Guttenlag Y'all

Break out your lederhosen and join in the fun, it's Oktoberfest in the South!

We've Put A Spell On You

Celebrate this spook-tacular holiday at our annual Halloween party!

Serving Up Smiles

Meet Ultimate Cafe volunteer Lisa Wilson

Don't forget the pull out calendar!
JOIN THE FIGHT FOR ALZHEIMER’S FIRST SURVIVOR.

At the Alzheimer’s Association Walk to End Alzheimer’s®, people carry flowers representing their connection to Alzheimer’s — a disease that currently has no cure. But what if one day there was a flower for Alzheimer’s first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world’s largest fundraiser to fight the disease. Register today at alz.org/walk.

Walk to End Alzheimer’s
Fredrick Brown Jr. Amphitheater
October 7 | 8am
October

in every issue

2017 HOLIDAY CLOSINGS

Columbus Day  October 9, 2017
Thanksgiving  November 23-24, 2017
Christmas       December 25, 2017

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Enjoy a German-filled evening at our annual Oktoberfest event.

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Ghosts, goblins and spooks galore! Put on a costume and celebrate this haunting night.

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
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.
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.

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

Roger Grandt  
Driver

John Greer  
Driver

Jean Folden  
Driver

Jane Rode  
Driver

Gino Cortellino  
Driver

Jan Perkins  
Driver

Carole Lane  
Driver

Charlie Hawkins  
Driver

Advertising Information. We appreciate the support from our advertisers, which helps defray the cost of printing our newsletter. For information about FSS advertising and other sponsorship opportunities, please contact Amy Epperson, at 770-461-0813 or aepperson@fayss.org. *The appearance of advertising in Fayette Senior Services, Inc. newsletter, website, classes, programs, or other promotional materials is neither a guarantee nor an endorsement by Fayette Senior Services, Inc. of the product, service, or company or the claims made for the product in such advertising.
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...

**November 2017**

The Laugh Track: Comedy Night  
Thursday, November 9 | Fayetteville  
6 p.m. to 8 p.m. | $15  

**December 2017**

Dashing Through the Snow Christmas Party  
Friday, December 15 | Gathering Place  
2:30 p.m. to 3:30 p.m. | Free for members  
Bring a White Elephant gift to participate in this fun and festive holiday game.

Rocking Around the Christmas Tree Christmas Party  
Monday, December 18 | Fayetteville  
2:30 p.m. to 3:30 p.m. | Free for members  
Compete in our cookie contest by entering a recipe.

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

Miriam’s Fitness Corner

**Fitness Tip:**

The old adage “an ounce of prevention is worth a pound of cure” rings ever more true with the passing of each birthday. One very important, yet easy to incorporate, ritual is a daily stretch routine. The movements do not have to be elaborate. What’s most important is consistency. Some experts believe flexibility to be as important as cardio and strength. I’m inclined to agree. Stretched out, relaxed muscles improve range of motion, which makes getting around easier. This also makes a person more likely to recover from a trip or fall. Think about a drunk driver who’s caused an accident. The drunk driver generally walks away unscathed simply because he’s too inebriated to tense up upon impact. Sadly, it is often the victim who incurs the most injury. Though this scenario may seem extreme and beyond one’s control, I use it to stress the importance of increasing one’s flexibility because a regular stretch routine IS within our control. Stiff, tight muscles can just as easily be a matter of life or death on a daily scale when it comes to something as minor as missing a step exiting a building, tripping over the grandchildren’s toys or simply loosing your balance. In which case, that increased range of motion could save a life. So incorporate a flexibility routine today and remember, “an ounce of prevention” really “IS worth a pound of cure”.

need directions?

How to get from FSS Fayetteville to FSS Peachtree City.

1. Head west on Center Drive towards GA-85/ Glynn Street S.
2. Continue Straight onto Melear Way.
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.
Laugh Track Comedy Night

Featuring Comedian Carlos Rodriguez

Thursday, November 9
6 p.m. to 8 p.m.
4 Center Drive, Fayetteville

Event Sponsored by:

Edward Jones
Merrill Lynch
The Truitt Group
ARCH ADVISORS Group
Fayette Senior Services Life Enrichment Center

Tickets $15

770-461-0813  |  FAYSS.ORG

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Volunteer Spotlight

“Volunteering is Something Good!”

