

the CENTER *Line*

**The Center
will be Closed
Labor Day
Sept. 1**

September 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*
- Lunchtime Dining for Members Only.

No reservations necessary.

Hot lunch - \$6

Soup and Salad - \$3.

- Breakfast Dining for Members Only.

No reservations necessary.

Continental - \$2.50

Full, hot breakfast - \$4.50

For more information call
770-461-0813.

*Eligibility requirements apply.

**fayette
Senior
Services**

MURDER MYSTERY THEATER



*Seating is Limited
Purchase your
tickets today!*

PLAYBILL

The Center Theater
Fayetteville, GA

Featuring

"Some Show!"

The Nickie and Ricky Rivers Show is on the road and taping a live broadcast in your town. Featured guests are: Vegas Lounge singing team of Shecky Scagnetti and Edie Buffet. New Age Guru: Celeste Ethereal. Home Economist; Phoebe St Self. Gossip Columnist: Ruby Ragot. Everyone is on the show to announce the premiers of their own "talk shows". What starts out to be a "talk show" about "talk shows" gets heated with a few ego and personality clashes. Sure, it sounds like every other talk show. But, Phoebe turns up dead back-stage, "poisoned" by a "tainted wet-nap." Who would want to render Phoebe harm? Or is the question, Who Wouldn't? Can Nickie and Ricky solve the murder on the air and boost their ratings? Must the Show go on? Tune in and find out.

DINNER & SHOW!

The FSS Center Theater
presents
"Some Show!"

Two Performances

October 21 • 4 p.m. to 7 p.m.

October 23 • 6 p.m. to 9 p.m.

*If you have already purchased your
ticket, please note the time changes.*

Evening includes a Prime Rib Dinner
prepared by our own Chef Todd
\$22.50 per person

\$25 per person after Oct. 1

Seats are limited for these two performances. Members have the opportunity to make reservations before the event is advertised to the public. Be sure to make your reservations early!

Above and Beyond.

Volunteer Spotlight

Meet Lois Evans,
Computers, games and so much more

By Carla Landrum, Administrative Assistant

Lois Evans has been a tireless volunteer at Fayette Senior Services for the past four years. She answered a newspaper advertisement for Meals on Wheels volunteers and started out delivering meals on Mondays. She soon added driving seniors to their medical appointments to her volunteer time. It wasn't long after that when she decided to pitch in at the old Friendship Center on Lee Street every Tuesday.

Lois continues to give time in these areas but added several other duties when the new Center



Lois Evans, left, is a familiar face at the game tables.

Volunteer Spotlight cont. on page 11



Check out www.fayss.org! The site is being updated to include easy to find information including monthly menus, classes, events, day trips and more!

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
- 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. All guests are required to sign in at the front desk. 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.

Classes

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 and payment of any fees.** 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 **Advance registration and fee payment required.**

Beginning Knitting

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

September 9 & 16; September 23 & 30;

October 7 & 14; October 21 & 28;

November 18 & 25.

\$20 Members / \$25 Non-Members (Two classes)

Instructor, Janet Kent. *Learn to cast on, knit, purl and bind off.*

Let's Knit Socks

Wednesdays, September 3, 10, 17 & 24.

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

\$50 Members / \$55 Non-Members. (Four classes)

Instructor, Janet Kent. *Knit socks from cuff to toe on double pointed needles. Easy and fun. Make fashion footwear for yourself and everyone you know. Prerequisite: Student is able to do knit or long-tail cast on, knit and purl without assistance.*



Heirloom Baby Blanket Knit-a-Long

Tuesdays, September 2, 9, 16, & 23. 2 p.m. to 4 p.m.

\$100 Members / \$110 Non-Members (Four classes)

Includes pattern and materials kit.

