

the CENTER *line*

August 2008

4 Center Drive | Fayetteville, GA 30214 | 770-461-0813 | www.fayss.org

Business Hours:

Monday to Friday
9 a.m. to 5 p.m.

Case Management

9 a.m. to 4:30 p.m.

Fitness Center

9:30 a.m. to 4 p.m.

We're THE Center of Life Enrichment!

Programs & Services

- A wide variety of social, leisure, fitness and recreational activities
- Meals on Wheels*
- OAA Congregate Meal Program*
- Case Management*
- Information and Referral Service
- Kinship Caregiver Support
- In-home Services*
- Adult Day Care Referral*
- Transportation Services*
- Luncheon Dining for Members Only. \$5* Please make your reservations no later than 10 a.m. on the day you'd like to join us for lunch.

**\$6 effective 9/1/2008*

For more information call
770-461-0813.

**Eligibility requirements apply.*

fayette
Senior
Services



Meet The Instructors

Thursday, August 14

10 a.m. to 2 p.m.

Fun... Food... Prizes!

Expo

Join us on Thursday, August 14 for a meet and greet with our class instructors! This is a fun-filled day where you can learn about the many classes, activities and day trips that are offered at Fayette Senior Services.

Instructors of all our various classes will be on hand at tables set up throughout the Center. Although our newsletter provides you with a class schedule, this will be your opportunity to meet the instructor and see first hand what the class is all about. Opportunities for learning include dance, needlework, computers, photography, fitness and nutrition and much more. Attendees can enter drawings for special prizes throughout the day including free classes, trips and meals! Visit all the tables and you will be given a discount lunch ticket. The dining room will be open from 11:30 to 2 p.m. on the day of the Expo.

Don't miss this great event. Our instructors are looking forward to seeing you there! Bring a friend or two with you for a tour. Our membership staff will be glad to accept new memberships during this event.

Above and Beyond.

Volunteer Spotlight

Meet Dave Carlson, Certified Registered Nurse Anesthesiologist

By Carla Landrum, Administrative Assistant



Dave Carlson doing what he does best.

Dave Carlson, Certified Registered Nurse Anesthesiologist, is retired from a career but not retired from life. Dave worked 44 years as an anesthesiologist with 23 of those years in the military. At one point, while stationed at Patrick Air Force Base, he was part of the Astronaut Relief Recovery Team. Since retiring from the military 21 years ago, he has traveled to Iowa, Virginia, North Carolina, South Carolina, Mississippi, Georgia, and Alabama as a relief anesthesiologist. Dave said "Being an anesthesiologist was a challenging career but it was very rewarding."

Continued on page 2.

Classes

Dave Carlson, *cont. from page one.*

Dave is originally from Corry, Pennsylvania located north of Pittsburgh. Corry was home to Climax Steam Locomotives in the 1930s.

Since retiring a year ago from his anesthesiologist career, Dave stays busy at home with yard work and refinishing furniture in his home workshop. But, he also finds time to volunteer at Fayette Senior Services doing blood pressure checks and delivering Meals on Wheels.

Dave has also started a new project at FSS creating a program to assist Center members to acquire custom made diabetic shoes. Diabetic seniors who are on Medicare can qualify once a year for these custom made shoes. For more information about this new program stop by the Center and see Dave. He's here every Thursday from 10 a.m. to 11 a.m. providing free blood pressure checks for Center members. His office is located directly across from the Large Conference Room/Aerobics Room...just look for the "Free Blood Pressure Check" sign!

Contact us any time! 770-461-0813

- Debbie Britt, Executive Director Ext. 112
- Susan Landais, Program and Operations Manager Ext. 115
- Nancy Meaders, Budget Officer Ext. 116
- Pat Vermeer, Case Manager/MOW Coordinator, Ext. 114
- Marie Doyle, Case Manager, Ext. 113
- Suzanne Chrispen, Case Manager Ext. 103
- Ginnie Plunkett, Information & Referral Specialist, Ext. 127
- Jeff Wix, Transportation Coordinator, Ext. 106
- Chef Todd Rossi, Food Service Manager, Ext. 104
- Patsy Deyton, Volunteer Coordinator, Ext. 105
- Carla Landrum, Administrative Assistant, Ext. 126
- Paul Correia, Member Services, Ext. 101

www.fayss.org

Membership Has Its Rewards!

Our nominal annual membership fee helps Fayette Senior Services, a non-profit 501(c)(3) organization, sustain its operations, programs and services. Center members enjoy free activities, discounts on classes, lunchtime dining and more! Membership fees are just \$20 per year (\$40 for out-of-county)* and for only \$10 per month (\$20 out-of-county) you can join our Fitness Center... it's the best deal in town! **Stop by and get a Membership Package for full details!**

**No one is excluded for inability to pay. Complimentary memberships can be arranged with a Case Manager.*

Membership Cards

Your new membership card is available at the front reception desk. This card replaces the temporary card issued to you when you joined the Center.

