

# Dorothy C. Benson

## SENIOR MULTIPURPOSE COMPLEX



## Winter Quarter Activities 2026

6500 Vernon Woods Dr NE

Sandy Springs, GA 30328

Phone: (404) 613-4900

[www.Bensoncenter.org](http://www.Bensoncenter.org)

Monday-Friday 8:30 A.M - 5:00 P.M

Facility Manager: Sabrina Hudson

Fulton County Department of Senior Services Published: 12/1/25

**QUARTERLY CLASS SCHEDULE OF IMPORTANT 2025 DATES:  
FOR THE FOUR SENIOR MULTIPURPOSE FACILITIES:  
Benson, Bowden, Darnell & Mills**

**2025 Winter Quarter Registration Details:**

➤ (Winter Quarter Classes Registration)  
Monday, December 8-12, 2025

➤ (Down Days)

**-Facility is closed to the public to prepare for Winter Quarter Classes  
December 17th, 18th, & 19th**

➤ (Winter Classes Begins)  
Monday, January 5, 2026

**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 AEROBIC PROGRAMS



**Health & Wellness Coordinator: Nicole Wyche**

## **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 Only!**

## **Open Water Fitness**

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

**Friday 8:45am-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 12:00pm -1:00pm**

## **WATER AEROBICS PROGRAMS**

**Instructor: Elfreda Smith**

**Aqua Fit Combo:** **Mon. & Wed.** **10:15am - 11:00am** **1/5-3/11**

A low impact, high intensity water aerobics class designed for all fitness levels. This class aims to improve flexibility, core strength, muscle tone and endurance. Exercises will include walking, speed walking, jogging and other cardio exercises. Aquatics equipment will also be utilized to perform various exercises.

**Cardio Body Sculpt:** **Mon. & Wed.** **11:15am-12:00pm** **1/5-3/11**

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-2:00pm** **1/5-3/11**

The class will start with a warm-up for all muscle groups. 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** **1/6-3/12**

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-12:00pm** **1/6-3/12**

Kicks, punches, jumping jacks, and knee lifts are a few of the moves used in this 45 minutes "Martial Arts".

**Water Circuit** **Tues. (Only)** **1:15pm-2:00pm** **1/6-3/10**

Get Ready to Move and Sweat! Participants will rotate through various stations around the pool each containing different aquatic equipment. The exercises will target various muscle groups. The Water Circuit exercises will encompass cardio, strength, balance, and flexibility activities.

**Water Volleyball** **Thurs. (Only)** **1:15pm-2:00pm** **1/8-3/12**

**Instructor: Kathy Allen**

Have a blast with this full body workout learning the rules and techniques of traditional volleyball! Focused on having fun and staying fit, this activity is sure to bring out your competitive spirit!



# LAND FITNESS PROGRAMS



## **Fitness Room Orientation**

**Thursdays: 1:00pm - 2:00pm**

**Appointment Only: (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 effectively 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 12pm-1:00pm**

## **LAND FITNESS PROGRAMS**

**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).

<b>Circuit Training Session:</b>	<b>Tues. &amp; Thurs.</b>	<b>10:00am - 10:45am</b>	<b>1/6 -3/12</b>
	<b>Tues. &amp; Thurs.</b>	<b>11:00am – 11:45am</b>	<b>1/6-3/12</b>

**Registration for Circuit Training is Monday, December 8th - Friday, December 12th**

**9:00am - 12:00pm and 1:00pm - 3:00pm.**

**Please call 404-612-2306 or stop by the fitness room to register.**

<b>Benson Tennis Club:</b>	<b>Thurs.</b>	<b>9:00am-11:00am</b>	<b>1/8-3/12</b>
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**\*No Instructor\***

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.

