

★ Celebrating "18 Years!" ★

**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.**

Revised 3/8/18



**BENSON'S  
MARCH 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 membership & medical release form expires, please check with the Administrative Office for this information. **Remember current proof of residency is need to update your membership application, and your membership identification card is needed to register for classes.**

**Services & Programs Offered**

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

**Fulton County Auto Tags. Serving "Seniors 55+,"** Mon. & Wed., 10 a.m.-1 p.m., (lunch 1-2 p.m.) office reopens from 2-3 p.m.  
**Location:** Building B next door to the doctor's office.

**Free Blood Pressure Check** (Every Tues.) **Facilitators:** Ms. Frances Katapodis & Ms. Audrey Valley from 10 a.m.–12 p.m., Building B Lobby.

**"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 for more information.

**3/1 (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!

**3/8 (Thurs.) Habits of Healthy People** Happiness is a choice and a way of living that anyone can learn. Benson Participants will learn tips for staying positive during life's challenges and discover how they can find more joy in every part of life. 10 a.m. – 12:00 p.m., Conf. Rm. A&B

**3/16 (Fri.) St. Patrick's Day Celebration** Benson participants and guest will celebrate St. Patty's Day with games and refreshments. 12:30-1:30, MPDH

**3/19 (Mon.) The Foot Clinic** Retired orthopedic nurse Gudrun Noonan will offer foot services that include Diabetic Foot Screening, and General Foot Care. Adult Day Salon, **No appointments available this month.**

**3/22 (Thurs.) Talk: Tax Exemptions with Chairman Pitts**, 10 a.m. – 11:30 a.m. , MPDH

**3/29 (Thurs.) Self Defense Workshop** Fulton County Sheriff Department will host a Senior Safety Workshop, 10 a.m. – 11 a.m., Conf. Rms. A&B

**AT THE MOVIES**

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

**3/1 Something's Gotta Give**

**2003 PG-13 2hr 8m**

Still sexy at 60, Harry Sanborn is having the time of his life, wining, dining and bedding women half his age. But when he agrees

to go to the Hamptons with his girlfriend, their getaway goes awry after her playwright mother stops in unannounced. Cast: Jack Nicholson, Diane Keaton, Keanu Reeves

**3/8 Maudie** 2017 PG-13 1hr 55m

This affecting biopic charts the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds a passion for painting, becoming a beloved Canadian folk artist in the process. Cast: Sally Hawkins, Ethan Hawke, Kari Matchett

**3/15 Butch Cassidy and the Sundance Kid** 1969 PG 1hr 50m

Legendary outlaws Butch Cassidy and the Sundance Kid display 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 wherever they go. Cast: Paul Newman, Robert Redford, Katharine Ross

**3/22 Marshall** 2017 PG-13 1hr 58m

Recounting an early case of attorney Thurgood Marshall -- who would later become the first African-American Supreme Court justice -- this riveting drama depicts his defense of a black chauffeur accused of sexual assault. Cast: Chadwick Boseman, Josh Gad, Kate Hudson

**3/29 Free State of Jones** 2016 Rated R 2hr 19m

As the Civil War rages on, Mississippi farmer Newton Knight, his neighbors and a ragtag group of slaves band together and lead Jones County to secede from the Confederacy, establishing a mixed-race free state in the heart of the South. Cast: Matthew McConaughey, Keri Russell, Gugu Mbatha-Raw

### Additional Meetings & Programs

<b>Hand &amp; Foot/Canasta</b> Learn/Play for fun	Mon.	12-4	Neighborhood Center (Bldg. C)
<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.	Every 4 <sup>th</sup> Tues.	1:45	MPDH
<b>North Area Council on Aging</b> Monthly Workshops: April: <b>Best Diet for the Aging Brain (39<sup>th</sup> Annual Luncheon)</b> May: <b>Older Americans Month</b> June & July: <b>Summer Break</b> August: <b>How to Slow the Aging Brain?</b> Sept.: <b>Learning New Things...</b> Oct.: <b>Stress Impact on the Aging Brain</b> Nov.: <b>Rest, Exercise, and Brain Games</b> Dec.: <b>Holiday Repast</b>	1 <sup>st</sup> Wed.	10:30	Conf. Rm. A&B
<b>"Open Mic with Sabrina"</b> Benson Senior Outreach Program & Department of Watershed: Senior Outreach Program on Water/Sewer	1st Wed.	1-2	MPDH
<b>Friends of Benson Meeting</b>	2nd Wed.	10-12	Conf. Rms. A&B

<b>Birthday Celebration</b>	3rd Wed.	12:30-1	MPDH
<b>Land Fitness Orientation</b> Sign-up at the receptionist desk	Every Thurs.	1-2	Fitness Center
<b>Texas Hold'em - "Poker"</b>	Every Thurs.	1-3	All Levels (Craft Room)
<b>AARP Driver Safety Class - \$15 member \$20 non-member</b>	4th Thurs.	<u><b>Dates &amp; Instructors</b></u> Mar. 29 (Jerry) Apr. 26 (Warren) May 31 (Jerry) Jun. 28 (Warren) Jul. 26 (Jerry) Aug. 30 (Warren)	9-4  Conf. Rms. A&B
<b>Aquatics Orientation</b> - By appointment only (Sign-up at the receptionist desk)	Every Fri.	9:30-10:30	Pool Area
<b>Chess with Tony</b> (Learn/play for fun)	Every Fri.	9:30-12	Game Room
<b>Chess with Sophie</b> (for Beginner)	Every Fri.	12-1	Conf. Rm. A
<b>Social Bridge</b> - Play for fun (All Experienced Players are welcomed)	Every Fri.	12-4	Game Room
<b>Open Computer Lab</b>	Every Fri.	1-3	Computer Lab
<b>Social Bridge</b> "Scheduled" games only	Every Fri.	1-4	Dining Room



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

**BENSON'S HOLIDAY & CLOSING SCHEDULE 2018**



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



10/8 (Mon.) Columbus Day

# Benson 2018 TRAVEL

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- **3/1 (Thurs.) The Daughter of the Regiment** Presented by the Atlanta Opera-Cobb Energy Centre, \$15 (cash only) entry and transportation included, departing Benson 10:00 a.m. , returning 1:00 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 (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.
- **3/27 (Tues.) Gibbs Garden** Benson participants will travel to Gibbs Garden to enjoy the Daffodil Festival. Departing Benson at 9 a.m. – returning 4 p.m.
- **4/20-27 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 (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.