CLASSROOM PARTICIPATION REQUIREMENTS

Fayette Senior Services reserves the right to request members to be evaluated by a Case Manager to ensure that they are able to participate in classroom instruction, trips or physical fitness programs.

REGISTRATION

Please stop by or call the Center receptionist to register for classes. **All classes require Pre-registration.** NOTE TO ALL MEMBERS: Please be sure to carry your membership card with you to the Center. Members will be asked to show their membership card upon registration.

CLASS FEES AND CANCELLATIONS

All fees are payable in advance – cash or check only. Fayette Senior Services does not accept credit card payment options at this time. A person is considered registered when a payment is accompanied by a registration form. Classes that do not attain the minimum enrollment will be cancelled two days prior to the scheduled start.

WAITING LIST

Programs/trips are offered on a first-come, first-served basis. Registration may be limited due to availability or instructor ratio. When a program is full, you may be placed on a waiting list and the office staff will contact you if a space becomes available.

REFUNDS

Refunds will be given to participants if requested in writing five working days prior to a class/program beginning. After that point a 25% administration fee will be charged for each request. A full refund will be given after a class/program begins only with a doctor's statement of the participant's incapacitating illness or injury. A written request for a refund must accompany the doctor's excuse within five working days of the start of the class. If a class or program is cancelled for insufficient enrollment, refund for the full amount of the class fee will be issued.

Needlework

Beginning Knitting

A new class starts every other week. Pre-registration required.

Each class is two one-hour sessions from 1 p.m. to 2 p.m.

First Session: August 12 & 19

Second Session: August 26 & September 2

Third Session: September 9 & 16

Fourth Session: September 23 & 30

Instructor: Janet Kent. Class Size: 5

\$20 Members \$25 Non-Members .



Enjoy the therapeutic benefits of knitting and crocheting it can be a real antidote to our stressful lives. This is a beginning knitting class where you will learn to cast on, knit, purl, and cast off. With these basics, you can begin to knit fun items for yourself and others.

Knit-a-Long (KAL)

These classes provide instruction and additional class time to knit projects in a social setting. In addition, each student will receive a kit containing necessary yarn, pattern, and other supplies needed during the first class session. Instruction for the project is available through the duration of the Knit-a-Long period. Additional instruction is available by private appointment if needed. Our KALs are a great way to learn new techniques and finish your knitting projects.



Sock Class KAL

Four 1-hour classes on Tuesdays, 2 p.m. to 3 p.m.
Pre-registration required.
Session I: Aug. 5, 12, 19, 26
Session II: Sept. 3, 10, 17, 24
\$45 Members. \$50 non-members
Instructor: Janet Kent. Class Size: 5
Socks are fun, easy and one of the most popular items to make.

Dozens of Dishcloths KAL

Five 1-hour classes on Tuesdays, 2 p.m. to 3 p.m.
Pre-registration required.
September 2, 9, 16, 23, 30
Instructor: Janet Kent. Class Size: 5
\$10 Members. \$15 Non-Members. *New class each week allows participants to receive a pattern for a new cloth using a new stitch or technique. These small projects are always welcome to give or take.*

Baby Blanket KAL

Four 2-hour sessions
Wednesdays, 1 p.m. to 3 p.m.
Pre-registration required.
August 6, 13, 20, 27
\$100 Members. \$105 Non-Members. Pattern and materials kit included. *Learn to make an heirloom blanket for the precious baby in your life. This will be the blanket treasured and handed down from generation to generation. Over the 16 hours of this KAL you will master all the stitches required to complete this project.*



Child's Hoodie Jacket KAL

Five 2-hour sessions on Wednesdays, 2 p.m. to 4 p.m.
September 3, 10, 17, 24, & October 1
\$100 Members. Non-Members \$105.
You can help dress a child in a warm hand knit hooded jacket with this easy all knit stitch pattern that is fun to knit on large needles. Learn increases and decreases, picking up stitches, work in the round, add additional colors, and more.

Crochet Bags, Totes and Purses

Two 2-hour sessions on Thursdays, 10 a.m. to 12 p.m.
August 7 & 14 or August 21 & 28. Class Size: 6
\$20 Members. \$25 Non-members. *Create a market bag, a tote for your needlework or maybe a purse just to suit you or for a great gift. These bags are fun and easy to make. All you will need is sufficient yarn for your project (suggest kitchen cotton for totes and market bags), crochet hook sized for your fiber, scissors, tapestry needle, and a tape measure.*

Filet Crochet

Four 2-hour sessions on Thursdays, 10 a.m. to 12 p.m.
September 4, 11, 18 & 25. Class Size: 6
\$40 Members. \$45 Non-members. *You will learn the basics of filet crochet how to chart out your name so that you can crochet it in filet. Talk about a timeless heirloom keepsake! This is really a wonderful one-of-a-kind gift for all the special people in your life.*

Beginning Sewing

Five 2-hour sessions on Thursdays, 10 a.m. to 12 p.m.
Session I: September 4, 11, 18, 25 & October 2
Session II: October 9, 16, 23, November 13 & 20
\$50 Members. \$55 Non-members. Class Size: 5
Learn about your sewing machine, how to read a pattern and how to sew decorative items for your home. Bring your own sewing machine or reserve one of ours. You may purchase a basic supply kit from the instructor for \$10.