***Location: Tennis Court***

**Tennis Court is in front of Benson Bldg. B Players will have access to two courts.**

<b>Bocce:</b>	<b>Fri.</b>	<b>1:00pm-3:00pm</b>	<b>1/9-3/13</b>
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**\*Volunteer Instructor\***

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**

**Bodyworks Plus ABS: Mon. 9:30am MPDH, Virtual 1/5-3/9**

**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.

**Chair Yoga: Mon. 10:30am MPDH, Virtual 1/5-3/9**

**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.

**Soulful Strut Line Dancing: Mon. 2:00pm MPDH 1/5-3/9**

**Instructor: Donna Jones**

Learn classic soulful dances, while gaining great cardio benefits!

**Let's Walk Tues. 8:30am Bld. B Lobby 1/6-3/10**

**Instructor: Kathy Allen**

Get Fresh Air...Socialize.... Exercise! This 50-minute walking activity is open to all fitness levels. This outdoor aerobic activity aims to improve cardiovascular efficiency, strengthen the heart, aid in weight management, and reduce stress. Let's get moving, let's get healthy!

**Enerchi Tues. 9:00am MPDH, Virtual 1/6-3/10**

**Instructor: Diane Adams**

A combination of Tai Chi and Yoga moves designed to aid in fall prevention, balance, and stress reduction. A short relaxation meditation will also be included. Excellent for those recovering from surgical joint replacements and other health related conditions that prevent more aggressive exercise.

**Disco Aerobics and Weights Tues. 10:00am MPDH, Virtual 1/6-3/10**

**Instructor: Diane Adams**

Have fun moving to the sounds of Studio 54, '70s disco music. Class will consist of 15 minutes of Disco Aerobics, followed by strength training with weights to include fun combos to disco beats. Class will end with a relaxing cooldown.

**NOTE:** *It is suggested that participants work with a lighter weight than normally used for the strength training portion of the class.*

**S.E.A.T. Tues. 11:00am MPDH, Virtual 1/6-3/10**

**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!

<b>Cardio Strength</b>	<b>Tues.</b>	<b>2:00pm</b>	<b>MPDH, Virtual</b>	<b>1/6-3/10</b>
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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. Weights are optional but recommended. Class concludes with a cool down and stretch.

<b>3 'N One:</b>	<b>Wed.</b>	<b>9:00am</b>	<b>MPDH, Virtual</b>	<b>1/7-3/11</b>
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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.

<b>Intermediate Theraband</b>	<b>Wed.</b>	<b>10:00am</b>	<b>MPDH, Virtual</b>	<b>1/7-3/11</b>
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**Instructor: Diane Adams**

This full-body strength workout will be an intermediate version using resistance and to strengthen your muscles as effectively as traditional weights. Target our 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.

<b>Strength &amp; Balance:</b>	<b>Wed.</b>	<b>11:00am</b>	<b>MPDH, Virtual</b>	<b>1/7-3/11</b>
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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.

<b>All "New" Flexibility</b>	<b>Thurs.</b>	<b>9:00am</b>	<b>MPDH, Virtual</b>	<b>1/8-3/12</b>
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**Instructor: Diane Adams**

Exercises to improve flexibility and range of motion. Class will include use of mats, weights, blocks, and therabands to achieve maximum strengthening and lengthening of muscles and joints. Mats will be used during the last half of class. Participants may choose to end class at that time if mats are not an option for them. Some modifications will be given for those who wish to remain seated or standing during this portion of the class.

<b>Strength &amp; Balance:</b>	<b>Thurs.</b>	<b>10:00am</b>	<b>MPDH, Virtual</b>	<b>1/8-3/12</b>
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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.

<b>Yoga with Jay:</b>	<b>Thurs.</b>	<b>11:00am</b>	<b>MPDH or Benson Rose Garden</b>	<b>1/8-3/12</b>
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**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 may be held outdoors, except during inclement weather.

<b>Cardio Tabata:</b>	<b>Fri..</b>	<b>9:45am</b>	<b>MPDH, Virtual</b>	<b>1/9-3/13</b>
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**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.

