The ***Dorothy C. Benson Multipurpose Complex***

6500 Vernon Woods Drive, Sandy Springs, GA 30328

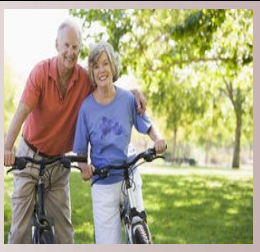
404/613-4900

Mon.-Fri . , 7:00 a.m. - 5:00 p.m.

www.bensoncenter.org

2nd Quarter

Class Schedule (Apr. 2-Jun. 11)



"Current" Participants should register for classes in the Computer Lab of Building B.

Revised

2/21/18

Registration Dates 2018:

Monday, March 12– Friday, March 23

Monday, June 11—Friday, June 22

Monday, September 10– Friday, September 21

Monday, December 3—Friday, December 14

Time: 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.

Note: If you are unable to register during a specific registration period, remember - you have two weeks after the close of that registration period to come to the administrative office to request a class enrollment form.

Fulton County Senior Services Department

Welcome to the Dorothy C. Benson Senior Multipurpose Complex, commonly referred to as the "Benson Center." The Benson Center is a Fulton County Facility for seniors 55 and older. The goals of the facility include supporting the recreational, intellectual, social, physical and health needs of senior citizens. This facility promotes a safe, active, meaningful and productive life for seniors. The complex consists of three units. In the Multipurpose Center, planned activities are available in education, hobbies, health and wellness, swimming, recreation and more. The Adult Day Care unit is for seniors who need assistance throughout the day. The Neighborhood Center is designed for semi-active seniors and provides assistance with transportation and nutrition.

Sabrina Hudson,
Benson Facility Manager

Benson Complex Managerial Staff

Lila Womack
Life Enrichment Coordinator

Brenda Russell
Adult Day Program Coordinator

Nicole Wyche
Health & Fitness Coordinator

Chef Quentin Boswell
Head Cook

Susan Jones
Manager
Neighborhood Center

DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX

6500 Vernon Woods Drive, Sandy Springs, GA 30328, 404-613-4900

www.bensoncenter.org

PROGRAM SCHEDULE

2nd *QUARTER*

April - June 2018

Class Registration

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 of residency is required to register for classes.

Out of County Membership Fee is $100

Services Available

Dining **Breakfast** (8:30-9:30 a.m.) $2, **Lunch** (12-1:30 p.m.) $3, please add tax. Meals available to registered participants and seniors age 55+ "Only." MPDH, Mon.-Fri.

Auto Tags & Handicap Stickers for Fulton County Residents 55+" may be obtained here on Mon. & Wed., 10 a.m.—1 p.m. (Lunch Break 1 –2 p.m.) returning for business 2-3 p.m., **Elijah Matthews, Coordinator**.

Free Blood Pressure Check every Tues.: **Ms. Francis Katapodis**, & **Ms. Audrey Valley, Facilitators**. Multipurpose Lobby, 10 a.m.—12 p.m.

AARP Defensive Driving Class - reservation for this class is taken at the receptionist desk in building B, class time is from 9 a.m.—4 p.m., location: Conf. Rms. A&B, Fee: $15 for AARP Members, $20 for Non-members. Check page 11 of this schedule for class dates. **Facilitator's: Jerry Lee & Warren Hatfield**

L&H Internal Medicine, P. C., **Dr. Liza L. Hasso**, The Practice is open on Thursdays only from 10 a.m. -3 p.m., Call 404/350-0500 for appointments, in addition walk-ins are welcomed.

"At the Movies" Recently released movies with the occasional film classics, shown in a "theater" setting**.** Every Thurs., 10 a.m. & 1:15, Location: Game Room. **Nancy Mingo, Facilitator**.

"Ladies, let's talk about It...Women to Women" 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, LAPC.** Sign up in the fitness center**,** Every Wed., 10-11 a.m. *This program is not taking new members at this time.*

Join us at **Stars & Strikes** for a "Senior Bowling League." $5 pays for shoe rental, three games, complimentary coffee, and much more. Meet us every Wed., at 10 a.m. Location: 8767 Roswell Road, Sandy Springs, GA 30350. See Nicole Wyche in the fitness center for more information or call 404/612-2306

Water Fitness Programs—Building B
April-June

Water Fitness I ***Mon/Wed. 9:15-10:00*** ***4/2-6/13***

A beginner class for those who have never explored water aerobics or just need some refreshing on the basics. Equipment is used for strength training**.**

Water Aerobics II ***Mon. & Wed. 10:15-11:00*** ***4/2-6/13***

Minute *aerobic workout in the water followed by stretching and toning exercises.*

Water Aerobics I ***Mon. & Wed. 11:15-12 :00*** ***4/2-6/13***

Tue. & Thur. 10:45-11:30 ***4/3-6/14***

10 minute warm-up, 15-20 minutes of aerobic exercise, cool down and toning exercises.

