Here’s the Scoop

It’s time for our annual Ice Cream Social!

From Farm to Fork

Learn why eating fresh is best.

Working for a Cause

Meet the City employees making a difference for Meals On Wheels.

Don’t forget the pull out calendar!
Untreated hearing loss can strain relationships.

Untreated hearing loss affects communication within relationships. Even the smallest communication, generally thought to be unimportant, can build intimacy and connection.

Studies show that hearing aids not only improve the quality of life, but can improve relationship satisfaction, communication and social interaction. People find that once they get hearing aids, they are able to enjoy life again.¹

You have many relationships in your life that matter. Schedule a free hearing assessment* now and connect again.

¹Source: healthyhearing.com. *The purpose of this hearing assessment and demonstration is to determine if the patient(s) may benefit from using hearing aids. Any determination made is not a medical diagnosis. **Off standard list price. Offer is for 2 hearing aids. One offer per purchase. Offer may not be combined with any other offer or discount. Not valid on prior purchase. See clinic for details. Offer expires 6/30/17. Information within this offer was correct at time of printing.
Life is Sweet  
Join in on the fun at our annual Ice Cream Social in Peachtree City.

Managing a Better Future  
City Manager Ray Gibson gives back to Meals on Wheels.

There’s a New Chef in Town  
Try out a new recipe from Executive Chef Heater Rochester.

A Healthy Inside Starts from the Outside  
Enjoy a healthy lunch while learning the benefits to eating the farm to table way!

2017 HOLIDAY CLOSINGS

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ABOUT US

Since 1978, Fayette Senior Services, Inc., (FSS) an independent, nonprofit, 501(c)(3) organization, has been providing a wide array of life-enriching services to Fayette County residents age 50 and better. Fayette County, Georgia, is home to one of the fastest growing senior populations in metro Atlanta – and the age 60+ population segment is projected to grow an astonishing 450% by 2040. This statistic alone makes our mission — to make a meaningful difference in the emotional, social, and physical well-being of older adults — all the more critical. By fostering independence, improving quality of life, and enhancing the community connection, the programs and services we provide are an essential part of our community.

Not-for-profit FSS enjoys a unique public/private partnership with Fayette County government. Through this agreement we provide a variety of supportive services such as Meals On Wheels, Transportation, In-home Personal Care/ Homemaker Services, Care Management, Information Assistance, and more. We could not do that without our government partners; however, we believe it is our responsibility to complement the public support to ensure we can continue serving Fayette’s seniors for generations to come. Therefore, we feel it’s important to note that less than half of our revenue comes from sources other than federal, state, and local governments.

Fayette Senior Services is recognized as a model of sustainability and social entrepreneurship among peer organizations and nongovernment funders. Although we are proud of this recognition, we could not do all that we do without the support from charitable donors, Center members, volunteers, grantees, and the community that so generously supports our fundraising efforts.

The aging transition can be paved with a broad spectrum of challenges. However, it can also prove to be rich with opportunities. The key to “aging well” is knowledge. When it comes to addressing those unique needs, Fayette Senior Services Life Enrichment Center is the one-stop shop for empowering older adults to live well and age well.

Our Life Enrichment Centers in Fayetteville and Peachtree City are uniquely different from traditional senior centers. Our beautiful facilities are a vibrant place where adults age 50+ come to socialize with friends, enjoy a great meal in our Ultimate café, re-energize their bodies, exercise their minds, and lift their spirits.

To make sure our programs and activities are within easy reach to more seniors, we are proud to have established a community partnership with the city of Peachtree City. We now offer many new programs and activities in Peachtree City at the Gathering Place (next to “The Fred” Amphitheater) and at our newest facility, McIntosh Place. We’re adding new classes and activities each month, so stay tuned for more!

We are proud to be making life better in our community.

The Fayette Senior Services Staff

Members can enjoy Fayette Senior Services Life Enrichment Center activities in two great locations:

Fayetteville
(across from the Fayette County Justice Center)
4 Center Drive
Fayetteville, GA 30214
Phone: 770-461-0813
Fax: 770-461-2448
M-F 7:30 a.m. to 4:30 p.m.

Peachtree City
The Gathering Place
203 McIntosh Trail
Peachtree City, GA 30269
Phone: 770-461-0813
M-F 8:30 a.m. to 4:30 p.m.

McIntosh Place
191 McIntosh Trail
Peachtree City, GA 30269
Phone: 770-461-0813
M-F 8:30 a.m. to 4:30 p.m.

www.fayss.org

BOARD OF DIRECTORS

CHAIRMAN | Bob Truitt
VICE CHAIRMAN | Jim McCullough
PAST CHAIRMAN | Chris Mallon
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DIRECTOR | Kim Schnoes
DIRECTOR | Bob Reeves
DIRECTOR | Carol Davis
DIRECTOR | Sharon Brooks
DIRECTOR | Donnie Davis
When You Need a Little Help From Some Friends...

We offer supportive services that make a meaningful difference in the emotional, social, and physical well-being of older adults by preserving their independence, improving their quality of life, and connecting them to the community.

Meals On Wheels
Meals on Wheels is a needs-based program for homebound, or semi-homebound, seniors who are unable to provide themselves with regular nutritious meals due to physical or financial challenges. The service also connects homebound seniors to the community through daily social contact, which also helps to ensure their well-being.

Ani-Meals
To many homebound seniors, having a pet is a source of companionship and comfort. The AniMeals™ program is designed to give our Meals On Wheels clients a little help with the cost of pet food to make sure that maintaining that important bond isn’t an added burden.

STAR Program
(Seniors Together After Retirement)
Our STAR program (Seniors Together After Retirement) offers individuals 60 and older an opportunity to come together for socialization, recreational activities, health and wellness classes, and a nutritious meal in our Ultimate Cafe. Transportation to and from the Center may also be available to eligible participants.

Transportation
For older adults who no longer drive, getting to essential medical appointments, to the pharmacy, to church, or to the grocery store can be a challenge, putting their health and well-being at risk. We provide safe and affordable door-to-door transportation options. Wheelchair assistance available.

In-Home Personal Care/Homemaker Services
This service enables older adults to remain living independently by providing compassionate care from trained personnel who perform simple homemaker and/or personal care tasks, such as light housekeeping or assistance with bathing. Delivered with the utmost personal respect and dignity, our services can also bring much needed respite to caregivers.

Care Management
Our professional staff of social workers helps older adults make informed decisions to enhance independent living and quality of life. Our Care Managers offer consultations, assessments, and follow-up to assist individuals and families in planning and care. We also provide invaluable support to caregivers.

Medical Equipment Lending
We lend gently-used medical equipment to individuals, families, and caregivers. Equipment is loaned on a first-come first served basis.

Home Repair Services
We assist older adults who are either physically and/or financially unable to perform minor home safety maintenance tasks and repairs by referring to local resources.

Eligibility requirements apply for some programs. Some services may be provided free of charge (tax deductible donations welcome) or based on a sliding scale of income. Contact us at 770-461-0813 for more information.
Meet Our Staff!

