



# The Adventurer



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

## Adventures In Learning

It's here. April 15. Tax day. Ugh. Something most of us don't like to think about but know we've got to do it. File our taxes. In order to make that more palatable and take away your tax day blues, here's a surefire way to make you feel better. Come to the Mack Love Building and sign up for classes. We always have a great time. The choices are wide and varied. You've heard the saying "learning is fun"? Here at the Mack Love Building, it's true. Thank you for being here! We appreciate you!

### 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 15*  
Matt Adler Entertainers are our feature attraction today. Prepare to smile and enjoy. Lunch is complimentary

### *Lunch Program for April 22*

The happy sounds of the Harmonizers will be entertaining us next week. Please remember that for this lunch program there will be a \$6 charge.

### Lunch Program for April 22

Just a reminder that the Harmonizers will be entertaining us during our Lunch Program next Thursday. Due to the special programming, there will be a charge of \$6 per person for lunch. Make sure to reserve your spot by checking your name on the sign in sheet and enrolling with your \$6. We want to make sure that we have enough lunches for everyone. Please RSVP by this Friday, April 16. Thank you!

### Volunteer Appreciation Brunch

This Saturday Senior Connections is sponsoring an appreciation brunch for its volunteers from 11:00 am—12:30 pm.

The event will be held at the main Senior Connections building in Chamblee. You should have received an invitation in the mail. If you have not, please let Heather Balom and Megan Moulding know ASAP.

This is for ALL volunteers and we want everyone to come if possible. To RSVP, please contact Heather either by email at [hvbalom@srconn.org](mailto:hvbalom@srconn.org) or by phone at (770) 216-2574.

Thank you to all of our wonderful volunteers of who give of

your time, joy and spirit. You are greatly appreciated. We hope to see all of you this Saturday.

### Travel-Aires Payments

If you are planning on becoming a member of Travel-Aires, renewing your membership, or taking a trip, please remember that your checks are to be made payable to Senior Connections.

### Diana, A Celebration

There's still time to sign up for this trip if interested. Call Gail Shattah for more information.

### Travel-Aires



### Upcoming Trips:

Springtime in Dahlenega, 4/20, \$48—FULL

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

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

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](http://www.srconn.org)

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

**Life Enrichment Name Change**  
Effective April 12, the name of Life Enrichment officially changed to Senior Connections, and we are called the Mack Love Building.

**Special Summer Class by Louise Runyon**

Instructor, Louise Runyon, *Guild Certified Feldenkrais Practitioner*, will be putting on a special one day workshop this summer. Details to come!

**Card Tables Anyone?**

If you or anyone you know has some extra card tables lying around and would like to donate them to the Mack Love Building, we would gladly accept your donation. We could really use them. Thank you and we appreciate it!

**First Annual Technology Fair**

It's coming to Mack Love! Join us on Saturday, May 15 from 11:00 am—2:00 pm for our first ever technology fair to be put on by Dan Gasparrini and other instructors. We are thrilled about being able to bring you something new and exciting such as this. Come check out the booths on desktop and mobile computing, learn how to “exercise” with your computer, and much more. The event is free and we hope all of you will come. Bring a friend and make an afternoon of it here at our First Annual Technology Fair. See you there!

**We Will Miss You, Megan!**

It is with some sadness, but great excitement, that we make this next announcement. Megan, our current director, has been asked to assist Senior Connections in another capacity. As we all know this economy has taken its toll on everyone; and, unfortunately, Sen-

ior Connections has not been untouched by these effects. Transitioning Megan to this new role as Director of Health and Wellness and Senior Residences will help the organization financially. Please know that Senior Connections values the participants and the programming at Mack Love. We are eager to announce that Gwenyth Johnson, a member of the Senior Staff, will be coming to take over this position. Having such a key leader here in on our building demonstrates Senior Connections' commitment to the programming and this community. As you may or may not know, for the past two years, Megan and Gwenyth have been part of a team that is committed to work together to make this transition as smooth as possible, and will keep in mind the best interest of all involved. Of course, Marie, Natasa and all of our volunteers will play a huge role in this effort. On a personal note, Megan has **sincerely** enjoyed getting to know all of you over the past ten months, and will miss everyone tremendously. She feels at home with all of the wonderful participants, volunteers and instructors, and though sad to leave, promises not to be a stranger. “Thank you for all of the wonderful memories!!”



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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