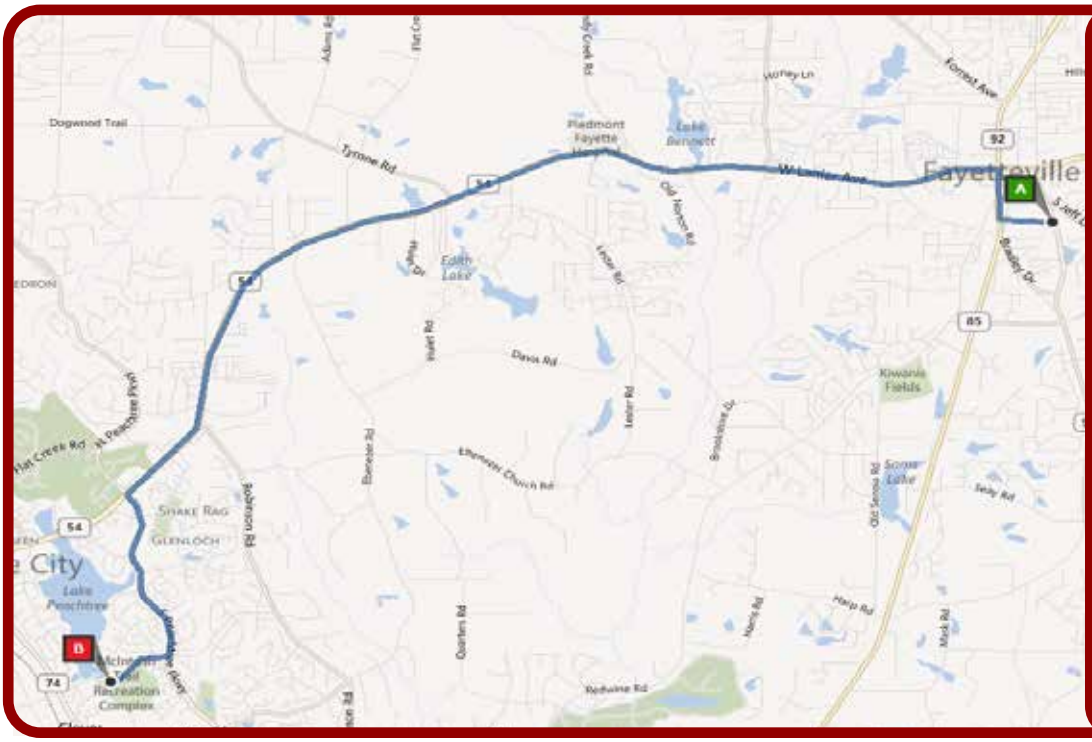
AZALEA ESTATES
ASSISTED LIVING AND RETIREMENT COMMUNITY

PROLEVEL RECOVERY

Mark Gray, Agent
770-487-8561
StateFarm™

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

Miriam's Fitness Corner

RESIST THE SEASON: DON'T OVERINDULGE

For many, this season is a time for family gatherings, delicious food, and creating lasting memories! However, with convivial feasts, indulgent treats, and busy schedules, it can also become a challenging time to maintain healthy habits. The good news is that enjoying the season does not have to mean setting your fitness goals aside.

One of the keys to staying healthy is practicing portion control. You can enjoy your favorite seasonal dishes without overindulging. Be mindful of serving sizes, eat slowly, and listen to your body's hunger and fullness signals. Try filling half your plate with veggies, adding lean protein, and enjoying smaller portions of your favorite tasty treats.

Avoid overeating by not skipping meals in anticipation of an extravagant dinner. Arriving at the table overly hungry often leads to eating more than your body needs. Instead, maintain regular eating habits, stay hydrated, and give yourself permission to enjoy special foods in moderation.

Equally as important is maintaining regular physical activity. Even with a packed calendar, make time for movement. Take a brisk walk after meals, enjoy outdoor activities with family, attend your regular fitness classes, or complete a quick home workout. Aim for at least 150 minutes of moderate-intensity physical activity each week. Remember, life year round is about balance, not perfection. Enjoy the moments, make mindful choices, stay active, and prioritize your well-being. A few healthy habits can help you enter each new year feeling energized, confident, and ready to keep moving toward your fitness goals!



Dear Volunteer, You Make a Difference!

Helping the World Smile, One "STAR" At A Time

Written By: Amber Oliver



Meet Betty Wilson, one of our fabulous STARs volunteers who proves that retirement is anything but boring! Through our STARs (Seniors Together After Retirement) program at Fayette Senior Services, seniors come together to enjoy friendships, fun activities, health and wellness classes, and nutritious meals at our Ultimate Café. And volunteers like Betty help make it all happen!

Betty grew up in a simpler time when there were no cell phones or computers, just good old-fashioned family fun! With four sisters, one brother, cousins, and grandparents, there was always someone around to make memories with. Her mother was a nurse, and her father served in the Navy. After completing her early elementary years in Tennessee, she attended high school in Douglas County but she has called Fayette County home for the past 35 years.

