



The Adventurer



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

Adventures In Learning

As we wind down our Spring Quarter, we will kick off Summer with our fabulous Instructor Fair on Thursday, June 17. The Summer Quarter will officially start on July 12 and go through September 30. Please be aware that between now and July 12, our building and classrooms are available to you if you have something special you would like to plan. Maybe you would like to play cards. All you need to do is call or come by and see us. We will be happy to accommodate you in any way that is possible. Here is what's going on at the Mack Love Building, and everyone have a great week!

Instructor Fair, Thursday, June 17!

It's on your calendar for this week, right? We are looking forward to seeing everyone as you join us from 10:00 am to 12:00 pm here at the Mack Love Building. Don't miss out on the chance to meet the best of the best when it comes to instructors. There will be free food and opportunities to enter raffle drawings. There's always the chance you could be the winner of some terrific prizes. See you on Thursday!

Closing of the Mason Mill Recreation Center

On June 22, there will be a vote on the closing of the Mason Mill Recreation Center. If you would like to comment on this issue, regarding the upcoming

vote on the closing of that Center, the information is as below.

- ◆ Burrell Ellis, CEO, DeKalb County at (404) 371-2881
- ◆ Commissioner Jeff Rader, District 2 at (404) 371-2863 (office) or fax his office at (404) 371-7004
- ◆ Commissioner Connie Stokes at (404) 371-2715

Trip to the Jimmy Carter Presidential Library & Museum Is Cancelled

Due to lack of interest in this trip, Gail had to cancel. We apologize for any temporary inconvenience this may cause, and look forward to having you on future trips

Special Class Offering by Louise Runyon

Improve movement, breath, coordination, flexibility and self-image! Join this one-time workshop in the *Feldenkrais Method. Awareness Through Movement* lessons are ingenious, gentle movement sequences designed to bring mobility, ease and efficiency to all forms of physical activity, through heightened awareness

Mack Love Building

Living and Learning for Life!

1340 McConnell Drive

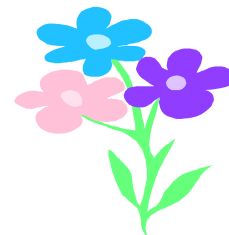
Decatur, GA 30033

404-321-6960

www.seniorconnectionsatl.org

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

of how the body, and mind, can function as one. This special class is behind held on Sunday, June 27 from 2:00 pm—5:00 pm at a special cost of \$65. *Students need to bring mat. Please contact instructor before buying.* For further information, please contact us here at the office or go to www.FeldenkraisAtlanta.com or Louise Runyon at (404) 728-8991.



Travel-Aires



Upcoming Trips:

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

IMAX at Fernbank Museum, 7/7, \$26

Fox Theatre Tour and Lunch, 7/26, \$18

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.

Let Your Voice Be Heard on June 28 Here At Mack Love!

Join us from 10:00 am—11:00 am for a DeKalb County Senior Public Policy Forum. Be a part of forming public policy for the future. Be a part of Older American's Act Reauthorization. Be a part of informing policymakers about your needs. This is a terrific opportunity, and we want to make sure that our Seniors' voices are heard! We need 15 people to sign up in order for this Policy Forum to take place. To ensure that you are a part of this important forum, there will be a sign up sheet at the front desk. You can also give us a call, and we'll make sure that your name gets on the list.

One Class Remaining For Spring Quarter

You still have the chance to enroll for the following class:

8080 Just the Facts: Filling the Blanks on Lineage Society Applications—June 28 from 1:00 pm to 3:00 pm taught by Susan Sloan. This is here at the Mack Love Building, and the cost for this class is \$20. For more information and enrollment form, please consult your Spring 2010 catalog.

Trip to the IMAX Theatre at Fernbank Museum

If you have not had an opportunity to experience a movie at the IMAX at Fernbank, you are most definitely missing out on something. Viewing a movie in this type of cinematic experience is like actually being there and being a part of what is happening in the movie. Join Travel-Aires on Wednesday, July 7, for the IMAX presentation on Arabia. We will depart here at 10:00 am and return at 2:00 pm. Lunch will be on your own at the Fernbank Café. The

cost is \$26. Call Gail Shattah today or come by and see her with your enrollment.

Upcoming Transitions for Senior Connections

We will be welcoming a new face soon to the Mack Love Building. She is Amy Perkins. Amy has been promoted to the position of Director of Volunteer Services. Prior to this promotion, Amy was Debra Furtado's right arm and Executive Assistant. Do you know of anyone that would like to volunteer their services for Senior Connections? They can reach her at (770) 455-7602, X115. In an attempt to make as perfect a segue as possible to tell you about the next transition...As Amy has been promoted, this would leave a need for the position of Executive Assistant to be filled. Please congratulate our current Program Administrator, Natasa Bilec, on her new promotion to Executive Assistant for Debra Furtado. Natasa will be with us for the Summer and will not move back to the main building until September. Stay tuned for further details!



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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