



The Adventurer



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

Adventures In Learning

Summer may be winding down and Labor Day approaching, but we're still going strong and having a great time. Here's what is going on this week.

Terrific Thursdays

Terrific Thursdays winds down this week to end their Summer Session. The good news is that we'll be starting back up again for the Fall Session before you know it. Terrific Thursdays will start on September 30. We thank you for the great Summer, all of your participation and the great fun. Looking forward to seeing everyone back at the end of the month.

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
September 2*

Double treat for the last day of Terrific Thursdays! It's Potluck Day, plus we are going to have entertainment during lunch. The North DeKalb Seniors will be putting on a play for us entitled, "Green Light". Please make sure you bring a dish so you can be part of the

fun.

Potluck Luncheon, Thursday, September 2

The Potluck Luncheon is our traditional way of ending the quarter for Terrific Thursdays. There is always wonderful food, great fellowship and this time, we've even got entertainment to top it off. If you haven't signed up yet for our famous Potluck Luncheon, there is still time. We've already got some wonderful dishes for everyone to sample and share. Don't miss out. Make sure you're part of the fun.

Travel-Aires News

Due to lack of participation, the trip to Gadsden and Nocolula Falls on September 3 has been cancelled.

There is still room for the upcoming trip to Covington. Remember payment is only \$40. The deadline to sign up and to make payment is **September 3**. The trip is on September 14.

The deadline for the Charleston Holiday Season Tour on December 6—9 is fast approaching. The deposit of \$200 is due by **September 6**. Make sure

you don't miss out on the holiday tour to this beautiful city.

Save the date for the trip to the opera, *LaBoheme*, at the Cobb Energy Center on October 8. Cost is \$65. The deadline to sign up and make payment for this trip is **September 17**.

Fall Instructor Fair, September 16

Have you got this date on your calendar? No? Well, make sure you do so today! Join us from 10:00 am—12:00 pm where we showcase our fabulous lineup of classes, trips and programs. Meet our instructors, (con't on page 2)

Travel-Aires



Upcoming Trips:

Gadsden and Nocolula Falls,
9/3, CANCELLED

Historic Covington, 9/14, \$40

LaBoheme, 10/8, \$65

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.

Fall Instructor Fair

September 16

(con't from page 2)

enjoy refreshments, gift certificate awards and presentations highlighting all that we are going to offer for Fall.

Adventures in Learning

Fall 2010 Catalogs

The catalogs are in the mail and will be coming soon to your mailbox. If you would prefer to register online, go to our website—www.seniorconnectionsatl.org. You will have the same options as registering in person. You can pay by credit card on line or indicate payment by check. If by check you are responsible for bringing payment with you on the first day of the classes you choose. (This does not hold true for Terrific Thursdays, where payment is required at the time of enrollment.)

Senior Connections to Celebrate Grandparents Day, September 12!!

We invite you and your family to join us on Facebook and post a picture of your grandparents to show your support. You can also make a donation here or online to Senior Connections in memory of the special people that shaped your life and made you the wonderful person that you are today.

Great Food Right To Your Door

Maybe you, or someone that you know, may need meals delivered to your home because you are temporarily ill and can't get out for a time. What do you do? You call Senior Connections' Meals on Wheels to help you out. Get healthy, nutritious meals delivered right to your door Monday through Friday. All meals are prepared under careful direction of a registered dietician. You can get hot,

delicious meals delivered daily to your door, all for a very reasonable price of \$6 per meal. The option of having your meals delivered once a week for the entire week is also offered. They are frozen and individually wrapped for easy warm-up and heating. All for only \$5 per meal. Specific menus of vegetarian, diabetic, kosher are available.

Did you also know that Senior Connections has Family Style Meal Service and Catering for large groups and privately held functions? These services can be held at either your home or building, or our location in Chamblee. Rates start at \$7 per person. All meals are prepared by our Executive Chef right in the kitchen of the Senior Connections Café.

Hungry for breakfast or lunch but don't know where to go? Stop by our main location in Chamblee and get a delicious meal from the Senior Connections Café. It's always a winner. For further information on all of these great services, call (770) 455-7602.

Office Closed for Labor Day Monday, September 6

We will reopen on Tuesday, September 7. Everyone have a safe & happy Holiday!

Thanks for our sponsors:



PERSONAL CARE
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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