By: Shirley Johnson

Born in Griffin, Georgia, Lisa Wilson was welcomed into her family with a brother, a step brother and their parents. Lisa is the baby. Unfortunately, her mother died while she was very young. Growing up she missed her mother, but she smiled when speaking about spending time with the rest of her family. She especially liked playing outside with her brothers.

Lisa is a star Fayette Senior Services (FSS) volunteer who refuses to allow challenges to keep her from being the very best person that she can be. She arrives at FSS Tuesday through Friday mornings, ready to serve. She greets everyone with a smile that seems to say, “I’m happy to be here.” Lisa’s volunteer work at FSS is her first volunteer experience and it follows her employment at Waffle House where she serviced restrooms. She says, “I have been volunteering for a long time, and I remember that I started after finishing Morrow Senior High School. ”

At FSS, Lisa is on the Ultimate Café service team where she takes pride in her work. Following her supervisor’s directions, she carefully observes and accommodates lunch guests. She is always standing ready to refresh a glass of tea, to serve a glass of water or to retrieve a lunch tray from a table. Lisa plays a huge helping role assisting guests. Her help is essential for guests who depend on a wheelchair or a walking cane for support. She admits that she likes working in the Cafe. She said, “It is something good to do,” she went on to explain, “It is more than just talking to my friends. People like my work, and they say thank you.”

Currently living in Fayetteville, Lisa shares a living space with her roommate, Cynthia. She said, “I like cooking fried chicken, mashed potatoes and macaroni and cheese. Cynthia helps with cooking and eating,” she grins. Lisa and Cynthia have been roommates for a long time, and while Lisa volunteers at FSS, Cynthia works for Wal-Mart.

Lisa’s brothers are now grown with families. She smiles, “I have three nephews and an adopted niece. I see them at Thanksgiving.” Her brother travels all the way from Austin, Texas to Fayetteville, GA for Thanksgiving dinner. Lisa likes spending time with family, and she likes shopping, going out to eat, and going to the dollar movies. Referencing other FSS staff, she said, “Miss Mary, she is nice. She says good morning. Khoury is a good friend. Oh, and I go to Flat Creek Baptist Church every Sunday.”

Lisa’s father and stepmother are Fayetteville residents too, and they are proud of their daughter’s FSS Volunteer services. The FSS family of staff, volunteers and members look forward to seeing Lisa’s cheerful face, and we especially appreciate her valuable service. FSS members and staff always light up when Lisa is around. She has such a positive attitude and is so caring. FSS thanks Lisa for her hard work and dedication.
Oatmeal Pumpkin Muffins

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

**Non-stick cooking spray**
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1/2 cup white sugar
1 tsp salt
1 tsp pumpkin pie spice
3/4 tsp baking powder
1/2 tsp baking soda
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1 1/4 cups pumpkin puree
1/2 cup milk
2 eggs, beaten
1/4 cup maple syrup
3/4 cup quick-cooking rolled oats

1. Preheat oven to 375 degrees F (190 degrees C). Spray 6 muffin cups with cooking spray.
2. Whisk all-purpose flour, whole wheat flour, sugar, salt, pumpkin pie spice, baking powder, baking soda, cinnamon, and nutmeg together in a large bowl until thoroughly combined. Stir pumpkin puree, milk, eggs, and maple syrup into the dry ingredients until batter is smooth; fold oats into batter. Scoop batter into prepared muffin cups, filling them to the top.
3. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 30 minutes; set aside to cool 5 to 10 minutes before serving.

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)
MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

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.

### Free in Fayetteville

#### Mondays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Sit and Get Fit</td>
<td>10 a.m. to 10:40 a.m.</td>
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<tr>
<td>Canasta:</td>
<td>10 a.m. to 12 p.m.</td>
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<tr>
<td>Regular and Hand &amp; Foot</td>
<td></td>
</tr>
<tr>
<td>Sit and Stitch:</td>
<td>1 p.m. to 4 p.m.</td>
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</tbody>
</table>

Knitters, crocheters, and other crafters are invited to work on current projects.

