

# Dorothy C. Benson Senior Multipurpose Complex

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6500 Vernon Woods Drive

Sandy Springs, GA 30328

404/613-4900

**www.Bensoncenter.org**

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



- **2<sup>nd</sup> Quarter Registration 2023: March 20-24, 2023**
  - **Classes are from April 3 – June 16, 2023**
- **You must be a member of a Fulton County Multipurpose Senior Center and 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 **9:30am-12:00pm** and **1:30pm-3:00pm**
- To register for **Land Fitness classes**, visit the fitness room or please call: **404-612-2306** or **678-675-7541** from **9:30am-12:00pm** and **1:30pm-3:00pm**
- To register for **Life Enrichment classes**, please call: **470-845-3904** from **9:00am-2:00pm**
- To register for **Charles Scogins' Art classes**, please **TEXT: 470-845-3928** or Email: [charlesscogins@fultoncountyga.gov](mailto:charlesscogins@fultoncountyga.gov) from **8:30am-5:00pm**



## 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**

<b>Water Aerobics I</b>	<b>Mon. &amp; Wed.</b>	<b>9:00am-9:45am</b>	<b>4/3 – 6/14</b>
10-minute warm-up, 15-20 minutes of aerobic exercise			
<b>Water Walking</b>	<b>Mon. &amp; Wed.</b>	<b>10:00am-10:45am</b>	<b>4/3 – 6/14</b>
10-minute warm-up with stretching followed by low impact water walking			
<b>Water Aerobics II</b>	<b>Mon. &amp; Wed.</b>	<b>11:00am-11:45am</b>	<b>4/3 – 6/14</b>
30-minute aerobic workout in the water followed by stretching and toning exercises			
<b>Suspended &amp; Weightless Aerobics</b>	<b>Mon. &amp; Wed.</b>	<b>1:15pm-2:00pm</b>	<b>4/3 – 6/14</b>
An intense workout using flotation devices to keep your feet off the bottom of the pool			
<b>Water Aerobics I</b>	<b>Tues. &amp; Thurs.</b>	<b>11:00am-11:45am</b>	<b>4/4 – 6/15</b>
10-minute warm-up, 15-20 minutes of aerobic exercise			
<b>Water Aerobics II</b>	<b>Tues. &amp; Thurs.</b>	<b>1:15pm-2:00pm</b>	<b>4/4 – 6/15</b>
30-minute aerobic workout in the water followed by stretching and toning exercises			

***Registration for the Water Aerobics Class is March 20-24, 2023, 9:30am- 12:00pm & 1:30pm-3:00pm. Come by the pool or call 404-612-2312 or 470-845-3905 to register.***

## **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**

<b>Aqua Bike Session I</b>	<b>Tuesday</b>	<b>10:00am-10:45am</b>	<b>4/4 – 5/2</b>
	<b>Thursday</b>	<b>10:00am-10:45am</b>	<b>4/6 – 5/4</b>

<b>Aqua Bike Session II</b>	<b>Tuesday</b>	<b>10:00am-10:45am</b>	<b>5/9 – 6/6</b>
	<b>Thursday</b>	<b>10:00am-10:45am</b>	<b>5/11 – 6/8</b>



**Session I & II registration is March 20-24, 2023.** Aqua Bike Class Registration must be completed in-person. Please come by the pool to register for the Aqua Bike Class.

**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, 1pm - 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**

<b>Circuit Training</b>	<b>Tues. &amp; Thurs.</b>	<b>10:00am-10:45am</b>	<b>4/4 - 6/15</b>
	<b>Tues. &amp; Thurs.</b>	<b>11:00am-11:45am</b>	<b>4/4 - 6/15</b>

**Class Capacity: 8**

*Registration is March 20-24, 2023. Call 404-612-2306 or 678-675-7541 to register or come by the Fitness Room.*

<b>Benson Tennis Club</b>	<b>Mon. &amp; Wed.</b>	<b>10:00am - 11:30am</b>	<b>4/3 - 6/14</b>
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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: 12**

<b>BOCCE</b>	<b>Tues. &amp; Fri.</b>	<b>10:00am - 12:00pm</b>	<b>4/4 - 6/16</b>
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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**

## Class Capacity for Multipurpose Dining Hall: 25

**Monday**                    **BODYWORKS PLUS ABS**                    **9:30am**                    **MPDH, Virtual**                    **4/3 – 6/12**  
**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.

