

Dorothy C. Benson Senior Multipurpose Complex

6500 Vernon Woods Drive

Sandy Springs, GA 30328

404/613-4900

www.Bensoncenter.org

Days of Operation: Monday-Friday (7:00 a.m. – 5:00 p.m.)

2nd Quarter (April-June) 2019

Class Schedule

New Members Registration: Please come to the administrative office to obtain a “User Name & Password” for Online Registration.

Home Online Registration: 3/11-13 (computer system opens at 9 a.m. on 3/11 & closes at 12:00 p.m. on 3/13)

Facility Online Registration: 3/18-20, Bldg. B Computer Lab, (computer system Opens 9:00 a.m.- 3:00 p.m.)

Staff will have a lunch break each day 12:00 p.m.-1:30p.m. Registration will restart at 1:30 p.m. -3:30p.m.

Staff will be available to answer questions, and provide assistance during these times.

Facility Improvement Week – Closure Dates: 3/27-29, 2019

First Day of Spring Classes: 4/1

Drop/Add Class Registration Period: 4/1-19



Identification Card “Pictures” – if, you have **never taken a picture** for your Benson Identification card, please sign up at the receptionist desk. Pictures will be taken every Wednesday from 11 a.m. – 1 p.m., your card will be ready “one week later.”



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



Sabrina Hudson, Benson's Facility Manager

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 Aging Programs: Adult Day, Multipurpose, and the Neighborhood Senior Center. The **Adult Day Care** offers a structured, comprehensive program for adults with functional limitations for all or part of the day. In the **Multipurpose Center** our goal is to serve independent participants 55 years of age or older through various cutting edge programs, services and events. The Multipurpose Facility programming is geared towards participants who are looking for classes and opportunities to build and maintain social networks. **The Neighborhood Center** is designed for semi-active seniors and provides assistance with transportation and nutrition.

Benson's Namesake the Late: ***Mrs. Dorothy C. Benson***

The Fulton County Board of Commissioners voted unanimously on April 15, 1998 to name the then proposed North Fulton Senior Facility in her honor. The Board acted on the recommendation of the North Fulton Senior Multipurpose Facility Advisory Committee.

Mrs. Benson's direct involvement with senior citizen issues began in 1987, in the early days of the county's initiatives to serve that population. Commissioner Michael Hightower appointed her to the Aging Services Council, a special committee assembled to study senior's needs and concerns.



Among the council's recommendations were broader, more expansive programming and services, and new and more comprehensive activity centers that would be located strategically throughout the County.

Her drive, energy and enthusiasm ensured that North Fulton would be the site of one of the five senior activity complexes which the Board of Commissioners promised to build. She organized seniors by the busload to attend numerous Commission meetings to advocate for the required funding.



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



Water Aerobics Programs

Water Fitness Room Orientation Every Fri. 9:30 (by appointment only)

Pool Orientation is required for all new participants in the water fitness program. During orientation you will learn the rules and regulations of the aquatics program and how to properly enjoy the pool.

The pool is open for use by registered participants.

Open Water Fitness

Mon. 7:00-9:15, & 3:00-4:45, Tue. 7:00-9:00, & 3:00-4:45

Wed. 7:00-9:15 & 3:00-4:45, Thur. 7:00-9:00, & 3:00-4:45, Fri. 7:00-12:00, & 1:00-4:45

A Lifeguard is on duty but no instruction will be available during Open Water Fitness.

