

the CENTER *Line*

October 2008

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

Business Hours:

Monday to Friday
8:30 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*
- Center Cafe (Members Only)
Open Monday - Friday
No reservations

Breakfast

8:30 a.m. to 10 a.m.
Continental - \$2.50
Full - \$4.50

Lunch

11:30 a.m. to 1:30 p.m.
Chef-prepared hot lunch \$6
Soup and Salad - \$3

For more information call
770-461-0813.

*Eligibility requirements apply.

fayette
Senior
Services

DON'T LET YOUR HEALTH "GO TO THE DOGS!"



Pre-register for your shot!

Individuals are encouraged to call Fayette Senior Services at 770-461-0813 or stop by the reception desk to sign-up in advance to receive a flu and/or pneumonia shot on October 15th.

You must have your Medicare or other insurance cards with you on the day of the event!

S.P.A.R.C.

Health & Wellness Day
Wednesday, October 15, 2008
10 a.m. to 2 p.m.

Fayette Senior Services, in collaboration with the Atlanta Regional Commission (ARC), is hosting its annual SPARC Health & Wellness Day on Wednesday, October 15, 2008. SPARC is the acronym for the ARC's Sickness Prevention Achieved through Regional Collaboration initiative, which brings together the Atlanta Regional Commission's Area Agency on Aging and Fayette County community partners. The goal is to improve access to preventive health and wellness services, particularly for older adults.

Flu shots for Medicare Part B participants will be offered at no charge. Attendees with insurance that covers flu and pneumonia shots, other than Medicaid, will be accepted. The cost to all other individuals is \$25. Dr. Young of Piedmont Physician's Group will be on site for this event so prescriptions for flu shots will NOT be necessary. Pneumonia shots will also be available for \$50 unless covered by insurance.

The Centers for Disease Control and Prevention (CDC) recommends that people 50 years of age and better should receive the influenza vaccine. It is

S.P.A.R.C. cont. on page 11

Above and Beyond.

Volunteer Spotlight

Meet Beth and John Jones, Volunteering with a purpose.

By Angela Bean, Communications Coordinator

John and Beth Jones have the volunteer spirit in their bones! This busy couple has become a fixture at our Center contributing their time, talent and smiles.

With a desire to stay active and be involved, John and Beth came to the Center in February to become members. Shortly after joining as members they saw a need for volunteers. Being a couple that likes to give back to the community they didn't hesitate to join the Center's volunteer team. Patsy

Volunteer Spotlight cont. on page 11



Classes

Fayette Senior Services will be closed for the following holidays:

October 13 - Columbus Day

November 11 - Veteran's Day

November 27 & 28 - Thanksgiving

December 25 through January 2
Christmas/New Year's Day

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

Hilda Smith, 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.*

Guest Passes

Members may arrange for a one-day guest pass. Guests who will be dining in the Center Cafe must be accompanied by a member and are required to sign in at the hostess station. Guest passes are NOT a substitute for membership! Management reserves the right to decline the request for a guest pass if a member-eligible guest is deemed to have excessive visits without paying membership dues.

Register early!! Many of our classes are extremely popular and fill up quickly! All classes have a class-size limit that varies with each class. Class sizes are noted on each class listing as applicable.

All classes – free or fee-based – require registration. Any applicable fees must be paid at the time of registration or you are not considered registered for the class.

REGISTRATION

Please stop by or call the Center receptionist to register for classes. All fees are payable in advance – cash or check only.

MEMBERSHIP CARDS: Membership cards must be shown in order to receive member discounts.

CLASS FEES AND CANCELLATIONS - POLICY UPDATE 9/25/08

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 refund. Please note that all 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 given to participants if requested 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.

CLASSROOM PARTICIPATION REQUIREMENTS

Participants must be mobile and physically, mentally and medically able to participate 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 fitness assessment. Fayette Senior Services reserves the right to exclude program participation because of disruptive behavior.

IMPORTANT! Pre-registration and fee payment required no later than two days prior to class start-date unless otherwise noted on the class listing.

Needlework

Beginning Sewing

Five 2-hour sessions.

Thursdays, 10 a.m. to 12 p.m.

Session I: Sept. 4, 11, 18, 25 & Oct. 2

Session II: Oct. 9, 16, 23, Nov. 13 & 20

\$50 Members / \$55 Non-Members. Instructor,

Elizabeth Marshall. Max class: 6

Bring your own sewing machine or reserve one of ours. Basic supply kit available for \$10.

Quilting

Five 3-hour sessions. "Quilt-as-you-go" method.

Morning Sessions:

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

Oct. 8, 15, 22, 29 & Nov. 5

or Nov. 12, 19, Dec. 3, 10, & 17

Quilting continued on next page...



Classes

REMEMBER! Pre-registration and fee payment required no later than two days prior to class start-date unless otherwise noted on the class listing.

Quilting, continued...

Afternoon Sessions:

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

Sept. 25, Oct. 2, 9, 16, 23

or Nov. 13, 20, & Dec. 4, 11, 18

\$50 Members / \$55 Non-Members.

Instructor, Elizabeth Marshall. Max class: 6

Beginning Crochet

NOTE: Registration and fee payment required no later than **ONE-WEEK** prior to the start-date of this particular class.