Her first job was under the Golden Arches, serving at McDonalds. But at just 19 years old, she found her calling in dentistry! And talk about dedication, she spent 45 years in dentistry, including 38 years with the same practice. That's a whole lot of smiles!

Today, she's a proud mom of two sons and a grandmother to four grandchildren. When she's not spending time with family, you'll find plenty of adventure on her list. She enjoys water sports, hiking, traveling to beaches and mountains with waterfalls, and—wait for it—flying a small plane! Is there anything she can't do?

After retirement, she started coming to FSS for exercise classes. Somewhere along the way, she discovered that FSS was more than a place to work out, it was a place to build friendships, get involved, and give back. Two years later, she's still going strong as a STARs volunteer! Her favorite part of volunteering? Meeting people, building connections, and knowing she's making a difference. As she puts it, “Becoming a volunteer at FSS has opened new doors for me. I have met good people who have become special friends.” And we think that's what STARs is all about! Come for the activities, stay for the friendships!

We asked Betty a few just-for-fun questions, and her answers did not disappoint!

- Stranded on a desert island, what would you want? A toothbrush, of course! After 45 years in dentistry, that's a must. And a telephone so she can call for rescue and get back to volunteering with her STARs friends.
- What's your karaoke song? “*Unstoppable*” by Sia. We can already picture her taking over the microphone!
- Who would be your first guest if you had a late-night talk show? Dolly Parton! I can’t help but think that both Dolly and Betty, with all her time spent in dentistry, have the same advice “Smile, it increases your face value.”
- What song could you sing for the rest of your life? “*Let It Be*” by The Beatles.
- What's something people may not know about you? “I sing and dance at home!” We love that and now we're wondering if we can talk her into a STARs dance party!

From caring for smiles in the dental office to sharing smiles with our STARs participants, Betty has spent a lifetime connecting with people. We're so happy that retirement brought her through our doors and that she chose to share her time, energy, and wonderful personality with us.

Thank you Betty for being a "STAR" volunteer, making new friends, and reminding us that retirement is a great time to try something new, give back, and have a little fun along the way!

PLG
Peachtree Law Group
Est. 1984

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

From Our Kitchen To Yours

Smoked Salmon Party Log

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



Photo via Norine's Nest

Ingredients

- 1 can Pink Salmon (16 oz)
- 1 package cream cheese, softened (8 oz)
- 1 tbsp lemon juice
- 2 tsp grated onion
- 1 tsp prepared horseradish
- 1/4 tsp salt
- 1/4 tsp liquid smoke
- 1 cup chopped pecans
- 3-4 tbsp snipped parsley

Directions

- Drain the salmon and remove skin and bones. Flake it into a medium sized bowl.
- Add the cream cheese, lemon juice, grated onion, horseradish, salt, and liquid smoke.
- Mix well until combined. Cover and chill for 3 hrs.
- Combine the nuts and parsley on a large sheet of parchment paper.
- Divide the salmon mixture into halves or thirds and shape into logs (about 6-7 inches long). Roll each log in the nut/parsley mixture. Pat the ends in the nut mixture as well.
- Wrap in wax paper, twist ends, and wrap each wrapped log in foil and twist ends. Store in fridge until ready to serve. Serve with crackers.

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

Beginner/Intermediate American Mahjong:
Does not meet 3rd Tuesday of each month
11 a.m .to 3 p.m.
If you have a mahjong set, bring it to share! Please bring an official 2026 mahjong card from the National Mahjong League with you.

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
10 a.m. to 2 p.m.
Social Duplicate Bridge:
Does not meet 2nd Wednesday of each month
10 a.m. to 3 p.m.

Turn the Pages!

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

Beginner/Intermediate American Mahjong:
11 a.m .to 3 p.m.
If you have a mahjong set, bring it to share! Please bring an official 2026 mahjong card from the National Mahjong League with you.

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.
Canasta:
1 p.m. to 4 p.m.
Game Day:
1 p.m. to 4 p.m.



Members showing off our new Wellness Sponsor, Piedmont Fayette


All of our line dance classes came together for a day of dancing

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.



Southern Conservation Trust came to teach us about dendrology



Members enjoying a night at Under the Harvest Moon event

Special Events



Where Christmas Grows: Christmas Tree Tour

MINTER'S FARM
Thursday, December 3
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Oh, Christmas tree, oh, Christmas tree...turns out there's more to your holiday centerpiece than meets the eye! It's time to get in the Christmas spirit! Bundle up, lace up your comfy shoes, and join us at Minter's Farm (283 Hills Bridge Road, Fayetteville, GA 30215) for a tour of the Christmas tree farm. Join the Minters as they take us behind the scenes to discover what makes a fresh-cut Christmas tree so special. Learn how to choose the perfect tree, keep it looking merry and bright, and ways to keep it fresh throughout the holiday season. You'll leave with a newfound appreciation for the journey from farm to living room and plenty of inspiration to make your Christmas tree the star of your holiday celebrations!



