

the CENTERline

July 2008

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

Business Hours:

Monday - 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*
- Lunchtime 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.

For more information call
770-461-0813.

*Eligibility requirements apply.

fayette
Senior
Services

Ladies, don't miss.

BelÂge

a retreat for women in their 40's, 50's, 60's...and better!

Saturday, July 19, 2008 | 10 a.m. to 3 p.m. (doors open at 9 a.m.)

Ticket Sales to Benefit Meals on Wheels and Fayette Senior Services
See page 2 for details and a special offer!

**Special Performance by
America's funniest grandma,
"Mrs. Hughes"**

The late Merv Griffin called her his "favorite funny star"— we just call her incredibly funny!

"Bel Âge" is French for "beautiful age" — and this special women's retreat celebrates the fact that we are beautiful at any age. **Bel Âge promises to be good for your soul, your laugh lines and your waistline...and all for a good cause!**

Proceeds from ticket sales benefit non-profit Fayette Senior Services and Meals on Wheels. **Remember, to a homebound senior, it's much more than a meal!**

See page 2 for more details about this exciting event!



Comedienne Mrs. Hughes



David and Virginia Smith

Above and Beyond. Volunteer Spotlight

**Meet Meals on Wheels Volunteers,
David and Virginia Smith**

By Carla Landrum, Administrative Assistant

They are simply inspiring. David and Virginia Smith have been faithfully delivering Meals on Wheels (MOWs) for Fayette Senior Services for 17 years. Throughout the years, the couple has seen many changes and have been on many different routes during their long-time service.

David and Virginia volunteer every Monday and deliver a total of eight meals on their route. They also fill-in for others when needed on another route. The Smith's say that delivering MOW's comes first on their daily schedules and that family and friends know to work around their MOW schedule!

Continued on page 2.

BelÂge

Women's Retreat and Fund Raiser. Continued from page one.

Ticket Sales Benefit Meals on Wheels and Non-profit Fayette Senior Services



Don't miss a chance to see America's funniest grandma a.k.a. "that funny lady on the Internet," comedienne Mrs. Hughes.

Visit www.mrshughes.com for a video clip.

Other featured guests:

- **Executive Chef, Todd Rossi.** See what's cooking with FSS's talented Chef Todd. Cooking demonstrations and more!
- **Dawn Davis, certified fitness instructor — "The Fitness Diva."** If you know Dawn then you'll know that getting fit has never been easier and fun!
- **Dr. James Hughey, personal growth & relationship authority.** Dr. Hughey's thought-provoking and motivating message from will inspire to be your personal best
- **Nancy Bonner, senior national sales director for Mary Kay, Inc.** Makeovers and practical beauty secrets for each stage of life. Nancy personifies "Bel Âge."
- **Kim Westwood, owner, A Blue Lady Florist.** Kim demonstrates how you can use flowers to turn ordinary into extraordinary décor to brighten your home.

Free door prizes and a day filled with surprises!

**Tickets on sale at Fayette Senior Services
\$55 FSS Center Members \$65 General Public.
Special Lunch Included**

GIRLFRIEND SPECIAL!

Buy one ticket at the regular price and get a \$15 discount off a second ticket.

Hurry! Offer expires July 10, 2008.

Advanced sales only. No tickets sold at the door.

*Only one discounted ticket for each full price ticket purchased.

Up Close with David and Virginia Smith, cont. from page one.

When asked if the increase of fuel was a factor in delivering meals they stated "It's not even an issue!" The couple added, "We love delivering meals and feel that we are only giving very little back to the community." Not only do the Smith's volunteer at Fayette Senior Services, they also have volunteered at their church for ten years.

David and Virginia moved here from Atlanta in 1988 after living there for thirty-six years. David is retired from Lockheed Airport and Virginia is retired from the Fulton County Board of Education.

David and Virginia have been married for sixty-five years have three children, eight grandchildren and ten great-grandchildren, one of which has recently graduated from medical school.