Two 1-hour classes

Mondays, 10 a.m. to 11 a.m.

Oct. 20 & 27 or Nov. 3 & 10

or Nov. 17 & 24

\$10 Members / \$15 Non-Members.

Maximum class: 5

Instructor: Nancy Crow. *Learn the basic stitches of crochet by making simple but useful items. Materials needed: 1 ball kitchen cotton Size G or H crochet hook.*

Christmas Crochet

NOTE: Registration and fee payment required no later than **ONE-WEEK** prior to the start-date of this particular class.

Four 2-hour classes per session.

Thursdays, Oct. 9, 16, 23 & 30

10 a.m. to 12 p.m.

\$20 Members / \$25 Non-Members

Instructor: Nancy Crow Max class: 5

Starter kit provided each week to get you started on holiday projects. Materials needed: Hook size G and/or #7 steel hook for kit projects.

The following knitting classes are for Beginners (B), Intermediate (I) and Advanced (A) students.

Beginning Knitting (B)

Two 1-hour classes on Tuesdays,
1 p.m. to 2 p.m.

Oct. 7 & 14 or Oct. 21 & 28

or Nov. 18 & 25 or Dec. 2 & 9

or Dec. 16 & 23

\$20 Members / \$25 Non-Members.

Maximum class size: 3

Instructor: Janet Kent

Learn the basics of knitting; cast on, knit, purl and bind off.

Knit Miniature Sweaters, Hats and Stockings (B) (I)

A new class every Wednesday starting

Oct. 8, 1 p.m. to 4 p.m.

Maximum class size: 5

For Beginners to advanced knitters. If you can cast on, knit, purl, and bind off on your own, you can knit these mini 5 inch sweaters, hats or stockings that are perfect for the tree or as gift tags. For more details pick up a flyer at the front desk or visit class listings at www.fayss.org. Pattern and instruction provided in class.

Double Basketweave Mariners Scarf (B)

Wednesday, Oct. 1, 1 p.m. to 4 p.m.

\$30 Members / \$35 Non-Members

Instructor: Janet Kent. Maximum class: 5

If you can cast on, knit, purl, and bind off you can do this beautiful scarf. Pattern and instruction provided in class.

Exploring New Stitches

A new class each Tuesday

2 p.m. to 3 p.m.

Oct. 7 - Double Basketweave (B)

Oct. 14 - Crocus Bud (B)

Oct. 21 - Star (B)

Oct. 28 - Broadleaf Tulip (I)

\$10 members / \$15 Non-Members

Instructor: Janet Kent. Maximum class: 5

Learn a new stitch pattern each week while making a dishcloth.

Fingerless Mitts (I)

Tuesday, Nov. 4, 1 p.m. to 4 p.m.

\$30 Members / \$35 Non-Members

Instructor: Janet Kent. Maximum class: 5

Learn the basics of making ladies fingerless mittens ready for you to adapt with countless variations.

Socks (I)

Four classes per session

Tuesdays, Dec. 2, 9, 16 & 23.

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

\$50 Members / \$55 Non-Members

Instructor: Janet Kent Maximum class: 3

Knit socks from cuff to toe on dpns. Make fashion footwear for yourself and others.

Fitness*

Zumba Gold

Tuesdays and Thursdays starting 9/30

4:30 p.m. to 5:20 p.m.

\$25 Month Members / \$30 Non-Members
Instructor, Dawn Davis.

Maximum class: 20

Both men and women love this sizzling fusion of hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away!

Yoga/Pilates

Tuesdays and Thursdays

3:30 p.m. to 4:20 p.m.

\$45 Month Members / \$50 Non-Members

Instructor, Dawn Davis. *Maximum class: 20*

Increase your flexibility, balance, strength and coordination. Great for all fitness levels.

Tai Chi

Mondays and Wednesdays

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

\$45 Month Members / \$50 Non-Members

Instructor, Dawn Davis. *Maximum class: 20*

A series of slow controlled martial art movements that can have many health benefits.

Osteo Fighters

Tuesdays and Thursdays 2:30 p.m. to 3:20 p.m.

\$35 Month Members / \$40 Non-Members

Instructor, Dawn Davis.

Maximum class: 20

weight bearing exercises are the best form of defense against Osteoporosis.

***A FREE FITNESS ASSESSMENT & MEDICAL RELEASE FORM IS REQUIRED FOR FIRST-TIME STUDENTS. See receptionist for details.**

Computer

Getting Acquainted with the Computer

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

Wednesday, Oct. 8 or Thursday, Nov. 6

Afternoons: 1 p.m. to 3 p.m.

Thursday, Oct. 9 or Wednesday, Nov. 5

or Wednesday, Dec. 10

\$10 Members / \$15 Non-Members

Maximum class size: 6

This is a hands-on class for first-time computer users.

Looking at Windows

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

Thursday, Oct. 30 or Wednesday, Nov. 12
or Thursday, Dec. 11

Afternoons: 1 p.m. to 3 p.m.

Wednesday, Oct. 1 or Thursday Nov. 13

\$10 Members / \$15 Non-Members

Maximum class size: 6

Beginners learn how easy it is to use the Windows Operating System.

Classes cont. page 4

Classes

REMEMBER! Pre-registration and fee payment required no later than two days prior to class start-date unless otherwise noted on the class listing.