Sew a Simple Blouse

Two 2-hour sessions, 10 a.m. to 12 p.m.
Session I: September 2 and 9
Session II: September 16 and 23
\$25 Members. \$30 Non-members.
Class size: 5. Instructor: Elizabeth Marshall.
Learn to make a simple, but currently fashionable blouse in no time flat!

Quilting

Five 3-hour sessions offered morning, afternoon and evening. \$50 Members. \$55 Non-Members.

Wednesdays 9 a.m. to 12 p.m.

Sept. 3, 10, 17, 24 & Oct. 1; Oct. 8, 15, 22, 29 & Nov. 5; Nov. 12, 19, Dec. 3, 10, & 17

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

Aug. 21, 28, Sept. 4, 11, 18; Sept. 25, Oct. 2, 9, 16, 23; Nov. 13, 20, & Dec. 4, 11, 18

Mondays 6 p.m. to 9 p.m.

Sept. 8, 15, 22, 29 & Oct. 6

This class features quilts sewn and quilted by machine in the "Quilt-as-you-go" method. Easy enough for beginners and beautiful enough for treasured family heirlooms.



Classes

Dance

Line Dance *New times!*

Every Tuesday with Instructor, Eddie Huffman

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

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

\$15 per month, one session per week for Members. \$20 per month for Non-Members. Pre-registration required.

***New!** Evening classes for beginners* are now offered on Mondays starting September 8th from 6:30 p.m. to 8:00 p.m. Pre-registration required. \$20 per month for Members. \$25 Non-Members. *If you haven't tried line dancing yet, don't wait another minute! One class with the amazing Eddie Huffman and you'll wonder how you lived without line dancing! It's not only great exercise, it's loads of fun! Bring a friend or meet new ones! Pre-registration required.*



Ballroom Dance is Back!

All classes 10 a.m. to 11 a.m.

Pre-registration required.

Merengue: Aug. 8, 15, 22

Foxtrot: Sept. 12, 19, 26

Waltz: October 17, 24, 31

\$20/month Members. \$25/month Non-members. *Monique Barrett offers the simple, but lively and sensual Latin dance called the Merengue as her first class, followed by the Foxtrot in September and the Waltz in October.*

Computer

Open Computer Time

Mondays and Fridays • 1 p.m. to 2 p.m.

Members Only. *Free use of the Center's Computer Lab for your own personal use and enjoyment. Volunteers will be on hand to assist if necessary. Pre-registration is NOT required.*

Getting Acquainted with the Computer

Wednesday, August 6

1 p.m. to 3 p.m.

\$10 Members Only.

Pre-registration required. *This is a hands-on experience to acquaint the first-time user with computer basics.*



Exploring the Internet

Thursday, August 7, 10 a.m. to 12 p.m.

\$10 Members Only. Pre-registration required.

The internet is more than just a place to send and receive email. Learn to use internet search engines.

Keeping E-mail Organized

Wednesday, August 13 or 27, 10 a.m. to 12 p.m.

Thursday, August 14 or 28, 1 p.m. to 3 p.m.

\$10 Members Only. *Learn how to keep your e-mail organized, how to deal with junk mail and how to use your address book effectively.*

Looking at Windows

Wednesday, August 20, 10 a.m. to 12 p.m.

Thursday, August 21, 1 p.m. to 3 p.m.

\$10 Members Only. *Refresh your Windows operating system skills while you learn simple tips to make Windows easier to use. You will try out resizing and manipulating Windows and rearranging the Desktop, along with several other commands that are useful for beginning computer users.*

Microsoft Word - *New! Evening Class*

Monday, Sept. 15 & Thurs., Sept. 18, 5:30 p.m. to 9 p.m.

Monday., Oct. 6 and Thurs., Oct. 9, 5:30 p.m. to 9 p.m.

\$79 (Members and Non-members) for two 3.5-hour classes plus \$15 for workbook and practice CD. Instructor: Bob Neff *Learn how to open and move through documents; create and save documents as well as selecting, copying and moving text; using automatic text features; previewing and printing documents; creating envelopes and labels; formatting text; tabs and indents; borders and shading; margins, alignment and page orientation; finding and replacing text; spelling and grammar checking; working with templates.*

Microsoft Excel *New! Evening Class*

Monday, September 22 and Thursday, September 25

5:30 p.m. to 9 p.m. **\$79 (Members and Non-members)** for two 3.5-hour classes plus \$15 for workbook and practice CD. Instructor: Bob Neff. *Learn to create worksheets (spreadsheets) and workbooks; modify and format worksheets; preview and print worksheets; work with formulas using functions; enhance worksheets using templates, styles and auto formats; find and replace data.*

New! Digital Photography

Intro to Digital Photography Workshop, Part I

Choose either morning or evening sessions.

