



The Adventurer



Weekly News About Life Enrichment, a program of Senior Connections

Adventures In Learning

We've got three great classes and topics to cover this morning at Life Enrichment's Terrific Thursdays. So let's get going and see what is happening this week. Enjoy!

Terrific Thursdays

9:30—10:30 am

Today's topic for Dr. Malina is "How to Create a Metabolism that will Burn Clean and Efficient for Life".

10:45—11:45 am

We are pleased to have Libby Walsh and Connie Cothran return today. They will be covering "Debit vs Credit—Do You Get It?" This class will discuss the differences between credit card transactions and debit card transactions, especially from a consumer protection perspective.

12:00—1:00 pm

Lunch 'n Learn

Janet Arrington from Compassionate Care Hospice is our speaker today. Lunch is included with today's program.

Potluck Luncheon

Reminder—December 3

Just a reminder that Fall classes will end the week of December 5 and our last Terrific Thursdays luncheon will be Thursday, December 3. That means it's time for our always delicious and loads of fun potluck luncheon. We don't want anyone to miss out, so make sure you sign up today to let us

know what you will be bringing. Don't miss out. The food and fellowship are always wonderful and a good time for all.

Person of the Week

You know I have been fortunate in my last year and a half to talk to some very gracious people who were willing to give of their time and share a little bit about themselves with all of us, and I am extremely grateful. They have all been interesting and this week is no exception. This week you get to learn a little bit of Denise Solomon, who is our Mah Jong instructor. She's been an instructor with us for a while. She first came to LE to play Mah Jong with NORC. In finding out how good she is at playing this card game (she started in 1956) and that we were looking for an instructor, it seemed a natural fit. As they say the rest is history.

How about having a lucky number of 13? That's a far cry for most of us, right? Not for Denise. She shared that her mother was married on the 13th, Denise was born on the 13th, her sister married on the 13th, along with a great nephew. All of her grandkids?

You guessed it. She has been in 13 weddings, including her own.

Before Denise retired in 1994, she worked for MARTA and at that time all that was around was the bus system. She witnessed the birth of the rail system around 1975 and we all know how valuable that has become to the transportation of Atlanta.

Denise tells us that her father and mother are from the Island of Rhodes, which is a Greek island located approximately 11 miles southwest of Turkey in

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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

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www.lifeenrichmentservices.org

www.srconn.org

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

**Person of the Week
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the Aegean Sea. She and her family are Sephardic Jews, originally from Spain. However in 1492, Queen Isabella decreed that her ancestors deny their faith and beliefs by becoming Catholic. As this is something they would not do, they were exiled from Spain, leaving to travel up and down the Mediterranean, ending up in Rhodes. She shared that the food of a Sephardic Jew is different from what we might consider the traditional fare. While it is still kosher, it is closer to a Greek style, more Mediterranean; lots of tomato sauce but not a lot of spices.

Another thing that Denise has witnessed the birth of, so to speak, is penicillin. When she was 11 1/2, her appendix ruptured and she almost died, had it not been for this new drug to treat illnesses called penicillin. However, because of how new it was to the medical arena and the risks unknown, the hospital would not treat her unless her parents signed a release relieving the hospital of possible liability. We're glad they did and that she is still here with us!

So you see, its always a lot of fun to do this part of the job. A person gets to share some interesting and remarkable things, and we benefit in getting to know and enjoy them better. Thank you, Denise!

Judy Walker

We are saddened to let you know of the passing of Marie's sister, Judy, last Friday morning. She had been fighting cancer for a long while; doing it with a positive resoluteness and bravery that many of us don't get to experience in a lifetime. Judy was a special gift to Marie and those that loved

her. Just as Judy was special to the Cape and Walker family, Marie is special to all of her family here at Life Enrichment.

Office Closed for Thanksgiving Holidays

We will be closed next Thursday and Friday, 11/26 and 11/27. We wish everyone a blessed and happy Thanksgiving. May you spend it just the way you are most happy!

**Open House/Instructor Fair—
December 10, 10:00 am—1:00 pm**

Calling all old and new members! Don't miss out on being part of the Winter Fair. The Fall Fair was a huge success, all of our instructors were awesome, and we're looking forward to doing it again. But we can't do it without our members. This is one of the best ways to find out about our upcoming classes for Winter. You get to meet the instructors and make the informed choice for the classes you want to take.

Winter Catalog

We apologize for the delay but it should be going to print this week. We are also going to be posting it to the website soon so you can have an early sneak peak!

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