Exploring the Internet

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

Thursday, Oct. 2 or Thursday, Nov. 20 or Wednesday, Dec. 17

Afternoons: 1 p.m. to 3 p.m.

Wednesday, Oct. 29 or

Wednesday, Nov. 19 or Thursday, Dec. 18

\$10 Members / \$15 Non-Members

Maximum class size: 6

Learn easy search strategies for finding the information you are looking for on the internet.

Keeping Your E-Mail Organized

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

Wednesday, Dec. 3

Afternoons: 1 p.m. to 3 p.m.

Thursday, Oct. 16 or Thursday, Dec. 4

\$10 Members / \$15 Non-Members

Maximum class size: 6

Learn how to keep your email organized, how to manage junk mail using filters and how to utilize your email address book.

Microsoft Word

Two 4-hour classes.

Tuesday, Oct. 21 and Friday, Oct. 24

9 a.m. to 1 p.m.

\$79 Members / \$89 Non-Members

Additional \$15 for workbook to be paid to the instructor at the first class. Instructor:

Bob Neff. Max class: 6 *A thorough*

instruction to the creation of Word documents.

Dance

NOTE: Due to the popularity of these classes, **EFFECTIVE NOVEMBER 1st** - registration and fee payment will be required no later than **ONE-WEEK** prior to the start-date of all dance classes. Registration is on a first come, first served basis.



Beginner Line Dance

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

\$15/Month Members \$20 Non-Members

Instructor, Eddie Huffman Max class: 25

Beginner Line Dance

Fridays, 9 a.m. to 9:50 a.m.

\$15/Month Members \$20 Non-Members

Instructor, Eddie Huffman Max class: 25

Beginner/Intermediate Line Dance

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

\$15 Per Month Members

\$20 Non-Members.

Instructor, Eddie Huffman. Max class: 25

Higher level dance steps and beginner/intermediate line dances.

Genealogy

Computer Genealogy

Monday, Oct. 20 or Wednesday, Oct. 22,

1:30 p.m. to 3:30 p.m.

\$15 Members /

\$20 Non-Members

Instructor, Susan Sloan.

Maximum class size: 6

Explore free websites valuable to family historians and "google" your way to family history information.



Creativity

The Art of Stamping

Mondays, 10 a.m. to 11 a.m.

Oct. 6, 13, 20, 27 or Nov. 3, 10, 17, 24.

\$30 Members / \$35 Non-Members plus \$16

for supplies. Instructor, Diane Glenn.

Maximum class size: 10

Learn basic stamping techniques for all-occasion cards you get to keep. includes accessories.

Stamping Decorative Holiday Plates

Thursday, Oct. 16, 10 a.m. to 12 p.m.

\$10 Members / \$15 Non-Members plus \$35

for supplies and stamp set. Instructor, Diane

Glenn. Maximum class size: 10

A unique and decorative plate that can be switched out to coordinate with the season.

Stamping Boxes, Bags & Tags

Thursday, Nov. 13, 10 a.m. to 12 p.m.

\$10 Members / \$15 Non-Members plus

\$20 for supplies. Instructor, Diane Glenn.

Maximum class size: 10

Decorate small decorative boxes, bags and tags to hold your treasured gifts.

Hand-Stamped All-Occasion Cards

Monday, Sept. 29, 10 a.m. to 12 p.m.

\$8 Members / \$13 Non-Members plus \$10

for supplies. Instructor: Diane Glenn

Maximum class size: 10

Create eight unique all-occasion cards with two different stamp techniques.

Hand-Stamped Christmas Card Sampler #1

Choose either Monday, Oct. 6 or Oct. 20. 10 a.m. to 12 p.m.

\$8 Members / \$13 Non-Members plus \$10

for supplies Instructor: Diane Glenn

Maximum class size: 10

Create your own unique Christmas cards and take home with eight completed cards.

Hand-Stamped Christmas Card Sampler #2

Choose from Monday, Nov. 3 or Nov. 17. 10 a.m. to 12 p.m.

\$8 Members / \$13 Non-Members

Plus \$10 for supplies.

Instructor name: Diane Glenn

Maximum class size: 10

Create your own unique Christmas cards and take home with eight completed cards. (Different cards from Sampler #1)

Adobe® Photoshop® Elements for Beginners, Part I

Friday, Oct. 17, 10 a.m. to 12 p.m.

\$30 Members / \$35 Non-Members

Instructor, Donna Rosser.

Maximum class size: 10

Preview of the tools available in Photoshop Elements for enhancing and modifying your photos.

Adobe® Photoshop® Elements for Beginners, Part II

Five classes per session.

Fridays, 10 a.m. to 12 p.m.

Oct. 24, 31, Nov. 7, 14 & 21.

\$150 Members / \$155 Non-Members

Instructor, Donna Rosser.

Maximum class size: 10

Learn the amazing things you can do to photos using Photoshop.

Games

Mexican Train Dominoes

Friday, Oct. 17, 10 a.m. to 12 p.m.

or Tuesday, Oct. 28, 1 p.m. to 3 p.m.

Free - Members Only

Instructor name: Lois Evans

Each participant plays out trains of dominoes from the center or off of the group's common line. The goal is to be the first to finish.

