

**OLDER
AMERICANS
MONTH**



“CHAMPION YOUR HEALTH”

**Celebrate Older Americans Month with Us!
"Champion Your Health"**

May is Older Americans Month, and the Dorothy C. Benson Senior Multipurpose Center is excited to present our "Champion Your Health" calendar of events running from May 1st through May 31st, 2026. We have a full month of workshops, social gatherings, and spirit days designed to keep you active, informed, and connected.

Featured Workshops & Events

We invite you to join us for these informative sessions in the Multipurpose Dining Hall and Conference Room:

- Home Fire Prevention & Safety Tips: Monday, May 4th at 10:00 am.
- Cinco de Mayo Celebration: Tuesday, May 5th at 11:30 am in the Dining Hall.
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- Heart Health Nutrition Workshop: Monday, May 18th at 11:00 am in the Conference Room.
- Evening of the Arts: Friday, May 29th at 4:00 pm in the Dining Hall.
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Show Your Spirit!

Get ready for Spirit Week, running from Monday, May 11th through Friday, May 15th.
Join the fun starts at 8:30 am each day:

- Monday: Wacky Tacky Day
- Tuesday: Sports Jersey Day
- Wednesday: Patriot Day
- Thursday: Tie Dye/Hippie Day
- Friday: Camouflage Day
- How to Participate

For workshops requiring registration, please sign up at the front desk or call (404) 613-4900. If you would like to showcase your talents during our Evening of the Arts, be sure to let us know when you sign up with

Angela Forte at Angela.Forte@fultoncountyga.gov, Art Instructor
Johnette Dorsey at Johnette.Dorsey@fultoncountyga.gov, Life Enrichment Coordinator

**Best regards,
Dorothy Benson Staff**