Water Walking ***Mon. & Wed. 1:15-2:00*** ***4/2-6/13***

10-minute warm-up with stretching followed by low impact water walking.

Advance Water Fitness II ***Mon. & Wed. 2:15-3:00*** ***4/2-6/13***

A 25-minute advanced combination of water aerobics and toning using various equipment**.**

Arthritis Plus ***Tues. & Thur. 9:00-9:45*** ***4/3-6/14***

2:15-2:45 (Adult Day Participants Only)

15-20 minutes of non-impact aerobic exercises recommended by the Arthritis Foundation.

Arthritis - Basic ***Tue. & Thur. 10:00-10:30*** ***4/3-6/14***

11:30-12:00 (Neighborhood Participants Only)

30 minutes of stretching & toning exercises recommended by the Arthritis Foundation**.**

Suspended & Weightless Aerobics ***Tue. & Thur. 1:15-2:00*** ***4/3-6/14***

An intense workout using flotation devices to keep your feet off the bottom of the pool**.**

Water Fitness Room Orientation **Fri. 9:30**

Required for all new participants in the water fitness program. One-hour orientation to learn how to properly use the therapeutic water program. (By Appointment Only)

Open Water Fitness

Mon. 7:00-9:15am, 3:00-4:45pm ***Tue. 7:00-9am, 3:00-4:45pm***

Wed. 7:00-9:15am, 3:00-4:45pm ***Thur. 7:00-9am, 3:00-4:45 pm***

Fri. 7:00-12noon, 1-4:45pm

Pool is open for use by registered participants. Lifeguard is on duty but no instruction is available.

NOTE: The Pool is closed every day from 12:00-1:00

Land Fitness Programs—Building B

Cardio Strength (Aerobics) ***Mon. & Thurs. 10:00-10:45*** ***4/2-6/14***

Wed. 8:30-9:15 ***4/4-6/13***

Trainers: Phyllis (Mon.), Melissa (Wed.) & Jennifer (Thurs.) 45 minutes of easy paced low impact movement and body sculpting. Silver Sneakers Members are encourage to participate. ***Location: MPDH***

Holistic Living II (10 wks.) ***Tues.*** ***10:00-10:45*** ***4/3-6/12***

Instructor: Connie Sloane Participants will learn natural ways to keep the vital organs healthy and functioning optimally. Different types of detox cleansing methods will be discussed based on body type. How to make herbal infusions, tinctures and teas and the usages and health benefits of essential oils will also be discussed. **Location: Adult Day Lounge 1.**

Land Fitness Programs—Building B
April-June

Circuit Training ***Mon. & Wed. 11:00-11:45 4/2-6/13***
Tues. & Thurs. 10:00-10:45 & 11:00-11:45 4/3-6/14

15 minutes cardiovascular exercise (using treadmills, exercise bikes, or elliptical machine); 15 minute strength training exercises (using universal weight machine) and 15 minute stretching/floor exercises. Participation is required in each phase of the class. ***Location: Fitness Center***

Senior Stretch (Chair Yoga) **Mon. 11:00-11:45 4/2-6/11**
Wed. 11:15-12:00 4/4-6/13
Thurs. 2:30-3:15 4/5-6/14

Instructor: **Melissa Lawrence** A gentle form of yoga that is practiced sitting on a chair, and standing using a chair. **MPDH**

Mind & Meditation ***Mon. 11:15-12:00 4/2-6/11***

Instructor: Sheila Ficco. Are you seeking calmness, peace of mind, vibrant health, and greater energy? Come and experience these benefits through simple yet powerful Meditation Techniques. **Location: Adult Day Lounge I**

Ballroom Dance ***Mon. 2:00-3:00 4/2-6/11***

Instructor: Wayne Zwick A delightful aerobic exercise with flexibility, balance and gracefulness as side benefits. No partner? No problem! All levels are welcome. ***Location: MPDH***

Soulful Strut ***Mon. 3:00—4:00 4/2-6/11***

Instructor: Donna Jones Come, learn the latest and Classic Soulful Line Dances, while gaining great cardio benefits!
Location: MPDH

Benson Tennis Club (Tues. & Thurs.)

