



Dorothy C. Benson



SENIOR MULTIPURPOSE COMPLEX



2025 Spring Quarter Activities

6500 Vernon Woods Dr NE

Sandy Springs, GA 30328

Phone: (404) 613-4900

www.Bensoncenter.org

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

Facility Manager: Sabrina Hudson

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

2025 Spring Quarter Online Registration Details:

Class Registration for (Spring Quarter):

Monday, March 17th – Friday, March 21st

Classes Starts & End (Spring Quarter):

Monday, March 31 – Friday, June 13, 2025

Down Days: Wednesday, March 26th – Friday, March 28th

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 12:00 PM-1:00 PM

WATER AEROBICS PROGRAMS

Instructor: Elfreda Smith

Aqua Fit Combo: Mon & Wed 10:15AM – 11AM 3/31 – 6/11

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 3/31 – 6/11

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-2pm 3/31 – 6/11

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 4/1 – 6/12

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-12pm 4/1 – 6/12

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

Aqua Bike: Tues or Thurs

Aqua Bike is a spin bike that goes in the water. Aqua bike workouts are well-suited for people who suffer from joint, muscle, or bone pain and for individuals looking to get a high impact workout in a low impact environment. The water’s buoyancy reduces the strain on your body, and as a result, will reduce the impact the exercise has on your joints compared to a land-based workout.

Class Size: 10

Aqua Bike Session I: Tuesday 1:15pm-2:00pm 4/1 – 4/29 or

Thursday 1:15pm-2:00pm 4/3 – 5/1

Aqua Bike Session II: Tuesday 1:15pm-2:00pm 5/13 – 6/10 or

Thursday 1:15pm-2:00pm 5/15 – 6/12

Registration for the Aqua Bike Session I and Session II will take place March 17th – 21st, 2025, 9AM - 12 PM, and 1 PM - 3 PM, or until class capacity is reached. Registration must be completed in person, please visit the pool to sign up for Aqua Bike.

LAND FITNESS PROGRAMS



Fitness Room Orientation

Thursdays 1:00 PM - 2:00 PM

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.

LAND FITNESS PROGRAMS

Instructor: Jennifer Jones

Circuit Training

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).

Circuit Training Session I:	Tues. & Thurs.	10:00am - 10:45am	4/1 – 5/1 or
	Tues & Thurs.	11:00am – 11:45am	4/1 – 5/1
Circuit Training Session II:	Tues. & Thurs.	10:00am -10:45am	5/13 – 6/12 or
	Tues & Thurs.	11:00am – 11:45am	5/13 – 6/12

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

Benson Tennis Club:	Thurs.	9:00am - 11:00am	4/3 – 6/12
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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.

Registration Online

Bocce:	Fri.	10:00am-12:00pm	4/4 – 6/13
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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	3/31 – 6/9
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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 3/31 – 6/9

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 3/31 – 6/9

Instructor: Donna Jones

Learn classic soulful dances, while gaining great cardio benefits!

S.E.A.T: Tues. 9:00am MPDH, Virtual 4/1 – 6/10

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!

Block Party: Tues. 10:00am MPDH 4/1 – 6/10

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: Tues. 10:00am Game Room 4/1 – 6/10

Facilitator: Nicole Wyche

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: Tues. 11:00am MPDH 4/1 – 6/10

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: Tues. 2:00pm MPDH, Virtual 4/1 – 6/10

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: Wed. 9:00am MPDH, Virtual 4/2 – 6/11

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.

Intermediate Thera Band: Wed. 10:00am MPDH, Virtual 4/2– 6/11
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: Wed. 11:00am MPDH, Virtual 4/2– 6/11
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: Thurs. 9:00am MPDH, Virtual 4/3– 6/12
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.

Class will include floor exercises utilizing mats

Strength & Balance Thurs. 10:00am MPDH, Virtual 4/3– 6/12
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.

Yoga with Jay: Thurs. 11:00am MPDH or Benson Rose Garden 4/3– 6/12
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.

Cardio Tabata: Fri. 10:00am MPDH, Virtual 4/4– 6/13
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.

Pilates: Fri. 11:00 am MPDH 4/4 – 6/13
Instructor: Sonya Edwards

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

This class does not use chairs

LIFE ENRICHMENT PROGRAMS

ART & CRAFTS PROGRAMS

COMPUTER CLASSES



Life Enrichment Coordinator: Johnette (Jay) Dorsey

LIFE ENRICHMENT PROGRAMS

ART & CRAFTS PROGRAMS & COMPUTER CLASSES

Beginner Pottery: Mon. 9:30am-12:30 Heavy Art Room 3/31-5/19

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 3/31 - 6/9

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: 10

Beginner Knitting: Mon. 1:00pm-3:00pm Conference Room 3/31 - 6/9

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: 10

Acrylic Painting: Mon. 10:00m-3:00pm Art Studio 3/31 - 6/9

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 paper palette, rags, paper towels and canvases Size 16" x 20" preferred.

