IT’S TIKI TIME!

We’re taking the annual Luau outside so we can still enjoy a night out during these unknown times!

The Joy of Laughter

You’ll be rolling on the floor laughing during this family friendly comedy act! It’s just what the doctor ordered.

A Community of Support

We’ve said it before and we’ll say it again...we couldn’t do this without everyone’s support.

Live Well. Age Well.
We just completed a major remodel of our community and are celebrating with personalized tours all month long. Come take a look at our fresh new look and enjoy lunch on us.

7493 Mt. Zion Boulevard
Jonesboro, GA
770-210-6433

ASSISTED LIVING
MEMORY CARE
CadenceMtZion.com

Concerned about the well-being of your loved one?
We're concerned about their incredible-being.

AT SOMERBY, WE ARE PREPARED 24/7 TO PROVIDE COMFORT AND CARE.

• Secure apartments supplied with everything residents need
• Chef-prepared meals delivered right to our residents’ doors
• Maintenance, laundry service and daily housekeeping

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 SOMERBYSPIARK.COM
Steering the Way 10
Meals On Wheels volunteer Rachel Leonard is paving the way for those in need.

Life Is Better When You’re Laughing 15
Laughter is said to be one of the best forms of therapy and local comedian Jimmy Bates is ready for your session!

Hula On Over For An Outdoor Luau 15
We’re taking the annual Island Fever Luau outside to continue our fun evening in a safe fashion.

Making An Impact 28
We appreciate everyone who supports FSS, no matter how small or how big, together we make this place home!

2020 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 50+ 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 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
DIRECTOR | Bob Reeves
DIRECTOR | Carol Davis
DIRECTOR | Sharon Brooks
DIRECTOR | Donnie Davis
DIRECTOR | Paige Muh
DIRECTOR | Stephen Childs
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.

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
Deana Wright  
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
Cheryl Hembree  
Driver
Terry Billingsley  
Driver
Ron Crawford  
Driver

**THE ULTIMATE CAFÉ**
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

**Memberships**
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 ($90/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 Iris Harris Care Manager, 770-461-0813 ext. 116 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.

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!
At this time, concerning the hosting of large after-hour events, we are making our decision on a month-by-month basis. We are hurt at the thought of not offering these great memories and times together, but the safety of our members and the community is our first priority. As we closely follow CDC Guidelines and recommendations made by officials, we will provide updates on our plans for hosting such events. Please continue to check with us! Thank you for your understanding.

No tickets are on sale yet...but, save the date! Depending on how things are in September, we may hold the annual Low Country Boil on Friday, September 18 from 6 p.m. to 9 p.m. in Fayetteville.

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

Miriam’s Fitness Corner

How to Beat the Summer Heat
Summers in Georgia can be brutal, with this year being no exception. For some, the heat is especially treacherous when trying to remain active. Dehydration can be sneaky. In most instances, by the time we feel thirsty, our body’s fluids are already depleted. Therefore, we mustn’t let our guard down. Here are 5 tips to help us stay hydrated:

1) Drink at least one half of your body weight in ounces daily. Because individual sizes vary, so should the servings.
2) Do not wipe away sweat immediately. Sweating is the body’s built-in cooling system. It ultimately decreases our body temperature.
3) Have some cold peppermint tea. Menthol, its main ingredient, helps to cool the body by activating a protein receptor in the brain that reduces body temperature.
4) Place frozen water bottles in front of a fan for colder air. Add salt to water before freezing to slow melting
5) Place an ice pack or towel on your wrist and/or around your neck to prevent overheating. These places are cooling points on the body where blood vessels are closest to the skin. Body temperature will begin to drop immediately.

Preparation is essential. If we incorporate these tips and remain diligent, we can effectively combat the dog days of summer and beat this year’s heat.
ALOHA
JOIN US FOR A
LUAU PARTY
THURSDAY
AUGUST 27
5 PM
ISLAND FEVER LUAU
203 McINTOSH TRAIL | PEACHTREE CITY
Tickets only $15!

Due to Covid-19, this event will be held outside! Pack your tailgate chairs, park every other spot for social distancing and enjoy dinner, live music, and dancing outside in a safe way during these times!
Dear Volunteer, You Make a Difference!

