



The Adventurer



Weekly News About Life Enrichment, a program of Senior Connections

Adventures In Learning

It is hard to believe that we are halfway through the Fall session. Time sure flies when we're having fun. Here's what is happening this week. Enjoy!

Terrific Thursdays

9:30—10:30 am

We are pleased that Dr. Malina is back with us this morning. The topic is "Health Within".

10:45—11:45 am

Libby Walsh from Brookhaven Bank is our speaker this morning. The topic is "Safe and Secure—Are You Sure?" She will give you tips and information on how to do your banking safely and keep your transactions secure.

12:00—1:00 pm

Lunch 'n Learn

We've got a special treat for today. The Harmonizers will be entertaining us with their melodies, and the program is sure to be a winner. Lunch is included with today's program.

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

As mentioned last week, our long time friend and Travel Director, Carol Lannon will be leaving Life Enrichment in December. This brings up the question, do you want to see the Travel-Aires program continue? If so, we are asking that you sign the pink sheets at the front desk in order for us to continue to bring you all of the enjoy-

ment and fun, along with great, quality trips.

Luncheon for Carol Lannon

We would like to say farewell and thank you to Carol for all that she has contributed to Life Enrichment as Travel Director of the Travel-Aires program. We want her to know that all of her hard work, tireless effort, giving, joy and laughter are greatly appreciated. Life Enrichment will be having a covered dish luncheon on Friday, December 11. We will furnish the meat and drinks and are asking you to bring a dish. Carol would like as many of you to be there as possible but we need your RSVP. We don't need to know what covered dish you will be bringing but we do need to know if you plan on attending. We need a proper count so that we can make sure everyone is taken care of. December 8 is the cutoff date for letting us know if you will be attending; however the sooner we know the better. Give Marie a call today and let her know. Thank you and we look forward to you being there.

Jewelry Making Workshop

Sign up for an afternoon of

learning how to make jewelry. Instructor Charlotte Thomas will teach you techniques for making elegant bracelets without clasps. And it's easy! Join us on Wednesday, November 18 from 10:00 am—noon. As always there will be humor, plenty of helpful tips and surprises. Supplies are included but Ms. Thomas asks that you bring your choice of beads. If you would like to see pictures of some of this lovely jewelry,



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Travel-Aires



Upcoming Trips:

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

www.srconn.org

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

**Jewelry Making Workshop
(con't from page 1)**

please see the flyers in the reception area or go to www.flickr.com/photos/beadbouncer. The cost of the class is \$20 and is filling up fast; so make sure you sign up today!

“Awareness Through Movement®” Course Being Offered for the Holidays

Would you like to discover how to move with a greater mobility, ease and efficiency in all forms of physical activity? Find out how this can be accomplished by signing up for Awareness Through Movement® by Louise Runyon. Give yourself a gift, not only for the holidays, but one that can last a lifetime. 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. The course does require that one bring a mat. Please check with the instructor before buying.

Serve Up a Strike!

Ready to face down a challenge? Calling all of our Wii bowling pros! Even if you're not a Wii bowling pro, we still want you to join our team for a day of laughter and excitement. Sign up today to be a part of the Healthy Heart Valentine's Day Wii Bowling Tournament. The tournament will take place on February 15th and will be comprised of Life Enrichment and the five other Senior Connections neighborhood centers. The bowlers will be a duo from each center. The winning team will win a trophy for their center, along with your own personal trophy.

Need practice? Attend our bowl-

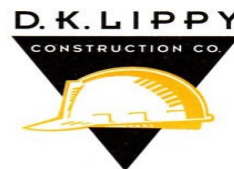
ing practices that are available every Monday and Friday from 10:00 am—11:00 am in November and December. They are open to everyone. Then between January 4 and January 31, 2010, we will have our own tournament to determine the two best teams from Life Enrichment to see who will qualify for the tournament. 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 serve up some turkeys, and we're not talking about the kind you serve for Thanksgiving. Let's bring home a trophy!

Space Still Available

The classes below are filling up quickly but there is still room for you! Don't postpone signing up if you want to participate in these classes. Also remember the last day to register for a class, without a \$5 late fee, is one week before the start of a class.

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



Thanks 1980-2005 to our Spon-sors:



PERSONAL CARE, INC.



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