



The Adventurer



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

Adventures In Learning

It's another busy week here at the Mack Love Building with classes getting into full swing. Terrific Thursdays kicked off last week, and it was great fun. We are so glad to have everyone back! We missed you! We also welcome all of the new folks where this is your first time here at Senior Connections' Mack Love Building. We hope you enjoy yourselves and will continue to be with us for a long time to come. And remember, if we can be of assistance to any of you to make your classes and visits with us even more enjoyable, do not hesitate to let us know. We appreciate everyone, and want your experience with us to be happy and memorable. Here's what is happening this week.

Terrific Thursdays

Here's the lineup 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.

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 22

We will entertained by Nell McCuen who will share with us the melodic sounds of a hammered dulcimer. Lunch will be sponsored and complimentary.

Lunch Program for July 29

Laura Creamer from Consumer Credit Counseling Service will be the speaker next week. The topic is Fighting Back Senior Scams, part 1 (Part 2 is scheduled for August 12).

Special Travel-Aires

Presentation—July 21

Come join Gail Shattah, this Wednesday, as she hosts Colette Vacations here at the Mack Love Building. They will be previewing Shades of Ireland as they get us ready to travel in 2011. If you have ever thought of taking a trip to visit this beautiful country and its friendly people, then this is a presentation you need to attend! The presentation will start at 1:00 pm. Light refreshments will be served. Come, and let the luck of the Irish be upon ye.

New Trip Added to Travel-Aires Lineup

Gail has added another exciting,

fun day to the Summer/Fall lineup. Join her on Friday, September 3 for a day trip to Gadsden and Nocolula Falls. Start off your Labor Day weekend with a trip that is sure to be a winner. Call Gail today to reserve your spot. These trips tend to fill up, and we know you don't want to miss out. Stay tuned for more details or call Gail today!

Want to Make a Cool Bag?

As recycling is so part of our everyday lives and so important to our environment, we all want to do the most we can to help

Travel-Aires



Upcoming Trips:

Atlanta Concert Band, 8/15,
\$20

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

Gadsden and Nocolula Falls,
9/3, price to be announced

Historic Covington, 9/14, \$40

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.

out. We've got a sure-fire way to do this and be fashionable at the same time! Recycle your plastic bags by joining Barbara Lester as she shows you how to become a "fashion 10" by crocheting purses and bags with the plastic bags you get from where you shop. Sign up at the front desk. The date of this class to be confirmed.

We Hate to Say Goodbye

Goodbyes are never easy when one has to say them to someone as special as Gwenyth Johnson. Although Gwenyth has been with Senior Connections for 2 1/2 years, she has been here at Mack Love for only a short time, but that still doesn't make it any easier. We knew that it would be just a matter of time before she won us over because of the delightful person she is, and you know what? It worked. Speaking personally, it worked from the moment she introduced herself to me what seems many moons ago. This volunteer became a "member of the Gwenyth Johnson fan club" (I understand there is quite a large following.)

While Gwenyth hates to leave, she says she has been offered an opportunity of a lifetime, and has accepted the position of Chief Nutritionist for the State's Division of Aging Services.

As we said earlier, she has been with Senior Connections for 2 1/2 years; coming on board at that time as a Dietician. By July of that same year, she was promoted to Director of Nutrition, which included health & wellness and more. By July of 2009, she was given even more responsibility by putting her in charge of all of the senior centers, of which Life Enrichment was part. Nutrition is a

true passion for Gwenyth, and if you've not had a chance to hear her talk about it, then you've missed something. She makes everything she does fun. Yes, you're learning something good about yourself, but you almost don't know it and you want to do it!

Gwenyth is a joy. While always a professional and very good at what she does, her bright smile and happy, pleasant, upbeat personality make it all worthwhile. Gwenyth will be leaving us next Friday, and while she will be missed greatly, we wish her all of the best in her next venture with continued success and happiness. Knowing Gwenyth? It will work like a charm.

Welcome, Jerome Gray!

Transitioning from the Chamblee office's Home Repair Department over to Mack Love will be Jerome Gray. He will be wearing the multi-tasking hats of both Gwenyth and Natasa's position. Starting tentatively mid-August, early September; but we'll see him periodically before that so he can start getting used to the position and we can get to know each other. There are no strangers here and we look forward to him being here.

Thanks for our sponsors:



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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