



# The Adventurer



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

## Adventures In Learning

Welcome to the latest issue of *The Adventurer*. The Spring Session is going strong and in full force. And don't think we're done yet. We've still got some great classes to choose from, along with some new surprises. So, don't be shy. Consult your Winter/Spring catalog or check the front desk for more information to enroll today! We hope everyone is having a great time, and we appreciate your continued support!

### Terrific Thursdays

Our terrific lineup includes the greats, like Beginning/Intermediate Woodcarving, Woodcarving, Beginning and Advanced Quilting, Quilting Bee, Oil Painting, Mah Jong, Bridge for Fun and Canasta. We also have the following programs as follows:

9:30 am—10:30 am

Nutrition Issues  
Or  
Let's Learn Bridge

10:45 am—11:45 am

Wii Sports  
Or  
Information, Please

May 12—Greer & Harrison will be the speaker. Their topic is going to be "Spring Cleaning".

May 19—The Homestead Hope Foundation will be visiting and speaking to us about "Standing Tall...Fall Prevention".

12:00 pm—1:00 pm  
Lunch 'n Learn (lunch included)

May 12—Melissa Fogey from the DeKalb Historical Society will be joining us as our speaker for this week's program.

May 19—Emory's Center for Health & Aging will be the speaker for next week's program. They will be providing brief presentations on their various research projects.

### To Zumba Or Not To Zumba, That Is the Question

What is Zumba? Zumba is a dance fitness program created by dancer and choreographer Alberto "Beto" Perez in Colombia during the 1990s. The program combines international music with dance in an effort to make exercise fun. Zumba classes are offered through licensed instructors in more than 110,000 locations in over 125 countries. Classes and music are based on salsa, merengue, cumbia, reggaeton and other international music styles and forms.

The Zumba program is recognized by the world's leading

fitness educators, including the Aerobic Fitness Association of America, IDEA Health and Fitness Association, and the American Council on Exercise.

Sound like fun? Join Certified Zumba Instructor, Sandy Bramlett as she teaches you a totally fun way to exercise. This class is designed for the active older adult, the true beginner, and/or people who are new to exercising or maybe limited physically. Classes start May 17 and go for 6 weeks, through June 21. The time is from 12:30 pm—1:30 pm and costs \$60. So get ready to cha cha, salsa, humba, meringue and more by enrolling today! For more information, please see the flyer at the front desk.



### The Harmonizers

Do you like to sing? Join this happy group and sing for shut-ins, assisted living homes, retirement homes, etc. The Harmonizers meet one day a week for one hour with a trained director at Mack Love and sing songs familiar to everyone. This is a great chance to practice your singing, socialize with a neat group of folks, and bring joy to others. For more information, contact Bill Anderson at 770-469-2946.



**Mack Love Building**  
*Living and Learning for Life!*  
1340 McConnell Drive  
Decatur, GA 30033  
404-321-6960  
[www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org)

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

**Special Guest for Terrific**

**Thursdays Potluck Luncheon**

We are honored to welcome Commissioner Jeff Rader to our Potluck Luncheon on May 26. Commissioner Rader will be visiting with us informally and provide a brief informational session that day. If you are not already a member of Terrific Thursdays, but would like to be here to hear Commissioner Rader speak and take part in our Potluck Luncheon, the cost is \$5 and you are required to sign up with the dish you will be bringing. Deadline to sign up is Monday, May 23.

**Next Beltline Tour Scheduled**

Since the first trip is completely filled, another trip has been scheduled for July 15. The cost is \$48. These trips fill up fast; so if interested, don't delay and sign up with Larrie as soon as possible.

Make sure you stay tuned for other upcoming trips around the Atlanta area; like the Swan House and the Puppetry for Arts.

**Summer/Fall Catalogs Out Soon!**

The new catalogs will be finished within the next week to ten days. Keep an eye out so you can get them "hot off the presses"!

**Ageless Grace—Session 2**

For those of you that are currently enrolled in Session 1, or missed enrolling for this time around, Instructor Sandy Bramlett will be offering another set of classes beginning on June 8 and going through June 20. The cost is \$40. The time period is from 12:30 pm—1:30 pm. She will teach you 21 simple exercises for total body and mind fitness. The exercises are easy to learn. Almost anyone can do these while reaping the

benefits of greater strength, balance, flexibility. As well as mental quickness and focus. Another fun class offered by Ms. Bramlett, and we thank her. For more information and to enroll, please see the flyer at the front desk.

**Summer Open House, June 25**

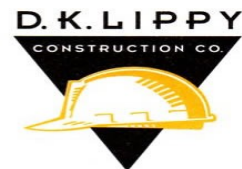
Mark your calendar and remember to bring your friends. The Summer Open House will be held on June 25. This is a Saturday, and as always, the Open House events are open to the neighborhood public. Bring all of your Baby Boomer and Senior family members and friends for a fun afternoon to learn about the Mack Love Center and the exciting line up of classes for Summer. We'll also be grilling out, weather permitting.

**New Classes Being Offered on Thursdays This Summer**

Keep your eyes peeled for the upcoming Summer/Fall catalog to see some exciting new classes being offered on Thursdays. And if you sign up for Terrific Thursdays, you'll get a 50% discount for the extra classes being offered on that day.

*Everyone have a happy week!!*

*Thanks for our sponsors:*



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Reflexologist, Monika Hamilton

Mobile Day Spa, Vanessa Platt, 770-855-0421

Reiki, Patricia Garrett, (770) 498-1182

Gift Certificates Available

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

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

\$50 for one hour.

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**Massage Therapy**

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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