Thursday, September 4, 6:30 p.m. to 8:30 p.m.

Friday, September 5 • 10 a.m. to 12 p.m.

\$30 Members. \$35 Non-Members. *Professional photographer, Donna Rosser helps you to explore the basics that must be learned to effectively use your digital camera. Bring your camera and manual for a close look at what those buttons and menus mean. Pre-registration required.*



Intro to Digital Photography Workshop, Part II

Five 2-hour sessions, choose morning or evening sessions. Pre-registration required. Instructor: Donna Rosser.

Thursdays, September 11 to October 9, 6:30 p.m. to 8:30 p.m. Fridays, September 12 to October 10, 10:30 a.m. to 12:30 p.m. \$150 Members \$155 Non-Members. *Learn how to get professional results with your camera. Topics covered include, composition, taking photos of people, simple lighting, black & white, and macro photography. Weekly handouts.*

Photoshop Elements for Beginners, Part I

Choose morning or evening sessions. Pre-registration required. Thursday, October 16, 6:30 p.m. to 8:30 p.m. Friday, October 17 • 10:30 a.m. to 12:30 p.m.

\$30 Members \$35 Non-Members. *This class previews the tools available in Photoshop Elements for enhancing and modifying photos. You'll receive an outline of Part II, if you wish on continue with the instruction.*

Photoshop Elements for Beginners, Part II

Five 2-hour sessions, choose morning or evening sessions. Pre-registration required.

Thursdays, Oct. 23 to Nov. 20, 6:30 to 8:30 p.m. Fridays, Oct. 24 to Nov. 21, 10:30 a.m. to 12:30 p.m. \$150 members \$155 Non-Members. *Learn more about the capabilities of this software to do amazing things such as restoring damaged or faded photos.*

Photo Fun: The Family Christmas Tree

Wednesday, October 1, 10:30 a.m. to 12:30 p.m. Pre-registration required. \$35 members. \$40 Non-Members. *Make your Christmas Tree more meaningful by decorating it with cherished family photos.*

Fitness

Tai Chi

Mondays, Aug. 4, 11, 18, 25
9 a.m. to 10 a.m. Four 1-hour sessions. \$22.50 Members. \$27 Non-members.

New! Evening Class. Mondays and Thursdays starting Sept. 8, 7:15 p.m. to 8:05 p.m. \$45/month for Members, \$50 Non-members. Instructor: Dawn Davis. *This series of slow controlled martial art movements used to reduce the risk of falling, increase balance and coordination, lower blood pressure, lower stress, increase longevity and improve circulation.*

Blended Aerobics *New! Evening Class*

Mondays and Thurs, starting Sept. 8, 6:15 p.m. to 7:05 p.m. \$25/month for Members. \$30 Non-members. Instructor: Dawn Davis.

Yoga

Every Tuesday and Thursday • 3 p.m. to 4 p.m. \$45/month for members. \$50 Non-members. Instructor: Dawn Davis. *Increase your flexibility, balance, strength and coordination!*

Walk Club

Mondays and Thursdays beginning August 11 • 8 a.m. to 9 a.m. \$25/month for members. \$30 Non-members. Instructor: Dawn Davis. *Learn proper techniques for walking and breathing. Class will include classroom instruction as well as adventurous walks at various parks around Fayette County.*

Arthritis Class *Coming in September!*

Tuesdays and Thursdays • 1 p.m. to 2 p.m. \$25/month for members. \$30 Non-members. Instructor: Dawn Davis. *Exercise that reduces joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance.*

Weight Training Against Osteo *Coming in September!*

Tuesdays and Thursdays • 2 p.m. to 3 p.m. \$35/month for members. \$40 Non-members. Instructor: Dawn Davis. *No matter what the form of Osteo you have or are trying to prevent, weight bearing exercises are the best form of defense.*

Genealogy



Getting Started in Genealogy

New! Evening Class

Monday, September 15
6 p.m. to 8 p.m.
\$15 Members. \$20 Non-Members. Instructor: Susan Sloan.

Learn how to record and organize family information using group sheets, ancestry charts, and documentation logs. Includes tips on places to search for information and organization strategies.

Finding your Ancestors Using the Census

Monday, September 29, 1:30 p.m. to 3:30 p.m.
\$15 Members. \$20 Non-Members.
Instructor: Susan Sloan
Learn about the history of the census, strategies for finding ancestors and more! Hands-on practice in using pre to 1850 census data.



Computer Genealogy

Monday, October 20
1:30 p.m. to 3:30 p.m.
\$15 Members. \$20 Non-Members
Instructor: Susan Sloan
This class will explore the free genealogy Websites valuable to family historians.