Pre-Registration required for all classes

SkipBo® for Beginners

Friday, Nov. 14, 10 a.m. to 12 p.m.
Free to members.

Instructor name: Lois Evans

Each player is dealt a stockpile of cards and then attempts to win by playing all these cards on shared building piles in numerical sequence from 1 to 12. Skip-bo is based on the traditional card game Spite & Malice.

Holiday Yahtzee®

Friday, Dec. 12, 10 a.m. to 12 p.m.
Free to members.

Instructor name: Lois Evans

America's #1 Dice Game gets shaken up with a Holiday-themed dice cup, score pad and special, colorful Holiday-themed dice with 'tis the season icons.



Bocce Ball

Play Bocce Ball this Fall!
Wednesdays, Oct. 1 and Oct. 29
10 a.m. to 12 p.m.
Free to members.

Instructor name: Tom Brem

Meet in the game lobby for outside play.

Calling all Volunteers!

Fayette Senior Services Volunteer's Meeting

Join us the second Tuesday of every month at 3 p.m. to learn all about the many volunteer opportunities at FSS, our latest news and training sessions.

Our volunteers are the power behind the Center. Without this mighty volunteer corps we would not be able to provide important social services like Meals on Wheels in the community or have all of the great activities and programs at the Center. **Currently we have a need for fitness room and special events volunteers.**

Not a volunteer? What are you waiting for?! Contact Patsy Deyton at 770-461-0813 ext. 105 and get involved!

**The next Volunteer's meeting is
October 14 at 3 p.m.**



STARS Craft Sale - October 28, 10 a.m. to 1 p.m.

Looking for that handcrafted one-of-a-kind gift for the holidays? Be sure to mark you calendar and stop by the FSS STARS craft sale table located opposite the Center Café. Hand crafted items include scarfs, tote bags, jewelry, ornaments, bird houses and so much more! You'll find lovely items for friends and family and help the STARS support their crafting fun. For more information about STARS, see page 12.

Community Events

It takes a community to make difference in the lives of others. Fayette Services is proud to recognize some of our community partners and encourage you to support their efforts!

"Chair-ity" Event for Christian City Children's Village

December 1st, 5 to 7:30 p.m. drop in. The Hollingsworth House and leaders in the community are coming together to host the 2nd Annual Hollingsworth House Event benefiting The Children's Village at Christian City. The community is invited to attend a special evening of entertainment, wonderful food and a silent auction of specialty chairs, created by talented local artists including Fayette's Patsy Gullet and Vicki Turner. For more information visit: chair-ity-event.org. Tickets may be purchased by calling the Christian City

Children's Village, 770-964-3309, ask for Lauren.

DFCS | FACTOR Annual Community Yard Sale

Saturday, October 4 • 8 a.m. to 3 p.m. You are invited to the annual Community Yard Sale in the DFCS parking lot located at 905 Highway 85 in Fayetteville. Clothing, toys, books, furniture, tools, household items, and other "one of a kind" items! Food too! Don't miss this opportunity to find great bargains and support local service programs and organizations.

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

Aerobics Classes (See important info below)

Chair Aerobics: 10 a.m. to 10:40 a.m.

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

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. 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.

Billiards Room open all day for practice or play.

Tuesdays

Aerobics Classes (See important info for aerobics students)

Power Aerobics: 8 a.m. to 8:50 a.m.

Intermediate I and II Aerobics: 9 a.m. to 9:50 a.m.

Class will be a mix of standing and chair. Members of this class will assigned according to their fitness assessment.

Spanish Interest Group: 10:30 a.m. to 12 p.m.

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

Mexican Train Dominoes: 1 p.m. to 4 p.m.

During the month of October lessons are being offered for beginners.

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.

Billiards Room open all day for practice or play.

Wednesdays

Aerobics Classes (See important info for aerobics students)

Chair Aerobics: 10 a.m. to 10:40 a.m.

***King's in the Corner Card Game: 10 a.m. to 11:45 a.m.**

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

***Free Blood Pressure Check: 10 a.m. to 11 a.m.**

Billiards Room open all day for practice or play.

***Note: These activities and games will be cancelled October 15 due to SPARC.**

Thursdays

Aerobics Classes (See important info for aerobics students)

Power Aerobics: 8 a.m. to 8:50 a.m.

Intermediate I and II Aerobics: 9 a.m. to 9:50 a.m. *Class will be a mix of standing and chair. Members of this class will assigned according to their fitness assessment.*

Free Blood Pressure Check: 10 a.m. to 11 a.m.

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

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.

Chess for players or beginners: 9 a.m. to 11 a.m.

Billiards Room open all day for practice or play.

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. 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.

Billiards Room open all day for practice or play.

Texas Hold 'Em: 2 p.m. to 4 p.m.

IMPORTANT INFORMATION FOR AEROBICS STUDENTS

Aerobics classes are **FREE** to Center members, but before you take any of the aerobics classes listed, **you must first take a free fitness assessment test.** We'll recommend the right level of the class (chair, intermediate or power) that will best meet your needs. Assessments take approximately 15 minutes to complete and are available Monday, Wednesday and Friday in the fitness center, 9:30 a.m. to 3 p.m.

