



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!

July 2019 Event Schedule



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., **Location:** 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 in building B. Picture will be taken every Wednesday from 11:00 a.m. – 1:00 p.m. Your identification cards will be ready for pickup in the administrative office in a week.

7/11 (Thurs.) **Benson Hike** – participants will partake in a leisure walk while others endure a more strenuous hike along a local nature trail. Departing Benson 8:30 a.m., returning 3:00 p.m. Please see Nicole/Jennifer in the Fitness Center for signup.

7/16 (Tues.) **Mental Illness...Erasing the Stigma** participants will explore the negative impact of stigmas on those living with mental illnesses and ways to be more supportive. 10 a.m.-12:00 p.m., **Location:** Conf. Rm. A&B

7/17 (Wed.) **Papermaking Museum** \$8.50 trace the evolution of papermaking from plants and recycled rags to the discovery of trees as a source of fibers for paper. Investigate how recycling, sustainability practices, and current research play a role in solving our environmental issues. Please see Sherita in the administrative office for ticket purchases from July 1-15.

7/18 (Thurs.) Improve Your Quality of Life with BEMER participants will have an opportunity to learn about and experience BEMER and all of its health benefits such as better sleep, and more energy. 10 a.m. – 11 a.m.,

Location: Conf. Rms. A&B.

7/24 (Wed.) Wellcare Chef Demo come and find out how to cook healthy tasty meals, tips on how to maximize the flavor without using things like salt and sugar. Demonstrations will be carried out by Wellcare's infamous Chef Lynn. 10 a.m.-11:30 a.m., **Location:** Conf. Rms. A&B

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



Thursday Class Dates - Instructor: Warren Hatfield

7/25

8/2

9/26

10/3

11/14

12/5

