



The Adventurer



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

Adventures In Learning

Welcome back to another great week here at Senior Connections' Mack Love Building. We're glad you're here! Here's what's happening this week.

Terrific Thursdays

Here's the lineup for the one hour courses. Remember that we also offer the two hour courses from 9:30 am—11:30 am and from 1:15—3:30 pm. Please consult your catalog for further details.

9:30 am—10:30 am

Wii Class

Or

Great American Bestsellers:
The Books That Shaped
America

10:45 am—11:45 am

Smart Financial Decisions For
You And For Your Family

Or

Nutrition Issues With Joanna

12:00 pm—1:00 pm

Lunch Program for August 19
Our speaker for this week will be Patti Atcheson, who is a Family Services Counselor with Dignity Memorial. Patti, by the way, is Barbara Lester's daughter. We appreciate Patti taking the time to be with us this week, and thank her for sponsoring lunch.

Lunch Program for August 26
The speaker for next week is to be announced.

Continuing By Popular Demand—Crochet A Bag Class, Tuesday, August 24—1:00 pm
Barbara Lester will be wowing us once again by instructing another class. These are the supplies that you need to bring with you to the class: A pair of scissors (make sure they will cut plastic); as many plastic bags as you can of any color and a crochet needle—size J through N (the larger the needle, the larger your space between stitches will be). This class is *free*. Please remember to bring ALL of your supplies with you when you come next Tuesday and that would entail your scissors, your bags and, most definitely, your crochet needle.

Travel-Aires News

Due to not enough interest and participation, the trip to Macon unfortunately had to be cancelled.

The deadline for payment to Gadsden and Nocolula Falls has been extended. The new date to make your payment of \$50 to Gail is now by **August 24**. The trip is on September 3.

The payment of \$40 is due for Historic Covington on **August 31**. The trip is on September 14.

For the Charleston Holiday Season Tour on December 6—9, a deposit of \$200 is due by **September 6**.

If you have never traveled with us before, we invite you to come and join us! We always have a wonderful time and lots of fun. There is a \$25 annual membership fee. This is a one time cost, and we hope you renew it every year and continue

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Travel-Aires



Upcoming Trips:

Sites and Sights of Macon,
8/24, \$50—CANCELLED

Gadsden and Nocolula Falls,
9/3, \$50

Historic Covington, 9/14, \$40

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

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to travel with us. It's also important to remember the special discount that Travel-Aires offers. For each new participant that you get to sign up for one or more courses, or a Travel-Aires trip, you receive a \$10 discount on any of our services. This credit is per person signing up; if you have two people sign up, you will get a \$20 credit. So please introduce your family and friends to our many interesting, rewarding programs and services here at Mack Love, and reap the benefits for yourself also!

Welcome to Volunteers, Betty Nelson and Linda Taylor

Our front desk receptionist positions are almost full once again. We welcome Betty Nelson who joins us for Monday mornings on the phone and at our front desk. We also welcome back Linda Taylor who is joining us once again for Tuesday mornings. We greatly appreciate both you of ladies, and thank you for joining us and giving of your time!

**Adventures in Learning
Fall 2010 Catalogs**

The catalog for Fall 2010 is at the printers this week and should be done shortly. We have had so many inquiries as to where it is. We hope to have it available for you very soon. Thank you so much for your continued interest, and we appreciate your patience! We also have mentioned that the new catalog is scheduled to be online soon. Once it is available online, you will also be able to register for classes safely and securely at our website. We are excited about this new change, and hope you will enjoy it also.

**Individual Online Banking
Classes Available at
Brookhaven Bank**

Brookhaven Bank will not be offering the online banking class through the catalog this Fall semester. However, if any of you are still interested in taking this very valuable class, Brookhaven Bank has agreed to offer classes on an individual basis. Dates and times will vary according to both the schedule of the instructor at Brookhaven, as well as yourself. If you would like to schedule a class for yourself, please call Marie and she will check with Brookhaven.

**Senior Connections to Celebrate
Grandparents Day,
September 12!!**

Would you like to honor your grandparents, or do you have a special memory of your grandparents you'd like to share? Senior Connections is celebrating Grandparents Day, and we invite you and your family to join us. Join us on Facebook and post a picture of you with your grandparents to show your support. You can also make a donation here or online to Senior Connections in memory of the special people that shaped your life and made you the wonderful person that you are today.

Thanks for our sponsors:



PERSONAL CARE
Serving Older Adults Since 1980



GREAT OAK
MORTGAGE CORPORATION

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