Welcome Home!

We’ve missed you all and are so excited to have our doors open again! We can’t wait to catch up.

A Delivery By Heroes

Through the global pandemic, we still had a team of MOW Volunteers delivering to those in need!

Summer Treats & Tunes

It’s time to finally celebrate together with some live music and delicious treats.

Live Well. Age Well.
RENOVATION SPECIAL OFFERS.
Enjoy hot weather and offers with **up to $5,400 in savings**, depending on apartment availability. Take financial possession by 7/31/20 and receive 50% off your third and sixth months’ rent.

**SCHEDULE A PERSONAL TOUR TODAY AT (678) 228-8799!**
*Due to COVID-19, we are operating within the CDC guidelines.*

AT SOMERBY, OUR PRIORITY IS UNWAVERING ATTENTION TO OUR RESIDENTS’ HEALTH.

- Monitoring of staff according to CDC recommendations
- Medication delivery and administration to our residents
- On-site assistance available 24/7

UNCERTAIN TIMES CALL FOR CERTAIN CARE — AND A COMMUNITY THAT’S WARM, ENGAGING AND CONNECTS WITH YOU.

**TO LEARN MORE OR TO TAKE A VIRTUAL TOUR, VISIT SOMERBYSPIK.COM**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

SOMERBYSPIK.COM • 888.718.6980

200 Rockaway Road • Peachtree City, GA 30269

7493 Mt. Zion Blvd., Jonesboro, GA 30236
With Open Doors and Open Arms
We are so excited to welcome everyone back, but of course with some safety measures put in place.

Rising to the Occasion In A Time Of Need
Nothing can hold back these dedicated MOW Volunteers who were determined to deliver to those in need.

Chef Heather Strikes Again
We’ve all missed Chef Heather’s delicious recipes, and she’s come back with one that will make your mouth water.

Put A Mask On It
Learn to make your own homemade masks to use yourself, give to a loved one, or donate to someone who needs them.

2020 HOLIDAY CLOSINGS

<table>
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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 also offer many programs and activities in Peachtree City at the Gathering Place (next to “The Fred” Amphitheater).

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. Membership includes both of our locations and we encourage everyone to take advantage of all we have to offer at each place!

Fayetteville Location:
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.
(Same complex as the Fayette County Justice Center)

Peachtree City Location
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.
(Same complex as the Frederick Brown Jr. Amphitheater)

Website:
www.fayss.org

BOARD OF DIRECTORS
CHAIRMAN | Dan Vano
PAST CHAIRMAN | Bob Truitt
VICE CHAIRMAN | Jim McCullough
TREASURER | Kim Schnoes
SECRETARY | Martha Teal
DIRECTOR | Emily Poole
DIRECTOR | Rev. B.A. Jackson
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DIRECTOR | Sharon Brooks
DIRECTOR | Donnie Davis
DIRECTOR | Paige Muh
DIRECTOR | Stephen Childs

Members can enjoy Fayette Senior Services Life Enrichment Center activities in two great locations. Membership includes both of our locations and we encourage everyone to take advantage of all we have to offer at each place!
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 or based on a sliding scale of income. Tax deductible donations welcome for services. Contact us at 770-461-0813 for more information.
Meet Our Staff!

**ADMINISTRATION**
Nancy Meaders  
President & CEO
Dan Gibbs  
Director of Operations
Becky Hendershot  
Finance Officer
Morgan Lanier  
Program Development Coordinator
Carrie Bittinger  
Center & Volunteer Coordinator
Beth Jones  
Facilities Administrator Fayetteville
Marilyn Walker  
Member Services PTC
Casey Williamson  
Member Services PTC
Paul Hives  
Technology Development

**CARE MANAGEMENT**
Natalie Hynson  
Care Manager
Iris Harris  
Care Manager

**TRANSPORTATION**
Jeff Wix  
Transportation Manager
Michelle Williamson  
Transportation Coordinator
Jim Schultz  
Driver
James Hicks  
Driver
Roger Grandt  
Driver
John Greer  
Driver
Jane Rode  
Driver
Gino Cortellino  
Driver
Jan Perkins  
Driver
Dennis Duke  
Driver
Harold Gunnin Jr.  
Driver
Charlie Hawkins  
Driver
Marcia Mahone  
Driver
Cheryl Hembree  
Driver
Terry Billingsley  
Driver
Ron Crawford  
Driver

**THE ULTIMATE CAFÉ**
Heather Hampton  
Executive Chef
Pedro Cruz  
Sous Chef
Candice Bailey  
Café Assistant
Kevin Bailey  
Café Assistant
Jean Folden  
Café Assistant

**MEALS ON WHEELS**
Carrie Bittinger  
Meals On Wheels Coordinator
Arnold Powell  
Meals On Wheels Ambassador

**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 Morgan Lanier at 770-461-0813 or mlanier@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) 971-0151
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.

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.
(770) 631-9803
10% off your purchases when you show a valid FSS membership card.

Jolly Technologies
(678) 653-5169
Receive $20 discount/hour (total: $50/hour) off services for computer maintenance when you show a valid FSS membership card.

Visiting Guests
We welcome visitors to our center, but ask all guests check in at the reception desk. This allows us to give our guests a tour, answer questions, and track the number of visitors to our center. Group Reservations: We welcome groups to visit our Center for a tour and lunch, but to better serve you, please call 770-461-0813 in advance to set up with our staff! Guest is not a substitute for membership! If a member-eligible guest has more than two visits to our center, we ask they become a member to continue enjoying the center.

Thank you to Kaiser Permanente, our community Fitness, Volunteer, and Christmas Wishes annual sponsor for your support of these programs throughout 2020!
Coming Soon...

