



Celebrating "18 Years!"



DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX

6500 Vernon 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.

BENSON'S APRIL 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.

Attention:



4/3 (Tues.) Poetry Writing Workshop Benson participants will explore creative writing through poetry. 10 a.m. – 12 p.m., Location: Heavy Art Room

4/3 (Tues.) Public Speaking Workshop Benson participants will develop skills for a variety of public speaking occasions. 1:30 p.m.-3:30 p.m., Location: Heavy Art Room

4/5 (Thurs.) Drama/Acting Workshop Benson participants will develop and practice acting skills through reading and performances. 10 a.m. – 12 p.m., Location: Heavy Art Room

4/5 (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!

4/5 (Thurs.) S.C.R.A.M. Senior Crime Reduction Awareness Measures - This program will assist seniors in combatting elder fraud, abuse and exploitation. 10 a.m. – 12:00 p.m., Location: Conf. Rm. A&B

4/5 & 4/12 (Thurs.) Music Appreciation Workshop Benson participants will explore the history of the BLUES music through video, audio, recordings and guest presenters. 10 a.m. – 12 p.m., Location: Conf. Rm. A&B

4/5 (Thurs.) Newsletter Writing Workshop Benson participants will learn by doing: writing, photography, template, layout and publishing newsletters. 1:30 p.m. – 3:30 p.m. Location: Computer Lab

4/5 (Thurs.) Benson Chorus Workshop Benson participants will learn and sing songs of various styles and genres. 1:30 p.m. –

3:30 p.m., Location: Neighborhood Center (Bldg. C) Purple Room

4/6 (Fri.) Beginner's Keyboard Workshops Benson participants will learn the basic notes on the keyboard as well as learn to play easy songs. 10 a.m. – 12 p.m., Location: Computer Lab

4/9 & 4/16 (Thurs.) Music Appreciation Workshops Benson participants will explore the history of Rock n Roll music through videos, audio recordings and guest presenters. 10 a.m. – 12 p.m.

4/19 (Thurs.) Senior Chiropractic Care Benson participants will learn eight amazing benefits of chiropractic care. 2 p.m. -3 p.m., Location: Conf. A&B

4/25 (Wed.) More or Less Players Roswell-Group Benson participants and guest will enjoy this amazing performance. 1:30 p.m. – 2:00 p.m., MPDH?

AT THE MOVIES

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

4/5 Three Billboards Outside Ebbing, Missouri **2017 R Drama 1 hr. 55 min.**

When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely respected police chief. Starring: Frances McDormand, and Woody Harrelson.

4/12 Darkest Hour **2017 PG-13 2 hr. 5 min.**

Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler and his relentless army during World War II's early days. Starring: Gary Oldman, and Kristin Scott Thomas.

4/19 The Shape of Water **2017 R Drama 2 hr. 3 min.**

During the Cold War era, lonely Elisa works as a cleaning lady in a top-secret U.S. government laboratory. But her life is altered forever after she and a co-worker stumble upon a hush-hush experiment. Starring: Sally Hawkins, Michael Shannon, and Richard Jenkins.

4/26 Lady Bird **2017 R Comedy 1 hr. 33 min.**

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape. Starring: Saoirse Ronan, and Laurie Metcalf.

Additional Meetings & Programs

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| 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 |

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| North Area Council on Aging Monthly Workshops: April: Best Diet for the Aging Brain (39th Annual Luncheon) May: Older Americans Month June & July: Summer Break | 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. | 12:30-1 | MPDH |
| Land Fitness Orientation Sign-up at the receptionist desk | Every Thurs. | 1-2 | Fitness Center |
| Texas Hold'em - "Poker" | Every Thurs. | 1-3 | All Levels (Craft Room) |
| AARP Driver Safety Class - \$15 member \$20 non-member | 4th Thurs. | <u>Dates & Instructors</u> 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



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



- **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.
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 - **9/14-16 (Fri.-Sun.) Jekyll Island, GA Shrimp & Grits – “The Wild Georgia Shrimp Festival”** set in the Jekyll Island Historic District, the Festival provides a laid back, relaxed Southern atmosphere complimentary of delicious coastal cuisine and great entertainment. Limit 25, transportation by Alpharetta City Bus. Double: \$345, Single: \$599. \$100 deposit at time of reservation. Final payment: Mon., 8/6. Checks will be made payable to the City of Alpharetta or credit cards accepted at the Alpharetta Adult Activity Center.
- 11/24-26 (Sat.-Mon.) Christmas in Historic Savannah.** Featuring “A Christmas Boat Parade – Savannah Style” Double \$559, Single: \$689. \$100 deposit due upon registration. Checks made out to the City of Alpharetta or credit cards accepted at the Alpharetta Adult Activity Center. Final payment is due no later than Monday, 10/29.