If you should see David or Virginia at Fayette Senior Services, be sure to say hello and give them a many thanks for their good works throughout our community.

On the Move...

Melvin Hill keeps the wheels turning.

By Carla Landrum, Admin. Assistant

Melvin Hill has worked in Fayette Senior Services transportation department for three years. He is primarily responsible for transporting seniors to non-emergency medical appointments and making sure our Congregate Meal Program members are transported safely to and from the Center. Melvin says, "One of the most fulfilling things in my position is talking and listening to the seniors I transport." He adds, "They are so very knowledgeable!"



Melvin Hill

A Georgia native, Melvin was born and raised in Meriwether County. Prior to coming to FSS he was a City of Atlanta police officer for twenty years. During his law enforcement career he enjoyed the challenges of working with a diverse group of people and situations. Melvin also has an extensive background in security.

Melvin invites you to stop by and ask any questions that you may have about security or safety measures or anything else that he can help you with. Who knows? You just may see an "Ask Melvin" lunch and learn on the horizon!

Classes

Stay tuned! Watch the August newsletter for our new fall class lineup including: Digital Photography, new computer classes...and more!

Dance

Line Dance

Every Tuesday with Eddie Huffman.

Beginner 10 a.m. to 11 a.m.

Intermediate 1 p.m. to 2 p.m.

\$15 per month, one session per week for Center members.

\$20/month for non-members. Pre-registration required.

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!

Needlework

Beginning Knitting

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

July 1 and 8 1p.m. to 2 p.m.

July 15 and 22 1 p.m. to 2 p.m.

July 29 and August 5 1 p.m. to 2 p.m.

Instructor: Janet Kent

Cost \$20 for two 1-hour sessions. \$25 Non-members.

Learn to knit in two hours! Begin making your hand knit gifts for friends and loved ones. The first hour you will learn to cast on and the knit stitch. The second week you will learn to purl and bind off. These four techniques are all you need to make countless knitted items.

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.

Beginning Lace Knitting KAL

July 1, 8, 15, 22 and 29

2 p.m. to 4 p.m.

Instructor: Janet Kent

Cost: \$80 for five 1-hour sessions. \$85 Non-members. The pattern and materials kit are provided. Pre-registration

required. Learn to knit lace by working on the popular Old Shale (aka Feather and Fan) stitch scarf. You can move beyond stockinette and garter stitch patterns, read directions from a written patterns and charts, do yarn over increases and knit 2 together decreases to form the beautiful shell shaped feather and fan shaped design. You'll also learn how to do a provisional cast on and Icelandic bind off.

Intermediate Lace Knitting KAL

July 2, 9, 16, 23 and 30

2 p.m. to 4 p.m.

\$80 for five 2-hour sessions. \$85 Non-members. Pattern and materials kit included. Pre-registration required.

Instructor: Janet Kent.

Knit the "Susan" Lace Stole. Learn to do a long-tail (German) cast on, Yarn Over, K2tog, P3tog, PSSO, and Icelandic bind off. Watch how combining basic knit, purl, yarn over and intentional dropped stitches can form beautiful lattice and trellis lace work in this stunning stole.

Baby Blanket KAL

August 6, 13, 20 and 27

1 p.m. to 3 p.m.

Four 2-hour sessions.

\$100 Members \$105 Non-members. Pattern and materials kit included. Pre-registration required.

You will 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.

Crochet Christmas in July

July 10, 17, 24 and 30

10 a.m. to 12 p.m.

Instructor: Nancy Crow

Cost: \$40 for 4 two-hour sessions and includes gift kit each week. \$45 Non-members. Pre-registration required.

Small gift kits will get your creative juices flowing each week (both in yarn and thread) for special homemade gifts or decorations for the holidays. Start by making a snowflake in thread and a wreath pin of yarn. Nancy Crow will instruct on the kits and help you to find other easy and fun projects from her many books and patterns.

More Classes

Needlework, Cont.

