



# The Adventurer



Weekly News About the Programs of Senior Connections' Mack Love Building

## Adventures In Learning

Welcome to the latest issue of *The Adventurer*. We hope that you enjoy our newsletter, and pass it along to your family and friends. This is the final week of Terrific Thursdays for the Winter Session. And while we're winding down on what has been a very exciting and fun-filled Winter, we hope that everyone has already enrolled in their classes of choice for Spring. April is just a few weeks away, and we wouldn't want you to miss out on a single thing.

### Terrific Thursdays

9:30 am—10:30 am

Let's Learn Bridge

10:45 am—11:45 am

Wii Sports

Or

March 10—Drew Early, retired Army Colonel and lawyer. His topic will be "What's Happening in the Middle East?"

12:00 pm—1:00 pm

Lunch 'n Learn

March 10—Pot Luck!! Thank you to everyone who has signed up to bring a dish and join us for our delicious Pot Luck lunch. It is always a great way to finish up the season.

### Join Us for Information, Please

Please make sure you join us for the final *Information, Please* if you are part of Terrific Thursdays. We are pleased and honored to be able to offer you

a program from speaker, Drew Early. Colonel Early is retired army and now practicing law. While serving our country, he served on General Tommy Frank's staff during the first Iraqi war. He will be speaking to us about what is going on in the Middle East.

We hope that you will be able to make this class a part of your Terrific Thursdays' schedule. It is sure to be interesting and informative!

### Spring 2011 Open House—Thursday, March 17

Wear your green and come join us next week on St. Paddy's Day for our Spring Open House. Bring yourself and your friends to learn more about the fabulous lineup of classes starting in April. Many of our instructors will be in attendance so if you have any questions about the classes you are going to enroll in, this is the way to do it.

One of our new instructors, Dorothy Neason, will be here to give you teasers about her upcoming classes this Spring—*Scrapbooking on a Budget* and *Crafting on a Budget*. Check

out the flyers at the front desk for some more information on these two brand new classes to Mack Love. The actual classes will begin on Monday, April 4 at a cost of \$80. For more information and to enroll, make sure you're here for the Luck of the Irish" next Thursday 11:00 am—1:00 pm. We look forward to seeing our familiar faces and welcoming the new ones!

### Think Pink—Macon's Cherry Blossom Festival

There is still a little bit of time left to grab your seat for this trip on March 24. The actual cut off date is March 10; however, we would like to try and squeeze you in if possible. A commitment and payment to Larrie by March 15 (and no later) could be accommodated.



## The Harmonizers

Do you like to sing? Join this happy group and sing for shut-ins, assisted living homes, retirement homes, etc. The Harmonizers meet one day a week for one hour with a trained director at Mack Love and sing songs familiar to everyone. This is a great chance to practice your singing, socialize with a neat group of folks, and bring joy to others. For more information, contact Bill Anderson at 770-469-2946.



**Mack Love Building**  
*Living and Learning for Life!*  
 1340 McConnell Drive  
 Decatur, GA 30033  
 404-321-6960  
[www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org)

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

### New Tiered Pricing Starting Spring for Terrific Thursdays

As Terrific Thursdays has long been a part of Life Enrichment and now Senior Connections' Mack Love Building, we want to keep it here to stay while accommodating as many of you as we can. Starting in Spring, if you want to sign up for the eight weeks taking your classes of choice and include the Lunch 'n Learn, the enrollment price will be \$60. If you would like to enroll but do not want to have the Lunch 'n Learn as part of your program, the enrollment price will be \$50. The exception to the enrollment of \$50 is that if you would like to include lunch every so often, there will be a \$5 charge (payable in advance) for the day you decide to participate in the Lunch 'n Learn. The last option we are offering is if you do not want to sign up for the complete eight weeks, but would still occasionally attend, it is \$10 including lunch. This is for each time you want to be a part of the day on Terrific Thursdays.

For those choosing the \$10 and \$5 enrollments and lunch options, the payment is required in advance no later than the Monday morning of the week you are choosing to attend. This lets us give Senior Connections' kitchen an accurate count, and will ensure your lunch for that week.

We hope this new system will work out for all of us, and work in accommodating each of you. We value each and everyone of you, and appreciate your continued loyalty.

### Upcoming Trips with the Mack Love Travel Club

Reserve your spot today for the trip on March 29 to the Millen-

ium Gate and Museum at Atlantic Station, along with a trip to IKEA. We will enjoy the morning touring the majestic Millennium Gate at Atlanta Station. Then we'll have some fun by having lunch and exploring IKEA. (**Note:** They do not take checks if you want to buy something.) The cost for this pleasurable day is just \$50, which includes lunch (checks made payable to Senior Connections). We will depart Mack Love at 9:30 am and return around 3:00 pm.

Keep reading *The Adventurer* for more details on upcoming trips to Savannah, Our Lady of the Holy Spirit Monastery, 3 Beltline tours, and so much more!

### We Need Card Tables, Please

Recently we had to dispose of many of our card tables as they were old and potentially unsafe. Now we need new ones. If you or anyone you know of would like to donate some to Mack Love, we would greatly appreciate it! Please contact Larrie or Jerome for further information.



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To schedule an appointment today, or for more information, call 404-321-6960

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Reflexologist, Monika Hamilton

Mobile Day Spa, Vanessa Platt, 770-855-0421

Reiki, Patricia Garrett, (770) 498-1182

Gift Certificates Available

#### Reflexology

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

Wed. 11:00 a.m. - 4:00 p.m.

\$50 for one hour.

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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.

\$25 for 30 min; \$50 per hour

#### Reiki

2nd & 4th Mondays

1:00 pm—4:00 pm

\$25 for 30 min; \$50 per hour