



# The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

## Adventures In Learning

Is everyone keeping warm and dry? Don't worry, if the rain keeps up, we'll build an ark and be able to keep everyone afloat until the rain subsides. Here is what's going on this week and we hope everyone enjoys.

### Terrific Thursdays

9:30 am—10:30 am

Penny Costanzo, Tai Chi 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

Sam Evens from Gold Years Advisory is our speaker 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! ☺

### Thank You, Commissioner Jeff Rader

We would like to extend a huge thank you to Commissioner Rader for all of his assistance in improving the walkway in front of our building. It is much safer and everyone is thrilled. We appreciate his help in getting this improvement through, and for all his help and assistance in all of the other proposed enhancements to our building in the future. If you would like to pass along your thanks to Commissioner Rader, you can call his office at (404) 371-2863 or email him at [jrader@co.dekalb.ga.us](mailto:jrader@co.dekalb.ga.us).

### First Anniversary Celebration Reminder

We hope you have inked in the evening of Thursday, February 18 from 5:00 pm—7:00 pm to join us as we celebrate the first anniversary of the merger between Life Enrichment and Senior Connections. Meet the Senior Connections Board & CEO, along with Commissioners Jeff Rader and Kathy Gannon. Family and friends are invited to come along with

#### 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.

you. We are looking forward to a great turnout and having you with us.

### First Lunch Chit Chat with Senior Connections CEO

Mark your calendar for Tuesday, March 9 from noon to 1:00 pm here at Life Enrichment as we have our first lunch chit chat with Senior Connections CEO, Debra Furtado. Lunch is free and provided by our awesome chef at Senior Connections. If you would like to attend and be a part of this sure to be interesting meeting, please RSVP to (404) 321-6960. We look forward to having you with us.

## Travel-Aires



### Upcoming Trips:

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

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

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.

### Updating Our Database

Just a reminder that we are updating our database. What that entails is calling everyone on the list to get this information. So if you receive a call from one of the Life Enrichment staff or our wonderful volunteers, please take a moment, if you have it, to let them ask you a few questions so we can keep our records up to date and serve you better. Thank you!

### New Sign In/Sign Out Policy

You have probably noticed the sign posted at the front desk asking that everyone sign in and sign out upon entering and leaving the building. This is for security purposes only, and we thank you for your assistance and cooperation in implementing this new policy.

### Spring Catalogs Going to Print

"Adventures In Learning," the Spring 2010 catalog, is going to print next week and should be in the mail shortly. Keep an eye out for the excellent, information-packed edition.

### Spring Instructors' Fair

Remember to join us for the Instructors' Fair on Thursday, March 18 from 10:00 am to 12:30 pm. Spring Classes will start the week of April 5. If you are not sure what classes to take, or want to know what's going to be happening, along with meeting the instructors, this is your best opportunity. It is always informative, and we always have a great time.

### 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.

### Have a Comment?

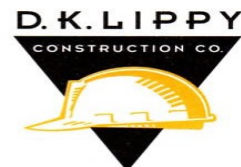
We want to hear from you. So in order to make it easier we will be putting up a comment box in the near future. This doesn't mean that our open door policy is changing. If you would like to speak with Megan personally, she can be available for you. We also know that some of you might just prefer to dash off a comment or compliment and drop it in the box, and we appreciate that too. We hope that you will utilize this service as it becomes available, so that we can make your time here at Life Enrichment the best it can be.

### Smoking Ordinance—DeKalb County

DeKalb County requires that all smoking facilities be at least 25 feet away from the front door of all public buildings. In order to adhere to this ordinance, the smoking area is going to be moved in the very near future to where the island is located in front of where the cars are parked in front of the Mack Love building. Construction of this neat little area will be starting soon. Once again, we thank you for your cooperation and assistance in working with us this matter!

### HAPPY VALENTINE'S DAY!

### Thanks for our sponsors:



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### Health & Wellness Programs



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