<b>Pilates:</b>	<b>Fri.</b>	<b>11:00am</b>	<b>MPDH, Virtual</b>	<b>1/9-3/13</b>
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**Instructor: Sonya Edwards**

This is a mat-based class focuses on core strength, improving flexibility, balance, and posture.



# LIFE ENRICHMENT PROGRAMS

## ARTS & CRAFTS PROGRAMS

### COMPUTER CLASSES



**Life Enrichment Coordinator: Johnette Dorsey**

#### **Class Registration Requirements**

**Please note:** You must be a current member of the center to register for any class. All classes have limited seating and are available on a first-come, first-served basis.

## LIFE ENRICHMENT PROGRAMS

### ART & CRAFTS PROGRAMS & COMPUTER CLASSES

**Improvisational Comedy**      **Mon.**                      **10:00am-11:45pm**                      **Game Room**                      **1/5-3/9**  
**Instructor: Thomas Trinh**

Participants will practice their improve skills with games and scenes intended to help you think on your feet and engage with others. Start your week off laughing and encourage healthy cognitive function.

**Class Size: 10**

**Acrylic Painting:**                      **Mon.**                      **10:00am-3:00pm**                      **Art Studio**                      **1/5-3/9**  
**Instructor: Claudia Rak**

In this class you will explore painting to express yourself while discovering how art and music can inspire creativity. We will practice fundamental painting techniques, learn how to use color and form, and connect the skills to stories from art history. Step by step, you will build confidence in your own artistic style while enjoying a supportive and relaxing environment.

**Class Size: 14**

**Beginner Pottery:**                      **Mon.**                      **9:30am-12:30pm**                      **Heavy Art Room**                      **1/5-3/9**  
**Instructor: Miranda Smith**

Students will learn the basics of wheel throwing, centering, pulling, shaping, trimming, and glazing.

*No previous knowledge is necessary*

**Class Size: 6**

**Beginner Quilting**                      **Mon.**                      **10:00am-12:00pm**                      **Craft Room**                      **1/5-3/9**  
**Instructor: Tip Imamura**

In this class, you will learn how to use quilting tools, choose appropriate fabrics & threads, and other skills to get started with quilting. A list of required materials will be given on the first day. Participants must have knowledge of basic sewing techniques and be able to do hand sewing. Limited Space. Participants are to bring their machines.

**Class Size: 6**

**Mosaics for Seniors: Creative Tesserae**      **Mon.**                      **1:00pm-3:00pm**                      **Craft Room**                      **1/5-3/9**  
**Instructor: Bonnie Diamond**

Discover the joy of mosaic art in a fun, relaxed class designed especially for seniors. In this hands-on class, we will work with pre-made tesserae-small, colorful pieces perfect for beginners-to create two beautiful mosaic projects. No prior experience is needed- just bring your curiosity and enthusiasm! All materials are provided, and guidance will be offered every step of the way. Join us and enjoy the calming, rewarding process of creating mosaics in a friendly, supportive environment.

**Class Size: 8**

**Altered Ceramic Class:**                      **Mon.**                      **1:00pm-3:30pm**                      **Heavy Art Room**                      **1/5-3/9**  
**Instructor: Miranda Smith**

Intermediate Level, students must already know how to throw on the wheel or already know how to hand build. Want to know how to elevate your forms? Tired of the same old bowl, tray or cup? Join us for this Altered Class in Ceramics! Where you will take standard forms and create unique pieces of artwork. Each week, we will create small/medium sized forms and using altering techniques change them into something fabulous!

**Class Size: 12**

<b>Creative Works:</b> <b>Instructor: Angela Forte</b>	<b>Tues.</b>	<b>10:00am-11:45pm</b>	<b>Ceramics Room</b>	<b>1/6 – 3/10</b>
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Ever get in a creative rut? Try something! The goal for this class is to create and finish a new craft each week and to inspire your creativity. Some projects involve small items and require strong hand dexterity and a good pair of glasses. Material provided.