Instructor, Janet Kent. *Make an heirloom baby blanket. This will be the blanket treasured and handed down from generation to generation. During class you will learn all the stitches needed to complete this blanket. Prerequisite: Student is able to do knit or long-tail cast on, knit and purl, and bind off without assistance.*

Pre-Registration required for all classes

Exploring New Knit Stitches

Wednesday, September 3 - Spiral Spa Cloth
Wednesday, September 10 - Breast Cancer Awareness Ribbon
Wednesday, September 17- Ripple Wave
Wednesday, September 24 - Woven Bands
All classes 1 p.m. to 2 p.m.
\$10 Wk Members / \$15 Wk Non-Members Instructor, Janet Kent. *Sign up each week to learn a different stitch pattern allowing practice while making a dish cloth. Prerequisite: Student is able to do knit or long-tail cast on, knit and purl, and bind off without assistance.*

Beginning Crochet

New class every two weeks. Mondays, 10 a.m. to 12 p.m.
September 8 and 15; September 22 and 29;
October 6 and 13; October 20 and 27.
\$10 Members / \$15 Non-Members Instructor, Nancy Crow.
Learn the basic stitches by making a simple dishcloth and pot holder. Materials: Kitchen cotton yarn, Size G or H crochet hook, scissors, tapestry needle and tape measure.

Filet Crochet

Four classes per session.
Thursdays, September 4, 11, 18, 25. 10 a.m. to 12 p.m.
\$20 Members / \$25 Non-Members Instructor: Nancy Crow
Create your name or initials in crochet. Learn about blocks and spaces and reading a chart. Crochet in thread. Materials: #10 crochet thread in your color choice (no variegated), Size 7 or 8 steel crochet hook, scissors. Skill level: Intermediate.

Christmas Crochet

Four classes in this session.
Thursdays, October 9, 16, 23, 30. 10 a.m. to 12 p.m.
\$20 Members / \$25 Non-Members.
Instructor: Nancy Crow
Make ornaments, decorations or small gifts. A kit will be provided each week. Then you decide what else you want to make. Some patterns available. Materials: Yarn and hook appropriate for your project. Hook size G and/or #7 steel hook for kits projects. Skill level: Beginner to intermediate.

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.
Instructor, Elizabeth Marshall.
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. Basic supply kit available for \$10.



Quilting

Five 3-hour sessions. Choice of morning, afternoon and evening.
\$50 Members / \$55 Non-Members.
Morning Sessions: Wednesdays, 9 a.m. to 12 p.m.
Sept. 3, 10, 17, 24 & Oct. 1 or Oct. 8, 15, 22, 29 & Nov. 5 or Nov. 12, 19, Dec. 3, 10, & 17
Afternoon Sessions: Thursdays, 12:30 p.m. to 3:30 p.m.
Aug. 21, 28, Sept. 4, 11, 18 or Sept. 25, Oct. 2, 9, 16, 23 or Nov. 13, 20, & Dec. 4, 11, 18
Evening Session: 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.

Fitness **Advance registration and fee payment required.**

Yoga/Pilates

Tuesdays and Thursdays,
September 2 - 25. 3:30 p.m. to 4:20 p.m.
\$45 month Members / \$50 Non-Members
Instructor, Dawn Davis. *Increase your flexibility, balance, strength and coordination. Great for all fitness levels.*

Tai Chi

Choose morning or evening classes.
Mornings: Mondays and Wednesdays,
September 3 - 29, 9 a.m. to 9:50 a.m.
Evenings: Mondays and Thursdays,
September 8 - 29, 7:15 to 8:15 p.m.
\$45 Month Members / \$50 Non-Members
Instructor, Dawn Davis. *A series of slow controlled martial art movements to reduce the risk of falling, increase balance and coordination, lower blood pressure, lower stress, and improve circulation.*

Osteo Fighters

Tuesdays and Thursdays, September 2 - 25, 2:30 p.m. to 3:20 p.m.
\$35 Month Members / \$40 Non-Members
Instructor, Dawn Davis. *No matter what the form of Osteo you have are trying to prevent, weight bearing exercises are the best form of defense.*

Coming in October!

Independence Class – Total fitness program teaching the value of treating every part of the body to more gentle and controlled motions, regardless of limitations, giving opportunity to expanded range of motion leading to recoveries of lost skills.

Nutrition Class – Learn why nutrition is important to good health and well being. Understand what is healthy and what isn't. Establish reality from myth.

Zumba Gold - Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away!

Classes cont. page 4

Classes

Computer **Advance registration and fee payment required.**



Getting Acquainted with the Computer

Wednesday, Sept. 10, 10 a.m. to 12 p.m. or Thursday, September 11 1 p.m. to 3 p.m.
\$10 Members / \$15 Non-Members

Instruction by Center Volunteers. *Anyone new to computers will learn the basics with this two hour hands-on class.*

Looking at Windows

Wednesday, September 17, 10 a.m. to 12 p.m.
\$10 Members / \$15 Non-Members
Instruction by Center Volunteers.