Tues. **9:00-11:00** Players will only have access to ONE court on Tuesday
Thurs. **9:00-11:00** Players will have access to **BOTH** courts on Thursday

Tennis requires the use of a racquet to strike a ball over or around a net and into the opponent's court. This Olympic sport is a fun way to exercise and socialize. The Mt. Vernon Community Tennis Court is located in front of Benson—Bldg. B***. Vernon Woods HOA Tennis Court***

Flexibility ***Tues. & Fri. 9:00-9:45 4/3-6/15***

Instructor: Diane Adams This exercise class consists of various stretching and strengthening exercises to improve flexibility, abdominal and lower back strength and posture. **Location: MPDH**

Theraband ***Tues. & Fri. 10:00-10:45 & 11:00-11:45 4/3-6/15***

Instructor: Diane Adams (10 a.m.), Melissa Lawrence (11 a.m.) This exercise class includes basic stretching, flexibility and balance exercises to improve or maintain functional ability. Mild resistance applied by using rubber tubing, hand or ankle weights. **Location: MPDH**

Yo-Chi-Ahh **Tues. 2:00-3:00 4/3-6/12**

Instructor: Peter Vajda Yo-Chi-Ahh consists of physical movement and mental exercises. Yo-Chi-Ahh is a unique blend of Yoga and Tai Chi joined with "Brain Respirations" as an effective and easy way to diffuse the effects of stress and the accumulated tensions of everyday life. **Location: MPDH**

Line Dancing **Wed. 9:45-10:45 4/4-6/13**

Instructor: Jennifer Jones Learn to do a variety of basic line dances to great music while exercising your heart, mind and soul. **Location: MPDH**

Ageless Grace **Wed. 2:30-3:15 4/4-6/13**

Instructor: Melissa Lawrence Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind. The movements are designed to be performed seated in a chair and can help you improve balance, self-esteem, joint mobility, and more. **Location: Adult Day Lounge 1**

Land Fitness Programs—Building B
April-June

Stability **Thurs.** **9:00-9:45** **4/5-6/14**
Instructor: **Jennifer Jones** Class designed to help improve balance and coordination to remain safe on our feet. **Location MPDH**

Fitness Room Orientation **Every Thurs.** **1:00-2:00**
This class is required for all new participants in the Fitness Center: One-hour orientation on how to use various pieces of equipment and how to set up your own personal exercise log. **(By appointment only)**

BOCCE **Tues. & Fri.** **10:00-12:00** **4/3-6/15**
Ancient game, whose modern adaptation most closely resembles bowling. The game requires skill, strategy and just a little luck. Want to play but don't know how, then come and join us for a few hours of fun, exercise and socialization. ***Location: Bocce Court***

Tai Chi Beginning - Level 1 **Thurs.** **11:00-11:45** **4/5-6/14**
Trainer: **Sheila Ficco** "Chi" is your internal energy, your life force. Tai Chi is an ancient practice that helps move the energy throughout the body. This class is designed specifically for older adults at all levels of ability. These exercises can be performed in a standing or seated position. The goal of this class is to introduce students to the basics of how to breathe, move and improve your body's functions. Cultivating Chi works on the mind, body and spirit.
Location: MPDH

Open Fitness Room

Mon.	**7:00-11:00**	**1:00-4:45**	**Tue.**	**7:00-10:00**	**1:00-4:45**
Wed.	**7:00-11:00**	**1:00-4:45**	**Thur.**	**7:00-10:00**	**2:00-4:45**
Fri.	**7:00-12:00**	**1:00-4:45**			

The Fitness Center is open for use by registered participants. No instruction is available.

