



Celebrating "18 Years!"



DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX

6500Vernon 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.

December 2017 Event Schedule



Happy Holidays

1st Qtr. 2018 Registration Dates: Monday, November 27– December 15,

Registration Begins: 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 & Ms. Audrey Valley 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.

12/14 (Thurs.) **Opioid and Painkillers Addiction Among Seniors** Participants will learn prevention and intervention strategies to decrease misuse of prescription pain medication. 10 a.m.-11 a.m., Conf. Rm. A&B

12/18 (Mon.) **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. – 12 p.m., Beauty Salon, Building A.

12/6 (Wed.) **Benson Holiday Concert** Benson participants and guest will enjoy a holiday musical performance conducted by the Benson Holiday Chorus., 2 p.m. – 3 p.m., MPDH

12/8 (Fri.) **Room to Dance Performance "Free Event"** Benson participants and guest will enjoy a dance performance by Room to Move Dance Ensemble. Open to the public. 1:45 p.m. – 2:30 p.m., MPDH

(2018)

2/5 – 4/16 (Mon. & Wed.) **“AARP Foundation Tax-Aide. *Free Tax Help!*** 10 a.m. – 2 p.m. Benson Game Room. Please bring government issued photo id, for direct deposit of refund or automatic debit of payment; please bring one of your bank checks. All taxpayers are welcome regardless of age or income. If question, call AARP.org/tax aide at 1-888/227-7669

AT THE MOVIES

12/7 Decoding Annie Parker 2013 R 1hr. 40m

In this fear-based drama about the origins of disease, breast-cancer patient Annie Parker works with tireless researcher Mary-Claire King as she tries to identify cancer's genetic components - despite a lack of funding and skeptical colleagues. Cast: Aaron Paul, Alice, Maggie Grace.

12/14 Hacksaw Ridge 2016 R 2hr. 11m

Based on a true story, this World War II drama focuses on Desmond D. Doss, a conscientious objector who becomes a hero while serving as an unarmed medic during the brutal and bloody fight for Okinawa. Cast: Andrew Garfield, Sam Worthington, Luke Bracey.

12/21 Butch Cassidy and the Sundance Kid 1969 PG 1 hr. 50m

Legendary outlaws Butch Cassidy and the Sundance Kid displays their gifts for perfect comedic timing as they pull off heist after heist. To evade a posse, the boys flee to Bolivia, but trouble finds the charming pair of desperadoes where they go. Cast: Paul Newman, Robert Redford.

12/28 The Good Lie 2014 PG 1 hr. 50m

In this fact-based drama, a young Sudanese War refugee wins a lottery that allows him to start life anew in the United States. But adapting to his new home presents challenges - both for the "lost boy" and for the American woman who's helping him.

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 Bldg. B
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.	1:45	MPDH
North Area Council on Aging Monthly Workshop (2017 Schedule) <u>Workshop Topics:</u> December – <u>No Meeting</u>	1 st Wed.	10:30	Conf. Rm. A&B

"Open Mic" Benson Senior Outreach Program & Department of Watershed: Senior Outreach Program on Water/Sewer	1st Wed.	2-3	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.	<u>Dates & Instructors</u> Dec. 7 – Warren 2018 Jan. 25 (Jerry) Feb. 22 (Warren) Mar. 29 (Jerry)	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....

BENSON'S HOLIDAY & CLOSING SCHEDULE 2017

➤ Christmas: Fri. & Mon. 12/22, & 25

New Year's Eve: Fri. 12/29



Happy Holidays

BENSON CLASS & INSTRUCTOR'S PLANNING DATES

➤ **Instructor's Planning: Down Week: Dec. 18-21 & Dec. 26-29 (Open Swim & Gym Only)**

Benson 2017 TRAVEL

- **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.
- **12/15 (Fri.) Urban Nutcracker Performance Benson** participants will travel to the Porter Sandford Performing Arts Center to enjoy the performance of the Urban Nutcracker. Departing 9 a.m., returning 1 p.m. See Lila in the Administrative Office for tickets.

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- **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.