
DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX

6500 Vernon Woods Drive, Sandy Springs, GA 30328

404-613-4900

www.bensoncenter.org

Days & Hours of Operations:
Mon.-Fri. 7:00 a.m. – 5:00 p.m.

September 2017 Event



Class Registration

Now Every "Current Participant" will be able to Register for "All Classes" offered during the Fall/Winter Session on computers set up in the Benson Multipurpose Center.

Registration begins Wednesday, August 30, from 9 a.m.—12 p.m., break for lunch, restart at 1:30 p.m. thru 3:30 p.m. this process will continue until September 15, 2017. Representatives will be available to answer questions and provide assistance.

Did you know that *your membership & medical release forms should be updated once a year?* If you don't know when your application expires, please check with the Administrative Office for this information.
Remember a current form of identification and proof residency is required to register for classes.

Services & Programs Offered

Mon.-Fri., MPDH, **Breakfast \$2 plus tax** (8:30 a.m. - 9:30a.m.); **Lunch \$3 plus tax** (12-1:30 p.m.). Meals available to registered participants and seniors (55+).

Fulton County Auto Tags. Serving "Seniors 55+" Mon. & Wed., 10 a.m.-1 p.m., & 2-3 p.m. Next door to the doctor's office in building B.

Free Blood Pressure Check (Every Tues.) Ms. Frances Katapodis, from 10 a.m.–12 p.m., in the Lobby of building B.

"Ladies, let's talk about it...Women to Women" (Every Wed.) an on-going group for women to experience support, and bond with other women in a safe, compassionate environment. Group Facilitator, Nicole Wyche, MACC, NCC, and LAPC eligible. Sign up in the fitness center. 10 a.m.-11 a.m., Location: Adult Day Lounge I, **This program is not taking new members at this time.**

Stars & Strikes (Every Wed.) Join the Senior "**Leisure League**" for a fun day of bowling. \$5 pays for shoe rental, three games, complimentary coffee and much more. See Nicole in the fitness center.

9/7 (Thurs.) **Benson Hike** participants will partake in a leisure walk while others endure a more strenuous hike. Departing 9 a.m., returning 3 p.m., see Nicole in the Fitness Center to sign up!

9/8 (Fri.) **BINGO** Benson participants will enjoy an afternoon Bingo Game with prizes sponsored by Regency Hospice. 1:15 p.m. – 2:15 p.m., MPDH

9/12 (Tues.) **"Protect Yourself Against Scams"** The price of scams against seniors is much more than financial, find out why seniors are targeted, the toll it can take on your health, and how to protect yourself. 10 a.m. – 11:30 a.m., Conf. Rm. A&B.

9/26 (Tues.) **Information Sessions: 1. Tax Exemptions, 2. Housing Rehabilitation for Senior Citizens**, limited participation (20). Conf. Rm. A&B, 11 a.m. – 1 p.m. These sessions will be presented by the Community Development Department,

AT THE MOVIES

Thursdays, 10 a.m. & 1:15 p.m. SHARP (5th Thursday Music!) - Game Room

9/7 **The Zookeeper's Wife** - 2017, PG-13, 2hr 6 min: After the Nazis invade Poland, Warsaw Zoo caretakers Antonia and Jan Zabinski place themselves in grave danger when they begin collaborating with the Resistance in an effort to save Jews from the horrors of the Warsaw Ghetto. Cast: Jessica Chastain, Daniel Bruhl

9/14 **Fences** - 2016, PG-13, 2hr 19 min: Working as a trash collector in 1950's Pittsburgh, Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race.

9/21 **All the President's Men** - 1976, PG, 2hr 19 min: The film that launched a thousand journalism school students, All the President's Men chronicles how the work of reporters Bob Woodward and Carl Bernstein contributed to the public downfall of President Richard M. Nixon. The duo connected a Washington D.C. hotel break-in with a Nixon "dirty tricks" team assigned to discredit Democratic rivals, launching a series of tense events that forced Nixon to resign. Cast: Robert Redford, Dustin Hoffman, Jason Robards.

