

Revised 11/2/17



## DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX

6500 Vernon Woods Drive, Sandy Springs, GA 30328

404-613-4900

[www.bensoncenter.org](http://www.bensoncenter.org)

### Days & Hours of Operations:

Mon.-Fri. 7:00 a.m. – 5:00 p.m.

## November 2017 Event Schedule

### 1st Qtr. 2018 Registration Dates:

**Monday, November 27– December 15, 2017**

Time: 9 a.m. - 12 p.m., Lunch Break: 12 p.m. - 1:30 p.m.

Registration Restart Time: 1:30 p.m.-3:30 p.m.

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.

11/7 (Tues.) **Workshop: Importance of Foot Care** Benson participants will learn how the health of their feet affect their whole body and what they can do to keep their feet healthy. 10 a.m. -12 p.m. Conf. A&B

11/9 (Thurs.) **Veteran's Day Celebration** Benson participants and guest will partake in a Veteran's Day Celebration. Veterans and guest will enjoy a guest speaker, complimentary breakfast and live music. 9 a.m. – 11:30 a.m., MPDH

11/15 (Wed.) **Holiday Luncheon** Benson participants and guest will enjoy a traditional holiday meal prepared by the Benson kitchen staff, live entertainment and dancing will help to kick off the holiday season. 12 p.m. – 2:00 p.m., MPDH.

11/21 (Tues.) **Foot Care Clinic** Benson participants will be evaluated by an Orthopedic Nurse for risk of foot problems and also be given personalized preventive care techniques. 10 a.m. -3 p.m., Conf. A&B

**Low Energy and Assistance Program (LIHEAP)** will be administered by the Community Action Authority beginning 11/1 for seniors 65+ open to the public 12/1. For an appointment call 404/320--0166

## **AT THE MOVIES**

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

**11/2/17 The Guys 2002 PG 1hr 25m**

In the days following the September 11 World Trade Center tragedy, a journalist agrees to help a New York Fire Department Captain write eulogies for eight of the firemen he lost in the twin towers. Cast: Sigourney Weaver, Anthony LaPaglia

**11/9/17 Fly Away Home 1996 PG 1hr 47m**

When 13-year-old Amy adopts a flock of orphaned Canada geese, she sets out to teach them survival skills. Before long, Amy and her inventor dad take to the skies in a homemade aircraft to help the gaggle migrate 500 miles. Cast: Jeff Daniels, Anna Paquin.

**11/16/17 Terms of Endearment 1983 PG 2hr 11m**

James L. Brooks directs this Academy Award-winning drama that follows widowed Aurora (Shirley MacLaine) and her daughter, Emma (Debra Winger) through the years as they support each other through relationships with various men -- and deal with heartbreaking tragedy. This warm, offbeat film won 5 Oscars, including Best Picture, Best Actress (MacLaine), Best Director and Best Supporting Actor (Jack Nicholson).

**11/23/17 Benson Complex will be "Closed" - HAPPY THANKSGIVING!**

**11/30/17 Max 2015 PG 1hr 51m**

In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome with their grief, Max's arrival provides new clues about the soldier's death. Cast: Lauren Graham, Joseph Julien Soria, Josh Wiggins

## **Additional Meetings & Programs**

<b>Hand &amp; Foot/Canasta (Neighborhood Center)</b>	Mon.	12-4	Learn/Play for fun
<b>Benson's Book Club – Reading Group</b> (Facilitator: Amelia Reid)	3rd Mon.	1-2	Conference Room A
<b>Bridge</b> - Open to all	Every Tues.	9-4	Play for fun
<b>Free Blood Pressure Check</b>	Every Tues.	10-12	Lobby Multipurpose Bldg. B
<b>BOCCE</b> - 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
<b>Ask Chef Quentin</b> - Chef Quentin will be available to answer any of your dining questions.	very 4 <sup>th</sup> Tues.	1:45	MPDH