**Class Size: 10**

<b>Intro to (AI) Artificial Intelligence</b>	<b>Tues.</b>	<b>10:00am-12:00pm</b>	<b>Computer Lab</b>	<b>1/6 –3/10</b>
<b>Instructor: Jeff Kalwerisky</b>				

Every day, we read about the wonders of the new generation of “artificial intelligence” or AI. As with most new technologies, we hear that AI will change our lives in positive way yet will likely do away with many white-collar jobs. So, which is it? This class explains what AI is and is not and cover examples where ordinary people (that’s us!) can learn to use this interesting new technology to enhance our lives. Learn how to ask AI questions just about anything, using plain English, from to drawing pictures and making videos.

**Class Size: 10**

<b>Polymer &amp; Air-Dry Clay:</b> <b>Instructor: Angela Forte</b>	<b>Tues.</b>	<b>1:00pm-3:00pm</b>	<b>Art Studio</b>	<b>1/6—3/10</b>
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Create sculptures with no kiln required! We will make projects using both polymer clay as well as air-dry clay. Materials for the instructed projects will be provided.

## Class Size:10

<b>Bridge Group</b>	<b>Tues.</b>	<b>12:30pm-3:30pm</b>	<b>Computer Lab</b>	<b>1/6—3/10</b>
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**\*No Instructor\***

**\*Beginners are Welcome! Basic Instructions Are Available**

**\*No registration required\***

<b>Clay Hand Building</b> <b>Instructor: Bonnie Diamond</b>	<b>Tues.</b>	<b>1:00pm-3:00pm</b>	<b>Ceramics Room</b>	<b>1/6 – 3/3</b>
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Get ready to roll up your sleeves and have some creative fun! This ceramics class invites students – both beginners and those with experience -to explore clay in a relaxed, social, and joyful setting. We'll try out a variety of techniques-pinching, rolling, sculpting, decorating, glazing-so everyone can discover what they enjoy most or build on what they already know. Whether you're new to clay or looking to refine your skills, you'll have a unique, handmade ceramic piece to proudly take home and show off.

## Class Size: 10

<b>Intermediate Mahjong</b>	<b>Tues.</b>	<b>1:00pm-3:00pm</b>	<b>Game Room</b>	<b>1/6 – 3/10</b>
<b>*No Instructor*</b>				

Mahjong is an Ancient Chinese tile game, but here we play the American version.

**Open to experienced players only. (No beginners)**

**Class Size: 12**

<b>Basic Sewing</b> <b>Instructor: Lisa Rochon</b>	<b>Tues.</b>	<b>9:30am-12:00pm</b>	<b>Craft Room</b>	<b>1/6 – 3/10</b>
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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 welcome to bring their own machines.