A Force Of Nature

Written By: Carrie Bittinger

If you have been on the Meals on Wheels porch any given Tuesday, you most likely have seen Rachel Leonard picking up her cooler. Rachel is one of our long time Meals on Wheels drivers. Every Tuesday, Rachel is here and happy to take on whatever we throw at her that day. She has made such an impact on Fayette Senior Services and all of the clients on her route.

Rachel grew up in a small town in Indiana on her family’s farm. Both of her parents worked for a telephone company in the next town over. She has two older brothers who helped shape her into the person she is today. She laughs when she shares memories growing up, and how they have helped toughen her up and prepare her for the real world. She is always up for a challenge, and she attributes that to growing up with the two of them! She went to a very small high school and not long after graduation, Rachel left for the Air Force. She retired from the Air Force to be a stay at home mom shortly after she had her first child.

While her children were growing up, Rachel took on many jobs that she could do with them. She was a bus driver, preschool teacher, babysitter, and barista just to name a few. Once her youngest was born, she went back to school to become a paramedic. She says, “My first career was being a mom. My second career, I became a firefighter and paramedic.” She did this for many years while she lived up North and continued once she moved to Fayette County. For the past 4 years, Rachel has used that training to work in the Health and Safety department at Pinewood Atlanta Studios.

When she first moved to Fayette County, Rachel became a firefighter with Fayette County Fire Station #4, which is located close to FSS. Because of this, whenever the center would have to call for paramedics, her unit would be dispatched. She made many trips to the center for various reasons, and this sparked her interest in volunteering with us. In the past, Rachel had volunteered at a homeless soup kitchen with her kids for 10 years. With a background in volunteering, she knew right away she wanted to give back, and chose FSS as that place! It has now been over 11 years since Rachel first stepped through our doors as a volunteer, and she has proven her dedication to helping seniors in our community.

When you ask Rachel about her favorite memory of being a Meals on Wheels volunteer, she gets excited to tell you about a client on one of her routes “She is a very special lady that is so full of life and so happy to see me. She greets me at the door with ‘hi baby’ and gives me a big hug and makes me all warm inside. She is the perfect example of a warm, loving grandma.” It is memories like this that have kept Rachel coming back to volunteer with our Meals on Wheels program! We are so grateful to have people like her who continue to deliver a difference in the lives of seniors. She has built so many incredible relationships with clients over the last 11 years. We constantly hear how much the clients on her route look forward to seeing her every Tuesday, and so do we!
Hot Corn Dip

Enjoy a delicious recipe to try at home from the kitchen of Fayette Senior Services!

Ingredients
- 2 cans of corn, drained
- 1 small can green chilies
- 1/4 cup diced sweet onion
- 1/2 tsp garlic powder
- 4 oz cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup shredded pepper jack cheese
- 3/4 cup shredded monterey jack cheese

Directions
- Preheat oven to 350 degrees
- In a mixing bowl, stir together sour cream, cream cheese, spices, and shredded cheese (saving out at least 1/4 cup of shredded cheese for topping)
- Gently add in the corn kernels, green chilies, and onions
- Spread mixture into a 2 quart baking dish. Top with remaining shredded cheese
- Bake for approximately 25 minutes, until heated through and cheese is bubbly
- Remove from oven and serve hot with tortilla chips

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.
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.
Modern Mahjong: 12 p.m. to 4 p.m.
Bunco: 1:15 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
Check: 10 a.m. to 11 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.
Rummikub: 12:30 p.m. to 2:30 p.m.
Sit and Stitch: 1 p.m. to 4 p.m.

Fridays
Sit and Get Fit: 10 a.m. to 10:40 a.m.
Pinochle: 8 a.m. to 12 p.m.
Canasta: 8 a.m. to 12 p.m.
Scrabble: 12:30 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.
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.

Social Duplicate Bridge:
1st, 3rd, and 4th Wednesday
10 a.m. to 3 p.m.

Thursdays

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!

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

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

Turn the Pages!

Check out the collection of books and magazines of all genres that we have available for pick up at both our Peachtree City and Fayetteville locations! Have some you aren’t using? We accept donations as well.
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.
Garden Party

FAYETTEVILLE
Tuesday, August 18
10 a.m. to 11 a.m.
FREE
Member exclusive
Pre-registration required

For anyone who has had a chance to walk through our gorgeous garden, you will understand when we say it is hard to describe the beauty it holds. What better way to relish in this tranquil escape than to enjoy a brisk morning out in Fayette Senior Services’ beautiful garden and help celebrate the volunteers who make it possible. Refreshments, finger foods, and cookies will be served.