At this time, we do not feel as if it is responsible or safe enough to consider hosting large events like those that we usually do each month. We are hurt at the thought of not offering these great memories and times together, but the safety of our members and the community are our first priority. As we closely follow CDC Guidelines and recommendations made by officials, we will provide updates on our plans for hosting these larger events.

Please continue to check in with us!

Thank you for your understanding.

Miriam’s Fitness Corner

Time to Reboot!

Welcome back everyone! You guys are truly a sight for sore eyes. We’re so happy to finally be together again. Like many of us, you may be trying to settle into this new norm. After months of quarantine and sheltering in place, undesirable habits may have crept in. If that, in fact, is the case, here are a few tips to help get you back on track.

The first thing we need to do is **recommit**. What happened, well, happened. It’s in the past. Today is a new day with new and improved goals. Secondly, **start small**. Some is always better than none. We should plan to work our way up in stamina and frequency, if necessary. Consistency is far more beneficial than lengthy, blue moon workouts. Thirdly, **be realistic**. None of us are college athletes anymore so let’s not pretend we still possess these type of abilities. Our fitness programs need to meet us where we are. And lastly, we must **hold ourselves accountable**. Whether we have a physical workout partner or a buddy we verbally check in with regularly, both ways set us up for success. Let’s face it, the first half of the year is gone, but we still have the second half. It’s 100% up to us to close it out successfully!

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
We’ve been so touched by the outpour of love and support we’ve experienced these past few months. Who would have ever imagined that we would have had our doors closed for three whole months? As hard as these times have been, we were able to reflect on what you all mean to us and what FSS means to our community. We’ve had a chance to hear some of your favorite memories about FSS. We’ve discovered how much of an impact this center has on so many lives. We’ve taken time to truly value what our FSS family provides for all of us: a sense of companionship, a sense of meaning, a sense of being. We’ve seen what family truly means. That’s what we love most about FSS, after all, that we are all a family. Everyone who has visited FSS has their own connection and experience to remember and to bring back with them now that the time has finally come for us to open our doors and welcome everyone back!

Even though we are ready to reopen and have you all here again, things may look and feel a little different as we strive to keep our members, volunteers, staff, and community safe. Our phased reopening will create an approach to follow CDC and other official’s guidelines during this ongoing pandemic while still meeting the needs and desires of all of you we serve. We ask that you help us in practicing social distancing and remaining 6 feet apart when at all possible, cleaning surfaces behind you, washing your hands regularly, and staying home if you feel sick. Masks will be required by anyone entering an FSS facility for the time being and temperature checks will be taken upon arrival (please visit the front desk to get yours taken). FSS has masks available for purchase, if needed - $1 for a disposable mask or $5 for a cloth reusable mask.

Our cleaning crew will be in every night to clean the building and have it ready to go the next day for us to enjoy again. In the café, you’ll see changes to provide distancing and safety while getting your food and drinks. We are working with instructors to create a safe environment for group classes and discussing a variety of options to continue to provide quality programs for our members and the community. Know that everything we will be putting into place is so we can better serve all of you during these times, and are made with much consideration!

As we update and continue to evolve our policies and procedures as things develop, please see our most updated version at the front desk or online at www.fayss.org. We will have signs up around the center as well with suggestions and guidelines to make everyone at FSS feel comfortable. We appreciate your understanding and help in following these with us.

Together, we can make this place feel as much like home as it did before. Sure, we may be facing a new normal, but change can have a positive impact. Who is to say a new normal isn’t something headed in the right direction? We’ve taken this time to revamp the center with a fresh coat of paint, done some major cleaning, worked on kitchen updates, and more. You’ll see new designs on flyers, slideshows, and email blasts, among other things. We are so excited to have you all back. Now it’s time to live well and age well with us again. Let’s get going!

Welcome Home!

From all of us at Fayette Senior Services
Dear Volunteer, You Make a Difference!

Our Heroes Delivered A Difference

Written By: Carrie Bittinger

This has been such an unknown time in the world. The one thing that has remained the same is the need many seniors have in our community. While so many things have been put to a standstill, services like Meals on Wheels have been more important than ever! We are so lucky to have such amazing volunteers that through it all have been consistently here and helping deliver. There are no words powerful enough to express the gratitude that we have for each of these volunteers. They have made such an effort to help make sure that seniors in need are still taken care of. To us, this is the definition of a true hero.

It is not lost on these volunteers that what we do with Meals on Wheels is not only a necessity, but is also so special for those that receive it. “We are not just delivering people their meals, we are delivering them joy and love. With this difficult time people need to know that they still matter. When we go to their homes, their faces light up because they know that they are not forgotten. It is always important for people to feel like they matter but more so during these time, especially for our homebound seniors. They were limited by where they go before this pandemic and now they’ve had to become fully isolated. We do this for them and feel grateful that we are still able to spread love and joy,” expressed volunteer Debbie Collette. We know that not everyone was able to, but for those that have felt comfortable and safe enough to, they’ve shown their bravery by showing up each and every day to deliver Meals on Wheels to those in desperate need.

Linda Long
Linda Virnig
Dan Barry
Julie Barry
Jack Finn
Deanna Finn
Matt Tuff
Mike King
Steve Metz
Les James
Lucy Fields
Douglas Fields
Rick Schultz
Judy Shultz
Bill Collette
Debbie Collette
Helen Wilder
Anita Smith
Bonnie Mayes
Lois Evans
Lisa DiCarlo
Virginia Pope
Gary Hirsch
Randy Vincent
Portia Holliday
Bob Dunn
Ray Gibson
Sonya Gibson
Tina Fields
Rachel Leonard
Cuff Kelso
Barge Newby
Teresa Newby
Kathleen Gelmini
Oscar Keplinger
Mark Morehart

From the bottom of our hearts, we want to thank all of the volunteers who have continued to show up to run routes and take care of each and every one of our Meals on Wheels clients as if they were their very own family. You are all our heroes!
Broccoli Craisin Salad

Executive Chef Heather Hampton shares a delicious recipe to try at home.