**Class Size: 7**

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|--|--------------|--------------------------|------------------------|-------------------|
| <b>Basic Sewing</b>  | <b>Tues.</b> | <b>1:00pm-3:30pm</b>     | <b>Craft Room</b>      | <b>1/6 – 3/10</b> |
| <b>Instructor: Lisa Rochon</b>   |              |                          |                        |                   |
| 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 welcome to bring their own machines.   |              |                          |                        |                   |
| <b>Class Size: 7</b>   |              |                          |                        |                   |
|  |              |                          |                        |                   |
| <b>Creative Writing</b>  | <b>Wed.</b>  | <b>10:00am - 12:00pm</b> | <b>Conference Room</b> | <b>1/7—3/11</b>   |
| <b>Instructors: Leslie Pickering &amp; Jill Beerman</b>  |              |                          |                        |                   |
| A forum for experienced writers to share various forms of writing with peers to give and receive feedback and constructive criticism. This class includes some short presentations relative to specific interests and the challenges faced by writers.   |              |                          |                        |                   |
| <b>Class Size: 12</b>  |              |                          |                        |                   |
|  |              |                          |                        |                   |
| <b>Crochet</b>   | <b>Wed.</b>  | <b>10:00am-12:00pm</b>   | <b>Craft Room</b>      | <b>1/7-3/11</b>   |
| <b>Instructor: Joann Bowdoin-Aynsley &amp; Hilda Fennell</b>   |              |                          |                        |                   |
| Participants will learn the basics of crochet, from how to hold the yarn and hook to crocheting all the basic stitches, including chain stitches, slip stitches. Please bring your own materials (Crochet needles, yarn, etc.)   |              |                          |                        |                   |
| <b>Class Size: 10</b>  |              |                          |                        |                   |
|  |              |                          |                        |                   |
| <b>Open Lab</b>  | <b>Wed.</b>  | <b>10:00am-12:00pm</b>   | <b>Computer Lab</b>    | <b>1/7-3/11</b>   |
| <b>Instructor: Jeff Kalwerisky</b>   |              |                          |                        |                   |
| This is an opportunity for seniors to ask questions about your phone, tablet, and laptop. The instructor will answer your questions and work with you to solve problems, wherever possible.  |              |                          |                        |                   |
| <b>Class Size: 12</b>  |              |                          |                        |                   |
|  |              |                          |                        |                   |
| <b>Mind and Meditation</b>   | <b>Wed.</b>  | <b>10:00am-11:00am</b>   | <b>Game Room</b>       | <b>1/7-3/11</b>   |
| <b>Instructor: Alan Horlick</b>  |              |                          |                        |                   |
| Been practicing transcendental meditation for seven years and hopes to help anyone who needs “a little peace”. 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 happier person. |              |                          |                        |                   |
| <b>Class size: 16</b>  |              |                          |                        |                   |
|  |              |                          |                        |                   |
| <b>Advanced Clay Hand Building:</b>  | <b>Wed.</b>  | <b>10:00am-3:00pm</b>    | <b>Ceramics Room</b>   | <b>1/7-3/11</b>   |
| <b>Instructor: Angela Forte</b>  |              |                          |                        |                   |
| A continuation of techniques learned in Clay Hand Building. You will create more utilitarian and or decorative objects. Students are required to purchase a bag of clay.   |              |                          |                        |                   |
| <b>Class Size: 10</b>  |              |                          |                        |                   |
|  |              |                          |                        |                   |
| <b>Needle Works ‘Chat &amp; Stitch’</b>  | <b>Wed.</b>  | <b>1:00pm - 3:00pm</b>   | <b>Craft Room</b>      | <b>1/7- 3/11</b>  |
| <b>Organizer: Shirley Dobson</b>   |              |                          |                        |                   |
| For anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects that they bring to class.  |              |                          |                        |                   |
| <i>Please Note this is not an instructor led class</i>   |              |                          |                        |                   |
| <b>Class Size: 12</b>  |              |                          |                        |                   |
|  |              |                          |                        |                   |
| <b>Beginner/Intermediate Dominoes</b>  | <b>Wed.</b>  | <b>1:00pm-2:00pm</b>     | <b>Game Room</b>       | <b>1/7-3/11</b>   |
| <b>Instructor: Maurice Jones</b>   |              |                          |                        |                   |
| Want to learn how to play the game of Dominoes? Students will learn the rules of dominoes and use multiples of 5 to score points. Students will enhance their skills by playing dominoes with others. We welcome all to come and play.   |              |                          |                        |                   |
| <b>Class Size 12</b>   |              |                          |                        |                   |



**Beginners/Intermediate Chess**      **Wed.**      **2:00pm-3:00pm**      **Game Room**      **1/7-3/11**  
**Instructor: Maurice Jones**  
 Want to learn how to play the game of chess? Students will learn the rules of chess and build strategies while playing the game. They will build strategies by playing the game. We welcome all to come and play.  
**Class Size: 4**

**Beginners Mahjong:**      **Wed.**      **1:30 pm-3:00pm**      **Computer Lab**      **1/7-3/11**  
**Instructor: Elyse Friedman:** Beginners will learn this tile-based strategy game, played by 2-4 players, where the goal is to form winning hands. Players take turns drawing and discarding tiles, attempting to build combinations of three and four tiles called melds, and a pair of matching tiles.  
**Class Size: 8**

