

Good Afternoon! Today is Thursday, March 17, 2011, 3:11 PM

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Newspaper for the 50+ population ~ Serving the State of Georgia

Donations needed for our Silent Auction

Please help us celebrate the DeKalb History Center's 64th Anniversary!

Our annual meeting includes a silent auction to benefit the History Center. We are calling upon local businesses and professionals to donate goods or services to this annual event. Please consider joining generous restaurants, artists, hotels and merchants to support DeKalb's only countywide History Center. As a donor, you will be recognized in our quarterly newsletter, listed in the event program and recognized on the auction displays and/or bid sheets.

Past silent auction donations have included: event tickets, golf packages, dinner certificates, art, jewelry, hotel stays, special tours, books, professional services, fitness opportunities and more.



Friday, March 25, 2011

From 6:00 - 9:00 p.m.

Old Courthouse on the Square, Second Floor

101 East Court Square,
Decatur, GA 30030

This fundraiser is free and open to the public!!

For more information or to donate an auction item, call 404-373-1088, ext. 26, or email Stacey at assistant@dekalbhistory.org

Collecting, preserving and sharing the history of DeKalb County

The Johns Creek Symphony Orchestra Presents "Virtuoso Strings!" Submitted by Sue Haggerty, Executive Director



In their most challenging program to date, the JCSO Strings will dazzle listeners on Saturday, March 5 at 8:00 PM with a variety of technically demanding and aesthetically rewarding selections. Be serenaded by Mozart's most familiar instrumental work, "*Eine Kleine Nacht Musik*" (A Little Night Music), Samuel Barber's timeless *Adagio for Strings* and Dvořák's beautiful *Serenade in E Major*. Then it's time for some exceptional dances, including *Hungarian Dances No. 5 & No. 6* by Johannes Brahms and some extraordinary selections from Argentine composer Astor Piazzolla. A master of the tango, you will be amazed when you hear *Oblivion* and experience *Four for Tango*. The mastery of our strings takes a fun but no less challenging turn with the performance of three novelty tunes by Leroy Anderson, *Plink, Plank, Plunk, Jazz Legato* and *Fiddle-Faddle* as well as the *Limerock Reel* by Mark O'Connor. This entire program will not only showcase the superior talents of our String Orchestra, but inspire our audience by a truly remarkable performance.

If you have not yet attended one of our performances, then this is the perfect time to come to a concert. The Johns Creek Symphony Orchestra

is comprised of fully paid professional musicians. The result is a superior quality of performance by skilled musicians hired from all around the greater Atlanta metropolitan region. Now in our fourth season and under the baton of Maestro J. Wayne Baughman, Music Director, the JCSO was founded with the desire to bring great symphonic music to the communities of north Fulton, and in particular the Johns Creek area. Maestro Baughman has been a fixture on the Atlanta music scene for over thirty-five years. Known for his oratorio skills, J. Wayne was a member of the Atlanta Symphony Orchestra and Choruses for twenty-five years, frequent performer as a bass soloist and collaborator with Maestro Robert Shaw on a number of major performance projects.

To experience this amazing concert, go to www.johnscreeksymphony.org to purchase tickets. Adults are \$28, Seniors (55+) are \$22 and Students (through college) are \$15.00, and group discounts for ten or more are encouraged. Theater at Johns Creek High School, 5575 State Bridge Road, Johns Creek, GA 30022. Call 678-748-5802 or email info@johnscreeksymphony.org for additional information. This concert season has been made possible by the support of our Season Presenting Sponsor *Emory Johns Creek Hospital*, our Season Benefactor *Gwinnett Medical Center Duluth* and the Fulton County Arts Council.

Be inspired! What are you waiting for?

New Spring Classes for Seniors Include Zumba Dancing, Tennis and Scrapbooking,
Senior Connections' Class Registration Now Opens for 50+ Students

Spring is almost here, and so are the new classes offered by Senior Connections, geared specifically to active Seniors (50+). On April 1, [Senior Connections' Adventures in Learning](#) spring classes will start and popular classes are filling up fast. A number of new classes have been added to the extensive catalog, including Zumba dancing, tennis, scrapbooking and crafting on a budget.

