



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 Holidays from “All” of the Staff at Benson!



DECEMBER EVENT SCHEDULE 2019

SERVICES & PROGRAMS 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.

Mon. & Wed. 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 p.m. – 1:00 p.m.

12/5 (Thurs.) Census Information how the 2020 Census will affect you! Presented by Mr. Edward Mitchell. 1:00 p.m., **Location:** Computer Lab, hosted by Ronald MacAuley.

12/6 (Fri.) Zumba Gold Pop Up Shop 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! 2 p.m. – 3 p.m., MPDH

12/12 (Thurs.) Clear Captions Telephone “Presentation” this presentation will provide information for those with hearing difficulties. Ms. Katie Barrentine is our presenter, 1:00 p.m., Conf. Rms. A&B, hosted by Ronald MacAuley.

12/13 (Fri.) Silver Sneakers Senior Cardio Fitness Pop Up Shop Benson Participants and 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! 2:00 p.m. – 3:00 p.m., MPDH.

12/18 (Wed.) Holiday Social Benson Participants will enjoy an afternoon of holiday cheer as they engage in songs, and festive refreshments! 1:00 p.m., MPDH.

12/19 (Thurs.) Northside Hospital “Workshop” Arthritis and Joint Care, presented by Dr. Jeremy Statton, Board Certified Orthopedic Surgeon. 1:00 p.m., Conf. Rms. A&B, hosted by Ronald MacAuley.

2019 TRAVEL

Benson, Roswell & Alpharetta

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

678/297-6142

- ***12/1-15 (Sun.-Sun.) *Panama Canal \$2585 (airfare included)- Grand America Tours**
- ***3/1-3/4/2020 Guided Tours of Cumberland Island, Sapelo Island, and Jekyll Island, and Okefenokee Wildlife Refuge.** Double \$740.00 Single \$897.00 \$100.00 Deposit to City of Alpharetta Final payment 1/20/20
- ***3/23-3/26/2020 Amelia Island, St. Augustine, and Jacksonville** Double \$449.00 Single \$584.00 \$75.00 Deposit Diamond Tours Final Payment 1/16/2020
- ***3/30-4/6/2020 (8 days/7 nights) Pacific Northwest & California with Celebrity Cruises on the Celebrity Eclipse** An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservations and assign cabins.
- ***6/14/2020 (9 Days) Colorado Rockies, Rails, and Western National Parks** Double \$3,195 Single \$4,245 Airfare Included \$300.00 Deposit Premier World Discovery
- ***10/18-10/25/2020 Iceland’s Magical Northern Lights** Double \$3,134 Single \$3,669 Airfare Included \$500.00 Deposit to Collette Travel

Benson’s Holiday & Closing Schedule 2019

- **12/24 & 25 (Tues. & Wed.) Christmas**
- **12/31 (Tues.) New Year’s Eve**



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



Driver Safety

Thursday Class Dates 2020 - Instructor: Warren Hatfield

January 30	May 28	September 24
February 27	June 25	October 29
March 26	July 30	November 12
April 30	August 27	December 3

Social Security Expands Public Hours at Offices Nationwide Wednesdays to Return to Full Public Service Hours; Agency to Hire 1,100 Direct Service Employees. Starting on January 8, 2020, Social Security offices nationwide will be open to the public on Wednesday afternoons, Andrew Saul, Commissioner of Social Security, announced. This change restores Wednesday public service hours that were last in place in late 2012. “I don’t want someone to come to our office at 2:30 on a Wednesday only to find our doors closed,” Commissioner Saul said. For more information, please visit <https://www.ssa.gov/news/press/releases/>.

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



Because we care, “we serve.”