

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



- **1st Quarter Registration 2023: December 12-16, 2022**
 - **Classes are from January 3 – March 17, 2023**
 - **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 Monday-Friday**
- To register for **Land Fitness classes**, visit the fitness room or please call: **404-612-2306** or **678-675-7541** from **2:00-4:00pm Monday-Friday**
- To register for **Life Enrichment classes**, please call: **470-845-3904** from **9:00am-2:00pm Monday-Friday**
- To register for **Art classes**, please **TEXT** Charles Scogins: **470-845-3928** or email **charlesscogins@fultoncountyga.gov Monday-Friday**



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 - 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 12:00-1:00pm

Class Capacity: 10

Water Aerobics I	Mon. & Wed.	9:00am-9:45am	1/9 -3/15
10-minute warm-up, 15-20 minutes of aerobic exercise			
Water Walking	Mon. & Wed.	10:00am-10:45am	1/9 - 3/15
10-minute warm-up with stretching followed by low impact water walking			
Water Aerobics II	Mon. & Wed.	11:00am-11:45am	1/9 - 3/15
30-minute aerobic workout in the water followed by stretching and toning exercises			
Suspended & Weightless Aerobics	Mon. & Wed.	1:15pm-2:00pm	1/9 - 3/15
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	1/10 - 3/16
10-minute warm-up, 15-20 minutes of aerobic exercise			
Water Aerobics II	Tues. & Thurs.	1:15pm-2:00pm	1/10 - 3/16
30-minute aerobic workout in the water followed by stretching and toning exercises			

Registration for the Water Aerobics Class is December 12-16, 2022, 2pm -4pm. 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

Aqua Bike Session I	Tuesday	10:00am-10:45am	1/10 - 2/7
	Thursday	10:00am-10:45am	1/12 - 2/9

Session I registration is December 12-16, 2022. Aqua Bike Class Registration must be completed in-person. Please come by the pool to register for the Aqua Bike Class.

Aqua Bike Session II	Tuesday	10:00am-10:45am	2/14 - 3/14
	Thursday	10:00am-10:45am	2/16 - 3/16

Session II registration is February 7 - February 9, 2023. Aqua Bike Class Registration must be completed in-person. Please come by the pool to register for the Aqua Bike Class.



Registration is required for all “in-person” classes.

Land Fitness Programs

Fitness Room Orientation Thursdays 1:00-2:00pm (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 – 4:00pm & 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	Tues. & Thurs.	10:00am-10:45am	1/10 - 3/16
	Tues. & Thurs.	11:00am-11:45am	1/10 - 3/16

Registration is December 12-16. Call 404-612-2306 or 678-675-7541 to register or come by the Fitness Room.

Benson Tennis Club	Mon. & Wed.	10:00am - 11:30am	1/4 - 3/15
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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

BOCCE	Tues. & Fri.	1:00 - 3:00pm	1/3 - 3/17
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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: 25

Monday BODYWORKS PLUS ABS 9:30am MPDH, Virtual 1/9 – 3/13
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 1/9 – 3/13
Instructor: Diane Adams 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 1/9 – 3/13
Instructor: Donna Jones Learn the classic soulful dances, while gaining great cardio benefits!

Tuesday Chair Yoga 9:00am MPDH, Virtual 1/3 – 3/14
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 1/3- 3/14
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 1/10 – 3/14
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. Please see Nicole Wyche for more details. **Class Size: 8**

Wednesday TheraBand 9:00am MPDH, Virtual 1/4– 3/15
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 1/4 – 3/15
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 1/5 - 3/16
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 1/5 - 3/16
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 1/13 - 3/17
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.

Registration is required for all “in-person” classes.

Registration dates are December 12th-16th, 2022 from 2:00pm-4:00pm. Stop by the fitness room or call 404-612-2306 or 678-675-7541 to register.

Life Enrichment Program - Art & Craft Programs

Drawing w/ Color Pencils Mon. 1:00pm-3:00pm Location: Craft Room 1/9 - 2/27
Instructor: Bonnie Diamond If you have never had experience with drawing or have and would like to explore the wonder of colored pencils this is the class for you. You will first learn the different techniques of colored pencils and then finish the class with drawings that you will want to frame and hand on your wall. If you have a sketchbook you are encouraged to bring it, but materials will be supplied.
Class Size: 10

Decoupage Mon. 10:00am-12:00pm Location: Heavy Art Room 1/9 - 2/27
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: 12**

Beginner Pottery Mon. 1:00pm-3:00pm Location: Heavy Art Room 1/9 - 3/13
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**

Intermediate Mahjong Tues. 1:00pm-3:00pm Location: Game Room 1/10 - 3/14
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 1/10 - 3/14
Instructor: Shirley Dobson Learn to knit or join this fun group to knit for charity. All levels are welcomed. **Class Size: 10**

Printmaking/Bookmaking Tues. 1:00-3:00pm Location: Craft Room 1/10 - 2/28
Instructor: Bonnie Diamond Using a "soft-cut" printing block we will carve and then create prints from our printing plate. We will also explore bookbinding and make at least one book. **Class Size: 10**

Intro to Androids/Tablets Tues. 10:00am-12:00pm Location: Computer Lab, Virtual 1/10 - 2/7
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 2/14 - 3/14
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 1/11 - 3/15
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: 10**

Open Lab Workshop Wed. 10:00am - 12:00pm Location: Computer Lab, Virtual 1/11 - 3/15
Instructor: Jeff Kalwerisky This is an opportunity for students to ask whatever questions they have about their devices. **Class Size: 6**

Needleworks "Chat & Stitch" Wed. 1:00pm - 3:00pm Location: Craft Room 1/11 - 3/15
Instructor: Shirley Dobson For anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects. **Class Size: 8**

Intro to Windows 11 Thurs. 10:00am - 12:00pm Location: Computer Lab 1/12 - 2/9
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 2/16 - 3/16
Instructor: Jeff Kalwerisky Learn the basics of how to maneuver using the application Microsoft Excel. **Class Size: 6**

Advanced Wheel Throwing Thurs. 10:00am - 2:00pm Location: Heavy Art Room 1/5 - 3/16
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 - 2:00pm Location: Conference Room 1/12 - 3/16
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) 1/12 - 3/31
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 Location: Heavy Art Room 1/13 - 3/17
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 Location: Paint Studio 1/13 - 3/17
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 1/13 - 3/17
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. 11:00am-1:00pm Location: Game Room 1/13 - 3/17

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 December 12-16, 2022 between the hours of 9am-2pm.

For any ART classes with Charles Scogins, please TEXT to register: 470-845-3928