

# 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.



## November Event Schedule

### Upcoming Events

**11/2-12/14** (Mon. /Fri.) **“New “ Aqua Bike Workshop**. Benson Participants will have an opportunity to exercise on the Aqua Bikes and learn all the fantastic benefits of riding bikes in the pool! 12:00-1:00 p.m., limited slots available, please sign up in the gym with Nicole or Jennifer.

**11/2-4** (Fri.-Sun.) **Play: No Body to Murder** (Roswell Adult Recreation Center). Lunch and Show Tickets \$20 (Join us at 12 p.m. – on the 2nd for lunch before the show, RSVP by 10/26), Dinner and a Show \$20 (Join us at 5 p.m. on the 3<sup>rd</sup> for dinner before the show. RSVP by 10/26), Sunday, 11/4 Show Tickets \$8 (Join us at 2 p.m., for a performance only). Menu: Chicken Florentine Style with Pasta or Wild Rice, Green Bean and Portabella Sauté, Cornucopia Salad, Rolls, Carrot Cake or Apple Cake. **Location:** Roswell Adult Recreation Center, 830 Grimes Bridge Road, Roswell, GA 30075, for tickets call 770/641-3950.

**11/6** (Tues.) **Hike**. Location to be determined. Some of the Benson’s Trekkers will take part in a leisurely walk while others will endure a 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.

**11/8** (Thurs.) **“Free” Veteran’s Day Breakfast**. Benson will honor its Veterans’ with breakfast, honorary gifts, and entertainment. Members are also invited to attend for free; veterans will be allowed two guests. 8:30 -10:30 a.m., MPDH, Signup at the Receptionist Desk.

**11/14** (Wed.) **Holiday Luncheon \$7**. Benson participants and guest will enjoy afternoon feasting on a traditional holiday meal, along with dancing to live entertainment. FOB will sale ticket from 10/29-11/9, 11:30-1 p.m. in the lobby of building B at the round table.

**11/14 (Wed.) Roswell Recreation Center's 41<sup>st</sup> Annual Thanksgiving Luncheon.** Enjoy FREE food and live music provided by RUMC Prime Time Singers. Turkey and trimmings provided by AJ's. Bring a salad, side or dessert (for eight) to share! Call 770/641-3950 to make your reservation! Open to persons 50+, 12:00 p.m., **Location:** 830 Grimes Bridge Road, Roswell, GA 30075

**11/15 (Thurs.) Table Talk: Compassion Fatigue, hosted by Regency Southern Care, Ms. Lynn Jones.** Learn tips on how to care and take time for you while caring for a loved one. 12:30-1:00 p.m., MPDH

**11/28 (Wed.) Spice It Up!** Benson participants will learn how to use herbs and spices to boost and strengthen their immune system. 10 a.m. -12 p.m., Conf. A&B, Signup at the receptionist desk.

**11/29 (Thurs.) Lunch 'n Learn.** Wellness professionals will discuss natural pain remedies for arthritis. 9:00 – 11:30 a.m., Conf. A&B, Signup at the receptionist desk.

**11/30 (Fri.) Nutcracker (Sandy Springs Performing Arts Center)** \$10 entry fee. Watch the awesome story of the Nutcracker come alive through the dancers of Roswell Dance Theatre. 9:00 – 11:30 a.m.

## Class Registration Dates for 2018

- ✓ **December 3 - December 14** (Mon.-Fri.)
- ✓ **Time: 9 a.m. – 12 p.m.,** Lunch Break: 12 p.m. – 1:30 p.m., Registration Restart Time: 1:30- 3:30 p.m.
  - Your **membership application** must be updated "**annually,**" please bring "current" proof of residency when updating.
  - **To register** for upcoming classes please **bring your Benson identification card** with you.

## Benson's Holiday & Closing Schedule 2018

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



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



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