**ADMINISTRATION**
- Nancy Meaders
  President & CEO
- Dan Gibbs
  Facilities Manager
- Becky Hendershot
  Finance Officer
- Morgan Lanier
  Program Development Coordinator
- Amy Epperson
  Center Administrator and Volunteer Coordinator
- Pat Jackson
  Member Services Fayetteville
- Pat Williams
  Center Assistant
- Beth Jones
  Facilities Administrator
  Fayetteville
- Rhonda McCord
  Member Services PTC
- Sarah M. Hall
  Member Services PTC
- Connie Montgomery
  Member Services PTC
- Michelle Harkey
  Member Services PTC
- Laura Geiger
  Member Services PTC
- Barbara Bateman
  Member Services PTC

**CARE MANAGEMENT**
- Marie Doyle
  Care Manager Supervisor
- Iris Harris
  Care Manager

**MEALS ON WHEELS**
- Natalie Hynson
  Meals On Wheels Coordinator

**THE ULTIMATE CAFÉ**
- Heather Rochester
  Executive Chef
- Pedro Cruz
  Sous Chef
- Mary DuPree
  Café Assistant
- Candice Bailey
  Café Assistant
- Arnold Powell
  Café Assistant

**TRANSPORTATION**
- Jeff Wix
  Transportation Manager
- Michelle Williamson
  Transportation Coordinator
- Jim Schultz
  Driver
- Pat Wood
  Driver
- Ginger Charles
  Driver
- James Hicks
  Driver
- Brenda Brown
  Driver
- Roger Grandt
  Driver
- John Greer
  Driver
- Jean Folden
  Driver
- Jane Rode
  Driver
- Gino Cortellino
  Driver
- Jan Perkins
  Driver

**Membership**

Our nominal annual membership fee helps Fayette Senior Services (FSS), a non-profit 501(c)(3) organization, sustain its operations, programs and services, in order for us to maintain our beautiful facilities and continue to offer great programs and café services at a great value to our members. For more information about FSS, please contact the center administrator.

Membership Dues: $30 for Fayette County residents ($55/out-of-county*). Membership applications must be made in person and are available at the reception desk in both FSS locations. We regret that we cannot accept mail-in applications. Photo ID/Proof of residency required.

Volunteers are eligible for a FREE membership after 75 hours of service per 12 months. Fayette Senior Services accepts VISA, MASTERCARD and DISCOVER cards.

*No one is excluded for inability to pay. Complimentary memberships can be arranged with a care manager. Please call Marie Doyle, Care Manager Supervisor, 770-461-0813 ext. 104 for information or arrange for a confidential meeting.

As we create more opportunities to enrich the lives of older adults in the community, your rewards of being a Fayette Senior Services Member grow as we do. Your membership will be honored at both our Fayetteville and Peachtree City locations.
Membership Has Its Rewards
Just show your FSS membership card at these retailers and receive discounts:

Mr. Handyman
1000 Cooper Circle, Suite 103 Peachtree City, GA
(678) 369-2116
Receive 5% discount off services with valid FSS Membership Card. We specialize in ALL major and minor home repairs; including grab bars, handicap accessible rooms, ramps, and doorways.

TRINITY Services of Georgia, Inc
Electrical contractor/Low-Voltage Contractor
Ben Miller - 770-402-0181
Helping to meet your residential, industrial and commercial electrical needs. 10% off all parts involved with service work with valid FSS membership card.

IHOP
Fayetteville and Peachtree City
Receive a 20% discount off your entire check for members who show a valid FSS membership card.

Tom’s Pest Control Co.
(770) 487-9506
Receive 10% off all services from Tom’s Pest Control Co. with a valid membership card.

TCBY
532 Crosstown Drive in Peachtree City.
10% off your purchases with valid FSS membership card.

Free Notary Services for Members
Available during our normal business hours: Monday through Friday 8:30 a.m. to 4 p.m. in Fayetteville and Monday through Wednesday 8:30 a.m. to 4 p.m. in Peachtree City. To make an appointment contact Pat Jackson or Michelle Harkey. This service is provided at both locations.

The Fitness Center
- Fayetteville -
Monday-Wed-Friday from 8:30 a.m. to 4 p.m.
Tuesday-Thursday from 7:30 a.m. to 4 p.m.
The fitness center is open to members for only $30 per quarter. Our fitness center is a great place to get fit, enjoy friends & maintain a healthy lifestyle.

The Ultimate Café
- Fayetteville -
Our dining services are for members only. It’s one of the many benefits of membership! Members may bring guests to the café, but all guests are required to sign in at the hostess station.

BREAKFAST
Monday – Friday from 8:30 a.m. to 10 a.m.
Enjoy a choice of continental breakfast items (cereal, muffins, bagels, fruit, juice, milk).
Pricing is á la carte, plus tax.
Coffee and tea are complimentary.
Special hot breakfast served every Tuesday and Thursday

LUNCH
Monday – Friday from 11:30 a.m. to 1:30 p.m.
Choose from two chef-prepared hot entrees, side dishes, soup du jour, small garden-fresh salad, choice of desserts or fruit. Pricing is á la carte, plus tax.
Beverages are included with any meal purchase (iced tea, coffee, and water).

Visiting Guests
We welcome visitors to our Center! All guests are required to sign in at the reception desk. This allows us to meet our guests and track the number of visitors to our center (for our required reporting purposes). Guest check-in also gives the Member Services Team a chance to provide our guests with information and a tour of the Center.

Group Reservations: Members, you and your community groups are welcome to visit our Center for a tour and lunch in the Ultimate Café. However, to better serve you, please call the receptionist at 770-461-0813 three days in advance to make a reservation for groups of six or more people.

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. Our guest policy allows a member-eligible guest to attend twice before joining.
Coming Soon...

Here’s a sneak peek of a few upcoming events:

**August 2017**
Island Fever Luau
Thursday, August 17 | Gathering Place
5 p.m. to 7:30 p.m. | $15
*Event sponsored by Christian City and Kindred Healthcare*

**September 2017**
Low Country Boil
Thursday, September 21 | Fayetteville
6 p.m. to 9 p.m. | $20
*Event sponsored by Arch Advisory, Azalea Estates and Aetna.*

**October 2017**
Oktoberfest
Thursday, October 19 | Fayetteville
5 p.m. to 8 p.m. | $20
*Event sponsored Jen Care Medical Centers and Aetna.*

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

Miriam’s Fitness Corner

Keeping hydrated is important, especially during the hot summer months. Here are some simple ways to make fueling up with fluid throughout the day a little easier:

– Any time you exercise in extreme heat or for more than one hour, supplement water with a sports drink that contains electrolytes and 6 percent to 8 percent carbohydrates. This prevents “hyponatremia” (low blood sodium), which dilutes your blood and could also lead to serious impairment and death.

– Begin exercise well-hydrated. Drink plenty of fluids the day before and within the hour before, during and after your exercise session.

– Consider all fluids, including tea, coffee, juices, milk and soups (though excluding alcohol, which is extremely dehydrating). The amount of caffeine in tea and coffee does not discount the fluid in them, even if they have a slight diuretic effect, according to the most recent report by the National Research Council’s Food and Nutrition Board.