Learn some simple but helpful Windows Operating System skills that are useful to beginning computer users.

Exploring the Internet

Wednesday, September 24, 1 p.m. to 3 p.m.
\$10 Members / \$15 Non-Members Instruction by Center Volunteers.
The Internet is more than email. Learn the best way to search for the information you need using search engines such as Google and Yahoo.

Dance **Advance registration and fee payment required.**

Due to the popularity of these classes, please pre-register and pay class fees one week in advance. Classes are filling up so it is no longer possible to join a class that you are not pre-registered for.

Beginner Line Dance - Morning Classes

Four classes per session.
Tuesdays, September 2, 16, 23, 30.
10:30 a.m. to 11:30 a.m.
\$15 Members / \$20 Non-Members.

Instructor, Eddie Huffman. *Learn basic line dance steps and easy beginner line dances.*

Beginner/Intermediate Line Dance

Tuesdays, September 2, 16, 23, 30.
1:30 p.m. to 2:30 p.m.
\$15 Members / \$20 Non-Members
Instructor, Eddie Huffman.

Learn higher level dance steps and learn beginner/intermediate line dances.

Ballroom Dance

All classes 10 a.m. to 11 a.m.
Foxtrot: Fridays, September 12, 19, 26
Waltz: Fridays, October 17, 24, 31
\$20/month Members. \$25/month Non-Members. *Monique Barrett offers the Foxtrot in September and the Waltz in October.*



Genealogy **Advance registration and fee payment required.**

Getting Started in Genealogy

Monday, September 15, 6 p.m. to 8 p.m.
\$15 Members / \$20 Non-Members Instructor, Susan Sloan
Learn how to trace ancestry and record and organize family information using Family Group Sheets, Ancestry Charts, and Documentation Logs.

Finding Your Family on the Census

Monday, September 29, 1:30 p.m. to 3:30 p.m.
\$15 Members / \$20 Non-Members Instructor, Susan Sloan.
Strategies for finding ancestors on the census will be the focus of the class. Hands-on practice in using pre-1850 census data.

Computer Genealogy

Monday, October 20, 1:30 p.m. to 3:00 p.m.
\$15 Members / \$20 Non-Members
Instructor, Susan Sloan. *Explore free websites valuable to family historians and "google" your way to family history information.*

Creativity **Advance registration and fee payment required.**

Intro to Digital Photography, Part I

Choose morning or evening class.
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 Instructor, Donna Rosser.
Bring your camera and manual – let's look at what those buttons and menus mean. A good chance to explore the basics that must be learned to effectively use your digital camera.

Intro to Digital Photography, Part II

Choose morning or evening session. Five classes per session.
Evening Session: Thursday, September 11, 18, 25, October 2 & 9.
6:30 p.m. to 8:30 p.m.
Morning Session: Friday, September 12, 19, 26, October 3 & 10.
10 a.m. to 12 p.m.
\$150 Members / \$155 Non-Members.
Instructor, Donna Rosser. *Take your camera off of 'auto' and learn composition tips, black & white, macro, and simple lighting. Weekly handouts detail each class.*

Photoshop Elements for Beginners, Part I

Choose morning or evening class.
Evening: Thursday, October 16. 6:30 p.m. to 8:30 p.m.
Morning: Friday, October 17. 10 a.m. to 12 p.m.
\$30 Members / \$35 Non-Members
Instructor, Donna Rosser. *This introductory class will give you a preview of the tools available in Photoshop Elements for enhancing and modifying your photos.*

Photoshop Elements for Beginners, Part II

Five classes per session. Choose morning or evening session.
Evening Session: Thursday, October 23, 30, November 6, 13 & 20.
6:30 p.m. to 8:30 p.m.
Morning Session: Friday, October 24, 31, November 7, 14 & 21.
10 a.m. to 12 p.m.
\$150 Members / \$155 Non-Members Instructor, Donna Rosser.
Learn the amazing things you can do to photos with Photoshop.

Pre-Registration required for all classes

The Family Christmas Tree

Wednesday, October 1, 10:30 a.m. to 12:30 p.m.
\$35 Members / \$40 Non-Members Instructor, Donna Rosser.
Decorate the tree with cherished old family photos. A great way to introduce grandchildren to their ancestors.