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

Water Fitness I	Mon. & Wed.	9:15-10:00	4/1-6/12
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	4/1-6/12
30 minute aerobic workout in the water followed by stretching and toning exercises			
Water Aerobics I	Mon. & Wed.	11:15-12:00	4/1-6/12
	Tue. & Thur.	10:45-11:30	4/2-6/13
10 minute warm-up, 15-20 minutes of aerobic exercise			
Water Walking	Mon. & Wed.	1:15-2:00	4/1-6/12
10-minute warm-up with stretching followed by low impact water walking			
Advance Water Fitness II	Mon. & Wed.	2:15-3:00	4/1-6/12
A 25-minute advanced combination of water aerobics and toning using various equipment.			
Arthritis Plus (Adult Day Participants Only)	Tues. & Thur.	9:00-9:45	4/2-6/13
		2:15-2:45	4/2-6/13
15-20 minutes of non-impact aerobic exercises recommended by the Arthritis Foundation			
Arthritis - Basic (Neighborhood Participants Only)	Tue. & Thur.	10:00-10:30	4/2-6/13
		11:30-12:00	4/2-6/13
30 minutes of stretching & toning exercises recommended by the Arthritis Foundation			
Suspended & Weightless Aerobics	Tue. & Thur.	1:15-2:00	4/2-6/13
An intense workout using flotation devices to keep your feet off the bottom of the pool			



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



Land Fitness Programs

Fitness Room Orientation

Every Thurs.

1:00-2:00 (**by appointment only**)

Orientation is required for all new participants in the Fitness Center. During orientation you will learn the rules and regulations of the Fitness Room and how to properly use the exercise equipment.

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.

Cardio Strength (Aerobics)

Mon.

10:00-10:45

4/1-6/10

Thurs.

10:00-10:45

4/4-6/13

Instructors: Jennifer Jones

Mon. & Thurs.

45 minutes of easy paced low impact movement and body sculpting. **Silver Sneakers Members are encouraged to attend.** Location: MPDH

Circuit Training

Mon. & Wed.

11:00-11:45

4/1-6/12

Tues. & Thurs.

10:00-10:45 & 11:00-11:45

4/2-6/13

This class is a total body workout that includes a warm-up and at least 20 minutes cardiovascular exercise (using treadmills, exercise bikes, or elliptical machines) and a least 20 minutes of strength, muscle endurance, power, core or balance training exercises (using universal weight machine, dumbbell, kettlebells, resistant bands and other equipment). Participation is required in each phase of the class. **Location:** Fitness Center

Senior Stretch (Chair Yoga)

****Mon. (Silver Sneakers)**

11:00-11:45

4/1-6/10

Wed.

11:00-11:45

4/3-6/12

****Thurs. (Silver Sneakers)**

2:30-3:15

4/4-6/13

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

****Monday & Thursday, Silver Sneakers Members are encouraged to attend.**

Mind & Meditation

Mon.

11:15-12:00

4/1—6/10

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

4/1-6/10

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



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



<i>Soulful Strut</i>	<i>Mon.</i>	<i>3:00—3:45</i>	<i>4/1-6/10</i>
Instructor: <u>Donna Jones</u>			
Come, learn the latest and Classic Soulful Line Dances, while gaining great cardio benefits! Location: MPDH			
<i>Advanced Soulful Strut Line Dancing</i>	<i>Mon.</i>	<i>4:00-4:45</i>	<i>4/1-6/10</i>
Instructor: <u>Donna Jones</u> This class is for members who already know the language of line dance, able to respond to voice instruction, have mastered the basic steps, and shown ability to memorize dances with multiple steps. Members must be physically able to turn quickly and dance for 5-10 minutes without getting winded. If you're ready for more variety, challenge, and opportunity to learn at a faster pace, this class will be great exercise and a lot of fun! *Instructor approval is required to attend this class., Location: MPDH			
<i>Benson Tennis Club (Tues. & Thurs.)</i>			
Facilitators: <u>Kaethe Solomon & Julia White</u> <u>Players have access to one court on Tues. 9:00-11:00 and both courts on Thursday, 9:00-11:00.</u> 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. (Note: this is a Vernon Woods HOA Tennis Court).			
<i>Flexibility</i>	<i>Tues. & Fri.</i>	<i>9:00-9:45</i>	<i>4/2-6/14</i>
Instructor: <u>Diane Adams</u> This exercise class consists of various stretching and strengthening exercises to improve flexibility, abdominal and lower back strength and posture. Location: MPDH			
<i>BOCCE</i>	<i>Tues. & Fri.</i>	<i>10:00-12:00</i>	<i>4/2-6/14</i>
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			
<i>Theraband</i>	<i>Tues. & Fri.</i>	<i>10:00-10:45 & 11:00-11:45</i>	<i>4/2-6/14</i>
Instructor: <u>Diane Adams</u> 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			
<i>Yo-Chi-Ahh</i>	<i>Tues.</i>	<i>2:00-3:00</i>	<i>4/2-6/11</i>
Instructor: <u>Peter Vajda</u> 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			
<i>Line Dancing</i>	<i>Wed.</i>	<i>9:00-9:45</i>	<i>4/3-6/12</i>
Instructor: <u>Jennifer Jones</u> Learn to do a variety of basic line dances to great music while exercising your heart, mind and soul. Location: MPDH			



