



The Adventurer



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

Adventures In Learning

Well, we've made it through April and the pollen hasn't gotten us too badly; but the weather has been gorgeous. We hope you're having a terrific and happy week. Welcome and we're glad you're here.

Terrific Thursdays

9:30 am—10:30 am

All The Children: The Three Desert Religions
Or
Wii Class

10:45 am—11:45 am

Great American Music: Broadway Musicals
Or
Alexander the Great to Herod the Great

12:00 pm—1:00 pm

Lunch Program for April 29
The wonderful storytelling and comedic plays of Chip Fortenberry will be our entertainment this week.

Lunch Program for May 6

The speaker is to be announced.

Thank You, Harmonizers!!

Talk about harmony and a terrific group of people. What an entertaining hour. Lunch was pretty delicious also. Starting us off with some fabulous lasagna from our very own Connections Café, we then got treated to songs that we all know and love and were able to sing along. "Georgia" was lovely. We had a very snappy rendition of "All That Jazz" that had a

few of us dancing in the back of the room. There was a particularly rousing rendition of "Tiptoe Through The Tulips" that Tiny Tim couldn't have sung any better. In fact, I'm not sure that Linda McKay knew her husband, Woody, could sing that high! It was tons of fun, and once again, our thanks go out to The Harmonizers.

Sponsors Needed for Lunch Program

We are looking for some possible sponsors for the lunch programs in the month of May. If you know of anyone or any group that would like to sponsor one of the three lunch programs in May that are still available, please have them contact Natasa Bilec as soon as possible. We appreciate your suggestions!

Cool Fashion Accessories from Grocery Bags

Here's a way to look chic and help the environment all in one step. Learn how to make a purse or tote bag from your recycled grocery bags! Join the very talented Barbara Lester as she puts on a Sampler Class on how to make these neat bags. If you are interested in participat-

ing in this free class, here's what you will need: A sharp pair of scissors that definitely cuts through plastic. If knitting, you'll need steel knitting needles—size 13 AND 15 and a large yarn needle. If crocheting, you'll need a steel crochet needle—size J through N (the larger the needle, the larger your space between stitches will be). Lastly, you'll need plastic bags and lots of them. Don't worry if you think you have too many, you won't. You cannot have enough. If interested in taking this free

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Travel-Aires



Upcoming Trips:

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

Matisse at Oglethorpe University, 5/4, \$15

Chateau Elan/Mayfield Dairy, 6/7, \$30

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.

Mack Love Building

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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Cool Fashion Accessories from Grocery Bags

class, it will be held on May 4 from 2:00 pm—4:00 pm. The sign up sheet is located at the front desk, along with some flyers, so sign up today, and don't miss out on this fun opportunity.

Special Election for Georgia Senate District 42

There is a special election set for May 11 to fill the seat vacated by David Adelman following his resignation to become US Ambassador to the Republic of Singapore. One of the candidates, Jason Carter, has approached Senior Connections to introduce himself to you, and we have arranged for him to come to our Terrific Thursday class on May 6. He will not be speaking but joining some of our classes just to meet you and answer any questions that you may have about his platform. As Senior Connections is not backing any of the four candidates, we will be providing platform information on all four gentlemen, Jason Carter, Steve Patrick, David Montane and Tom Stubbs on our new "Advocacy Corner" table in the reception area.

We would also like you to be aware that the North Druid Hills Homeowners Association will host a forum on Sunday, May 2 at 8:00 pm in the upstairs conference room at Congregation Beth Jacob, 1855 LaVista Road, NE, Atlanta, GA 30329. All four candidates will be participating.

Diabetes Self-Management Workshop—New Date!

We have had a lot of renewed interest in the above mentioned class, and it is has been rescheduled for May 8 at Senior Connec-

tions main building at 5238 Peachtree Road in Chamblee. This all-important class can teach you how to choose foods and build meals and menus that help to balance your blood sugar. You will learn the importance of food, activity and medications to meet your blood sugar goals, and so much more. Plus Gwyneth makes it fun and enjoyable. If you are interested in attending this class, please call Marie or Natasa so that we can get you on the list and seat in the class.

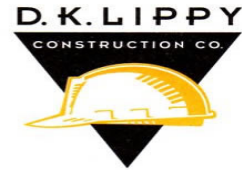
Front Desk Volunteers Needed

Would you or anyone you know like to be one of our wonderful, awesome front desk volunteers? We would love to have you with us! Volunteers are needed for the following times: Tuesday from 9:00 am—12:30 pm and from 12:30 pm—4:00 pm and Wednesday from 9:00 am—12:30 pm.

We also need Telephone Reassurance Volunteers for weekend calls. If you are interested in volunteering for any of these positions, please call Natasa here at the Mack Love Building.



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

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

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.

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

Reiki

2nd & 4th Mondays

1:00 pm—4:00 pm

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