



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 1/6/20) JANUARY EVENT SCHEDULE 2020**

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.

Jan. (TDB) Senior Safety Workshop Sandy Springs Police will visit the Benson Center and speak to the participants about how to spot potentially dangerous situations, and how to remain safe in the community. **Location:** Conf. A&B, 10:00 a.m.

1/3 (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

1/9 (Fri.) Silver Sneakers Senior Cardio Fitness Pop Up Shop Benson participants will engage in a safe and heart-healthy aerobics class using low-impact movements designed to increase core strength and cardio endurance! **Location:** MPDH, 2:00 p.m.-3:00 p.m.

1/14 (Tues.) Library Expo Benson participants will learn all about exciting services and resources offered by Fulton County Libraries and have an opportunity to sign up for a library card! **Location:** Bldg. B Lobby, 9:00 a.m.

1/22 (Wed.) Moonlight and Magnolias Benson participants will enjoy a morning play at the Marietta Square Theatre, Hutchinson’s play, based on historical events, is written as farce, but the characters also deal with serious questions about race and the fragile position of Jewish executives in Hollywood. Location: Marietta Square Theatre, 11:00 a.m.

***2/3 – 4/15 (Mon. & Wed.) Free Tax Help! “AARP Foundation Tax-Aide”** 10 a.m. – 2 p.m. Benson Game Room. Please bring government issued photo id, for direct deposit of refund or automatic debit of payment; please bring one of your bank checks. All taxpayers are welcome regardless of age or income. If question, call AARP.org/taxaide at 1-888/227-7669

2020 TRAVEL

Benson, Roswell & Alpharetta

*Alpharetta & Roswell Travel **Coordinator Ms. Dixie Pounds**
678/297-6142

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- ***3/1-3/4 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 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 (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 (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 Iceland’s Magical Northern Lights** Double \$3,134 Single \$3,669 Airfare Included \$500.00 Deposit to Collette Travel

Benson’s Holiday & Closing Schedule 2020

<p>1/20 (Mon.) Martin Luther King 2/17 (Mon.) President’s Day 5/25 (Mon.) Memorial Day 7/3 (Fri.) Independence Day 9/7 (Mon.) Labor Day</p>	<p>10/12 (Mon.) Columbus Day 11/11 (Wed.) Veterans Day 11/26 & 27 (Thurs. & Fri.) Thanksgiving</p>	<p>12/24 & 25 (Thurs. & Fri.) Christmas 12/31 (Thurs.) New Year’s Eve</p>
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Dates & Info to Remember

- Class Drop/Add Period – 1/2-24, 2020
- 2/3 – 4/15 (Mon. & Wed.) Free Tax Help! “AARP Foundation Tax-Aide” 10 a.m. – 2 p.m.



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/>.



Because we care, “we serve.”