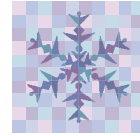


The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

Adventures In Learning

Hello! How is everyone today? We hope well and we're so glad you're here. Here's what is happening this week at Life Enrichment:

Terrific Thursdays

9:30 am—10:30 am

One of our favorite instructors, Earline Caudell, will be our speaker this morning for Physical Fitness and her topic is "Strength Training for Seniors".

We are also offering the class Great American Bestsellers: The Books that Shaped America.

10:45 am—11:45 am

In this time slot we have two more great offerings: They Were Our Presidents: Truman Through Reagan; and Wii Sports.

12:00 pm—1:00 pm

Lunch 'n Learn

Richard Houghton of Raymond James & Associates, Inc is our speaker, and he will be speaking to us about our investments and the possible risk in our current economy. Lunch is included with this program.

PLEASE REMEMBER: If you plan to be included for the complimentary lunch that is provided with our program each week, you must sign up that prior Thursday with Barbara McLaurin at the front desk each week when you arrive. We have to have a final count by

the end of that day. We don't want anyone to be left out, so please remember to sign up. Thank you for your cooperation! ☺

Welcome to Gail Shattah

We have had a changing of the guard at Travel-Aires. Please join us in welcoming Gail Shattah as the new Travel Director. Gail has been training with Carol this week to get the feel for the travel program and to learn the ins and out of the industry. We're very glad she has decided to join us and look forward to getting to know her better. The Travel-Aires office has moved to the office where the library is located. Stop by and say hello!

New Look & Link to the Website

Have you noticed anything different when you go to the Life Enrichment website? We are now linked directly to the home page of Senior Connections. From now on, you will be directed straight to the Senior Connections webpage, where you can still get all of our newsletters and catalogs, along with information on all Senior Connections activities. We are ex-

Life Enrichment

Living and Learning for Life!

1340 McConnell Drive

Decatur, GA 30033

404-321-6960

www.srconn.org

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

cited about being able to provide you with more information and hope you will be too.

Happy Anniversary!

Can you believe one year has come and gone so quickly? It has been almost a year since the merger of Life Enrichment and Senior Connections. Now that we are one entity, we'd like to celebrate this fact with an Open House for you the evening of February 18 from 5:00 to 7:00 pm. Refreshments will be provided. More details to follow. Mark your calendar to make sure you join us for our first anniversary celebration!

Travel-Aires



Upcoming Trips:

Museum of Patriotism, 1/26, \$25

Southeastern Flower Show, 2/5, \$35

Cave Spring, GA, Tour with Jim Howe, 3/1, \$48

For further information about our trips and membership, call Carol Lannon or Gail Shattah, Travel-Aires, at 404-321-6960. If you have not traveled with us yet, come join us! Annual membership is \$25.

First Annual Wii Bowling Tournament

There is still time to sign up for the bowling tournament coming up on February 22. Need some practice? Not a problem. We have open lanes on Monday and Fridays. Call today to reserve a lane.

Calling All Instructors, Calling All Instructors

Interested in teaching a class here at Life Enrichment? We would love to hear from you. Now is your chance and your opportunity to be heard. Call Megan or Natasa today to discuss the opportunity of being part of our Spring lineup.

Spring Catalog

The Spring catalog is currently in the works and being gone over with a fine tooth comb to make sure we have a great selection of classes for you to choose from for the Spring session. Catalogs should be issued by the end of February.

Spring Instructor Fair & Open House, March 18

If you want to get an informative and all around view of what our class lineup will be like and meet our instructors for the Spring session, this is your best opportunity to do so. Mark your calendar. Details to follow as we get closer.

Focus Groups

Life Enrichment is currently in the process of putting together focus groups. The purpose of these groups will be regarding possible ways to improve the services to you and other topics. These lists are being randomly selected; so if you receive a phone call this is why. If you are called, your participation is not mandatory by any means; however, it would be greatly appreciated!

Don't Forget Classic Movie Afternoons at Life Enrichment
We hope that you have signed up for Classic Movies here at Life Enrichment so that you can join us every Wednesday afternoon from 2:00—4:00 pm.

The Oohs and Ahs of Health & Wellness Programs Correction

We talked about all of the terrific health & wellness programs offered here in the January 7 edition of "The Adventurer". In doing so, Vanessa Platt was inadvertently omitted when talking about her fabulous service. Vanessa is in charge of the Mobile Day Spa and gives you terrific manicures, pedicures and more. She is super, and if you haven't given her a call yet, do so today!

Updating our Database

We are asking for your help once more. We need to find out if we have the correct home address, telephone number and email address (if you choose) for yourself, your family and friends. Or perhaps you or someone you know who would like to be removed from our database and mailing list. We need to know this also. Thanks so much for your help and assistance in this matter. We appreciate you!

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

Reflexology

1st & 3rd Mon. 11:00 - 4:00 p.m.

Wed. 11:00 a.m. - 4:00 p.m.

Cost: \$50 for one hour.

Facials, Manicures & Pedicures

Thursdays 10:00 am—4:00 pm

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. Cost:

\$25 for 30 min; \$50 per hr

Gift Certificates Available

New! Reiki offered 2nd & 4th Mondays, 1-4 pm, \$50 Call Patricia at (770) 498-1182