**Monday Bridge Club:**
1 p.m. to 4 p.m.

**Bid Whist:**
1:30 p.m. to 4:30 p.m.

#### Tuesdays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Power Aerobics:</td>
<td>7:40 a.m. to 8:30 a.m.</td>
</tr>
<tr>
<td>Intermediate I Aerobics:</td>
<td>8:40 a.m. to 9:30 a.m.</td>
</tr>
<tr>
<td>Intermediate II Aerobics:</td>
<td>9:40 a.m. to 10:30 a.m.</td>
</tr>
<tr>
<td>Pinochle:</td>
<td>10 a.m. to 12 p.m.</td>
</tr>
<tr>
<td>Canasta:</td>
<td>10 a.m. to 12 p.m.</td>
</tr>
<tr>
<td>Advanced Bridge</td>
<td>2nd Tuesday of month</td>
</tr>
<tr>
<td>10 a.m. to 3 p.m.</td>
<td></td>
</tr>
<tr>
<td>Scrabble:</td>
<td>12:30 p.m. to 4:30 p.m.</td>
</tr>
<tr>
<td>Tuesday Bridge Club:</td>
<td>1:30 p.m. to 4:30 p.m.</td>
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#### Wednesdays

<table>
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<tr>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Sit and Get Fit</td>
<td>10 a.m. to 10:40 a.m.</td>
</tr>
<tr>
<td>Pinochle:</td>
<td>10 a.m. to 12 p.m.</td>
</tr>
<tr>
<td>Canasta:</td>
<td>10 a.m. to 12 p.m.</td>
</tr>
</tbody>
</table>

**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.

#### Thursdays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Aerobics:</td>
<td>7:40 a.m. to 8:30 a.m.</td>
</tr>
</tbody>
</table>

**Bring fitness mat**

**Intermediate I Aerobics:**
8:40 a.m. to 9:30 a.m.

**Bring fitness mat**

**Intermediate II Aerobics:**
9:40 a.m. to 10:30 a.m.

**Bring fitness mat**

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

**Canasta:**
10 a.m. to 12 p.m.

**Intermediate Bridge:**
1 p.m. to 4 p.m.

**Sit and Stitch:**
1 p.m. to 4 p.m.

All knitters, crocheters, and handloomers are welcome.

**Bid Whist:**
1:30 p.m. to 4:30 p.m.

**Intermediate Bridge:**
1 p.m. to 4 p.m.

#### Fridays

<table>
<thead>
<tr>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Sit and Get Fit</td>
<td>10 a.m. to 10:40 a.m.</td>
</tr>
<tr>
<td>Pinochle:</td>
<td>10 a.m. to 12 p.m.</td>
</tr>
<tr>
<td>Canasta:</td>
<td>10 a.m. to 12 p.m.</td>
</tr>
<tr>
<td>Scrabble:</td>
<td>12:30 p.m. to 4 p.m.</td>
</tr>
<tr>
<td>Friday Bridge Club:</td>
<td>1:30 p.m. to 4 p.m.</td>
</tr>
</tbody>
</table>

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.
Every other week
(call for monthly schedule)

**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.

**Marathon Bridge**
2nd Wednesday of the month
10 a.m. to 12 p.m.

**Thursdays**

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

**Bingo:**
1st Thursday of month
2 p.m. to 4 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.

**Billiards:**
Meets at 6:30 p.m.

**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**

**(ACBL) Duplicate Bridge:**
3rd Thursday of month
10 a.m. to 1 p.m.

**Modern American Mahjong:**
12 p.m. to 4 p.m.

**Canasta:**
1 p.m. to 4 p.m.
See Monday’s description.

**Fridays**

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

**Saturday, October 26**

6 p.m. to 11 p.m.
(Bridge League requires a $4-$6 entry fee per game)

**Board Game Free Play**
10 a.m. to 2 p.m.
Gather and choose from a variety of board games to play. Play ours or bring one to share

**Saturdays**

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

**Luau in Peachtree City**

770-461-0813  |  FAYSS.ORG

October 2017 | 13
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.
Oktoberfest
FAYETTEVILLE
Thursday, October 19
5 p.m. to 8 p.m.
$20
Members can purchase tickets at front desk
Pre-registration required

Gutten tag yall! It’s that time of year again, Oktoberfest in the South. This Thursday night event will have you dancing to Polka and filling your belly full of authentic German cuisine and drinks. We welcome the Euro-Volk Dancers group and a live German Polka Band! Don’t miss out on one of most popular events and celebrations of the year.

