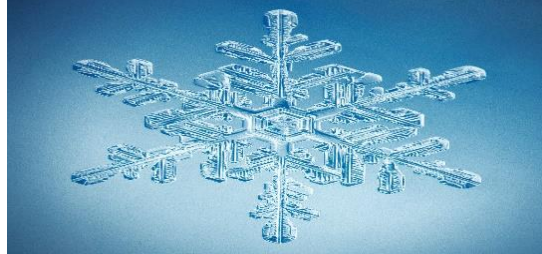


Dorothy C. Benson Senior Multipurpose Complex

6500 Vernon Woods Drive
Sandy Springs, GA 30328
404/613-4900

www.Bensoncenter.org

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



2025 Winter Quarter Online Registration Details:

Dates: December 9th -December 13th 9am -2pm

Class Schedule:

Start: January 2nd, 2025

End: March 14th, 2025

Registration Requirements:

You must be a member of the center.

Options to register: at home online or in-person online with assistance.

Not a member yet? No worries, you can still enjoy meal services and any virtual programming.

Membership Notes:

Membership must be renewed annually.

Ensure your membership is current or schedule an appointment to renew it.

Confirm membership status with the Administrative Staff and make any necessary appointments.



Water Aerobics Programs

Water Fitness Room Orientation Every Fri. 9:30am by appointment only, call 404-613-4900

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 8:45am-10:00am, 2:15pm-4pm

Friday 8:30am-11:00am, 1:00pm – 4pm

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

Instructor: Elfreda Smith, Water Aerobics and Aqua Bike

Aqua Bike 1	Mon. & Wed.	10:15am-11:00am	1/6 -2/5 or 2/10-3/12
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For participants who are new to Aqua Bike Riding or returning after a significant break. The class format is designed to accommodate beginners and intermediate participants, featuring shorter intervals.

Registration is December 9 – 13, 2024, from 9AM – 12PM and 1PM – 3PM. Aqua Bike class registration must be completed in person. Please come by the pool to register for Aqua Bike.

Cardio Body Sculpt	Mon. & Wed	11:15am-12pm	1/6-3/12
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A high intensity cardiovascular aquatic workout. Weights and noodles will be utilized throughout the session. Breaks are encouraged whenever necessary. Light use of weights is acceptable.

Suspended, Cardio, Stretch & Flex	Mon. & Wed	1:15pm-2pm	1/6-3/12
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The class will start with a warm-up for all muscle group. Exercises can be performed suspended or on the pool floor, offering a mix of stretches and cardio throughout the session. This class is designed to enhance flexibility and endurance. Equipment used includes: Noodles, hand weights and floatation belts

Total Body Sculpt	Tues & Thurs	10:15am- 11:00am	1/2-3/13
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Class will warm up with walk/run around and across the pool. This class will engage all muscle groups and is designed to improve muscular strength and flexibility using weights, noodles, and rings.

Water Kick Box	Tues & Thurs	11:15am-12pm	1/2-3/13
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Kicks, punches, jumping jacks, and knee lifts are a few of the moves used in this 45 minutes “Martial Arts” experience in the water.

Aqua Bike 2	Tues & Thurs	1:15pm-2:00pm	1/7 -2/6 or 2/11-3/13
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The class is tailored for those who are familiar with Aqua Bike techniques featuring longer intervals and more. ***Registration is December 9 – 13, 2024, from 9AM – 12PM and 1PM – 3PM. Aqua Bike class registration must be completed in person. Please come by the pool to register for Aqua Bike.***



Land Fitness Programs

Fitness Room Orientation Thursdays 1:00-2:00pm by appointment only, call 404-613-4900
Orientation is required for all 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 8:30am – 4:00pm

Tuesdays 8:30am-10:00am & 1:00pm – 4:00pm

Thursdays 8:30am-10am & 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

Instructor: Jennifer Jones

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).

Tues. & Thurs. 10:00am-10:45am 1/7-3/13

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

Registration for Circuit Training is December 9 – 13, 2024, from 9AM – 12PM and 1PM – 3PM. Please call 404-612-2306 or stop by the fitness room to register.

Benson Tennis Club Thursdays 10:00am - 11:30am 1/2-3/13

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

This is not an instructor led activity.

During the 1st quarter please see Nicole Wyche to schedule dates to play tennis. 2- 4 players max suggested

BOCCE Tues. & Fri. 10:00am-12:00pm 1/2 -3/13

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.

During the 1st quarter please see Nicole Wyche to schedule dates to play Bocce

Location: Bocce Court

BODYWORKS PLUS ABS **Monday** **9:30am** **MPDH, Virtual** **1/6 - 3/10**
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.

Chair Yoga **Monday** **10:30am** **MPDH, Virtual** **1/6 - 3/10**
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.

Soulful Strut Line Dancing **Monday** **2:00pm** **MPDH** **1/6 - 3/10**
Instructor: Donna Jones Learn classic soulful dances, while gaining great cardio benefits!

S.E.A.T **Tuesday** **9:00am** **MPDH, Virtual** **1/7 - 3/11**
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!

Block Party **Tuesday** **10:00am** **MPDH** **1/7 - 3/11**
Instructor: Diane Adams All New- Block Party! Elevate the active aging journey in a standing core and balance workout using blocks (blocks will be provided for participants). Discover tailored exercises that strengthen the core and improve balance, enhancing stability in everyday activities. Promotes confidence, mobility and wellbeing.

Ladies Let's Talk About It **Tuesday** **10:00am** **Conf Room A&B** **1/7 - 3/11**
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. **Currently not accepting new members.**

3 'N One **Tuesday** **11:00am** **MPDH** **1/7 - 3/11**
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.