Rocking Around the Christmas Tree: Christmas Party

FAYETTEVILLE
Tuesday, December 15
2 p.m. to 3:30 p.m.
FREE
Member exclusive
Pre-registration required

It's that time of year again—a time to enjoy the holidays with family, friends, and our FSS family! What better way to celebrate than with a Christmas party full of festive fun? Pull out your tackiest Christmas sweater and warm up those vocal chords for some holiday-themed karaoke as you get ready to sing your heart out—fa la la la la! Our kitchen crew will have festive holiday snacks ready to enjoy while Christmas music fills the air and holiday cheer surrounds us. Think your sweater has what it takes to steal the show? Prizes will be awarded for the best tacky Christmas sweaters, so bring your holiday spirit and get ready for a merry good time!



Dashing Through the Snow: Christmas Party

PEACHTREE CITY
Friday, December 18
1:30 p.m. to 3 p.m.
FREE
Member exclusive
Pre-registration required

'Tis the season for holiday cheer, hilarious gag gifts, and a little friendly stealing! Join your FSS family for a Christmas extravaganza filled with festive fun and plenty of laughs. Enjoy delicious holiday snacks, Christmas music, and a White Elephant gift exchange that's sure to bring out everyone's sneaky side. Bring a gag gift valued at $10 or less and get ready for a hilarious game of swaps, steals, and unexpected surprises! You never know what gift you'll end up with, so come ready to laugh, have some fun, and celebrate the holiday season with your FSS family!

Fayette Senior Services
Making Life Better™

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December Program Schedule

Needlework

Crochet: Jingle Bell Door Hanger

FAYETTEVILLE
Monday, December 14
10 a.m. to 12 p.m.
$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Hang these bells on your door to let you know when company… or Santa…is coming! Materials needed: Worsted weight (#4) yarn in Christmas colors; size H or I crochet hook. Nancy will provide bells. Contact icrochet2@bellsouth.net with questions.

Crochet: The Year of Stitches

FAYETTEVILLE
Monday, December 28
10 a.m. to 12 p.m.
$5 | Materials not included
Pre-registration required
Instructor: Nancy Crow

Explore various crochet stitches throughout the year. This month, we will finish up our year of stitches with a Tunisian stitch that is one not used very often. It requires a special hook which Nancy will provide! Materials needed: Your usual worsted weight yarn to make a small swatch. Contact Nancy at icrochet2@bellsouth.net with questions.

Quilting Day: UFO

FAYETTEVILLE
Wednesday, December 2
9 a.m. to 3 p.m.
$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

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

FAYETTEVILLE
Wednesday, December 16
9 a.m. to 3 p.m.
$15 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

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

Creative Pursuits

Painting Workshop

FAYETTEVILLE
Tuesday, December 15
10 a.m. to 12 p.m.
$40 | Includes materials
Pre-registration required
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint a winter cardinal perched on a snow-covered branch surrounded by falling snow.

Sea Glass Holiday Glow

PEACHTREE CITY
Tuesday, December 15
10 a.m. to 12 p.m.
$60
Member exclusive
Pre-registration required

If you've been dreaming of a holiday decoration that's as beautiful and completely unique as your personal style, this is exactly what you've been waiting for! Join Amanda Cole with AR Workshop for a hands-on experience that blends creativity, coastal charm, and holiday magic. In this workshop, you'll design your very own Plank Sea Glass Christmas Tree - a glowing, one-of-a-kind winter decoration made with real sea glass and set on rustic wood. Add twinkle lights to make your piece shimmer with warmth and cheer. Whether you display it on your mantel or gift it to someone special, this timeless creation will be cherished year after year. No two trees are alike, each one tells its own story. This timeless piece will be your favorite winter decoration for years to come - one worth passing down to stay in the family for generations to come! Craft a keepsake that's beautiful, meaningful, and made to last. Picture available at the front desk.

The Craft of Origami

FAYETTEVILLE
Friday, December 18
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. This month, we will be creating tiny origami gift boxes.

Dance

Belly Dancing

FAYETTEVILLE
Will resume in January
3 p.m. to 3:45 p.m.
$25 | Month
Instructor: Dawn Morrison

Tone your body while 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 in this fun alternative to a 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 Line Dance

FAYETTEVILLE
Thursday
1:45 p.m. to 2:45 p.m.
$20 | Month
Instructor: Sunshine Osborne

Build skills and boost confidence on the dance floor! This beginner class is designed for those with some line dance experience who are ready to strengthen their knowledge of the basic steps while learning new moves. Dance your way to sunshine and blue skies with plenty of feel-good dancing vibes!

Beginner I Line Dance

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

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

Beginner II Line Dance

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

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

Improver Plus Line Dance

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

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

Intermediate Line Dance

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

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

Advanced Beginner Line Dance

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

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

Free Moves Line Dance

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

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



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. This exciting, low-impact workout is for all ages and helps improve coordination and motor skills, boost your mood, and enhance overall health.

