

## 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.**

*Celebrating “18 Years!”*

## BENSON’S EVENT SCHEDULE

# August 2018

**Remember** your membership application must be updated **“Annually,”** and current proof of residency is required to update. In addition, to register for classes please bring your Benson identification card.

### Services

**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.

### Upcoming Events

**8/15 (Wed.) Happy Hour Trivia - Are you Smarter Than a Senior!** Participants will enjoy an afternoon of refreshment, socialization, fun, and interactive trivia! This program runs from 2 p.m. – 3 p.m., MPDH, no signup required.

**8/20 (Mon.) Benson Hike** Location to be determined, participants will partake in a leisurely 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! \$5 transportation fee, lunch at your expense.

**8/22 (Wed.) Atlanta Rich and Famous Tour** \$15 per person, The tour will include a bus ride through the Buckhead residential area, a drive past the Governor’s Mansion, Swan House, Coca-Cola Executive and other Famous Atlantans! Departing Benson 10 a.m., returning 3 p.m. Price includes Benson bus transportation, and on-bus tour guide. Lunch at your own expense at Six Feet Under Restaurant. Ticket sales begin: Mon., 7/30 (sales will continue until all tickets are sold), from 8:30 a.m.-11:00 a.m. in the Multipurpose Lobby.

**8/30 (Thurs.) Benson Chorus Performance** “Free” choral performance, 1:30-2:15, MPDH

**8/31 (Fri.) Ice Cream Social** (free) participants will be given an opportunity to socialize while enjoying various delicious selections of ice creams (push pop, ice cream sandwiches, crunch bars etc.) 1- 2 p.m., MPDH

**9/5 (Wed.) Braves Game** Atlanta Braves vs. Boston Red Sox (\$21) Game begins at 12:00p.m. (departure and return time to be announced), Ticket sale begins Mon., 8/6 from 8:30 a.m.-11:00 a.m. in the Multipurpose Lobby. Sales will continue until all tickets are sold.

## Workshops

- 7/2-9/10 (Mon.) Beginner Wheel Throwing (Pottery)** This class is for beginner students only. 105G white clay can be purchased if needed from the Administrative Office in Benson, you may purchase clay for this class - \$10 per 25 lb. bag. Class size 4, **Instructors: Joy Jones.** Note: if you have pain in hands, elbow, shoulder or a weakness in arms or back this may not be an ideal class for you. 1:30-3:30 p.m., Location: Heavy Art Room,
- 7/3-9/4 (Tues.) Public Speaking Workshop** Participants will develop confidence and skills for a variety of public speaking settings. Workshop will explore great speeches in various genres in the cultivation of four major speech types. Participation will write and deliver original speeches in each category. There will be regular assignment of speeches for outside reading and class discussion. 1:30 p.m.-3:30 p.m., Location: Ceramic Room, Class size: 10.
- 7/5-9/13 (Thurs.) Drama Class - Intermediate** Participants will develop and practice acting skills developed in beginning drama. Knowledge and talent will be expanded through reading and performance of monologues, skits and plays. Additionally, participants will participate in script writing an original plays that reflects the artistic tastes of class members. Intermediate participants will perform their first major production on Benson stage during this session. 10 a.m. – 12 p.m., Location: Heavy Art Room, Class size 12.
- 7/5-9/13 (Thurs.) Drama Class – Beginner** Participants will cultivate beginning acting skills through study and performance of monologues, skits and plays. Performance of reading theater in a major production on the Benson stage will be the major creative endeavor of this class. Materials Required: Three-ring notebook, writing paper, pencil/pen., and 1:30 – 3:30, Location: Heavy Art Room, Class size: 12.
- 7/5-9/14 (Fri.) Beginner Keyboard Workshops** 10 a.m. – 11 a.m., Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. Location: Conf. A&B. – Note: on the 3<sup>rd</sup> Thurs. of the month this class will be moved to Adult Day Lounge 1.
- 7/5-9/14 (Fri.) One-on-One Piano Workshops**, 3:30 p.m.-4:30 p.m., this is a one- on-one session for advance students. Location to be determined, Class size: 4, Location: Computer Lab
- 7/5-9/14 (Fri.) Benson Chorus** 1:30-3:00, this is a workshop for individual who enjoy singing. Location: Bldg. C, Ste. 108
- 7/6-9/14 (Fri.) One-on-One Piano Workshops**, 12-1 p.m., Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. Location: Computer Lab, Class size: 4
- 7/6-9/14 (Fri.) Beginner Keyboard Workshops** 11 a.m. – 12 p.m., Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. Location: Computer Lab
- 8/6-8/27 (Mon.) Beginner Mahjong**, 1-3 p.m., Mahjong is a game of Chinese origin usually played by four persons with 144 domino like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces, Location: Game Room, Instructor: Sylvia Roundtree.