**Ingredients**

**Salad:**
- 12 oz (1 head) broccoli, chopped
- 1/2 cup green onion, sliced or red onion, chopped
- 1 cup dried cranberries
- 1/2 cup glazed walnuts or almonds

**Salad Dressing:**
- 1/2 cup mayonnaise
- 1/2 teaspoon salt
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar
- 1/2 teaspoon celery seed
- Cracked black pepper to taste

**Directions**

- Combine broccoli, onion, cranberries, and walnuts/almonds in a medium bowl
- Combine dressing ingredients in a jar
- Shake dressing until completely blended or mix in a food processor
- Pour over salad mixture; mix until salad is thoroughly but lightly coated
- Chill for 2-3 hours before serving

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)
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 while some have a fee. We also have a fitness center housing many workout machines and equipment, however, an orientation must be done prior to starting. *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**
- **Sit and Get Fit:** 10 a.m. to 10:40 a.m.
- **Canasta:** 8 a.m. to 12 p.m.
- **Regular and Hand & Foot Advanced Bridge:** 2nd Monday of month 10 a.m. to 3 p.m.
- **Mexican Train Dominoes:** 12:30 p.m. to 3 p.m.
- **Sit and Stitch:** 1 p.m. to 4 p.m.
- **Monday Bridge:** 2nd and 4th Monday 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:** 8 a.m. to 12 p.m.
- **Canasta:** 8 a.m. to 12 p.m.
- **Modern Mahjong:** 12 p.m. to 4 p.m.
- **Scrabble:** 12:30 p.m. to 4:30 p.m.
- **Tuesday Bridge Club:** 1:30 p.m. to 4:30 p.m.

**Wednesdays**
- **Sit and Get Fit:** 10 a.m. to 10:40 a.m.
- **Pinochle:** 8 a.m. to 12 p.m.
- **Canasta:** 8 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.
- **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.
- **Pinochle:** 8 a.m. to 12 p.m.
- **Canasta:** 8 a.m. to 12 p.m.
- **Modern Mahjong:** 12 p.m. to 4 p.m.
- **Greed- Dice Game:** 12 p.m. to 2 p.m.
- **Scrabble:** 12:30 p.m. to 4:30 p.m.
- **Tuesday Bridge Club:** 1:30 p.m. to 4:30 p.m.

**Fridays**
- **Sit and Get Fit:** 10 a.m. to 10:40 a.m.
- **Canasta:** 8 a.m. to 12 p.m.
- **Greed- Dice Game:** 12 p.m. to 2 p.m.
- **Modern Mahjong:** 12 p.m. to 4 p.m.

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!
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!

Canasta:
1 p.m. to 4 p.m.
Hand and foot variation.

Tuesdays

Advanced Duplicate Bridge Training Class:
10 a.m. to 12 p.m.

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

Lunch Bridge:
1st Tuesday of each month
10 a.m. to 2 p.m.
Group breaks at noon for lunch at Partners Pizza

Happy 2Soms:
3rd Tuesday of month
2:30 p.m. to 4 p.m.
This group meets monthly to play bingo.

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 month
Will resume again in September.

Intermediate Social Bridge
Free Play:
1 p.m. to 4 p.m.

Wednesday Bridge:
1 p.m. to 4 p.m.

Thursdays

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

Game Play Time:
10 a.m. to 2 p.m.
Join in at any time and choose from a variety of games to play together or bring one to share.

Fridays

Morning Stretch:
9 a.m. to 10 a.m.

Social Bridge:
10 a.m. to 2 p.m.
If you don’t have a partner, that’s okay!

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

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

Canasta:
1 p.m. to 4 p.m.
Hand and foot variation.
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 credit to their account. 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: Refunds will be issued if registration is cancelled by the participant up to 5 working days prior to the start date. Any event costs incurred will be deducted from the requested refund in addition to a 10% administration fee. No refunds awarded after that deadline. Refunds will be issued in the form of an FSS credit towards future program registration or membership dues.

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.

The Book Club in Fayetteville held Zoom meetings during quarantine

Keller Williams helping FSS clients during their Day of Giving
**Mask It: Mask Making**

**FAYETTEVILLE**
Monday, July 6
1 p.m. to 3 p.m.
$10 | Includes materials
Member exclusive
Pre-registration required

Learn how to make your own homemade mask to use during these unsure times. During class, you’ll learn the steps while completing one mask and take home the skills to make more for family and friends. Materials will include fabric, elastic, interfacing, and a pattern instruction sheet to take home. Masks can be made by hand or sewing machine. Feel free to bring your machine in, if you’d like to learn with that!

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**A Tasteful Boost**

**PEACHTREE CITY**
Thursday, July 23
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

You often hear it said that the foods you fuel your bodies with provide energy and nutrients. The foods you choose can also act as an immune boost to keep your body healthy. During these times, a strong immune system can help fight off illness, including Covid-19. A representative with Amcor joins us to provide insight on the best immune boosting foods to keep your body healthy and strong! Tastings will be included, and safety measures will be taken into account for serving.

---

**Summer Treats & Tunes**

**PEACHTREE CITY**
Wednesday, July 29
1:30 p.m. to 3:30 p.m.
$10
Members exclusive
Pre-registration required

What better way to celebrate with friends after being away for so long? Cool off during the hot summer months by spending an afternoon with us! Chef Heather will have a delicious spread of treats and Pete Fodero will be singing and playing tunes to get us moving and grooving. Gather together some friends and pop on over for a nice relaxing and tasty afternoon at FSS.
<table>
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**July 2020**
Quilting: Go Big-6

FAYETTEVILLE
Tuesday, July 7
8 a.m. to 3 p.m.
$25 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

A great quilt to use up some of those scraps or you can be structured and choose a background and accent. It will be a fascinating quilt either way! Materials list and picture at front desk. Must provide your own sewing machine.

