



The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

Instructor Fair Today!

Welcome to Life Enrichment's Spring 2010 Instructor Fair. Thank you for coming! We hope that you enjoy yourself today as much as we enjoy having you here.

If this is your first time visiting, welcome! You picked a great day to do so. Just a little background for you. Our classes are broken out into four quarters or sessions (Spring, Summer, Fall and Winter), and to start off each session, we kick it off with an Instructor Fair. This gives everyone a chance to meet many of our fabulous instructors and sponsors, along with finding out more in depth information about the classes that they teach. They have booths set up so that you can meet them personally, ask them questions and find out what is going on. Some of them will also be putting on presentations that give you a brief, yet always entertaining, summarization of the class(es) they will be teaching for the upcoming quarter. We have entertainment, refreshments, raffles and coupons to our delicious Senior Café located at our Chamblee headquarters.

Ready to get started? Here we go!

What are you interested in? Anything in particular? Exercise, ballroom dancing, entertainment, drumming, Tai Chi, computer classes, learn to speak

Spanish, stress management, dietary stress management.....just to name a few.

Variety is the name of the game here, and one thing that we offer.

Meet Gwyneth Johnson, MS, RD, LD, LMT, CNMT, Registered Dietician for Senior Connections. Gwyneth will be instructing several workshops for Spring: stress management, diabetes self-management, recipe medication, and an introduction to complementary and alternative medicine (CAM). What could be better than learning how to choose foods and build meals that help to balance your blood sugar or reduce saturated fat, while increasing vitamins and more. Make meals fun! How about learning to manage stress and relax, or learn about the current research being conducted for alternative medicines.

Did you know that there are many health benefits to drumming? Then meet the exciting, fun and always upbeat instructor, of Pete Marino. If the health benefits aren't what piques your curiosity, how about just having a great time?

After Pete's presentation today, you'll already be starting to jam!

Perhaps you'd like to join our Mason Mill Park Sunday Walking Club. Walking is proven to be one of the best and most enjoyable forms of exercise. Let Dr. Clari Faerman tell you about this and other great classes she is offering.

Who doesn't enjoy hamming it up some every now and then? We've all got that entertainer in us that is just waiting to bust out. Please make sure you are present for the presentation by
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Travel-Aires



Upcoming Trips:

Evening of Music, Emory Jazz Combo, 3/31, \$10

Springtime in Dahlonga, 4/20, \$48

Diana, A Celebration, 4/28, \$25

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

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

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Instructor Fair Today

Matt Adler Entertainers. Alice Rhodes Adler will show you how much fun it is to have fun!

Health, wellness and fitness are just a few of our top priorities here at the Mack Love Building. Let Louise Runyon, *Guild Certified Feldenkrais Practitioner*, present how to bring mobility, ease and efficiency to all forms of physical activity through heightened awareness of how the body and mind can function as an integrated whole.

You know you can't be without a computer in today's society. You've gone out and bought one, but how exactly do you get it to work, do what you want it to do with ease? Join Diane Somerset as she tells us about the computer classes she will be teaching.

So you think that Ginger Rogers and Fred Astaire have nothing on you, right? How about learning a few new steps just to make sure? Join the effervescent Francine Kohler as she introduces you to Ballroom Dancing.

We are offering something brand new this quarter to our terrific lineup. Keyboard lessons, music theory and vocal lessons. We are excited about being able to introduce you to Juanita Johnson and the classes that she is offering.

Perhaps you'd like to sign up for our Terrific Thursday classes. Mike Boyko is here to tell you about the course he'll be teaching, Great American Music: Broadway Musicals.

How about improving your brain and not even know you're doing

so because you're having such a great time? Let the always smiling and fun George Muse tell you about his class, Beginning Bridge.

This is only the tip of the iceberg of what we have to offer here each and every quarter. Meet many of our other instructors who are participating today, such as Earline Caudell, Tommye Mueller, Laurie Ledford and Connie Cothran. Take a look at your catalog and see everything there is to offer. Sign up for some wonderful classes today!

Don't Miss Signing Up for the Raffle!

Make sure you're here at noon to sign up at the front desk to win a door prize, along with being present at 12:30 as our Director, Megan Moulding, and our sponsor, Libby Walsh of Brookhaven Bank, pick the winner of our raffle. As always, our thanks and appreciation to Libby and Brookhaven Bank for their continued support and sponsorship.

Office Closing Early Today

The office will be closing today at 2:30 pm due to staff training. We apologize for any inconvenience this may cause and appreciate your understanding.

Thanks for our sponsors:



PERSONAL CARE
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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