NOTE: **The Fitness Center is closed every day from 12:00 - 1:00**

Art Programs—Building B

Watercolors **Mon.** **10:00-12:00** **4/2-6/11 (No Class 5/28)**
Instructor: **Mary Kapuscinski** Learn to paint using watercolors as a medium. Class size 12, **Location: Craft Room**

Working with Metal Wire Wrapped Jewelry & Cold Connections **Mon** **10:00-12:30** **4/2-6/11 (No Class 5/28)**
Instructor: **Helenne Vermillion** Create jewelry using the wire wrapping method. Very thin 26-28 gauge wire is used to make wrapped and woven patterns on thicker wire, twisting and crimping without soldering. Beads can be incorporated into these pieces, and later on we will explore using cold connections such as rivets to join metal. Bring your own basic pliers (a supply list will be provided). Class size 12. **Location: Ceramics Room**

Benson Book Club (Reading Group) **3rd Mon. of each month** **1:00-2:00**
Coordinator: Amelia Reed Discussion of books suggested by reading group participants. **Location: Conf. Rm. A**

Advanced Watercolors **Mon.** **1:30-3:30** **4/2-6/11 (No Class 5/28)**
Instructor: **Mary Kapuscinski** Learn more advanced techniques using the medium of watercolors. Class size is limited to 12 students. **Location: Craft Room**

Art & Craft Programs—Building B
April-June

Abstraction: Drawing Painting and 3D (5 wks.) **Tues.** **10:00—4:00** **4/3-5/1**
Instructor: **Charles Scogins** This class will explore the process of abstracting a live subject in a variety of media and approaches. We will also learn the historical context and how the idea of abstraction took hold of the art world during the 20th century. Students will need a sketch book, pen and cell phone or camera for this class. There will be a $25 model fee for this class. Class size 12**. Location: Painting/Drawing Studio**

Advanced Photography (8 wks.) **Tues**. **10:00-12:00** **4/3-5/29 (No Class 5/22)**
Instructor: **Tom Hughes** This course teaches the student how to take better digital pictures—focusing on composition, form, and color. Class size 10. **Location: Conference Room B**

Silk Dye Painting -Supply Fee (11 wks.) **Tues**. **10:00-12:30** **4/3-6/1**
Instructor: **Hellenne Vermillion** Using acid dyes to achieve the most brilliant colors on silk, we will practice several techniques using dyes and resists on silk fabric. These will then be steam set for permanency, and used to create fiber art either by collaging or embellishing. There will be a supply fee of $40. Class size 8. **Location: Craft Room**

Sculpture (6 wks.) **Tues.** **10:00-4:00** **5/15-6/12**
Instructor: **Charles Scogins** This class is for those participants who have very little to no experience in working with clay. We will explore a variety of techniques to create and finish your art piece. Bring a sketchbook, and pen to each class. Class size 10. There is a $25 Model Fee for this class. **Location: Ceramic Room**

Knitting for Beginners (11 wks.) **Tues**. **1:00-3:00** **4/3-6/12**
Instructor: **Meta Haupert** Learn to knit or join this fun group to knit for charity. All levels are welcomed. Class size 10.
Location: Conference Room A

Knitting Intermediate (11wks.) **Tues**. **1:00-3:00** **4/3-6/12**
Instructor: **Joan Lee** Learn to knit or join this fun group to knit for charity. All levels are welcomed. Class size 11. **Location: Conference Room B**

Fiber Arts Studio (11 wks.) **Tues**. **1:30-4:00** **4/3-6/12**
Instructor: **Hellenne Vermillion** Painting with thread, collaging with textiles, and felting to create paintings and relief works. All level of skills welcome. Focus will be on wet felting and needle felting. Supply list will be provided.
Class size 12. **Location: Craft Room**

Creative Writing - Workshop (11 wks.) **Wed.** **9:45-12:15** **4/4-6/13**
Instructor: **Alice Godbold** Coaching on your own projects. Read and discuss your stories. Class size 16. **Location: Craft Room**

Card Making Introduction (5 wks.) **Wed.** **10:00-11:30** **4/4-5/9** **(No Class 4/11)**
Instructor: **Judy Schneible** Learn techniques to create your own unique greeting cards using rubber stamps, and stencils. Supply list will be provided. Class size 8. **Location: Heavy Art Room**

Acrylic and Mixed Media (5 wks.) **Wed.** **10:00—4:00** **Session 1: 4/4-5/2** **Session 2: 5/16-6/13**
Instructor: **Charles Scogins** We will explore a variety of approaches to creating two dimensional art with acrylics as well as combining it with other media to create both representational as well as non representational images. We will also work with a model so students can experience working from life and not just paint from photo reference. Students will need a sketch book, pen and cell phone or camera for this class. Class size 12. **Location: Painting/Drawing Studio**