– Eat at least five cups of fruits and vegetables per day for optimum health, as they all contain various levels of water and the all-important nutrient potassium.

– You can also replace fluid and sodium losses with watery foods that contain salt and potassium, such as soup and vegetable juices.

need directions?

How to get from FSS Fayetteville to FSS Peachtree City.

1. Head west on Center Drive towards GA-85/ Glynn Street S.


3. Turn Right onto GA-85/ Glynn Street S.

4. Turn left onto GA-54 S/E Lanier Ave.

5. Turn left onto S. Peachtree Parkway

6. Turn right onto McIntosh Trail

Destination will be on the left
I scream, you scream, we all scream for ICE CREAM!

Join is for an Ice Cream Social!

Wednesday, July 26 • 2 p.m. to 3 p.m.
The Gathering Place
Peachtree City

Member Exclusive

Tickets only $5!
Volunteer Spotlight
Public Servants in Volunteer Service

By: Shirley Johnson

Fayetteville City Manager Ray Gibson and his team are making a difference everyday in our community. Since August of 2015, six to eight of them have consistently volunteered with Meals On Wheels. Taking turns, in groups of two, they routinely deliver meals to seniors in Fayetteville communities. Some of the volunteers donate their lunch hour to service.

These volunteers provide nutritious food to seniors who are financially or physically unable to prepare meals for themselves. Homebound seniors express gratitude for daily human contact with the volunteers. In addition, pet owning recipients are grateful for gifts of food to their pets through FSS’ AniMeals program.

At times, the volunteers are faced with a crisis. Systems Administrator Kelvin Joiner shared an example, with others filling in details. Collectively, they described an occasion where volunteers arrived at the home of an older woman who was alone. She had fallen in her garage 24 hours earlier and couldn’t get up. Hearing her cry for help, the arriving volunteers immediately called for a 911 emergency rescue, and no doubt saved a life. Then in keeping with protocol, the volunteers followed up by notifying Natalie Hynson, the FSS Meals on Wheels coordinator. Natalie contacted the woman’s daughter who came to the site with follow-up assistance. Natalie praised the volunteers’ intuitive, first responder type of approach to challenges. She said, “Those guys put their hearts into the work, and the clients on their delivery route are fortunate.”

Mr. Gibson shared that the volunteers have fun volunteering. He expressed a desire to expand volunteerism within the ranks of city staff, and he commented on his hope for expanding an “organizational culture of volunteerism.” As he spoke, I visualized a Fayetteville government workplace spirited with Good Will, a kind of Good Samaritan milieu, with teams volunteering for community betterment. In this regard, Mr. Gibson referenced the city’s current involvement in community projects such as Coffee with a Cop, AVPRIDE for youth and Drug Free Fayette. He said, “At the end of the day, we are public servants.”

Mr. Gibson’s volunteer team acknowledged encouragement from the Fayetteville mayor. They chimed in, “Mayor Johnson is 100% supportive.” Danny Harrison, the city’s Information Specialist and others commented, “Mayor Johnson listens to the community and responds. He has established a communication chain with other Fayette County Mayors and is involved in volunteer community activities. His platform was important to the people. And, that’s probably why he was elected.”

Fayette Senior Services’ members and staff appreciate having the City of Fayetteville Government as a Meals on Wheels partner. Mr. Gibson and his volunteer team are an essential link to achieving FSS goals. We are grateful for Mayor Johnson’s endorsement of the city employees’ sensitivity to the needs of seniors, and we look forward to many years of volunteer collaboration between the City of Fayetteville and FSS. Thank you all for making a difference for our community.
From Our Kitchen

Patriotic Fruit Pizza

Executive Chef Heather Rochester shares a simple but delicious recipe to try at home.

Directions:
• Preheat oven to 350 degrees F. Whisk the flour, cream of tartar, baking soda, and salt in a bowl.
• In a large mixing bowl, mash the vegetable shortening and margarine together until thoroughly combined, and beat in 1 1/2 cup of sugar, eggs, and 1 teaspoon of vanilla extract. Mix in the flour mixture to make a workable dough, and spread the dough out in a rectangle shape onto an un-greased 12x17 inch baking sheet.
• Bake in the preheated oven until very lightly browned, 8 to 10 minutes. Allow to cool completely.
• While the cookie base is cooling, mash the cream cheese with 1 cup of sugar and 2 teaspoons of vanilla extract in a bowl until smooth. Place sliced bananas in a bowl, and gently toss with lemon juice to prevent browning.
• To decorate the pizza, spread the cream cheese filling all over the cookie base in an even, smooth layer. Place the blueberries in a square in neat, closely-spaced rows, in the left upper corner for blue stars. Arrange alternating stripes of white bananas and red strawberry slices across the pizza. Refrigerate leftovers.
• Tip: Aluminum foil helps keep food moist, ensures it cooks evenly, keeps leftovers fresh, and makes clean-up easy.

Ingredients
2 3/4 cups all-purpose flour
1 teaspoon cream of tartar
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup vegetable shortening
1/2 cup margarine, softened
1 1/2 cups white sugar
2 eggs
1 teaspoon vanilla extract
2 (8 ounce) packages cream cheese, softened
1 cup white sugar
2 teaspoons vanilla extract
3 large bananas, sliced - or as needed
1 tablespoon lemon juice, or as needed
1 (16 ounce) package fresh strawberries, sliced
1 (6 ounce) container fresh blueberries

Enjoy!

Join us in the Ultimate Cafe in Fayetteville!

Breakfast:
Monday thru Friday 8:30 a.m. to 10 a.m.
(a la carte pricing plus tax)

Lunch:
Monday thru Friday
11:30 a.m. to 1:30 p.m.
(a la carte pricing plus tax)
As a member, there are many membership benefits available to you, including a variety of FREE activities…every day! Not big on classes or group activities? No problem! Many members enjoy the use of both Fayetteville and Peachtree City locations to relax, read a book, meet friends, or just grab a cup of coffee. In addition, we always have a schedule of free programs on the calendar (see our monthly events section). It pays to be a member!

**IMPORTANT INFORMATION TO FITNESS STUDENTS**
Some fitness classes are FREE TO CENTER MEMBERS and some have a fee; however, you must first complete a fitness readiness questionnaire and medical release form before beginning a fitness class.*Please check with your doctor before starting any new fitness program. “We Card!” Please help us preserve your member benefits…be prepared to show your member ID card when asked. Thank you.

### Mondays
- **Sit and Get Fit:** 10 a.m. to 10:40 a.m.
- **Canasta:** 10 a.m. to 12 p.m.
- **Regular and Hand & Foot Sit and Stitch:** 1 p.m. to 4 p.m.
- Knitters, crocheters, and other crafters are invited to work on current project.
- **Monday Bridge Club:** 1 p.m. to 4 p.m.
- **Bid Whist:** 1:30 p.m. to 4:30 p.m.

