



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.

Revised 9/12/19



SEPTEMBER EVENT SCHEDULE 2019

SERVICES & PROGRAM OFFERED

Breakfast \$2 plus tax (8:30 a.m. - 9:30 a.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.-3:00 p.m., **Location:** Building B next door to the doctor’s office.

Free Blood Pressure Check (Every Tues.) **Facilitators:** Ms. Frances Katapodis or 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. starting at 10:00 a.m.) Join the **Senior “Leisure League”** for a fun day of bowling. \$5 pays for three games of bowling, and shoe rental. Complimentary coffee and water, league record service, and much more provided. Please see Nicole in the Fitness Center for more information.

Medical Center (Bldg.B.), L & H Internal Medicine, P.C., Dr. Liza L. Hasso, M.D. Every Thursday, 10:00 am - 3:00 pm, Call 404 612 2358 for an appointment.

Identification Card Pictures *if you have not taken a picture* for your Benson identification card, please sign up at the receptionist desk in building B. Pictures will be taken every Wednesday from 11:00 a.m. – 1:00 p.m. Your identification card will be ready for pickup in the administrative office a week after the picture is taken.

9/6 (Fri.) Zumba Gold Workshop Benson participants will enjoy the popular Latin-dance inspired workout of Zumba at a modified, lower-intensity, yet fun pace designed for active older adults! **Location:** MPDH, **Time:** 2:00 p.m. – 3:00 p.m.

9/16  **D’Lor Salon “Meet & Greet”**  **in the Benson Beauty Salon!**

9/18 (Wed.) Medicare Information Workshop Piedmont Sixty Plus will host an informational workshop informing Benson Participants about the latest updates of Medicare before open enrollment in October. **Location:** Conf. A& B, **Time:** 10:00 a.m.-11:00 a.m.

9/19 (Thurs.) Atlanta Braves Game \$20, Benson Participants will enjoy an afternoon baseball game at the SunTrust

Park. **Location:** SunTrust Park 755 Battery Ave. S. W., Atlanta, GA 30339), See Sherita Bennett for tickets in the administrative office. Sales ends Thursday, 9/5/19. – **Sold Out!**

9/19 (Thurs.) Presentation: **Substance Abuse is Still Abuse, No Matter The Age**” the presentation’s focus is on the various types of substances that can and are being abused or misused by persons in various stages of life.

Location: Conf. Rm. A&B, **Time:** 10:00 a.m.-11:00 a.m.

10/18 (Fri.) **Benson’s 20th Anniversary Masquerade Ball**, limited seating - tickets \$20 each, **“Three Entree Choices:** Marinated Grilled Salmon, Stuffed Italian Chicken, Mushroom Ravioli, **Live Band, Silent Auction, Location:** MPDH, **Time:** 6 p.m.-9 p.m. **Ticket sales begin:** Monday 9/30 and ends Friday, 10/11.

11/13 (Wed.) **Benson’s Annual Holiday Luncheon** 12:00-2:00 p.m., MPDH

2019 TRAVEL - Benson, Roswell & Alpharetta

*Alpharetta & Roswell Travel **Coordinator Ms. Dixie Pounds**

Alpharetta Adult Activity Center - 13450 Coghurn Rd., Alpharetta, GA 30004 **678/297-6142**

- **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.
- **10/21-24** (Mon.-Thurs.) **Charleston, South Caroline** \$699 (double), \$920 (single), \$100 deposit due upon registration. A city steeped in History, Heritage and Culture. See leaflet in the lobby for more information.
- **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

- 9/2 (Mon.) Labor Day
- 10/14 (Mon.) Columbus Day
- 11/11 (Mon.) Veterans Day
- 11/28 & 29 (Thurs. & Fri.) Thanksgiving
- 12/24 & 25 (Tues. & Wed.) Christmas
- 12/31 (Tues.) New Year’s Eve

Dates to Remember:

- Class Registration (online and facility) September 16 (9 a.m.) – 18 (12 midnight)
- Facility Improvement Week – September 23-27 (facility is closed to general public)
- First Day of Class – Monday, September 30
- Drop/Add – September 30-October 18

AARP

Driver Safety

Thursday Class Dates - Instructor: Warren Hatfield

9/26

10/31

11/14

12/5