Caregiving for A Loved One with Dementia
MCINTOSH PLACE
Tuesday, October 24
9 a.m. to 3:30 p.m.
$25 | Includes breakfast, lunch and materials
Members and non-members
Pre-registration required

Fayette Senior Services and Piedmont Healthcare Sixty Plus Services present an information packed workshop for caregivers. Caring for a loved one with dementia can sometimes be overwhelming. Learn about diagnoses, the types and stages of dementia, community resources, communication techniques, managing challenging behaviors, and more. Speakers include: Moira Keller and Tori Sorrells with Piedmont Sixty Plus Services, Dr. Alfonso Martinez with The Neuropsychology Center, and Dr. Virendra Randive with Neurology Associates.

A Ghouling Good Time
GATHERING PLACE
Monday, October 30
2:30 p.m. to 4 p.m.
$10 | Includes hors d’oeuvres
Member exclusive
Pre-registration required

Put on your best costume or join us just for the fun of a Halloween party. Get ready for an afternoon of laughter, screams, dancing, and eating. Chef Heather will have a delicious spread of themed food, desserts, and punch to go along with the spooky music and costume contest that is sure to get you rolling! The Huddleston Elementary After School Program kids will also be visiting in their adorable costumes to trick or treat! Prizes awarded for the most creative, scariest, and funniest costumes. This event is sponsored by Arbor Terrace.
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Crochet: Pumpkin Bag

FAYETTEVILLE
Monday, October 16
10 a.m. to 12 p.m.
$5 | Session
Pre-registration required
Instructor: Nancy Crow

A small crochet pumpkin pouch is the perfect accessory to hold Halloween goodies. A special treat for grandkids, teachers or friends. Materials needed: 1 skein orange yarn (divided into two balls); small amount of brown and green yarn; size H crochet hook. For more information, contact Nancy Crow at icrochet2@bellsouth.net.

Crochet: Hounds Tooth Scarf

FAYETTEVILLE
Monday, October 23
10 a.m. to 12 p.m.
$5 | Session
Pre-registration required
Instructor: Nancy Crow

This unique stitch looks hard, but it is not. Materials needed: 1 skein each of soft or sports weight yarn in two contrasting colors (traditionally done in black and white but you can choose other colors); crochet hook size I. For more information, contact Nancy Crow at icrochet2@bellsouth.net.

Quilting: Gimme 5 & Make it Scrappy Series: Happy

FAYETTEVILLE
Tuesday, October 3
9 a.m. to 2 p.m.
$25 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

A great quilt for your scraps in a variation from light to dark. This is the second of a series of four patterns from Turning Twenty Book. Each month, we will journey through a new quilt. Materials list and picture available at the front desk. You will need to provide your own sewing machine.

Quilting: UFO Retreat

Instructor: Darlene Williams-Hubble

FAYETTEVILLE
Tuesday, October 10
8 a.m. to 4 p.m.
$15 | Materials not included
Pre-registration required

You can take a one, two or three days to finish up projects or create new ones. This class is not instruction based, just free time to work on a personal project with others.

Quilting: Runners

FAYETTEVILLE
Thursday, October 19
8 a.m. to 4 p.m.
$25 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

It is that time of year again to start preparing for the upcoming holiday season. Make a series of table runners to decorate your table or give as a gift. There will be three projects to choose from or make all three. Materials list and picture available at the front desk. You will need to provide your own sewing machine.

Creative Pursuits

Pigments of Your Imagination

MCINTOSH PLACE
Friday, October 6
10 a.m. to 12 p.m.
$40 | Includes materials
Pre-registration required

Learn how to paint using alcohol ink. Create your own unique items including a
coaster, card and magnets! You will be provided with all the supplies needed to make your own designs and learn secrets to save money when crafting with these.

**Halloween Crafts**

**FAYETTEVILLE**
Friday, October 13
1:30 p.m. to 3:30 p.m.
$10 | Includes materials
Pre-registration required

Get in the Halloween spirit with these spooktacular themed crafts! Learn to make tootsie pop spiders and ghosts, scary paper bag trees, and chenille stem boo-tastic trees.

**Watercolor Painting Basics**

**MCINTOSH PLACE**
Monday, October 16
9 a.m. to 12 p.m.
$35 | Includes materials
Pre-registration required

In the class you will learn all the basics of watercolor painting and several tips and tricks to working with this media. Karen will do demos and provide a chance for you to paint along.