## AT THE MOVIES

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

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|--|--------------|-------------|--------------|-----------------------|
| <b>8/2 The Immortal Life of Henrietta Lacks</b>  | <b>Drama</b> | <b>2017</b> | <b>TV-MA</b> | <b>1 hr. 32 mins.</b> |
| Oprah Winfrey stars in the true story of a woman’s search for enlightenment about her mother whose immortal cells would save millions of lives. Stars: Renée Elise Goldsberry, Sylvia Grace Crim, Reed Birney.   |              |             |              |                       |
| <b>8/9 The Exception</b>   | <b>Drama</b> | <b>2017</b> | <b>R</b>     | <b>1 hr. 40 mins.</b> |
| German soldier Stefan Brandt (Jai Courtney) goes on a mission to investigate exiled German Monarch Kaiser Wilhelm II (Christopher Plummer). The Kaiser lives in a secluded mansion in The Netherlands, and as Germany is taking over Holland, the country’s authorities are concerned that Dutch spies may be watching the Kaiser. As Brandt begins to infiltrate the Kaiser’s life in search of clues, he finds himself drawn into an unexpected and passionate romance with Mieke (Lily James), one of the Kaiser’s maids whom Brandt soon discovers is secretly Jewish. When Heinrich Himmler (Eddie Marsan), Head of the SS, decides to come for an unexpected visit with a large platoon of Nazis in tow, the stage is set for a breathtaking showdown, as secrets are revealed, allegiances are tested, and Brandt is forced to make the ultimate choice between honoring his country and following his heart. Starring: Anton Lesser, Aubeline Barbieux, Ben Daniels, Christopher Plummer, Jai Courtney, Janet McTeer, Karin Leclercq, Lily James, Lois van Wijk, Stéphane Auberghe |              |             |              |                       |

<b>8/16 Queen of the Desert</b>	<b>Drama</b>	<b>2017</b>	<b>Rated PG-13</b>	<b>2 hrs. 8 mins.</b>
Nicole Kidman and director Werner Herzog bring to life the extraordinary true story of a trailblazing woman who found freedom in the faraway world of the Middle East. Gertrude Bell (Kidman) chafes against the stifling rigidity of life in turn-of-the-century England, leaving it behind for a chance to travel to Tehran. So begins her lifelong adventure across the Arab world, a journey marked by danger, a passionate affair with a British officer (James Franco), and an encounter with the legendary T.E. Lawrence (Robert Pattinson). Stunningly shot on location in Morocco and Jordan, Queen of the Desert reveals how an ahead-of-her-time woman shaped the course of history.				
<b>8/23 Goodbye Christopher Robin</b>	<b>Drama</b>	<b>2017</b>	<b>PG</b>	<b>1hrs. 46 mins.</b>
Get a rare glimpse into the relationship between author A.A. Milne (Domhnall Gleeson), creator of the beloved Winnie-the-Pooh stories, and his young son Christopher Robin (Will Tilston).				
<b>8/30 Miracle</b>	<b>Drama</b>	<b>2014</b>	<b>PG</b>	<b>2hrs. 15 mins.</b>
True story of a player-turned-coach who led the Olympic hockey team.				

### 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>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> <i><u>Planning Session</u></i>	1 <sup>st</sup> Wed.	10:30	Conf. Rm. A&B
<b>"Open Mic with Sabrina"</b> Benson Senior Outreach Program hosting the Department of Watershed Management.	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>AARP Driver Safety Class</b> - \$15 member \$20 non-member	4th Thurs.	<b><u>Dates &amp; Instructors</u></b> Aug. 30 (Warren) Sept. 27 (Jerry) Oct. 25 (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....**

**IMPORTANT 2018 GEORGIA MEDICAID UPDATES**

**JULY/AUGUST 2018 NEWSLETTER**

This month two important changes went into effect regarding Georgia Nursing Home Medicaid. The first affects Georgia Medicaid recipients "personal needs allowance". The second changes how the State of Georgia pursues "Estate Recovery" against deceased Georgia Medicaid recipients.

**Changes to the Personal Needs Allowance**

Each Georgia Nursing Home Medicaid recipient has a "patient liability" which is the amount that person owes their nursing home each month. This amount is calculated based on their monthly income. Certain deductions are allowed against their monthly income when calculating their patient liability. One such deduction is a "personal needs allowance" intended for the recipient's personal needs. For many years this amount was \$50. On July 1st the State of Georgia increased the "personal needs allowance" to \$65. This will cause the patient liability for each Nursing Home Medicaid recipient to decrease by \$15.

**Changes to Georgia Estate Recovery**

Prior Georgia Estate Recovery law exempted estates of deceased Medicaid recipients if the estate was valued at \$25,000 or less from recovery. If the estate was valued at \$25,001 then the Estate Recovery lien would apply to the entire \$25,001. A new law that also went into effect on July 1st also exempts the first \$25,000 of the estate from Estate Recovery. So, under the new law, if the estate is valued at \$25,001, the Estate Recovery lien only applies to \$1

**FROM BRANNON NAPIER ELDER LAW**

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



**9/3 (Mon.) Labor Day**



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

**Thanksgiving**



**10/8 (Mon.) Columbus Day**



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

**Christmas**



**11/12 (Mon.) Veteran's Day**

**Dorothy C. Benson Senior Multipurpose Complex  
&  
Alpharetta Adult Activity Center Present  
2018 TRAVEL SCHEDULES**

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**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 and ....more! “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.