### Tuesdays
- **Power Aerobics:** 7:40 a.m. to 8:30 a.m.
- **Intermediate I Aerobics:** 8:40 a.m. to 9:30 a.m.
- **Intermediate II Aerobics:** 9:40 a.m. to 10:30 a.m.
- **Pinochle:** 10 a.m. to 12 p.m.
- **Canasta:** 10 a.m. to 12 p.m.
- **Canasta:** 10 a.m. to 12 p.m.
- **Free Blood Pressure Check:** 10 a.m. to 11 a.m.
- **Modern American Mahjong:** 12 p.m. to 4 p.m.
- **Bunco:** 1:15 p.m. to 4 p.m.

### Wednesdays
- **Sit and Get Fit:** 10 a.m. to 10:40 a.m.
- **Pinochle:** 10 a.m. to 12 p.m.
- **Canasta:** 10 a.m. to 12 p.m.
- **Free Blood Pressure Check:** 10 a.m. to 11 a.m.
- **Intermediate Bridge:** 1 p.m. to 4 p.m.

### Thursdays
- **Power Aerobics:** 7:40 a.m. to 8:30 a.m.
- **Intermediate I Aerobics:** 8:40 a.m. to 9:30 a.m.
- **Intermediate II Aerobics:** 9:40 a.m. to 10:30 a.m.
- **Pinochle:** 10 a.m. to 12 p.m.
- **Canasta:** 10 a.m. to 12 p.m.
- **Free Blood Pressure Check:** 10 a.m. to 11 a.m.
- **Phase 10:** 10 a.m. to 11:45 a.m.
- **Greed- Dice Game:** 12 p.m. to 2 p.m.
- **Sit and Stitch:** 1 p.m. to 4 p.m.

### Fridays
- **Sit and Get Fit:** 10 a.m. to 10:40 a.m.
- **Pinochle:** 10 a.m. to 12 p.m.
- **Canasta:** 10 a.m. to 12 p.m.
- **Modern American Mahjong:** 12:30 p.m. to 4 p.m.
- **Scrabble:** 12:30 p.m. to 4 p.m.
- **Friday Bridge Club:** 1:30 p.m. to 4 p.m.

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**Calling all pool sharks!**
Practice your skills and have fun playing billiards or take some free lessons on Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. *Men & women welcome!*
**Free at The Gathering Place**

**Mondays**
- **Morning Stretch:** 9 a.m. to 10 a.m.
- **Blood Pressure Checks:** 9:45 a.m. to 10:30 a.m.
- **Social Bridge:** 10 a.m. to 2 p.m.
  If you don’t have a partner, that’s okay!

**Tuesdays**
- **Happy 2Soms:** 3rd Tuesday of each month
  2:30 p.m. to 4 p.m.
  This couples group meets monthly to play bingo and go to dinner!

**Wednesdays**
- **Aerobics:** 8 a.m. to 8:50 a.m.
  Instructor: Miriam Williams
  This is an easy to follow cardio class for all fitness levels.
  Bring fitness mat.
- **Morning Stretch:** 9 a.m. to 10 a.m.

**Thursdays**
- **Bunco:** 2nd Thursday of month
  1 p.m. to 3 p.m.

**Fridays**
- **Morning Stretch:** 9 a.m. to 10 a.m.
- **Social Bridge:** Every Monday and Friday
  10 a.m. to 2 p.m.
  If you don’t have a partner, that’s okay!

**Free at McIntosh Place**

**Mondays**
- **Canasta:** 1 p.m. to 4 p.m.
  Hand and foot variation.
  Additional players are always welcome!
- **(ACBL) Duplicate Bridge:** 10:30 a.m. to 2:30 p.m.
  (Bridge League requires a $4-$6 entry fee per game)
- **Social Duplicate Bridge:** 4th Monday of the month
  1 p.m. to 4 p.m.

**Tuesdays**
- **(ACBL) Duplicate Bridge:**
  Tuesday Evenings
  6 p.m. to 11 p.m.
  (Bridge League requires a $4-$6 entry fee per game)
- **Mexican Train Dominoes:** 1 p.m. to 4 p.m.
- **Lunch Bridge:**
  1st Tuesday of each month
  10 a.m. to 2 p.m.
  This bridge group breaks at noon to enjoy lunch at Partners Pizza in PTC.

**Wednesdays**
- **(ACBL) Duplicate Bridge:**
  11 a.m. to 3 p.m.
  (Bridge League requires a $4-$6 entry fee per game)
- **Intermediate Social Bridge:**
  Free Play
  1 p.m. to 4 p.m.
- **Bridge:**
  1st and 3rd Wednesday
  1 p.m. to 4 p.m.

**Thursdays**
- **Social Duplicate Bridge:**
  3rd Thursday of month
  10 a.m. to 1 p.m.

**Fridays**
- **Social Duplicate Bridge:**
  2nd and 4th Friday of month
  10 a.m. to 3 p.m.

**Modern American Mahjong:**
- **Canasta:** 1 p.m. to 4 p.m.
  See Monday’s description.

**Saturdays**
- **(ACBL) Duplicate Bridge:**
  12 p.m. to 4 p.m.
  (Bridge League requires a $4-$6 entry fee per game)

- **(ACBL) Duplicate Bridge:**
  10 a.m. to 2 p.m.
  Thursday, July 13
  6 p.m. to 11 p.m.
  (Bridge League requires a $4-$6 entry fee per game)
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. All classes – free or fee-based – require registration unless otherwise noted. Any applicable fees must be paid at the time of registration, or you are not considered registered for the class.

REGISTRATION: Please stop by the Fayetteville or Peachtree City location or call the Center receptionist to register for classes. All fees are payable in advance – cash, check, or credit card.

TRIPS: Trips are for FSS members only. Payments must be made at the time of reservations. Payments of cash or checks are strongly encouraged. Reservations for mailed-in checks will not be made until the check has been received by Fayette Senior Services. For any questions, please contact Morgan Lanier at 770-461-0813. See trip schedules for refund policy.

CANCELLATIONS: Fayette Senior Services reserves the right to cancel any class due to insufficient registration or at the instructor’s request. If cancellation is necessary, anyone already registered will be notified and receive a full refund. Please note that some classes have specific registration deadlines.

WAITING LIST: All classes, activities, trips, and special events are offered on a first-come, first-served basis. If a class or activity is full, you may be placed on a waiting list.

REFUNDS: **NEW REFUND POLICY EFFECTIVE MAY 1, 2017** Refunds may be requested if registration is cancelled by the participant more than 5 working days prior to the start date, with any event costs incurred deducted from the requested refund in addition to a 10% administration fee. No refunds after that deadline.

CLASSROOM PARTICIPATION REQUIREMENTS: Participants must be mobile and physically, mentally, and medically able to participate without disruption in any class or activity. Fayette Senior Services reserves the right to evaluate participants to determine an individual’s participation ability. Some classes require a medical release and/or fitness readiness questionnaire.
I’ve Got My Eye On You: Eye Screenings

FAYETTEVILLE
Monday, July 24
9:30 a.m. to 11:30 a.m.
FREE
Member exclusive
Pre-registration required

Dr. Scott Williamson with Williamson Eye Care will be on site to perform basic vision screenings. Get evaluated on your visual acuity and eye pressure and receive recommendations on your eye health and if you should seek further testing.

