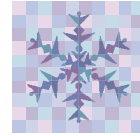


The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

Adventures In Learning

Here's to another great week of classes and fun here at Life Enrichment. We hope everyone is well, happy and enjoying themselves. Ready, set, here we go for this week.

Terrific Thursdays

9:30 am—10:30 am

Our speaker this week is Elizabeth Yates and she will cover Yoga 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

This week's speaker for Lunch 'n Learn is Karen Steanson from Raymond James & Associates, Inc. Her topic is "Active Money Management—No Longer Just for the Wealthy". I'm sure we could all use a little more of that! 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 the list provided 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! ☺

Tax Preparation Has Moved

The wonderful, free help that you received last year for your taxes is no longer being given at Life Enrichment. The new location is the Toco Hills-Avis G. Williams Library, located at 1282 McConnell Drive, right down the street. The dates are February 5 through April 9, 2010 and the hours are 10:00 am through 5:00 pm. For further information, please contact the library at (404) 679-4404.

Be Part of our Anniversary Celebration

Happy first anniversary to Life Enrichment and Senior Connections. It has been almost a year since the merger and we are celebrating. Please join us for the Open House here at Life Enrichment on the evening of February 18 from 5:00 pm to 7:00 pm. It is our way of saying thank you for your continued support. We deeply appreciate it. We are in the process of lining up some exciting

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.

speakers, along with more staff from Senior Connections, who will be on hand to have a meet and greet with you. Refreshments will be provided. It's going to be a great evening, and we don't want you to miss it, so mark your calendar to make sure you join us for our first anniversary celebration!

Reminder -Spring Instructor Fair, March 18

If you're not sure about our classes and what we are all about, this is one of your best opportunities to get more information. Save the date! Further details to follow.

Travel-Aires



Upcoming Trips:

Southeastern Flower Show, 2/5, \$35—CANCELLED

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.

New Faces Moving In

If you have noticed two new faces in the office across from Room 115, you would be correct. Heather Balom and Morgan Shannon have joined us from the main Senior Connections office. Heather is in charge of the volunteer program at Senior Connections, and Morgan is in charge of the RSVP Volunteer Program. Perhaps you'd like to volunteer at one of the centers or maybe become an RSVP volunteer, well then, these are the pros you need to speak with. If you'd like to talk to either of these ladies and find they're not in the office, you can reach them at the following telephone numbers:

- ◆ Heather Balom—(770) 216-2574
- ◆ Morgan Shannon—(770) 455-7602, X102

Please join us in extending a warm welcome to Morgan and Heather.

Travel-Aires Updates

The trip to the Southeastern Flower Show on February 5 has been cancelled. There is still space available for the tour with Jim Howe on March 1 to Cave Spring, Georgia. If interested, call Gail Shattah at (404) 321-6960 as soon as possible to reserve your space.

Focus Groups Are Filled

We have been able to fill the focus groups. Thank you to everyone that has been contacted and for your assistance in helping us out. You are appreciated!

Updating our Database

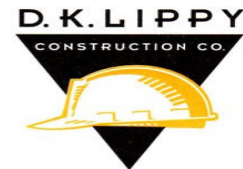
Last week we mentioned that we are starting to update our database and wanted to keep you abreast of what is going on. Over the next

few weeks or so, volunteers and staff will be contacting every person in our database to find out if the information we have for each of you is current. Most of this will be done by phone, and any inconvenience is unintentional. If you haven't already filled out the form we had last week and would like to contact us first, please feel free to do so. If you know someone who would like to be added or deleted from our list, we would love that information also. Thank you for your patience and cooperation during this process!

The Adventurer Online

As previously mentioned the Life Enrichment web page is now the Senior Connections web page. The correct link is www.srconn.org and all information is available to you including the current catalog, supplement and newsletters. In order to view this current edition or any edition of "The Adventurer", simply cut and paste the following into your web browser: http://www.srconn.org/About/news_media.aspx and look under the "Stats, Struts and More" section. Please share this information with someone who can't get a hard copy but would like to read about us. Enjoy and see you next week!

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 Massage Therapist, Laurie Findlay
 Reflexologist, Monika Hamilton
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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