

# THE BENSON BUZZ

Quarterly Newsletter for Members



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## Welcome Spring

New and exciting things are happening at the Benson Center



The center is opened daily  
9:00 AM - 4:00 PM.

Lunch is available from  
11:30 AM - 1:30 PM

And for 2nd Quarter, additional  
in-person classes have been  
added.





**FACILITY MANAGER  
SABRINA HUDSON**

The Benson Complex has officially opened its doors. We are excited to resume programming and dining onsite.

The last 2 years have been tough on everyone, so we are looking forward to seeing you all back doing the things you know and love. The 2nd Quarter classes begin April 11th. It is certainly a different place than when you left in March 2020, but we know you will be happy to get back to having fun here at the center.

What you should expect to see when you come are changes in some parts of the building in addition to some new procedures and protocols. For example, everyone entering the Benson Complex is encouraged to use hand sanitizer and must complete a Covid health screening prior to checking in. Masks are optional at this time, so please stay home if you are feeling sick.

Please note that checking in for daily attendance is very important to assure you are accounted for in case of emergency and tracking attendance.

All onsite classes, workshops, open gym and open swim now require advance registration because class sizes are limited, and social distancing is highly encouraged. You can view all the classes being offered on our website:  
<https://friendsofbenson.org/limited-onsite-classes>

For more information on class availability and to register, please call 404-612-2306 for Land Fitness classes, 470-845-3905 for Aqua classes and 470-845-3904 for Life Enrichment classes.

Virtual programming will also continue, and no registration is required for those classes.

Thanks to our dynamic staff and volunteer instructors, there will be several new classes offered to include exercise programs, art/computer classes, and more.

We are offering daily lunch meals onsite Monday- Friday 11:30am-1:30pm with limited seating. Seating will be on a first come first serve basis with a grab and go option as well. We also have a curbside frozen meal for those who may need it, at no charge.

I encourage all who are remotely interested in any of the programs and services to call our main number at 404-613-4900 for more information.

You can't beat the experience we have in store for you. We are looking forward to making The Benson Complex a more vibrant part of the community and staying safe while doing so.

See you real soon!

Sabrina Hudson, Benson Complex Facility Manager

# NEWS YOU CAN USE



## HEALTH & WELLNESS

The Covid-19 pandemic forced all of us to put our lives on hold, including working out or participating in recreational activities. The shutdown of gyms and recreation programs, along with restrictions in public spaces kept us from being active in ways that offer physical and mental well-being. Well, "Spring is in the Air, the Benson Center has reopened, and it is time to ease back into fitness!

The safest thing you can do after a long break in fitness activity is to start slowly and gradually. At the Benson Center we offer a wide variety of fitness program such as instructor lead walking groups, yoga, cardio, flexibility and circuit training, along with water fitness classes. Remember physical activity is vital to maintaining our physical and mental health.

**Exciting news:** Returning this quarter in May, our annual HEALTH FAIR! Dates and details to follow soon!

**Nicole Wyche, Health and Wellness Coordinator**



## LIFE ENRICHMENT

As we head into the 2nd quarter, we have the same mission: keeping older adults active and engaged as we continue to embrace the virtual world. In addition, Benson will be offering additional onsite classes for participants. There is always room for learning or gaining a new skill. It may be technology or exploring your artistic side, there are many options.

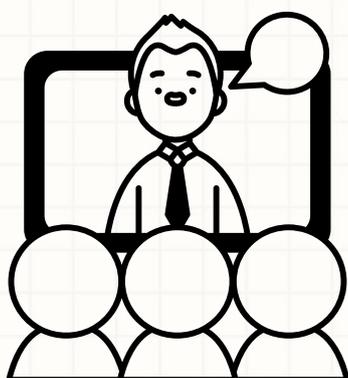
Charles will continue to take his students to new artistic heights through classes such as Painting and Mixed Media, Brush up on those needle skills by checking out either needlepoint or knitting. Aspiring authors sharpen up those writing skills because Creative Writing returns this quarter. Jeff's technology skills courses will zone in on how to use your devices, helping you stay connected or simply surfing through apps on your phone or tablet. The Life Enrichment team looks forward to seeing you engaged in one of these awesome classes, whether it may be onsite or virtually.