Lunch & Learn: Farm to Table Living

FAYETTEVILLE
Tuesday, July 25
10:30 a.m. to 1:30 p.m.
$15 | Includes lunch
Members and non-members
Pre-registration required

The farm-to-table way of thinking focuses on using extremely fresh ingredients that have been barely modified, sometimes presented raw just a few feet from where they grew. Learn about the health benefits of embracing this philosophy with an emphasis of freshness, seasonality, local availability, and simple preparations. Speakers include: Hector Herrera – Manager of the Peachtree City Farmer’s Market, Nikki Halipilias – Dietitian with Diabetes Association of Atlanta, Scott Tyson – Owner of 180 Degree Farm, Lisa Stillman – Dietitian with Alpha Internal Medicine.

Ice Cream Social

FAYETTEVILLE
Wednesday, July 26
2 p.m. to 3 p.m.
$5
Member exclusive
Pre-registration required

Remember the days of soda fountains and jukeboxes? Join us as we bring back those memories of fun with an ice cream social the FSS way! I scream, you scream, we all scream for ice cream. Enjoy sundaes, floats, toppings, contests and more. Sugar free ice cream is provided as well. We will be spinning our favorite oldies tunes to get us on the dance floor or just sit back and enjoy.
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**Crochet: Knotted Rainbow Tote**

FAYETTEVILLE
Monday, July 10 & 17
10 a.m. to 12 p.m.
$10 | Session (includes 2 two hour classes)
Pre-registration required
Instructor: Nancy Crow

This bright colored tote is perfect for taking to the beach or to the grocery store. Materials needed: one ball each of five colors cotton yarn (Sugar and Cream) and two balls of white; crochet hook size I. One half yard of fabric if you wish to line your tote.

**Crochet: Spa Pouf and Soap Saver**

FAYETTEVILLE
Monday, July 24
10 a.m. to 12 p.m.
$5 | Session
Pre-registration required
Instructor: Nancy Crow

Who doesn’t need a pretty accessory to your bath? Put it together with other spa materials and it makes a great gift too. Materials needed: two balls cotton yarn in color or your choice (I Love This Cotton or Sugar and Cream); small amount of white cotton yarn for ties; hook size H and I.

**Quilting: Charmed Star**

FAYETTEVILLE
Tuesday, July 11
9 a.m. to 2 p.m.
$25 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

Grab your scrap bag and a background to create a quilt of stars. You can be structured or scrappy. Materials list and picture available at the front desk. You will need to provide your own sewing machine.

**Quilting: Sew Day**

FAYETTEVILLE
Thursday, July 13
9 a.m. to 2 p.m.
$10 | Materials not included
Pre-registration required
Instructor: Darlene Williams-Hubble

Do you need some time, space and company to work on a quilt without interruptions? Come sew with the quilters and finish projects in good company. This class is not instruction based, just free time to work on a personal project with others.

**Painting Workshop**

Instructor: Kathy Brewer

MCINTOSH PLACE
Wednesday, July 19
10 a.m. to 12 p.m.
$35 | Includes materials
Pre-registration required

Paint a picture by following along step-by-step with the instructor – you’ll be surprised by what you’re capable of! This month, paint an abstract face.
Ballroom Dancing

FAYETTEVILLE
Monday
2 p.m. to 3 p.m.
$25 | Month
Instructor: Sondra Chan

Come dance! Learn the art of ballroom dancing during this casual and fun meet and greet circulation style lessons. Join us with or without a dance partner, no partners are required to join this class.

Peachtree City Beginner I Line Dance

GATHERING PLACE
Tuesday
11:30 a.m. to 12:30 p.m.
$15 | Month
Instructor: DeLores Peterson

For those that are new to line dance. Learn the basic dance steps, dance terminology, and some of the popular party, reunion, and reception dances. Don’t be a wallflower, let’s dance!

Peachtree City Beginner II Line Dance

GATHERING PLACE
Tuesday
12:30 p.m. to 1:30 p.m.
$15 | Month
Instructor: DeLores Peterson

A “step-up” from a brand new beginner, this class is designed for those who have knowledge of basic line dances.

Line Dance

FAYETTEVILLE
Friday
11 a.m. to 11:15 a.m.
FREE
Instructor: Eddie Huffman
No Pre-registration required

Eddie is offering a 15 minute class for those of you who have always wanted to dance, but some ailment has held you back. This class will be a short intro to line dance and is good for balance, posture, memory and more.

Intro to Line Dance

FAYETTEVILLE
Friday
9 a.m. to 10 a.m.
$15 | Month
Instructor: Eddie Huffman

This class is specifically designed for people who need an introduction to line dance. Learn the basic steps, such as the grapevine, pivot-step, and triple-step.

Beginner I Line Dance

FAYETTEVILLE
Tuesday
10:30 a.m. to 11:30 a.m.
$15 | Month
Instructor: Eddie Huffman

Keep those line dancing moves sharp! For beginners who have had 6 months of Beginner I Line Dancing.

Beginner/Intermediate Line Dance

FAYETTEVILLE
Wednesday
1:30 p.m. to 2:30 p.m.
$15 | Month
Instructor: Eddie Huffman

Moving on up in the line dance world! Keep advancing and become a line dance expert in no time. For those who have had 6 months of Beginner II Line Dancing.

Low Intermediate Line Dance

FAYETTEVILLE
Tuesday
1:30 p.m. to 2:30 p.m.
$15 | Month
Instructor: Eddie Huffman

Higher level dance steps and line dances will get you going in this line dance class.
Open Line Dance

FAYETTEVILLE
Friday, July 28
7 p.m. to 10 p.m.
$5 | Paid at door
Members and non-members
No pre-registration required

Bust out your dance shoes and join Eddie Huffman once a month for a fun night of dancing. Come sit back, relax, and enjoy an evening with friends. All dance levels welcome.

Fitness

Zumba

FAYETTEVILLE
Monday
8:30 a.m. to 9:30 a.m.
$20 | Month
Instructor: Kimberly Bostic

An aerobic fitness program featuring movements inspired by styles of Latin American dance and music with a combination of various other dance styles and music. A total workout that will give you a dose of awesome - cardio, muscle conditioning, balance, flexibility and boosted energy.

Chair Tai Chi

FAYETTEVILLE
Monday & Wednesday
9 a.m. to 9:45 a.m.
$5 | Month
Instructor: Lois Evans

Improve balance, flexibility, range of motion and decrease stress. This easy to follow beginner Tai Chi and Qigong class will incorporate movements adapted for sitting. Some standing balance exercises will be included but standing is not required.

Total Body Circuit

FAYETTEVILLE
Monday and Wednesday
11 a.m. to 12 p.m.
$35 | Month
Instructor: Kim Jones

This dynamic work out will have you fit in no time and is for all fitness levels. We will focus on all areas of fitness – core strengthening, strength training, mobility, and cardio – to get you the results you want to see.