All classes, except for deep water aerobics and tennis, will be held at the [Mack Love Senior Center](#) in Decatur, 1340 McConnell Dr.

Senior Connections' mission is to 'maximize independence for seniors through advocacy, information and services.' *Adventures in Learning* offers a wide selection of informative, fun and educational programs, and its courses and workshops are taught by dedicated professionals.

Zumba Gold

Zumba dancing to Latin music is the latest fun and fitness craze. Zumba Gold is designed for beginners and active older adults, as it can improve balance, strength, and flexibility - and zumba dancing is even said to be good for the heart. Class starts April 4 at 10:00 a.m.

Indoors and Out: Tennis, Line Dancing and Water Aerobics

Seniors can take advantage of the mild spring weather and learn tennis (at the [DeKalb Tennis Center](#), 1400 McConnell Drive, Decatur) with an experienced instructor. Or, if they prefer exercising inside, they can work out while they take a Line Dancing and Modern Ballroom class. No partner is needed for either class. Another popular offering is Deep Water Aerobics held at the [Decatur-DeKalb Family YMCA](#), 1100 Clairemont Ave. Participants do not need to know how to swim. All three classes start on April 5.

Exercise Your Brain

Adventures in Learning also offers classes to work out your brain, including the popular Facebook, Twitter and Blogging classes for seniors who want to enter the online world.

Spring term runs from April 1 through June 30 with classes ranging from one-day seminars to 12-week courses. Registration for all 2011 Classes can be done on-line at www.seniorconnectionsatl.org/classes or by mail.

Registrations are processed on a first-come, first-served basis.

About Senior Connections

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 years 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."

Concerts by the Springs

It's a new year, and that means Heritage Sandy Springs is busy planning another year of exciting special events and programs at Heritage Green. Longing for picnics and warm, sunny days on the lawn? Concerts by the Springs is just three months away and it couldn't come soon enough! Stay tuned for details on how to purchase your table, and mark your calendar now with these important dates:

New Exhibits in the Heritage Sandy Springs Museum NOW OPEN! Wed and Sat 11 a.m. - 2 p.m.

Concerts by the Springs - Sundays, May 1; June 5; July 10; August 7; Sep. 4

Wind Down Wednesdays - Wednesdays, May 18; June 15; July 20; August 13

Movin' Groovin' Mornings - Wednesdays, June 22; June 29; July 6; July 13; July 20; August 17

The Civil War in Sandy Springs

Did you know that union troops used the fields and farms of Sandy Springs as a staging area for the Siege of Atlanta in 1864? Under the direction of General Sherman, 80,000 soldiers along with their equipment and supplies flooded into the small community of around 1,000 people to rest and regroup. Follow the action as Heritage Sandy Springs curator Kimberly Brigance puts Sandy Springs on the "civil war map," piecing together previously unpublished information about what actually happened here. Brigance's articles can be found in recent issues of The Reporter Newspaper; for the most recent installment, [CLICK HERE](#). (photo - Samuel Wesley Parker)



Tossed Out Treasures

Get a head start on your spring cleaning and bring your gently used clothes and collectables to Tossed Out Treasures. Presented by the Sandy Springs Society, this annual resale extravaganza will take place on Friday, March 25 from 10 a.m. - 7 p.m. and Saturday, March 26 from 10 a.m. to 6 p.m. A special Preview Party will take place Thursday, March 24 at 6 p.m. Tickets are \$25 - if purchased in advance and \$30 at the door.

The SSS is accepting donations every Tuesday, Wednesday and Thursday from 10 a.m. - 2 p.m. The last day to donate anything is Thursday, March 17.

For more information and to see a list of acceptable items visit www.sandyspringsociety.org.

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