Handmade Greeting Cards

Friday, October 10, 1 p.m. to 3 p.m.
\$23 Members / \$28 Non-Members includes supplies
Instructor, Donna Dow.
Make beautiful greeting cards from every day items around your home such as security envelopes, canceled postage stamps, gift-wrap paper, CDs and even coffee filters. Make a custom envelope.

The Art of Stamping

Choose from three class sessions, four classes each session.
Mondays, 10 a.m. to 11 a.m.
September 8, 15, 22, 29; October 6, 13, 20, 27;
or November 3, 10, 17, 24.
\$30 Members / \$35 Non-Members plus \$16.00 for supplies.
Instructor, Diane Glenn. *Learn basic stamping techniques as you hand-stamp cards for every occasion. Each class will include different stamping techniques, colors and accessories. You will make and take home cards using these techniques.*

Elegant Hand-Stamped Stationery

Thursday, September 4, 11 a.m. to 12 p.m.
\$10 Members / \$15 Non-Members plus \$10.00 for supplies
Instructor name: Diane Glenn
Learn the fun and easy art of making elegant stationery and a coordinating folder suitable for giving as a gift.

Stamping Decorative Holiday Plates

Thursday, October 16, 10 a.m. to 12 p.m.
\$10 Members / \$15 Non-Members plus \$35.00 for supplies and stamp set. Instructor, Diane Glenn. *Make a unique and decorative plate that can be switched out to coordinate with the season.*

Stamping Boxes, Bags & Tags

Thursday, November 13, 10 a.m. to 12 p.m.
Price: \$10 Members / \$15 Non-Members plus \$20 for supplies.
Instructor, Diane Glenn. *Learn how to decorate small decorative boxes, bags and coordinating tags to hold your treasured gifts.*

Creative Writing

Introduction to Poetry & Character Development

\$50 members / \$55 non-members
Choose morning, afternoon, or evening session.
Morning Session: Mondays, October 27, November 3, 10, 17, 24, December 1. 10 a.m. to 11 a.m.
Afternoon Session: Mondays, September 8, 15, 22, 29, October 6 & 20. 2 p.m. to 3 p.m.
Evening Session: Thursdays, September 4, 11, 18, 25, October 2, 9. 6:30 p.m. to 7:30 p.m.
Instructor, Carol Lunsford. *Create and publish booklets of original poetry and short stories which will culminate with an oral presentation on the final day of class. Students will present work on December 15.*

Games Advance registration and fee payment required.



5 Crowns® for Beginners

Friday, September 5, 1 p.m. to 3 p.m.
\$3.00 Members. Instructor, Lois Evans.
Five Crowns is a fun and easy-to-learn card game. A rummy type game with an extra suit of stars. "The game isn't over till the kings go wild!"

Farkle™ for Beginners

Friday, September 12, 10 a.m. to 12 p.m.
\$3 Members. Instructor, Lois Evans.
Farkle is a high-score dice game in which players roll dice for points. The goal is to be the first to score as high over 10,000 points as possible.



Speed Stack® Cup Stacking for Beginners

Friday, September 19, 10 a.m. to 12 p.m.
\$10 Members. Instructor, Lois Evans.
Sport stacking is an exciting individual and team sport where participants stack and unstack twelve specially designed plastic cups in pre-determined sequences. Stackers race against the clock for fastest or best times.

Chess for Beginners

Instructors: George James and John Jones
Every Tuesday beginning September 2, 1:30 p.m. to 3:30 p.m.
Learn the classic game of chess. Learn how to set up the board and how to move the pieces. No charge for this instruction.

Texas Hold 'Em for Beginners

Classes will be each Friday beginning Sept. 5, 2 p.m. to 4 p.m.
No charge for this instruction. Regular games will begin in October. Pre-registration required for classes.

Emission Testing Exemption for Seniors

Did you know . . .

When the time comes for your annual vehicle emission test, you may qualify for the Senior Exemption if:

- The registered vehicle owner is 65 years or older, AND
- The vehicle is driven less than 5,000 miles per year, AND
- The vehicle is 10 model years old or older.

A proxy may submit the necessary paperwork for the Senior Exemption.

Senior Exemption applications can be obtained at any Georgia Clean Air Force Waiver Center or your local tag office.

