



# The Adventurer



Weekly News About Life Enrichment, a program of Senior Connections

## Adventures In Learning

Welcome to a special edition of this week's "Adventurer". Even though there are no classes until Monday, as we are closed for the Thanksgiving holiday, we wanted to kick off the Holiday Season by issuing the newsletter to remind you of some upcoming events, along with keeping you abreast of new items.

### Terrific Thursdays

There are no classes scheduled due to the Thanksgiving holiday; however, we will be back and raring to go with our final session of this quarter next Thursday, December 3. Dr. Malina and Libby Walsh will be back for the 9:30 am and 10:45 am sessions respectively, and Lunch 'n Learn will be our Potluck Luncheon.

### Potluck Luncheon Next Thursday

There's still time to sign up for our Potluck Luncheon. We will have this in lieu of a speaker to close out our Fall Quarter. It is always enjoyed by all, and everyone leaves smiling and very full!

### Winter Catalog Released This Week

The Winter 2010 edition of "Adventurers in Learning" is out and you should be receiving it in the mail soon. It is already posted on line at our website—[www.srconn.org](http://www.srconn.org) so you can get an early peek. It is chock full of new classes, along with your

favorites. We are offering a weekend course starting this session. It is called the Mason Mill Park Sunday Walking Club. We are also offering our Course Samplers. Ever wonder if you wanted to take a class, but you weren't sure and wanted to get a taste of what it is going to be like? Then these are the courses for you to start with. It's a one-time abbreviated session. If you enjoy it, you can sign up for the extended version. See page 9 of the catalog for pricing and more information. We are going to have Classic Movie afternoons on Wednesday featuring the movies that you know and love. The ones that inspired us; made us laugh, made us cry but in the end always made us smile. Interest piqued? Watch your mailbox or go online today to sign up because you don't want to miss out on any of the excitement!

### 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 hope that you plan on joining us for a funfilled morning, and look forward to seeing you there.

### Luncheon for Carol

#### Lannon—Don't Miss Out

Just a reminder of the farewell luncheon for Carol coming up on Friday, December 11. We will furnish the meat and drinks and are asking you to bring a dish. If you haven't had a chance to RSVP, please do so today by signing up at the front desk or giving Marie a call. Deadline to RSVP is Tuesday, December 8.

## 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](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.

**Office Closed for Thanksgiving Holidays**

We will be closed 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!

**Pick Your Topics for Winter Lunch 'n Learn**

What would you like to see covered at our Lunch 'n Learns for the Winter Session? We are asking for your input and suggestions. There is a Feedback Sheet at the front desk, where we are asking you to pick your two top choices from those listed. We have also left one intentionally blank, if you have a write-in suggestion. The topic to be covered will be Financial Management. Thank you. Your ideas and feedback along with your cooperation in helping us give you what you would like to hear is appreciated.

**Do You Like to Sing?**

If you do and would like to bring some smiles and joy to others, come join The Harmonizers. They meet here at Life Enrichment once a week to practice and sing songs that are familiar and loved by all. They go out and spread their cheer to shut-ins, assisted living homes and much more. If you are interested, call Bill Anderson at (770) 469-2946.

**“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.

**Be Heart Healthy**

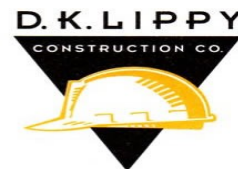
How you may ask? We've got a great way to do it. Sign up for our Valentines Day Healthy Heart Wii Bowling Tournament. Come join Life Enrichment, as we take on the North DeKalb Senior Center on February 15, 2010. Practices are held here every Monday and Friday (no practice on 11/27) from 10:00 am—11:00 am. We are also going to have our own Life Enrichment Tournament between January 4 and January 31 to determine who will qualify to play in the tournament. Come one, come all—all in the name of fun, exercise and a healthy heart. For more information, please see page 27 of the Winter catalog or pick up a sign up sheet at the front desk.

**Happy Thanksgiving!**



Thanks for our spon-

sors:



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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