



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 June 2018 EVENT SCHEDULE



Please update your *membership & medical release forms once a year.* If you don't know when your membership & medical release applications expire, 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. 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 - Workshops/Programs

4/3-6/2 (Tues.) Poetry Writing Workshop Benson participants will explore creative writing through poetry. 10 a.m. – 12 p.m., Location: Heavy Art Room

4/3-6/12 (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

4/5-6/14 (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

4/5-6/14 (Thurs.) Music Appreciation Workshop Benson participants will explore the history Blues, Rock n Roll, Jazz, Gospel and Country & Western music through video, audio, recordings and guest presenters. 10 a.m. – 12 p.m., Location: Conf. Rm. A&B

4/5-6/14 (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

4/5-6/4 (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

4/6-6/15 (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

6/1 (Fri.) Commun(IT)y Day: A Joint Senior Facility's Event (Benson, Bowden, Darnell & Mills) Participants will be able to explore the world of technology, which will include smartphone instructions, downloading apps and much more information a limited number of refurbished computers will be available for seniors. 10 a.m. , MPDH

6/11 (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!

6/12 (Tues.) Holistic Living Field Trip The participants will travel to the Serenity Salt Cave (Snellville, Georgia) to participate in a "Salt Therapy" session where they will learn about the healing benefits of Himalayan Salt. The participants will also enjoy a relaxing Yoga Session. Departing 9 a.m. – returning 2 p.m.,

6/15 (Fri.) Wii Bowling Benson participants will enjoy a friendly competition of Wii Bowling against the residents of Sandy Springs Place. Departing Benson 9:15 a.m. – returning 12:30 p.m. more information coming soon!

6/19 (Tues.) Pre-Planning Seminar Dignity Memorial will host an informal yet informative seminar on how and why preplanning "Final Life Celebration" can provide peace of mind and become a gift of love to those cared about most. Location: Conf. Rm. A&B, 10 a.m.

6/19 (Tues.) Mercedes-Benz Stadium Tour Benson participants will experience the signature features of Mercedes-Benz Stadium including stops at locker rooms, the field, Window to the City, Skybridges, and 100 yard Club! Departing Benson 9:30 a.m., returning 3 p.m.

AT THE MOVIES

Thursdays, 10 a.m. & 1:15 p.m. Location: Game Room

6/7	Stronger	2017	Rated R	1 hr. 59 mins.
------------	-----------------	-------------	----------------	-----------------------

In this fact-based drama, life changes irrevocably for Jeff Bauman when a bomb goes off at his feet as he's celebrating his completion of the 2013 Boston Marathon. Despite losing his legs, Bauman is determined to help find the culprits. Starring Jake Gyllenhaal and Tatiana Maslany.

6/14	This Beautiful Fantastic	2017	Rated PG	1 hr. 32 mins.
-------------	---------------------------------	-------------	-----------------	-----------------------

When her landlord forces librarian and aspiring author Bella Brown to clean up her overgrown garden, she meets grumpy elderly Alfie Stephenson, who's an avid horticulturist — and an unlikely friendship is born. Stars Jessica Brown Findlay, Tom Wilkinson and Andrew Scott.

6/21	Victoria & Abdul	2017	Rated PG-13	1 hr. 51 mins.
-------------	-----------------------------	-------------	--------------------	-----------------------

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karin, a young clerk travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. Stars Judi Dench and Ali Fazal.

6/28	Wonder	2017	Rated PG	1 hr. 53 mins.
-------------	---------------	-------------	-----------------	-----------------------

Entering fifth grade will be momentous for Augie — because, at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Stars Julia Roberts, Owen Wilson and Jacob Tremblay.

