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Senior Connections Offers Wide Selection of Fall Classes and Workshops

On-line Registration Available for 'Adventures in Learning' Courses Ranging from Art to Exercise, Computer Skills and Foreign Languages

ATLANTA (August 25, 2010) – Schools are back in session – and soon, Senior Connections' *Adventures in Learning*, the popular classes and workshops for seniors in the metro Atlanta area, will start up again too. The non-profit agency that aims to 'maximize independence for seniors through advocacy, information and services' organizes a wide selection of informative, fun and educational programs called *Adventures in Learning*. All courses and workshops are geared specifically to the interests of mature students and are taught by dedicated professionals. For a full catalog, check

www.seniorconnectionsatl.org/images/stories/docs/FALL2010Catalog.pdf

This fall, Senior Connections www.seniorconnectionsatl.org offers art, music and drama courses, such as 'One Hour Drummer' and 'Beginning Ballroom Dance,' exercise classes including 'Tai Chi for Movement Improvement' and 'Yoga for Seniors' and a plethora of courses that teach seniors how to use their computers and explore the Internet. The classes are taught at the Mack Love Building in Decatur and at the Decatur/DeKalb YMCA.

In addition, Senior Connections hosts special one-day workshops in September that will speak to specific interests, such as 'Digital Camera 101,' 'War is Help...for Genealogists: Military Research,' and an on-line banking class.

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“Through *Adventures in Learning* and our travel get-aways, called Travel-Aires, Senior Connections hopes to enrich the quality of life for anyone 50 and older,” notes Debra Furtado, CEO of the DeKalb-based organization. “One of our most popular programs is the 8-week-long series called ‘Terrific Thursdays.’ Every Thursday, from September 30 to November 18, seniors can come spend all or part of the day, participate in a variety of courses, and stay for lunch.” And, Furtado adds, “...coming to Terrific Thursdays is a great way to make new friends!”

Registration for all Fall Classes can be done on-line at www.seniorconnectionsatl.org/classes or by mail. All registrations are processed on a first-come, first-served basis.

Since 1973 Senior Connections has served the counties of the metropolitan Atlanta area with programs and services designed to help seniors "age in place" in the comfort of their own homes. Over 2,500 nutritious meals are prepared daily out of Senior Connections' main kitchen, and meals are distributed throughout metro Atlanta as well as Macon, Georgia. In addition to providing this large number of meals, the nonprofit agency provides home repair, in-home care and neighborhood centers to area seniors, and recently launched the “Fixit Connection,” a home repair and handyman service for senior homeowners that provides guaranteed professional services plus peace of mind.

As a 501(c)(3) nonprofit organization headquartered in Atlanta, Georgia, services are available to anyone over the age of 60, regardless of income level. *Adventures in Learning* courses and workshops are open to all adults 50 and older. Senior Connections also offers services and information to help families cope with the many dilemmas that can arise as parents, grandparents, friends, and loved ones "come of age.”

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