Dorothy C. Benson Senior Multipurpose Complex

6500 Vernon Woods Drive
Sandy Springs, GA 30328
404/613-4900

www.Bensoncenter.org

Days of Operation: Monday-Friday 8:30-5:00 PM

4th Quarter Class Schedule (October-December) 2022

- **4th Quarter Registration:** September 19-23, 2022
- **Classes are from** October 3 - December 9, 2022
- **Registration is required for all "in-person" classes.**
- To register for **Water Fitness classes,** visit the pool or please call: **404-612-2312** or **470-845-3905** from **2:00pm-4:00pm**
- To register for **Land Fitness classes,** visit the fitness room or please call: **404-612-2306** or **678-675-7541** from **2:00-5:00pm**
- To register for **Life Enrichment** classes, please call: **470-845-3904** from **9:00am-2:00pm**
- To register for **Art** classes, please email: **Charles.scogins@fultoncountyga.gov**

Water Aerobics Programs

Water Fitness Room Orientation Every Fri. 9:30 (by appointment only)

Pool Orientation is required for all new participants in the water fitness program. During orientation you will learn the rules and regulations of the aquatics program and how to properly enjoy the pool.

The pool is open for use by registered participants.

Open Water Fitness

Monday-Thursday 2:15pm - 4:00pm

Friday 9am-12:00pm, 1:00pm - 4:00pm

A Lifeguard is on duty, but no instruction will be available during Open Water Fitness.

NOTE: The pool is closed every day from 12:00-1:00

Class Capacity: 10

Water Aerobics I Mon. & Wed. 9:00am-9:45am 10/3 - 12/7

10-minute warm-up, 15-20 minutes of aerobic exercise

Water Walking Mon. & Wed. 10:00am-10:45am 10/3 - 12/7

10-minute warm-up with stretching followed by low impact water walking

Water Aerobics II Mon. & Wed. 11:00am-11:45am 10/3 - 12/7

30-minute aerobic workout in the water followed by stretching and toning exercises

Suspended & Weightless Aerobics Mon. & Wed. 1:15pm-2:00pm 10/3 - 12/7

An intense workout using flotation devices to keep your feet off the bottom of the pool

Water Aerobics I Tues. & Thurs. 11:00am-11:45am 10/4 - 12/8

10-minute warm-up, 15-20 minutes of aerobic exercise

Water Aerobics II Tues. & Thurs. 1:15pm-2:00pm 10/4 - 12/8

30-minute aerobic workout in the water followed by stretching and toning exercises

Aquatic Class Workshops

Aqua Bike is a spin bike that goes in the water. Aqua bike workouts are well-suited for people who suffer from joint, muscle, or bone pain and for individuals looking to get a high impact workout in a low impact environment. The water's buoyancy reduces the strain on your body, and as a result, will reduce the impact the exercise has on your joints compared to a land-based workout.

Class Capacity: 10

Aqua Bike Session I	**Tuesday**	**10:00am-10:45am**	**10/4 - 11/1**
	Thursday	**10:00am-10:45am**	**10/6 - 11/3**

*Session I registration is September 19-Sept. 23. Stop by the pool or call **404-612-2312** or **470-845-3905** to register from **2-4:00pm.***

Aqua Bike Session II	**Tuesday**	**10:00am-10:45**	**11/8 - 12/6**
	Thursday	**10:00am-10:45am**	**11/10 - 12/8**

*Session II registration is November 1-Nov. 3. Stop by the pool or call **404-612-2312** or **470-845-3905** to register from **2-4:00pm.***

Registration is required for all "in-person" classes.

Land Fitness Programs

Fitness Room Orientation **Thursdays** **1:00-2:00 (by appointment only)**

Orientation is required for all new participants in the Fitness Center. During orientation you will learn the rules and regulations of the Fitness Room and how to properly use the exercise equipment.