Fit For Life

FAYETTEVILLE
Monday
10:30 a.m. to 11:20 a.m.
$15 | Month
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 or 1 day a week (either Tuesday OR Thursday). Chair yoga is a gentle yoga practice in which poses are performed in a chair or aided by a chair while standing on a mat. This class will build strength, balance, and flexibility, while incorporating breathing exercises and meditation to calm the body and mind and increase awareness.

Yoga: Fayetteville

FAYETTEVILLE
Friday
8:45 a.m. to 9:45 a.m.
$20 | Month
Instructor: T. Michael

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

Dance and Tone

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

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

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

Cardio, Core & More

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

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

Power Aerobics

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

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

Intermediate I Aerobics

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

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

Intermediate II Aerobics

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

This total body workout will leave

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

Stretch for Movement

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

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

Seated Stretch for Movement

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

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

Strength In Motion

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

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.

Tai Chi Club

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

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

Special Interest

Introduction to Mahjong

PEACHTREE CITY
Tuesday, December 1, 8 & 15
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.

The Center Box Office

Member exclusive | Pre-registration required

PEACHTREE CITY
Thursday, December 10 | 1:15 p.m.
The Man with the Bag (2026) | PG

Starring: Arnold Schwarzenegger, Alan Ritchson. Get ready for some holiday magic with this heartwarming, new Christmas comedy! When Santa's magical bag is stolen, he teams up with a former thief to track it down and save Christmas. Along the way, an unexpected adventure filled with laughter, mischief, and holiday spirit unfolds.

PEACHTREE CITY
Thursday, December 31 | 1:15 p.m.
The Breadwinner (2026) | PG

FAYETTEVILLE
Thursday, December 31 | 1:15 p.m.
The Breadwinner (2026) | PG

Starring: Nate Bargatze, Mandy Moore. When a supermom lands a Shark Tank deal, she switches roles with her breadwinner husband, who struggles to adapt as a stay-at-home dad to their three daughters. What seems like a simple switch quickly turns into a whirlwind of parenting mishaps, unexpected challenges and laugh-out-loud moments!

Fayette Senior Services
Making Life Better™

Beginner-Intermediate American Mahjong

PEACHTREE CITY
Tuesday
Does not meet 3rd Tuesday
11 a.m. to 3 p.m.
FREE
Member exclusive
No 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 practice to feel more comfortable at the table. Strengthen your skills as you compete in a relaxed, self-led format so you can build confidence through play. If you have a mahjong set, bring it to share! Please bring an official 2026 mahjong card from the National Mahjong League with you.

Garden Club

FAYETTEVILLE
Will Resume in March
9:30 a.m.
FREE
Members and non-members
No pre-registration required

Garden meetings are dormant, just like our plants, but join us in March! If you have a green thumb, love gardening and are interested in volunteering, join the Garden Club. It's never too early to get involved, so contact Amber Oliver at aoliver@fayss.org for more information.

What's for Lunch?

PEACHTREE CITY
Thursday, December 3
11:30 a.m.
FREE
Member exclusive
Pre-registration required

Meet us at a local restaurant for an afternoon out with great friends! FSS will make reservations and everyone will meet there to enjoy time with others (payment will be on your own). Must be registered to attend due to reservation numbers. This month, lunch will be at Prologue in Trilith.

Wrapped In Tradition

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

We all have our own special ways of celebrating Christmas, but have you ever wondered where some of our most beloved holiday traditions actually come from? Join Debi Riddle with the Fayette County Historical Society as she takes us on a festive journey through the history behind the season. From trimming the tree and exchanging gifts to singing carols and kissing under the mistletoe, you'll discover the surprising origins of the traditions we cherish today. Learn how customs from around the world came together to shape the American Christmas and how it's grown into a celebration recognized across the globe. Come ready to reminisce, reflect, and maybe see your favorite traditions in a whole new light!

Cornhole

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

PEACHTREE CITY
Friday, December 18
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

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

Wrap It Up

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

Ready to make your gifts look so good they'll be almost too pretty to unwrap? A beautifully wrapped gift deserves a bow that steals the show! Decorating enthusiasts Bethany Vickery and Tricia McGrath are bringing holiday cheer and creative inspiration to gift wrapping with a demonstration full of tips for adding those special finishing touches. Get some great wrapping ideas and learn how to tie beautiful bows that take your presents from simple to spectacular. Bring your own wired ribbon to follow along and practice making bows you can use long after the holiday season, from birthday gifts and special occasions to wreaths and home décor. With Bethany's techniques in your decorating toolkit, you'll have plenty of ways to add a little extra charm to gifts and projects all year long!

A Memory To Hang Onto: Remembrance Ornaments

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

The holidays hold so many memories, and sometimes a little keepsake can help us keep those we love even closer to our hearts. Join Compassus Palliative Care and Hospice Chaplain Amanda King and Hospice Care Consultant Laurie Breckenridge for a meaningful ornament-making activity that offers a special way to honor and remember loved ones during the holiday season. All crafting supplies will be provided, just bring a small photo (wallet size of one you feel comfortable cutting down) or treasured token to make your ornament even more personal. As you create a keepsake to hang on your tree and cherish for years to come, enjoy a welcoming space to reflect and

remember. It's a heartfelt way to add a little extra meaning to your holiday decorations while keeping precious memories close!

