

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 Registration: September 18-22, 2023**
- **Classes are from October 2 - December 15, 2023**
- **You must be a member of a Fulton County Multipurpose Senior Center and registration is required for all in-person classes**
- **You have the option to register at home online or in-person only.**
- **If you are NOT a registered member, you can enjoy meal services and any virtual programming.**
 - **Your membership must be renewed annually.**
- **If your membership has expired, you need to have an appointment set to renew, to be able to participate in classes on-site.**
- ***Note Benson Virtual Class and simulcast links on page 10***

Water Aerobics Programs

Water Fitness Room Orientation Every Fri. 9:30am (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 – 3:45pm

Friday 9am-12pm, 1pm – 3:45pm

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

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

Class Capacity: 16

Water Aerobics I Mon. & Wed. 9:00am-9:45am 10/2 – 12/13

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

Water Walking Mon. & Wed. 10:00am-10:45am 10/2 – 12/13

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

Water Aerobics II Mon. & Wed. 11:00am-11:45am 10/2 – 12/13

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

Suspended & Weightless Aerobics Mon. & Wed. 1:15pm-2:00pm 10/2 – 12/14

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 10/3 – 12/14

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

Water Aerobics II Tues. & Thurs. 1:15pm-2:00pm 10/3 – 12/14

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

Registration for the Water Aerobics Class is September 18-22, 2023 online or in-person.

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

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| Aqua Bike Session I | Tuesday | 10:00am-10:45am | 10/3 – 10/31 |
| | Thursday | 10:00am-10:45am | 10/5 – 11/2 |
| Aqua Bike Session II | Tuesday | 10:00am-10:45am | 11/7 – 12/12 |
| | Thursday | 10:00am-10:45am | 11/9 – 12/14 |

No Aqua Bike Classes 11/21 or 11/23



Session I & II online registration is September 18-22, 2023.

You must be a member of a Fulton County Multipurpose Senior Center and registration is required for all in-person classes.

Land Fitness Programs

Fitness Room Orientation Thursdays 1:00-2:00pm (by appointment only)
Please call 404-612-2306

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 9am – 12pm, 1pm – 4pm

Tuesdays 9am – 10am, 1pm – 4pm

Thursdays 9am-10am, 2pm – 4pm

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

NOTE: The Fitness room is closed daily from 12PM-1:00PM for cleaning.

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

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|------------------|-----------|----------------|-----------------|-------------|
| Circuit Training | Session 1 | Tues. & Thurs. | 10:00am-10:45am | 10/3 – 11/2 |
| | | Tues. & Thurs. | 11:00am-11:45am | |

Session I registration is September 18-22, 2023 from 9:00am-12:00pm. Circuit Training registration must be completed in-person or by phone. Stop by the Fitness Room or call 404-612-2306 to register.

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|------------------|-----------|----------------|-----------------|---------------|
| Circuit Training | Session 2 | Tues. & Thurs. | 10:00am-10:45am | 11/14 – 12/14 |
| | | Tues. & Thurs. | 11:00am-11:45am | |

Session I registration is November 6-8, 2023 from 9:00am-12:00pm. Circuit Training registration must be completed in-person or by phone. Stop by the Fitness Room or call 404-612-2306 to register.

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| Benson Tennis Club | Mon. & Wed. | 10:00am - 11:30am | 10/2 – 12/13 |
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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: 20

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| BOCCE | Tues. & Fri. | 10:00am – 12:00pm | 10/3 – 12/15 |
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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**

Monday BODYWORKS PLUS ABS 9:30am MPDH, Virtual 10/2 – 12/11
Instructor: Sonya Edwards 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.

Capacity: 35

Monday Chair Yoga 10:30am MPDH, Virtual 10/2 – 12/11
Instructor: Sonya Edwards 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.

Capacity: 35

Monday Soulful Strut Line Dancing 2:00pm MPDH 10/2 – 12/11
Instructor: Donna Jones Learn the classic soulful dances, while gaining great cardio benefits!

