

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 16-20, 2024**
- **Classes are from September 30 – December 6, 2024**
 - **Registration is from 9:00am-2:00pm**
- **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.**
 - **A current membership or an appointment to renew is required to register for classes.**
- **You can confirm membership status with the Administrative Staff and make an appointment to renew if necessary.**



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 8:30am-10:00am, 3:00pm-4:45pm

Friday 8:30am-11:00am, 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

Although the pool remains closed, we have important updates regarding the Benson pool. Currently, it has been determined the pool heater is beyond repair. However, our Senior Services Department Leadership Team is working diligently to replace this vital part. At this moment, we have not been provided a specific date for the replacement, but rest assured, a new heater is on its way. In the meantime, we are pleased to announce we have a new Aquatics Instructor who is ready to offer innovative and exciting classes!

Please take a moment to review the updated Aquatics Schedule, which includes new class descriptions, new class times, and new operating hours of the pool. We appreciate your patience and understanding during this period. We will keep you informed as we receive more details.

Tentative Water Aerobics Class Schedule

Instructor: Elfreda Smith

Innovative Power **Mon & Wed** **10:15AM – 11AM**

Water workout that is designed for beginner and intermediate water fitness enthusiast. The powerful low-impact moves are designed to improve endurance, strength and flexibility for each participant and a love for water fitness.

Extreme Power Workout **Mon & Wed** **11:15AM – 12PM**

Fast paced cardiovascular aquatic workout utilizing equipment for muscular strength training, toning, and stretching.

Water Walking **Mon & Wed** **1:15PM – 2:00PM**

Walk/Speed Walk/Run! This class is designed to improve endurance, flexibility, and balance while engaging in low-impact exercises.

Cool Choreography **Mon & Wed** **2:15PM – 3:00PM**

Creative choreography that is fun to follow and keeps you warm. Participants will exercise, move, and dance to different genres of music until cool down!

Aqua Bike **Tue or Thu** **10:00AM – 10:45AM**

Aqua Bike is a spin bike that goes in the water. Aqua Bike workout combines cardio, strength training, and water resistance to create an efficient full-body workout. Come get a high impact workout in a low impact environment!

Innovative Power **Tues & Thu** **11:15AM – 12:00PM**

Water workout that is designed for beginner and intermediate water fitness enthusiast. The powerful low-impact moves are designed to improve endurance, strength and flexibility for each participant and a love for water fitness.

Extreme Power Workout **Tue & Thu** **1:15PM – 2:00PM**

Fast paced cardiovascular aquatic workout utilizing equipment for muscular strength training, toning, and stretching.

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.

NOTE: The Fitness room is closed daily from Noon-1:00PM.

Instructor: Jennifer Jones

Circuit Training Tues. & Thurs. 10:00am-10:45am 10/1 – 12/5
Tues. & Thurs. 11:00am-11:45am

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 at least 20 minutes of strength, muscle endurance, power, core, or balance training exercises (using universal weight machine, dumbbell, kettlebells, resistant bands, and other equipment).

Registration is September 16-20, 2024, from 9:00am-12:00pm. Please call 404-612-2306 or stop by the fitness room to register.

Benson Tennis Club Thursdays 10:00am - 11:30am 10/3 – 12/5

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: 6

BOCCE Fri. 10:00am-12:00pm 10/4 – 12/6

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 Classes (MPDH): 35

Monday BODYWORKS PLUS ABS 9:30am MPDH, Virtual 9/30 – 12/2

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 9/30 – 12/2

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 9/30 – 12/2

Instructor: Donna Jones Learn classic soulful dances, while gaining great cardio benefits!

Tuesday S.E.A.T. 9:00am MPDH, Virtual 10/1 – 12/3

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!

Tuesday Theraband 10:00am MPDH 10/1 – 12/3

Instructor: Diane Adams This full-body strength workout will be an intermediate version using resistance bands to strengthen your muscles as effectively as traditional weights. Target your entire body to increase muscle endurance and rehab injured fibers. Experience a workout that creatively tones and builds strength without the use of heavy equipment.

Tuesday Ladies Let's Talk About It 10:00am Conf Room A&B 10/1 – 12/3

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.

Tuesday 3 'N One 11:00am MPDH 10/1 – 12/3

Instructor: Diane Adams 3 'N ONE offers a full range of exercise featuring 15 minutes of Aerobics, 15 minutes of Strength Training with weights, and 15 minutes of Stretch and Tone techniques which helps free up muscles for more mobility, and balance.

Tuesday Cardio Strength 2:00pm MPDH, Virtual 10/1 - 12/3
Instructor: Jennifer Jones A 45-50-minute class that consists of 20 minutes of low impact cardio set to music, 20 minutes of strength, core, and balance training. Light weight dumbbells are optional but recommended. Class concludes with a cool down and stretch.

Wednesday Strength & Balance 9:30am MPDH, Virtual 10/2 - 12/4
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.

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Thursday Flexibility 9:30am MPDH, Virtual 10/3 - 12/5
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 Getting to Know You: Sharing Our Stories & Moving Forward 10:00am Craft Room 10/3 - 11/21
Facilitator: Mary Dean, LMFT Come and engage with your peers and a family therapist in this 8-week discussion group. In this interactive forum you can receive support and connections as you learn you are not alone in your feelings and experiences. *Space is limited. For more information or to register see Nicole Wyche in the Fitness Room or call 404-612-2306.*

Thursday S.E.A.T. 10:30am MPDH, Virtual 10/3 - 12/5
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!

Friday Cardio Tabata 10:00am MPDH, Virtual 10/4 - 12/6
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.