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

Latin Dance Aerobics (Zumba Style) Wed. 10:00-10:45 4/3-6/12
Instructor: Diane Adams An aerobic workout with a Latin feel. Burning calories, improving flexibility and toning-up just happen to be the benefits.

Stability Thurs. 9:00-9:45 4/4-6/13
Instructor: Jennifer Jones Class designed to help improve balance and coordination to remain safe on our feet. **Location: MPDH Silver Sneakers Members are encouraged to attend.**

Tai Chi Beginning - Level 1 Thurs. 11:00-11:45 4/4-6/13
Instructor: Hertencer Sheppard "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**

Life Enrichment Program - Art & Craft Programs

Beginner Watercolors Mon. 10:00-12:00 4/1-6/10 (No class 5/27)
Instructor: Mary Kapuscinski Learn to paint using watercolors as a medium. **Location: Craft Room.**

Fiber Arts: Sewing Mon. 10:00-3:00
Session 1: 4/1-4/29
Session 2: 5/6-6/10 (No Class 5/27)
Instructor: Hellenne Vermillion this is a basic skills class learning how to use the sewing machine focusing on straight stitching to gain confidence. Projects will include a simple tote bag and other useful items. Students will need to bring their own fabric scissors, straight pins and preferably their own sewing machines. Class machines are available for use. Some supplies will be provided and a supply list for basic tools will be given out on the first day. This is an all-day class and we will break for lunch. **Location: Ceramic Room.**

Advanced Watercolors Mon. 1:30-3:30 4/1-6/10 (No Class 5/27)
Instructor: Mary Kapuscinski: Learn to paint using watercolors as a medium. **Location: Craft Room**

Beginning Drawing Mon. 1:30-4:00 4/1-6/10 (No Class 5/27)
 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. **Location: Painting/Drawing Studio**

Beginning Silk Dye Painting Tues. 10:00-12:00
Session 1: 4/9-5/7
Session 2: 5/14-6/11
Instructor: Hellenne Vermillion A techniques class, students will paint silk "worksheets" with acid dyes practicing many techniques. Acid dyes give silk fabric the most brilliant colors, and with the use of resist, we can create designs of our own choosing. Instructor will steam set your work for permanency. No drawing skills necessary. **Location: Craft Room**

Knitting for Beginners Tues. 1:00-3:00 4/2-6/11
Instructor: Meta Hauptert Learn to knit or join this fun group to knit for charity. All levels are welcomed. **Location: Conference Room A**



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

Knitting Intermediate **Tues.** **1:00-3:00** **4/2-6/11**
Instructor: Joan Lee Learn to knit or join this fun group to knit for charity. All levels are welcomed.
Location: Conference Room B

Advanced Silk Dye Painting **Tues.** **1:30-3:30** **4/9-6/11**
Instructor: Hellenne Vermillion For those who have completed Basic Silk Dye Painting techniques (about 2 or 3 quarters or with instructor's approval), the first project will be a provided scarf to learn design placement and how to work with pre-hemmed scarves. Students can then choose to continue working with scarves or create paintings with silk yardage that they purchase on their own. Dyes, resist, frames will be provided for use. **Location:** Craft Room