9/28 **Loving** - 2016, PG-13, 2hr 3 min: Recounting a landmark chapter in the struggle for civil rights, this absorbing drama depicts the 1958 arrest and imprisonment of Richard and Mildred Loving for violating Virginia's law against interracial marriage. Cast: Joel Edgerton, Ruth Negga.

Please see flyer in the lobby for a fuller description Of each movie & reviews of each movie.

Additional Meetings & Programs

Hand & Foot/Canasta (Neighborhood Center)	Mon.	12-4	Learn/Play for fun
Benson's Book Club – Reading Group (Facilitator: Amelia Reid)	3rd Mon.	1-2	Conference Room A
Bridge - Open to all	Every Tues.	9-4	Play for fun
Free Blood Pressure Check	Every Tues.	10-12	Lobby Multipurpose
BOCCE - this ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck.	Every Tues./ Fri.	10-12	Bocce Court next to Bldg. A
Ask Chef Quentin - Chef Quentin will be available to answer any of your dining questions.	Every 4 th Tues.	1-1:45	MPDH
"Open Mic" & Department of Watershed: Senior Outreach Program on Water/Sewer	1st Wed.	1-2	MPDH
Friends of Benson Meeting	2nd Wed.	10-12	Conf. Rms. A&B
Birthday Celebration	3rd Wed.	12:30	MPDH
Mahjong – all levels are invited.	Every Thurs.	12:30-4	Bldg. C
Land Fitness Orientation - sign-up at the receptionist desk	Every Thurs.	1-2	Fitness Center
Texas Hold'em - "Poker"	Every Thurs.	1-3:30	All Levels (Conf. Rm. A)

AARP Driver Safety Class - \$15 member \$20 non-member	4th Thurs	Dates & Instructors Sept. 28 - Jerry Oct. 26 - Warren Nov. 16 - Jerry Dec. 7 - Warren	9-4	Conf. Rms. A&B
Aquatics Orientation - By appointment only (Sign-up at the receptionist desk)	Every Fri.		9:30-10:30	Pool Area
Chess with Tony (Learn/play for fun)	Every Fri.		9:30-12	Game Room
Benson Chorus – “All voices are invited”	Every Wed.		2-3	Dining Room
Chess with Sophie (for Beginner)	Every Fri.		12-1	Conf. Rm. A
Social Bridge - Play for fun (All Experienced Players are welcomed)	Every Fri.		12-4	Game Room
Open Computer Lab	Every Fri.		1-3	Computer Lab
Social Bridge “Scheduled” games only	Every Fri.		1-4	Dining Room



Things that may interest you....



Older Adults Rally for State Funding to Help Them Live Independently

More than 100 older adults and their supporters recently gathered under sunny skies at the Georgia Capitol on **Be There 4 Seniors Day** to thank Governor Nathan Deal for including \$4.2 million in new funding for seniors in his proposed 2017 budget. The funding would be dedicated to home and community based services, such as home-delivered meals and adult day care that help older adults live independently at home. Governor Deal also included an additional \$750,000 in the budget for meals to fight senior hunger.

More than 9,000 Georgians are on waiting lists for in-home services.

<http://news.atlantaregional.com/seniors-rally-for-state-funding-to-help-them-live-independently/>

BENSON’S HOLIDAY & CLOSING SCHEDULE 2017

- Labor Day: Mon. 9/4
- Columbus Day: Mon. 10/9
- Veteran’s Day: Fri. 11/10
- Thanksgiving: Thurs., Fri. 11/23 & 24
- Christmas: Fri. & Mon. 12/22, & 25
- New Year’s Eve: Fri. 12/29

BENSON CLASS & INSTRUCTOR’S PLANNING DATES

➤ SUMMER/SESSION 3 Week of July 03 - Sept 11
➤ Instructor’s Planning: Down Week: Sept. 25-29 (Open Swim & Gym Only)
➤ FALL/SESSION 4 Week of October 02 - December 04
➤ Instructor’s Planning: Down Week: Dec. 18-21 & Dec. 26-29 (Open Swim & Gym Only)