Knitted Socks

August 5, 12, 19 and 26

2 p.m. to 3 p.m. Four 1-hour sessions. \$45 Members \$50 Non-members Pre-registration required.

Learn to knit socks. Hone your skills on child size socks and immediately use what you learn on a pair for an adult. Be warned though, knitting socks has been known to be addictive. It's so much fun it's hard to stop!

Quilting

Two 5-week sessions offered:

Session I: July 10 to August 7

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

Session II: August 21 to September 18

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

\$50 Members \$60 Non-Members. Class Limit 5

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.

Computer

Watch for it! "Keeping Your E-mail Organized" Coming in August.

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.*

Getting Acquainted with the Computer

Thursday, July 24

10 a.m. to Noon

\$5 Center members only

Have you ever tried a computer before? Join this two-hour class and find out what all the excitement is about computers. This is a hands-on class that will acquaint you with a computer for the first time without fear of technology!

Exploring the Internet

Wednesday, July 30

1 p.m. to 3 p.m.

\$5 Members only

The Internet is more than just a place to send and get email. Come to this two hour class and learn the best way to search for the information you want. This is a hands-on, interactive class.

Games

Let's Play Uno®

Friday, July 25

1 p.m. to 3 p.m.

Members Only. Free

Mexican Train Dominoes for Beginners

Thursday, July 31

2 p.m. to 4 p.m.

Members Only. Free

Fitness

Tai Chi

\$22.50 for four sessions. Center Members Only

Instructor: Dawn Davis

Mondays:

August 4, 11, 18 and 24

9 a.m. to 9:50 a.m.

September 8, 15, 22 and 29

9 a.m. to 9:50 a.m.

A form of traditional Chinese mind/body exercise and meditation that uses slow sets of body movements and controlled breathing. Tai chi is done to improve balance, flexibility, muscle strength, and overall health.

Yoga/Pilates

\$45 for eight sessions. Center Members Only.

Instructor: Dawn Davis

Two sessions offered on Tuesdays and Thursdays:

Session I: August 5/7, 12/14, 19/21, 26/28

1 p.m. to 1:50 p.m.

Session II: September 2/4, 9/11, 16/18, 23/25

1 p.m. to 1:50 p.m.

You get the combined benefit of yoga and pilates for a gentle yet challenging workout. This class is designed to place as little strain on the body as possible.

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.

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.*



HOLIDAY CLOSING

Fayette Senior Services
will be closed on
Friday July 4, 2008 in
observance of Independence Day.

***In the truest sense, freedom cannot be
bestowed; it must be achieved.***

~Franklin D. Roosevelt

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
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

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.

Mondays

Canasta

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

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.

Tuesdays

Aerobics Classes

PLEASE NOTE: 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 by 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 11 a.m.

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

Chickenfoot Dominoes

1 p.m. to 4 p.m.

Bridge Club

2 p.m. to 4 p.m.

Please note! Our current Bridge Club membership is full!

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.

Bunco

1 p.m. to 4 p.m.

Looking to get involved?

Look no further!

We have rewarding volunteer opportunities! Contact Patsy Deyton, volunteer coordinator at 770-461-0813 ext. 105 today! We have opportunities in Meals on Wheels, Dining Services, Computer Lab and more! Ask Patsy about our volunteer benefits such as lunch discounts and free membership eligibility.

Thursdays

Aerobics Classes

PLEASE NOTE: 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 by 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.

Free Blood Pressure Check

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.

Fridays

Spanish Interest Group

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

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

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.

Center 4 Theater Movie Matinee

THIRD FRIDAY OF EVERY MONTH

July Matinee: July 18 at 2 p.m.

Featured movie: **Fool's Gold.** Starring Matthew McConaughey, Kate Hudson and Donald Sutherland. A new clue to the whereabouts of a lost treasure rekindles a married couple's sense of adventure...and their estranged romance. Rated PG-13.

Popcorn and drinks are on us! Center members only, please! Please be prepared to show your Membership Card.



Holy Cow!

