



# The Adventurer



Weekly News About Life Enrichment, a program of Senior Connections

## Adventures In Learning

Happy November! Is everyone enjoying our beautiful Fall weather and all of its colors? Before we know it, it is going to be time to start thinking about Thanksgiving and taking a moment to remember all of our blessings. We hope everyone is having a great week and here's what is happening.

### Terrific Thursdays

9:30—10:30 am

Dr. Malina will be our speaker this morning and the topic will be "Health Within".

10:45—11:45 am

Nancy Schwartzmiller from the Georgia Consortium for Personal Financial Literacy is our speaker and the topic is "Identity Theft".

12:00—1:00 pm

Lunch 'n Learn

Nancy is also our speaker for this portion of today's program and will be continuing the topic of "Identity Theft" with a Question & Answer session. Lunch is included with today's program.

### Special Holiday Course Being Offered

The holidays always offer special offers and gifts for all of us, and this is no exception. Louise Runyon is offering a unique opportunity for you to take advantage of her course, Awareness Through Movement for this holiday season. If you are interested, the course will be

held on December 2, 9 & 16, 2009, and January 6 & 13, 2010. These are Wednesdays from 10:30 am—11:30 am.

The cost of the course is \$75 for all five weeks, and the course number is 2090. If interested, please check with Marie or Natasa.

### Would You Like to See the Travel-Aires Program Continue?

Carol Lannon, our long time Travel Director and friend, will be leaving Life Enrichment in December. If you would like to see the Travel-Aires program continue here, please add your name to the pink sheets at the front desk.

### Classes Still Available

The following classes are still available for enrollment:

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

### Luncheon for Carol Lannon

As previously mentioned, Carol Lannon will unfortunately be leaving Life Enrichment. We will be having a covered dish luncheon on Friday, December 8, because we would like to say thank you, and Carol would like to say goodbye to all of her friends. We will furnish the meat and drinks and are asking you to bring a dish. If you would like to participate, we are requesting your RSVP by Tuesday, December 8.

## Travel-Aires



### Upcoming Trips:

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

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

Christmas Canteen Show, 12/5, \$45

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](http://www.lifeenrichmentservices.org)

[www.srconn.org](http://www.srconn.org)

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

**Reminder—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.

**Winter Open House/Instructor Fair**

Be with us Thursday, December 10 from 10:00 am—1:00 pm to kick off our Winter Session of classes. Remember—by attending you will also receive a special Buy One, Get One Free coupon for the Connections Café. We look forward to seeing everyone there—students and instructors and hope that you plan on joining us for a fun-filled morning.

**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.

**A Valentine's Day Healthy Heart Wii Bowling Tournament!**

Join us on February 15th for the All Center Bowling Tournament. This will be between Life Enrichment and the five other neighborhood Senior Centers. The teams will be comprised of a duo from each center and the winning team

will win a trophy for their center. In addition, each team member will receive his or her own personal trophy.

Up for the challenge? Calling all of our Wii bowling pros. We need you! You can prepare for this event by attending our open bowling practices that are available every Monday and Friday from 10:00 am—11:00 am in November and December. Then between January 4 and January 31, 2010, we will have our own tournament to determine the two best teams from Life Enrichment to see who will qualify for the tournament. Need a partner? Don't worry, we will match you with someone. Registration forms are located at the front desk. Come on Life Enrichment! Let's bring home a trophy! GO! FIGHT! WIN!

**Thanks to our Sponsors:**

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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