

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



- **2nd Quarter Registration 2024: March 18-22, 2024**
 - **Classes are from April 1 – June 14, 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 2:15pm - 3:45pm

Friday 9am-12:00pm, 1:00pm - 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: 18

Water Aerobics I Mon. & Wed. 9:00am-9:45am 4/1 - 6/12
10-minute warm-up, 15-20 minutes of aerobic exercise

Water Walking Mon. & Wed. 10:00am-10:45am 4/1 - 6/12
10-minute warm-up with stretching followed by low impact water walking

Water Aerobics II Mon. & Wed. 11:00am-11:45am 4/1 - 6/12
30-minute aerobic workout in the water followed by stretching and toning exercises

Suspended & Weightless Aerobics Mon. & Wed. 1:15pm-2:00pm 4/1 - 6/12
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 4/2 - 6/13
10-minute warm-up, 15-20 minutes of aerobic exercise

Water Aerobics II Tues. & Thurs. 1:15pm-2:00pm 4/2 - 6/13
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	4/2 - 4/30
	Thursday	10:00am-10:45am	4/4 - 5/2

Session I registration is March 18-22, 2024.

Aqua Bike Session II	Tuesday	10:00am-10:45am	5/14 - 6/11
	Thursday	10:00am-10:45am	5/16 - 6/13

Session II registration is May 6-8, 2024.



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)

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.

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).

Circuit Training 2.0 Mon. & Wed. 12:00pm-12:50pm 4/1 – 5/1

Instructor: Nicole Wyche Must have previous circuit training experience and be a self-starter.

Please call 404-612-2306 or stop by the fitness room to register March 18-22, 2024, from 9:00am-12:00pm.

Instructor: Jennifer Jones

Circuit Training Session 1 Tues. & Thurs. 10:00am-10:45am 4/2 – 5/2

Tues. & Thurs. 11:00am-11:45am

Session 1 registration is March 18-22, 2024 from 9:00am-12:00pm. Please call 404-612-2306 or stop by the fitness room to register.

Circuit Training Session 2 Tues. & Thurs. 10:00am-10:45am 5/14 – 6/13

Tues. & Thurs. 11:00am-11:45am

Session II registration is May 6-8, 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 4/4 – 5/2
5/16 – 6/13**

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 4/2 – 5/3
5/14 – 6/14**

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**

Spring Quarter Land Fitness classes have two sessions.**Session 1 registration is March 18-22, 2024. | Session 2 registration is May 6-10, 2024: 9am-2pm****May 6th – May 10th is the new “Open Week”!**

During this week, you will have the opportunity to participate in classes you may have never attended but always wanted to learn more about. Come meet the instructor, ask questions, and enjoy a new class or continue participating in your favorite classes.

Class Capacity for Multipurpose Dining Hall Classes (MPDH): 35

Monday **BODYWORKS PLUS ABS** **9:30am** **MPDH, Virtual** **4/1 – 4/29**
5/13 – 6/10

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** **4/1 – 4/29**
5/13 – 6/10

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** **4/1 – 4/29**
5/13 – 6/10

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

Tuesday **S.E.A.T** **9:00am** **MPDH, Virtual** **4/2 – 4/29**
5/14 – 6/11

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 **Arthritis Prevention & Agility** **10:00am** **MPDH** **4/2 – 4/30**
5/14 – 6/11

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 4/2 - 6/11
 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. Accepting new members; please see Nicole Wyche to register.

**Tuesday 3 'N One 11:00am MPDH 4/2 - 4/30
5/14 - 6/11**

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 1:45pm MPDH, Virtual 4/2 - 4/30
5/14 - 6/11**

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 4/3 - 5/1
5/15 - 6/12**

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.

**Wednesday Strength & Balance 10:30am MPDH, Virtual 4/3 - 5/1
5/15 - 6/12**

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.

Wednesday Classic Stretch & Cardio Dance 1:45pm MPDH, Virtual 4/3 - 5/1

Instructor: Diane Adams Change the shape of your body, tone, stretch and strengthen all muscles groups to improve posture and balance with classic stretch moves. We will have 30 min. of stretching followed by 15 minutes of cardio dance moves (Zumba, Hip Hop, Old School, etc.) These fun, low impact dance exercises will use all muscle groups to increase balance and improve memory.

**Thursday Flexibility 9:30am MPDH, Virtual 4/4 - 5/2
5/16 - 6/13**

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 Relationships as We Age 10:00am Game Room 4/4 - 5/9
Facilitator: Mary Dean, LMFT Navigating relationship changes as we get much older. Come and engage with your peers and a family therapist in this 6-week discussion group. In this interactive forum you can receive support and learn how to improve communication skills, find strength to continue enjoying the relationships, or work towards a peaceful ending. Topics may include spouses and losing cognitive and/or physical abilities, caretakers, fragile friends, grief process. **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 4/4 - 5/2
5/16 - 6/13**

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 4/5 - 5/3
5/17 - 6/14**

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

Mixed Media Color Theory Mon. 9:30am-11:30am Craft Room 4/1 - 5/20
Instructor: Miranda Smith Come join us as we delve into color! We will be using different mediums to create fun projects focusing on the use of color. If you have always been eager to play with color in different formats, then this class is for you. **Class Size: 12**

**Security for Seniors Mon. 10:00am-12:00pm Virtual Only 4/1 - 4/29
5/6 - 6/10**

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**

Beginner Acrylic Painting 1 Mon. 10:00am-12:00pm Art Studio 4/1 - 5/20
Instructor: Bonnie Diamond An introductory class to the techniques and wonderful world of painting with acrylics. Choice of painting from a still life or images of your choice. **Class Size: 10**

Creative Works Mon. 12:30pm-1:30pm Ceramics Room 4/1 - 5/20
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 that you can take with you... Let's have some fun! **Class Size: 10**

Beginner Acrylic Painting 2 **Mon.** **1:00pm-2:30pm** **Art Studio** **4/1 - 5/20**

Instructor: Bonnie Diamond An introductory class to the techniques and wonderful world of painting with acrylics. Choice of painting from a still life or images of your choice. **Class Size: 10**

Beginner Pottery **Mon.** **1:30pm-3:30pm** **Heavy Art Room** **4/1 - 5/20**

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**

Intro to Windows 10/11 **Tues.** **10:00am-12:00pm** **Computer Lab, Virtual** **4/2 - 4/30**
5/7 - 6/4

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

Beginner Clay Hand Building **Tues.** **1:00pm-3:00pm** **Ceramics Room** **4/2 - 5/21**

Instructor: Bonnie Diamond Hand-building is using your hands and tools to form an object out of clay. It involves pinch pottery, coil, or slab building. Student will learn terms used in ceramics. *No experience necessary, this class is for beginners.* **Class Size: 8**

Intermediate Mahjong **Tues.** **1:00pm-3:00pm** **Game Room** **4/2 - 6/11**

Instructor: Viola Howard & Sylvia Roundtree Mahjong is an ancient Chinese tile game, but here we play the American version. Open to experienced players only. (No beginners) **Class Size: 16**

Basic Sewing **Tues.** **10:00am-12:00pm** **Craft Room** **4/9 - 6/11**
1:00pm-3:30pm

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** **4/3 - 6/12**

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** **4/3 - 6/12**

Instructor: Jeff Kalwerisky This is an opportunity for students to ask whatever questions they have about their devices.