Joke’s On You

FAYETTEVILLE
Friday, August 21
1:30 p.m. to 2:15 p.m.
FREE
Members and non-members
Pre-registration required

Come on down for an afternoon full of laughter. Local comedian Jimmy Bates will be cracking jokes for some side-splitting fun. Enjoy humorous, family-friendly jokes, much like the style of famous comedian Minnie Pearl. You’ll be rolling on the floor laughing!

Island Fever Luau

PEACHTREE CITY
Thursday, August 27
5 p.m. to 8 p.m.
$15
Members can purchase tickets at front desk
Pre-registration required

This event is being planned outdoors to allow for your comfort of social distancing while enjoying a wonderful evening! As the evening sky settles into a spectacular sunset, FSS will be kicking off our Island Fever Luau with a vibrant Hawaiian theme. Help us shake off our grass skirts, dust off our ukuleles, and turn up those island records. This evening will be full of hula dancers, great food, good island music, and all the fun that will have us feeling like we are living aloha style in Hawaii. Island Express Band will be preforming live! This event is sponsored by Kaiser Permanente and Encompass Health Rehab.
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August Program Schedule

Needlework

**Quilting: Block 7**

FAYETTEVILLE  
Tuesday, August 4  
9 a.m. to 3 p.m.  
$25 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

A quilt of scrappy fabric or structured pattern, your choice! Create the finished size of your quilt by choosing smaller or larger half square triangles. Materials list and picture at front desk. Must provide your own sewing machine.

**Quilting Sew Day**  
Instructor: Darlene Hubble

FAYETTEVILLE  
Tuesday, August 11  
9 a.m. to 3 p.m.  
$15 | Materials not included  
Pre-registration required

FAYETTEVILLE  
Tuesday, August 25  
9 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: Chain of Events**

FAYETTEVILLE  
Tuesday, August 18  
9 a.m. to 3 p.m.  
$25 | Materials not included

Pre-registration required  
Instructor: Darlene Hubble

Learn new and interesting techniques to make two different blocks. It will showcase curves and straight seams. Choosing strong contrast of fabric is a must! Materials list and picture at front desk. Must provide your own sewing machine.

Creative Pursuits

**Adventures in Acrylics**

PEACHTREE CITY  
Friday, August 21  
9:30 a.m. to 11:30 a.m.  
$30 | Materials Included  
Pre-registration required  
Instructor: Karen DeFelix

Learn five different methods of using fluid acrylics – direct pour, dirty pour, swipe, pull, and drip & pull. Practice some methods on a small canvas and then choose your favorite to make a larger painting and a wooden base for small clock for you to finish at home (clockworks not included, just base). No previous experience necessary.

**Painting Workshop**

FAYETTEVILLE  
Wednesday, August 19  
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 abstract flowers with puff-paint outlines.

**Scrap Happy Scrapbooking**

PEACHTREE CITY  
Monday, August 31  
10 a.m. to 12:30 p.m.  
$15 | Includes materials  
Member exclusive  
Pre-registration required

Discover a variety of ways to get your most loved photos out of the storage box or off your phone and into beautiful scrapbooking albums! Learn the methods to scrapbooking including organizing your photos, use of cropping tools, placement techniques, embellishments, and more. Complete your first two pages during class. Bring approximately 15 photos with you to use for these pages.

Dance

**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.

**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.

**Total Body Circuit**

FAYETTEVILLE  
Monday and Wednesday

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  
Friday  
11:30 a.m. to 12:15 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**

PEACHTREE CITY  
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
Monday and Thursday
2:30 p.m. to 4 p.m.
$35 | Month
Instructor: Trish Gurney

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.

**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 for you! 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.

**Meditation: Take in the Senses**

GATHERING PLACE
Tuesday, August 4, 11, 18 & 25
2:30 p.m. to 4 p.m.
$25
Members and non-members
Pre-registration required

Deepen your connection with nature, self, and spirit in order to discover your fullest power and presence. Ben Marchman with NatureLink provides a sensory meditation experience that will guide you on a journey utilizing the natural world and group discussion to activate, mobilize, and optimize your own inner healing resources, wisdom, and intelligence. Outside weather permitting, will move inside if raining.