Walking Group

Meets at McCurry Park
Monday
9 a.m. to 10 a.m.
FREE
No pre-registration required

This group meets at McCurry Park in Fayetteville (164 McDonough Road) to take advantage of the walking trails. Improve physical fitness with a dose of cardio
This is a self-led group.

Yoga

GATHERING PLACE
Tuesday and Thursday
9:30 a.m. to 10:30 a.m.
$35 | Month
Instructor: Suzanne Lawhead

Start your mornings off relaxed. Get introduced to a form of mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm. Commit yourself to a calm and relaxed body and a quiet and peaceful mind.

Tai Chi

FAYETTEVILLE
Tuesday and Thursday
3 p.m. to 4:30 p.m.
$35 | Month
Instructor: Will Miller

Tai Chi provides a safe, gradual way to improve flexibility, increase circulation, reduce stress, strengthen bones, lower blood pressure, and increase overall fitness. In this class, you’ll learn simple movements that focus on healing energy. The class 1st half of class is focus on the basics for beginners and the 2nd half of class will move to intermediate material.

Stretch for Movement

FAYETTEVILLE
Monday
9:45 a.m. to 10:30 a.m.
$5 | Month
Instructor: Kim Jones

FAYETTEVILLE
Wednesday
9:45 a.m. to 10:30 a.m.
$5 | Month
Instructor: Miriam Jones

This class consists of a
series of simple and easy to follow stretch combinations guaranteed to improve your balance, coordinator, and range of motion over time. Your body is a glorious machine designed to move – move it!

**Pilates**

**FAYETTEVILLE**

Wednesday
8:30 a.m. to 9:30 a.m.
$15 | Month
Instructor: Marie Schall

No classes in April – Pilates will return in May. A workout that will leave you feeling energized and refreshed. This class focuses on developing strength, flexibility, core control, and mobility and is a great combination of yoga with stretching and breathing benefits and strengthening training through a variety of exercises. Please bring a mat with you to class.

After the Bergens invade Troll village, Poppy, the happiest Troll ever born, and the curmudgeonly Branch, set off on a journey to rescue her friends.

**1-on-1 Medicare Consultations**

**FAYETTEVILLE**

Thursday, July 6
9 a.m. to 1 p.m.
FREE
Members exclusive
Pre-registration required

A representative with Georgia Cares will meet one-on-one with Medicare beneficiaries and their families. Georgia Cares is a State Health Insurance Assistance program that provides free, non-biased information about Medicare.

**What’s for Lunch?**

**GATHERING PLACE**

Thursday, July 6
11:30 a.m.
$5 | Transportation
Member exclusive
Pre-registration required

Join us as we board the FSS bus and head out to a pre-arranged mystery destination for lunch in the area. Lunch to be purchased on your own.

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**The Center Box Office**

**Member exclusive. Pre-registration required**

**GATHERING PLACE**

Thursday, July 13 | 1:30 p.m.

**GATHERING PLACE**

Thursday, July 27 | 1:30 p.m.

**FAYETTEVILLE**

Friday, July 28 | 1:30 p.m.

**Movies sponsored by The Fuller Insurance Agency**

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**Grandparent & Grandkid Movie: Trolls**

**GATHERING PLACE**

Wednesday, July 5
1:30 p.m.
FREE
Members and grandkids
Pre-registration required

Bring out your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing *Trolls* (PG Rating).
Rest Assured

FAYETTEVILLE
Thursday, July 6
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Ron Lee with Mowell Funeral Home will get us thinking about preparing for the future. It is never easy to think about funerals, but being prepared and talking to your family about your wishes helps when dealing with this emotional time. Gain insight on planning for funerals that will get you thinking and discussing pre-planning with your loved ones. You will also receive a planning guide to get you started.

Volunteer Open House

FAYETTEVILLE
Thursday, July 6
2 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

If you are a FSS volunteer or are interested in becoming one, join us for our monthly meeting! Enjoy refreshments, meet with other volunteers, learn about upcoming events, current volunteer opportunities, and get center news and updates.

A Snake in the Grass

FAYETTEVILLE
Monday, July 10
12:30 p.m. to 1:30 p.m.
FREE
Members and non-members
Pre-registration required

Jessica Morgan, certified through Georgia Department of Natural Resources, shares her expertise about snakes. Learn how to identify venomous vs nonvenomous ones, the legal repercussions to killing them, who to call to get rid of and safely relocate them and the purpose they serve on our environment.

The Key to Access

GATHERING PLACE
Monday, July 10
1 p.m. to 2 p.m.
FREE
Members and non-members
Pre-registration required

A representative with Retire Senior Volunteer Program (RSVP) will give advice on the best ways to access local services provided to seniors. Learn how, when and where to contact federal, state and local programs in order to take advantage of services and resources. Included will be information about discounts and savings programs.

Get to Know Fayette Senior Services

MCINTOSH PLACE
Tuesday, July 11
10 a.m. to 10:45 a.m.
FREE
Members and non-members
Pre-registration required

This is a great opportunity for those interested in becoming an FSS member to learn more about the benefits of membership. In addition, learn more about the social services offered by our organization and how to take advantage of them if needed. We are here to help you age well and live well!

1-on-1 Legal Consultations

GATHERING PLACE
Tuesday, July 11
11:30 a.m. to 2:30 p.m.
FREE
Member exclusive
Pre-registration required

A representative with Georgia Legal Services is here to help provide you with general information on any non-criminal legal questions. Georgia Legal Services offers general guidance, advice, and information on legal inquiries to try to help you get on the right track or refer you to the right people to fit your needs.

Ballroom Dance Demo

FAYETTEVILLE
Tuesday, July 11
12 p.m. to 12:30 p.m.
FREE
Members and non-members
Pre-registration required

Enjoy an informational session and demonstration on one of FSS’ dance classes, Ballroom Dancing. Instructor Sondra Chan will talk about what to
expect from the class, do a demonstration, and answer any questions. See page 19 for more details on the actual class.

Turning Off the Taps

GATHERING PLACE
Wednesday, July 12
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Jim Scott takes us back in history to the time of prohibition in Georgia. Hear stories of this period and learn about the speakeasies, bootleggers and all of its connections to our home state.

Around Town @ Tellus Science Museum

GATHERING PLACE
Thursday, July 13
Leave at 8:45 a.m.
$35 | Includes admission and transportation
Member exclusive
Pre-registration required

Take a visit to this world-class science museum that features four galleries, a digital planetarium, a solar house and much more! Enjoy lunch at Sweat Market (www.sweatmarket.com - to be purchased on your own).

Estate Planning For the Other 99%

FAYETTEVILLE
Monday, July 17
12:30 p.m. to 1:30 p.m.
FREE
Members and non-members
Pre-registration required

Brandon Jordan with Arch Advisory provides an overview of estate planning. Discover the tools required and strategies to help guide you through. From estate tax fundamentals, gifting taxes, tools of transfer and more, you’ll leave with the knowledge to navigate when needed.