**Aerobic class sizes are limited to 25,
first come first served each day!**

Staff Spotlight

Saluting a true trailblazer.

Meet

Carla Landrum Administrative Assistant

Carla Landrum may not admit it but she is a trailblazer.

Fayette Senior Services moved in December 2007 from a 1,500 square foot house on Lee Street to our current 22,000 square feet of beautiful space here at 4 Center Drive and Carla Landrum was there

to greet the community.

"Looking back on those first days in the new building," Debbie Britt, Executive Director, said "We knew it would take a special person to welcome new members to the Center each day so we set out to find the perfect person...and we found her in Carla. She set the stage for what was to come."

When she was hired as the Center's first Administrative Assistant, the management team told Carla that even though the Center only had 38 members, she was assured that the building would fill up quickly and she'd be really busy. But according to Debbie those first few weeks in the new building were anything but busy for Carla. "Between typical post-construction headaches like the heat being out every few days, the cold wind blowing in through unsealed doors, plumbing leaks, and not one new soul coming to the Center in December, I thought for sure Carla would run for the hills! Thankfully she didn't."

Today, Carla has no fear of ever being bored again...in fact, with nearly 1,400 Center members and counting, there are days when Carla can barely slow down long enough to breath -- but you'll never hear her complain. She wrote the book on multi-tasking and is responsible for memberships, class schedules, directing phone calls, giving tours and answering numerous questions...sometimes having to juggle it all at the same time! Carla is supported by the



Carla Landrum (R) assisting a Center member

great member services team of Paul Correia, Hilda Smith and a group of wonderful volunteer ambassadors.

One of the things Carla likes most is making seniors feel welcome to the Center and lending an open ear when a member or visitor needs someone to talk to. Prior to coming on board with FSS she worked for ten years with her husband Jeff in the construction industry. She also worked in the dental field running a front office and providing doctor assistance. Carla and her husband Jeff have been married 22 years; they have a daughter Ansley, age 20. Jeff is also a seventh generation Fayette Countian.

Carla's sincere heart for people, especially older adults, is evident to all who meet her. It's no wonder why folks keep coming back to the Center and more keep joining every day.

Day Trips

Come join the fun and leave the driving to us!

Thursday, October 16 **SOLD OUT!**

Bulloch House, Warm Springs, GA Depart FSS at 10 a.m. Please bring an additional \$11.50, cash or check, to cover lunch at group discount rate. Return to FSS by 4pm.

Wednesday, October 22 **SOLD OUT!**

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.

Wednesday, November 5 **Additional trip added!**

Historical Tour of Fayette County. Same information as the October 22 trip. Space is limited so call today!

Tuesday, November 18

King Tut Exhibit at the Atlanta Civic Center. Exhibit spans 2,000 years of Egyptian history dating back to the 5th dynasty showcasing the lives and splendor of many of the Egyptian pharaohs including 50 objects from the tomb of Tutankhamun. Enjoy an early lunch at the center at 11:30 before departing at 12:30 p.m. for the museum returning by 5:00 p.m. \$48 includes 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.

Friday, December 12 **SOLD OUT!**

Southside Theater in Fairburn presents "Christmas Belles," a Southern comedy that tells the story of a church Christmas pageant that spins wildly out of control as three squabbling sisters try to reign in the mayhem. Evening performance with time and cost to be determined.

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.

IMPORTANT INFORMATION FOR DAY TRIPPERS:

Please arrive 10-15 minutes prior to departure and check in with Carla Waters when you arrive at the Center. We do have a waiting list for most trips so if you are unable to make the trip let us know as soon as possible. New adventures are being planned for January, February and March... stay tuned! These trips fill up quickly, make your reservations soon!

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

Special Events

October



HALLOWEEN COSTUME PARTY

Friday, October 31 • 2 p.m. to 4 p.m.

Get out your costumes and come join the party! Prizes will be awarded for the most creative costumes! Refreshments, Halloween Trivia and a Ghost "Treat" Walk will be just part of the "spooky" good time! \$1 games for fun and prizes. Space is limited... sign up at the reception desk and then dust off your witch's hat. A \$5 donation at time of reservation is requested and will include two free game tickets. Additional game tickets will be on sale during the party. Costume or mask is required for admission.

Lunch & Learn Workshop

"I Guess That's Why They Call It The Blues..."

They also call it being "down in the dumps" or "having a bad day." No matter what you call that feeling, it's not fun and it's not a good feeling.

Some express a feeling of emptiness or anxiety. Others may constantly complain of feeling tired or sick or "sick and tired." They will rarely say, "I'm really depressed."

A lot of people are reluctant to talk about how they are feeling because it makes them feel weak or ashamed. Some may even think feeling this way is a normal part of getting older.

We have some good news for those folks and for those who care for them. Join us for an information and resource-packed session on that all too common malady, "the blues."

Our speakers will be Suzanne Chrispen, MS, LCSW, Dr. James Hughey, PhD, and Susan Landais, MS Gerontology. They will share their expertise and explain the various forms of depression as well as the causes and the cultural myths. Attendees will learn how to get help for friends and family who may be suffering with depression.

A sandwich lunch prepared by Chef Todd is included in your ticket price. Please join us..... we promise to nourish your mind.