Quilting Sew Day
Instructor: Darlene Hubble

FAYETTEVILLE
Tuesday, July 14
8 a.m. to 3 p.m.
$15 | Materials not included
Pre-registration required

Take time to finish up projects. This class is not instruction based, just free time to work on a personal project with others.

Quilting: Fat Quarter Twist

FAYETTEVILLE
Tuesday, July 21
8 a.m. to 3 p.m.
$25 | Materials not included
Pre-registration required
Instructor: Darlene Hubble

Got fat quarters or scraps and not sure on a project? This is a perfect one to put fabrics to good use. Choose a background and your fat quarters and you are ready to go. Materials list and picture at front desk. Must provide your own sewing machine.

Batik Painting

PEACHTREE CITY
Tuesday, July 14
10 a.m. to 12 p.m.
$25 | Materials included
Pre-registration required
Instructor: Karen DeFelix

Discover how to apply the ancient art of Batik to making beautiful paintings on paper. Two methods will be used and you’ll learn ways to frame art in a traditional manner or how to frame to look like stained glass. No previous experience needed. Two paintings will be completed during class.

Painting Workshop

FAYETTEVILLE
Wednesday, July 15
1 p.m. to 3 p.m.
$35 | Materials included
Pre-registration required
Instructor: Kathy Brewer

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 a beautiful mouth-watering watermelon.

Peachtree City Beginner I Line Dance

PEACHTREE CITY
Tuesday
11:30 a.m. to 12:30 p.m.
$15 | Month
Instructor: Stella Joshua

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

PEACHTREE CITY
Tuesday
12:30 p.m. to 1:30 p.m.
$15 | Month
Instructor: Stella Joshua

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.

Introduction to Line Dance

FAYETTEVILLE
Friday
11 a.m. to 12 p.m.
$15 | Month
Instructor: Kandis Larkey

July Program Schedule

Needlework

Creative Pursuits

Dance

July 2020 | 18 | 770-461-0813 | FAYSS.ORG
Hit the dance floor and learn basic steps and dance terminology as well as beginner dances. This class is for beginners with little or no previous line dance experience.

### Beginner Line Dance

**FAYETTEVILLE**  
**Wednesday**  
12:45 p.m. to 1:45 p.m.  
$15 | Month  
Instructor: Michelle Neese

This class is designed for those who have some knowledge of line dance. Learn basic line dance steps that will have you moving on the dance floor.

### Improver Line Dance

**FAYETTEVILLE**  
**Wednesday**  
2 p.m. to 3 p.m.  
$15 | Month  
Instructor: Michelle Neese

Keep advancing and become a line dance expert in no time. For those who have had at least 6 months of Beginner Line Dancing.

### Intermediate Line Dance

**FAYETTEVILLE**  
**Wednesday**  
3:15 p.m. to 4:15 p.m.  
$15 | Month  
Instructor: Michelle Neese

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

### Zumba

**FAYETTEVILLE**  
**Monday**  
12:30 p.m. to 1:30 p.m.  
$20 | Month  
Instructor: Regina Roberts

Come groove to some of your favorite music! This fun way to exercise incorporates a variety of musical genres for total body toning. Enjoy the aerobic benefits while also strengthening the cardiovascular system.

### Yoga: Fayetteville

**FAYETTEVILLE**  
**Monday**  
8:30 a.m. to 9:30 a.m.  
$20 | Month  
Instructor: T. Michael

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

### Chair Tai Chi

**FAYETTEVILLE**  
**Monday & Wednesday**  
9 a.m. to 9:45 a.m.  
$10 | Month  
Instructor: Lois Evans

Improve balance, flexibility, range of motion and decrease stress. This easy to follow Tai Chi and Qigong class will incorporate movements adapted for sitting.

### Total Body Circuit

**FAYETTEVILLE**  
**Monday and Wednesday**  
11 a.m. to 12 p.m.  
$35 | Month  
Instructor: Terry Ehart

Focus on all areas of fitness – core strengthening, strength training, mobility, and cardio – to get results you want to see.

### Move It or Lose It

**PEACHTREE CITY**  
**Monday**  
11:45 a.m. to 12:30 p.m.  
$15 | Month  
Instructor: T. Michael

Maintain or improve your strength, coordination, agility, and bone density with hand weights, resistance bands, and exercise balls.

### Walking Group: Fayetteville

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

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

### Walking Group: Peachtree City

Meets at Peachtree City building  
**Thursdays**  
10 a.m.
FREE
No pre-registration required

Meet at Gathering Place to check in and then take advantage of the paths around the center and add social interaction with a dose of cardio. Self-led group.

**Yoga: Peachtree City**

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

A form of 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: Lois Evans

Tai Chi provides a safe, gradual way to improve flexibility, increase circulation, reduce stress, strengthen bones, lower blood pressure, and increase overall fitness. Learn simple movements that focus on healing energy. July classes will be a review of Chen 36.

**Stretch for Movement**

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

A series of simple and easy to follow stretch combinations to improve your balance, coordination, and range of motion.

**Personal Training**

FAYETTEVILLE
Scheduled by request only
$50 | Session (1 hour)
Instructor: Miriam Jones and T Michael

If you are searching for a more structured setting to get the most of your workout, this one-on-one training is it! Learn methods to working out specifically for you in helping you reach your goals. Access to fitness center during session. Call Miriam at 404-644-6598 to set up session.

**The Solution to Long Term Care**

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

Marcus Offutt with American Senior Benefits joins us to spread knowledge on Long Term Care solutions. Gain a better understanding on the history of LTC, who can be covered, what areas Medicare covers, the different types and more.