**Reading The Classics:**      **Wed. (Once a month)**      **1:00pm-3:00pm**      **Conference Room**      **1/7, 2/4, & 3/4**  
**Instructor: Jill Beerman & Leslie Pickering**  
 Each course meeting will review and discuss a work of literature by a renowned author. The class will consist of a review of the scholarship about the author and his book and a discussion of the book. Our first book will be *David Copperfield* by *Charles Dickens*. Please read it or as much as possible before our first meeting on January 7. The other books for this quarter are *Vanity Fair* by *William Makepeace Thackeray* and *The Count of Monte Cristo* by *Alexandre Dumas*.  
**Class Size: 10**

**Puppetry Basics**      **Thurs.**      **10:00am-11:45am**      **Ceramics Room**      **1/8-3/12**  
**Instructor: Angela Forte**  
 Students will get an overview of the art of puppetry from ancient times to the present. We will practice basic performance techniques. Plus, you'll get to make your own version of each of the major types of puppets! All materials provided.  
**Class Size: 10**

**Getting the Best out of your Smartphone/Tablets**      **Thurs.**      **10:00am-12:00pm**      **Computer Lab**      **1/8-3/12**  
**Instructor: Jeff Kalwerisky**  
 Do you have a Smart Phone/Tablet Devices? If so, this is the course for you to learn the basics of using your smart 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**

**Pottery Advanced Wheel Throwing**      **Thurs.**      **10:00am - 2:00pm**      **Heavy Art Room**      **1/8-3/12**  
**Instructor: Gail Land:**  
**Prerequisite {Beginner Wheel Pottery or prior experience}**  
 This is a formal class for students who can wedge, center, and lift clay independently. Instruction will be given in advanced shapes, skills, and glaze methods. **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: 7**

**Advance Genealogy**      **Thur.**      **10:00am-12:00pm**      **Conference Room**      **1/8-3/12**  
**\*No Instructor\***  
 Students should be able to work on their own Genealogy Research. Come connect & socialize with others. Must have your own computer for this class.  
**Class Size: 10**

**Spanish Level 2**      **Thurs.**      **11:00am—12:00pm**      **Craft Room**      **1/8-3/12**  
**Instructor: Carmen Schieber:**  
 This is a Level 2 Spanish. You will be learning the foundational knowledge of the language, expanding your vocabulary and grammar, and deepening your understanding of Spanish-speaking cultures.  
**Must have taken my Beginner 1 Spanish Class**  
**Class Size: 10**

<b>Oil Painting:</b>	<b>Thurs.</b>	<b>10:00am-3:00pm</b>	<b>Art Studio</b>	<b>1/8-3/12</b>
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**Instructor: Claudia Rak**

In this class, you will learn fundamentals of working with oils-from mixing colors to layering, glazing and creating depth with texture. Alongside hand-on practice, we will look at how artists throughout history have mastered this medium. Music will set a calm atmosphere as you explore techniques and gain both skills and confidence.

**Class Size: 14**

<b>Jewelry Making</b>	<b>Thurs.</b>	<b>1:00pm-3:00pm</b>	<b>Craft Room</b>	<b>1/8-3/12</b>
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**Instructor: Angela Forte**

Students will create various types of jewelry. Primarily using wire, students will make earrings, necklaces and bracelets. Strong hand dexterity is required to use the jewelry tools.

Materials provided.

*Bringing your own tools is encouraged*

**Class Size:10**

<b>Texas Hold'em</b>	<b>Thurs.</b>	<b>1:00pm-3:30pm</b>	<b>Game Room</b>	<b>1/8-3/12</b>
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**\*No Instructor\*** Each player seeks the best five-card poker hand from any combination of the seven cards: the five community cards and their two-hole cards. Players have betting options to check, call, raise, or fold. Rounds of betting take place before the flop is dealt and after each subsequent deal.