Each and Every Day for Members

The coffee is always on at the Center where members can enjoy a wide variety of FREE activities...all the time! Members also receive priority registration for classes and discounts on special events throughout the year. In addition to the many daily activities that are available, members can come to the Center to just relax, play cards with friends, enjoy a good book in our corner library or play a game of pool with friends at Orlando's Hideaway and Billiard Room. All daily activities listed here are FREE to members unless otherwise noted.

Mondays

Canasta

Regular and Hand & Foot
10 a.m. to 11:45 a.m.

Stitching for Others

2 p.m. to 5 p.m.

We supply the material for this charitable needle work and our experienced instructors provide projects and guidance. Just bring your needles/hooks and a giving heart.

Open Computer Time

1 p.m. to 2 p.m.

The computer room is open for individual member computer use on Monday and Friday afternoons. Come and practice your skills, surf the Web, or just play games. Please limit use to 30 minutes if others are waiting. Volunteers will be available to assist if needed.

Tuesdays

Aerobics Classes **NOTE! Classes for August 5 and 7 have been cancelled.**

Aerobics classes Are **FREE** to Center members, but before you take any of the aerobics classes listed below, *you must first take a free fitness assessment test* given by Dawn Davis, our Senior Fitness Instructor. Dawn will recommend the right level of the class (chair, intermediate or power) that will best meet your needs. **Pre-registration is required for your free fitness assessment test.** Just stop by or call the receptionist to make an appointment. The assessment takes approximately 15 minutes to complete.

After you complete your fitness assessment test please stop by or call the receptionist to pre-register for one of the FREE aerobics classes offered to Center members on Tuesdays and Thursdays as follows:

Power Aerobics 9 a.m. to 9:50 a.m.

Intermediate Aerobics 10 a.m. to 10:50 a.m.

Chair Aerobics 11 a.m. to 11:50 a.m.

Spanish Interest Group

10:30 a.m. to 12 p.m.

Join Lida Salas for conversational English and Spanish and friendly socializing.

Chickenfoot Dominoes

1 p.m. to 4 p.m.

Tuesday Bridge Club

2 p.m. to 4 p.m.

Please note! The Tuesday Bridge Club membership is full! The Friday Bridge Club still has openings. To participate in the Friday club, please register at the receptionist's desk.

Wednesdays

King's in the Corner Card Game

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

Reflections

10 a.m. to 11 a.m.

A non-denominational spiritual discussion group.

Free Blood Pressure Check

Note! Room Change!

Blood pressure checks will now be held in the room opposite the large meeting room - look for the signs pointing the way!

10 a.m. to 11 a.m.

Bunco: 1 p.m. to 4 p.m.

Looking to get involved? Look no further!

We have rewarding volunteer opportunities in our Meals on Wheels program, dining services, computer lab and more!

To show our appreciation to our volunteers we offer benefits such as lunch discounts and free membership eligibility.

Our volunteer coordinator, Patsy Deyton, would love to hear from you to tell you all about the volunteer services.

Call her at 770-461-0813 ext. 105 today!

Thursdays

Aerobics Classes **NOTE! Classes for August 5 and 7 have been cancelled.**

Aerobics classes are **FREE** to Center members, but before you take any of the aerobics classes listed below, ***you must first take a free fitness assessment test*** given by Dawn Davis, our Senior Fitness Instructor. Dawn will recommend the right level of the class (chair, intermediate or power) that will best meet your needs. ***Pre-registration is required for your free fitness assessment test.*** Just stop by or call the receptionist to make an appointment. The assessment takes approximately 15 minutes to complete. **After you complete your fitness assessment test please stop by or call the receptionist to pre-register for one of the FREE aerobics classes offered to Center members on Tuesdays and Thursdays as follows:**

Power Aerobics 9 a.m. to 9:50 a.m.

Intermediate Aerobics 10 a.m. to 10:50 a.m.

Chair Aerobics 11 a.m. to 11:50 a.m.

Fridays

Spanish Interest Group

10:30 a.m. to 12 p.m.

Conversational English and Spanish socialization.

Friday Bridge Club

2 p.m. to 4 p.m.

Open Computer Time

1 p.m. to 2 p.m.

The computer room is open for individual member computer use on Monday and Friday afternoons. Come and practice your skills, surf the Web, or play games on the computer. Volunteers will be available to assist if needed.

Free Blood Pressure Check *Note! Room Change!*
Blood pressure checks will now be held in the room opposite the large meeting room - look for the signs pointing the way! 10 a.m. to 11 a.m.

Phase 10

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

This is a fun card game based on a variant of rummy.

Sit and Stitch

1 p.m. to 4 p.m.

Calling all knitters, crocheters! In this cozy corner you'll find old friends, meet new ones, and enjoy your craft.

Center 4 Theater
MOVIE
Matinee

THIRD FRIDAY OF EVERY MONTH
Next Showing - August 15 at 2 p.m.
Featuring
SEABISCUIT

True story of the undersized Depression era racehorse whose victories lifted not only the spirits of the team behind it but also those of the nation as well. PG-13

Center members only, please!
Please be prepared to show your Membership Card.



