



# 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

We're nearing the end of Terrific Thursdays for the Summer. It's been wonderful. We appreciate you, your continued loyalty and participation so very much.

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 26*  
Jeff Shoup of Morgan Stanley Smith Barney is our speaker this week, and the topic is "Fixed Income". Lunch is sponsored and, therefore, complimentary.

*Lunch Program for  
September 26*

Double treat for the last day of Terrific Thursdays! It's Potluck Day, plus we are going to have entertainment during lunch. The North DeKalb Seniors will be putting on a play for us entitled, "Green Light".

Please make sure you bring a dish so you can be part of the fun.

### Potluck Luncheon, Thursday, September 2

Next Thursday signals the end of Terrific Thursdays for the Summer Quarter. As that is the case, it also signals a day of great food. It's where all of us bring a dish and get to sample some of everything; then go home smiling from the camaraderie of eight weeks and the delicious food. The sign up sheet is at the front desk.

Please add your name and the dish you will be bringing. We are looking forward to it, and thank you!

### Travel-Aires News

There is room for five more people for the upcoming trip to Covington. Remember payment is only \$40 and due to Gail by next Tuesday, **August 31**. The trip is on September 14.

The deadline for the Charleston Holiday Season Tour on December 6—9 is fast approaching. The deposit of \$200 is due by **September 6**. Make sure you don't miss out on the holi-

day tour to this beautiful city.

### Brand New Class Added to Summer Lineup

For those of you that have enrolled in "Meditation for Beginners", instructed by Barbara Kumara, she has agreed to teach another class. The class is entitled "Drop In Meditation Sessions". The class will be on Mondays from 3:00 pm—4:30 pm. It begins on August 30 and goes through September 27. It is a four-week class for only \$40. The class is a special addition and not listed in the catalog. To sign up, just fill out an enrollment form

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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](http://www.seniorconnectionsatl.org)

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

**Brand New Class Added to Summer Lineup**  
(con't from page 2)

and use class number 4071 when signing up. Help create an even better you. Enroll today.

**Adventures in Learning Fall 2010 Catalogs**

Good news! The catalogs are at the post office and will be mailed today. So keep an eye out because it's coming soon to the mail box near you. If you would prefer to register online, the catalog is available and ready for you now. You will have the same options as registering in person. You can pay by credit card on line or indicate payment by check. If by check you are responsible for bringing payment with you on the first day of the classes you choose. (This does not hold true for Terrific Thursdays, where payment is required at the time of enrollment.) Our website is [www.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org).

**Fall Instructor Fair, September 16, 10:30 am—12:30 pm**

Ink in the above date on your calendar for the upcoming Instructor Fair. Let's say after you review your new catalog, you're not sure about some classes and you'd like more information. Well, this is the event to attend. Many of our instructors will be in attendance, and will have a table where you can talk to them one on one. There will also be presentations highlighting our programs. It's a morning of fun, refreshments, gift certificate awards and much more. See you there!

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

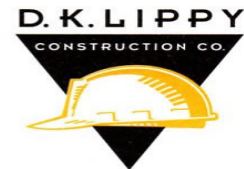
Would you like to honor your

grandparents, or do you have a special memory of your grandparents that you would like to share? Here's a great way to do just that. Senior Connections is celebrating Grandparents Day. We invite you and your family to 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.

**Best Wishes to Natasa!**

As you will recall, we mentioned earlier that Natasa has received a promotion to become Executive Assistant to Senior Connections' CEO, Debra Furtado. Well, the time has come, and she is leaving us at the Mack Love Building. This is her last week here. Next week she will be back at the main building in Chamblee. Natasa, it has been a pleasure having you with us. You have done a wonderful job. While we are sorry to see you leave our Center, we wish you all of the best and much happiness in your new position with Debra Furtado. You will continue to be a terrific success.

*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

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

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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