A Day of Infamy

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

Some moments in history are so profound that their impact is felt for generations. On December 7, 1941, the attack on Pearl Harbor changed the course of American history, and will forever be "a date which will live in infamy." Audrey Fowler, Auxiliary Life Member with Veterans of Foreign Wars Post 9949 and retired educator, takes us back to that fateful day to explore the events leading up to the attack and the stories of those whose lives were changed forever. Discover how this pivotal moment drew the United States into World War II and left a lasting mark on our nation. Through the history, sacrifice, and resilience surrounding Pearl Harbor, we'll gain a deeper appreciation for the people behind the events and why their stories deserve to be remembered.

And Sew It Begins

FAYETTEVILLE
Tuesday, December 8
11 a.m. to 1 p.m.
FREE
Member exclusive
Pre-registration required

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

Volunteer Open House

FAYETTEVILLE
Tuesday, December 8
2 p.m.
FREE
Members and non-members
No pre-registration required

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

Hold the Phone

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

Is your smartphone as secure as you think it is? Our phones go everywhere with us and hold plenty of personal information, making them worth protecting! Lance Collins with PTC Techs will share simple ways to tighten up your phone's security and help keep your information out of the wrong hands. Learn what to look for when it comes to suspicious texts and calls, along with easy settings and habits that can help protect your device. A few small changes can make a big difference, so come discover how to keep your phone and the information inside it a little safer!

Strike A Pose, Rudolph Knows

FAYETTEVILLE
Tuesday, December 8
1:30 p.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

Santa isn't the only one making memories this Christmas! Ebony Samples with Fourth and Co Creative is bringing the holiday cheer to all of us at FSS with a festive photo booth and a little friendly competition to get everyone in the holiday spirit. Strike a pose with some Christmas flair in her fun-filled photo booth she'll have set up and then get ready for some Reindeer Games featuring holiday-themed challenges guaranteed to bring out your playful side. With Christmas music setting the mood and plenty of opportunities for laughter, this merry get-together is all about enjoying the season and making memories worth keeping long after the decorations come down.

Lock, Stock, and Safety

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

Keeping your guard up doesn't have to mean constantly looking over your shoulder! Sgt. Scott Israel with the Fayetteville Police Department shares helpful ways we can protect ourselves from theft and avoid becoming easy targets for crime. Learn about crime trends in the Fayetteville area, common tactics criminals use, and the steps you can take to help keep your home and personal belongings safe. Sgt. Israel will also offer insight into how the department is working to safeguard our community and how staying alert can make a difference. With a few extra precautions and a better understanding of what to watch for, you can feel more confident going about your day and doing your part to keep Fayetteville safe.

Holly Jolly Ride: Golf Cart Lights Tour

PEACHTREE CITY
Wednesday, December 9
5:45 p.m. to 7 p.m.
FREE
Member exclusive
Pre-registration required

Get ready to cruise through a winter wonderland, Peachtree City style on golf carts, as we light up the night with holiday magic! Join Keith Larson with Bike-Walk Fayette for a private 9-mile golf cart tour, just for FSS members, showcasing the best Christmas light displays in the heart of town. BYOGC (Bring Your Own Golf Cart!) as we start and end at The Gathering Place parking lot (please note, the building will be closed), this cozy caravan will slowly cruise through the central neighborhood's festive displays! Feel free to jazz up your golf cart

with holiday decorations and lights to add extra sparkle to the tour! Bundle up and get ready for an unforgettable night of holiday cheer and twinkling lights! Please note, the tour is weather dependent and will be canceled if it rains.

Outwit Your Smart Phone

PEACHTREE CITY
Thursday, December 10
9 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

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

P"age" Turners Book Club

FAYETTEVILLE
Thursday, December 10
11:30 a.m.
FREE
Member exclusive
No pre-registration required

Join in the holiday celebrations with lunch and a book discussion at Carrabba's in Peachtree City. December book: A *Redbird Christmas* by Fannie Flagg. January book: T*he Story of Arthur Truluv* by Elizabeth Berg. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

The Great Ornament Exchange

FAYETTEVILLE
Friday, December 11
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Deck the halls, grab an ornament, and prepare to steal a little Christmas sparkle, but in the most fun way possible! Join your FSS friends and our holiday elf Coni Gilmer for a festive ornament exchange with a White Elephant twist, where the ornament you have your eye on might not stay yours for long! Bring a wrapped Christmas ornament and get ready for a lively game of swaps, steals, and sneaky trades as everyone tries to go home with their favorite find. Enjoy Christmas music, delicious cookies, and plenty of laughs as the game unfolds and ornaments change hands. Bring your game face and get ready for a holly-jolly good time!