*No registration required*

**Class Size:16**

<b>Independent Clay Studio Time</b>	<b>Fri.</b>	<b>11:00am - 3:00pm</b>	<b>Heavy Art Room</b>	<b>1/9-3/13</b>
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**Instructor: Gail Land**

This is an INFORMAL OPEN CLAY STUDIO TIME for anyone who wants to work independently on clay skills, finish-up pieces, practice, or work on the potters' wheel, clay sculpture, hand building, and glazing. This Studio is open to former clay students or students presently taking clay classes to help you improve your skills.

**Class Size: 8**

<b>Chess Group</b>	<b>Fri.</b>	<b>11:00am – 1:00pm</b>	<b>Game Room</b>	<b>1/9-3/13</b>
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*\*No registration required\**

<b>Rummy-Reg</b>	<b>Fri.</b>	<b>1:30pm-3:00pm</b>	<b>Game Room</b>	<b>1/9-3/13</b>
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**Instructor: Regenia Frazier**

Rummy-Reg is an internationally played board game that is played with game rules from many parts of the world. Come join the fun and enjoy something new. This is for new and advanced players.

**Class Size: 12**

<b>Rummikub</b>	<b>Fri.</b>	<b>1:30pm - 3:30pm</b>	<b>Computer Lab</b>	<b>1/9 - 3/13</b>
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**\*No Instructor\***

Rummikub, a fun and social game closely resembling "Gin Rummy" but played with tiles. It is an easily learned game that is part that is part luck and strategy. To those who are interested in joining the fun.

<b>Clay Time</b>	<b>Fri.</b>	<b>1:00pm- 4:00pm</b>	<b>Ceramics Room</b>	<b>1/9-3/13</b>
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**Instructor: Angela Forte**

Students will explore clay as a versatile material using a variety of techniques.

**Class Size: 11**

<b>Beginners Spanish:</b>	<b>Fri.</b>	<b>1:00pm-2:00pm</b>	<b>Craft Room</b>	<b>1/9-3/13</b>
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**Instructor: Carmen Schieber**

Beginners will learn the alphabets, numbers, and common key phrases.

**Class Size: 10**

<b>Bid Whist Card Game</b>	<b>Fri.</b>	<b>2:00pm-4:30pm</b>	<b>Benson Dining Hall</b>	<b>1/9-3/13</b>
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**\*No Instructor\***

*\*No registration required\**

<b>Open Art Studio</b>	<b>Fri.</b>	<b>10:00am-3:00pm</b>	<b>Art Studio</b>	<b>1/9-3/13</b>
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**\*No Instructor\***

Create at your own pace. Bring your own supplies.

**Class Size: 12**



**Instructor Otilie Murray**

**-FELTING WORKSHOP-  
(2 DAY WORKSHOP)**

January 15 & January 22

1:00 pm - 3:00 pm

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**-BATIK WORKSHOP  
( 2 DAY WORKSHOP)**

January 29, February 5, & February

1:00 pm - 3:00 pm

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**-MIXED MEDIA FIBER ARTS WORKSHOP-  
(2 DAY WORKSHOP)**

February 19 & February 16

1:00 pm - 3:00 pm

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**-COUNT CROSS STITCH WORKSHOP-**

March 5

1:00 pm - 3:00 pm



See link below for online registration directions or view the attached registration instruction sheet.

<https://youtu.be/71YNU6W3WaU?si=m3PYouNVM7hUXNh2>

Online Registration QR Code:

[Scan Me](#)



Please see link to the Youtube channel you can use at your leisure.

[https://www.youtube.com/channel/UCdgVNt697h9gEaQH5DYwVlQ?view  
as=subscriber](https://www.youtube.com/channel/UCdgVNt697h9gEaQH5DYwVlQ?view_as=subscriber)

Email Senior Services use subject line: Senior Virtual Programming for more information on how to join the classes via Zoom.

[seniorservices@fultoncountyga.gov](mailto:seniorservices@fultoncountyga.gov)

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