



The Adventurer

Bringing You Weekly News About Life Enrichment Services

Winter Quarter of Adventures In Learning

Thank you to Briarcliff Baptist Church for hosting us this quarter. Next quarter we will be at Clairmont Hills Baptist Church. Look on the back for more information.

Lunch Programs

Today we will have a potluck lunch, and students can show the projects and art they have done this quarter.

What's New?

This week, Dee Ragin will speak on nutrition.

Our New VISTA Members!

Our new Americorps VISTA members are Norman Bray and Kevin Ladaris. Americorps VISTA members are sponsored by the Corporation for National and Community Service to work with organizations to build capacity. Norman is a retired professor from the University of Alabama

LIFE ENRICHMENT SERVICES
Living and Learning for Life!
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who has experience with grant writing. Kevin has worked in several non-profits and has experience in community outreach.

New Exercise Class with the NORC

The Toco Hills NORC is offering a exercise class next Thursday at 1:30. If you would like to try the class out, call Deborah Carter at 404-633-3033.

Spring Classes

The Spring Open House will be held on Friday, March 28. Classes will start April 7 at the Mack Love Center, and April 10 at Clairmont Hills Baptist Church. Thank you.

Evaluations

Please fill out evaluations for each class that you have attended. This helps us know which classes to offer in the future Thank you.

Just a Reminder...

Don't forget to give your used cell phones to LES! We send them to a company that recycles them, and pays us for it. Also, we can also accept used hearing aids. We give them to an organization that donates them to hearing impaired children who otherwise would not get them. Thank you!

Travel-Aires News

The next opera trip coming up will be "The Marriage of Figaro," April 29, 2008. Please call to put your name on the list early!

The Trains of the Colorado Rockies will be a great trip! Sign up soon! Price: \$ 2419 DBL.

Sign up for these exciting trips:

- **Michael Carlos Museum**, Tues., March 25, \$20
- **Rome Braves Baseball** Wed., April 9, \$40
- **43rd Annual Atlanta Steeple Chase, Kingston Downs, Kingston, GA** Come join us for this first time trip! Sat., April 12 \$60
- **Neil Berg's 100 Years of Broadway**, 50 of the greatest characters from Broadway! Sat. April 5, \$65 per person. Leave LES at 6:30 pm for an 8:00 show. Tickets are going fast, so sign up now!



Blood Pressure

Blood pressure screenings are offered from 8:30- 9:30 a.m. in the parlor. Blood pressure screenings are provided by Personal Care, Inc.

NORC Offers Clinical Psychiatric Nurse at LES

The Jewish Family and Career Services' Toco Hills NORC will have a clinical psychiatric nurse specialist from the Wesley Woods Health Center available on the first and third Mondays at the LES Mack Love Center. Sherry Dey will be available by appointment between 9:00 - 11:30 a.m., and can assist with depression and other issues. If you are interested, call Deborah Carter at 404-633-3033 to make an appointment.

Thanks to All Our Volunteers!

Life Enrichment Services would like to thank all the volunteers who helped us out for the winter quarter at Briarcliff Baptist Church. We couldn't have done it without you! We will recognize all the volunteers during the pot luck luncheon. The volunteers are listed below.

Education Committee

Elizabeth Ross
Jean Boos
Charlie Patterson

Instructors

Don Snyder
Joe Coulson
Tayve Morgan
Lilliana Steiner
Joy Wix
Tommye Mueller
Marie DiPaola
Denise Solomon
Maxine Chesser
Margine Johnson
Mickey Hutchinson
Woody McKay

Physical Set-Up

Bernard Holcomb
Bill Mann
Doug McKittrick

Lunch Tickets

Rachel Jennings
Barbara McLaurin
Marie Cape

Magazine Exchange

Mike Boyko

A Special Thanks

Life Enrichment Services would also like to give a special thanks to Personal Care, Inc. who provided the blood pressure screenings each week.

Thanks to our sponsors!

Faye Vantreese with Edward Jones

Fairfield Mortgage, Inc.

Wellcare, Inc.

Edward Jones

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**Steve Rothstein,
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Feel Wonderful This Winter!

To schedule an appointment with massage therapist Laurie Findlay, or reflexologies Monika Hamilton, or for more information call 404.321.6960.

Reflexology

1st & 3rd Mon. • 11 am - 4:30 p.m. Wed. • 11 a.m. - 4:30 p.m.
Cost: \$45 for one hour.

Massage Therapy

2nd & 4th Mondays
9:15 a.m. -12:15 p.m.
Tuesdays - 9:15 a.m. - 4:30 p.m.
Cost: \$25 for 30 minutes or \$50 for one hour.