



# The Adventurer



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

## Adventures In Learning

Welcome to Summer, the first week of the new quarter and beginning of new classes. Can you believe it's July already? Time sure flies, and since it does fly by so quickly, we don't want you to miss out on a single bit of what is going on for this quarter. We have got some really terrific classes lined up that are wide in variety and broad in spectrum. We have drawing classes, jewelry classes, drumming classes, computer classes, exercise and health & wellness classes of just about every type. We're sure you'll find one that will suit your exercise and health needs. How about meditation classes, learn Spanish, learn how to do your banking online, digital photography, and don't forget to take a trip or two or three with Travel Aires. Enroll for the classes of your choice to reserve your space today.

We also want to take this opportunity to wish everyone a very happy and safe 4th of July. We hope that everyone will enjoy their holiday weekend however you may be celebrating.

### Date Change for Yoga for Seniors Class

The date for Class 4010 Yoga for Seniors taught by Elizabeth Yates has been changed. In the catalog it shows a starting date of Friday, July 16, running through Friday, August 27, at a length of six weeks. The *new* starting date will be this Friday,

July 2, and will run through Friday, July 30, or five weeks.

The tuition for the class has also changed. It was originally \$72, but is now only \$60. The class time of 11:15 am—12:30 pm will remain the same. We apologize for any inconvenience this may cause.

### Trip to Fox Theatre is Full

The Travel Aires' trip to the Fox Theatre and lunch at the Georgian Terrace on Monday, 7/26 is full to capacity. If you would like to see another trip of this type scheduled, please get with Gail and give her the positive feedback so she can see what she can do to make this happen.

### Space Still Available for IMAX Arabia

The upcoming trip to the IMAX next week on Wednesday, July 7, still has spaces available. If you are interested in this trip, you must have your money to Gail Shattah *no later than this Friday, July 2*. The reason for the cutoff date of this Friday is because of the long holiday weekend and the office being closed on Monday due to the 4th of July. Don't miss out. An IMAX experience is always

fun!

### New Office Volunteer at Mack Love Building

Please welcome our newest front desk volunteer, Judy Wallace. Judy will be "manning" the front desk and answering phones on Wednesday mornings. She had orientation last week and started with us this week. We are happy to have her join the family!



### Travel-Aires



### Upcoming Trips:

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

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

Atlanta Concert Band, 8/15, \$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.

### 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.

**Mason Mill Recreation Center  
To Remain Open**

Due to the large turnout and discussions that occurred at the meeting on June 22, it was decided that the Mason Mill Recreation Center downstairs will remain open.

**Bernard Holcombe Returning**

Great news all the way around! Bernard has been healing well from his recent surgery; and, therefore, will be returning to Mack Love for the woodcarving class, which is a part of our Terrific Thursdays. We have missed Bernard, his wonderful personality and awesome talent, and are so happy to have him joining us again. Welcome back, Bernard!

**Don't Know What To Do With  
Your Thursdays?**

We do and it's a surefire way to have fun! Join us for Terrific Thursdays starting July 15 and going through September 2. Variety is the spice of life and describes Terrific Thursdays to a "T". Choose from one of two classes from 9:30 am—10:30 am and one of two classes from 10:45 am—11:45 am. Or perhaps you'd prefer one of our two—hour morning courses from 9:30 am—11:30 am, with choices of woodcarving, quilting bee, oil painting bee or Mah Jong. We also offer two-hour courses in the afternoon that include either Bridge or Canasta. And we're not done giving you selections! You can also participate in our Lunch 'n Learn programs, where a different speaker is provided each week with lunch included and usually complimentary. All this for one day, eight weeks in a row? You're thinking "I bet this is expensive". It's not, and it's one of the best deals around town at only \$40. Don't delay! Enroll today as Terrific

Thursdays fill up quickly. For further details, please consult your Summer 2010 catalog. Payment is required at the time of enrollment.

**Volunteering for Senior  
Connections**

Would you, or do you know of someone who would like to volunteer their time "manning" the front desk and answering the phone here at Mack Love? Perhaps there are some other ways you can volunteer and offer your valuable time. If so, please contact Amy Perkins, Director of Volunteer Services at (770) 455-7602, X115. Thank you! Know that everything our volunteers do is immensely appreciated!

**Office Closed on Monday, July 5**

Due to the 4th of July holiday falling on a Sunday, Senior Connections' offices will be closed on Monday, July 5. We will resume normal business hours and operations on Tuesday, July 6.



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Reflexologist, Monika Hamilton

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**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