



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.

February 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.

2/2 (Fri.) Go Red for Heart Health Benson participants will enjoy a fun filled day as they wear their Red and participate in various classes that promote healthy lifestyles to prevent and manage cardiovascular diseases. 10 a.m. – 2 p.m., Conf. A&B

2/2 (Fri.) Room to Move Dance "Free performance" – relax and enjoy three performance excerpts: 1. **Gaze** - this performance explores the various forms of light; **Lawless Friendship**: remaining friends through thick and thin, and 3. **Trying** which examines our personal quest for happiness, 1-1:40 p.m., MPDH

2/5 thru 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, sign in and take a seat in the Library of building B.

2/8 (Thurs.) Little Sleep, Big Cost Benson participants will learn why getting the right amount of good, high-quality sleep is important for their physical and mental health. Participants will also learn about some common sleep challenges and steps that can be taken to get better sleep. 10 a.m., Conf. Rm. A&B,

2/9 (Fri.) Fall Prevention & Balance Workshop presented by Foundation Therapy –Sandy Springs is offering

complimentary, comprehensive balance consultations for all attendees. This community service event is “Free” space is limited! Please call for an appointment 770/673-0093. **Location:** 6160 Peachtree Dunwoody Road, Suite B-90, Atlanta, GA 30328

2/14 (Wed.) Benson Valentine Celebration “Free Event”, \$7 per person, Benson participants and guest will enjoy a fun-filled afternoon of food, dancing and socialization. Event sponsored by Fulton County and Friends of Benson, Please sign up at the receptionist desk, 12 p.m. – 2 p.m., MPDH

2/28 (Wed.) Black History Month “Breakfast Celebration” “Free Event” Benson participants will experience culture and fun through entertainment and food. Please sign up at the receptionist desk, 9 a.m. – 11:30 a.m., MPDH

AT THE MOVIES

2/1 This Beautiful Fantastic 2017 PG 1hr 32min

When her landlord forces librarian and aspiring author Bella Brown to clean up her overgrown garden, she meets grumpy elderly neighbor Alfie Stephenson, who’s an avid horticulturalist – and an unlikely friendship is born. Cast: Jessica Brown Findlay, Tom Wilkinson, Andrew Scott, Jeremy Irvine.

2/8 The Big Sick 2017 R 1hr 59min

After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble. Cast: Kemail Nanjiani, Zoe Kazen, Holly Hunter, Ray Romano.

2/15 To Kill a Mockingbird 1962 PG 2hr 10mins

Southern comforts abound in this big-screen adaption of Harper Lee’s novel as lawyer Atticus Finch (Gregory Peck, in an Oscar-winning role) defends an innocent black man (Brock Peters) against rape charges but ends in a maelstrom of hate and prejudice. Meanwhile, with help from a friend, Finch’s children, Jem (Phillip Alford) and Scout (Mary Badham), set their sights on making contact with a reclusive neighbor (Robert Duvall).

2/22 The Book of Henry 2017 PG-13 1hr 45mins

Naomi Watts stars as Susan, a single mother of two, working as a waitress in a small town, but everything in her life is not what it seems. Her son, Henry (Jaeden Liedberher) is an 11-year-old genius who not only masters academics, but manages the family finances and acts as an emotional support for Susan. When Henry finds out that the girl next door, Christina, has a terrible secret, Henry and Susan take matters into their own hands in this imaginative and emotional drama.

Additional Meetings & Programs

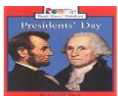
Hand & Foot/Canasta Learn/Play for fun	Mon.	12-4	Neighborhood Center (Bldg. C)
Benson’s Book Club – Reading Group (Facilitator: Amelia Reid)	3rd Mon.	1-2	Conference Room A
Bridge - Open to all	Every Tues.	9-4	Play for fun
Free Blood Pressure Check	Every Tues.	10-12	Lobby Multipurpose Bldg. B
BOCCE - 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	1 st Wed.	10:30	Conf. Rm. A&B

"Open Mic with Sabrina" Benson Senior Outreach Program & 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
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> 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



2/19 (Mon.) President's Day



10/8 (Mon.) Columbus Day



5/28 (Mon.) Memorial Day



11/12 (Mon.) Veteran's Day



7/4 (Wed.) Independence Day



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



9/3 (Mon.) Labor Day



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

Benson 2018 TRAVEL



- **3/1/18** (Thurs.) **The Daughter of the Regiment** Presented by the Atlanta Opera- Cobb Energy Centre, \$10 (cash only) entry fee, 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 (Free Event) departs Benson 10 a.m., return 1 p.m. (ShowTime: 11 a.m. –Runtime 1.0 hr.) See Lila in Administrative Office. Sign up begin Mon., 2/5, limit two tickets per person.
- **3/22-24** (Thurs.-Fri.) **Historic Mobile Alabama** Featuring the **“Festival of Flowers” 25th Anniversary** Double: \$459, Single: \$565, \$100 deposit upon reservation, Check or credit cards accepted. See Flier in the lobby for more information. Contact Dixie Pounds @ 678/297-6140 with the Alpharetta Adult Activity Center.
- **4/20-27/18** (Fri.-Fri.) **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. Contact Dixie Pounds @ 678/297-6140 with the Alpharetta Adult Activity Center.
- **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. Contact Dixie Pounds @ 678/297-6140 with the Alpharetta Adult Activity Center.
- **9/14-16** (Fri. – Sun.) **Shrimp & Grits** – “The Wild Georgia Shrimp Festival” Double: \$345, Sing: \$499, \$100 deposit upon reservation, Check or credit cards accepted. See Flier in the lobby for more information. Contact Dixie Pounds @ 678/297-6140 with the Alpharetta Adult Activity Center.
- **11/24-26** (Sat.-Mon.) **Christmas in Historic Savannah.** Featuring: **“A Christmas Boat Parade – Savannah Style”** Double: \$559, Singe: \$689, \$100 deposit due upon registration. See fliers in the lobby for more information. Contact Dixie Pounds @ 678/297-6140 with the Alpharetta Adult Activity Center.