Art & Craft Programs—Building B
April-June

Basic Hand Building in Clay (11 wks.) **Wed. 10:00 –12:30 4/4-6/13**
Instructor: Hellenne Vermillion A handbuilding clay class where beginners to advanced students are welcome. Focus will be on form and function, with projects given. Class size 12**. Location: Ceramics Room**

Jewelry Making "Beading" (11 wks.) **Wed. 1:00-3:00 4/4-6/13**
Instructor: Joan Lee Learn to make beautiful jewelry using beads. All levels are welcomed. Class size 12. **Location: Conference Room B**

Needlepoint (11 wks.) **Wed. 1:00-3:00 4/4-6/13**
I**nstructor: Carolyn Stovall** Beginners are welcomed. Learn new needlepoint stitches in a fun setting. Class size 10. **Location: Craft Room**

Handbuilding Clay: Inspired by Ancient Cultures **Wed. 1:30-4:00 4/4-6/13**
Instructor: Hellenne Vermillion For all levels, we will hand build clay masks inspired by other cultures such as the masks of Africa and Bali. Basic skills using clay will be covered along with mixed media approaches with the masks. Class size 12. **Location: Ceramics Room**

Mosaics (11 wks.) **Wed. 1:30-3:30 4/4-6/13**
Instructor: Marilyn Porter Make an art piece from broken bits of ceramic or glass. We will work on cutting techniques and use of various materials, as well as, discussions on such topics as adhesives, substrates, tools, framing and hanging, etc. We will all learn from others in the group. Class size 12. **Location: Heavy Art Room**

Card Making (5 wks.) **Thurs. 10:00-11:30 4/5-5/10 (No Class 4/12)**
Instructor: Judy Schneible Learn techniques to create your own unique greeting cards using rubber stamps, and stencils. A supply list will be provided. Class size 8. **Location: Craft Room**

Life Painting in Oil Paint (5 wks.) **Thurs. 10:00-4:00 Session 1: 4/5-5/3**
Instructor: Charles Scogins We will focus this class on painting Plein Air, a landscape with a model. We will meet on location each week and you will be provided a paint box with oil paint and brushes. If you wish to work in a different media, please feel free to work with your own materials. We will review all the fundamentals of composition, controlling color to create the illusion of depth, weight and form. Students will need to have a sketch book, pen, phone or camera to take photos for reference. It is also recommended that you bring a hat, sunglasses, water and your lunch. **Various locations, first class will meet in the Painting and Drawing Studio at 10am, don't be late!** There is a $25.00 model fee for this class. Class size 12.

Life Painting in Oil Paint (5 wks.) **Thurs. 10:00-4:00 Session 2: 5/17-6/14**
Instructor: Charles Scogins We will focus this class on painting Plein Air or on location. We will meet on location each week and you will be provided a paint box with oil paint and brushes. If you wish to work in a different media, please feel free to work with your own materials. We will review all the fundamentals of composition, controlling color to create the illusion of depth, weight and form. Students will need to have a sketch book, pen, phone or camera to take photos for reference. It is also recommended that you bring a hat, sunglasses, water and your lunch. Class size 12. Classes will be held in various locations, your "**first" class will meet in the Painting and Drawing Studio at 10 a.m., don't be late!**

Beginning Wheel Throwing (11 wks.) **Thurs. 12:30-3:30 4/5-6/14**
Instructor: Bea Feiman & Gayle Land Beginner students only. 105G white clay can be purchased if needed from the Administrative office for $10 per 25 lb. bag. Class size 7. **Location: Heavy Art Room**

Art & Craft Programs—Building B
April-June

Block Printing (5 wks.) **Thurs.** **1:30-4:00** **4/5-5/3**
Instructor: Hellenne Vermillion Using soft rubber blocks, we will design and carve to print images for cards and framed prints, including small stamps that can be printed on fabric. Supply list will be provided.
Class size 12. **Location: Ceramics Room**

Polymer Clay (5 wks.) **Thurs.** **1:30-4:00** **5/17-6/14**
Instructors: Hellenne Vermillion The new polymer clays come in various colors and textures, mimicking stone and metals. This class will have participants making fun jewelry and figurines using this medium. Instructions will be given on baking these in your home oven. A supply list will be provided. Class size 12. **Location: Ceramics Room**