Staff Spotlight

Part-time employee with full-time dedication



Paul Correia - Member Services

Paul Correia signed up to be a part-time volunteer with Fayette Senior Services when the new facility opened in December of 2007, but has been giving full-time hours to the Center from day one. Paul's dedication and hard work makes him very well-known and well-respected around the Center.

"There are many things that I love about working at the Center," said Paul. "The best are getting to know and chat with members, working with the staff who are so committed, and seeing the difference that Fayette Senior Services makes in the lives of the many members."

In July of 2008, Paul came on board with the Center as a part-time employee taking on a position in Member Services. With his many hours of volunteer service, there wasn't a better candidate to for the job of assisting members with anything and everything that they need.

Paul and his wife, Barbara, moved to Georgia three years ago after retiring from his locksmith business in Virginia Beach where they lived for 14 years. Before Virginia Beach they lived in Cape Cod where he was a business manager for a private school. When he began working there they had a budget of \$750,000.00 per year but by the time he left the school they had an annual budget of over

two million dollars. Paul is a man of many talents and is most often found right out front at the reception desk. Debbie Britt, executive director, sums Paul's value to the organization; "Not only is Paul incredibly dependable, *Continued on page 9*

Special Events

August

Theater Call for actors and stage crew!

The Murder Mystery Theater is coming in October with the premier of "Some Show," a mystery comedy centered around a popular talk show and some hilarious guests.

Auditions for actors to fill the eleven parts will be August 5 at 10 a.m. and August 7 at 3 p.m. If you would like to audition for a "starring role" or assist as stage crew, call Patsy Deyton or Susan Landais at 770-461-0813.

September

Lunch & Learn

with WSB's host of

'Money Matters' — Mike Kavanagh

Thursday, September 18

Lunch in the Dining Room to 12 p.m.

(reserved seating)

Mike Kavanagh from 1 p.m. to 2 p.m.

\$7 Members | \$10 Non-Members

Pre-registration is required



Mike Kavanagh is a veteran broadcaster whose career has included work in Washington, D.C. and New York as well as Atlanta. Most of his career has been behind the microphones at WSB Radio in Atlanta as a news anchor and reporter and as the host of the advice show *Money Matters*, which has been on the air since November 1990. Mike also serves as an advisor to WSB consumer advocate Clark Howard. In addition, he airs daily money reports for Atlanta's Morning News on WSB.

A fee-only Certified Financial Planner® Mike is a member of the Financial Planning Association (FPA) and the National Association of Personal Financial Advisors (NAPFA).

He is the winner of numerous journalism awards in his long career, including the prestigious Edward R. Murrow award for Investigative Reporting. He is a member of the board of directors of the Lewis Grizzard Foundation. He is the author of two books on financial planning and investing.

Join us for this informative session. *Center members who register before August 1st will receive priority registration.*

Internationally Acclaimed Living Well Workshop

The Stanford University Chronic Disease Self-management Workshop

Six Two-hour Workshops
Beginning Tuesday, September 2

2 p.m. to 4 p.m. | \$10

Pre-registration Required

FACT: Nearly 75% of Americans age 65 and older have at least one chronic disease.

FACT: Nearly 50% have at least two chronic illnesses.

FACT: Chronic conditions can dramatically erode your quality of life and independence.

The Internationally Acclaimed Stanford University Chronic Disease Self-Management Program is being offered here at your Center beginning in September. This workshop can help you reduce the debilitating effects of chronic disease by teaching:

- Relaxation techniques
- Improved nutrition and diet
- Management of sleep and fatigue
- Proper use of medication
- Condition appropriate exercise
- Better ways to communicate with health providers

Why wait to improve your life? Sign up now for the Living Well Workshop and learn lifestyle changes that your own doctor may not tell you about. Six 2-hour classes will be offered from 2 to 4 p.m. every Tuesday, beginning September 2 for six weeks. Pre-registration is required and class size is limited so call the Center today to reserve your place.

Don't miss out on the opportunity to learn ways to improve your health so you can be active and enjoy life for many years to come. The cost is just \$10 total for all six classes. This will be \$10 well spent!

For more information contact Susan Landais, program and operations manager, 770-461-0813 ext. 115.

October

Save the Date!

Postponed until Spring 2009

Fayette's First

"Longest Line Dance"



Come "Kick Up Your Heels" with a fun day at Fayette Senior Services to form a record breaking line dance group! Our spectacular line dance instructor, Eddie Huffman, will teach us the steps to make us the best steppin' group around. This is a community event fund raiser so not only do you get to come have a good time with your family and neighbors, you can help support Fayette Senior Services, a non-profit 501(c)(3) organization.

There will be plenty of food, prizes and fun for all. Details will be announced soon in our newsletter, on our Website (www.fayss.org) on local radio stations, and in our local newspapers.

