



The Adventurer



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

Adventures In Learning

How was everyone's Labor Day? We hope everyone got a chance to take pleasure in the beautiful weather, good family and friends, lots of laughter and smiles, and just appreciate the long holiday weekend. Here's what's going on at Mack Love this week.

Terrific Thursdays

Coming soon to the Mack Love Building near you....We'll be starting the Fall Session back up in just three weeks—September 30. We're excited and looking forward to seeing all of the wonderful, familiar faces, along with many, many new ones. Here's a sneak peak at the course lineup for the mornings:

9:30 am—10:30 am

Nutrition Issues with Laurie
Or

Three Illustrated Lectures on the Ancient and Medieval Words

10:45 am—11:45 am

Wii

Or

Information, Please

12:00 pm—1:00 pm

The Lunch Program for the Fall promises more fun, entertaining and informative speakers. Stay tuned to *The Adventurer* each week for the most up to date information.

Remember, Terrific Thursdays also offers woodcarving, quilt-

ing, oil painting, Mah Jong, Bridge and Canasta. So much to choose from, and all for only \$40. Make sure to enroll today; either here in the office or online at www.seniorconnectionsatl.org/ classes

Open House Next Week, September 16!

Remember to join us next Thursday for our Open House here at the Mack Love Building. From 10:00 am—12:00 pm, we will be providing all of our visitors with a showcase of our outstanding lineup of classes and trips for this Fall. You'll be able meet many of our fabulous instructors, enjoy their brief presentations, partake in some light refreshments, gift certificates, prizes and so much more. It's a truly pleasurable way to spend a morning. You'll also be able to register for classes that morning so that you won't miss out on getting into the classes of your choice. Bring family and friends that may be interested. We love seeing everyone and meeting new faces!

Door Prizes Needed

We are looking for some really,

nifty door prizes for next week's Open House. If you, or anyone you may know of, has some really special, unique services or items to donate, please contact Marie Cape. We appreciate it!

Potluck Luncheon Last Week

Our sincere thanks to everyone who participated in our potluck luncheon last week. It was more than fun! We had the best entertainment from the North DeKalb Seniors. They were outstanding, funny and oh so talented. We hope that they'll be back to join us again in the near future. Thanks again to everyone for a great luncheon!

Travel-Aires



Upcoming Trips:

Historic Covington, 9/14, \$40

LaBoheme, 10/8, \$65

Beltline Tour, 10/15—SOLD OUT

Apples & Amicalola, 11/17, \$41

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.

Travel-Aires News

There are some last minute seats available on the bus to Covington next week on September 14. Remember payment is only \$40. Don't delay and call Gail today!

Gail has been able to extend the deadline for the upcoming trip for the Charleston Holiday Season Tour on December 6—9. The extended deadline is **October 3**; but this is the absolute latest she can hold out. Make sure you get your deposit of \$200 to her as quickly as possible so that you don't miss this beautiful trip.

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**.

Celebrate National Grandparents' Day with Senior Connections

Grandparents' Day is September 12, and Senior Connections is celebrating by giving you an opportunity to honor these cherished people in your lives. We encourage you to join us on our Facebook page by uploading a picture of you with your grandparents. You can also make a donation in honor of your grandparents by simply using your cell phone. Text the word "GRAND" on your cell phone to 20222 and donate \$10. Every time you text this message, you will make a \$10 donation that will help fund the non-profit organization's meal delivery program, in-home care and home repair program aimed at keeping seniors independent in their homes for a long as possible. Celebrate your grandparents, and help Senior Connections to assist other "grandparents". We thank you!

New Classes Added to the Fall

2010 Lineup

Four new classes have been added post catalogs being mailed, and a supplement has been issued. They are as follows: "*Managing Your Digital Photos, The Facebook Starter Kit, Laughter and Treasure Mapping for Cherrious Play and No-Cost Genealogy*". These are four great classes, and we are so happy to be able to offer them to you. For more information, you can view this supplement on line at our website—

www.seniorconnectionsatl.org/classes, where you can enroll immediately; or stop by the office here and pick up this "hot off the press" information to sign up.

The Fall Session Is Just Around the Corner!

Have you registered for your favorite classes yet? Or maybe you're going to be adventurous and do something new and fun like, *Beginning Ballroom Dance* with France Kohler or *One Hour Drummer* with Pete Marino. Get fit with a variety of exercise classes—*Sunday Walking Club with Dr. Clari Faerman* or *Yoga* with Elizabeth Yates. This is just a teaser. There is so much more. Check out the catalog and enroll today!

Thanks for our sponsors:



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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