Nettie Catucci sneaks in a little hoofin' with the Chick-fil-A cow. Our thanks the south-side Fayetteville Chick-fil-A for dropping by to bring us delicious chicken bisquits and to meet the famous Chick-fil-A cow.

We had an udderly good time!

Special Events

Important Announcement:

The **Picnic-on-the-Patio** event scheduled for July 3rd *has been cancelled* due to the extreme hot temperatures (Well, it sounded like fun when we planned it in the spring!). Now that we've got our wits about us, and a glass of iced tea in our hands, we'll look to early fall to reschedule the event.

July

BACK BY POPULAR DEMAND!
"Let's talk About This, Now!"
presented by Mary Lynn Kirby,
of the Fayette Law Group
July 9 | 7 p.m. to 8:30 p.m.
\$5 includes light refreshments
Pre-registration Required



Our first Lunch & Learn with Mary Lynn Kirby was such an overwhelming success that we're bringing her back for more!

"Let's talk About **This, Now!**" refers to the tough quality of life and end-of-life decisions we often find so difficult to discuss with our spouse or family members. We want to encourage folks to become knowledgeable and feel comfortable to talk about these important issues now. Too often, we wait until it is too late to discuss the hard-to-face issues.

Mary Lynn will guide you through the many questions that need to be answered before a crisis occurs...and in a way that is compliant with Georgia's new state laws, which became effective July 1, 2007.

Registrants can also submit a question related to wills, trusts, or power of attorney that you would like answered at the presentation.

Registration deadline has been extended to July 7th

PLEASE NOTE: The previously advertised lunch session is sold out! Only the evening session is available.

ENCORE! Fayette **Georgia's first older adult** **leadership program.**

Monday, July 14 | 1 p.m. to 2 p.m.
FREE - but pre-registration is required

Are you...

Retired, or semi-retired and ready to use your skills to become a community builder, problem solver or change agent? Ready to share your life experiences in a meaningful way? Looking to grow community – not grow old? Looking for lifelong learning opportunities direction/involvement, purposeful meaning for your life?

If you answered yes to these questions, then ENCORE! Fayette is for you. Imagine yourself with a group of other older adults with a broad spectrum of experience, knowledge and talents working on solutions to key challenges in Fayette County. Fayette ENCORE! is a class that reflects Fayette's diverse community and represents a variety of socioeconomic, ethnic and educational backgrounds. Don't miss a chance to enrich your life! Make plans to attend the ENCORE! Fayette presentation by Tom Hamall and learn more about this exciting program. **For more information about ENCORE! Fayette visit www.encorefayette.com or call Tom Hamall at 770-632-9237. ENCORE! Fayette is a program of FACTOR.**

August

Meet the Faculty

Thursday, August 14 | 10 a.m. to 2 p.m.

After a leisurely summer class schedule, we're getting ready to ramp up for a vibrant array of new offerings for your fall and winter activities. Popular favorites like needlework, genealogy, and line dancing are returning, but NEW classes in digital photography, computers and holiday crafting will also be added.

Don't miss the opportunity to meet our talented faculty and have them show you the wonderful things they can teach you. The faculty will present explanations of class content and samples of their work.

If you visit all the instructor tables, your name will be entered in drawings for special prizes throughout the day. Prizes will include discounted lunch or breakfast tickets, free and discounted classes, including fitness classes. So come on down and find out what's new at the Center! **No registration required!**

September

Living Well: The Stanford University Chronic Disease Self-management Workshop

Tuesday, September 2

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

Pre-registration Required

Learn healthy behaviors to live more positively and less painfully with age or with chronic diseases such as arthritis, diabetes, high blood pressure, etc.

- *Improve strength, flexibility and endurance.*
- *Adapt new techniques to manage stress, anxiety and pain.*
- *Have more control over health problems*

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

Lunch & Learn with WSB's host of 'Money Matters' — Mike Kavanagh

Thursday, September 18

- **Lunch in the Dining Room - 12:00 p.m.**
(reserved seating)
- **Mike Kavanagh from 1 p.m. to 2 p.m.**
Cost \$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.*

TASTE & TUNES WILL BE BACK IN SEPTEMBER!