**What’s for Lunch?**

PEACHTREE CITY
Thursday, July 2
11:30 a.m.
FREE
Member exclusive
Pre-registration required

Meet us at a local restaurant for an afternoon out with great friends! FSS will make reservations and everyone will meet there to enjoy time with others. Must be registered to attend due to reservation numbers. This month, lunch will be at Paschal’s Bistro in Peachtree City.

**Delicious Deliveries**

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

Let’s face it, life can get busy, and sometimes we need to find ways to help us cut corners to stay on track. Many grocery stores and online food sources have created easy ways to do this. Azalea Estates joins us to teach about online meal delivery options with dinner kits and discuss grocery store pickup and delivery alternatives as well.

**Garden Club**

FAYETTEVILLE
Tuesday, July 7
9:30 a.m.
Members and non-members
No pre-registration required

If you have a green thumb, love...
gardening and are interested in volunteering, join the garden club! Learn about ongoing projects and ways you can get involved. For more information, contact Carrie Bittinger at cbittinger@fayss.org.

Retire Your Health

**FAYETTEVILLE**
**Tuesday, July 7**
10 a.m. to 11 a.m.
FREE
Members and non-members Pre-registration required

Brett Bexley with Edward Jones addresses what steps you should take to prepare for health care costs to help ensure retirement savings stay healthy. Hear the truth about the cost of health care during retirement, get tips on preparing for long-term care expenses, and build a healthy retirement portfolio to put you in the right position for the future.

Volunteer Open House

**FAYETTEVILLE**
**Tuesday, July 7**
2 p.m.
Members and non-members Pre-registration required

If you are an 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.

Check It Out: Library Card Registration

**FAYETTEVILLE**
**Wednesday, July 8**
11:30 a.m. to 1:30 p.m.
FREE
Members and non-members Pre-registration required

Gina Martin with the Fayette County Public Library will be on-site opening new library cards, renewing existing cards and sharing information about library programs and resources. Interested applicants will need a current GA I.D. or driver’s license with their current address printed on it.

Zoom On Over

**PEACHTREE CITY**
**Wednesday, July 8**
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members Pre-registration required

Zoom, a video conference platform, has taken the world by storm during this ongoing pandemic. Lance Collins with PTC Techs demonstrates how you can use this popular system to stay connected when you are apart. Not only is it a great way to connect virtually with loved ones, but many organizations are starting to use it for educational seminars as well to engage people who still wish to stay at home. Learn how to set up a profile, host

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**The Center Box Office**

**Member exclusive | Pre-registration required**

**PEACHTREE CITY**
**Thursday, July 9 | 1:30 p.m.**
*Rocketman (2019) | R*

Starring: Taron Egerton, Jamie Bell. This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton’s most beloved songs, discover how a small-town boy become one of the most iconic figures in rock & roll.

**PEACHTREE CITY**
**Thursday, July 30 | 1:30 p.m.**
*A Beautiful Day in the Neighborhood (2019) | PG*

**FAYETTEVILLE**
**Friday, July 31 | 1:30 p.m.**
*A Beautiful Day in the Neighborhood (2019) | PG*

Starring: Tom Hanks, Matthew Rhys. After a jaded magazine writer Tom Junod is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love, and forgiveness from America’s most beloved neighbor. Based on the true story of a real-life friendship between these two gentlemen.

Movie Sponsored By:
a meeting and join a program you’re interested in viewing from home!

**Chef For A Day**

**FAYETTEVILLE**
Wednesday, July 8
2:30 p.m. to 4 p.m.
$10
Member exclusive
Pre-registration required

Join Chef Heather to learn quick and easy meals you can do at home on your own. In this interactive, hands on cooking class, you will join Heather in the kitchen and prepare, cook, and taste a meal right here at FSS. This month, enjoy some quick and easy appetizer ideas!

**Facing Fraud Head On**

**FAYETTEVILLE**
Thursday, July 9
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Sgt. David Gunter with the Fayette County Sheriff’s Office shares his experience that encompasses risk management and awareness originating from working multiple financial fraud cases. Hear about current trends as they apply to financial fraud in Fayette County. He will discuss common fraud type issues such as phishing, skimming, jury duty scams, check fraud and more.

**Come to Your Census**

**FAYETTEVILLE**
Friday, July 10
11:30 a.m.
FREE
Members and non-members
Pre-registration required

The 2020 Census is in full swing, with an extension in place with everything going on! A representative with the census will have a table set up in the lobby to answer any question you may have and help guide you in filling out your Census so you can help impact your community.

**Buzz Off Mosquitoes**

**PEACHTREE CITY**
Friday, July 10
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

With the warmer winter and the wet year we’ve had so far, the mosquitoes have been a bigger concern this year. Those pesky insects can be a nuisance! Robert Kurbes with the Health Department talks about the health effects of mosquitoes, how to treat their bites, and provides tips for preventing and controlling them in your yard.

**Take Action**

**FAYETTEVILLE**
Monday, July 13
1:30 p.m. to 2:30 p.m.
FREE

There is no such thing as being too prepared when it comes to defending yourself. There is no need to be anxious over an attack, but knowing some basic ways to take action if something does happen can be calming. Robert Bills with American Family Insurance shares tips for best practices in defending yourself in an emergency. This will be a no-contact class.

**The Bottom Line**

**PEACHTREE CITY**
Monday, July 13
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

It's no secret that the economy and many individuals are taking a hit due to the recent crisis. Will Stone, Financial Advisor with McMullin, Stone & Associates, shares insight on steps you can take to recover financially. From a personal, community, and nationwide standpoint, learn how something like this plays such a major role in the economy and what you can do to not only help your financial security, but the entire community’s.

**A Vision for Peachtree City**

**PEACHTREE CITY**
Tuesday, July 14
2:30 p.m. to 3:30 p.m.
Peachtree City is conducting a major update to the City’s Livable Centers Initiative (LCI). This plan focuses on the connection between land use, transportation, and economic development throughout the city. Chandra Wright discusses this initiative and how you can have a part in establishing goals and visions for the area.