**Turn Up the Pressure**

FAYETTEVILLE
Monday, August 3
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Pressure cookers such as the Instapot and other brands are taking kitchens by storm. But there can be a learning curve to using them and take time to get used to how fast they can cook our food. Veronica Reid with Amedisys shares tips to using these cookers during this demo. Tastings will be included!

**Your Security, Your Future**

PEACHTREE CITY
Monday, August 3
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Alicia Lipscomb with the Social Security Administration dives into an overview of your social security benefits. Get information on Medicare enrollment, online e-services, and ways you can communicate with the Social Security Administration as needed.

**Garden Club**

FAYETTEVILLE
Tuesday, August 4
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.

**Ring, Ring. Can I Help You?**

- **FAYETTEVILLE**
  - **FAYETTEVILLE**
    - **Tuesday, August 4**
    - **1:30 p.m. to 2:30 p.m.**
    - **FREE**
    - **Members and non-members**
    - **Pre-registration required**

  It seems just when you start to get the hang of your cell phone, you discover there is something else to learn. Bonita Prigmore with Medicare and Other Red Tape teaches us useful tricks to getting the most out of your cell phone. Learn how to merge a 3-way call, delete voicemails fully, attach a photo to your text, use a banking app, access google maps, and much more.

**Volunteer Open House**

- **FAYETTEVILLE**
  - **Tuesday, August 4**
  - **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.

**A Vietnam Veteran Tour 1**

- **PEACHTREE CITY**
  - **Wednesday, August 5**
  - **1:30 p.m. to 2:30 p.m.**
  - **FREE**
  - **Members and non-members**
  - **Pre-registration required**

  We send a salute and appreciation to all of our Veterans who have served, including our very own regular speaker Jim Scott. Jim will share his stories of his own Vietnam experience during his first tour and the many roles he played while overseas.

**What’s for Lunch?**

- **PEACHTREE CITY**
  - **Thursday, August 6**
  - **11:30 a.m.**
  - **FREE**
  - **Member exclusive**

  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 Wings and Things in Tyrone.

**This Is My Jam**

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

Movie Sponsored By:

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**The Center Box Office**

**Member exclusive | Pre-registration required**

**PEACHTREE CITY**

- **Thursday, August 13**
  - **1:30 p.m.**
  - **Hamilton (2020) | PG-13**

  Starring: Lin-Manuel Miranda, Phillipa Soo, Leslie Odom Jr. The real life of one of America’s foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway musical cast.

- **Wednesday, August 26**
  - **1:30 p.m.**
  - **1917 (2019) | R**

  Starring: Dean-Charles Chapman, George MacKay. At the height of the First World War, two young British soldiers, Schofield and Blake, are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on the hundreds of soldiers – Blake’s own brother among them.

**Movie Sponsored By:**

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**770-461-0813 | FAYSS.ORG**

August 2020 | 21
Get your jam on with Sharon Whitley from Whitley Farms as she gives us the spread on jam making. Learn about the jam making process, how you can make your own tasty ones at home, and tips for getting the most flavor out of them! She’ll also have some delicious tastings to try during the class.

The Burnout

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

If you are a caregiver for a loved one you know how important taking care of yourself can be. That is especially true in normal times, but when you add in a pandemic, caring for yourself and taking breaks to focus on you can become even more difficult. Lynette Dunn with Piedmont Sixty Plus Services discusses caregiver burnout and provides tips for relief, breaks, and the importance of focusing on your own health and happiness so you can provide the best care for those that are important to you.

The Wings of the Army

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

When you think of the Army, aviation is not always the first thing to come to mind. Take flight with the Army Aviation Heritage Foundation as they share about their museum and the Army aircrafts they house. Hear about where Army aviation began, how it impacted combat, how it has changed over the years and the importance aircrafts play in their military role.

Exhale Confidence

FAYETTEVILLE
Thursday, August 13
10 a.m. to 11 a.m.
FREE
Members and non-members
Pre-registration required

It’s time for a mental makeover. Building confidence requires the ability to believe in yourself. Sheila Agnew-McCoy, Senior Fitness Specialist for 180 Training at Fitness 54, encourages us to take the essential steps necessary to boost self-esteem and live the life you want in spite of change, challenge, or adversity.

