



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.

January 2018 Event Schedule



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.

1/11 (Thurs.) Presentation: Stroke Prevention Benson Participants will learn about stroke prevention, the warning signs and how to quickly respond. 10 a.m. – 11 a.m., Conf. A&B

1/11 & 1/25 (Thurs.) 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. – 2 p.m. Beauty Salon, Bldg. A **Foot care screenings by appointment only, please sign up at the receptionist desk in building B.**

1/18 (Thurs.) The Phoenix Players will perform three short plays spotlighting the humorous life of seniors 1:30 p.m., MPDH (**Runtime: 45-50 minutes**) Free and open to the public.

1/26 (Fri.) Happy Hour Trivia Are You Smarter Than a Senior!!! Benson Participants will enjoy an afternoon of refreshment, socialization and fun, interactive trivia 2 p.m. – 3 p.m., MPDH

2/5 – 4/16 (Mon. & Wed.) Free Tax Help! "AARP Foundation Tax-Aide" 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

1/4 Lean on Me - 1989 PG-13 1hr 49min. When tough-talking principal Joe Clark takes over decaying Eastside High School, he's faced with graffiti-covered walls and students wearing gang colors. But he's determined to do anything in his power to turn the school around. He begins by expelling drug dealers and padlocking the doors to keep the riffraff out. But he also demands maximum effort from the students and staff inside in this uplifting drama based on a true story. Cast: Morgan Freeman, Beverly Todd, Robert Guillaume

1/11 A Dog's Purpose - 2017 PG 1hr 40min. Unfolding through the prospect of a reincarnated dog, this affecting family tale follows the faithful canine as he learns the purpose of his existence through the lives of his numerous owners. Cast: Josh Gad, Dennis Quaid, Peggy Lipton

1/18 From Here to Eternity - 1953 Not Rated `1 hr. 58mins. This gripping adaptation of James Jones' novel about Army life in Hawaii in the idyllic days just before Dec. 7, 1941, follows the stories of three soldiers and the women who love them. Cast: Burt Lancaster, Montgomery Clift, Deborah Kerr

1/25 Florence - Foster Jenkins 2016 PG 1hr 50mins. Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St. Claire Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible. Cast: Meryl Streep, Hugh Grant, Simon Helberg

Additional Meetings & Programs

Hand & Foot/Canasta Learn/Play for fun	Mon.	12-4	Neighborhood Center (Bldg. C)
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)	1 st Wed.	10:30	Conf. Rm. A&B
"Open Mic with Sabrina" Benson Senior Outreach Program & Department of Watershed: Senior Outreach Program on	1st Wed.	1-2	MPDH
Friends of Benson Meeting	2nd Wed.	10-12	Conf. Rms. A&B
Birthday Celebration	3rd Wed.	12:30	MPDH

Land Fitness Orientation - sign-up at the receptionist desk	Every Thurs.	1-2	Fitness Center
Texas Hold'em - "Poker"	Every Thurs.	1-3:00	All Levels (Conf. Rm. A)
AARP Driver Safety Class - \$15 member \$20 non-member	4th Thurs.	<u>Dates & Instructors</u> Jan. 25 (Jerry) Feb. 22 (Warren) Mar. 29 (Jerry) Apr. 26 (Warren) May 31 (Jerry) Jun. 28 (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
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 2018



1/1 (Mon.) New Year's Day



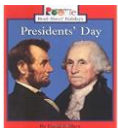
9/3 (Mon.) Labor Day



1/15 (Mon.) MLK Day



10/8 (Mon.) Columbus Day



2/19 (Mon.) President's Day



11/12 (Mon.) Veteran's Day



5/28 (Mon.) Memorial Day



11/22 & 23 (Thurs. & Fri.) Thanksgiving



7/4 (Wed.) Independence Day



12/24 & 25 (Mon. & Tues.) Christmas

Benson 2018 TRAVEL

- **1/11/18 (Thurs.) Lion King – Fox Theater.** Departing Benson at 10:30 a.m., Showtime 1 p.m., lunch at your own expense at Landmark Diner (11 a.m.) for more information see Lila in the Administrative Office. **Sold Out.**
- **1/25/18 (Thurs.) Lady Day at Emerson’s Bar & Grill – Blazer Theater at Herron’s** Departing Benson 9 a.m., return: 3 p.m. (Showtime: 11 a.m.– Runtime: 1.5hrs.), lunch at your own expense at Mary Mac’s Tea Room, see Lila in Administrative Office. **Sold Out.**
- **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 hr.30 mins.. Tickets sales begin: 8:30 a.m. – Mon., 2/5, limit two tickets per person; see Lila in the 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. Ticket sales begin Mon., 2/5, limit two tickets per person.
- **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.