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
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 <i><u>Not Meeting Until August 2018</u></i>	1 st Wed.	10:30	Conf. Rm. A&B
"Open Mic with Sabrina" Benson Senior Outreach Program hosting the Department of Watershed Management.	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> Jun. 28 (Warren) Jul. 26 (Jerry) Aug. 30 (Warren) Sept. 27 (Jerry)	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



7/4 (Wed.) Independence Day



9/3 (Mon.) Labor Day



10/8 (Mon.) Columbus Day



11/12 (Mon.) Veteran's Day



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

Thanksgiving



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

Christmas

Dorothy C. Benson & Alpharetta Adult Activity Center Present 2018 TRAVEL

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, the Newport Aquarium, the National Underground Railroad Freedom Center, and much more. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

7/20-29 (Fri.-Sun.) Montreal & Quebec City & Canada’s Capital City-Ottawa \$1079 Motorcoach transportation, 9 nights lodging including 5 consecutive nights in the Montreal area. 16 meals: 9 breakfasts and 7 dinners, local guide with you each day in Canada, guided tours of Montreal, Quebec City-Ottawa, visit Notre Dame Basilica, go to Montreal’s Underground City and Ottawa’s Parliament Hill, Narrated Cruise on the stunning St. Lawrence River, Admission to the world famous Montreal Tower and much more. Departure: 8 a.m. from Roswell Adult Center, 830 Grimes Bridge Rd. Roswell, GA,

8/18-26 (Sat.-Sun.) Beautiful Maine \$985 Motorcoach transportation, 8 nights lodging including 4 consecutive nights in Maine, 14 meals: 8 breakfasts and 6 dinners, guided tours of Portland, Maine’s largest city-by-the sea, quaint Kennebunk and Kennebunkport, historic Victoria Manalo, Pineland Farms, a picturesque working farm, visit to Boothbay Railway Village, Seashore Trolley Museum and countryside trolley ride and much more.

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. A \$100 deposit is due at the 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. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

10/2-9 (Tues.-Tues.) Canyon Country – Double \$2,999, Single \$3,749; Triple \$2,969. Price includes: round trip air from Hartsfield International Airport, air taxes and fee/surcharges, hotel. *Highlights:* Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas. Call Dixie Pounds for booking rates after 4/2/18 (678/297-6142) or for more information.

11/24-26 (Sat.-Mon.) Christmas in Historic Savannah. Double \$559, Single: \$689. \$100 deposit due upon registration. Featuring “A Christmas Boat Parade – Savannah Style” 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. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

2019 TRAVEL

2/22-28/19 Iceland’s Magical Northern Lights Double \$3,999, Single \$4,499; Triple \$3,969. Included in price: round trip air from Hartsfield Intl airport, air taxes and fees/surcharges, hotel transfers. Seven days, ten meals: five breakfasts, five dinners. **Highlights:** Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Centre and more. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

4/2-16/19 Discover the South Pacific Wonders with optional three night Fiji post tour extension. Double \$6,499, Single \$7,699, Triple \$6,449. 15 days, 20 meals: 12 breakfasts, 2 lunches, 6 dinners. For bookings made after 10/4/18 call Dixie Pounds (678) 297-6142 for rates. Included in price: round trip air from Hartsfield Intl Airport, air taxes and fees/surcharges, hotel transfers. Not included in price: Cancellation Waiver and insurance of \$385 per person. **Highlights:** Cairns, Great Barrier Reef, Sydney, Choice on Tour, Sydney Opera House, Christchurch, Queenstown, Arrowtown, Milford Sound. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

9/29-10/6/19 Lisbon to Monte Carlo with Oceania Cruises on the Marina (8 days/7 nights) air to depart the U.S. on 9/28 to arrive in Portugal on 9/29. Port of Calls in Spain: Lisbon, Portugal, Seville, Malaga, Palma de Mallorca, Barcelona. France Port: Provence (Marseille) & Monte Carlo, Monaco Disembark. See flier in lobby or give Dixie Pounds with Alpharetta Adult Activity Center a call for more information 678/297-6142.

12/1-15/19 Panama Canal with Norwegian Cruise Line on the Norwegian Dawn 15 days/14 nights. Ports: Tampa & Key West Florida, Falmouth, Jamaica, Santa Marta, Colombia, Panama Canal/Gatun Lake Panama, Costa Maya, Mexico andmore! "Passport Required" Deposit policy: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required to secure reservations and assign cabins. Final balance is due 7/3/19. Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.