Open Fitness Room

Mondays, Wednesdays, Fridays 9:00am – 4:00pm

Tuesdays 1:00pm – 4:00 pm & Thursdays 2:00pm – 4:00pm

The Fitness Center is open for use by registered participants. No instruction is available.

Circuit Training is a total body workout that includes a warm-up and at least 20 minutes cardiovascular exercise (using treadmills, exercise bikes, or elliptical machines) and a least 20 minutes of strength, muscle endurance, power, core, or balance training exercises (using universal weight machine, dumbbell, kettlebells, resistant bands, and other equipment). **Location: Fitness Center**

Circuit Training Session I	**Tues. & Thurs.**	**10:00am-10:45am**	**10/4 - 11/3**
	Tues. & Thurs.	**11:00am-11:45am**	**10/4 -11/3**

*Session I registration is September 19-Sept. 23. Call **404-612-2306** or **678-675-7541** to register.*

Circuit Training Session II	**Tues. & Thurs.**	**10:00am-10:45am**	**11/8 - 12/8**
	Tues. & Thurs.	**11:00am-11:45am**	**11/8 - 12/8**

*Session II registration is November 1-Nov. 3. Call **404-612-2306** or **678-675-7541** to register from 2:00pm-4:00pm.*

Benson Tennis Club **Mon. & Wed.** **10:00am-11:30am** **10/3 - 12/7**

A racket sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles). This Olympic sport is a fun way to exercise and socialize. The Mt. Vernon Community Tennis Court is in front of Benson, Bldg. B. **Location: Vernon Woods HOA Tennis Court**
Capacity: 12

BOCCE **Tues. & Fri.** **10:00am-12:00pm** **10/4 - 12/9**

Ancient game, whose modern adaptation most closely resembles bowling. The game requires skill, strategy and just a little luck. Want to play but don't know how, then come and join us for a few hours of fun, exercise, and socialization. **Location: Bocce Court**

Walk-4-Life	**Tues.**	**8:30am-9:30am**	**10/4 - 12/6**
	Thurs.	**8:30am-9:30am**	**10/6 - 12/8**

This 60-minute walking activity is open to all fitness levels. The aerobic activity is intended to improve

cardiovascular efficiency, strengthen the heart, control weight gain, and reduce stress.

Class Capacity: 25

Monday BODYWORKS PLUS ABS 9:30am MPDH, Virtual 11/7 - 12/5
This is an intermediate level fitness class that sculpts and tones the body. In 45 minutes, this workout takes you through a variety of exercises using dumbbells and body weight for resistance while moving to the beat of music. Over time, notice improvements in muscle tone, posture, balance, and strength. This workout can be modified to be performed seated in a chair.
*****This class will begin virtually Monday, October 3rd. See virtual schedule for link*****

Monday Chair Yoga 10:30am MPDH, Virtual 11/7 - 12/5
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.
*****This class will begin virtually Monday, October 3rd. See virtual schedule for link*****

Monday Soulful Strut Line Dancing 2:00pm MPDH 11/7 - 12/5
Learn the classic soulful dances, while gaining great cardio benefits!

Tuesday Strength & Balance 9:00am MPDH, Virtual 11/8 - 12/6
A total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone & mobility.

Tuesday Chair Yoga 10:00am MPDH, Virtual 11/8 - 12/6
A 45–50-minute class of gentle yoga practiced in a chair and standing using a chair. Ideal for those new to yoga. The class is designed to improve flexibility, release muscle tension, and reduce stress.

Tuesday Ladies Let's Talk About It 10:00am Conf Room A&B 10/4 - 12/6
This is an on-going group for women to connect and experience support and bond with other women in a safe compassionate environment. Weekly topics will be determined by the participants and group facilitator.

Wednesday TheraBand 9:00am MPDH, Virtual 11/9 - 12/7
A 45–50-minute class that includes a warm-up, resistance exercises that works the muscles of the body and support ranges, ending with stretches to relax the worked muscles. A lightweight band is needed to maximize benefits.

Wednesday Strength & Balance 10:00am MPDH, Virtual 11/9 - 12/7
A total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone & mobility.