**Monday**                    **Chair Yoga**                    **10:30am**                    **MPDH, Virtual**                    **4/3 – 6/12**  
**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.

**Monday**                    **Soulful Strut Line Dancing**                    **2:00pm**                    **MPDH**                    **4/3 – 6/12**  
**Instructor: Donna Jones** Learn the classic soulful dances, while gaining great cardio benefits!

**Tuesday**                    **Chair Yoga**                    **9:00am**                    **MPDH, Virtual**                    **4/4 – 6/13**  
**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.

**Tuesday**                    **Arthritis Prevention & Agility**                    **10:00am**                    **MPDH**                    **4/4 – 6/13**  
**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.**

**Tuesday**                    **Ladies Let's Talk About It**                    **10:00am**                    **Conf Room A&B**                    **4/4 – 6/13**  
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. *\*\*Closed group currently not taking new members.* **Class Size: 8**

**Tuesday**                    **Nutrition Workshop**                    **1:00pm**                    **Computer Lab**                    **4/4 – 5/9**  
**Instructor: Jennifer Jones** Are you tired of all the conflicting information regarding what foods to eat? What does it mean to follow a Vegan, Vegetarian, Flexitarian, Pescatarian, Mediterranean, DASH or Keto type diet? Are any of them beneficial for seniors? This 6-week workshop will answer those questions. Participants will gain a better understanding of nutrition and how food choices can help manage chronic diseases, improve brain health, and weight management.

**Wednesday      TheraBand                      9:00am      MPDH, Virtual                      4/5 - 6/14**  
**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.

**Wednesday      Strength & Balance                      10:00am      MPDH, Virtual                      4/5 - 6/14**  
**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.

**Thursday      Flexibility                      9:00am      MPDH, Virtual                      4/6 - 6/15**  
**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.

**Thursday      S.E.A.T.                      10:00am      MPDH, Virtual                      4/6 - 6/15**  
**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!

**Friday      Cardio Tabata                      10:00am      MPDH, Virtual                      4/7 - 6/15**  
**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.

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

**Registration dates are March 20-24, 2023, from 9:30am-12:00pm and 1:30pm-3:00pm. Stop by the fitness room or call 404-612-2306 or 678-675-7541 to register.**

## Life Enrichment Program – Computer, Art & Craft Programs

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**Decoupage**                      **Mon.**                      **10:00am-12:00pm**                      **Heavy Art Room**                      **4/3 – 5/22**

**Instructor: Miranda Smith** Want to recycle an object, make a keepsake box, or just want a new way to be creative? With a little bit of glue and an open mind, you can create a 3-Dimensional collage. Supplies needed: Small to mediums size objects made of wood, glass, sturdy cardboard, or ceramics. Old magazines, scissors/exacto knife, brush (wide acrylic brush), cloth. **Class Size: 10**

**Beginner Pottery**                      **Mon.**                      **1:00pm-3:30pm**                      **Heavy Art Room**                      **4/3 – 5/22**

**Instructor: Miranda Smith** Students will learn the basics of wheel throwing, centering, pulling, shaping, trimming, and glazing. No previous knowledge is necessary. **Class Size: 6**

**Intro to Laptops, Phones & Tablets**                      **Tues.**                      **10:00-12:00pm**                      **Computer Lab, Virtual**                      **4/4 – 5/2**

**Instructor: Jeff Kalwerisky** This course starts at the very beginning, the basic parts of your laptop, phone, or tablet. How to use the mouse on your laptop and your finger on the phone or tablet. Getting around your home screen, learning what apps are and how to use them, brief intro to the operating system (program) on your device: Windows, Apple iOS, and Android and so much more. **Class Size: 10**

**Paper Mache**                      **Tues.**                      **1:00pm-3:00pm**                      **Craft Room**                      **4/4 – 5/9**

