



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 Valentine's Day!



FEBRUARY EVENT SCHEDULE 2020

SERVICES & PROGRAMS OFFERED

(2nd Qtr.) Spring 2020

Class Registration Dates

- Class Registration: 3/16-3/18
- Registration: Online Opens at 9: a.m. on 3/16 and Closes at Midnight on 3/18
- Facility Improvement Days: March 25th – 27th - (Note: Our facility will be "*Closed*" to the general public during this time.)
- First Day of Spring Classes: March 30th
- Drop/Add: March 30th – April 7th

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.

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/tax aide at 1-888/227-7669

2/6 (Thurs.) 2020 Census A follow up informational workshop will provide Benson Participants with what to expect from the coming National Census, the importance of being counted and opportunity for Participants to ask questions relating to the 2020 Census. **Location:** MPDH, **Time:** 1 p.m.,

2/12 (Wed.) CPR Workshop Benson Participants will have an opportunity to learn and practice CPR techniques used for children and adults. **Location:** Conf. A&B, **Time** 9:00 a.m. -12:00 p.m.

2/14 (Fri.) Valentine's Day Sock Hop Benson participants will enjoy an afternoon sock hop with music selections from the 50's-70's era. **Location:** MPDH, **Time:** 2:00 p.m.-4:00 p.m.

2/19 (Wed.) Black History Luncheon Benson participants will enjoy an afternoon of Black History through a cultural experience that includes art, music and cuisine. **Location:** MPDH, **Time:** 1:00 p.m.-2:00 p.m.

2/20 (Thurs.) Alvin Ailey Dance Theatre Benson participants will enjoy a morning show performance by the infamous dance studio. Location: ox Theatre, **Showtime:** 10:30 a.m. **depart from Benson 9:30 a.m., returning to Benson 3:00 p.m.**

2/20 (Thurs.) Stroke & Diabetes Benson participants will be given information on how to take preventative measures in relation to Stroke and Diabetes; in addition participants will be provided an opportunity to ask questions. **Location:** Conf. A&B, **Time:** 1:00 p.m.-2:00 p.m.

2020 TRAVEL

Benson, Roswell & Alpharetta

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

- ***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
- ***5/19-22 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

2/17 (Mon.) President's Day	10/12 (Mon.) Columbus Day	12/24 & 25 (Thurs. & Fri.)
5/25 (Mon.) Memorial Day	11/11 (Wed.) Veterans Day	Christmas
7/3 (Fri.) Independence Day	11/26 & 27 (Thurs. & Fri.)	12/31 (Thurs.) New Year's Eve
9/7 (Mon.) Labor Day	Thanksgiving	



Thursday Class Dates 2020 - Instructor: Warren Hatfield

February 27	June 25	October 29
March 26	July 30	
April 30	August 27	
May 28	September 24	



Because we care, "we serve."