The Change Worth Giving

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

Giving back is about more than money, it's about making a difference in the lives of others and supporting causes closest to your heart. Brett Bexley with Edward Jones will explore how charitable giving can become a meaningful part of your financial plan while reflecting the values and legacy you hope to leave behind. Learn how to approach giving in a way that feels right for your life stage and financial goals, allowing you to support the people and organizations that matter most to you. With thoughtful planning, your generosity can reach even further and help create a lasting impact for years to come. Discover how to make the most of your giving while building a financial future that reflects what matters most to you.

Naturally Festive

FAYETTEVILLE
Friday, December 11
1:30 p.m. to 2:30 p.m.
$5
Members and non-members
Pre-registration required

Who knew the beauty of the holidays could be hiding right outside your door? Join Kim Toal with the Extension Office to discover how natural materials collected from your own backyard can become gorgeous, one-of-a-kind holiday ornaments. Kim will share a collection of handmade examples to spark your creativity and show how simple finds from nature can be transformed into charming seasonal decorations. During class, you'll have the chance to create your own ornaments, with materials included. Get inspired to add a personal, nature-inspired touch to your holiday decor and bring home creations that are as unique as the natural treasures that inspired them!

Rising To Meet the Challenge

PEACHTREE CITY
Monday, December 14
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

Navigating life in later years can sometimes feel daunting. You're not alone in the journey. Join this monthly discussion group where we share real-world solutions and helpful resources for managing everyday challenges and responsibilities. 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. No matter what circumstances bring you to the group or how long you've been managing things on your own, all are welcome to contribute their ideas and learn from others. This is a self-led discussion group that will be guided by Marilyn Weigle.

1-on-1 Medicare Consultations

PEACHTREE CITY
Monday, December 14
10 a.m. to 2 p.m.
FREE
Member exclusive
Pre-registration required

A representative with Georgia Cares will meet one-on-one with Medicare beneficiaries and

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

A Novel Idea Book Club

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

December book: *Theo of Golden* by Allen Levi. January book: *Creation Lake* by Rachel Kushner. For more information, please contact Heather Martz at hmartz@peachtree-city.org.

Sing in the Holidays

PEACHTREE CITY
Wednesday, December 16
11 a.m. to 11:45 a.m.
FREE
Members and non-members
Pre-registration required

It's time to warm up your holiday spirit! The legendary sounds and beautiful voices of the NoteWorthy group are bringing the magic of the season to life with a special holiday concert filled with festive favorites. Sit back and enjoy the sounds of the season as these talented singers fill the room with holiday cheer. Their beautiful harmonies are sure to bring a smile to your face and get you humming your favorite Christmas tunes long after the music ends. Come enjoy a little holiday magic and let the music put you in the spirit for a wonderful season ahead!

The Bookworm's Guide

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

Open the pages with Cherese Cadet of the Peachtree City Library as she teaches us about Goodreads and NoveList, two of the largest community of booklovers in one simple place! Whether you're looking for your next favorite book, exploring different genres, or simply trying to narrow down your options, she'll guide you through the process. Learn tips and tricks for setting up an account, navigating reviews, ratings, and personalized recommendations to find books that truly resonate with you. Plus discover how to build your own reading list and stay on track with your literary goals. You're just one click away from your next great reading selection. Feel free to bring your tablet or phone to follow along.

Car Wash

PEACHTREE CITY
Thursday, December 17
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!

When Comics Went To War

FAYETTVILLE
Thursday, December 17
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Before superheroes ruled the big screen, they were helping America fight battles on the comic book pages! Chris Madrid of the Commemorative Air Force Airbase Georgia takes us back to the golden age of comics, when characters like Captain America burst onto the scene and became symbols of courage during World War II. Discover how comic book heroes helped rally young readers during wartime and reflected the hopes and fears of a nation at war. Chris will share how these larger-than-life characters evolved from patriotic heroes into pop culture icons whose influence is still felt today. Take a fascinating look at the stories behind the superheroes and how their legacy continues to capture our imaginations!

The Grape Escape

PEACHTREE CITY
Thursday, December 17
2 p.m. to 3:30 p.m.
$25
Member exclusive
Pre-registration required

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

The Reptile Files

FAYETTE ENVIRONMENTAL CENTER
Friday, December 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

They may be scaly, slithery, and full of surprises, but Georgia's reptiles are pretty amazing once you get to know them! Join Taylor King, Environmental Education Coordinator with the Southern Conservation Trust, to discover the fascinating world of native reptiles and what makes them such an important part of the natural world. Learn about the unique adaptations that help local snakes, turtles, and other reptiles thrive in their habitats,

and uncover the important roles they play in keeping our ecosystems healthy. You may even come away with a new appreciation for some of Georgia's most misunderstood wildlife! Meet at the Fayette Environmental Center, 305 Beauregard Blvd. in Fayetteville, and get ready to discover a whole new side of Georgia's wild side.

