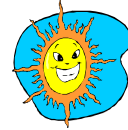


# The Adventurer



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

## Adventures In Learning

Are you beating the heat by coming to the Mack Love Building to take your favorite classes? We sure hope so. Check out what is going on 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 29

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

### Lunch Program for August 5

We have the pleasure next week of being entertained by "The Swinging Saints of St. Joseph". These are a group of wonderful volunteers from St. Joseph's Hospital who travel around en-

gaging all that they visit with comedy, skits, their various instruments and more. Sounds like a fun-filled, enjoyable lunch program for next week!

### Crochet A Bag Class, Next Tuesday, August 3—1:00 pm

There is still time and room to sign up for this really fun class where you learn how to make different types of bags—all with the plastic bags you get from where you shop! Join our instructor, Barbara Lester, by enrolling at the front desk, where the sign up sheet is located. The supplies you will need to bring are a pair of scissors (make sure they will cut plastic); as many plastic bags as you can of any color (you can never have too many of these to make the bag); and a crochet needle—size J through N (the larger the needle, the larger your space between stitches will be). This class is free. Everyone has a ball, and loves learning how to become a "fashion 10" with their new bags.

### Congratulations to Senior Connections on Their Award!

Senior Connections has been awarded the 2010 AAHSA

Public Trust Award. AAHSA stands for American Association of Homes and Services for the Aging, and is based out of Washington, DC. The Public Trust Award recognizes an individual or organization that has advanced public trust and confidence in aging services through public service, collaboration, media or other efforts to educate consumers and help them make informed choices. For more information on this award, you can view it at [www.aahsa.org/award/award\\_category.aspx](http://www.aahsa.org/award/award_category.aspx). This is a national award that will be given to Senior Connections at (con't on page 2)

## 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](http://www.seniorconnectionsatl.org)

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

**Congratulations to Senior Connections on Their Award!**  
(con't from page 1)

AAHSA's annual meeting and exposition in Los Angeles, CA in November.

**Travel-Aires Updates**

The deadline to sign up for the upcoming Sites and Sights trip to Macon is Monday, August 9. This trip is scheduled for Tuesday, August 24. Also, there are still a few spaces remaining for the trip to hear the Atlanta Concert Band.

Remember that Gail has also added the special day trip to Gadsden, Alabama on Friday, September 3. This trip includes visiting the Downtown Street Event, where there will be live entertainment, unique shops, food vendors, along with a personal appearance by Rick Bragg, the author of "The Prince of Frogtown". This wonderful day will also include a visit to the legendary, beautiful Noccalula Falls Park. The price for this full day of fun, history and entertainment is only \$50.

Make sure that you don't miss out on any of the above or other scheduled trips with Travel-Aires. Call Gail today, and reserve your spot for each and every one!

**Facials, Manicures & Pedicures By Vanessa Platt**

Vanessa's schedule has changed. She will no longer be here both Thursdays and Fridays. Her times on Friday will remain the same, 9:00 am—1:00 pm. Please remember this is by appointment only. If interested, please call Vanessa at (770) 855-0421.

**Do You Remember?**

Not so very long ago, we had a wonderful lady that worked here

as a volunteer through AmeriCorps and always had a laugh, a kind word and a hug for everyone she became friends with. Her name is Dorcas Devereux. Dorcas has gone through some definite health challenges over the past year but we have good news. She stopped by the office recently to tell us that her blessings keep coming. She has found some employment, and even better news than that is that she is in remission from her cancer, and she looks great!

**Keep An Eye Out for Jerome Gray!**

Have you seen a new smiling face around Mack Love lately? If you haven't yet, you will. His name is Jerome Gray. He is in the process of transitioning from the Chamblee office's Home Repair Department over to Mack Love. He will be wearing the multi-tasking hats for both Gwenyth and Natasa's position. Starting tentatively mid-August, early September; but we'll see him around as he starts getting used to the position and all its entails. Please feel free to introduce yourself and give him a warm welcome. His winning ways are going to be a great fit here at the Mack Love Building.

**Thanks for our sponsors:**



**PERSONAL CARE**  
Serving Older Adults Since 1980



**GREAT OAK**  
MORTGAGE CORPORATION

**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

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**

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