



# The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

## Adventures In Learning

Today marks the end of Terrific Thursdays for the Winter Session, and it certainly once again lived up to its name—"terrific". Thank you to everyone for the fun and your participation. There are some really great classes still available to you for the month of March. If you're interested, don't delay in enrolling in the class of your choice. For more information, see your copy of the Winter 2010 "Adventures in Learning". Let's get going and find out what's happening this week.

### Terrific Thursdays

9:30 am—10:30 am

Instructor, Louise Runyon, Guild Certified Feldenkrais Practitioner, (Bones for Life® and Awareness Through Movement®) is our speaker this week during the Physical Fitness hour.

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

There will be no speaker this week. Today is our Potluck Luncheon!

## First Anniversary Celebration—Big Success

Thank you to all of you who attended our first anniversary celebration last Thursday evening and making it a success. We truly appreciate everyone coming out for a couple of hours. The turnout was first rate, and we hope everyone had a good time. The staff sure did! We want to thank our new Travel Director, Gail Shattah, for delighting us with her tickling of the ivories. We also want to include a big thank you to the Senior Connections Board & CEO; DeKalb County Commissioner Jeff Rader, along with the staff of Congressman Hank Johnson for attending. Once again, thank you all. We're looking forward to doing it again next year!

## Person of the Week

We have a new Travel Director. If you haven't had a chance yet, meet Gail Shattah. She wants you to know she's here and has not been scared off by learning her new job! She is the lovely lady sitting in the area behind the library bookcases. She is delightful, with quite a quick wit.

Before arriving here, Gail enjoyed work in the senior community for many years as a Program Director. She is a people person and enjoys working with her community. That's definitely evident because after she leaves Travel-Aires each day, she continues to give of her time as a volunteer and fundraiser in other areas.

Gail is a terrific piano player, as we found out at the anniversary celebration. She shares that she also likes to play tennis for fun, and would love to find some partners to play the game.

(continued page 2)

## Travel-Aires



### Upcoming Trips:

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

Evening of Music, 3/31, \$10

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.

### 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.

(continued from page 1)

### Person of the Week

She loves food and fashion. What does Gail love the most? Chocolate! Chocolate! Chocolate! Everyone got that for birthdays and holidays?

When asking Gail if there was anything she wanted to add on becoming the newest staff member here at the Mack Love building, she wants everyone to know she is looking forward to the adventures in traveling, in getting to know everyone better and in having fun!

### Lunch "Chit Chat" 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. In order to ensure that everyone is included, please RSVP to (404) 321-6960 *no later than Friday, March 5.*

### Instructor Fair Reminder Thursday, March 18

If it's not on your calendar yet, make this part of your to do list as follows: "Attend upcoming Instructor Fair from 10:00 am—12:30 pm." Meet the instructors for Spring and find out in depth about our showcase of classes. Have questions? This is the place to be to have them answered personally by the instructor. These are a really wonderful bunch of people, and a good time is always had by all. You'll enjoy all of their presentations. There will also be refreshments and gift certificates. Come one, call all! Or as we say here in the South, "Y'all come now, ya hear?"

### Spring Catalog Update

Extra! Extra! Read all about it! The Spring edition of "Adventures in Learning" are being mailed this week. You can also view it on line at our website.

### Registration Process Change

Remember that starting with our Spring classes, we are going to implement a new registration process. You will complete your enrollment form and turn it in prior to the start of classes, as in the past; but now you will bring your payment for the classes on the day the class begins. For further details on this new process, see the Spring 2010 "Adventures in Learning" catalog.

### Medicare Assistance

Just a reminder, if you need extra Medicare assistance, see Megan for help and more information.

### Congratulations Senior Connections!

We are excited to announce we received a grant to support the Meals on Wheels program. Meals on Wheels is such a phenomenal way to be of service to our seniors; being able to bring them healthy meals each day, along with sharing fellowship and smiles along the way.

Thanks for our sponsors:



PERSONAL CARE  
Serving Older Adults Since 1980



GREAT OAK  
MORTGAGE CORPORATION

### 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