Clay Hand Building Techniques **Wed.** **10:00-3:00** **Session 1: 4/10-5/8**
Session 2: 5/15-6/12
Instructor: Hellenne Vermillion For beginners, a basic hand building clay class. Focus will be on learning forming techniques and creating functional pieces. **Location:** Ceramic Room

Creative Writing for Experienced Writers **Wed.** **10:00-12:00** **4/3-6/12**
Instructor: Alice Godbolt & Alvin Johnson Prerequisite: Beginner class is required to participate. Self-structured workshops to highlight your projects and receive positive feedback. **Location:** Craft Room

Acrylic and Mixed Media **Wed.** **10:00—4:00** **Session 1: 4/24-5/15**
Session 2: 5/22-6/12
Instructor: Charles Scogins This is a four week class for those familiar with the media and wish to gain more skill in painting either representationally or abstractly. There is a strong focus on art history and the variety of styles and approaches to creating a painting through both traditional and more contemporary methods.
Location: Painting/Drawing Studio

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

Needlepoint **Wed.** **1:00-3:00** **4/3-6/12**
Instructor: Shirley Dobson "*experienced Needlepointers only.*" Come and learn to advance your skills with a variety of unique stitching techniques in a fun setting. **Location:** Craft Room.

Intermediate Mosaics **Wed.** **1:30-3:30** **4/3-6/12**
Instructor: Marilyn Porter The objective of this class is to 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. **Location:** Heavy Art Room

Card Making **Thurs.** **9:30-11:30** **4/4-6/6**
Instructor: Judy Schneible Learn techniques to create your own unique greeting cards using rubber stamps, and stencils. Supply list will be provided during the first week of class. **Location:** Craft Room



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



Life Painting in Oil Paint

Thurs.

10:00-4:00

Session 1: 4/25-5/16

Session 2: 5/23-6/13

Instructor: Charles Scogins Painting from Life: This class for those familiar with the basics of painting in oils who wish to learn traditional and contemporary approaches to painting from a live subject. The class will often meet off site to paint both the landscape as well as live models. Please consider your ability to walk over uneven surfaces as well as transporting equipment to the site you are painting at before registering for this class. There is a \$25.00 model fee. **Location:** Painting/Drawing Studio

Intermediate Wheel Throwing

Thurs.

12:30-3:30

4/4-6/13

Instructors: Gail Land **"Prerequisite"** - Beginner Wheel Pottery, or prior experience, the student should be able to center clay on the wheel with minimum difficulty and have working knowledge of throwing clay on the wheel. 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. 105G white clay can be purchased if needed from the Administrative office for \$10 per 25 lb. bag. **Location:** Heavy Art Room

Fiber Arts: Fiber Paintings

Thurs.

1:30-3:30

4/11-6/13

Instructor: Hellenne Vermillion This quarter the Fiber Arts class will use wool roving first to create a simple wet felted pod, then to practice needle felting. A supply list will be provided for purchasing wool roving colors for the final wool roving painting. We will also do a small pin weaving project if time permits. **Location:** Ceramics Room

Genealogy

Fri.

10:00-12:00

4/5-6/14

Instructor: Dee Notaro Please note: a computer is necessary for this class – "no iPads/or phones will suffice. This program will provide you instructions 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. **Location:** Conf. Room A & B

Beginning Drawing

Fri.

10:00—12:30

4/5-6/14

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. **Location:** Painting/Drawing Studio

Beginner Watercolors

Fri.

10:00-12:00

4/5-6/14

Instructor: Rick Darby An introduction to watercolor covering use of watercolor materials, tools and techniques. Materials will be provided, but students are welcome to bring their own. **Location:** Ceramic Room



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

Intermediate to Advance Drawing

Fri.

