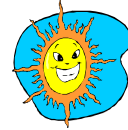


# The Adventurer



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

## Adventures In Learning

Can you believe it's August already? Just where does the time fly? We hope that it's not flying by too quickly so that you don't miss out on any opportunities to take part in your favorite classes here at Mack Love. Let's find out 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 Joanna

12:00 pm—1:00 pm

*Lunch Program for August 5*

We will be entertained this week by "The Swinging Saints of St. Joseph".

*Lunch Program for August 12*

Our speaker next week is Laura Creamer from CCCS. The topic is Fighting Back Senior Scams, part 2. If you were here for part 1, then you received already received the booklet

that goes with this program.

*Please remember to bring your booklet back with you for part 2 next week. Thank you!*

### Another Crochet A Bag Class, Scheduled for Next Tuesday, August 10—1:00 pm

This week's class was so enjoyable and the interest so high, our instructor, Barbara Lester, is going to put on another class! 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*. Please remember to bring ALL of your supplies with you when you come next Tuesday and that would entail your scissors, your bags and, most definitely, your crochet needle. Some folks didn't bring their crochet needles and weren't able to participate fully.

### Travel-Aires Deadlines

If you are interested in going on the trips to either or both The Atlanta Concert Band on 8/15

and The Sites and Sights trip to Macon on 8/24, the deadline to sign up is this week. We have 12 people signed up for the Atlanta Concert Band, and there is room for at least 12 more. If the trips are unable to be filled to what is needed, then Gail will have to cancel these trips. So if you've been thinking about going and just haven't had a moment to call and reserve your spot, make the call today. Make sure you're a part of all of the fun.

There has been a lot of interest in the "Sounds of the South" trip to Memphis and Tunica (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, \$50

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.**

**Travel-Aires Deadlines**

(con't from page 1)

on October 4—6, your deposit is due by August 23. Make sure you get your deposit to Gail by this date so that you don't miss out on a trip that encompasses history, great food, a little gambling, shopping and so much more.

If you are interested in viewing all of the trips Gail has planned and don't have a catalog, you can view the catalog online at [www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org) for all of the information.

**Construction To Start At Mason Mill Recreation Center**

We want to make everyone aware that construction will be starting on the Recreation Center downstairs. Due to this construction, there will be limited access to downstairs for the next 6 to 8 weeks. This may also cause some challenges in regard to parking in the parking lot. As of right now, nothing will be changing upstairs here at the Mack Love Building! During Phase 3, they will be repaving the parking lot, but we will let you know as these events start to occur. We truly appreciate your patience during this time!

**Fall 2010 Catalogs**

There is still plenty of Summer left and plenty of classes to choose from; however, we wanted to let you know that the *Adventures in Learning* catalog for Fall 2010 will be available to view online next week on August 11. You will also be able to register online for classes starting with the Fall session. The catalog will be able to be seen at the Senior Connections website at [www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org). We will also keep you posted when the catalogs will be mailed.

**Change for the Fall Session & Terrific Thursdays**

Classes for the Fall session will start on October 4; however, Terrific Thursdays will start one week earlier on September 30. Remember you'll be able to start registering for these classes online next week when the catalog is posted.

**Date Changes for Facials, Manicures & Pedicures**

Vanessa has had to change her schedule. Instead of being available on Thursdays and Fridays, she is now only available for services on Fridays. The times of 9:00 am—1:00 pm will stay the same. Please remember that this is by appointment only. To schedule an appointment with Vanessa, she can be reached at (770) 855-0421.

**Election Time Once Again**

If you are interested in what is going on for the upcoming runoff election, whoever your choice(s) may be, then remember to make your voice heard by going to the polls to vote. The runoff election date is August 10; however, early voting has started this week if you are unable to make it next Tuesday.

*Have a great week, Everyone!*

**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