Thursday Flexibility 9:00am MPDH, Virtual 11/10 - 12/8
A 45–50-minute class that consists of various stretching and strengthening exercises to improve flexibility, range of motion, and stability with special attention to abdominal, lower back strength and posture.

Thursday S.E.A.T. 10:00am MPDH, Virtual 11/10 - 12/8
S.E.A.T., Supported Exercise for Ageless Training, is a brand new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility. It is a combination of cardio, strength, balance, posture, brain work, and more. It's a complete workout from head to toe and it's all done in a chair, but you may also perform the exercises while standing. Check it out, it's tons of fun!

Friday Cardio Tabata 10:00am MPDH, Virtual 11/11 - 12/9
A 45–50-minute interval training workout set to music. An 8-minute warm-up followed by 30 minutes of Tabata intervals (20 seconds of work and 10 seconds of rest). Workout concludes with 5 minutes of core work and a cool down stretch. One-, two- or three-pound weights can be used to increase the cardio intensity and muscle toning.
*****This class will begin virtually Friday, October 7th. See virtual schedule for link*****

Registration is required for all "in-person" classes.
Registration dates are September 19-Sept. 23 from 2:00pm-4:00pm. Stop by the fitness room or call 404-612-2306 or 678-675-7541.

Life Enrichment Program - Art & Craft Programs

Paper Mache Mon. 1:00pm-3:00pm Location: Craft Room 10/3 - 11/7
Instructor: Bonnie Diamond We will start out making paper-mache bowls and if time move onto your choice of a project. Examples will be shown at first class. **Class Size: 6**

Beginner Pottery/Wheel Throwing Mon. 10:00am-2:00pm Location: Heavy Art Room 10/3 - 12/5
Instructor: Miranda Smith This class is for beginner students only. Note: If you have pain in hands, elbows, shoulders or back this may not be the class for you. **Class Size: 6**

Intermediate Mahjong Tues. 1:00pm-3:00pm Location: Game Room 10/4 - 11/6

Instructor: Viola Howard & Sylvia Roundtree Mahjong is a game of Chinese origin usually played by four persons with 144 Dominos like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces. **Class Size: 12**

Knitting Tues. 1:00pm-3:00pm Location: Conference Room 10/4 - 12/6
Instructor: Shirley Dobson Learn to knit or join this fun group to knit for charity. All levels are welcomed. **Class Size: 8**

Paper Sculpture Tues. 1:00-3:00pm Location: Heavy Art Room 10/4 - 12/6
Instructor: Bonnie Diamond Create an abstract sculpture using a minimum of sculpting tools and then paint in your choice of color to look like bronze or metal!! **Class Size: 6**

Intro to Androids/Tablets Tues. 10:00am-12:00pm Location: Computer Lab, Virtual 10/4 - 11/1
Instructor: Jeff Kalwerisky How to use your Phones/Tablets: touch screen, send messages, make voice calls, reads books, send emails, useful apps, music, movies, and more.

Intro to iPhone/iPad Tues. 10:00am-12:00pm Location: Computer Lab, Virtual 11/8 - 12/6
Instructor: Jeff Kalwerisky Do you have an Apple iPhone or an iPad? If so, this is the course for you to learn the basics of using your device – make phone calls, and video calls with friends and family, surf, and shop confidently on the web, read books, and learn tips and tricks to simplify things and get the best experience.

