

# The Adventurer



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

### **Adventures In** Learning

It's hard to believe that the Spring Quarter has almost come Terrific Thursdays for the to an end. This has been such a Spring Quarter, and this means successful quarter for all of us—staff, participants, instructors, and volunteers—that we hate to see it end. Thank you to with our Terrific Thursdays everyone for your continued support, and we hope that you will continue your fun through the upcoming Summer Quarter. Here's what's going on this week:

#### **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 May 20 The speaker for this week is Nancy Addison and her Sing Along with Harp or Guitar program. Lunch is complimentary and sponsored by Blue Cross/ Blue Shield of GA. Our sincerest thanks to them for sponsoring this lunch.

Lunch Program for May 27 There will be no speaker next week. Next week signals the end of Terrific Thursdays and time for the extra special treat of our potluck luncheon.

#### Potluck Luncheon, Thursday, keep your eyes peeled for that May 27

As mentioned earlier, next Thursday signals the end of one of my favorite days potluck luncheon time! If this happens to be your first time program, you will definitely enjoy. Everyone brings something delicious, and we all get to share in the good will and great food. We have a sign up sheet at the front desk and request that you sign up as soon as possible, along with noting the delicious dish you will be contributing to this fun afternoon.

#### **Summer Catalog is Online**

The Summer Quarter here at Mack Love begins Monday July 12. If you would like to get an jump start on selecting your classes for this quarter, you can view it by going to www.seniorconnectionsatl.org. You can print it off and start making your choices today! For those of you that prefer to get it via regular mail, the catalog is supposed to hit the printer for printing next week and be in the mail right after that. So

#### **Mack Love Building**

Living and Learning for Life! 1340 McConnell Drive Decatur, GA 30033 404-321-6960 www.seniorconnectionsatl.org

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

delivery from your friendly postal person.

#### **Upcoming Instructor Fair for Summer Session, June 17**

You've not ever been to one of our Instructor Fairs? How could you miss it? These events are one of the best ways to meet and get to know the wonderful instructors that will be teaching the classes for the upcoming quarter. Make sure you join us on Thursday, June 17, from 10:00 am—12:30 pm for free food, raffle drawings and more. It's a don't miss, fun way to spend a morning!

#### **Travel-Aires**



#### **Upcoming Trips:**

**Botanical Gardens Canopy** Walk, 6/2, \$16

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

Jimmy Carter Presidential Library & Museum, 6/23, \$20

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.

#### Online Banking Class Date Change

If you have signed up for the Online Banking class, please remember the date has changed to Thursday, June 10. The location and time remain the same: 11:00 am—12:00 pm at Brookhaven Bank, 2987 Clairmont Road, Suite 150, Atlanta, GA 30329. If you have not signed up yet and would like to, there is still a little time left to do so.

#### **New Trips with Travel-Aires**

Gail Shattah has got some dynamite trips lined up for the Summer Quarter. Starting with June and July, how about a trip to the Jimmy Cater Presidential Library & Museum on June 23 to see the exhibit on the photographs of Senator Howard Baker. Experience the wonders of Arabia in IMAX at the Fernbank Museum on July 7. Visit Atlanta's beautiful, one and only fabulous, Fox Theatre on July 26. This will be an in depth tour, with promises of facts being shared about the Fox that you probably never heard before. Lunch will follow at the Livingston Restaurant in the beautiful Georgian Terrace Hotel. Coming in August, you will be able to enjoy a variety of different kinds of music at the Roswell Cultural Center on August 15, and a trip to Macon on August 24 for a visit to the "Palace of the South", the Georgia Music Hall of Fame and much more. September brings us an historic tour of Covington, Georgia; where there will be a driving tour of antebellum and neoclassical homes, a visit to the famous courthouse used on "In The Heat of The Night" TV show and more. Gail is going to town on planning great trips! If you would like more information on these trips so you can reserve your

spots now, please view the Summer catalog at www.seniorconnectionsatl.org and call Gail Shattah today.

#### **Possible Water Aerobics Class**

After Gwyneth's meeting with the YMCA, we have been presented with a wonderful, fun opportunity to have a water aerobics class. If you are interested in participating in a class like this, please sign up at the front desk with your name and telephone number. Your telephone number is only for Gwyneth's use and will remain confidential. She will use it to call you if we get enough people to make a class.

## **Senior Connections Closed in Observance of Memorial Day**

Please remember there will be no classes and the office will be closed on Monday, May 31. We will resume normal activities the next day, June 1.

#### **Editor's Note**

You know how sometimes you see "Editor's Note" in all of our big publications, well, I finally get to do one ©! There will not be an issue of "The Adventurer" next week, May 27, as the Editor will be at the beach. "The Adventurer" will resume the following week. Have a terrific Memorial Day!!

#### Thanks for our sponsors:













#### **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

#### 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