Capacity: 35

Tuesday Chair Yoga 9:00am MPDH, Virtual 10/3 – 12/12
Instructor: Diane Adams 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. **Capacity: 35**

Tuesday Arthritis Prevention & Agility 10:00am MPDH 10/3 – 12/12
Instructor: Diane Adams Prevent/Reduce Arthritis pain with specific exercises designed to keep your joints healthy and moving, coupled with fun agility exercises to increase your balance and speed of movement for fall prevention. Props will be used in this class so it will not be offered virtually. **This is an in-person class only limited to 30 people.**

Tuesday Arthritis Prevention & Agility 11:00am MPDH 10/3 – 12/12
Instructor: Diane Adams Prevent/Reduce Arthritis pain with specific exercises designed to keep your joints healthy and moving, coupled with fun agility exercises to increase your balance and speed of movement for fall prevention. Props will be used in this class so it will not be offered virtually. **This is an in-person class only limited to 30 people.**

Tuesday Ladies Let's Talk About It 10:00am Conf Room A&B 10/3 – 12/12
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. ***Currently not accepting new members***

Wednesday Senior Strength & Balance 9:30am MPDH, Virtual 10/4 – 12/13
Instructor: Diane Adams 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.
Capacity: 25

Wednesday Strength & Balance 10:30am MPDH, Virtual 10/4 – 12/13
Instructor: Diane Adams 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.
Capacity: 25

Thursday Flexibility 9:30am MPDH, Virtual 10/5 – 12/14
Instructor: Diane Adams 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. A short segment with mats will be added to each class to help students develop techniques for getting up from a fall. Modifications will be given for those who wish to remain in their chairs.
Capacity: 35

Thursday S.E.A.T. 10:00am MPDH, Virtual 10/5 – 12/14
Instructor: Diane Adams 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!
Capacity: 35

Friday Cardio Tabata 10:00am MPDH, Virtual 10/6 – 12/15
Instructor: Jennifer Jones 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.
Capacity: 40

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Registration dates are September 18-22, 2023 online or in-person.

Life Enrichment Program – Computer, Art & Craft Programs

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|-----------------------|-------------|------------------------|-------------------|--------------------|
| Greeting Cards | Mon. | 10:00am-12:00pm | Craft Room | 10/2 – 12/4 |
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Instructor: Miranda Smith Join us in this greeting card workshop, as we stamp, stencil, paint, glue and construct your very own personalized greeting cards for any occasion. In this class, we will begin with traditional card formats and work our way up to constructing 3 dimensional cards. **Class Size: 10**

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|-----------------------|-------------|------------------------|---------------------|--|
| Intro to Excel | Mon. | 10:00am-12:00pm | Virtual Only | 10/2 – 10/23 11/13 – 12/4 |
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Instructor: Jeff Kalwerisky Learn the basics of how to maneuver using the application Microsoft Excel.

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| Beginner Pottery | Mon. | 1:00pm-3:30pm | Heavy Art Room | 10/2 – 12/4 |
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Instructor: Miranda Smith Students will learn the basics of wheel throwing, centering, pulling, shaping, trimming, and glazing. No previous knowledge is necessary. **Class Size: 7**

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| Paper Mache | Mon. | 1:00pm – 3:30pm | Craft Room | 10/2 – 11/6 |
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Instructor: Bonnie Diamond Students will start out making paper-mache bowls, and if time allows, move on to your choice of project. **Class Size: 8**

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|-----------------------------------|--|------------------------|---------------------|--|
| Security for Seniors Tues. | | 10:00am-12:00pm | Computer Lab | 10/3 – 10/24 11/14 - 12/5 |
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The internet is useful and fun, but the bad guys are out there, and they love seniors! Learn how to lock your credit cards, protect sensitive banking and medical information, and never get ripped off again.

Class Capacity: 10

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|-----------------------------|--------------|----------------------|------------------|--------------------|
| Intermediate Mahjong | Tues. | 1:00pm-3:00pm | Game Room | 10/3 – 12/5 |
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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: 18**

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|------------------------|--------------|----------------------|-------------------|---------------------|
| Beginner Sewing | Tues. | 1:00pm-3:00pm | Craft Room | 10/3 – 11/21 |
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Instructor: Lisa Rochon Come and learn some basics of sewing. Learn to thread a machine and basic sewing methods. Some of the projects and techniques we will learn are French seams, basic mending - hemming, buttons/Velcro, mending, fabric pairing for each project, market bag/tote, travel roll up. Limited space. Participants are welcomed to bring their machines. **Class Size: 10**

Creative Writing **Wed.** **10:00am - 12:00pm** **Craft Room** **10/4 – 12/6**
Instructor: Leslie Pickering A forum for **experienced** writers to share various forms of writing with peers to give and receive feedback. This class includes writing tips and an offsite workshop visiting writing professionals. **Class Size: 10**

Open Lab Workshop **Wed.** **10:00am - 12:00pm** **Computer Lab, Virtual** **10/4 – 10/25**
11/15 – 12/6
Instructor: Jeff Kalwerisky This is an opportunity for students to ask whatever questions they have about their devices.