The Life of the Garden

**FAYETTEVILLE**
Wednesday, July 15
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Sure, a garden can die, but so often, people give up on plants they think are dead, but really they would thrive once again if only given the chance. Kim Toal with the Extension Office discusses what signs to look for in your garden and what to do if you think it is dying.

Wrapped In A Memory

**PEACHTREE CITY**
Wednesday, July 15
1 p.m. to 3 p.m.
FREE
Members and non-members
Pre-registration required

Do you have a collection of t-shirts or even loved one’s clothes you just can’t bring yourself to get rid? Join Bonita Prigmore with Medicare & Other Red Tape as she helps put our memories together in a unique way in creating a memory quilt. Learn the tools needed and the skills to put together your very own quilt to display. She’ll share step by step instructors for putting together this memoir to create a soft and usable blanket. You will not make a quilt during class, just learn the steps needed to put together later.

Split Personalities

**FAYETTEVILLE**
Thursday, July 16
10 a.m. to 11 a.m.
FREE
Members and non-members
Pre-registration required

Our personalities are unique identifiers of the person we are and how we interact with others. Jack Moon with Right At Home will administer a short test designed to figure out your classical personality type and will share recommendations for learning how to interact better with other personality types.

ALS Support Group

**FAYETTEVILLE**
Thursday, July 16
10 a.m. to 12 p.m.
FREE
Members and non-members
Pre-registration required

For more information, contact Anita Flowers at 404-636-9909 or by email at anita@alsaga.org.

Dementia Caregiver Support Group

**PEACHTREE CITY**
Thursday, July 16
1:30 p.m. to 3 p.m.
FREE
Members and non-members
No pre-registration required

For more information, contact Lynnette Dunn at 770-506-1538 or by email at lynnette.dunn@piedmont.org.

The Grape Escape

**PEACHTREE CITY**
Thursday, July 16
2:30 p.m. to 4 p.m.
$20
Member exclusive
Pre-registration required

Wine connoisseur Eric Trout, will be on hand to pass along all his expertise about wines. 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 about New Zealand Wines.

Listen Up

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

Podcasts have become so popular over the last year or so, but what are they and how do you work them? Beth Campbell with Christian
City provides a podcast for beginners guide! She’ll help take away the overwhelming and confusing aspects of it and help you navigate the world of podcasts and start opening your mind!

**1-on-1 Medicare Consultations**

PEACHTREE CITY  
Monday, July 20  
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.

**A Novel Idea Book Club**

PEACHTREE CITY  
Virtual Zoom Meeting  
Day/Time TBD  
FREE  
Member exclusive  
Pre-registration required

We will be welcoming Meghan Canton as our new host for the monthly book club meeting. For July, we will host a virtual Zoom meeting for introductions and to decide what area of books are of interest before choosing the next few months reading picks. To participate and get information on using Zoom, please call Morgan at 770-769-8430 or email at mlanier@fayss.org.

**Meditation: Take in the Senses**

PEACHTREE CITY  
Monday, July 20  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Ben Marchman with Nature Link provides an overview of a sensory meditation experience that will guide you on a journey of sensations to help focus the mind and promote relaxation. This is not just to learn to meditate for more inner guidance, but also uses nature’s interactions as a guidance to learn more about deep nature connections and how we interact with other people. This information session will lead into a month long fee based meditation class in August!

**Spill the Beans**

FAYETTEVILLE  
Tuesday, July 21  
10 a.m. to 11 a.m.  
FREE  
Members and non-members  
Pre-registration required

Can you smell that coffee aroma? The steam coming out of the cup and the variety of smells can take over your senses in no time. Nate Harkness, owner of Love Nomads Coffee, discusses all the different types of coffees such as cold brews, espresso, mochas and more while sharing what makes them unique. He will also provide a tasting of some of his favorite coffees!

**Peach State Wines**

FAYETTEVILLE  
Wednesday, July 22  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Clink your glasses together as wine connoisseur Eric Trout takes us on a virtual tour of some of the best wineries in our home state of Georgia. Eric will share a brief background on Georgia wines and the types you’ll find in our region as well as his favorite tasting rooms, facilities, restaurants, and B&B’s around the state.

**Decoding IRAs**

PEACHTREE CITY  
Wednesday, July 22  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

You think you may know all about IRAs at this point in life, but did you know a new law has gone into affect pertaining to them? Brandon Jordan with Arch Advisory discusses how you can now contribute to your IRA over the age of 70 ½ in addition to sharing tax efficient use of retirement accounts for beneficiaries and charitable giving through IRAs.
P“age” Turners
Book Club

FAYETTEVILLE
Thursday, July 23
1:30 p.m.
FREE
Member exclusive
No pre-registration required

July book: Before We Were Yours by Lisa Wingate.
August book: Rebecca by Daphne Du Maurier. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Buried In Culture

FAYETTEVILLE
Friday, July 24
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

The meaning of death from culture to culture can vary greatly, but all are fascinating in their own light. Culture shapes each individual’s experience in life and death and the traditions and beliefs in respect to them are so important. Ron Lee with Mowell Funeral Home delves into the cross-cultural examinations of end of life beliefs, traditions, and rituals of some of the world’s most well-known cultures.

Three Score and Ten Learned Life Lessons Ago

PEACHTREE CITY
Monday, July 27
1:30 p.m. to 2:30 p.m.
FREE

Members and non-members
Pre-registration required

As she approached her 70th birthday, Marjorie Morrow began writing down all those words, ideas, and thoughts that had helped her navigate the ups and downs of life. The encouragement and comfort it provided her was incredible but she soon realized she could leave them as a legacy for the future generations of her family. Join Marjorie as she shares her story and shares tips on what you can do to leave a “Learned Life Lessons” journal for your family.