Support Local

FAYETTEVILLE
Friday, August 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Megan Baker with the Fayette County Development Authority provides an update on the local Fayette County economy and the impact that Covid-19 has had on it. Hear ways you can help support local businesses during this time to help boost the economy back up now that things are starting to open back up!

Open the Doors to the White House

PEACHTREE CITY
Friday, August 14
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Join retired Army Colonel Mark Gelhardt, a combat veteran and published author of My Time at the Clinton White House, as he speaks on his time serving as the Chief Information Officer during the Clinton administration. Discover behind the scenes knowledge of what happens between the President, VP, US Secret Service, and the White House staff in regards to classified automation and telecommunication. Also hear about military personnel that support the Commander-In-Chief. Enjoy these non-partisan, non-political stories of what really happens at The White House!

1-on-1 Medicare Consultations

FAYETTEVILLE
Monday, August 17
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.

**Greenery for the Garden**

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

Kim Toal with the Fayette County Extension Office helps us put our green thumbs literally to use to create a green oasis in your garden. Learn about some of the most beautiful green plants to really add beauty to your landscape and how to care for them.

**Car Wash**

FAYETTEVILLE  
Tuesday, August 18  
9 a.m. to 4 p.m.  
$40  
Member exclusive  
Pre-registration required

Splish splash your car was taking a bath! Hector Antonio with Roll N’ Shine will be on site for your convenience to bring your car in for a wash, inside and out, while you wait comfortably in FSS. Roll N’ Shine has the right to turn down cleaning service for extremely dirty interior.

**A Novel Idea Book Club**

PEACHTREE CITY  
Tuesday, August 18  
1:30 p.m.

FREE  
Member exclusive  
No pre-registration required

This month, we will be reading *The Yellow House* by Sarah M. Broom. For more information, please contact Meghan Caton at megcaton@gmail.com.

**From ‘For Sale’ to ‘Sold’**

PEACHTREE CITY  
Wednesday, August 19  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

If you’re in the market for a new house or looking to sell yours, it is important to know the stages of today’s real estate world. Linda Sorrow and Lee McKinney, real estate specialist with Aberdeen Fine Properties, will take us through the stages from start to finish. From getting a home ready to listing and finally closing, you’ll have a better understanding of what to expect during this entire process.

**A Vietnam Veteran Tour 2**

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

We send a salute and appreciation to all of our Veterans who have served, including our very own regular speaker Jim Scott. Jim will share his stories of his own Vietnam experience during his second tour and the many roles he played while overseas.

**ALS Support Group**

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

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

**Dementia Caregiver Support Group**

PEACHTREE CITY  
Thursday, August 20  
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, August 20  
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 wines from Chile.

Not Right, Not Left, Just Forward

PEACHTREE CITY
Friday, August 21
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members Pre-registration required

As an election year is upon us, what a better time to gain understanding and insight into the history of the political parties in the US. This nonbiased, information based session will shed light into the creation of the political factions as they began to form in the late 1700s and continuing throughout the centuries to now.

The Scam Tracker

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

The Better Business Bureau (BBB) knows you are on the frontline every day and, unfortunately, we all can be the targets of attempted fraud. You can help the BBB keep the Marketplace safe. Have you spotted a business or offer that sounds like an illegal scheme or fraud? Anita Harris with the BBB shares insight on their Scam Tracker, and demonstrates how you can tell them about any scams you encounter. Help investigate and warn others by reporting what you know.

P“age” Turners Book Club

FAYETTEVILLE
Thursday, August 27
1:30 p.m.
FREE
Member exclusive
No pre-registration required

August book: Rebecca by Daphne Du Maurier. September book: The Wrong Man by James Neff. For more information, please contact Heidi Williams at jmwhome8332@gmail.com.

Genetics of a Crime Scene

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

Forensic Genealogy plays an essential part in breaking down the “brick walls” we encounter when researching our family history. Chris Smothers, Lead Genealogist at Unearthing Your Roots, Inc. helps us understand how novices and professionals use these tools. It is fundamental considering the rate at which DNA is helping us advance. It provides an understanding to those who contributed to our genome. We will also learn the way that it has begun to play a major role with crime scenes and cold cases.

