



The Adventurer



Weekly News About Life Enrichment, a program of Senior Connections

Adventures In Learning

School days, school days... Welcome back to Adventures in Learning and Terrific Thursdays for Fall 2009. We missed those of you that were gone over the Summer. We're glad to see you back, and let's get started!

Terrific Thursdays

9:30—10:30 am

Dr. Joel Margolies will be the speaker and his topic will be "Aging Gracefully".

10:45—11:45 am

Laura LaTourette from the FPA is the speaker and the topic is "Understanding Your Credit Score".

12:00—1:00 pm

Lunch 'n Learn

Nancy Schwartzmiller from the Georgia Consortium for Personal Financial Literacy is our speaker for today's Lunch 'n Learn. She will be holding a Question and Answer forum on "Understanding Your Credit Score".

It should be noted that the 10:45 class and the 12:00 class go together this week. Laura LaTourette will be providing the initial material and Nancy Schwartzmiller will be following up with the Question and Answer Forum. It is not mandatory but suggested, if possible, to participate in both sessions to obtain full benefit.

If you wish to be part of the

complimentary lunch this week, please sign up at the front desk so we have an accurate count.

Person of the Week

They say in every successful organization, there is a behind the scenes team that make it the success that it is. In this case, it isn't any different, meet Natasa Bilec. Natasa is the Program Administrator here at Life Enrichment, coming to us from the main office of Senior Connections where she was the Office Manager and a Customer Service Specialist. It is quite possible you haven't met her yet, she is the quiet, yet very friendly, hard working young lady in the first office to the right as you approach Megan's office. Think she's not in there because the light is off? Make sure you look twice, she works in the dark. We're not quite sure why but we don't mess with a good thing.

If you have had the good fortune of meeting Natasa, you know that she has a beautiful accent; not one "y'all" in this dialect. She was born in Bosnia where she lived until she was 11, when her family moved to Serbia. As that country came

under political unrest and unsafe living conditions, her family decided to leave the country. They applied for residency in Canada, Australia, New Zealand and the United States. They say third time is the charm. After three tries, they were accepted and arrived here in the States when she was 15.

Natasa is the youngest of the family that consists of an older twin sister, two older brothers and her mother and father, all of who live in Austell, where she also resides. Youngest you say, and I did inquire about that. The words twin sister and older

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Travel-Aires



Upcoming Trips:

"Julius Caesar" at Oglethorpe, 10/18, \$30

Michael Carlos Museum, 10/19, \$20

Blue Ridge Scenic Fall Color Tour, 10/30, \$60

For further information about our trips and membership, call Carol Lannon, Travel-Aires, at 404-321-6960. If you have not traveled with us yet, come join us! Annual membership is \$25.

Life Enrichment

Living and Learning for Life!

1340 McConnell Drive

Decatur, GA 30033

404-321-6960

www.lifeenrichmentservices.org

www.srconn.org

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

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Person of the Week

weren't clicking. Natasa was quick to explain to me that her twin sister is 20 minutes older. Natasa's extended family includes a dog named Bear. Bear is a cute, lovable mutt breed that she found in a box on the street and rescued. It was love at first sight.

Now you have a small insight in to the small, in stature only, lady who helps make Senior Connections and Life Enrichment a success. We're so glad that she has become a part of our team and hope you will get to know her soon.

**Annual SPARC Health Fair
October 22**

Make sure you join us for this year's SPARC (Sickness Prevention Achieved Through Regional Collaboration) Health Fair. The lineup includes, flu, pneumonia and tetanus vaccines, blood glucose screening, blood pressure screening, bone density screening, cholesterol screening, colorectal cancer risk assessments, depression education, assistance from GA Cares and more. SPARC is bringing preventive services to you. Let us help you protect your health by attending this year's health fair. Join us from 10:00 am—2:00 pm here at the Life Enrichment/Mack Love Building. For more information, contact Megan Moulding at (404) 488-7073 or (404) 321-6960. **IMPORTANT:** If you are enrolled in a Medicare Advantage Plan, please check with your provider about preventative coverage.

**Future Office Closings Due to
Inclement Weather**

As previously advised, Senior Connections and all of its Centers follow the safety directives of

DeKalb County. Please note in the future if DeKalb County closes the schools for the day, we will be following suit and all offices will be closed. If you have questions on a certain day, please call (404) 321-6960 where you can hear of any change.

Megan's Corner

If you are interested in being an instructor for our Winter Session, all Instructor's Agreements are due here at the office **by October 22**.

Thank you and everyone have a great week!

**Prayers and Cards for Dorcas
Devereux**

The surgery for her cancer was successful and according to Dorcas, she is cancer free right now. However, she is now experiencing complications with her blood and her body is not fighting it at this moment. Therefore, she is back in the hospital. If you would like to send Dorcas a card or give her a call, here is the information:

Atlanta Medical
Room 842
(404) 265-9842

Please keep her in your prayers!

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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

Reflexology

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

Cost: \$50 for one hour.

Facials, Manicures & Pedicures

Thursdays 10:00 am—4:00 pm
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. **Cost:**
\$25 for 30 min; \$50 per hr

Gift Certificates Available

New! Reiki offered 2nd & 4th Mondays, 1-4 pm, \$50 Call Patricia at (770) 498-1182