Secure Your Identity

PEACHTREE CITY
Tuesday, July 28
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Don’t become prey to identity theft, it can cost you more than just your money. Anita Harris with the Better Business Bureau teaches us the traits of ID thieves and provides tips to protect yourself against them.

Tough Conversations: Advanced Directives

FAYETTEVILLE
Wednesday, July 29
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Do you know who would be making your healthcare decisions if you were unable to communicate? State regulations about who can step-in and make your healthcare decisions may go against what you want. Learn why you need a Georgia Advance Directive for healthcare and what can happen if you don’t have one to express your wishes. Participants will have an opportunity to complete their own Advance Directives.

Breaking News

FAYETTEVILLE
Thursday, July 30
10 a.m. to 11 a.m.
FREE
Members and non-members
Pre-registration required

This just in, we have breaking news! 11 Alive News Anchor Cheryl Preheim joins us to share the behind the scenes of a newsroom. Discover what goes into making your local news beyond just what you see on tv.

Oh Fudge: Fudge Making Demo

FAYETTEVILLE
Friday, July 31
1:30 p.m. to 3 p.m.
$15 | Includes materials
Member exclusive
Pre-registration required

Treat the tastebuds with some delicious homemade fudge! Julia with Julia’s Signature Candies provides a hands-on demo for fudge making. You’ll
get to make half a pound to take home and enjoy. Julia will be bringing in a mix-ins as well to add some delicious tasty treats into your fudge such as marshmallows, pecans, walnuts, M&Ms and more!

**Express Lunch**

- **PEACHTREE CITY**
  - Thursday, July 9
  - 12 p.m.
  - $10 | Chick Fil A
  - Member exclusive
  - Pre-registration required

- **PEACHTREE CITY**
  - Thursday, July 30
  - 12 p.m.
  - $10 | Chick Fil A
  - Member exclusive
  - Pre-registration required

Enjoy a delicious lunch delivered right here at FSS! This month, lunch from Chick Fil A will include a chicken sandwich, fries, chocolate chip cookie, and a drink.

**Trivia**

Host: Linda Abbott

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

It’s not who you know, it’s what you know. 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. Guitars, banjos, mandolins, or harmonica’s feel free to join the group to play along.

**Dulcimer 102: Intermediate**

- **FAYETTEVILLE**
  - Wednesdays
  - 12 p.m. to 1 p.m.
  - FREE
  - Member 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. Guitars, banjos, mandolins, or harmonica’s feel free to join the group to play along.

**Ukulele for Beginners**

- **FAYETTEVILLE**
  - Mondays
  - 11:30 a.m. to 12:30 p.m.
  - FREE

Member exclusive

Join Perry Younker and learn the ins and outs to playing the Ukulele. No prior knowledge necessary. Experience players welcome. Must provide your own Ukulele.

**Computer Tutor**

- **FAYETTEVILLE**
  - Classes scheduled by request only

- **PEACHTREE CITY**
  - $20 | Session (up to 2 hours)
  - Instructor: Robert Marcus

Get a one-on-one tutoring session from our well-equipped volunteer tutor. 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 Technology Assistance**

- **PEACHTREE CITY**
  - Wednesday, July 15
  - 1 p.m. to 4 p.m.
  - FREE
  - Member exclusive
  - Pre-registration required

- **FAYETTEVILLE**
  - Tuesday, July 28
  - 1 p.m. to 4 p.m.
  - FREE
  - Member exclusive
  - Pre-registration required

Bring your laptop and questions for your computer for 1-on-1 assistance. Lance
Collins with PTC Techs will assist with computer troubleshooting, removal of unwanted programs, antivirus prevention, general questions, and more. This is not a computer tutoring class.

Wellness

Getting Back to Normal

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

It may seem normal has a new definition these days. But really it is what you decide to make of it. Having many resources to keep going and maintaining a regular routine is so important. Miriam Jones shares tips for recreating a routine and habits after having been off yours for so long! It’s time to get back to your normal.

The Power of Prevention

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

An ounce of prevention is worth a pound of cure! Don’t wait until it’s too late, take advantage of preventative services. RN Beverlyn Ming with the Public Health Department will share available services for the community and the importance of getting vaccines and immunizations and the role it plays in maintaining health.

Massage

FAYETTEVILLE
Tuesday, July 7
10 a.m. to 2 p.m.
$30 | 30 minutes
$55 | 1 hour
Member exclusive
Pre-registration required
Masseuse: Tranquil Escape

There are many health benefits to massages including stress reduction, increase in blood flow, improving balance, stimulating the nervous system, helping flexibility, assisting in better sleep, and relieving pain. Treat yourself to a relaxing massage!

Final Wishes

PEACHTREE CITY
Tuesday, July 7
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

It’s never too early to prepare for your family. Three out of ten people don’t share their final wishes, and how will your family know what you want if you don’t tell them? Veronica Reid with Amedisys shares tips to preparing documents, legal considerations you should think about, ideas to leave a legacy and what should be included in your final wishes.

Eyeglass Adjustments and Repairs

FAYETTEVILLE
Thursday, July 9
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.

The Prehab On Rehab

PEACHTREE CITY
Thursday, July 9
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Dr. Josh Davis talks about the importance of prehab and how it differs from and improves your rehab experience. Hear about what benefits of doing prehab prior to surgeries and rehab and what to expect from a prehab session.

The Grocery List

FAYETTEVILLE
Friday, July 10
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Grocery stores open a world of options to our daily diets, but with so many choices, how do you know if you’re making the right one? Kristen Avera, Dietician with the Diabetes Association takes us down the aisles to grocery shopping.
Learn tips and tricks for choosing healthy foods at the store and the best ways to avoid temptations.