**Painting Workshop**
Instructor: Kathy Brewer

**MCINTOSH PLACE**
Wednesday, October 18
10 a.m. to 12 p.m.
$35 | Includes materials
Pre-registration required

**FAYETTEVILLE**
Wednesday, October 18
2 p.m. to 4 p.m.
$35 | Includes materials
Pre-registration required

Paint a picture by following along step-by-step with the instructor! This month, paint a breathtaking fall mountain scene.

**Dance**

**Ballroom Dancing**

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

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.

**Peachtree City Beginner II Line Dance**

**GATHERING PLACE**
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 grape-vine, pivot-step, and triple-step.

**Beginner I Line Dance**

**FAYETTEVILLE**
Friday
12:30 p.m. to 1:30 p.m.
$15 | Month
Instructor: DeLores Peterson

For those who have had at least six months of Beginner I Line Dance. This class develops more complex dances and new steps and turns. Let’s dance!

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

**Beginner II Line Dance**

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

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

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, October 27
7 p.m. to 10 p.m.
$5 | Paid at door
Members and non-members
No pre-registration required

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**

**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

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

This mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm.

**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, and reduce stress. 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.

**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. 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.

**Cardio Groove**

**GATHERING PLACE**

Wednesday
10:30 a.m. to 11:30 a.m.
$25 | Month
Pre-registration required

Instructor: Kimberly Bostic

This unique cardio class combines a level of high energy circuit training that will use weights, exercise balls, mats, chairs and more to give you a total body workout while keeping it fun with upbeat music and dance moves included.

**Special Interest**

**Hunting Guide to Georgia**

**FAYETTEVILLE**

Monday, October 2

Join hunting guide Eric Morris with N.T.O. Guide Service as he shares tips to some of Georgia's best public hunting land. Get the inside scoop on where to hunt in addition to professional advice on getting the most out of your time in the woods.

**Books That Shaped America**

**GATHERING PLACE**

Wednesday, October 4

12:30 p.m. to 1:30 p.m.
FREE
Members and non-members Pre-registration required

Join hunting guide Eric Morris with N.T.O. Guide Service as he shares tips to some of Georgia's best public hunting land. Get the inside scoop on where to hunt in addition to professional advice on getting the most out of your time in the woods.

**The Center Box Office**

**Member exclusive. Pre-registration required**

**GATHERING PLACE**

Thursday, October 12 | 1:30 p.m.
*Going In Style* (2017) | PG-13

Starring: Morgan Freeman, Michael Caine, Alan Arkin. Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail.

**GATHERING PLACE**

Thursday, October 26 | 1:30 p.m.

Starring: Bette Midler, Sarah Jessica Parker, Kathy Najimy. A Halloween classic! After three centuries, three witch sisters are resurrected in Salem, Massachusetts on Halloween night, and it is up to two teenagers, a young girl and an immortal cat to put an end to their reign of terror once and for all.

**Movies sponsored by The Fuller Insurance Agency**

Traci Fuller | 770-460-0592 | Here for your Medicare needs.
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 learn about famous books written by Americans of African descent that were published before the 1900s.

Chef for a Day

FAYETTEVILLE
Wednesday, October 4
2 p.m. to 3:30 p.m.
$10
Member exclusive
Pre-registration required

In this interactive, hands-on cooking class, you will sit down with Chef Heather Rochester and prepare, cook, and taste a meal right here at FSS. Make a delicious warm pasta salad with salmon dish.

1-on-1 Medicare Consultations

GATHERING PLACE
Thursday, October 5
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.

Tell Your Story: Veteran Interviews

FAYETTEVILLE
Thursday, October 5
12:30 p.m. to 4:15 p.m.
FREE
Members and non-members
Pre-registration required

Tuesday, October 10
12:30 p.m. to 4:15 p.m.
FREE
Members and non-members
Pre-registration required

Lewis Armstrong, with support from StoryCorps Atlanta, will be on site to record interviews of our Nation’s finest. Tell yours or a family member’s story of military experience. As a participant, you will get a CD to take home and share. A copy is also preserved at the American Folklife Center at the Library of Congress.

What’s for Lunch?

GATHERING PLACE
Thursday, October 5
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.

Volunteer Open House

FAYETTEVILLE
Thursday, October 5
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.

