



The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

Adventures In Learning

Hope everyone is having a wonderful week! Unfortunately, we are almost at the end of the Terrific Thursdays for the Winter Session and that signals the time for the Pot Luck luncheon next week. However, just because Terrific Thursdays are almost over doesn't mean that we still don't have more great classes for you throughout the month of March. For more information, see page 2 of this newsletter and your copy of the Winter 2010 "Adventures in Learning". Here's what's happening this week.

Terrific Thursdays

9:30 am—10:30 am

Elizabeth Yates, who teaches our Yoga for Seniors class, 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

Our wonderful and delightful Director, Megan Moulding, will be concluding the Lunch 'n Learns for Winter by speaking to us this week on Medicare counseling. Lunch is included with this program.

Pot Luck Luncheon Next Week

As this week is our last week to have a speaker with lunch included, we all know what that means next week is, right? It's our fabulous, always delicious pot luck luncheon. If this is your first session with us on Terrific Thursdays, we have a pot luck luncheon to signal the close of Terrific Thursdays for each of our seasons. Next week signals the closure of this for Winter. Everyone brings a dish and we all get to taste fantastic food that is shared by all. It's a terrific way to enjoy the fellowship and go home with a happy tummy!

SIGN UP for the pot luck luncheon TODAY and let us know what you will be bringing.

First Anniversary Celebration Tonight

We hope you have made plans to be with us this evening from 5:00 pm—7:00 pm as we celebrate the first anniversary of the merger between Life Enrichment and Senior Connections. If you haven't yet, there is still plenty of time to RSVP. Come, meet and chat with the Senior Connections Board & CEO;

Life Enrichment

Living and Learning for Life!

1340 McConnell Drive

Decatur, GA 30033

404-321-6960

www.srconn.org

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

former Life Enrichment Board President, David Gaynes; DeKalb County Commissioners Jeff Rader and Kathy Gannon; and Congressman Hank Johnson. Family and friends are invited as well. See you tonight!

Cave Spring Trip Almost Sold Out

If you are planning on taking the trip with Travel-Aires to Cave Spring, GA, on March 1, you'd better call quickly to see if there are any seats available. We're excited that everyone wants to take this trip, and
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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.

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Cave Spring Trip Almost Sold Out

we're going to have a great time. If you are interested, call today so you don't get left behind!

Special Lunch Program with Senior Connections CEO

Join us here at Life Enrichment, Tuesday, March 9 for our first lunch chit chat with Senior Connections CEO, Debra Furtado. Lunch is from noon to 1:00 pm. It is free and provided by Senior Connections. We would like to see as many of you as possible, and want to make sure that everyone is included that wants to attend. Please RSVP to (404) 321-6960 at your earliest opportunity.

Sign Up for March Classes Now

There is still time to sign up for the classes that begin in March, so don't delay! There are two Tai Chi classes with Harvey Meisner; "War is Help...For Genealogists" with Susan Sloan; Jewelry Making with Charlotte Thomas; Online Banking with Connie Cothran (held at Brookhaven Bank); Excel in Picture Taking with Bob Siegmann and more. Consult your Winter catalog for days, times, pricing and enrollment form.

Travel-Aires Trips to Watch Out For

Gail Shattah is doing a great job working with Carol Lannon and learning the position of Travel Director. So much, in fact, she is already looking ahead and planning some of these top notch trips.

March 2010 will bring a trip to the Schwartz Performing Arts Center for an evening of music with the Emory Jazz Combo. April is going to be a delightful time to "Discover Dahlenge". In May

Travel-Aires will carry us away in time by visiting the exhibit of Henri Matisse: "A Celebration of French Poets and Poetry". Lastly, for now, in June our palates and senses will be tantalized with an array of wines at the winery of Chateau Elan. Details on all of these trips and more are forthcoming. It looks to be a fun-filled Spring and Summer!

Registration Process Changing

Starting with our Spring classes, we are going to implement a new registration process. You will be able to complete your enrollment form and turn it in prior to the starting of the classes; however, we are asking that you bring your payment for the class on the day the class begins. For further details on this new process, keep an eye out for the Spring 2010 "Adventures in Learning" catalog coming to your mailbox or email in box soon.

Database

Thank you to everyone so far who has taken the time to talk to our terrific staff and dedicated volunteers when they call you. We are still in the process of getting through all of the names and hope to be done soon. We appreciate your time and cooperation during this procedure.

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

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