



The Adventurer



Weekly News About Life Enrichment, a program of Senior Connections

Adventures In Learning

What a great turnout we are having for our Fall Session. Thank you so much! We hope you are enjoying yourselves because we enjoy having you here! Here's what's going on this week.

Terrific Thursdays

9:30—10:30 am

Laurie Ledford, who is a Registered Nutritionist from Senior Connections, will be speaking to us on "Controlling Cholesterol".

10:45—11:45 am

Fred Elsberry of the Better Business Bureau's topic will be "Scams That Target Seniors".

Under our Aging is Risky Business session, Metta Johnson, RN, will be covering "Helping You Through the Maze: Geriatric Care Management".

12:00—1:00 pm

Lunch 'n Learn

Ellie Schmittinger from Eldercare Systems, Inc. is our speaker and the topic is "Ways to Remain Independent, Part I.*"

*This is a two part series, with Part II occurring at our Lunch 'n Learn on October 29. There will be no Lunch 'n Learn next week, 10/22 because of the SPARC Annual Health Fair.

Please make sure you sign up for lunch each week so that we have a proper count for food.

Don't Miss Out

It's not too late to sign up for the following classes that are still available:

5110—Finding Your Family on the Census—Susan Sloan, \$20 (1 session) 10/26 from 1:00 pm—3:00 pm.

6060—Perk Up Your Travel Picture taking—Bob Siegmann— \$20 (2 weeks) 11/10 & 11/17 from 1:00—2:00 pm.

0058—Keeping Your Mail Organized—Joe Loisel— \$75 (4 weeks) 11/11—12/9 from 11:30 am—1:00 pm.

5160—Online Banking and More—Connie Cothran—\$10 (1 session) 11/17 from 10:00 am—12:00 pm

5130—Computer Genealogy—Susan Sloan—\$20 (1 session) 11/23 from 1:00 pm—3:00 pm

Take A Trip With Travel-Aires

See Julius Caesar in a new light. He just wants to retire and have some fun. Now where does that leave Brutus? Sign up for Julius Caesar at Oglethorpe on Sunday, 10/18. The trip is

\$30. We will depart at 1:30 pm, returning at 5:30 pm.

Taken in a museum lately? No? Then the Michael Carlos Museum is one not to miss. It is described as scripture for the eyes; or the Bible illustrated in Netherland prints of the 16th Century. The audio is included in the price. Monday, 10/19, \$20, departing at 9:30 am and returning at 12:30 pm.

All aboard the Blue Ridge Scenic Railway for a scenic view of Georgia's Fall colors. One of Carol's most popular trips.

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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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Take A Trip with Travel-Aires

It fills up every year. The price of the trip is \$60. We will depart at 8:00 am on Friday, 10/30 and return at 5:00 pm.

These and other trips are available by checking out your Fall catalog. Sign up today!

Cancelled Classes for the Fall Session

The following classes have been cancelled due to lack of participation. We sincerely apologize for any inconvenience this may have caused.

1010 Beginning Spanish
 0056 Safety First: Privacy and Security Online
 0059 Getting to Know Your Laptop
 5020 Theater Crafts for Seniors
 6010 Bones Wise Bones Safe
 0057 Going, Going Gone: An Introduction to eBay
 2100 Health Literacy is Everybody's Business
 5030, 5031 Drumming Class
 5010, 5011 Keeping Your Brain Young
 4025 Intermediate Watercolor
 6020 Health Communications Plain & Clear
 6040 Beginning Line Dancing
 6070 Fifty Years of Aerospace
 4020 Beginning Watercolor
 4028 Advanced Watercolor
 0011 Intro to Computers I
 0060 Searching the WWW for Lifelong Learning
 4030 Beginning Italic Calligraphy
 5071 Three Steps to Greater Happiness

**Annual SPARC Health Fair
Next Week, Thursday, 10/22**

Join us for this year's SPARC (Sickness Prevention Achieved Through Regional Collaboration)

Health Fair. The event will be held from 10:00 am—2:00 pm here at the Life Enrichment/Mack Love Building. For more information, you may 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.

Megan's Corner

Just a reminder- 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!

We Are Saddened

It is with sadness that we share with you that one of our instructors, Joan Taibbi, passed away this past Saturday. She was diagnosed with cancer last Wednesday and passed on Saturday. Joan taught Theater for Seniors here at LE, and her class was enjoyed by all who participated. She will be missed. We hope that you will join us in expressing our sympathies and condolences to her family.

Thanks to our Sponsors:**D.K. LIPPY**

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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