Virtual Vacation

GATHERING PLACE
Monday, July 17
1:30 p.m. to 2:45 p.m.
FREE
Members and non-members
Pre-registration required

Take a [virtual] leap around the Mediterranean to Greece! Ellen and John Minette share their expertise on some of their favorite places. Learn about the most popular hot spots, the stunning architecture, and history landmarks that are a must-see. This virtual trip will have you feeling like you are on a tour of this beautiful city.

True Georgia Peaches

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

Learn about Georgia’s remarkable women as Jim Scott takes us through the history of these incredible individuals. From the first woman to sit as a U.S. Senator, the founder of the Girl Scouts, painters, musicians and more, you’ll discover how many famous women have come from the peach state.

Grandparent & Grandkid Movie: Moana

FAYETTEVILLE
Wednesday, July 19
1:30 p.m.
FREE
Members and grandchildren
Pre-registration required

Bring your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing Moana (PG Rating). In Ancient Polynesia, when a terrible curse incurred by the Demigod Maui reaches an impetuous Chieftain’s daughter’s island, she answers the Ocean’s call to seek out the Demigod to set things right.

ALS Support Group

FAYETTEVILLE
Thursday, July 20
10 a.m. to 12 p.m.
FREE
Members and non-members
No pre-registration required

For more information, contact Anita Flowers at 404-636-9909 or by e-mail at anita@alsaga.org.
Surfing the Web

FAYETTEVILLE
Thursday, July 20
1 p.m. to 2 p.m.
FREE
Members and non-members
Pre-registration required

Tim Covert with Dependable Computer Services gives a basic overview of surfing the web! Get a better understanding of using the web and how to search on it in addition to browser information, search engines, security, home pages, pop up ads and more.

Dementia Caregiver Support Group

GATHERING PLACE
Thursday, July 20
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

For more information, contact Tori Sorrells at 770-719-7214 or by e-mail at tori.sorrells@piedmont.org.

The Grape Escape

GATHERING PLACE
Thursday, July 20
2:30 p.m. to 4 p.m.
$15
Member exclusive
Pre-registration required

Eric Trout, wine connoisseur with Katie’s Fine Wine and Liquor, will be on hand to pass along all his expertise. Join in the fun for a monthly educational program related to different wines, regions, countries, and more. Get information on a variety of topics relating to the choice and become a wine expert in no time. This month, learn all about Sauvignon Blancs.

A Walk on the Wild Side

GATHERING PLACE
Friday, July 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Kim Toal with the Extension Office share her secrets to attracting wildlife to your garden. Learn about plants that will draw in these wonderful animals and are tolerant against their diets.

Shoot With the Eye

FAYETTEVILLE
Friday, July 21
1:30 p.m. to 3 p.m.
$15
Members and non-members
Pre-registration required

Learn simple techniques for creating great portraits. Dana Scott with DMS Creative Solutions shows us how to find and create great light with basic tools. Dana will demonstrate the easiest methods for helping people feel comfortable and look their best. Learn tips for using accessories, lighting, camera and more to get excellent results. Bring your cameras with you to class.

Travel Group Meeting

FAYETTEVILLE
Friday, July 21
2 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

**Trip schedules available at front desk** Get updates on current trip sign-ups and itineraries and learn about the exciting upcoming trips that we have planned! Please refer to page 14 for rules and regulations on trips. Guest speaker will be Ray Dunlap with Dunlap & Associates to share smart investing tips.

CSI: Fayette County

FAYETTEVILLE
Wednesday, July 26
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Captain Mike Whitlow with the Fayetteville Police Department takes us on an investigation of the world of CSI. Get an inside look on the process of crime scene investigation from start to finish in addition to some stories of a few closed cases Captain Whitlow has dealt with.

Around Town @ Robert Williams Museum of Papermaking

FAYETTEVILLE
Thursday, July 27
Leave at 9:30 a.m.  
$25 | Includes tour and transportation  
Member exclusive  
Pre-registration required

The Robert C. Williams Museum of Papermaking is an internationally renowned resource on the history of paper and paper technology. Enjoy a guided tour of this museum and participate in a hands-on papermaking workshop! Each participant will get to make their own sheet of paper to take home. After, we will enjoy lunch at Max Lager’s Wood-Fired Grill & Brewery (www.maxlagers.com – to be purchase on your own.)

**A View from the Top**

- **GATHERING PLACE**  
  - **FAYETTEVILLE**  
  - Thursday, July 27  
  - 10 a.m. to 11 a.m.  
  - **FREE**  
  - Members and non-members  
  - Pre-registration required

Take flight with Willard Womack of the Dixie Wing as he discusses the early pioneers of aviation leading up to the Wright Brothers and all of their incredible accomplishments. Learn about the history of flying and the stories of these early pilots firsts in aviation.

**P“age” Turners Book Club**

- **GATHERING PLACE**  
  - **FAYETTEVILLE**  
  - Thursday, July 27  
  - 1 p.m.  
  - **FREE**  
  - Member exclusive

This month, we will be reading *Necessary Lies* by Diane Chamberlin. For more information, please contact Joyce Beyer at wbeyer@aol.com.

**Survival Guide to Medical Bills**

- **GATHERING PLACE**  
  - Friday, July 28  
  - 1 p.m. to 2 p.m.  
  - **FREE**  
  - Members and non-members  
  - Pre-registration required

Berneta Haynes with Georgia Watch provides information and resources to empower us to manage and minimize our medical debt. Berneta will guide us with answers to common and complex healthcare and health insurance questions to include topics such as insurance coverage, appeals, explanation of benefits statements, bill pay options and more.

**AARP Smart DriverTEK**

- **GATHERING PLACE**  
  - Monday, July 31  
  - 1 p.m. to 2:30 p.m.  
  - **FREE**  
  - Members and non-members  
  - Pre-registration required

Cars have seemingly become smarter than us with all the new gadgets included on newer models! Learn the necessary tools to navigate modern vehicle technology.

**Express Lunch**

- **GATHERING PLACE**  
  - Thursday, July 13  
  - **$10 | Chicken Salad Chick**  
  - **Member exclusive**  
  - Pre-registration required

Enjoy a delicious lunch delivered right here at FSS! Lunch from Chicken Salad Chick will include a chicken salad sandwich, pasta salad, pickle, cookie and drink.

**Trivia**

- **FAYETTEVILLE**  
  - Fridays  
  - 1:30 p.m. to 3 p.m.  
  - **FREE**  
  - Member exclusive  
  - No pre-registration required

Join Quiz Queen Linda Abbott for a little friendly competition. Form teams or take ‘em on yourself.
Answer questions from a variety of categories and test your knowledge.

**Dulcimer 101: Beginners**

FAYETTEVILLE
Wednesdays
11 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

Learn to play the dulcimer, a unique string instrument native to the Appalachian region of the United States. Don’t be shy – you don’t need to know how to play or read music to join in the fun! A practice dulcimer will be provided by instructor if necessary.

