



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.

Celebrating 19 years!

Event Schedule 2019



Services & Programs Offered

Breakfast \$2 plus tax (8:30 a.m. - 9:30a.m.); **Lunch** \$3 plus tax (12:00 p.m.- 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., 10:00 a.m.-1:00 p.m., (lunch 1:00-2:00 p.m.) office reopens from 2:00-3:00 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 10:00 a.m.–12:00 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. 10:00 a.m.-11:00 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.

Identification Card Pictures if you have **never** taken a picture for your Benson identification card, please sign up at the receptionist desk. Picture will be taken every Wednesday from 11:00 a.m. – 1:00 p.m. Your identification cards will be ready in a week

Aqua Bike Workshop (Mon. & Fri.) Benson participants will have an opportunity to exercise on the Aqua Bikes and learn all of the fantastic benefits of riding bikes in the pool, 12:00 p.m.-1:00 p.m. To sign up see Nicole or Jennifer in the Fitness Center.

2/4 – 4/15 (Mon. & Wed.) **AARP Foundation Tax-Aide, Free Tax Help!** Please bring government issued photo id, for direct deposit of refund or automatic debit of payment; please bring one of your bank checks. All taxpayers are welcome regardless of age or income. If you have questions call AARP at 1-888/227-7669. **Location:** Benson Game Room, **Time:** 10:00 a.m. -2:00 p.m.

4/3 (Wed.) **Watershed Management** A Watershed representative will answer questions participants may have pertaining to their water bill etc., 12:30-1:15 p.m., **Location:** MPDH

4/5 (Fri.) Theater Event **Room to Dance** *“Free” admission for Benson participants.* We will take a trip to Sandy Springs Performing Arts Centre to see a collaborative concert of dance and live music, Shouts and Murmurs is composed of four works; Inertia, Water Passion, Groundwork, and Shouts & Murmurs. Transportation departs from Benson Center at 12:30 p.m., returning 2:30 p.m., limited seating, see Sherita Bennett, Program Coordinator for sign up.

4/10 (Fri.) Presentation: **Fitness & Nutrition**, Ms. Jennifer Jones will share information on the importance of regular exercise, and why nutrition has the largest impact on fitness. **Location:** Conf. A&B, **Time:** 10:00 a.m. – 11:00 a.m.

4/17 (Wed.) Presentation: **Reading Food Labels** - Mr. Martin Willis of Humana will teach what food labels reveal about what’s really in your food, and whether your favorite foods are as healthy as you think. **Location:** Conf. A&B, **Time:** 10:00 a.m. – 1:00 a.m.

4/19 (Fri.) **Atlanta History Center** \$13, Featuring the Cyclorama, Historic Houses (Swan House, Smith Farm, and Wood Family Cabin), Benson participants will take a trip to the Atlanta History Center, Bus leaves at 10 :00 a.m., returns at 3:00 p.m. see Sherita Bennett, Program Coordinator for sign up.



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2019 TRAVEL - Benson, Roswell & Alpharetta

*Alpharetta & Roswell Travel Coordinator Ms. Dixie Pounds

Alpharetta Adult Activity Center

13450 Cogburn Rd., Alpharetta, GA 30004 678/297-6142

- 7/12-21 (Fri-Sun) *Montreal/Quebec \$1065 (\$69 Insurance) - Diamond Tours
- 9/1-11 (Sun.-Wed.) *Alaska \$3,877 airfare included – Grand American Tours
- 9/13-15 (Fri.-Sun.) *Jekyll Island, GA “The Wild Georgia Shrimp Festival” Double: \$350, Single \$495, \$100 Deposit due at time of reservation, final payment: Monday, 8/1/19 make check payable to the City of Alpharetta or credit cards accepted at the Alpharetta Adult Activity Center.
- 9/21-29 (Sat.-Sun.) *Maine \$895 (\$69 Insurance)
- 9/29-10/6 (Sun.-Mon.) *Lisbon \$3899 (airfare included) –
- 10/2-11/19 (Wed.-Fri.) *Shades of Ireland \$3599 (airfare included) (Travel Protection \$315) –Collette Vacations
- 11/29-12/8 (Fri.-Sun.) *San Antonio \$925 (\$69 Insurance) – Diamond Tours
- 11/30-12/2 (Sat.-Mon.) *Christmas in Savannah TBA
- 12/1-15 (Sun.-Sun.) *Panama Canal \$2585 (airfare included)- Grand America Tours

Benson’s Holiday & Closing Schedule 2019

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| • 5/27 (Mon.) Memorial Day | • 11/11 (Mon.) Veterans Day | • 12/24 & 25 (Tues. & Wed.) Christmas |
| • 7/4 (Thurs.) 4 th of July | • 11/28 & 29 (Thurs. & Fri.) Thanksgiving | • 12/31 (Tues.) New Year’s Eve |
| • 9/2 (Mon.) Labor Day | | |
| • 10/14 (Mon.) Columbus Day | | |



Driver Safety

Class Dates and Instructor

- 4/25 (Warren)
- 5/30 (Jerry)
- 6/27 (Warren)
- 7/25 (Jerry)
- 8/29 (Warren)
- 9/ 26 (Jerry)
- 10/31 (Warren)
- 11/14 (Jerry)
- 12/5 (Warren)