October 30
12 p.m. to 1:30 p.m.
\$6 per person
includes lunch
Pre-Registration
Required

MURDER MYSTERY THEATER

The FSS Center Theater presents "Some Show!"

Sold Out! Two Performances
October 21 • 4 p.m. to 7 p.m.
October 23 • 6 p.m. to 9 p.m.



October 4th • 9:30 a.m.

Cheer on the FSS Team "The Memory Laners" as they walk to benefit Alzheimer's research.

chick A boomers

It's better to flock together...

Join the new Chick-A-Boomers Club
First meeting at FSS
Monday, October 20, 6 p.m to 7 p.m.

The Chick-A-Boomers are coming to Fayette Senior Services! That's right, those baby boomer gals whose signature wine bottle lamps have helped to raise money for non-profit organizations, are now an official program of Fayette Senior Services.

What is the Chick-A-Boomers Club? It's a place to get connected, be challenged to try new things for yourself...and be motivated to do good things for others. It's a "girls club" where you might come to hear a great guest speaker, go to places for wine or food tastings, or find out who is having the best sales. Most importantly we find a cause in the community worth pitching in for and go out to "get 'er done." It's about empowering ourselves to be better...and having fun along the way.

Chick-A-Boomers, founded in 2007 by Vicki Turner, Sharon Cummings and Debbie Britt, who decided to hit the flipside of life with gusto and panache. Vicki, Sharon and Debbie concede to being official "Boomers" of various ages, but feel that the label "baby boomer" just doesn't fit their spring chicken, "50 is the new 40 and 60 is the new 50" attitude; thus, Chick-A-Boomers was born. Come join the fun!

Save the date!
Holiday Celebration
December 19 - 2 p.m. to 4 p.m.

Join us as we celebrate the season with entertainment and homemade holiday cookies prepared by our Center members.



Center 4 Theater
MOVIE
Matinee
Only \$1!
Popcorn & drink provided!

THIRD FRIDAY OF EVERY MONTH
Next Showing - October 17 at 2 p.m.

Featuring Made of Honor

Tom and Hannah have been platonic friends for 10 years. He's a serial dater, while she wants marriage but hasn't found Mr. Right. Just as Tom is starting to think that he is relationship material after all, Hannah gets engaged. When she asks Tom to be her "maid" of honor, he reluctantly agrees just so he can attempt to stop the wedding and woo her. PG-13

Center members only, please!

Please be prepared to show your Membership Card.

Note: There will be no movie in December due to the Holiday Party

fayette
Senior
Services

Transportation Programs

Fayette Senior Services is the only provider of low-cost, flexible transportation for older adults in Fayette County.

Our transportation programs (voucher and non-emergency medical) are open to Fayette County residents age 60 and better as well as disabled adults age 18 to 59 who cannot drive through no fault of their own.

With our Non-emergency Medical Transportation service clients can arrange to have one of FSS' own drivers drive them to medical appointments. The program also offers prescription pick-up service within Fayette County. The Voucher Transportation service allows clients to purchase vouchers for a nominal fee and then arrange their own transportation and negotiate the payment for service with one of the program's many registered drivers.

Transportation Vouchers can be used for any transportation need including the grocery store, doctor appointments, shopping, church, etc.

Transportation Vouchers may also be used to travel outside Fayette County.

*Eligibility requirements apply. For more information please call Ginnie Plunkett 770-461-0813 Ext. 127

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.



Also now offering
One-Way and Round-Trip Transportation*
 Monday through Friday 9:30 a.m. to 4:00 p.m.

Services include transport within Fayette County to:

- The Dialysis Clinic, Inc.
- The Davita Dialysis Center
- Medical Appointments
- Pharmacies for Prescription Pick-Ups

IN THE KITCHEN WITH CHEF TODD

I can't believe it's October already! Just like they say, "time flies when you're having fun" and getting to prepare breakfast and lunch for our membership every day is my kind of fun!

Due to our members who join us for breakfast and lunch every day, and to our volunteers who help staff the dining room, The Center Café is staying busy and getting busier every week! Our new "no reservations" with expanded lunch hours has proven to be very popular.

Recently I've had questions asking how the menu is planned each month. The most important factor when developing the menu is to make sure that the meals are healthy and nutritious. We take your health and well-being seriously knowing that, as we age, what we put into our bodies is very important to staying physically and mentally healthy. We use very little salt in dishes preferring the use of fresh herbs and spices for flavor. Each day we offer fresh vegetables and salad with the main dish and many of our desserts are sugar-free.



We have some fun events planned at the Center this month, but I am especially excited about our Murder Mystery Dinner Theater scheduled for Tuesday, October 21, 4 p.m. to 7 p.m. and Thursday, October 23, 6 p.m. to 9 p.m. I'm looking forward to preparing a wonderful prime rib dinner for this sold out event.

I'm happy to report, as you may have heard, we had our latest health inspection and we received a perfect score of 100 for the second time in a row! Our staff has worked extremely hard and it has paid off. I would like to recognize our dining staff, Becky Hendershot, Mary Carroll, Libby Burcar, Becca Doyle, Ansley Landrum, and Pedro Cruz for all their hard work. Their dedication helps to make the food service as excellent as you deserve.