Lunch & Learn: Power of Attorney, Inheritance & Wills

PEACHTREE CITY
Friday, August 28
11 a.m. to 1 p.m.
$10 | Includes lunch
Members and non-members Pre-registration required

It’s a hard topic to talk about, but one that will help your family so much after something happens to you. Join attorneys Tashia Zeigler with Georgia Legal Services and Elizabeth Winfield with Winfield Elder Law as they discuss the details of power of attorney, inheritance, and wills. Learn what each one covers, what you may need in place, and things that may need to be updated on existing ones.

A Medical Charge

FAYETTEVILLE
Monday, August 31
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members Pre-registration required

Berneta Haynes with Georgia Watch discusses how to reduce surprise medical bills and manage your existing medical debt. Healthcare costs today are higher than ever, and consumers are paying much higher health insurance premiums and out-of-pocket medical expenses. Learn how you can find
answers to some of the most complex questions associated with medical billing and debt.

Express Lunch

PEACHTREE CITY
Thursday, August 13
12 p.m.
$10 | Chick Fil A
Member exclusive
Pre-registration required

PEACHTREE CITY
Wednesday, August 26
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
Pre-registration required

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

Technology

Computer Tutor

FAYETTEVILLE
Classes scheduled by request only
$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, August 19
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

FAYETTEVILLE
Tuesday, August 25
1 p.m. to 4 p.m.
FREE
Member exclusive
Pre-registration required

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

**Wellness**

**Reflexology**

FAYETTEVILLE
Tuesday, August 4
10 a.m. to 2 p.m.
$30 | 30 minutes
$55 | 1 hour
Member exclusive
Pre-registration required
Reflexologist: Tranquil Escape

Reflexology is the application of specialized pressure techniques that are applied to the hands and feet. Relax while the use of pressure, stretch and movement help lower your stress.

**Hearing Screenings**

FAYETTEVILLE
Wednesday, August 5
10 a.m. to 12 p.m.
FREE
Member exclusive
Pre-registration required

What did you say, I didn’t hear you? Hearing Doctors of Georgia will be at FSS just for you. Get a complimentary hearing screening without having to deal with all the doctor office visits.

**Healthy On A Budget**

FAYETTEVILLE
Thursday, August 6
10 a.m. to 11 a.m.
FREE
Members and non-members

Pre-registration required
Are you struggling to make healthy choices at the grocery store while staying within your budget? Eating healthy doesn’t have to mean a big expense. Join Sarah Bignotti, Dietician with the Diabetes Association, as she shares tips and tricks on saving money and staying healthy!

**Eyeglass Adjustments and Repairs**

FAYETTEVILLE
Friday, August 7
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 Healing Power of Food**

PEACHTREE CITY
Friday, August 7
1:30 p.m. to 2:30 p.m.
$10
Members and non-members
Pre-registration required

When we start to think of food as fuel for our bodies, we can really start to use it as such. Summer is upon us and with that brings so much seasonal fresh foods to add to our daily menu. In this cooking demonstration, Rawls Whittlesey with Balanced Energy Wellness shares recipes that you can make at home that will help fuel your body for the burst of energy we need in the summertime. Tastings included.

**Can You Hear Me?**

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

Hearing loss can be normal as we age, but it shouldn’t hinder our ability to communicate over the phone. Caption Call will discuss hearing health as we age in addition to sharing your rights under the ADA and options available for phones with text that can be free for those with hearing loss.

**Restaurant Rehab**

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

Wendy Maguire, owner of Crosstown Grille and Maguire’s as well as health coach at You Are Here Wellness, is here to share the reality about not so healthy menu items. Get a better understanding of how restaurants may cook their veggies as well as how to recognize healthier menu choices. Get tips on what you can order to make much healthier choices while eating...
out so you can stay on track with your nutrition goals.

**Brain Games for Brain Health**

[MAP PIN] FAYETTEVILLE
Wednesday, August 12
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Shayla Quinn with Heritage presents monthly classes that demonstrates that brain health and cognitive engagement can be pursued through an assortment of experiences and lifestyle choices. Each month join in for a series of exercises and games that help sharpen the mind. This month, focus on cognitive stimulation activities.

**Breathing Full Circle**

[MAP PIN] PEACHTREE CITY
Thursday, August 13
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Dr. Josh Davis with First Step Physical Therapy discusses why circulation is so important to our overall health. Learn how circulation and breathing are related as well as ways to improve your overall circulation. In addition, he will share breathing exercises you can do at home to increase circulation.