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)

New Time! **Chair Aerobics: 10 a.m. to 10:50 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 below)

New Time! **Power Aerobics: 8 a.m. to 8:50 a.m.**

New Time! **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.

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.

Billiards Room open all day for practice or play.

Wednesdays

Aerobics Classes (See important info below)

New Time! **Chair Aerobics: 10 a.m. to 10:50 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.

A fun game played in teams with three dice.

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!

Billiards Room open all day for practice or play.

Thursdays

Aerobics Classes (See important info below)

New Time! **Power Aerobics: 8 a.m. to 8:50 a.m.**

New Time! **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.

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.

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!



Meet Marie Doyle Case Manager

Marie's job calls for her to work closely with seniors who have a need for the many social services provided by Fayette Senior Services such as non-emergency medical transportation and home delivered meals (Meals on Wheels).

Marie has had many clients who need critical life sustaining medical treatments and the transportation provided by Fayette Senior Services has helped them to get to the doctor or hospital for these appointments. Many seniors live alone with little family support and Marie makes sure that their needs are met with meals, transportation, personal care service, or who just need a friend as they transition through the years.

With 17 years professional experience as a social worker, Marie has been working at Fayette Senior Services since 2004. Marie holds a four-year degree in Child Development and Social Work from East Carolina University.

Staff Spotlight *cont. page 11*

Day Trips

Come join the fun and leave the driving to us!

Friday, September 19 **SOLD OUT!**

"Americus Adventure" Train. Ride the train from Cordele to Georgia Veterans State Park. Visit Americus, Plains, and return to Cordele at 4:50 p.m. Depart FSS at 6 a.m. return to FSS at 7:00 p.m. Breakfast included. Lunch on your own.

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.**

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.

Thursday, November 6

Visit The Explorations in Antiquity Center with us! Located in LaGrange, Georgia, this is a living museum of life in ancient times. Archeological replicas, Biblical meal presentations, lectures and other personal experiences of Middle Eastern life 2000 years ago. Depart FSS at 9:30 a.m. and return by 5:00 p.m. \$30 per person includes picnic lunch.

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!

Please note: Our Day Trip program is for members only unless otherwise noted. These trips fill up quickly. Don't miss out... Call today to reserve your spot!

Special Events

September

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.

Sold Out!



Lunch & Learn
with WSB's host of
'Money Matters' — Mike Kavanagh
Thursday, September 18
Lunch in the Dining Room at 12 p.m.
Mike Kavanagh from
1 p.m. to 2 p.m.

October

Save the Date!

SPARC* Health & Wellness Day

October 15, 2008 | 10 a.m. to 2 p.m.
Fayette Senior Services | 4 Center Drive | Fayetteville

Fayette Senior Services is pleased to host its 3rd annual SPARC* Health & Wellness Day in collaboration with the Atlanta Regional Commission (ARC), Piedmont Fayette Hospital, Piedmont Physicians Group and the Fayette County Health Department.

Flu Shots

Free for Medicare Part B (first 200 participants)
\$35 for all other individuals

To help us better plan, a sign-up sheet for flu shots is now available at the reception desk.

A limited supply of Pneumonia shots will also be available.

Free Health Screenings

Cholesterol and glucose • Blood pressure
Bone density • Mammogram referrals

Health & Wellness Guest Speakers

Covering a wide variety of topics including:

Diabetes education • Diabetic foot care
Cardiac rehab • Nutritional information
Fitness • Medicare/Medicaid

Georgia Cares

Assistance with

Low cost prescription drug assistance
Medicare • Medicaid,
Medicare supplemental insurance (Medigap)
Long-term care insurance,
and other health insurance issues

Center Café

Expanded hours with a special menu!

*Sickness Prevention Achieved through Regional Collaboration

October 4th • 9:30 a.m.

Fayette Senior Services is forming a team called the "Memory Laners" for this year's Alzheimer's Association Memory Walk scheduled for October 4th in Peachtree City. The walk begins at Fredrick Brown Jr, Amphitheater in Peachtree City, located at 201 McIntosh Trail, Peachtree City, at 9:30 a.m. with registration at 8 a.m. This 3.2 miles (5K) walk will be on the Peachtree City cart paths. If you are interested in walking please see our fitness instructor, Dawn Davis. Individuals may choose to walk and fund raise, just fund raise, or simply make a donation. Donations are being accepted at the front desk, dining hall cashier and the fitness room desk. Forget-Me-Not donations are just \$5 and are decorating the tree in the lobby. Pick up walk packets at the reception desk. For more information call Dawn at 770-318-4985.