<b>North Area Council on Aging Monthly Workshop (2017 Schedule)</b>  <b><u>Workshop Topics:</u></b>  <b>November</b> – The Benefits of a Spirit of Thanksgiving <b>December</b> – No Meeting	1 <sup>st</sup> Wed.	10:30	Conf. Rm. A&B
<b>“Open Mic” Benson Senior Outreach Program - Guest: Dr. Pamela Roshell, Director, Senior Service Department</b>	1st Wed.	2-3	MPDH
<b>Friends of Benson Meeting</b>	2nd Wed.	10-12	Conf. Rms. A&B
<b>Birthday Celebration</b>	3rd Wed.	12:30	MPDH
<b>Mahjong – all levels are invited</b>	Every Thurs.	12:30-4	Bldg. C
<b>Land Fitness Orientation - sign-up at the receptionist desk</b>	Every Thurs.	1-2	Fitness Center
<b>Texas Hold'em - “Poker”</b>	Every Thurs.	1-3:30	All Levels (Conf. Rm. A)
<b>AARP Driver Safety Class - \$15 member \$20 non-member</b>	4th Thurs.	<b><u>Dates &amp; Instructors</u></b> Nov. 16 - Jerry Dec. 7 - Warren	9-4 Conf. Rms. A&B
<b>Aquatics Orientation - By appointment only (Sign-up at the receptionist desk)</b>	Every Fri.	9:30-10:30	Pool Area
<b>Chess with Tony (Learn/play for fun)</b>	Every Fri.	9:30-12	Game Room
<b>Benson Chorus – “All voices are invited”</b>	Every Wed.	2-3	Dining Room
<b>Chess with Sophie (for Beginner)</b>	Every Fri.	12-1	Conf. Rm. A
<b>Social Bridge - Play for fun (All Experienced Players are welcomed)</b>	Every Fri.	12-4	Game Room
<b>Open Computer Lab</b>	Every Fri.	1-3	Computer Lab
<b>Social Bridge “Scheduled” games only</b>	Every Fri.	1-4	Dining Room



**Things that may interest you....**

**BENSON’S HOLIDAY & CLOSING SCHEDULE 2017**

- 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**

➤ <b>Winter 2018/SESSION 1</b> January - March 2018
➤ <b>Computer Registration Winter Session 2018 November 27th-December 15th</b>
➤ <b>Instructor’s Planning:</b> Down Week: Dec. 18-21 & Dec. 26-29 (Open Swim & Gym Only)

## Benson 2017 TRAVEL

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- **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.
- **12/5-7 (Tues.-Thurs.) Pigeon Forge and Smoky Mountains Show** Trip \$325 includes: motor coach transportation, 2 nights lodging, 4 meals, 1 Dinner Show: The Hatfield-McCoy Show, 1 Evening Show: Christmas at the Smoky Mountain Opry, 1 Morning Show: "Tis the Season", Free time in Historic Downtown Gatlinburg and much more.
- **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. **"Sold Out."**
- **1/25/18 (Thurs.) Lady Day at Emerson's Bar & Grill – Blazer Theater at Herron'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.
- **3/1/18 (Thurs.) The Daughter of the Regiment** Presented by the Atlanta Opera- Cobb Energy Centre, \$15 (cash only) entry and transportation included, departing Benson 9:00 a.m. , returning 3:00 p.m., Showtime: 11:00 a.m. – runtime: 1:5 hrs. Tickets sales begin: 8:30 a.m. – Mon., December 4, 2017, limit two tickets per person; see Lila in the Administrative Area.
- **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.
- **6/4-8/18 (Mon.-Fri.) The Ark Encounter & Creation Museum**, \$599 per person includes: 5 days 4 nights, motor coach transportation, 4 nights lodging, 8 meals, admission to the "new, stunning – Art Encounter," admission to the Famous Creation Museum, admission to the Newport Aquarium, admission to the National Underground Railroad Freedom Center and much more.