**The Crackdown On Coronavirus**

[MAP PIN] FAYETTEVILLE
Wednesday, August 19
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Coronavirus has been all we’ve heard about for months, and it probably will be something we continue to hear for a while. Ashton Harris, District 4 Epidemiologist with the Georgia Department of Public Health, talks about the impact it has had in addition to the progress of the virus and what to expect as things develop. Learn more details about why it spread so fast and what you can do to help slow the spread.

**Honing In On Holistics**

[MAP PIN] PEACHTREE CITY
Monday, August 24
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Tana Lee President of the Holistic Chamber of Commerce shares the benefits of a holistic approach to our health. Learn about the connection between holistic and integrated options for our health, well-being, and lifestyle in addition to discovering more about the variety of services available for alternative treatments to typical doctors and medicines.

**Be Organic**

[MAP PIN] PEACHTREE CITY
Tuesday, August 25
2:30 p.m. to 3:30 p.m.
FREE
Members and non-members
Pre-registration required

Is organic food just a trend or is there really more to it? Scott Tyson, Owner of 180° Farms provides a breakdown on organic versus conventional farming methods. Discover how this information could be life changing for your health.

**You Electrolyte My Life**

[MAP PIN] FAYETTEVILLE
Wednesday, August 26
1:30 p.m. to 2:30 p.m.
FREE
Members and non-members
Pre-registration required

Electrolyte balance plays such an important role in our bodies, but often times it is not something we think about. Join Rebekah Middlebrooks with Caring with Miracle Hands as she discusses the importance of electrolytes, symptoms of an imbalance, how to restore them in addition to drink ideas for getting them in daily!

**Hearing Aid Cleanings & Maintenance**

[MAP PIN] FAYETTEVILLE
Wednesday, August 26
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, basic maintenance you may need done.
Our supporters always play a major role in the success of Fayette Senior Services and all we offer, but during unprecedented times like Coronavirus with so much affected, the impact they have is so much greater! We want to share a special thanks to our major donors and community supporters this year who have helped during these times!

- City of Peachtree City Government
- Fayette County Government
- Reel People Care Gala
- Kaiser Permanente
- Clothes Less Traveled
- Fayette News
- Amcor
- Vicki Farrell, Fayette Law Group
- Piedmont Fayette Hospital
- Tyrone Concrete Supply
- Aberdeen Fine Properties
- Brightmoor Hospice
- State Farm, Mark Gray
- Hearing Life Center
- Encompass Health Rehab
- Arch Advisory
- Heritage of Peachtree
- Edward Jones, Jennifer Camp
- The Truitt Group
- Condor Health
- The Citizen
- Panda Express, Fayetteville
- Heartis Senior Living
Look What’s Coming in September!

Ask the Pharmacist

FAYETTEVILLE
Tuesday, September 1
1 p.m. to 4 p.m. | FREE
Pre-registration required

Get an individual one-on-one analysis on all your medications and how they interact, work, should be taken and get any questions you may have answered.

Leaving A Legacy

PEACHTREE CITY
Thursday, September 3
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Leaving a legacy when the time comes can be one of the biggest gifts for your family. Get tips on what you should have in order to help support your loved ones during those times.

Tablet Tutor

PEACHTREE CITY
Friday, September 4
1 p.m. to 4 p.m. | FREE
Pre-registration required

Sit down one-on-one to get your questions answered about your tablet devices. Bring your tablet and inquiries with you to learn about the problem areas you may be having.

The Kentucky Derby

FAYETTEVILLE
Friday, September 4
1:30 p.m. to 2:30 p.m. | FREE
Pre-registration required

Learn about the rich history and the traditions of the oldest continuously running sports event in the nation, the Kentucky Derby.

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

Your support has made a difference!

Your donations helped us raise over $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.

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 personized service to fit your every need in Independent Living and Personal Care.

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"The coaches are extremely knowledgeable. They care about my safety and are very encouraging. They taper the workouts where needed to fit my needs and abilities. This hits that sweet spot of being challenging, but not destroying. I trust them. They have shown me I’m stronger than I think."

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At Heartis Fayetteville Senior Living

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Kaiser Permanente Medicare specialist
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