A Taste of the New Year

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

They say the way to the new year's good fortune is through your stomach, so let's dig in! Ashley Smallwood, chef and owner of Rudine's, is serving up a flavorful look at New Year's meal traditions and the meaning behind the foods that have graced holiday tables for generations. Discover what goes into a traditional New Year's meal and why certain dishes are believed to bring luck and prosperity in the year ahead. Ashley will also share cooking tips to bring out the best flavors and show how simple ingredients can make a delicious meal worth celebrating. Get ready for a little cooking inspiration, a tasty demonstration, and a chance to sample some of the goodness yourself as we welcome the new year one bite at a time!

AI've Got A Story To Tell

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

Every life has chapters worth sharing, and AI may be just the tool to help you begin writing yours! Stephanie Harris with Working Concepts, Inc. shares how she used AI as a creative assistant to develop and organize the idea that became her published book, *If I Could Go Back to the 80's*. Discover how AI can help turn treasured memories, family photographs, and personal experiences into the beginning of a meaningful writing project without taking away your unique voice or creative control. Stephanie will demonstrate ways to brainstorm ideas, organize your thoughts, and ask better questions that can move your story forward when you feel stuck. She'll also offer a helpful look at the Amazon publishing process, including considerations such as pricing and using AI to support book promotion. Bring your memories and curiosity as you explore how today's technology can help preserve yesterday's stories for the people who will treasure them tomorrow.

Written In the Stars

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

The stars have a story to tell, and your birth chart is full of clues! Astrology expert Sarah Humphrey will help you make sense of the symbols and patterns that go far beyond your daily horoscope. Discover how planets, zodiac signs, and houses work together to offer insight into a birth chart and what makes each chart unique. Learn the basics of chart interpretation and how to start putting the pieces together to read charts for yourself and others. Come curious and ready to explore, because you may never look at the night sky, or your zodiac sign, the same way again!

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 together!



Computer Technology Assistance

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

FAYETTEVILLE
Tuesday, December 8
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

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



Massage

FAYETTEVILLE
Tuesday, December 1
10 a.m. to 4 p.m.
$70 | 1 hour
Member exclusive
Pre-registration required
Masseuse: Tranquil Escape

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

Hearing Aid Cleanings & Maintenance

FAYETTEVILLE
Will return in January
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.

Mindful Holidays

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

The holidays may sparkle on the outside, but inside, they can stir up feelings that even the brightest lights can't chase away. When grief or loneliness finds its way into a season filled with expectations of joy, it can be hard to know how to celebrate while honoring what's changed or what's missing. Join Shari Douglas of Southern Grace Hospice as she explores ways to navigate the holidays with greater compassion for yourself and your emotions. Discover how small shifts in perspective and meaningful moments of connection can help make this season feel a little lighter, even when the heart feels heavy. Shari offers a reminder that there is no single right way to experience the holidays, and that making room for your feelings can be part of finding peace in the season.

Gotta Hand It To You: Massage Moments

PEACHTREE CITY
Wednesday, December 2
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

Hearing Screenings

FAYETTEVILLE
Wednesday, December 2
1 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

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

The Downward Spiral

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

One setback doesn't have to turn into a downward spiral! A fall, illness, or unexpected change in routine can sometimes affect more than just physical health, making it harder to stay active, confident, and independent. Beth Dow with Home Helpers Home Care will explore how these challenges can build on one another and what to watch for before they begin to take a bigger toll. Learn how to recognize the early signs of a downward spiral and discover ways to keep moving forward when life throws you a curveball. With a little awareness and the right support, it's possible to bounce back from setbacks and keep enjoying the independence that makes life yours.

Stretch For It

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

Sometimes feeling better is just as simple as starting with a light stretch! Dr. Noah Marchese of HealthChoice Center of Peachtree City explores how a few easy movements can help relieve everyday stiffness and keep you moving more comfortably. Learn simple stretches you can fit into your daily routine, even on your busiest days, to help your body feel less tense and more at ease. No fancy equipment or complicated moves are needed, just a little time and a willingness to get moving. You may find that a small stretch break is just what your body needs to make the day feel a whole lot better!

The Mind Behind the Years

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

Your brain does a lot of heavy lifting, so why not give it a little extra attention? Medicare Agent Ebonie Jackson explores how aging can affect memory and mental sharpness, and what you can do to keep your mind in good shape. Learn about everyday habits that support brain health and help you stay focused on the things that matter most. Discover simple ways to keep your mind active and better understand the changes that can come with getting older. After all, taking care of your brain is an important part of feeling your best and enjoying all that life has to offer!

A Sound Bath

PEACHTREE CITY
Wednesday, December 9
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.

The True Cost of Caregiving

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

Caring for someone you love comes from the heart, but the costs can add up faster than you might expect! Dennis Kubiak, Community Educator and Advocate with the Alzheimer's Association and a former caregiver himself, shares an honest look at the financial side of caregiving and the expenses that can catch families off guard. Learn how Alzheimer's disease can affect financial decisions and why having important conversations early can make a difference down the road. Explore ways to prepare for legal and financial concerns while getting tips for planning ahead for the unexpected. A little preparation can go a long way toward easing some of the stress and helping you feel more confident as you navigate the caregiving journey.

Eyeglass Repairs and Adjustments

FAYETTEVILLE
Friday, November 11
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.