I look forward to a great month in food service and Stop by the Center and pick up a Café menu or download a copy at www.fayss.org and see what's cooking in October. I'll look forward to seeing you at the café. Bon appétite!

About our Dining Service

Our dining services are for members only. It's one of the many benefits of membership! Members may bring guests but all guests must be accompanied by a member and are required to sign-in at the hostess station. We appreciate your understanding that guest passes are not a substitute for membership for member-eligible guests. Members will be asked to show their membership cards.

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

Lunch

No reservations needed

Monday-Friday

11:30 a.m. to 1:30 p.m.

**Enjoy Chef Todd's made-from-scratch hot lunch... only \$6
Soup and Salad... only \$3**

SHRIMP AND GRITS

Yield: 6 servings

Ingredients:

- 2 cups of 2% milk
- ¾ cup of low sodium chicken broth
- 1 cup of uncooked quick cooking grits
- ¼ tsp salt
- ½ cup shredded Parmesan cheese
- 2 T unsalted butter
- 3 oz low fat cream cheese
- 3 T chopped fresh parsley
- 1 T chopped fresh chives
- 1 T fresh lemon juice
- 2 large egg whites
- 1 lb deveined medium shrimp, chopped coarsely



Preheat oven to 375 degrees F

- 1) Combine the milk and broth in a medium heavy saucepan; bring to a boil.
- 2) Gradually add grits and salt to pan, stirring constantly with a whisk. Cook for 5 minutes or until thick.
- 3) Remove from heat and stir in the Parmesan, butter, and cream cheese.
- 4) Stir in the parsley, chives, lemon juice, egg whites then shrimp. Spoon the mixture into a 11x7 inch baking pan coated with cooking spray.
- 5) Bake at 375 degrees F for 25 minutes or until set. Serve warm and enjoy!

New Menu Features!

The Center Café October menu is featuring NEW dishes that you won't want to miss, including this month's newsletter's feature recipe, *Shrimp and Grits*, a Southern favorite. Plan to join us for lunch to try the *Beef Short Ribs* and *Italian Beef Sandwiches*. You can find the complete Café Menu at www.fayss.org or pick up a menu at the reception desk.

Volunteer Spotlight, cont. from page 1.

Deyton, the Center's Volunteer Coordinator, knew right away that Beth and John would be perfect Ambassadors for the Center. "Their warm greetings and big smiles make everyone feel welcome when they walk in the door," said Patsy. "Our Center Ambassadors are the first face a visitor sees. It is important that we have warm friendly and knowledgeable people serving in this role so that everyone who visits will decide to become members."

Beth continues to serve as Ambassador but you will also find her at the reception desk assisting with membership and class sign ups. She was one of the first volunteers to take on the challenge of learning a new software system that will help make this process easier for everyone. Beth says, "Coming to the Center is the highlight of my day. Everyone is so friendly and easy to get along with. This is 'our place' and there are no strangers here." According to Beth, members can come to the Center and walk up to a game of friends playing cards, dominos, or Bunco and say "Deal me in." "In fact," Beth said, "The entire Center is ready to 'deal you in.'"

If you sign up for a computer class you may have John as your volunteer instructor. Due to his calm demeanor and patience his students find it easy and fun to learn new computer skills. John said "I enjoy teaching the computer classes because I feel I am helping so many Seniors who want to get 'connected' to their friends and family utilizing email." The students also tell John that they want to learn more about using the Internet for all the benefits of finding information, shopping and entertainment.

John also acts as a Fitness Center volunteer making sure that everyone knows how to use the equipment properly. This is so important to ensure that everyone safely gets the workout they need and does so safely. John has also taken on the extra duty to help with physical fitness assessments, a mandatory requirement to participate in the fitness programs.

"John and Beth are so easy to work with," said Patsy. "Whatever the need we have in the Center they are very willing to pitch in, even if that includes the heavy lifting of moving furniture and setting up tables for special events."

S.P.A.R.C, cont. from page 1.

especially important for those who are at high risk of having serious flu complications, such as the elderly and those with weakened immune systems, as well as those who live with or care for those at high risk.

More event highlights:

Attendees can also take advantage of getting **free health screenings** such as blood pressure, bone density, cholesterol and glucose testing. Medical referrals for mammograms will also be offered and Georgia Cares will provide assistance with health insurance issues.

A free healthy snack bar sponsored by Heritage Bank will be available. Guests can also stop by the Center Café from 11:30 a.m. to 1:30 p.m. for a delicious and nutritious meal for only \$6 prepared by Fayette Senior Services' executive chef, Todd Rossi.

A series of highly informative health and wellness presentations will be available from our SPARC community partners: Piedmont Fayette Hospital, Piedmont Physician's Group and Georgia Cares who will cover a wide variety of topics such

John and Beth moved from Harrisburg, Pennsylvania to Fayette County in 1999 after retirement. Having family in Atlanta plus the great weather drew them to Fayette County. John retired from AMP Inc. as a field engineer and Beth served 26 years as a surgical nurse at their local hospital. Their older daughter, Lisa, continues the nursing tradition with her own career back in Pennsylvania. They get to revisit Pennsylvania winters on their annual trip back home to see Lisa around Christmas time.