Staff Spotlight

Paul Correia, continued from page 7

he is also always even-keel. With all that we have going on each day at the Center things can get pretty hectic and Paul's easy-going nature helps to keep things running as smooth as possible."

In January 2007 we only had 38 members coming to the Center each day. Paul predicted that we'd have 1,000 by July. It turns out he wasn't far off...today we have nearly 950 members and we're growing by more than 130 new members each month. Debbie states, "There is no way we could have achieved this kind of growth and success without someone like Paul helping to take care of our members. He's one in a million. I'm proud that he is a part of our team and I'm honored to call him a friend."

Stop by to meet Paul Monday thru Friday at the front desk. He'll be there just waiting to help you!

MEETINGS

MONTHLY

AARP to Fayette Chapter Meeting

Meets monthly every 3rd Wednesday from 10 a.m. to 11 a.m.

Grandparents Raising Grandchildren (GRG)

To better meet the childcare needs of this special group, the GRG Support Group has moved. *The new location is Fayette Presbyterian Church, 791 Forest Ave Hwy 92, Fayetteville.* The group meets each 2nd and 4th Thursday from 9 a.m. to 11 a.m. For childcare arrangements contact Connie Gouge, 770-460-9471 or congouge@bellsouth.net by Tuesday prior to the Thursday meeting.

NARFE (National Active and Retired Federal Employees)

Meets the second Monday of each month from 11 a.m. to Noon.

Fayette Senior Services Volunteers Meeting

Meets 2nd Tuesday of the month at 3 p.m.

Calling all volunteers! Join us for Center news, happenings, training updates and Q&A. Not a volunteer? Contact Patsy Deyton at 770-461-0813 ext. 105 and get involved!

FSS Volunteer Event Planning Committee

Meets every Thursday at 2 p.m.

This lively and dedicated group helps to plan Center events throughout the year. It's fun, exciting, challenging and rewarding.

Games

Friday, August 8 • 1 p.m.

Let's Play Rummikub®



Thursday, August 14 • 10 a.m.

Phase 10 Dice® for Beginners

Friday, August 22 • 10 a.m.

Let's Play Boggle®

Thursday, August 28 • 1 p.m.

SkipBo® for Beginners

Poker Anyone?

If you are interested in playing POKER please call or stop by the front desk to sign up! We are planning a game or two on Mondays from 2 p.m. to 4 p.m. When we have at least four people signed up, we will begin to have some "hold 'em or fold 'em" fun!



Bocce Ball - Let's Get Rolling!

If you are interested in joining a bocce ball club please sign up at the front desk. We're looking to start in September or October to enjoy a little lawn bowling!

IN THE KITCHEN WITH CHEF TODD

It's so great to see our members enjoying our new menu in our dining room for breakfast and lunch each day! My staff and I love having you dine with us and we really enjoy getting to know all of you!

We're working hard to enhance our meal program to bring you the most nutritious and delicious meals... and all at a good value! Over time you'll see changes in the dining room as well so that every aspect of our nutrition program and our dining services provides our members with an all-around positive experience. We not only want you eating well, but we also want to ensure you enjoy a quality dining experience.

I want to express my thanks to our great kitchen staff...



they are a vital part of our meal program. Our kitchen assistants, Becky Hendershot, Libby Burcar and Mary Carroll not only keep our kitchen humming but they help to keep our Meals on Wheels running! And you can find our new Sous Chef, Pedro Cruz slicing, dicing and cooking up a storm along side me every day. Stop by and meet the team that is creating the ultimate dining room for you!

Our monthly menus are now posted online at www.fayss.org. Just click on "café and menus" located on the left hand column of the home page.

Each month in the newsletter I'll be sharing one of my favorite recipes with you. By popular demand, here is my recipe for Bourbon Glazed Salmon. Bon Appetite!



Bourbon Glazed Salmon

Yield: 4 Servings

Ingredients

- 4 T Butter
- 1/2 Cup Brown Sugar
- 4 (6 oz) Salmon Fillets
- 1/3 Cup Bourbon Whiskey
- 1 tsp Chopped Parsley
- 1 Lemon
- Salt and pepper to taste

Directions:

1. Melt the butter in a heavy skillet over medium heat. Stir in brown sugar.
2. Place the salmon fillets on top of mixture in skillet and cook for 5 minutes on medium heat.
3. Turn the salmon, and pour the Bourbon around the fillets.
4. Continue cooking the salmon for approximately 5 minutes; or until the fish flakes easily with a fork.
5. Cut the lemon and squeeze fresh juice into sauce; season to taste and garnish with the chopped parsley.

Important Information about our Dining Service

Breakfast

No reservations needed

Breakfast Hours: 8:30 a.m. to 10 a.m.

Monday-Friday

\$2.50 Continental breakfast

\$4.50 Full, hot breakfast

Start your day with a good healthy breakfast!