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 2008 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.

fayette Senior Services Transportation

Now offering

One-Way and Round-Trip transportation* to the Dialysis Clinic, Inc. and the Davita Dialysis Center. Monday through Friday 9:30 a.m. to 4:00 p.m.

For more information please call Ginnie Plunkett 770-461-0813 Ext. 130

*Eligibility requirements apply



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.



Center 4 Theater

Movie Matinee

THIRD FRIDAY OF EVERY MONTH
 Next Showing - September 19 at 2 p.m.

Featuring

Miss Pettigrew Lives for a Day

After losing yet another nanny position because of her gruff demeanor, Guinevere Pettigrew, mistakenly lands an assignment as the assistant of an American starlet and finds herself swept up in a dizzying world of glamour and high society. A charming 1940s-era tale based on the novel by Winifred Watson. PG-13

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

Only \$1

Popcorn & drink provided!

IN THE KITCHEN WITH CHEF TODD

Hello Members! It's been a great summer so far and I'm excited about the many things to come. As you may have heard, beginning September 1st, we will have expanded lunch hours and reservations are no longer necessary! We will be adding new items to our menu for you to try and a full, hot lunch will only be \$6 per person. For a lighter lunch, a soup and salad option will be available for just \$3 per person.



for the hot breakfast are now available every day with turkey bacon and egg whites.

I would like to take this opportunity to personally thank you all for your support, it is greatly appreciated. Also many thanks to the staff for all their hard work and dedication. My staff and I will always be looking for ways to make the dining experience here at Fayette Senior Services more enjoyable for you. Please feel free to share your comments with me.

Join us for breakfast everyday from 8:30 a.m. to 10 a.m. A full breakfast for only \$4.50 and \$2.50 for continental. Healthy options

I hope you will enjoy this month's recipe at home!

Chicken and Sun-Dried Tomato Bruschetta

Yield: 8 servings

Ingredients

- 2 skinless, boneless chicken breast halves
- 1 ¼ cup Italian salad dressing, divided
- 4 cups fresh spinach, torn
- 1/3 cup feta cheese crumbled
- 8 sun-dried tomatoes, packed without oil, chopped
- 1 loaf focaccia, cut into ½ inch slices
- ¼ cup olive oil

Directions

1. Place the chicken and 1 cup of the dressing in a bowl. Cover and marinate in the refrigerator at least 3 hours.
2. Pre-heat a grill to medium high heat.
3. Lightly oil the grate. Remove chicken from marinade and grill approximately 7 minutes per side, or until the juices run clear. Cool and shred.
4. In a large bowl, mix the cooked chicken, spinach, feta cheese, sun-dried tomatoes, and remaining dressing.
5. Brush the focaccia bread with olive oil, and cook one minute per side on the prepared grill, or until lightly toasted. Place portions of the chicken mixture on the toasted bread and serve.



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 are required to sign-in at the reception desk. 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

Effective September 1st

New Expanded Lunch Hours!

Monday-Friday

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

NO reservations necessary!

Enjoy Chef Todd's

made-from-scratch

hot lunch... only \$6

Soup and Salad... only \$3

New Menu Features!

This month the Center Café menu is featuring **NEW** dishes using recipes from Center members and staff! Plan to join us for lunch to try *Pedro's Cuban Sandwich* and *Betty's Chicken & Dumplings*. Also new to the menu will be *Garlic Shrimp and Feta Cheese Pasta*, and *Chef Todd's Asian Chicken Spinach Salad*! You can find the complete Café Menu at www.fayss.org or pick up a menu at the reception desk.



Congratulations to Chef Todd Rossi and the dining staff for ANOTHER perfect score! A recent routine inspection earned Fayette Senior Services a 100% score for compliance from the health inspector. Our thanks to Chef Todd for maintaining a high standard in maintenance, cleanliness, and food preparation.



1000th Member!

Carla Landrum, Administrative Assistant welcomes Mr. Steve Cody who recently became the 1,000th person to join the Fayette Senior Services' Life Enrichment Center. To celebrate the milestone, Mr. Cody was presented with a Fayette Senior Services baseball cap, t-shirt, a gift certificate to dine at the Center's Café, and a free 12-month Center membership. Read more online at www.fayss.org.