**Dulcimer 102: Intermediate**

FAYETTEVILLE
Wednesdays
12 p.m. to 1 p.m.
FREE
Members exclusive
Pre-registration required

For those who have had some experience with the dulcimer before! Join this intermediate group of players to continue getting better and better. Bring your instrument with you.

**GATHERING PLACE**
MCINTOSH PLACE
Classes scheduled by request only
$20 | Session (up to 2 hours)
Instructor: Robert Marcus

Getting a little rusty on the computer, or want to learn the basics for the first time? Get a one-on-one tutoring session from one of our well-equipped volunteer tutors. Simply choose a topic, a date and time, and pick a location at the front desk. Bring your own laptop or use one of our lab computers.

**Computer Maintenance and Troubleshooting**

GATHERING PLACE
Thursday, July 27
11 a.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required
Instructor: Ryan Jolly

Bring in your laptop and questions for your computer for 1-on-1 assistance with computer threats and troubleshooting. Ryan Jolly with Jolly Technologies will help with threat prevention, computer clean-up, virus assistance, finding lost files, and other computer issue help.

**Eyeglass Adjustments and Repairs**

FAYETTEVILLE
Wednesday, July 5
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
No pre-registration required

Dale Klauss with Dale’s Optical will be here to perform minor repairs, adjustments, maintenance, and cleaning on your glasses.

**Belly Busters**

GATHERING PLACE
Thursday, July 6
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Connie Martin, Dietitian with Fill Up with Goodness Health and Nutrition Coaching, shares her expertise on our middle regions. Connie will focus on ways we can reduce our belly fat through a healthy lifestyle change in our eating habits.

**Touch Massage Therapy**

GATHERING PLACE
Friday, July 7
12 p.m. to 4 p.m.
$30 | 30 minutes
$60 | 1 hour
Member exclusive
Pre-registration required
Masseuse: Angela Sheppard

Enjoy a relaxing massage by a licensed therapist to help you relieve stress and tense muscles as well as aid in the healing process.
The Do’s and Don’ts to Summer Fitness

GATHERING PLACE
Friday, July 7
1 p.m. to 2 p.m.
FREE
Members and non-members
Pre-registration required

Hannah Garber with Piedmont Fayette Hospital shares ways to improve your fitness during the summer months. Get best results with this warm-weather cheat sheet to staying cool, exercising safely and having fun!

To Nourish is to Flourish

FAYETTEVILLE
Friday, July 7
1 p.m. to 2 p.m.
FREE
Members and non-members
Pre-registration required

Kristina Williams, Director of Rehab Services with Genesis Rehab at Heritage of Peachtree, shares insight and an evaluation on supplements. Learn the purpose behind supplements and the risks and benefits to taking them in addition to alternative therapies you could use as well.

Mindful Meditation

FAYETTEVILLE
Wednesday, July 12
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Each month, Kimberly Mapel with Kimberly Maple Counseling will discuss mindfulness and meditation practices followed by a light guided meditation. This month, focus on “Metta Meditation”, a loving kindness for ourselves and others.

Never Run on Empty

FAYETTEVILLE
Thursday, July 13
9:30 a.m. to 10:30 a.m.
FREE
Members and non-members
Pre-registration required

Join Christian City as they share the importance of hydration and tips to staying hydrated during the summer heat. Learn the benefits to hydration has on our health in addition to how it helps rid the body of toxins.

Body Balance Massage

FAYETTEVILLE
Thursday, July 13
11 a.m. to 3 p.m.
$30 | 30 minutes
$60 | 1 hour
Member exclusive
Pre-registration required

Masseuse: Brandi Shepard

Enjoy a relaxing massage by a licensed therapist to help you relieve stress and tense muscles as well as aid in the healing process.

Reflexology

FAYETTEVILLE
Reflexologist: Tranquil Escape

Reflexology is the application of specialized pressure techniques that are applied to a variety of areas, including hands and feet.

A Caregiver’s Guide

GATHERING PLACE
Wednesday, July 19
10 a.m. to 2 p.m.
FREE
Members and non-members
Pre-registration required

Beth Dow with Home Helpers of Georgia presents a caregiver’s guide to dealing with dementia. Each participant will receive a 350-page comprehensive book that provides real-life accessible information on caring for those with Alzheimer’s and dementia.

Get Your Happy Back

MCINTOSH PLACE
Tuesday, July 18
10 a.m. to 11 a.m.
FREE
Members and non-members
Pre-registration required
Physical Therapist Thad Poitevint with TX: Team discusses the importance of spinal health. Learn a variety of ways to strengthen your spine, prevent injury, treatments available as well as relieving pain in other areas of our bodies through strengthening it.

Ripened With Age

**GATHERING PLACE**  
Wednesday, July 19  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

As we age our needs for nutrients and activity changes. Mary Kay Rudd, PhD and Registered Dietitian, discusses current recommendations for optimal senior nutrition and helps us recognize if the latest nutrition article we’ve read is a fact or myth.

The Fountain of Youth

**GATHERING PLACE**  
Monday, July 24  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Kathy Rainwater with Southern Grace Hospice discusses how our lifestyle choices, illnesses, diseases, weight and more can affect our biological age regardless of what our actual age may be. Learn ways you can lower your biological age to stay healthy well into our aging years.

AARP Smart Driver’s Course

**MCINTOSH PLACE**  
Tuesday, August 1  
9 a.m. to 4 p.m.  
$15 | AARP Members  
$20 | Non AARP Members  
Pre-registration required

Tune up your driving skills during this refresher course for adult drivers.

Memory Screenings

**GATHERING PLACE**  
Tuesday, July 25  
1 p.m. to 3 p.m.  
FREE  
Members and non-members  
Pre-registration required

Dr. Martinez and his staff with the Neuropsychology Center will be on site to perform one-on-one memory screenings. Immediately following the screening by a staff member, Dr. Martinez will be available for a brief consultation to review the results.

Hearing Aid Cleaning & Maintenance

**FAYETTEVILLE**  
Wednesday, July 26  
11:30 a.m. to 12:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

Waits Hearing Aid Center will be on site to clean hearing aids and perform minor, basic maintenance you may need done.

Lunch & Learn: Analyzing Androids

**FAYETTEVILLE**  
Tuesday, August 1  
11:30 a.m. to 1:15 p.m.  
$15 | Includes lunch  
Pre-registration required

Learn the basics of using your Android tablet.

Hearing Screenings

**FAYETTEVILLE**  
Wednesday, August 2  
10 a.m. to 12 p.m.  
Pre-registration required

Enjoy a complimentary hearing screening without having to deal with the doctor office visit.

Lifting the Burden Debt

**GATHERING PLACE**  
Thursday, August 3  
11:30 a.m. to 1:15 p.m.  
Pre-registration required

Strike a balance between paying off debt and other financial priorities.
STARS Summer Craft Sale!

Friday, July 21
11:00 a.m. to 2:00 p.m.
in the lobby outside of the Ultimate Café.

The STARS have been working on lots of new projects perfect for gifts, as well as decorations and more!

FSS would like to thank the sponsors of our BOOT SCOOT & BBQ for making this event such a success!

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