1:30-4:00

4/5-6/14

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. **Location:** Painting/Drawing Studio



Life Enrichment Program - Computer Programs

Intro. to Windows 10

Mon.

10:00-12:00

Session 1: 4/1-4/22

Session 2: 4/29-5/20

Instructor: Jeff Kalwerisky This hands-on course will ease you into becoming a “power user” with knowledge of the major features in Windows 10. From basics like using the Start Menu and the Desktop, you’ll learn how Windows 10 stores information on your computer and up in the Cloud etc. **Location:** Computer Lab

Security for Seniors - Protect Your Assets & Privacy on the Internet

Tues.

10:00-12:30

Session 1: 4/2-4/23

Session 2: 4/30-5/21

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. **Please note:** an email address is required for this class. **Location:** Computer Lab

Beginner Excel 2010

Tues.

1:00-3:00

4/2-6/11

Instructor: Stephen Cole 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-the-class exercises. The goal is to provide a practical tool that you can use to build various at-the-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. **Location:** Computer Lab

Intro. to Android Tablets/Phones

Wed.

10:00-12:00

4/3-4/24

Instructor: Jeff Kalwerisky Using your Android Tablet: touch screen, send messages, make video calls, read books, send emails, useful apps, music, movies, and more. **Please note:** an email address is required for this class. **Location:** Computer Lab

Intro. to Microsoft Word

Wed.

10:00-12:00

5/1-5/22

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. **Location:** Computer Lab



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

Intro. iPhone/iPad	Thurs.	10:00-12:00	Session 1: 4/4-4/25 Session 2: 5/2-5/23
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Instructors: 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. **Location:** Computer Lab



WORKSHOPS & LIFE ENRICHMENT PROGRAMS

Beginner Mahjong	Mon.	10:00-12:00	4/1-6/10 (No Class 5/27)
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Instructor: Sylvia Roundtree & Viola Howard Mahjong is a game of Chinese origin usually played by four persons with 144 Dominos like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces, **Location:** Game Room

Intermediate Mahjong	Mon.	1:00-3:00	4/1-6/10 (No Class 5/27)
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Instructor: Sylvia Roundtree & Viola Howard Mahjong is a game of Chinese origin usually played by four persons with 144 Dominos like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces, **Location:** Game Room

Benson Book Club (Reading Group)	2nd Mon. of each month	1:00-2:00	4/8-6/10 (No Class 5/27)
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Coordinator: Amelia Reed Discussion of books suggested by reading group participants. **Location:** Conf. Rm. A

Pottery/Beginner Wheel Throwing	Mon.	1:00-3:30	4/1-6/10 (No Class 5/27)
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Instructor: Joy Jones 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. 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. **Location:** Heavy Art Room

Bridge for Partners	Every Tue	9:00-4:00,	Game Room
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Free Blood Pressure Check Facilitators: Frances Katapodis or Audrey Valley Every Tues, 10:00-12:00,
Location: Building B- Lobby

Digital Photography	Tues.	10:00-12:00	4/2-6/4 (No Class 5/21)
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Instructor: Tom Hughes This class is not designed for Smartphones or Tablets; please bring your camera and manual to class. Note, this class will meet at different locations during its session. **Location:** Conf. Rm. B

Poetry Workshop	Tues.	10:00-12:00	4/2-6/11
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Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

Instructor: Sherri Banks Participants will develop confidence and skills for a variety of public speaking settings. Class will explore great speeches in various genres in the cultivation of four major speech types. Participants will write and deliver original speeches in each category. There will be regular assignment of speeches for outside reading and class discussion. **Location:** Heavy Art Room

A Taste of Silk Dye Painting (One Day Workshop) **Tues.** **10:00-3:00** **4/2**

Instructor: Hellenne Vermillion This will be a one day only, five hour workshop for those who would like to experience what silk dye painting is about. Each person will apply Resistad to small pieces and they will be ready for picking up about a week later. We will be breaking for lunch. **Location:** Craft Room