Life Enrichment Program - Art & Craft Programs

- Beginner Pottery** **Mon.** **9:30am-12:30pm** **Heavy Art Room** **9/30 – 12/2**
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**
- Knitting for Beginners** **Mon.** **10:00am-12:00pm** **Craft Room** **9/30 – 12/2**
Instructor: Nasrine Safi In this class you will learn the basics of how to knit using two needles and yarn. Please bring your own materials (needles, yarn, etc.) **Class Size: 10**
- Beginner's Jewelry Making** **Mon.** **10:00am-12:00pm** **Ceramics Room** **9/30 – 12/2**
Instructor: Nicole Smith Participants in this class will learn basic copper jewelry making techniques as well as learn the names of different jewelry making tools and how to use them. You will also learn how to make bracelets, necklaces, and earrings. The work made in class will mainly be with copper wire. **Class Size: 12**
- Beginner's Pottery** **Mon.** **1:00pm-3:00pm** **Heavy Art Room** **9/30 – 12/2**
Instructor: Nicole Smith This class will show you how to sculpt a piece of clay into a two-dimensional hand sculpted pottery piece. You will also learn basic pottery techniques, glazing techniques, and painting techniques. At the end of the class, you will have a hand built two-dimensional sculpture. **Class Size: 7**
- Paper Mache** **Mon.** **1:00pm-2:30pm** **Ceramics Room** **9/30 – 10/25**
Instructor: Bonnie Diamond Have fun with the newest uses of paper mache. Using newspaper and recycled materials you can create bowls, masks, fruit, or anything you can imagine. After construction you will paint with acrylic paints. And take home. All materials provided and no experience needed. **Class Size: 10**
- Creative Works** **Mon.** **1:00pm-2:00pm** **Computer Lab** **9/30 – 12/2**
Instructor: Miranda Smith Have an hour to spare? Join us as we take a creative break this session and dabble in a little bit of everything. We will meet to be creative and create a piece of art in an hour. Let's have some fun! **Class Size: 10**
- Intro to iPhone/iPad** **Tues.** **10:00am-12:00pm** **Computer Lab** **10/1 – 10/22**
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**

Clay Hand Building	Tues.	1:00pm-2:30pm	Ceramics Room	10/1 – 11/19
Instructor: Bonnie Diamond Using different forms of hand building you will create objects that can be both utilitarian and decorative. Techniques and vocabulary will be taught. All materials provided and no experience needed. Just a fun time getting your hands in clay. Class Size: 8				
Intermediate Mahjong	Tues.	1:00pm-3:00pm	Game Room	10/1 – 12/3
No Instructor Mahjong is an ancient Chinese tile game, but here we play the American version. <u>Open to experienced players only. (No beginners)</u> Class Size: 16				
Drawing	Tues.	10:00am-12:00pm	Art Studio	10/1 – 12/3
Instructor: Kimberly Wright Participants will learn drawing techniques to improve skill and accuracy. Class Size: 10				
SmArt (Arts & Craft)	Tues.	1:00pm-3:00pm	Art Studio	10/1 – 12/3
Instructor: Kimberly Wright Students will learn and create a wide variety of crafts with their own hands. Additionally, students will learn various hand and eye manipulation techniques. Class Size: 10				
Basic Sewing	Tues.	10:00am-12:00pm 1:00pm-3:30pm	Craft Room	10/1 – 11/26
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: 6				
Creative Writing	Wed.	10:00am - 12:00pm	Craft Room	10/2 – 12/4
Instructors: Leslie Pickering & 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	Wed.	10:00am-12:00pm	Computer Lab	10/2 – 12/4
Instructor: Jeff Kalwerisky This is an opportunity for students to ask whatever questions they have about their devices.				
Landscape Painting	Wed.	10:00am-12:00pm	Art Studio	10/2 – 12/4
Instructor: Kermit Ashford Students will craft detailed landscape illustrations. Class Size: 10				
Portrait Painting	Wed.	1:00pm-3:00pm	Art Studio	10/2 – 12/4
Instructor: Kermit Ashford Students will learn how to simplify human faces. Forms, proportion, and tones will be demonstrated. Class Size: 10				
Needleworks 'Chat & Stitch'	Wed.	1:00pm - 3:00pm	Craft Room	10/2 – 12/4

For anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their **own** projects that they bring to class. **Class size: 10 *This is NOT an instructor led class.***

Intro to Windows 10/11 **Thurs.** **10:00am-12:00pm** **Computer Lab** **10/3 - 10/24**
10/29 - 11/19

Instructor: Jeff Kalwerisky Learn tips and tricks for formatting your documents, so they will look elegant and professional, amongst many other things beginners need to know. **Class Size: 10**

Advanced Wheel Throwing **Thurs.** **10:00am - 2:00pm** **Heavy Art Room** **10/3 - 12/5**

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** **10/3 - 12/5**

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** **10/4 - 12/6**

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.**

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

No registration required.



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

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 |
| • S.E.A.T. | Tuesdays, 9:00 AM | Diane Adams |
| • Theraband | Tuesdays, 10:00AM | Diane Adams |
| • 3 'N 1 | Tuesdays, 11:00AM | Diane Adams |
| • Strength & Balance | Wednesdays, 9:30 AM | Diane Adams |
| • Strength & Balance | Wednesdays, 10:30 AM | Diane Adams |
| • Flexibility | Thursdays @ 9:30 AM | Diane Adams |
| • S.E.A.T. | Thursdays @ 10:30 AM | Diane Adams |



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|-------------------|-------------------|----------------|
| • Cardio Strength | Tuesdays, 2:00PM | Jennifer Jones |
| • Cardio Tabata | Fridays, 10:00 AM | Jennifer Jones |

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