Beginning Drawing (11 wks.) **Fri.** **10:00—12:30** **4/6-6/15**
Instructor: Charles Scogins We will focus on the fundamentals of drawing in a variety of media. We will explore line and tone as well as experiment with different approaches to drawing people places and things. Students will need a sketch book, pen and cell phone or camera for this class. There is a $25 model fee for this class. Class size 15. **Location: Painting/Drawing Studio**

Genealogy (11 wks.) **Fri.** **10:00-12:00** **4/6-6/15**
Instructors: Dee Notaro Providing a free computer program and instruction to access records that will put you onto a road of discovery as to who you really are. This class will help you to organize family records and pictures. Discover and document your family history and leave a record for your children. Recording can also be done by hand rather than computer. Class size 15. **Location: Conf. Room A & B**

Intermediate to Advanced Drawing (11 wks.) **Fri.** **1:30-4:00** **4/6-6/15**
Instructor: Charles Scogins We will review the fundamentals of drawing in a variety of media exploring line, tone and texture as well as experiment with different advanced approaches to drawing people places and things. Students will need a sketch book, pen and cell phone or camera for this class. There is a $25 model fee for this class. Class size 25. **Location: Painting/Drawing Studio**

Wheel Throwing Studio - Lab Fee (11 wks.) **Fri.** **1:30-3:30** **4/6-6/15**
Instructor: Bea Feiman This class is for intermediate and advanced students only. 105G white clay can be purchased if needed from the Administrative Office in Benson $10 per 25 lb. bag. Class size 7, **Location: Heavy Art Room**

Computer Programs—Building B
(*All classes held in Computer Lab unless specified)*
April-June

Computer Basics - Laptops & Window 10 (8 wks.) **Mon.** **10:00-12:00** **4/2-5/21**
Instructors: Larry Furse This course is designed for those with little to no computer experience. Students should have access to a computer for practice and study. This course will be a slow-paced relaxed course that teaches students about computer including; Microsoft operating system (Windows 10), keyboard and mouse use, email, Internet, file storage, and security.

Computer Programs—Building B
(*All classes held in Computer Lab unless specified)*
April-June

Security for Seniors - Protect Your Assets & Privacy on the Internet (4 wks.)
Tues. 10:00-12:00 Session 1: 4/3-4/24 Session 2: 5/1-5/22
Instructor: Jeff Kalwerisky The Internet is useful and fun but the bad guys are out there and they "love" seniors. Learn how to lock up your credit cards, protect sensitive banking and medical information, and never get ripped off. Class size 12.

Intro to Excel 2010 (6 wks.) **Tues. 1:00-3:00 5/8-6/12**
Instructor: Stephen Cole For Excel beginners. Students will create their own practice examples (spreadsheets) with suggestions from instructor. The course begins with "why do I want to use Excel?"; the students learn by in class exercises. The goal is to provide a practical tool that you can use to build various at home spreadsheets. **Students are encouraged to purchase a flash drive** to save sample spreadsheets and for continuing with the same example from week to week.

iPhone—Photography (2 days) **Wed. 10:00-12:00 4/4 & 4/11**
Instructor: Morton Slutsky Learn how to take pictures, photo edit, and send or print using your iPhone. This class is not for Android or other phones, or point and shoot SLR Cameras. Class size 15. **Location: Conference Room.**

Intro to Android Tablets (4 wks.) Wed. 10:00-12:00 Session 1: 4/4-4/25 Session 2: 5/2-5/23
Instructor: Jeff Kalwerisky Using your Android Tablet: touch screen, send messages, make video calls, read books, send emails, useful apps, music, movies, and more. Class size 12

Intro iPhone/iPad (4 wks.) **Thurs. 10:00-12:00 4/5-4/26**
Instructor: Jeff Kalwerisky Do you have an Apple iPhone or an iPad? If so, this is the course for you to learn the basics of using your device—make phone calls, and video calls with friends and family, surf and shop confidently on the Web, read books, and learn Tips and Tricks to simplify things and get the best experience from your Apple device. Class size 12.

Intro to Microsoft Word (4 wks.) **Thurs. 10:00-12:00 5/3-5/24**
Instructor: Jeff Kalwerisky Learn to use Microsoft's premier word processing software, so you can type any document you wish: letters to friends/family, shopping lists, brochures and flyers, even the Great American Novel. Learn tips and tricks for formatting your documents so they look elegant and professional. Use all the available tools, with ease: styles, themes, SmartArt, columns, graphics, mail merge, and more. Class size 12.