We're taking a break for the summer but we'll be back in September so we can really enjoy our beautiful patio! Stay tuned for upcoming announcements about our musical lineup and Chef Todd's appetizer menu.

MEETINGS

MONTHLY

AARP - 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.

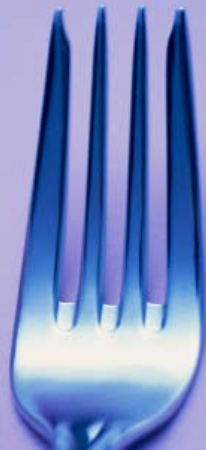
Calling all volunteers! Join us for Center news, happenings, training updates and Q&A. Not a volunteer? Contact Patsy Deyton at 770-461-0813 ext. 105 and get involved!

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.

IN THE KITCHEN WITH CHEF TODD



COMING MONDAY, JULY 21... **Breakfast is Served!**

Congratulations to Chef Todd and his wife, Danielle on the arrival of their son, Joseph. Baby Joseph is also welcomed to the world by his big brother, Jacob.

While Chef Todd is taking a break from this month's newsletter so that he can spend a little more time with his family, we have an exciting announcement to make...

Our Center dining room will be open to members for breakfast beginning July 21! Breakfast hours will be from 8:30 a.m. to 10 a.m. Monday thru Friday. The cost is \$2.50 for a continental breakfast and \$4.50 for a full breakfast. Our daily breakfast menu will be posted at the entrance of the dining room along with our daily lunch menu. **No reservations are required for breakfast but reservations are still required for lunch.**

IMPORTANT! Our dining services are for members only...it's one of the many benefits of membership! Members will be required to show their member cards at the time of purchase. NEW! A cashier will be stationed in the dining room. Guests of members must first sign in at the Reception Desk.

No reservations are necessary for breakfast but members must still make a reservation for lunch by 10 a.m. each day. Please call 770-461-0813 to make your lunch reservation. Starting July 21 you may pay for breakfast AND lunch at the cashier station in the dining room.

We are committed to bringing our members a quality food experience. We will be making continual improvements to the menu, the atmosphere and the service. We will also be expanding our lunch hours in the near future! Because we are a regulated agency, it takes a little time to get our menus and our other nutrition program components approved. We appreciate your patience during this time of transition. We know you're going to love all that Chef Todd and his staff have in store!

Join the Fan Club!

We all love our beautiful new Center but the cost to heat and cool 22,000 square feet of space is an ever-present challenge for non-profit Fayette Senior Services. To keep costs down, we've consulted with utility conservation experts and have implemented some energy-saving steps.

The most important change is the setting of our thermostats to a constant 76 degrees. According to Georgia Power, each degree you **decrease** your thermostat to in the summer will **increase** the cost of your utility bill by as much as 3%! While Georgia Power recommends setting your thermostat at 78 degrees during the summer, we find that the vast openness of the Center's building design makes 78 degrees a little too uncomfortable for our members; so we opted to set the temp at 76 degrees.



We also know that the use of fans can keep the inside temps down and use far less electricity to run. We've placed fans in many rooms to keep you more comfortable while you're here but we'd like to get more...and you can help!

If you have an electric floor fan in good working condition and would like to donate it to the Center, it will reduce the number of new fans we need to purchase. If you would like join "the fan club" we will provide you with a non-profit donation receipt. Fayette Senior Services is a non-profit, 501(c)(3) organization. *Thanks for helping us keep our cool!*



With a little help from his friends...Rich

Davidson, transportation coordinator, received a special serenade from Edgar Atkinson during Rich's farewell party. All of the staff and members who knew Rich will certainly miss him. As we bid farewell to Rich, we are pleased to welcome Jeff Wix, who joins the FSS team as our new transportation coordinator.

