



The Adventurer



Weekly News About Life Enrichment, a Program of Senior Connections

Adventures In Learning

Happy Holidays to everyone. We hope that each of you had a blessed and happy Christmas and Hanukah, and enjoyed it with those that you love. Is anyone going to fess up to receiving a lump of coal?

While the weather outside may be “frightful”, we hope that you are going to find our Winter Session “delightful”, and have already enrolled in the classes of your choice. If you haven’t, there is still time before classes start on Monday, January 4, but don’t miss out and let your favorite class fill up. Sign up today!

Additional New Classes Being Offered

Have you seen the Winter 2010 supplement to the catalog? We thought we’d add a few more classes to the Winter 2010 all-star lineup for you to choose from. Would you like to learn how to write your autobiography? Not sure? Sign up for the course sampler on January 9 for only \$5 and then if you like what you hear, you can enroll for the full 8-week course that starts January 16 at a cost of \$65.

We are also excited to be able to offer two great courses that will be taught by our very own wonderful Gwyneth Johnson at the Senior Connections’ main office on Peachtree Road in Chamblee. Gwyneth will offer a class regarding Stress Man-

agement and a class on Health and Wellness. For information on these classes and more, please see the supplement and enrollment form.

Terrific Thursdays

Once again, our Terrific Thursdays are, shall we say, terrific. Entertaining and informative speakers are on the docket for each week with two topics each to choose from for both our first hour and second hour courses. Lunch ‘n Learn also offers a great list of speakers for each week and includes complimentary lunch. For a list of speakers, please refer to “The Adventurer” each week.

The “classics” are also returning such as woodcarving, quilting, oil painting, Mah Jong, Bridge, Canasta, watercolor and more. Eight weeks of classes that are fun, informative and full of camaraderie for only \$40—one of the best deals in town!

Travel-Aires Winter Lineup

In keeping with the all star schedule of classes for the Winter session, Travel-Aires has four great trips lined up that are a must do on your To Do List.

We start off with a trip to the National Museum of Patriotism on Tuesday, January 26. Exhibits are interactive. This unique museum offers an homage to our founding fathers, a salute to our men and women of the Armed Forces, a moving tribute to 9/11, the Hall of Patriots/signature exhibits with uniform and civilian heroes, and much, much more. This is a definite not miss. The past and the present come together for an awe-filled day.

Would you like to see more flowers than you could ever think of seeing? Then the
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Travel-Aires



Upcoming Trips:

Museum of Patriotism, 1/26, \$25

Southeastern Flower Show, 2/5, \$35

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.

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Travel-Aires Winter Lineup
Southeastern Flower Show is for you. Come experience all of the rich, vivid and vibrant beauty firsthand. Get some environmentally green ideas, gardening and cooking tips, listen to some great speakers; something for everyone. This colorful day trip will take place on Friday, February 5.

Our favorite tour guide, Jim Howe, will be taking us on trip to Cave Spring, Georgia on Monday, March 1. We'll tour the grounds of the Darlington School of Rome, visit the Georgia School for the Deaf started in 1848 and visit the actual spring where the locals still obtain their water absolutely free.

Do you love a mystery and not afraid to do something that is a little adventurous? Then the Mystery Tour 2010 with Daniels Discovery Tours is the trip for you! In 2008 they traveled to the Greenbrier Hotel in West Virginia. 2009 was the Peabody Hotel in Memphis. Who knows were it will be in in 2010? However, you can anticipate a trip that will be top notch, informative and full of fun. Set aside March 2—March 5, 2010 and reserve your space today.

Check out your Winter catalog for further information on these trips and reserve your spots today.

Thank You from Carol Lannon
What a great luncheon we had! Thank you to all of you who showed up and were a part of the afternoon. The food was delicious as always. Thank you for all of the cards, gifts and well wishes. Everything and every one of you are deeply appreciated. The friendships I've made and your support of me and Travel-Aires

has been terrific. What a blessing. *Thanks for our sponsors:*
Thank you all again.

**Office Closed This Friday,
January 1**

Just a reminder that the office will be closed this Friday, January 1, 2010 due to the New Years Day holiday. We wish everyone the happiest of New Years and look forward to seeing you when classes start up on Monday January 4.

Megan's Corner



As 2009 comes to a close and the beginning of 2010 just hours away, I would like to say thank you for all of your continued support in making my job with you so much fun and very rewarding. Your continued support of Life Enrichment and Senior Connections is so appreciated. I'm looking forward to a great 2010 with all of you.

I hope everyone had a wonderful holiday season, and I would like to, along with the LE Staff, wish you all of the best and Happy New Year!



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Mobile Day Spa, Vanessa Platt, 770-855-0421

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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