



# The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

## Adventures In Learning

Here's to another great week of classes and fun here at Life Enrichment. We hope everyone is well, happy and enjoying themselves. Ready, set? Then let's get started and, here we go for this week.

### Terrific Thursdays

9:30 am—10:30 am

Harvey Meisner of Shoulders Down, Inc., Certified Tai Chi and Qi Gong Instructor, is our speaker this week.

We are also offering the class Great American Bestsellers: The Books that Shaped America.

10:45 am—11:45 am

In this time slot we have two more great offerings: They Were Our Presidents: Truman Through Reagan; and Wii Sports.

12:00 pm—1:00 pm

Lunch 'n Learn

Karen Steanson of Raymond James & Associates, Inc. returns this week. Lunch is included with this program.

**PLEASE REMEMBER:** If you plan to be included for the complimentary lunch that is provided with our program each week, you must sign up that prior Thursday with the list provided at the front desk each week when you arrive. We have to have a final count by the end of that day. We don't want anyone to be left out, so

please remember to sign up. Thank you for your cooperation! ☺

### Still Time to Sign Up for February Classes.

Here's what classes are available to you for the month of February and there's still time to enroll!

- ⇒ Got a Digital Camera? Now What? (Basic) - 7031
- ⇒ Move Up to the Next Level with Your Digital Camera (Advanced Digital) - 7040
- ⇒ Order in the Court: Family Research at the Courthouse - 8030
- ⇒ Jewelry-making Workshop - 8061
- ⇒ Online Banking (at Brookhaven Bank) - 8081
- ⇒ An Introduction to Aromatherapy - 3011
- ⇒ Strength Training for Seniors - 2041
- ⇒ Stand Up! - 2081

For more information regarding each of these classes, such as dates, times and pricing, please refer to your catalog and the enrollment form.

### Happy First Anniversary!

Please join us as we celebrate

#### Life Enrichment

*Living and Learning for Life!*

1340 McConnell Drive

Decatur, GA 30033

404-321-6960

[www.srconn.org](http://www.srconn.org)

**Senior Connections' mission is to maximize independence for seniors through advocacy, information and services.**

the first anniversary of the merger between Life Enrichment and Senior Connections. We are having an Open House here at Life Enrichment the evening of February 18 from 5:00 pm to 7:00 pm. Bring yourself, your family and your friends! Our way of saying thank you for your continued support.

### Travel-Aires Updates

There is still space available for the tour with Jim Howe on March 1 to Cave Spring, Georgia. If interested, call Gail Shattah at (404) 321-6960 as soon as possible to reserve your space.

### Travel-Aires



### Upcoming Trips:

Southeastern Flower Show, 2/5, \$35—CANCELLED

Cave Spring, GA, Tour with Jim Howe, 3/1, \$48

Mystery Tour, 3/2—3/5, \$778 per person/double

For further information about our trips and membership, call Gail Shattah, Travel-Aires, at 404-321-6960. If you have not traveled with us yet, come join us! Annual membership is \$25.

**Home Repair Services**

Need any repairs done to your home? Let Senior Connections' home repair team take care of them. Our contractors are licensed, insured and bonded. Call (770) 455-7602, x162 for more information.

**Spread The Word**

Sometimes secrets just need to be shared, and this is one of them. Have you checked out the new link to "The Adventurer", our catalog, and everything that is going on with Senior Connections and Life Enrichment? Make sure you bookmark the following information in your Favorites folder on your computer, and remember to pass the information along to your family and friends. The web page is [www.srconn.org](http://www.srconn.org). In order to view the current edition or a back issue of "The Adventurer", simply cut and paste the following into your web browser: [http://www.srconn.org/About/news\\_media.aspx](http://www.srconn.org/About/news_media.aspx) and look under the "Stats, Struts and More" section.

**Interest Rate Bonus**

Did you see the special offer in the Winter catalog from Brookhaven Bank? Bring the ad from the catalog into either of their locations and receive a 0.10% interest rate bonus added to any Brookhaven Bank CD Product\*. They are located at either 2987 Clairmont Road., NE, Suite 150, Atlanta, GA 30329 (404) 633-2113 or 2221 Johnson Ferry Road, Atlanta, GA 30319 (404) 633-2150. For more information, please see their ad on page 34 of the Winter catalog. \*Offer valid until March 31, 2010, so if you are interested, don't wait. Stop by either of their locations and take advantage of this special offer before time runs out.\*

**Support Life Enrichment**

Because of people like you, Life Enrichment is able continue to offer the quality classes and services available. I bet you might not have known that a major portion of our operating fund depends on gifts from people such as yourself. If you are able to, please consider a donation. The check is made payable to Senior Connections. We thank you in advance for your generosity and continued support.

**Valentine's Day—February 14**

Alright, Gentlemen, the countdown is on. You only have ten days left to buy your sweetheart that special present that will make her heart swell and sweep her off of her feet; *and* keep you out of the dog house for at least....well....until your anniversary, or her birthday, or until you've done something you're not supposed to do!



As the saying goes, keep smiling, it will make people wonder what you've been up to. Everyone have a terrific week!



**Thanks for our sponsors:**



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To schedule an appointment today, or for more information, call 404-321-6960  
 Massage Therapist, Laurie Findlay  
 Reflexologist, Monika Hamilton  
 Mobile Day Spa, Vanessa Platt, 770-855-0421

**Reflexology**

1st & 3rd Mon. 11:00 - 4:00 p.m.  
 Wed. 11:00 a.m. - 4:00 p.m.

**Cost:** \$50 for one hour.

**Facials, Manicures & Pedicures**

Thursdays 10:00 am—4:00 pm  
 Fridays 9:00 am—1:00 pm  
 Call 770-855-0421 for appointment

**Massage Therapy**

2nd & 4th Mondays  
 9:15 am - 12:15 pm  
 Tuesdays 9:15 a.m. - 4:30 p.m. **Cost:**  
 \$25 for 30 min; \$50 per hr

Gift Certificates Available

New! Reiki offered 2nd & 4th Mondays, 1-4 pm, \$50 Call Patricia at (770) 498-1182