Benson 2017 TRAVEL

- **9/14 (Thurs.) The Hunchback of Notre Dame - Rialto Theater**, cost \$25 (entry and transportation), cash only, depart 10 a.m., return: 2:30 p.m. (Showtime: 11 a.m. – Runtime: 2.5 hours), tickets sales begin: 8:30 a.m., Tues., 8/1 (Limit two tickets per person), See Lila in Administrative Area. - **Sold Out!**
- **9/15-17 Jekyll Island, Shrimp & Grits**, “The Wild Georgia Shrimp Festival” dbl. \$345, single \$499. \$100 deposit due at registration, contact Dixie Pounds @ 678/297-6140 with the Alpharetta Adult Activity Center.
- 9/20 (Wed.) **“Women of Valor” of World War II - Presenter: Brandt Ross, former CEO, M & A Intermediary, senior instructor and folk singer.** To include women that you know and some that you may not know.....but what they have in common are remarkable stories. From the Women in WWII who worked undercover; to all the “Rosies” who went to work so their husbands, brothers, and sons could fight, and the many others whose stories we will be shared. They all were “pathfinders;” fought adversity, overcame obstacles and helped to save many lives. The program includes contemporaneous folk music. 1:30 – 2:15 p.m., MPDH
- **10/2 (Mon.) Mayhem Poets– Cobb Energy Centre**, \$15 (Entry and Transportation) cash only, depart 9 a.m., return 12 p.m. (Showtime: 10 a.m. - Runtime: 1.0 hour), tickets sales begin: 8:30 a.m., Mon., 8/28 (Limit two tickets per person), See Lila in Administrative Area.
- **10/5-13 Autumn Foliage in New England**, \$2,909 dbl. \$3,768 single, (includes airfare) \$350 deposit due upon registration, contact Dixie Pounds @ 678/297-6140 with the Alpharetta Adult Activity Center.
- **10/11 (Wed.) Southern Belle Fall/Leaf Riverboat Cruise**, Chattanooga, Tennessee \$50 (3-hr. cruise, lunch and transportation) cash only, depart 8 a.m., return 5 p.m., tickets sales begin: 8:30 a.m., Tues., 9/5. (Limit two tickets per person), See Lila in Administrative Area.
- **10/15-21 Branson Show Extravaganza**, \$669, per person, dbl. occupancy. Ten meals, six breakfasts and four dinners, three morning shows, three evening shows, Showboat Branson Belle and much more. Contact Dixie Pounds in Alpharetta for more information at 678/297-6140.
- **10/25 (Wed.) Hypnotic Brass Ensemble – Cobb Energy Centre**, \$15 (Entry and Transportation), cash only, depart 9 a.m., return 12 p.m., (Showtime: 10 a.m. – Runtime: 1.0 hour), tickets sales begin 8:30 a.m., Mon., 9/11 (Limit two tickets per person), See Lila in Administrative Area.
- **11/27-12/1 Biloxi & New Orleans**, \$494 dbl., \$689 single, \$75 due upon registration, contact Dixie Pounds @ 678/297-6140 with the Alpharetta Adult Activity Center.
- **1/11/18 (Thurs.) Lion King – Fox Theater**, \$56 tickets are available (with these you must provide your own transportation) **Cash Only**. Showtime: 1 p.m., (Runtime: 2 hrs.), (Limit two tickets per person), Tickets sales begin August 28, 2017, 8:30 a.m., See Lila in Administrative Office.
- **1/25/18 (Thurs.) Lady Day at Emerson’s Bar & Grill – Balzer Theater at Herren’s**, \$25 (Entry and Transportation) cash only, depart 9 a.m., return: 3 p.m. (Showtime: 11– Runtime: 1.5hrs), tickets sales begin: Mon., 12/4, (Limit two tickets per person), See Lila in Administrative Office.
- **3/21/18 (Wed.) Synergy/presented by Kennesaw State University-** Cobb Energy Centre \$5 per person (Free Event/transportation cost only) departs Benson 10 a.m., return 1 p.m. (ShowTime: 11 a.m. –Runtime 1.0 hr.) See Lila in Administrative Office.
- **4/20-27/18 Viking River Cruises**, Seven night Rhine River Cruise, Viking Embla. From \$2924 per person, plus air from Atlanta only \$295. Trip details available in the lobby.