I Saw the Sign

FAYETTEVILLE
Friday, October 6
1 p.m. to 2 p.m.
FREE
Members and non-members
Pre-registration required

The world of sign language is complex, but fascinating to learn. Have you ever wanted to learn sign language? Here is your chance! Join Traci Fuller to discover the ABC’s and many basic signs to this incredible language. This month, focus on ABCs, 123s, basic conversation skills and moving objects.

ClubCorp Golf Game

Flat Creek Golf Course
Tuesday, October 10
Tee off at 11:30 a.m.
$35 + tax
Member exclusive
Pre-registration required

Meet at the Flat Creek Golf Course
Course (100 Flat Creek Road, Peachtree City) for some friendly competition for a discounted price and exclusive game for FSS members. Show them your FSS member ID at the golf club and tell them you are there for the Fayette Senior Services game. Golf shirts must be worn – no jeans, running shorts, t-shirts please. Price (to be paid to ClubCorp upon arrival) includes green fee, cart rental, range balls, and 18 holes of golf. Tee off is at 11:30 a.m. so show up early!

1-on-1 Legal Consultations

FAYETTEVILLE
Tuesday, October 10
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 will help you get on the right track or refer you to the right people to fit your needs.

Easy E-Reading

GATHERING PLACE
Wednesday, October 11
11 a.m. to 12 p.m.
FREE
Members and non-members
Pre-registration required

The Peachtree City Library will demonstrate how to get ebooks and audiobooks for free on a variety of tablets, smart phones, and mobile devices (any but Kindle users). Learn about the Georgia Download Destination and OverDrive apps for library card holders and how to download and navigate the app and checkout books. Must have a current library card.

Into the Wild

FAYETTEVILLE
Wednesday, October 11
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Jessica Morgan, certified through Georgia Department of Natural Resources, shares her expertise about common animals around our area that many consider a nuisance. Discover the purpose these amazing creatures serve for our environment, how to deal with them for your own safety and the animals, and who to contact to relocate them when unwanted.

Around Town @ Historic Acworth Tour

GATHERING PLACE
Thursday, October 12
Leave at 8:45 a.m.
$20 | Includes tour and transportation
Member exclusive
Pre-registration required

The City of Acworth holds an abundance of history and Abbie Parks with the Acworth Historical Society will take us on a tour of this beautiful town. After, enjoy free time for shopping and lunch at any restaurant of your choice in downtown Acworth (to be purchased on your own).

Haircuts for Plants

FAYETTEVILLE
Thursday, October 12
10 a.m. to 11 a.m.
FREE
Members and non-members
Pre-registration required

Pruning plants in your landscape is done for a variety of reasons. Join Kim Toal with the Extension Office and learn different ways to prune plants to yield the best results.

Naming Your Price

GATHERING PLACE
Friday, October 13
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Patty Brown with Red Belly Rooster Auction and Amy Cheek with Century 21 will share information on valuing some of your most precious items. Learn more about best practices for liquidating collectibles and securing valuables in addition to the difference between appraisals, auctions, consignments and direct sales.
The Soundtrack of America

FAYETTEVILLE
Tuesday, October 17
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Tune in to some of the most famous songwriters of the late sixties. Jim Scott shares the history and stories behind some of the most popular American anthems.

ALS Support Group

FAYETTEVILLE
Thursday, October 19
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 email at anita@alsaga.org.

Dementia Caregiver Support Group

GATHERING PLACE
Thursday, October 19
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 email at tori.sorrells@piedmont.org.

The Grape Escape

GATHERING PLACE
Thursday, October 19
2:30 p.m. to 4 p.m.
$20
Member exclusive
Pre-registration required

Eric Trout, wine connoisseur with Jack’s Fine Wine and Liquor, will be on hand to pass along all his expertise. Get information on a variety of topics relating to this month’s choice and become a wine expert in no time. This month, learn all about Portuguese wines.

The Eco-Friendly Way

GATHERING PLACE
Friday, October 20
1 p.m. to 2 p.m.
FREE
Members and non-members
Pre-registration required

Al Yoguel with Keep Peachtree City Beautiful will teach us the benefits of getting eco-friendly. In addition, learn about environmental concerns for our area and projects and activities being facilitated to help them.