Beginner Creative Writing **Wed.** **1:00pm – 3:00pm** **Conference Room A** **10/4 – 12/6**
Instructor: Jill Beerman A forum for **beginner** writers to share various forms of writing with peers to give and receive feedback. **Class Size: 10**

Needleworks 'Chat & Stitch' **Wed.** **1:00pm - 3:00pm** **Craft Room** **10/4 – 12/6**
Instructor: Shirley Dobson For anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects. **Class Size: 6**

Intro to Android/Tablets **Thurs.** **10:00am-12:00pm** **Computer Lab, Virtual** **10/5 – 10/26**
11/16 – 12/7
Instructor: Jeff Kalwerisky Do you have an Android phone or tablet? 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. **Class Size: 10**

Advanced Wheel Throwing **Thurs.** **10:00am - 2:00pm** **Heavy Art Room** **10/5 – 12/7**
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** **Conference Room** **10/5 – 12/7**
Instructor: Dee Notaro A laptop computer is necessary for this class - cannot be done on a phone but you can use written charts or enter your tree on a genealogy website and work from that. This class will show you how to access records that will put you onto a road of discovery as to who you really are. It will also help you to organize family records and pictures. Discover and document your family history and leave a record for your children. You and your family are a part of history! **Class Size: 10**

Wheel Throwing Open Studio **Fri.** **11:00am - 3:00pm** **Heavy Art Room** **10/6 - 12/8**
The student should be able to center clay on the wheel with minimum difficulty and have strong working knowledge of throwing clay on the wheel. **Note: This is not an instructor led class, you will be working on your own during studio hours. If you have pain in hands, elbow, shoulder, or weakness in arms or back this may not be an ideal option for you.**

Intro to MS Word **Fri.** **10:00am-12:00pm** **Virtual Only** **10/6 - 10/27**
11/17 - 12/8

Instructor: Jeff Kalwerisky Learn to use Microsoft's premier word processing software, so you can type any document you wish letters to friends/family, shopping lists, brochures, and flyers, even the Great American Novel.

Piano Workshop 1 **Fri.** **10:00am-11:00am** **Computer Lab** **10/6 - 12/8**
Instructor: Masadi Wynn This class is for beginners who will learn the basic notes of the keyboard and will learn to play simple songs. **Class Capacity: 6**

Chess **Fri.** **10:00am - 12:00pm** **Game Room** **10/6 - 12/8**
No registration required.

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Registration is in-person or online September 18-22, 2023.

NEVER MISS A FITNESS CLASS!!

Did you know that most of our classes are streamed live on ZOOM?

And to participate at home, you don't even need to register!!

BENSON VIRTUAL SCHEDULE

| | | |
|-----------------|----------------------|---------------------------------|
| Cardio Strength | Mondays, 10:00 AM | Zoom Only |
| Cardio Circuit | Wednesdays, 10:00 AM | Zoom Only |
| Cardio Tabata | Fridays, 10:00 AM | Zoom & at the Center |

- Jennifer Jones, Instructor

Zoom Link: <https://us02web.zoom.us/j/87229537257>

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The following classes are live at the center and simulcasted on ZOOM:

<https://zoom.us/j/91942191938>

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|----------------------|----------------------|---------------|
| • Body Works Plus    | Mondays @ 9:30 AM    | Sonya Edwards |
| • Chair Yoga         | Mondays @ 10:30 AM   | Sonya Edwards |
| • Chair Yoga         | Tuesdays @ 9:00 AM   | Diane Adams   |
| • Strength & Balance | Wednesdays @ 9:30 AM | Diane Adams   |
| • Strength & Balance | Wednesdays @ 10:30AM | Diane Adams   |
| • Flexibility        | Thursdays @ 9:30AM   | Diane Adams   |
| • S.E.A.T.           | Thursdays @ 10:00 AM | Diane Adam    |