Check out all on-site classes being offered here:  
<https://friendsofbenson.org/limited-onsite-classes>

**Sherita Bennett, Life Enrichment Coordinator**



# NEWS YOU CAN USE



## SOCIAL SERVICES

I trust this message finds you well. It's great to see you all back at the center and actively engaging in activities once again. It's time to reach out to old friends and acquaintances who you may not have seen for a good many months to see how they are doing. You could even persuade them to reengage with the Center and that can only be a good thing.

As we continue to test the waters with what we can offer onsite, don't forget to keep utilizing the Virtual Platform "the Zoom Classes and Workshops" alongside the in new in-person activities. On this note, I want to make a special appeal to our Gentlemen. I have observed that I see only a hand full of you engaging in Classes and especially the Zoom Health Topic Workshops.

I hope to see a revival of interest with new fervor as we head towards Older American's Month (May).

Wishing you a Happy and Safe Spring Season!

**Ronald MacAuley, Social Services Coordinator**

## NUTRITION TIP

Greetings Benson Seniors!

With rising food costs, an easy way to save on Fruits & Vegetables is to buy what's in season when they are at their most plentiful. Here's a guide to help you find the best produce this Spring.

During April, look for: Grapefruits, Lemons, Oranges, Broccoli, Asparagus, Sweet Peas, Kale and Leeks.

As we move into May, look for fruits such as apricots and strawberries and fresh veggies such as okra and zucchini are also in season.

With June comes the freshest blueberries, cherries, cantaloupe, kiwi, peaches and watermelon you'll taste any time of the year.

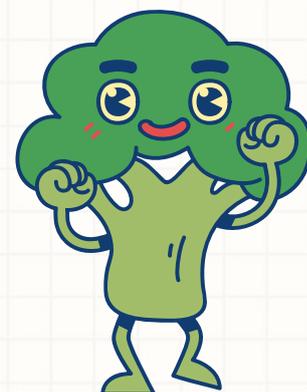
Warm weather is one of the best times to eat hydrating, fresh fruits and enjoy healthy snacking outdoors. Other produce to expect this later in the season include crisp summer vegetables such as cucumbers and green beans.

Please feel free to visit The Virtual Benson Center:

<https://virtual.bensoncenter.org/groups/questions-for-quentin/> ask questions.

From there you can ask about nutrition, cooking, and more. Feel free to share your recipes too!

**Chef Quentin Boswell, Head Cook**





## Have you downloaded the new Benson Virtual Senior Center App Yet?

It is our version of protected social media. Here are the key features:

- Site Security & Secure Login
- Live Stream Classes & Replays
  - Seminars & Forums
  - Membership Roster
- Interact with other Members
  - Provide Feedback
- Reserve & purchase Benson event tickets



Go to <https://virtual.bensoncenter.org/>

## FRIENDS OF BENSON, INC.

The purpose of the Friends of Benson (FOB) is to advocate, raise funds and support programs and services at the Benson Center so members can live more active and independent lives.

We are a non-profit, 501 (C)(3) charitable corporation and our sole mission is to provide supplemental funding for various programs, events and supplies for the programs and activities at the Benson Center. The newly launched Virtual Senior Center is an example. In fact, for over 20 years FOB has advocated and implemented many new and innovative programming at the center that was later implemented across the county.

As the tax season comes to a close, as part of personal finance evaluations, many people also determine and make their annual charitable donations. If you are among them, please consider adding the Friends of Benson, Inc. to your consideration list.

To learn more about us and how you can make a donation, please visit our page on the center website: <https://friendsofbenson.org/friends-benson-inc>



## MEMBER SPOTLIGHT

Ms. Black was born in southern Illinois and lived much of her adult life in Chicago, IL where she worked in customer service for over 25 years. She was extremely active in her community and her church, teaching and serving as superintendent of the Sunday School.

She moved to the Atlanta area to be closer to her children and grandchildren 7 years ago.

In 2017, Ms. Black was brought to the Benson Center by a neighbor and was instantly hooked! She loves having a place to go to interact with other seniors and make new friends. She says participating in the various exercise programs keeps her physically active and has helped her recover from a series of TIAs she suffered years ago. At the center she enjoys the services, special events, socializing with others, and the kindness of the staff. But what she loves the most is the fact that seniors are listened to and respected at the Benson Center.

## Irene Black

