



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.

Happy Thanksgiving!

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.

D’Lor Salon & Spa - now open in “Building A” – call 404/612-2333 for appointments.

Mon. 10:00 a.m. 3:00 p.m., Wed. 10:00 a.m. – 3:00 p.m.,

Thurs. 10:00 a.m.-3:00 p.m., Fri. 10:00 a.m. – 3:00 p.m.

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.

11/1 (Fri.) Zumba Gold Pop Up Shop Benson participant’s will enjoy the popular Latin dance inspired workout of Zumba at a modified, and lower intensity, fun paced and designed for active older adults!, 2:00 p.m.-3:00 p.m., MPDH

11/7 (Thurs.) Veteran’s Day Brunch Celebrating those who have served in the U. S. Military branches (Veterans) 9:30 a.m.-11:30 a.m., MPDH, Benson members will pay regular price for breakfast and **ONLY** Benson Veterans will eat free.

11/7 (Thurs.) A Know Your Rights Training Workshop, Atlanta Citizen Review Board will come to the Benson Center to share important information about your civil rights and encounters with law enforcement. This is hosted by Benson’s Mr. Ronald MacAuley, Fulton County Social Service Coordinator, and Conf. Rms. A&B, 1:00 p.m.

11/8 (Fri.) Community Forum: Elder Abuse, Fraud Prevention, and Legislation. The Department of Senior Services presents Rep. Deborah Silcox, Deputy Solicitor General Kenya M. Johnson and Deputy Chief Solicitor General Don Henderson to share prevention strategies regarding elder abuse conducted on the county level. 1:00 p.m., MPDH

11/8 & 11/22 (Fri.) Silver Sneakers Senior Cardio Fitness Pop Up Shop Benson & Silver Sneakers Members will engage in a safe and heart-healthy aerobics class using low-impact movements designed to increase core strength and cardio endurance, time: 2:00 p.m.-3:00 p.m., MPDH

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

11/15 (Fri.) Line Dance Fall Showcase – the Benson Senior Center will present a line dance showcase. To register your Line Dance Team, contact Nicole Wyche at 404/612-2306 **by 11/8.** The program begins at 1:30 p.m., and ends at 4:00 p.m., MPDH in Bldg. B – This is “not a contest” just friendship, fellowship and fun!!!

11/20 (Wed.) Roswell Adult Recreation Center’s 42nd Annual Thanksgiving Luncheon (at 12 p.m.) Free and open to

persons 50+, call 770/641-3950 to make your reservation by 11/13. **Location:** 830 Grimes Bridge Road, Roswell, GA 30075
11/20 (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. Demonstration will be carried out by Wellcare's infamous Chef Lynn. Conf. A&B, 10:00 a.m. – 11 a.m.
11/20 (Wed.) The Gift of the Magi 2.0- Benson participants will enjoy a play about the holidays at the Marietta Square Theatre, tickets are \$20.00 please see Sherita in administrative office to purchase tickets, 10:00 a.m.-3:00 p.m.
11/21 (Thurs.) Medicare & Medicaid Workshop hosted by Benson's Mr. Ronald MacAuley, Fulton County Social Service Coordinator, Conf. Rms. A&B, 1:00 p.m.

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**

- **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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| <ul style="list-style-type: none"> • 11/11 (Mon.) Veterans Day • 11/28 & 29 (Thurs. & Fri.) Thanksgiving | <ul style="list-style-type: none"> • 12/24 & 25 (Tues. & Wed.) Christmas • 12/31 (Tues.) New Year's Eve |
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Dates & Info to Remember



- **Class Registration** (online and facility) December 16 (9 a.m.) – 18 (12 midnight)
- **Facility Improvement Week** – December 23-27 (facility is closed to general public)
- **First Day of Class** – Thursday, January 2, 2020
- **Drop/Add** – January 2-24, 2020



Call the Fulton County STARline at (404) 613-6000 - **MAKE YOUR APPOINTMENT TODAY!**

- **November 1, – November 8, 2019**
- **8:30 a.m. – 5:00 p.m. Monday through Friday**
- Appointments will be given for the following times below:
 - Aviation Community Cultural Arts Center 9:00 a.m. – 12:30 p.m.
 - Metropolitan Library 10:00 a.m. – 12:30 p.m.
- Walk-ins will be taken daily from 1:30 p.m. – 4:00 p.m., Monday-Friday
- No Appointments needed - Walk-ins – Saturdays
- November 9th and November 23rd 9:00 a.m. – 2:00 p.m.



11/14 12/5 - Thursday Class Dates - Instructor: Warren Hatfield

Social Security Announces 1.6 % Benefit Increase for 2020

Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.6 percent in January 2020.

[WWW.ssa.gov/news/press /releases 2019](http://WWW.ssa.gov/news/press/releases 2019)



Because we care, "we serve."