



The Adventurer



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

Adventures In Learning

How was everyone's 4th of July holiday? We hope it was bright and colorful if you enjoyed fireworks; always happy, safe and with those that you love.

Ready to kick off the Summer Quarter? Well then, let's get to it. Here's what's happening:

Terrific Thursdays

Terrific Thursdays starts up next week on July 15. Here's how the lineup goes for the one hour courses. Remember that we also offer the two hour courses from 9:30 am—11:30 am and from 1:15—3:30 pm. Please consult your catalog for further details to enroll.

9:30 am—10:30 am

Wii Class

Or

Great American Bestsellers:
The Books That Shaped
America

10:45 am—11:45 am

Smart Financial Decisions For
You And For Your Family

Or

Nutrition Issues With Gwyneth

12:00 pm—1:00 pm

Lunch Program for July 15

The first speaker we will have to kick off the lunch program will be Candice Stewart from DeKalb Medical. Lunch is sponsored and will be complimentary.

PLEASE NOTE FOR NEXT THURSDAY ONLY: The office

will be closing early next at 2:45 for a mandatory staff meeting and will be locking the doors at that time. We apologize for the inconvenience. All will be back to normal the following Thursday.

Tai Chi For Movement Improvement Class

Tai Chi continues to be one of our most popular class series, and this quarter is no exception. The class series that starts on Friday, July 16, is full. There are still some spaces for the Monday series starting on July 12 at either 2:00 pm or 3:15 pm, but they are also filling up quickly. If you would like to make sure you get into one of these classes next Monday, do not delay; otherwise you'll have to wait until the Fall.

Date Change— Strength Training For Seniors

One of our very favorite and long-time instructors, Earline Caudell, will be going into the hospital. The class series (4060) scheduled to start on Tuesday, July 13, running through August 17 had to be changed to the following: The new start date for this fun class is now Tuesday, July 27, run-

ning through August 31. The one good thing about this change is that if you thought you missed out on taking this class, here is the opportunity! There is no change in the series 4061 that starts on August 24. Our prayers and best wishes go out to our dear friend, Earline. We wish her a speedy healing and recovery!

Two Class Cancellations
Fighting Back Senior Scams (Series 7000) that was scheduled for July 14 is cancelled. If you are still interested in taking this class, series 7001, beginning August 4 is still available for sign up.

Travel-Aires



Upcoming Trips:

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

Atlanta Concert Band, 8/15,
\$20

Sites and Sights of Macon,
8/24, \$50

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

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

**Two Class Cancellations
(cont from page 1)**

The first series of the class (8010 in the catalog), Relaxation/Meditation/Simple Yoga Stretches on July 12, and instructed by Michele Rosbruck, is cancelled due to not enough enrollments. There are five more opportunities to take this beneficial class, starting with July 21. Please consult your catalog for further enrollment details.

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!

New Faces at the Mack Love Building

As mentioned in previous newsletters, Amy Perkins, Executive Assistant to CEO, Debra Furtado, has been promoted to Director of Volunteer Services for all of Senior Connections—Atlanta. Amy is in the process of transitioning between these two positions and that means traveling between the home office in Chamblee and here at Mack Love. Amy is the cheery person that is locating herself in the office across from Room 115. Please feel free to stick your head in the office and introduce yourself. Amy is looking forward to meeting everyone.

We would also like to take this opportunity to welcome a brand

new face to Senior Connections. Her name is Larrie Kontz. Larrie has been hired to be the RSVP Manager for Senior Connections. RSVP is the wonderful program in the metro Atlanta area that is based on volunteers and the services that can be provided to and for others, such as disaster preparedness, awareness of environmental issues, Medicare insurance counseling and much, much more. Larrie is also located in the office across from Room 115, being shared with Amy. Please feel free to also introduce yourself to Larrie. She is new to Senior Connections and looking forward to meeting everyone also. Welcome Amy and welcome Larrie! We are very glad to have you here!

Polymer Clay Jewelry Making Workshop

Make sure you reserve your space for this workshop coming up on July 14 from 10:00 am—12:00 pm here at Mack Love. If you’ve worked with polymer clay before, you know that it is instant gratification. Even if you haven’t yet, that is okay! You’ll learn and have tons of fun doing so. The enrollment fee of \$20 includes supplies. Make sure to bring a container to take home uncured or incomplete pieces. Everyone loves our instructor, Charlotte and

always has a great day.



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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