More Life Enrichment Programs

OPEN MIC W/SABRINA **1st Wed. 1:00-2:00 Multipurpose Dining Hall**
What's Happening at Benson? Join us on the first Wednesday of each month in the Multipurpose Dining Hall. Ask questions or make suggestions. In addition, Ms. Nettie Douglass from Watershed Management will join us to assist you with your water billing concerns.

More Life Enrichment Programs

Canasta (Hand & Foot) Mon. 12:00—4:00 Learn/play for fun! - Bldg. C (Neighborhood Center)

Benson Caregiver's 4th Tues. 4:00-6:00 Benson Adult Day Support Group call to register 404/612-2360

Ask Chef Quentin Every 4th Tues. 1:00-1:45 MPDH Chef Quentin will be available to answer any of your dining questions.

North Area Council on Aging Monthly Workshop Schedule 1st Wed. 10:30-12:00 Conf. Rms. A&B

Friends of Benson Meeting 2nd Wed. 10:00-12:00 Conf. Rms. A&B

Monthly Birthday Celebration 3rd Wed. 12:30 Multi. Dining Hall

Coloring and Conversation 1st & 3rd Wed. Of the Month 1:15-2:15 4/4-6/6
Instructor: Judy Schneible Everyone is welcomed to join the fun of adult coloring, bring your own supplies. Class size 15. Location: Building C—Craft Room "*No registration required* "

Texas Hold'em Beginners Thurs. 1:00-3:00 Craft Room 4/5-6/14
Instructor: Joan Lee Texas Hold'em is a variation of the card game Poker.

***AARP Defensive Driving 2018 Course Schedule*—Thurs.**

Mar. 29 (Jerry) Apr. 26 (Warren) May 31 (Jerry) Jun. 28 (Warren) Jul. 26 (Jerry)
Aug. 30 (Warren) Sept. 27 (Jerry) Oct. 25 (Warren) Nov. 15 (Jerry) Dec. 6 (Warren)

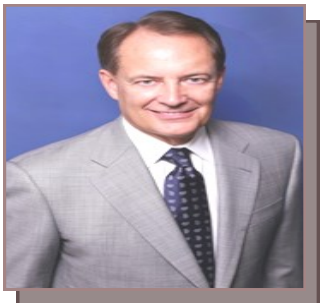
Chess with Tony Shibona Every Fri. 9:30 –12:00 Game Room
Chess with Sophia Lozinskaya Every Fri. 12:00–1:00 Conf. Rm. A

WHAT DO THE FRIENDS OF BENSON (FOB) DO?

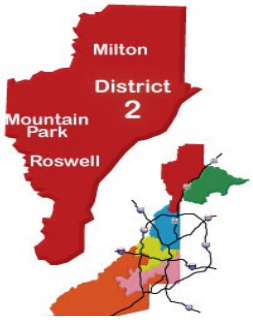
⇒ Sponsored and managed the Uber Pilot Program.
⇒ Wrote and obtained a grant for Benson's Swimming Lesson.
⇒ Supplies flowers and labor for Benson Gardens
⇒ Purchased new Rocking Chairs for Center.
⇒ Purchased new Lobby Furniture.
⇒ Fund the salary and supplies for Benson's Rental Program.
⇒ Provides funding for various programs, events and supplies needed in the Multipurpose & Adult Day Center.
⇒ Purchased the Benson bus and provides monthly maintenance.
⇒ Provides funding for the licensing of the Benson Notary Public.
⇒ Sponsors the Genealogy Class.
⇒ We advocate for and support the Benson Complex.
⇒ Make purchases and contributes to Photography and Art Programs.
⇒ Sponsors "At the Movies," a weekly showing of the best national and international films.

Please remember that the Friends of Benson need funding to enable them to continue to enhance the day-to-day operation provided by Fulton County. We welcome any contributions from the general membership or their families in appreciation of the ways in which the Benson Center has enriched your lives.

Fulton County
Government Representatives



Richard "Dick" Anderson
Fulton County Manager



Bob Ellis
Fulton County Commissioner, District 2

Kenn Vanhoose
Senior Advisor
Fulton County Senior Services Department

Dr. Pamela Roshell
Director
Fulton County Senior Services Department

Andre Gregory
Program Manager
Fulton County Senior Services Department

Sabrina Hudson
***B*enson's Facility Manager**
Fulton County Senior Services Department