Creative Writing Wed. 10:00am-12:00pm Location: Craft Room 10/5 - 12/7
Instructors: Alvin Johnson & Gerald Aldridge A forum for experienced writers to share various forms of writing with peers to give and receive feedback. This class will include writing tips and an offsite workshop visiting writing professionals. **Class Size: 9**

Open Lab Workshop Wed. 10:00am-12:00pm Location: Computer Lab, Virtual 10/5 - 11/2
11/9 - 12/7
Instructor: Jeff Kalwerisky This is an opportunity for students to ask whatever questions they have about their devices. **Class Size: 6**

Needleworks Wed. 1:00pm-3:00pm Location: Craft Room 10/5 - 12/7
Instructor: Shirley Dobson "e*xperienced Needle pointers* only." Come and learn to advance your skills with a variety of unique stitching techniques in a fun setting. **Class Size: 6**

Intro to Windows 11 Thurs. 10:00am-12:00pm Location: Computer Lab 10/6 - 11/3
Instructor: Jeff Kalwerisky Learn tips and tricks for formatting your documents so they look elegant and professional, amongst many other things' beginners need to know. **Class Size: 6**

Intro to Excel Thurs. 10:00am-12:00pm Location: Computer Lab 11/17 - 12/8
Instructor: Jeff Kalwerisky Learn the basics of how to maneuver using the application Microsoft Excel.
Class Size: 6

Advanced Wheel Throwing Thurs. 10:00am-12:00pm Location: Heavy Art Room 10/6 - 12/8
Instructors: Gail Land "**Prerequisite"** - Beginner Wheel Pottery, or prior experience, the student should be able to center clay on the wheel with minimum difficulty and have working knowledge of throwing clay on the wheel. **Note:** If you have pain in hands, elbow, shoulder, or a weakness in arms or back this may not be an ideal class for you. **Class Size: 6**

Genealogy Thurs. 10:00am -12:00pm Location: Conference Room 10/6 - 12/8
Instructor: Dee Notaro Please note: *a computer is necessary for this class – No iPads/or phones will suffice.*
This program will provide you instructions to access records that will put you onto a road of discovery as to who, you really are. This class will help you to organize family records and pictures. Discover and document your family history and leave a record for your children. Recording can also be done by hand rather than computer. **Class Size: 10**

Plein Air Painting Thurs. 10:00am-3:00pm Location: Offsite (Location varies) 10/20 - 12/15
Instructor: Charles Scogins This is an opportunity to sharpen your life painting and observation skills. Early Spring through Mid Fall we will meet at a variety of locations and paint the surrounding landscape and on occasion an invited model. If we have a model scheduled it is asked that participants contribute to the model fee. During the Winter through early Spring, we will move inside to the Benson Painting and Drawing Studio.

Wheel Throwing Workshop Fri. 11:00am-3:00pm Location: Heavy Art Room 10/7 - 12/9
Instructor: Gail Land The student should be able to center clay on the wheel with minimum difficulty and have working knowledge of throwing clay on the wheel. Note: If you have pain in hands, elbow, shoulder, or weakness in arms or back this may not be an ideal class for you. **Class Size: 6**

Let's Draw! Fri. 10:00am-12:00pm Location: Paint Studio 10/21 - 12/16
Instructor: Charles Scogins This is an opportunity to draw using a variety of subjects such as the human figure, landscapes and still life. We will participate in a variety of drawing exercises to improve our sense of proportion, composition, use of line and tone. You can use the media of your own choice but medias that can be used as line or blended to a tone or gradation is recommended.

Clay Time! Fri. 1:30pm-4:00pm Location: Ceramics Room 10/21 - 12/16
Instructor: Charles Scogins We learn basic clay techniques to create both functional and decorative items as well as sculptural objects.

Keyboard 101 Fri. 10:00am-11:00am Location: Computer Lab 10/7 - 12/9
Instructor: Masadi Wynn Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Class Size: 6**

Keyboard 102 Fri. 11:00am-12:00pm Location: Computer Lab 10/7 - 12/9
Instructor: Masadi Wynn Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Class Size: 6**

Chess Fri. 11:00am-1:00pm Location: Game Room 10/7 - 12/9

Registration is required for all "in-person" classes.
If you are interested in signing up for these classes or workshops, please call the Program Coordinator at 470-845-3904 from September 19-23, 2022 between the hours of 9am-2pm.

For any ART classes with Charles Scogins, please email Charles.scogins@fultoncountyga.gov to register from September 19-23, 2022.