Travel Group Meeting

FAYETTEVILLE
Friday, October 20
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 Dale Klauss with Dale’s Optical to speak about eye care as we age.

Solving the Case with a Face

FAYETTEVILLE
Monday, October 23
12:30 p.m. to 1:30 p.m.
FREE
Members and non-members
Pre-registration required

Join Kelly Lawson, Forensics Artist with the GBI, as she shares about her extremely interesting career. As Kelly says, “Welcome to my madness, a method that cannot be taught.” Hear stories about her time sketching criminals to help the GBI.

Pumpkin Carving Party

GATHERING PLACE
Monday, October 23
2:30 p.m. to 4 p.m.
$5 | Includes pumpkin and carving supplies
Members exclusive
Pre-registration required

Come to our Pumpkin Carving extravaganza to make the scariest, funniest, or most shocking pumpkin designs for the Halloween season. Bring your friends or grandkids for an afternoon of fun. A kid friendly Halloween movie will be shown during the carving.

Outwit Your Smart Phone
Tuesday, October 24
10 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required
Get one-on-one help for the basic questions about your smart phone. Jessica Kuhr with the Fayette Library will sit down with you and help you outwit your phone, once and for all. These are for basic questions on how to use your phone, no specific maintenance or billing questions accepted.

**Around Town @ Kennesaw Mountain Battlefield Museum**

FAYETTEVILLE
Thursday, October 26
Leave at 8:45 a.m.
$15 | Includes tour and transportation
Member exclusive
Pre-registration required
Watch a live-action documentary on the Battle of Kennesaw Mountain before enjoying a self-guided tour of the museum. After, have lunch at Ippolito’s Italian Restaurant (www.ippolitos.net – to be purchased on your own).

**P“age” Turners Book Club**

FAYETTEVILLE
Thursday, October 26
1:30 p.m.
FREE
Member exclusive
No pre-registration required
This month, we will be reading *The Story of My Life: Helen Keller*. For more information, please contact Joyce Beyer at wbeyer@aol.com.

**The Power of Powerpoint**

GATHERING PLACE
Friday, October 27
1:30 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required
This introduction to Powerpoint program will teach the basics to this Microsoft program. Lance Collins with PTC Geeks will show an instructional video while pausing throughout to help us navigate the program and teach us how to create simple slideshows, presentations, and more for everyday use.

**Poppin’ Tops**

FAYETTEVILLE
Monday, October 30
12:30 p.m. to 1:30 p.m.
FREE
Member exclusive
No pre-registration required
Mike and Judy Cunningham with Country Garden Farms provide tips to the methods of preservation. Learn the best ways to can, dehydrate, ferment and freeze vegetables to keep them as fresh as can be. Additionally, they will cover the best methods to prepping and preparing vegetables when getting it ready to eat!

**Express Lunch**

GATHERING PLACE
Thursday, October 12
1 p.m.
$10 | Dickie’s BBQ
Member exclusive
Pre-registration required
Enjoy a delicious lunch delivered right here at FSS! This month, lunch from Dickie’s BBQ will include a pulled pork sandwich, chips, cookie and drink.

**Trivia**

Host: Linda Abbott

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.

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**Computer Tutor**

**FAYETTEVILLE**

**GATHERING PLACE**

**MCINTOSH PLACE**

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

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.

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**Computer Technology Assistance**

**GATHERING PLACE**

Wednesday, October 25
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. Ryan Jolly with Jolly Technologies will assist with computer technology troubleshooting, removal of unwanted programs, antivirus prevention, general questions, and more.

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**Medicare Made Easy**

**MCINTOSH PLACE**

Tuesday, October 3
10 a.m. to 11 a.m.
FREE

Members and non-members
Pre-registration required

Anita Richards with Piedmont Fayette Sixty Plus and a GeorgiaCares Medicare expert will teach us the basics about our Medicare benefits. Learn the basic information about Part A – hospital insurance, Part B – medical insurance, Part C –advantage plans, Part D –prescription drug coverage and Medigap – supplemental insurance to Medicare.

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**Reflexology**

**GATHERING PLACE**

Tuesday, October 10
12:30 p.m. to 3:30 p.m.

