



# 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 kicked off our Spring Session this week and what a great start we are having. Many of your favorites are back, along with bringing in some new classes. It's an exciting time, and we hope you are taking advantage of our all-star lineup for a bang-up Spring!

### Terrific Thursdays

Are you ready? It's time... Starting at 9:30 am this Thursday, Terrific Thursdays begins for eight great weeks. Our terrific lineup includes the greats, like Beginning/Intermediate Woodcarving, Woodcarving, Beginning and Advanced Quilting, Quilting Bee, Oil Painting, Mah Jong, Bridge for Fun and Canasta. We also have the following programs as follows:

9:30 am—10:30 am

Nutrition Issues

Or

Let's Learn Bridge

10:45 am—11:45 am

Wii Sports

Or

*Information, Please*

April 7—Dr. Erna Bryant, Black History: Celebrating the Present and the Future.

April 14—Journey of Remembrance where we will view a presentation by 3 ladies who are child Holocaust survivors.

12:00 pm—1:00 pm

*Lunch 'n Learn* (lunch included)

April 7—We welcome back Matt Adler Entertainers to kick off our Spring Session. They are always so entertaining and guaranteed to make you laugh.

April 14—Reflection of the Holocaust by survivors, children of survivors and grandchildren of survivors.

### *Information, Please for April 7*

Dr. Erna Bryant will be our speaker. The subject of topic will be Black History: Celebrating the Present and the Future. This program runs from 10:45 am—11:45 am. We are looking forward to this special program, and we thank Dr. Bryant for speaking to us on such a timely subject.

### April 14, 2011—Holocaust Memorial Day

Join us here at Mack Love for a very special day where we are honored to be a part of paying tribute to the remembrance of the Holocaust; its survivors and the family members of survivors. *Information Please* will be a "Journey of Remembrance". We are privileged to

view a presentation by three ladies protected as children by French villagers during the Holocaust. Please be with us as we welcome Lucy Carson, Regine Rosenfelder and Suzan Tibor as they tell us their story of how they survived this unspeakable period of time and how they went back for the dedication of a monument in the local cemetery honoring the Jewish families they tried to save. If you are not enrolled in Terrific Thursdays, but would like to be a part of this special presentation and special day, you can do so by enrolling for just \$10. Lunch will also be available and includes a speaker. Please RSVP **no later than Monday, April 11**. This will insure a proper headcount.

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## 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.

### April 14, 2011—Holocaust Memorial Day

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Our special day of remembrance continues with our Lunch 'n Learn program where we will hear from survivors, children of survivors and grandchildren of survivors in "Reflections of the Holocaust". Lunch is included.

We are grateful for the opportunity to be able to offer these special events for this humbling day of remembrance.

### Monastery of the Holy Spirit—Cancelled

Due to not enough interest in the trip to the Monastery of the Holy Spirit, this trip has been cancelled.

### Visit Georgia's Antebellum Capital

Come with Mack Love's Travel Club on June 12 for a trip to Milledgeville, Georgia as we enjoy lunch at Aubri Lane's, go on a guided tour of the Antebellum Governor's Mansion and visit Georgia's Antebellum Capitol. The cost for this day of wonderful southern history and charm is only \$79, payable at the time of reservations. We will depart around 9:00 or 9:30 am and return around 2:30 or 3:00 pm. The deadline to sign up for this lovely, historic day is May 16. So, don't delay and reserve your spot today.

### Information Needed from Instructors, Please

Calling on all instructors!! We are starting to gather information together for the Summer/Fall edition of *Adventurers in Learning*, and we need your information on the classes you are going to instruct for this Summer and Fall. If you have any questions regarding this information, please give Jerome or

Larrie a call, or send them an email.

### Wish List

We are so blessed to have such wonderful participants here at the Mack Love Center. We are continuously grateful and thank you all for your donations of monetary value, along with tangible items. We have a couple of item that have been added to our Wish List. One is card tables. We had to dispose of a good many due to the fact that they were old and unsafe. If any of you have any card tables that are in good condition, or perhaps new, but safe, we would appreciate your donation. We are also looking for some gently used chairs for our expanded library/community room. If you have any questions regarding this, please contact Jerome or Larrie. Thank you!!

### Joy Wix Home & On The Mend

We recently were told that our dear friend, Joy, took a fall in her home, was then in the hospital and then rehab. We are glad to find out that Joy went home yesterday. We hope she is recuperating and will be back with us soon. Our thoughts and prayers are with Joy and those caring for her.

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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

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.

#### Facials, Manicures & Pedicures

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