



The Adventurer



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

Adventures In Learning

What a beautiful first week of Fall weather; along with a little rain to mix it up. It doesn't get much better than this! We hope everyone has been enjoying themselves by getting outside and doing what makes you smile. We also hope that while you're out, you remember to come by the office and register for all of your favorite classes. Fall is always one of our most popular times, and we don't want you to miss out on a thing. So come by to enroll or enroll online today at www.seniorconnectionsatl.org/classes. We appreciate you, and look forward to seeing you!

Terrific Thursdays To Start

It's back, and we're ready for a great Fall Session of Terrific Thursdays. We hope everyone has registered, made their payment and is ready to have fun!

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

September 30, 2010

The speaker for this week's lunch program is Bob Levine of Legacy Financial Partners, LLC. Lunch is sponsored and,

therefore, complimentary.

October 7, 2010

The speaker for next week's lunch program is to be announced.

New Crochet A Bag Class Next Week

Back by popular demand, Barbara Lester is going to lend her expertise and teach another class. Everyone wants to recycle. Why not be fashionable doing so? Make some of the cutest purses and tote bags you'll have seen in a long time. Join us here on Tuesday, October 5, at 1:00 pm for this fun afternoon. Supplies you will need to bring with you are as follows: Plastic bags (one can never have too many); scissors that will cut through plastic, and a crochet needle—size J through N (the larger the needle, the larger your space between stitches will be). There will also be instructions for knitting available. There is a sign up sheet at the front desk, along with one of the finished products for you to view. Spend an afternoon learning something new and just plain enjoying yourself. Remember, this class is *free*.

Six Spaces Still Available for Charleston Holiday Trip

You want to go on this trip. You've been meaning to get up here and get your deposit of \$200 turned into Gail. Wait no longer. There are only six spaces available, and we want you to be one of those who is there. Departing the morning of December 6, and arriving home the afternoon of December 9, this gala affair includes the best of Charleston. The deposit is \$200. Gail has been able to extend the deadline *one last time* to **October 15**, but no further. Make holiday memories that will make you smile for a long time to come.

Travel-Aires



Upcoming Trips:

LaBoheme, 10/8, \$65—
CANCELLED

Beltline Tour, 10/15—SOLD
OUT

Apples & Amicalola, 11/17,
\$41

Christmas at Callanwolde,
12/1, \$26

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

The trip to the opera on October 8 has been cancelled. The deadline for the *Shades of Ireland* trip is fast approaching—**October 23**. Also, if you are interested in the additional Collette trip, *Islands of New England*, there will be a presentation here at Mack Love on Wednesday, November 10. Please RSVP to Gail as soon as possible as she needs to get a head count.

Registration Procedure for Winter

Starting with the Winter 2010 quarter, we are going back to the previous way of registering for classes. We will be requiring registration and payment at the same time *prior* to the start of all classes. Late fees of \$5 will be implemented for all late registrations. Another new procedure is that registrations will close *seven days* after the class starts. Class enrollment will close seven days after the start of a first class, and no further enrollments will be accepted at that time. We hope this will be easier for everyone; getting everything done at the same time like we used to do. This will make it easier for the instructors also. This way they will know ahead of time how many students are in their classes. Another plus to pre-registering is that you will know ahead of time if the class makes and the instructor wants to proceed forward. We apologize for any temporary inconvenience this may cause, and we thank you for your cooperation.

Instructors Still Needed for Winter Session

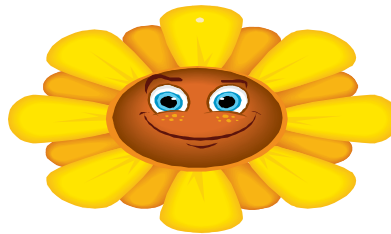
We want you! We are looking for instructors, past and new, to fill these spots. We are always looking for new, exciting classes and instructors, along with our superb

current team. For more information and to get an Instructor's Agreement, please contact Jerome Gray or Larrie Kontz here (404) 321-6960.

What Kind of Classes Would You Like To See?

We're going to be doing a bunch of new, upbeat and fun things around here starting this Winter. This Editor is excited, and thinks you will be, too. One of the things we'd like to do is add some fresh, innovative classes to the already fabulous lineup we currently have in place. We're going to be polling everyone and asking for your feedback. We're not changing the current system. We would just like to be able to offer you the broadest, widest selection that we can to keep everyone happy and coming back, along with offering the best advantages possible. Remember to keep your eyes peeled for weekly issues of *The Adventurer* for further details.

Have a great week, Everyone!



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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

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