**Instructor: Bonnie Diamond** The class will start out with creating paper-mache bowls and if time allows, you will have the chance to create a project of your choice. Examples will be shown at first class. **Class Size: 10**

**Intermediate Mahjong**                      **Tues.**                      **1:00pm-3:00pm**                      **Game Room**                      **4/4 – 6/13**

**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**                      **Conference Room**                      **4/4 – 6/13**

**Instructor: Shirley Dobson** This class is for those that enjoys knitting [or crochet] for themselves or for charity. **Class Size: 10**

**Intro to iPhone/iPad**                      **Tues.**                      **10:00am-12:00pm**                      **Computer Lab, Virtual**                      **5/9 – 6/6**

**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. **Class Size: 10**

**Creative Writing**                      **Wed.**                      **10:00am - 12:00pm**                      **Craft Room**                      **4/5 – 6/14**

**Instructor: Jill Bearman** 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 4/5 - 6/14  
**Instructor: Jeff Kalwerisky** This is an opportunity for students to ask whatever questions they have about their devices.

**Needleworks 'Chat & Stitch'** Wed. 1:00pm - 3:00pm Craft Room 4/5 - 6/14  
**Instructor: Shirley Dobson** For anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects. **Class Size: 10**

**Security for Seniors** Thurs. 10:00am - 12:00pm Computer Lab 4/20 - 5/18  
**Instructor: Jeff Kalwerisky** 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 Size: 10**

**Intro to Androids/Tablets** Thurs. 10:00am - 12:00pm Computer Lab, Virtual 5/25 - 6/15  
**Instructor: Jeff Kalwerisky** How to use your phones/tablets such as features like touch screen, send messages, make voice calls, read books, send emails, useful apps, music, movies and more!  
**Class Size: 10**

**Advanced Wheel Throwing** Thurs. 10:00am - 2:00pm Heavy Art Room 4/6 - 6/15  
**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 4/6 - 6/15  
**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**

**Plein Air Painting** Thurs. 10:00am-3:00pm Offsite (Location varies) 4/6 - 6/15  
**Instructor: Charles Scogins** This class is seasonal, and we paint both on location (during the late spring through fall) and in the studio during the colder and wetter months of the year. The media is open while painting outdoors to Oil, Acrylic and other water-based media as well as drawing media such as pastel, charcoal and graphite. While working indoors in the studio the media is limited to Acrylics and water-based media or drawing media. Acrylic paint media is provided, and I have a limited number of paint boxes for use outdoors. The studio is well stocked and should provide everything you need in materials with exception of canvases.



**Wheel Throwing Open Studio**    **Fri.**    **11:00am - 3:00pm**    **Heavy Art Room**    **4/7 - 6/16**  
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.**

**Let's Draw!**    **Fri.**    **10:00am - 12:00pm**    **Paint Studio**    **4/7 - 6/16**  
**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.

**Piano Workshop 1** **Fri.**    **10:00am-11:00am**    **Computer Lab**    **4/7 - 6/9**  
**Instructor: Masadi Wynn** This class is for beginners who will learn the basic notes of the keyboard and will learn to play simple songs.

**Piano Workshop 2** **Fri.**    **11:00am-12:00pm**    **Computer Lab**    **4/7 - 6/9**  
**Instructor: Masadi Wynn** This class is for experienced participants who will learn more advanced notes on the keyboard and will learn to play songs.

**Clay Time!**    **Fri.**    **1:30pm - 4:00pm**    **Ceramics Room**    **4/7 - 6/16**  
**Instructor: Charles Scogins** This is a very broad class teaching the basics of working with clay and encouraging participants to experiment and push the limits of their creative skills. We will learn the basics of hand building and sculpting techniques as well as using glazes and painted finishes.

**Chess**    **Fri.**    **10:00am - 12:00pm**    **Game Room**    **4/7 - 6/16**

**You must be a member of a Fulton County Multipurpose Senior Center and 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 March 20 - 24, 2023 between the hours of 9am-2pm.**

**To register for Charles Scogins' Art classes, please TEXT: 470-845-3928 or Email: [charlesscogins@fultoncountyga.gov](mailto:charlesscogins@fultoncountyga.gov) between 8:30am - 5:00pm.**