

The Adventurer

Weekly News About Life Enrichment, a program of Senior Connections

Adventures In Learning

Ghosts and goblins and witches brew, maybe even casting a fun spell or two. Halloween is almost here and whether or not you trick or treat, we hope that you enjoy and have a safe and spooktacular day!

Terrific Thursdays

9:30—10:30 am

Laurie Ledford, Senior Connections' Nutritionist will be our speaker this morning.

10:45—11:45 am

Nancy Schwartzmiller from the Georgia Consortium for Personal Financial Literacy will be speaking on "Being Financially Prepared for a Disaster".

12:00—1:00 pm

Lunch 'n Learn

Ellie Schmittinger of Eldercare Systems, Inc. returns for Part 2 of "Ways to Remain Independent". Lunch is included with today's program.

Take Note—Changes in Upcoming Travel-Aires' Trips

The opera, "Orfeo Euridice", originally scheduled for Tuesday, 11/17, has been cancelled. The date for the trip to Jarrell Plantation, Whistle Stop Café and "Fried Green Tomatoes" has been changed. The original date was Wednesday, 12/2. The NEW date is Friday, 12/4. Times and price remain the same. Please make a note of this new day and sign up today to reserve your spot.

Classes Still Available

The following classes are still available for enrollment:

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

Megan's Corner — Advertising Still Needed for Winter Catalog

There is still time and space available for your advertising in the upcoming *Adventures in Learning* Winter Edition. It will be going to print the week of November 9. If you or someone that you know would like to advertise in the catalog, please call Jeff Upshaw at (770) 451-7602 or email him at JUp-

shaw@srconn.org. Your ads are very important and a vital part of the success of the catalog. It also assists in fraying the printing cost of the catalogs. Without your help, we would not be able to continue to print the quality material that we have been up until now. Prices are very reasonable so please give Jeff Upshaw a call today. Or if I can answer any questions, please let me know. Thank you!



Travel-Aires



Upcoming Trips:

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

Tellus Museum, Northwest Georgia Science Museum, 11/2, \$35

Whistle Stop Café & "Fried Green Tomatoes", 12/4, \$45 (Note new date)

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.

SPARC Annual Health Fair— Thank You!

It was a beautiful Fall day last Thursday and we thank all of you who came out and participated in the health fair. We hope you enjoyed yourselves and got everything out of it that you came for. If you have any feedback for next year's fair, please let us know.

Winter Open House/Instructor Fair, December 10—Reminder

Save the date and mark it on your calendar, Thursday, 12/10. We encourage all of our instructors whether you are past, present or new to take part in this Fair so that our students can get first hand knowledge about the class you will be teaching for the Winter Session. The more information and interest that you are able to generate, the more likely they will want to sign up for your class. We had a great turnout at the Fall Open House, and everyone had a great time. Please get with Natasa Bilic as soon as possible. We look forward to seeing everyone there, students and instructors.

Weekend Telephone

Reassurance Volunteers Needed

Would you or someone that you know be willing to give a few hours of your time on Saturdays and Sundays to make sure all of our Seniors have called in and are doing ok? This is something that you can do from home and would not have to come into the office. Interested? Please call Marie Cape at (404) 321-6960 for more information.

Volunteers Add That Special Touch & Thank You to All Who Have So Generously Given

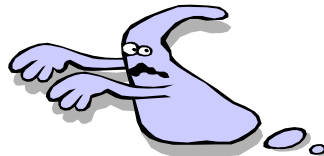
Sometimes we get so wrapped up in the day to day activities, we forget to say how much we appreciate

those that are important to us. With that said, thank you to our volunteers who continue to give of themselves and make Life Enrichment the success that it is every day. In no particular order, our warmest appreciation goes out to Bobbi Smith, Ellen Clymer, Gretchen Pennybacker, Elena Warner, Barbara McLaurin, Susan Waisner, Linda Taylor, Laverne Fields, Anne Urban and Linda Kroll.

Senior Connections and Life Enrichment would also like to extend a thank you to all who have made donations. Your donations support Life Enrichment and Senior Connections' quality programs, and you are greatly appreciated!

Daylight Savings Time Ends This Weekend

Spring ahead, Fall back. Daylight Savings Time ends this weekend on Sunday morning, 11/1, so remember to set your clocks back one hour before you go to sleep on Saturday, 10/31.



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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