Everyday Eats

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

Eating healthy doesn't have to be complicated to be delicious! Chef Josh Darden and Lakeisha Kennedy with Passion to Care Home Care will share how simple, balanced meals can help you feel your best and support healthy aging. Discover ways to build nutritious meals with fresh ingredients, along with easy cooking tips to bring out great flavors without making mealtime a chore. From perfectly paired foods to meals bursting with flavor, you'll see how everyday ingredients can come together for a satisfying, wholesome meal. Get inspired to make healthy eating an enjoyable part of your everyday routine! Enjoy tastings and a cooking demo.

Release, Renew, and Rise

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

What if the key to moving forward is knowing what to leave behind? Not everything life throws your way deserves a permanent place in your head or your heart! Life doesn't always go our way, and we can't control other people's choices, but we can choose how we respond and what we carry with us. Natural Health Coach Cynthia Terrell of Wholistic Strength explores how letting go isn't about giving up; it's about learning from life's experiences without letting them weigh us down. She'll share how the way we talk to ourselves matters, why being our own best friend and biggest cheerleader is so important, and how our thoughts can influence our health and longevity. After all, we may not get to choose every chapter of our story, but we can decide how we turn the page and make space for what comes next.

Vein Screenings

PEACHTREE CITY
Tuesday, December 15
9:30 a.m. to 11:30 a.m.
FREE
Member exclusive
Pre-registration required

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

Ready, Set, Goal

FAYETTEVILLE

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

A new year is coming and with that it brings a fresh start and a chance to make those good intentions stick! Piedmont Wellness Center will share how to set meaningful goals that go beyond the excitement of January and become habits you can carry throughout the entire year. Learn why setting goals matters and how to break big ambitions into smaller, manageable steps that feel achievable. Discover simple ways to stay motivated when life gets busy and keep moving forward even when progress feels slow. Start the year with a plan that works for you and turn those new year aspirations into goals you can feel good about pursuing!

The Home Strength Advantage

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

You don't need a gym to build strength and stay independent, you just need the right moves! Dr. Tarryn Hoff, exercise psychologist, university professor, and owner of Peachtree City Personal Training, shares five fundamental movements that can help you stay strong and keep doing the things you love. Discover how these movement patterns are behind nearly everything independence requires, and see each one demonstrated at three levels of difficulty so there's a version that meets you where you are. Dr. Hoff will show how to build real strength using simple equipment you likely already have at home, and how to adapt every movement for arthritis, a cranky knee, or a shoulder that won't fully lift. Wear comfortable clothes and shoes if you'd like to try the exercises alongside him during class.

Free the Mind

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

Ready to clear space in your mind to make room for more joy? Mindfulness and gratefulness are more than just buzzwords, they can be powerful ways to reduce stress and bring more happiness into your life. Join Avril James, Piedmont Women's Heart Program Coordinator, to explore how slowing down, clearing away mental clutter, and focusing on what you're grateful for can support a healthier mindset. Bring more mindfulness into your daily routine and carry a grateful heart into the new year. A fresh year is the perfect opportunity to reset your perspective and discover how a little more peace and gratitude can make a meaningful difference in how you feel each and every day!

Look What's Coming in January!

A New Groove to Life

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

Discover how simple movements and small changes to your daily routine can improve strength, balance, sleep, and overall well-being. Learn easy ways to stay active, feel your best, and keep doing the things you love!

Taking Charge of Tomorrow

FAYETTEVILLE
Tuesday, January 5
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Don't wait for a crisis to start planning for the future! Discover simple steps you can take to organize important information, document your wishes, prepare for potential caregiver needs, and make important decisions easier for your loved ones when the time comes.

Mind Mapping

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

Discover the power of mind mapping, a creative and visual way to organize your thoughts, ideas, and plans! Learn how this simple technique can help you brainstorm, tackle complex tasks, plan events, manage to-do lists, and bring clarity to everyday life.

A Life Full of Meaning

PEACHTREE CITY
Friday, January 8
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Growing older doesn't mean our sense of purpose fades, it opens the door to new opportunities for growth and fulfillment! Explore how purpose, meaningful connections, and new possibilities contribute to a happier, healthier life at every age.

Registration will be available when the January newsletter comes out Monday, December 14th!

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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.
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- Insurance
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COMPREHENSIVE PHYSICAL THERAPY & CHIROPRACTIC
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Chiropractic Care: spinal & extremity adjustments, joint mobilization, soft tissue techniques, movement correction, posture & biomechanics optimization, integrative care alongside physical therapy, and prenatal care "webster techniques"

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Post-concussion, balance, gait, ocular-motor &bvestibular therapy, including objective SportGait diagnostics.

GAIT, BALANCE & MOVEMENT RETRAINING
Advanced gait analysis, fall prevention, neuromuscular control, and functional movement correction.

POST-SURGICAL & ORTHOPEDIC REHAB
Structured rehabilitation following joint replacement, arthroscopic repair, and orthopedic surgery.

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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
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