Cardio Strength **Tuesday** **2:00pm** **MPDH, Virtual** **1/7- 3/11**
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.

3 'N One **Wednesday** **9:00am** **MPDH, Virtual** **1/8 - 3/12**
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.

Intermediate Thera band **Wednesday** **10:00am** **MPDH, Virtual** **1/8 - 3/12**
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.

Strength & Balance **Wednesday** **11:00am** **MPDH, Virtual** **1/8 - 3/12**
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.

Flexibility **Thursday** **9:00am** **MPDH, Virtual** **1/2 - 3/13**
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. ***Class will include floor exercises utilizing mats.*

Strength & Balance **Thursday** **10:00am** **MPDH, Virtual** **1/2 - 3/13**
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.

Yoga with Jay **Thursday** **11:00am** **Benson Rose Garden** **1/2 - 3/13**
Instructor: Jay Z this class is specifically designed for seniors, combining three different yoga practices: Hatha yoga/Asanas, Qui gong/Tai chi and Meditation & Mindfulness. This class does not use mats or chairs. Please note that this class is held outdoors, except during inclement weather.

Cardio Tabata **Friday** **10:00am** **MPDH, Virtual** **1/3 - 3/14**
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-Computers

Beginner Pottery **Mon.** **9:30am-12:30pm** **Heavy Art Room** **1/6 – 2/24**
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**

Beginner Knitting **Mon.** **10:00am-12:00pm** **Craft Room** **1/6 – 3/10**
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**

Acrylic Painting **Mon.** **10:00m-3:00pm** **Art Studio** **1/6 – 3/10**
Instructor: Surin Jung: A course designed to help you produce successful paintings in acrylics. You will learn how to achieve good composition, design, color mixing, and glazing techniques. You will also receive visual education in art history, painting styles and techniques of masters, as well as personal practice and coaching. Paints, brushes, and mediums are provided. Bring your own canvases. Size 16" x 20" preferred. **Class Size 12**

Plaster Sculpture **Mon.** **1:00pm-2:30pm** **Ceramics Room** **1/6 – 2/17**
Instructor: Bonnie Diamond In this class everyone will start with a "blob" of plaster in a plastic baggie. Once it hardens you will chisel, carve, and then sand the piece to a smooth finish. Then you will paint it and mount on a piece of panel. No experience is necessary but prepare to have fun creating a miniature sculpture that will sit proudly on a shelf in your home. **Class Size: 12**

Drawing and Watercolor 2 Human Figure and Portrait **Mon.** **1:00pm-3pm** **Heavy Art Room** **1/6- 2/17**
Instructor: Elizabeth Samoluk Increase your drawing skills as they apply to watercolor painting. If you have an interest in watercolor or previous experience in watercolor, then this class is especially for you. *This course is designed for ALL watercolor levels, but I do encourage taking my Drawing and Watercolor Level 1 first. Drawing and Watercolor Level 2 concentrates on the Human Figure and Portrait.* **Class size 10**

Creative Works **Mon.** **1:00pm-3:00pm** **Art Studio** **1/6 – 2/24**
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** **1/7 – 3/11**
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** **1/7 - 3/4**

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** **1/7 - 3/11**

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-3:30pm** **Craft Room** **1/14 - 3/11**

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** **1/8 - 3/12**

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** **1/8 - 3/12**

Instructor: Jeff Kalwerisky This is an opportunity for students to ask whatever questions they have about their devices. **12**

Mind and Meditation **Wed.** **10:00am-11:30am** **Game Room** **1/8 - 3/12**

Instructor: Surin Jung

Taught by experienced teacher from Georgia Meditation Center, an international meditation organization. Meditation has been linked to a variety of health benefits including reduction in stress, anxiety, depression, headaches, pain, and blood pressure. Meditation can positively affect emotional and physical health, improves concentration and memory, resulting in better academic and work performance. Meditation helps you become a happy person. **Class size 12**

Needle works 'Chat & Stitch' **Wed.** **1:00pm - 3:00pm** **Craft Room** **1/8 - 3/12**

Organizer: Shirley Dobson for anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects. This is not an Instructor led class **Class Size: 10**

Intro to Windows **Thurs.** **10:00am-12:00pm** **Computer Lab** **1/2 - 3/13**

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**

Oil Painting **Thurs.** **10:00am-3:00pm** **Art Studio** **1/2 - 3/13**
Instructor: Surin Jung

Various painting techniques and shortcuts will be taught along with personal practice and coaching. You will also receive visual education in art history, painting styles and techniques of masters, and practical art knowledge in general. Paints, brushes and mediums are provided. Bring your own canvases. Size 16" x 20" preferred. **Class size 14**

Advanced Wheel Throwing **Thurs.** **10:00am - 2:00pm** **Heavy Art Room** **1/2 - 3/13**
Instructor: 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**

Introduction to Genealogy **Thurs.** **10:00am - 12:00pm** **Conference Room** **1/2 - 3/13**
Instructor: Cynthia Owens A laptop computer is necessary for this class-Looking to learn more about your ancestors and/or your family history, but do not know how or where to begin? This workshop is designed for those beginning (or would like to begin) their journey into genealogical research. A moduled based curriculum, which attendees will receive structured guidance on various topics such as, genealogy basics, researching skills, records comprehension, organizing research findings, family tree building and much more. **Class Size: 10**

Wheel Throwing Open Studio **Fri.** **11:00am - 3:00pm** **Heavy Art Room** **1/3 - 3/14**
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** **1/3 - 3/14**
No registration required.

Clay Time **Fri.** **1:30pm- 4:30pm** **Ceramics Room** **1/10- 2/28**
Instructor: Miranda Smith Students will explore clay as a versatile material using a variety of techniques.