



The Adventurer



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

Adventures In Learning

Hard to believe that Fall is officially here, and the temperature is still hovering in the 90's outside. That's Atlanta for you. So keep out your Summer clothes and Foster Grants a little while longer. And remember to stay cool by coming to the Mack Love Center for your favorite classes.

Terrific Thursdays Back Next Week!

It's that time....are you ready? Terrific Thursdays starts back up for Fall on September 30. We're excited, and hope you are too! If you haven't signed up, there is still time. Get your registration and \$40 in today. Terrific Thursdays always fill up, but we can always make room for you!

9:30 am—10:30 am
Nutrition Issues with Laurie
Or

Three Illustrated Lectures on
the Ancient and Medieval
Words

10:45 am—11:45 am
Wii
Or
Information, Please

12:00 pm—1:00 pm
The Lunch Program for the Fall promises more fun, entertaining and informative speakers. Stay tuned to *The Adventurer* each week for the most up to date information.

Remember, Terrific Thursdays

also offers woodcarving, quilting, oil painting, Mah Jong, Bridge and Canasta. So much to choose from. Make sure to enroll either here in the office or online at www.seniorconnectionsatl.org/classes.

Open House Was A Success
Big thanks to all of you who participated in our Open House last Thursday. We are happy for its success. Everyone had a good time, including the instructors and those attending. So many new faces, along with some of our regulars. Thanks to those of you that also took the opportunity to enroll for the classes of your choice on that day. We were happy to be of assistance and to put on the Open House. We also want to take a moment to thank our instructors for giving of their time, and being part of a fun morning. We appreciate all of you, and look forward to doing it again in the Winter.

Clock Winding Down for Charleston Holiday Season Tour

Make sure you don't miss out on visiting the lovely city of Charleston, South Carolina for

the holiday season. Departing the morning of December 6 and arriving home the afternoon of December 9, this gala affair will include touring the coastline, carriage rides, tours of beautiful gardens, a dinner cruise, the festival of lights and so much more. Interested? Make sure that those of you who have expressed such interest to Gail, get your deposits in quickly, so as not lose your spot. And for those of you that haven't had a chance yet, we have room for 10 more people. However, don't delay one minute more. The deposit is \$200, and the deadline is October 6.

Travel-Aires



Upcoming Trips:

LaBoheme, 10/8, \$65

Beltline Tour, 10/15—SOLD OUT

Apples & Amicalola, 11/17, \$41

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

Save the date for the trip to the opera, *LaBoheme*, at the Cobb Energy Center on October 8. Cost is \$65.

Front Desk Volunteers Wanted

Calling all those who would like to be one of our star volunteers! Do you know of someone who would like to give a few hours of her time once or a couple of times a week? If so, please become one of the stars and join the league of super front desk volunteers. To become a volunteer, please contact Amy Perkins or Larrie Kontz here at (404) 321-6960 for more information. We appreciate all of our volunteers and thank them very much!

New Classes Added to the Fall 2010 Lineup

Four new classes have been added after catalogs were mailed, and a supplement has been issued. They are as follows: *Managing Your Digital Photos, The Facebook Starter Kit, Laughter and Treasure Mapping for Cherrious Play and No-Cost Genealogy*. These are four great classes, and we are so happy to be able to offer them to you. For more information, you can view this supplement on line at our website—www.seniorconnectionsatl.org/classes, where you can enroll immediately; or stop by the office here and pick up this “hot off the press” information to sign up.

Instructors Needed for Winter Session

While we haven’t started the Fall session just yet, it’s time to think about getting a great line up ready for you to participate in this Winter. We are looking for instructors, old and new, to fill these spots. We are always looking for

new, exciting classes and instructors, along with our superb current team. For more information and to get an Instructor’s Agreement, please contact Jerome Gray or Larrie Kontz here (404) 321-6960.

Upcoming SPARC Health Fairs

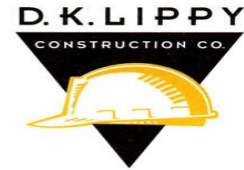
There are four SPARC events confirmed so far for this year, and they will be held at DeKalb County libraries. You will be able to obtain flu/pneumonia, tetanus shots at each of these locations. Below is a list for your reference:

- ◆ October 8 at Decatur Branch (215 Sycamore Street, Decatur, GA), 10:00 am—2:00 pm
- ◆ October 28 at Scott Candler Branch (2644 McAfee Road, Decatur, GA), 11:00 am—3:00 pm
- ◆ November 8 at Chamblee Branch (4115 Clairmont Road, Chamblee, GA), 10:00 am—2:00 pm
- ◆ November 15 at Redan Trotti Branch (1569 Wellborn Road, Lithonia, GA), 10:00 am—2:00 pm

Have a great week, Everyone!



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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
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