Before leaving Harrisburg they were part of a small core group of volunteer citizens leading the way to develop the "Capital Beltway," a 25-mile biking and hiking circuit trail around the city. The five-year project, completed in 1995, involved clearing undergrowth, picking up debris, laying down sawdust, wood chips and gravel to protect the trail, building foot bridges across small creeks and streams, and planting trees and flowers along the path. John and Beth said it was hard work but they loved every minute of it.

Before volunteering at the Center, John and Beth served in the mentor program with the Fayette County School System. Beth mentored students at East Fayette Elementary and John was at Spring Hill Elementary.

In addition to the time they spend at the Center, John and Beth enjoy home projects that include a vegetable and flower garden, compost gardening, and building rain barrels. John is very willing to help his neighbors with their composting as well.

We are so fortunate to have such wonderful volunteers at our Center and so proud to honor John and Beth as our September Volunteers of the Month. John and Beth are inspirations to other members as well as the Center's staff. Debbie Britt, Executive Director, says "This dynamic couple epitomizes civic engagement and community spirit. You can't help being blessed just being around them." Britt adds, "Each and every one of our volunteers add something special to Fayette Senior Services, and Beth and John are no exception."

as diabetes education, diabetic foot care, cardiac rehab, nutritional information, and Medicare/Medicaid. Dawn Davis, Fayette Senior Services' "Fitness Diva" will also be a featured presenter.

We look forward to seeing you on Health & Wellness Day at the Center on October 15th!



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PEACHTREE CITY
2338 HWY 54
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www.whitlockellis.wbsec.com

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ELIZABETH WHITLOCK, AAMS
PRESIDENT

BARRY ELLIS, CFP®
MANAGING PARTNER

MELINDA WHITLOCK, AAMS
SENIOR VICE PRESIDENT

TELEPHONE: 770.461.8188

TOLL FREE: 866.570.0483

FAX: 770.461.8187

Vote Election Day November 4

The Fayette County Elections Office, located at 140 Stonewall Avenue West, Suite 209, will be the only location open allowing “early voting” for Fayette County residents beginning September 22, 2008.

No reason will be required in order to vote from September 22, 2008 through October 31, 2008.

The week before the November election, October 27, 2008 through October 31, 2008, will be referred to as “Advanced Voting Week”, and three additional voting locations, in addition to Suite 209, will be open. All four locations will be open 8:00 a.m.

until 5:00 p.m. daily. These locations are:

- Public Meeting room located at 140 Stonewall Avenue West
- Peachtree City Library
- Tyrone Library

In addition, the elections office is currently accepting “Voting by Mail” applications for mail-in absentee voting. All 36 of the County’s voting precincts will be open from 7:00 a.m. until 7:00 p.m. on Tuesday, November 4th for the General Election.

Citizens are encouraged to contact the Elections Office now (770-305-5408) if they need to register in order to vote in the Presidential General Election. The last day to register is Monday, October 6th. Now is also the time to update name and address changes to avoid any delays at the precincts when voting on November 4.

If you cast your vote in person at your polling place, photo identification is required. There are six acceptable forms of photo ID which apply to in-person voting by absentee, advance voting or at the polling place on Election Day. These include:

- Valid Georgia driver’s license, even if expired
- Valid photo ID card issued by any entity of the state of Georgia, any other state, or the U.S. , including one issued by the Department of Driver Services or your county registrar’s office
- Valid employee photo ID from any branch, department, agency, or entity of the U.S. Government, Georgia, or any county, municipality, board, authority or other entity of this state.
- Valid U.S. Military ID card with Photo
- Valid Tribal ID with photo • Valid U.S. Passport

For more information visit
www.fayettecountyga.gov/elections

Congregate Meal Group Adopts a New Name and Image

For many years our group of regular attendees on Lee Street was known by the bureaucratic sounding name, Congregate Meal Program clients. They were the first ones through the doors of our lovely new building and they noticed their stodgy old name did not fit their beautiful new Center. They thought long and hard about renaming themselves and decided to adopt FSS Driver, Lyn Thomas’ suggestion, “**The STAR Club**”! STAR is an acronym for “Seniors Together After Retirement”. Our newsletter will now feature a “Spotlight on the STAR” column so we can introduce you to some of these delightful STARS!

Spotlight on STAR



Our first featured STAR is Etta Rissi. Etta is originally from Redding, Massachusetts. A little over two years ago she moved to Georgia to live nearer her two daughters, Diane and Phyllis. She also has a son still living in Redding. She is a proud Grandmother of eight and thrilled with her first great granddaughter who is just learning to walk.



Etta enjoys coming to the Center because of the people she meets. She has been knitting since she was 15 years old and she has enjoyed teaching knitting to others in the STAR Club. Etta seems to be able to master any crafty idea we put to her. When we asked if she might be able to make the wonderful turkey pictured above, she jumped right on it and it turned out beautifully. Etta really enjoys Chef Todd’s fine food and she wanted to donate the impressive looking bird as a festive decoration to our Center Café. Chef was delighted to accept her creation. After all, he’s usually the one “preparing” the turkey! Thanks, Etta, for the many creative gifts you bring to the STAR Club and most of all thanks for your friendship.



Fayette Senior Services Gift Certificates are now available for purchase at the reception desk. Certificates may be purchased in \$10 increments and will be accepted for membership fees, classes, day trips, dining and any special events offered at the Center.