Instructor: Tranquil Escape

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**Cardio Groove Demo**

**GATHERING PLACE**

Thursday, October 5
11 a.m. to 11:30 a.m.
FREE

Members and non-members
Pre-registration required

Enjoy an informational session on one of FSS’ fitness classes, Cardio Groove. Instructor Kim Bostic will talk about what to expect from the class, do a demonstration, and answer any questions. See page 21 for more details on the actual class.

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**Ask the Pharmacist**

**GATHERING PLACE**

Tuesday, October 10
12:30 p.m. to 3:30 p.m.
Pharmacists Keneisha Harris with Walgreens Pharmacy will be here to answer all your questions about specific medications. Bring in a list of medications and sit down to get the answers you need from one of our local pharmacies.

**Kale Yeah**

**FAYETTEVILLE**
Monday, October 16
12:30 p.m. to 1:30 p.m.
FREE
Members and non-members
Pre-registration required

Kale has taken the food scene by storm and quickly become a popular super food. Kathy Rainwater with Southern Grace Hospice discusses the health benefits of this green and talks about different ways to cook with kale.

**Hip Hip Hooray**

**GATHERING PLACE**
Tuesday, October 17
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Dr. Josh Davis with First Step Physical Therapy helps us combat hip and knee pain that may help avoid surgery. Learn about the most common causes of hip and knee pain, how to avoid injury, methods of treatment if injured and tips to reducing stress on the joints that can lead to surgery.

**Eyeglass Adjustments and Repairs**

**FAYETTEVILLE**
Wednesday, October 18
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.

**Living With Alzheimer’s Disease for Caregiver of Those in Late Stage Dementia**

**GATHERING PLACE**
Wednesday, October 18 & 25
1 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

This two-part series presented by the Alzheimer Association will empower you and help you understand their diagnosis and all the ways you can help and prepare them and yourself for caregiving. This series is for caregivers to those with late stage dementia.

**Mindful Meditation**

**GATHERING PLACE**
Wednesday, October 18
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members

Each month, Kimberly Mapel with Kimberly Mapel Counseling will discuss mindfulness and meditation practices followed by a light guided meditation. This month, focus on breathe, stretch, and meditate.

**Single Sized**

**FAYETTEVILLE**
Thursday, October 19
10:30 a.m. to 11:30 a.m.
FREE
Members and non-members
Pre-registration required

Bonita Prigmore with Eon Health shares economical ways to cook healthy meals for one person. Get tips on meal planning and freezing foods and how to optimize fruits and vegetables to prevent waste. Taste a sample of some delicious and easy recipes as well.

**Medicare Open Enrollment**

**FAYETTEVILLE**
Friday, October 20
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Anita Richards with Piedmont Fayette Sixty Plus and a GeorgiaCares Medicare expert tell us all we need to know for the upcoming Medicare Open Enrollment period. Learn about the different types of Medicare options and benefits available for you to
choose between as well as the updated for next year.

**Essential Cooking**

- **FAYETTEVILLE**
  - Wednesday, October 25
  - 2 p.m. to 3 p.m.
  - FREE
  - Members and non-members
  - Pre-registration required

Essential oils are used for more than just calming. Sarah Thompson with Young Living oils, shares about the benefits of cooking with essential oils. Learn the basics to oils and how to cook with a variety of them and which ones are safe for consumption. As an added bonus, receive with a packet of some of Sarah’s favorite essential oil recipes.

**Hearing Aid Cleanings & Maintenance**

- **FAYETTEVILLE**
  - Wednesday, October 25
  - 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.

**The Power of Fermented Foods**

- **MCINTOSH PLACE**
  - Tuesday, October 31
  - 10 a.m. to 11 a.m.
  - FREE
  - Members and non-members
  - Pre-registration required

Fermented foods can help in our effort to live longer, stronger and healthier. The live and active cultures in fermented foods are a thriving community of probiotic bacteria and are good germs. Mary Kay Rudd uncovers the world of probiotics and fermented foods and why these are so beneficial in our diets.
Are you turning 65 and need help with Medicare?

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STARS
Fall Craft Sale!

Friday, October 20
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!

Shopping for Rehabilitation Is Like Comparing Apples to Oranges

When comparing inpatient rehabilitation facilities (IRF) to skilled nursing facilities over two years, research* concludes that long-term outcomes for IRF patients are superior:
- Return home two weeks earlier
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- 5% fewer emergency room visits
- Significantly fewer hospital readmissions per year

*Dobson|DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009

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