**Take the Fight Out of Food**

FAYETTEVILLE
Tuesday, July 14
10 a.m. to 11 a.m.
FREE
Members and non-members Pre-registration required

Matt Green with Piedmont Wellness Center focuses on the basics of metabolism, macronutrients, diet trends, and supplements. Gain a better understanding of nutrition and what’s most important to creating a healthy diet. Discover the pros and cons to different options for you to make the most informed dietary decisions.

**Turn Up Your Ears**

PEACHTREE CITY
Friday, July 17
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members Pre-registration required

Dr. Winstead with Hearing Doctors of Georgia shares the newest technology in hearing aids. Hear about options available today, pros and cons to each, Bluetooth technology upgrades to pair with phones and cars, and how to file with your insurance.

**Secrets to Feeling Younger**

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

Who doesn’t want to know the secrets to feeling younger. Connie Wise shares what she has revealed to be the essential secrets to looking and feeling younger. Take these easy steps to living longer and feeling better through simple skin care techniques, ideas for foods that add energy and make your body thrive, and daily practice to increase presence and charisma in every situation.

**The Art of Sleeping**

PEACHTREE CITY
Friday, July 24
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members Pre-registration required

There is nothing quite like a good night’s rest to start the day of feeling refreshed and ready to go. But getting a full night’s sleep can be a challenge for many. Dr. Byron Harper shares the importance behind sleeping and provides tips to assuring that you are getting the recommended hours of sleep each night.

**An Herbal Approach**

FAYETTEVILLE
Monday, July 27
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members Pre-registration required

Join Naturopathic Doctor and Master Herbalist Beth Hovis of Fayetteville Herb Shop as she shares the traditional uses of various herbs. These can support your body in order to help avoid getting sick and are also useful in fighting off illnesses if you find yourself sick. Discover the different options available such as tea, tincture, or capsules and how to choose the best at home remedy herb for you.

**Hearing Aid Cleanings & Maintenance**

FAYETTEVILLE
Wednesday, July 29
11:30 a.m. to 12:30 p.m.
FREE
Member exclusive
No pre-registration required

Hearing Life Center will be on site to clean hearing aids and perform minor maintenance you may need done.

**The Healthy Checklist**

PEACHTREE CITY
Friday, July 31
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members Pre-registration required

Annual doctor visits are imperative in helping with prevention and early detection. Katie Bailey with Peachtree Medical Center shares what you should be addressing at your yearly visits for prevention plans, medication reviews, screenings, and other topics to keep you safe at home and out of the ER!
Look What’s Coming in August!

**Turn Up the Pressure**
- **FAYETTEVILLE**
  - Monday, August 3
  - 1:30 p.m. to 2:30 p.m. | FREE
  - Pre-registration required
  - Get tips on using pressure cookers and instapots and how these cookers are changing the way of cooking! Tastings included.

**Your Security, Your Future**
- **PEACHTREE CITY**
  - Monday, August 3
  - 1:30 p.m. to 2:30 p.m. | FREE
  - Pre-registration required
  - Learn the ins and outs to social security from overview of benefits and answers to the most common questions about this subject.

**Dinner Rut**
- **PEACHTREE CITY**
  - Tuesday, August 4
  - 1:30 p.m. to 2:30 p.m. | FREE
  - Pre-registration required
  - Learn quick, easy, and healthy dinner ideas for changing up your typical dinner menu routine. It’s time to get out of that food rut you’re in!

**Healthy On A Budget**
- **FAYETTEVILLE**
  - Thursday, August 6
  - 10 a.m. to 11 a.m. | FREE
  - Pre-registration required
  - Discover ways you can stay on track with healthy eating while still staying budget friendly.

Registration for these classes will be available when August newsletter comes out!

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**Thank You for Your Support!**

Your donations helped us raise close to $30,000 to allow us to continue to offer essential services such as Meals On Wheels and Transportation for those in need during this pandemic.

We are continuing to accept donations to aid in Covid-19 relief for FSS. Please see front desk for details on how you can help.

It has been incredible to see our team of staff and volunteers step in bravely during these unknown times. When so many of us wanted to retreat and stay in the safety of our homes, we knew that others didn’t have the option due to life-saving medical treatments needed and the inability to simply get a meal from day to day. We are proud to say that our team stepped up. Our staff continued to come in to provide essential services and volunteers arrived ready to deliver meals. Your outpouring of support and donations made it all possible! Thank you, from the bottom of our hearts. We couldn’t do it without you all!
At Heritage of Peachtree, you’ll find gracious southern hospitality, beautifully landscaped courtyards and a fresh new look. In a homelike environment, your needs, desires and preferences are respected in this personal care community. With a philosophy that promotes wellness in all areas of living, your personalized lifestyle plan will be designed to provide just the right level of support to empower engaged, purposeful living.
The Luxury You Desire,  
The Lifestyle You Deserve

At Arbor Terrace Peachtree City, we’re doing away with all of the traditional stereotypes of senior living. We offer a maintenance-free lifestyle with numerous amenities and personalized service to fit your every need in Independent Living and Personal Care.

Call or visit us online to set up a tour!  
770-632-5823 | www.at-peachtreecity.com

The 2020 Census shapes your future.

The census comes around once every 10 years and is a count of everyone living in the country. Your response will inform how more than $675 billion in federal funding each year is spent on critical services, including education, health care, senior centers, and public transportation. Responding is important for you, your family, and your community.

Schedule your tour today  
936 W Lanier Ave,  
Fayetteville, GA 30214  
770-461-2555

STAY FRESH ALL SUMMER  
At Heartis Fayetteville Senior Living

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Would you like to learn more about Medicare or a Kaiser Permanente Medicare health plan? Just give me a call for more information.

Malcolm Tallie
Kaiser Permanente Medicare specialist

1-877-425-9208 (TTY 711)

kp.org/medicare

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305.