Public Speaking Workshop **Tues.** **1:30-3:30** **4/2-6/11**

Instructor: Sherri Banks 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 assignments of speeches for outside reading and class discussion. **Location:** Heavy Art Room

Ask Chef Quentin - **Every 4th Tues. 1:45**

Speaker: Chef Quentin will be available to answer any of your dining questions, **Location:** MPDH

Acrylics for Beginners

Instructor: Charles Scogins **Wed.** **10:00-4:00** **4/3-4/17**

This three week workshop is for those who want to better understand the basics of painting with Acrylics. The use of the media and additives to create different effects will be covered, as well as the basics of color and composition. This is a prerequisite to taking the Acrylic and Mixed Media Class. **Location:** Painting/Drawing Studio

Leather Craft Workshop (One Day Workshops) **Wed.** **10:00-1:00** **4/17, 5/22, & 6/12**

Instructor: Rick Darby An introductory workshop to leather craft. We will make two functional leather craft items and learn how to use basic leather craft tools. All materials will be provided. **Location:** Heavy Art Room

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

Open Mic with Sabrina Benson Senior Outreach Program hosting the Department of Watershed Management, **1st Wed.**, **1:00-2:00**, **Location:** MPDH

Coloring and Conversation **1st & 3rd Wed** **1:15-2:15**

Instructor: Judy Schneible Everyone is welcomed to join the fun of adult coloring, bring your own supplies. **Location:** Building C – Craft Room

Bird Houses for Benson (One Day Workshop) **Wed.** **10:00-11:30** **4/10**

Instructor: Judy Schneible Students will be painting birdhouses for our feathered Benson friends. All birdhouses will be hung around the outside of the complex. All materials will be provided. **Location:** Heavy Art Room

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



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

Monthly Birthday Celebration, **3rd Wed.,** **12:30-1:00** **Location:** MPDH,

Drama Class (Intermediate) **Thurs.** **10:00-12:00** **4/4-6/13**

Instructor: **Sherri Banks** 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 taste of class members. Intermediate participants will perform their first major production on Benson stage during this session. **Location:** Heavy Art Room

Polymer Clay Jewelry (One Day Workshop) **Wed.** **10:00-3:00** **4/3**

Instructor: **Hellenne Vermillion** This is a five hour workshop - in the morning we will create jewelry items out of polymer clay, during our one hour lunch break, the instructor will bake these items. In the afternoon we will incorporate beads and wires to create earrings or necklaces with the baked polymer pieces. **Location:** Ceramic Room

Oil Painting for Beginners **Thurs.** **10:00-4:00** **4/4-4/18**

Instructor: **Charles Scogins** This two week workshop will familiarize you with the process of painting with oil paint and a variety of techniques used by painters to create various effects. The fundamentals of color and composition will be the focus of this class which is a prerequisite for further classes using this media. **Location:** Painting/Drawing Studio

Beginner Keyboard Workshops **Thurs.** **11:00-12:00** **4/4-6/13**

Instructor: **William Green** Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Location:** Conf. Rm. A&B **Note:** 4th Thursday classes will be in the Multipurpose Dining Hall.

One-on-One Piano Workshops **Thurs.** **12:00-1:00** **4/4-6/13**

Instructor: **William Green** This is a one-on-one session for advance students. **Location:** Computer Lab

Benson Chorus **Thurs.** **1:30-2:15** **4/4-6/13**

Instructor: **William Green** This is a workshop for individuals who enjoy singing. **Location:** Bldg. C, Ste. 108

Bad Hair Day "Wrap It Up" (One Day Workshop) **Thurs.** **1:30-3:30** **4/11**

Instructor: **Donna Jones** Learn different and easy ways to fashionably wear head scarves, wraps and turban. **Location:** Conference Room. A&B

Drama Class (Beginner Level) **Thurs.** **1:30-3:30** **4/4-6/13**

Instructor: **Sherri Banks** 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, **Location:** Craft Room.