Class Size: 12

Printmaking/Bookmaking: Mon. 1:00pm-3:00pm Craft Room 4/14 - 6/9

Instructor: Bonnie Diamond

In this class we will explore the art of making prints using a soft carving block. You can then print multiple images with this block using different colors of ink. Subject matter to print will be offered. If you have printed in the past, there are larger printing plates to work with. We will then take one of the prints and make an accordion book. Instructions with other books will be given. You will go home with one of your prints framed. No experience needed. Just enthusiasm and a desire to have fun.

Class Size: 8

Creative Works: Mon. 1:00pm-3:00pm Ceramics Room 3/31 - 5/19

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

- Foundations of Art: Tues. 10:00am-12:00pm Art Studio 4/1--6/10**
Instructor: Angela Forte
 A beginner's level course designed for students to explore the foundational techniques of art and design. Exercises will cover line, shape, space, and color as well as references to art throughout history. All materials provided.
Class Size:10
- A.I. Artificial Intelligence & How to use it: Tues. 10:00am-12:00pm Computer Lab 4/1 – 6/10**
Instructor: Jeff Kalwerisky
 The Internet is an amazing place to send emails and texts, watch movies, play games, read books, and, of course, to shop. However, the same Internet is also rife with highwaymen, looking to steal your personal information so they can take your savings, assets, Social Security. This class teaches you how to identify scam emails and texts, how not to be conned on the phone, and how to avoid dangerous websites. You will also learn how to choose passwords without having ever to remember anything.
Class Size:10
- Bridge Group: Tues. 12:30pm—3:30 pm Computer Lab 4/1—6/10**
No Instructor
No Registration required
- Drawing and Watercolor 2 Human: Tues. 1:00pm-3:00pm Art Studio 4 /1--5/20**
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 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: 12
- Clay Hand Building: Tues. 1:00pm-2:30pm Ceramics Room 4/15 – 6/10**
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 4/1 – 6/10**
No Instructor
Open to experienced players only. (No beginners)
 Mahjong is an ancient Chinese tile game, but here we play the American version.
Class Size: 16
- Basic Sewing Tues. 10:00am-12:00pm Craft Room 4/1 – 6/10**
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: 10

Puppetry Basics: Tues. 1:00pm-3:00pm Conference Room 4/15 - 6/10

Instructor: Angela Forte

Get and overview of puppetry as an artform from ancient history to the present. Students will learn performance basics and can create simple versions of five basic puppet types: hand, string, shadow, body and rod.

Class size: 10

Basic Sewing Tues. 1:00pm-3:30pm Craft Room 4/1 – 6/10

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

Advanced Clay Hand Building: Wed. 10:00am-12:00pm Art Studio 4/2-6/11

Instructor: Angela Forte

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.

Class Size:10

Creative Writing: Wed. 10:00am - 12:00pm Craft Room 4/2-6/11

Instructors: Leslie Pickering & Jill Beerman

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.

Class Size: 10

Open Lab: Wed. 10:00am-12:00pm Computer Lab 4/2 – 6/11

Instructor: Jeff Kalwerisky

This is an opportunity for students to ask whatever questions they have about their devices.

Class Size: 12

Mind and Meditation: Wed. 10:00am-11:00am Game Room 4/2 – 6/11

Instructor: Alan Horlick

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 happy person.

Class size: 12

Needle work / Chat & Stitch: Wed. 1:00pm - 3:00pm Craft Room 4/2 – 6/11

Organizer: Shirley Dobson

No Instructor

This class is for anyone who enjoys Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects.

Class Size: 10

Beginners Dominoes: Wed. 1:00pm-2:00pm Game Room 4/2--6/11
Instructor: Maurice Jones

This class is for beginners only, wanted 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.

Class Size:10

Beginners Chess: Wed. 2:00pm-3:00pm Game Room 4/2-6/11
Instructor: Maurice Jones

This class is for beginners only, wanting to learn how to play the game of chess. Students will learn the rules of chess and build strategies while playing the game.

Class Size: 4

Intro to Android Phone & Tablets: Thurs. 10:00am-12:00pm Computer Lab 4/3 – 6/12
Instructor: Jeff Kalwerisky

Do you have an Android Phone & Tablets?

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

Oil Painting: Thurs. 10:00am-3:00pm Art Studio 4/3– 6/12
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 paper palette, rags, paper towels and canvases Size 16” x 20” preferred.

Class size: 14

Advanced Wheel Throwing: Thurs. 10:00am - 2:00pm Heavy Art Room 4/3– 6/12
Instructor: Gail Land

{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

Advance Genealogy: Thurs. 10:00am-12:00pm Conference Room 4/3-6/12
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

Beginners Spanish: Thurs. 11:00am - 12:00pm Craft Room 4/3-6/12
Instructor: Carmen Schieber

Students will learn alphabets, numbers, and common key phrases.

Class Size: 10

SPRING WORKSHOPS

March – June 2025

You don't have to register for these classes

Just sign up at the front desk

Instructor	Class	Day	Time	Dates
Bonnie Diamond	Jewelry Making Bracelets	Wednesday	1pm-3:00pm	4/23
Bonnie Diamond	Jewelry Making Bracelets	Wednesday	1pm-3:00pm	4/30
Angela Forte	Open Studio <small>No sign up required</small>	Friday	10am-3:00pm	4/4-6/13