Volunteer Spotlight, cont. from page 1.

opened this year. A lot of members know Lois as the game lady because she teaches and plays a good number of the games enjoyed at the center. Lois also led the development of the Beginner Computer Classes. She trains and schedules the volunteers who work in the computer room and manages the computer class schedule.

"I love volunteering at Fayette Senior Services," said Lois. "I've never been around so many friendly, gracious, and sociable people. Everybody from the staff, volunteers, and members are a joy to be around for work and play." The new bigger and better Center continues to grow with the membership offering more and more programs and activities. I can't wait to see what comes next."

Volunteer Coordinator, Patsy Deyton, says, "Lois is a tireless volunteer and an active member at the Center. She has a good

sense of how things run here and is willing to just jump in to get things done." Deyton continues, "She is an outstanding volunteer and we are fortunate to have someone of this caliber and this level of commitment."

Lois retired from military service as a C-141 transport pilot traveling the world before moving to the area in 2004. She was in the third class allowing women at the United States Air Force Academy, graduating in 1982. She did staff tours at Air Mobility Command and the Pentagon. Lois flew missions in Desert Storm and Iraq and was deployed to Kuwait, Korea and Afghanistan. Lois was born and raised in Michigan but the Air Force moved her many places including Colorado, Oklahoma, Texas, New Jersey, Illinois, Washington D.C. and Washington state. She retired from the United States Air Force following 22 years of service.

Staff Spotlight, cont. from page 7.

In the years that Marie has been working with seniors she has seen changes in their needs. Marie says, "Since having worked with a transportation voucher program for seniors for two 1/2 years, it seems that meeting transportation needs of those who cannot drive is of great importance specifically as it relates to medical needs. I have also seen an increased interest among seniors to participate in social activities as they age."

When asked what she enjoyed most about her work at the Center Marie said "I enjoy knowing I am in a profession that helps to look out for others in need. Assisting someone to get a home delivered meal, a ride to a much needed medical appointment, a bath because they are no longer able to safely do it for themselves, or simply helping them get information assistance for other services available to them.... then I'm not sure who is blessed more, them or me. Going home every day knowing that I helped someone else makes the job so worthwhile." Marie continues, "I have always enjoyed working with people and whether it was at our "old Center" or our new Center the people I assist are still the most interesting and important part of my job."

Marie has lived in Peachtree City for the past 10 years coming from Fayetteville, North Carolina. She has two grown daughters and one granddaughter. Her late husband served our country retiring from U.S. Army Special Forces. When she isn't busy at the Center she stays busy working with her

church, antique shopping, writing poetry and helping out with her granddaughter.

Volunteers Needed

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

Right now we have an urgent need for **EVENT SET UP CREW** (moving furniture) and a **BILLIARDS INSTRUCTOR**.

We offer volunteer benefits such as lunch discounts and free membership eligibility. Our volunteer coordinator, Patsy Deyton, would love to hear from you to tell you more. Call her at 770-461-0813 ext. 105 today!

Email: pdeyton@fayss.org

Paper or Plastic?

If you were issued a temporary "paper" membership card, we have your new "plastic" card ready for you to pick up at the front desk. Thanks!

Meet The Instructors

Expo



The August 14 "Meet the Instructors" Expo drew huge crowds who learned more about the classes, activities and day trips offered at the Center. It was a great opportunity to meet the instructors and get details about what the classes had to offer. Instructors included: Lois Evans-Games and Activities; Janet Kent-Knitting; Nancy Crow-Crochet; Elizabeth Marshall-Sewing and Quilting; Donna Dow-Card Making; Diane Glenn-Art Stamping; Eddie Huffman-Line Dance; Monique Barrett-Ballroom Dance; Bob Neff-Computer Software; George James and John Jones-Chess; Carol Lunsford-Creative Writing; Dr. James Hughey-Personal Journaling; Donna Rosser-Digital Photography; Susan Sloan-Generology and Dawn Davis-Fitness. Center volunteers manned tables for instructors who couldn't be present - Ben Free-Piano and Carla Waters-Day Trips. Many thanks to the instructors, Center staff and volunteers who worked so hard to make this event successful. New classes are being added to the offerings at FSS every month. Check out the list of classes in this newsletter or on our web site, www.fayss.org. More photos of this event and other FSS events online too!