Lunch

Reservations must be made by 10 a.m. on the day you want to join us for lunch. Call 770-461-0813.

Lunch Hours: 12 p.m. to 1 p.m.

\$5 Made-from-scratch hot lunch

***New!* EFFECTIVE SEPTEMBER 1st - We're expanding our lunch hours with no reservations necessary! Yea!**

New Lunch Hours: 11:30 to 1:30 p.m. Monday-Friday

New Price: \$6 - Chef Todd's made-from-scratch hot lunch

Our dining services are for members only. It's one of the many benefits of membership! Members may bring guests but all guests are required to sign-in at the reception desk. Members will be asked to show their membership cards.



GET FRESH!

Thanks to the Fayette County Master Gardeners, we receive garden-fresh produce that Chef Todd prepares and serves in our dining room. It doesn't get any better...or healthier...than that! Not only do we enjoy serving locally grown produce, we love the sense of place and quality of life that the Master Gardeners bring to our community.

The Master Gardener Program is a volunteer training program offered through county offices of the University of Georgia Cooperative Extension. Through this program, individuals are trained and certified in horticulture and related areas. With the help of Krissy Slagle, State Master Gardeners Program Assistant, the Fayette County Master Gardeners developed the Plant a Row for the Hungry Garden. Since 2000, this project has donated more than 39,000 pounds of



Mr. Lester Bray

fresh vegetables to various community service organizations throughout Fayette County including Fayette Senior Services.

Thanks to New Hope Baptist Church, which generously donated an additional plot of land,

the Plant a Row garden has grown significantly since its inception. With the help of Mr. Lester Bray, the Master Gardeners have been able to increase crop yield three-fold. Mr. Bray donates his time and expertise to teach the Master Gardeners to increase their crop yield using the plasticulture farming method. Plasticulture is the use of plastics in agriculture that can extend the growing season and improve crop health and growth.

Our straw hats are off to the Fayette County Master Gardeners for making our nutrition program the best it can be for seniors in Fayette County!

Bel Âge *An incredible experience!*



As our members know, Fayette Senior Services' is no ordinary senior center and our Bel Âge women's retreat held on July 19 was just one more example of how we continue to shatter the stereotype of traditional senior centers. "Bel Âge—the French word for 'beautiful age' was an event designed especially for adult women to celebrate the fact that they are beautiful at any age. The event was a wonderful day that warmed our hearts, increased our laugh lines and improved our waistlines.



Executive Chef Todd Rossi, pampered us with a very special lunch and dazzled us with culinary demonstrations. Our "Fitness Diva" Dawn Davis, showed us how easy it is to get fit while having fun. Personal growth and relationship authority, Dr. James Hughey inspired us to be our personal best; Nancy Bonner, senior national sales director for Mary Kay revealed practical beauty secrets for each stage of life; Kim Westwood, owner of A Blue Lady Florist brightened our day with beautiful, easy-to-create floral arrangements, and comedienne Carol Hughes provided some great comic relief.



We'd like to express our deep appreciation to everyone that contributed to the event's success! We've already received many requests to make this an annual event...it goes to show you that "girls just wanna have fun!"



Day Trips *Come join the fun and leave the driving to us!*

Please note: Our Day Trip program is for members only unless otherwise noted.

Friday, August 1

Southside Theatre for "Bye Bye Birdie"
A fun, rockin' musical set in the '60s. Plan to meet at FSS at 6 p.m. for special desserts and decaf coffee prepared by our own Chef Todd. Depart for the show at 7:15 for the 8 p.m. curtain time! \$30 per person includes pre-theater desserts.

Tuesday, September 23

A day of gambling in Shorter Alabama. Just a two hour bus ride and you will be enjoying a day of casino fun. More than 3,600 electronic gaming machines including slots and Bingo. Enjoy breakfast at FSS before departing at 8:30 a.m. Group will return by 6:30 p.m. Motor coach with 45 seats is filling up fast, call the reception desk to reserve your seat. \$40 per person/members includes breakfast. *Non-members are welcome.*

Wednesday, October 22

Historical Tour of Fayette County. County Historian Carolyn Cary will conduct a fabulous tour of our county and Chef Todd will prepare a sack lunch for a park picnic. Depart FSS at 10:30 for stops in Peachtree City, to Starr's Mill, and Brooks. Return by 3 p.m. Space is limited, so call today! \$20 per person includes picnic lunch.

Thursday, December 11

Day Trippers White Elephant Christmas party! Meet at the Center for fun, games and sweets by Chef Todd! Time 2 p.m. to 4 p.m. More information on this event in the next newsletter.

Wednesday, December 17

Shopping at Tanger Outlets in Locust Grove. Finish up your Christmas shopping and "shop til you drop!" Depart FSS at 10:15 a.m. and return to FSS by 3:30 p.m. Snack shops and restaurants are available at the Outlet for lunch on your own. \$15 per person.

These trips fill up quickly. Don't miss out... call today to reserve your spot!