

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



- **3rd Quarter Registration 2024: June 17-21, 2024**
- **Classes are from July 1 – September 13, 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.**



Water Aerobics Programs

Water Fitness 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 9:00am-12:00pm, 1:00pm-3:45pm

Friday 9:00am-11:00am, 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

The Health and Wellness Department is currently restructuring the Aquatics Program.

During the 3rd Quarter, July 1st – September 13th, the Benson Center will not offer Water Aerobics or Aqua Bike Classes.

However, the pool will be available daily for “Open Exercise and Open Swim.”

Thank you for your patience as we diligently work to restore the Aquatics Program.

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).

Instructor: Jennifer Jones

Circuit Training	Session 1	Tues. & Thurs.	10:00am-10:45am	7/2 – 7/29
		Tues. & Thurs.	11:00am-11:45am	

Session 1 registration is June 17-21, 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	8/20 – 9/19
		Tues. & Thurs.	11:00am-11:45am	

Session II registration is August 5-9, 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	7/11 – 8/1
			8/15 – 9/12

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	Fri.	10:00am-12:00pm	7/5 – 8/2
			8/16 – 9/13

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 June 17-22, 2024. | Session 2 registration is August 5-9, 2024: 9am-2pm

August 5th – 9th is “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 7/1 – 7/29
8/12 – 9/9**

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 7/1 – 7/29
8/12 – 9/9**

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 7/1 – 7/29
8/12 – 9/9**

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

**Tuesday S.E.A.T 9:00am MPDH, Virtual 7/2 – 7/30
8/13 – 9/10**

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	7/2 -7/30 8/13 - 9/10
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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	7/2 - 9/3
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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	7/2 - 7/30 8/13 - 9/10
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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	7/2 - 7/30 8/20 - 9/17
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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	7/3 - 7/31 8/14 - 9/11
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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 7/11 – 8/1
8/15 – 9/12**

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: Conversations About Aging 10:00am Doctor's Lounge 7/11 – 9/12
Facilitator: Mary Dean, LMFT "Getting older isn't for the faint of heart", it comes with challenges as well as opportunities. Come engage with your peers and family therapist to discuss the upsets and upsides of getting older! *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 7/11 – 8/1
8/15 – 9/12**

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 7/12 – 7/26
8/16 – 9/20**

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 Acrylic Painting Mon. 10:00am-12:00pm Art Studio 7/8 – 8/26
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**

Knitting for Beginners Mon. 1:00pm-2:30pm Craft Room 7/1 – 9/9
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: 6**

Clay Hand Building Tues. 1:00pm-2:30pm Ceramics Room 7/9 – 8/27
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. *This class is open to all levels.* **Class Size: 8**

Intermediate Mahjong **Tues.** **1:00pm-3:00pm** **Game Room** **7/2 - 9/10**
No Instructor 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** **7/2 - 9/10**
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** **7/3 - 9/11**
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**

Needleworks 'Chat & Stitch' **Wed.** **1:00pm - 3:00pm** **Craft Room** **7/10 - 9/11**
Instructor: Shirley Dobson For anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects. **Class Size: 8**

Advanced Wheel Throwing **Thurs.** **10:00am - 2:00pm** **Heavy Art Room** **7/11 - 9/12**
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** **7/11 - 9/12**
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** **7/5 - 9/13**
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** **7/5 - 9/13**
No registration required.