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



Fun with Pen & Ink (One Day Workshop)

Thurs.

1:30-3:30

4/4

Instructor: Hellenne Vermillion In this two hour workshop we will trace our hand and use this image to draw a tree or plant design within the space. We will be using micron pens for this project. The final project can be either framed or turned into a card. **Location:** Ceramic Room.

Sticks & Stones (One Day Workshop)

Fri.

10:00-11:30

4/26

Instructor: Judy Schneible *Using only outdoor materials*, we will create beautiful crafts. All materials will be provided. **Location:** Heavy Art Room

Advanced Watercolor & Acrylic Painting

Fri.

10:00-3:00

4/5-6/14

Instructor: Naomi Kaufman No materials will be distributed, "Students are to bring their own materials."
Location: Craft Room

Keyboard Workshops

Fri.

11:00-12:00

4/5-6/14

Instructor: William Green Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Location:** Computer Lab

One-on-One Piano

Fri.

12:00-1:00

4/5-6/14

Instructor: William Green This is a one-on-one session for advance students. **Location:** Computer Lab.

Chess for All - Tony Shibona Every Fri. 9:30– 12:00, Learn/play for fun **Location: Game Room**

Chess for Beginners - Instructor: Sophia Lozinskaya Every Fri. 12:00 -1:00, **Location: Bldg. C (Neighborhood Center)**

Social Bridge -Facilitator: Lois Morris - Play for fun (inexperienced players are welcomed)! **Every Fri. 12:00 – 4:00, Location: Game Room**

AARP Defensive Driving 2019: Facilitator: Warren Hatfield, Thurs. 9 a.m. – 4 p.m.

(\$15 Members, \$20 Non-Members) - **Course Schedule** : 3/28, 4/25, 5/30, 6/27, 7/25, 8/29, 9/26, 10/31, 11/14, 12/5



Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



WHO ARE THE FRIENDS OF BENSON (FOB)

The Friends of the Dorothy C Benson (FOB) Senior Multipurpose Complex, Inc. is a charitable corporation administered by its Board of Directors. Its Mission is to support, through supplemental funding, the promotion of therapeutic, recreational, intellectual, social, physical, and health needs of the senior participants at the Dorothy C. Benson Multipurpose Center.

WHAT DO THEY 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.

Want to donate to the Friends of Benson?

Mail your donation to: Friends of Benson Inc.

c/o Treasurer

6500 Vernon Woods Drive

Sandy Springs, GA 30328

Benson Complex Closing Dates for 2019

5/27 (Mon.) Memorial Day

7/4 (Thurs.) 4th of July

9/2 (Mon.) Labor Day

10/14 (Mon.) Columbus Day

11/11 (Mon.) Veterans Day

11/28 & 29 (Thurs. & Fri.) Thanksgiving

12/24 & 25 (Tue. & Wed.) Christmas

12/31 (Tues.) New Year's



Dorothy C. Benson Senior Multipurpose Complex

Dorothy C. Benson Complex Managerial Staff



Ms. Sherita Bennett
Life Enrichment Coordinator
Arts, Crafts & Computer Courses



Nicole Wyche
Health & Fitness Coordinator
Water & Land Fitness



**Chef Quentin
Boswell**
Head Cook



Brenda Russell
Adult Day Program
Coordinator



Susan Jones
Manager
Neighborhood Center
Program



Fulton County Government Representatives

Ladisa Onyiliogwu

New

**Director of
Fulton County Senior
Services Department**



Kenn Vanhooose

**Senior Advisor
Fulton County Senior
Services Department**



Andre Gregory

**Program Manager
Fulton County Senior Services
Department**



Richard "Dick"

Anderson

**Fulton County
Manager**

Bob Ellis

**Fulton County
Commissioner,
District 2**

Your county at your service!

