

# Dorothy C. Benson

## SENIOR MULTIPURPOSE COMPLEX



## 2025 Fall Quarter Activities

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: 8/27/2025

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

**2025 Fall Quarter Registration Details:**

➤ **(Fall Quarter Classes Registration)**

Monday, September 8 -12, 2025

➤ **(Down Days)**

**-Facility is closed to the public to prepare for Fall Quarter Classes-  
Wednesday, September 17-19, 2025**

➤ **(Fall Quarter Classes Begins)**

Monday, September 22, 2025

➤ **(Fall Quarter Classes Ends)**

Friday, December 5, 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 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                                      9/22 – 12/3**

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                                      9/22 – 12/3**

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                                      9/22 – 12/3**

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- 11:00 am                                      9/23 – 12/4**

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-12:00 pm                                      9/23 – 12/4**

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

**Water Circuit                                      Tues                                      1:15pm– 2:00pm                                      9/23 – 12/2**

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                                      1:15PM – 2:00PM                                      9/25 – 12/4**

**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 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 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>9/23 – 12/4</b>
	<b>Tues. &amp; Thurs.</b>	<b>11:00am – 11:45am</b>	<b>9/23 – 12/4</b>

**Registration for Circuit Training is Mon. Sept 22<sup>nd</sup> – Fri. Sept 26<sup>th</sup> 9am – 12pm and 1pm – 3pm.  
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>9/25 – 12/4</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>10:00am-12:00pm</b>	<b>9/26 – 12/5</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 9/22 – 12/1**

**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 9/22 – 12/1**

**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 9/22 –12/1**

**Instructor: Donna Jones**

Learn classic soulful dances, while gaining great cardio benefits!

**Let's Walk Tues. 8:30AM Bld. B Lobby 9/23 - 12/2**

**Instructor: Kathy Allen**

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

**S.E.A.T: Tues. 9:00am MPDH, Virtual 9/23 –12/2**

**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 9/23 –12/2**

**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 9/23 –12/2**

**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 9/23 –12/2**

**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** **9/23 –12/2**

**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.

**3 'N One:** **Wed.** **9:00am** **MPDH, Virtual** **9/24 –12/3**

**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 Theraband** **Wed** **10:00AM** **MPDH, Virtual** **9/24 – 12/3**

**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.

**Strength & Balance:** **Wed.** **11:00am** **MPDH, Virtual** **9/24 –12/3**

**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** **9/25 –12/4**

**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** **9/25 –12/4**

**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** **9/25 –12/4**

**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.** **9:45am** **MPDH, Virtual** **9/26 –12/5**

**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.** **11:00am** **MPDH, Virtual** **9/26 –12/5**

**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 first-come, first-served basis.

## LIFE ENRICHMENT PROGRAMS

### ART & CRAFTS PROGRAMS & COMPUTER CLASSES

**Improviseational Comedy**      **Mon. 10:30am-11:30pm**      **Conference Room**      **9/22--12/1**

**Instructor: Angela Forte**

Participants will practice their improviseational skills with games like the show **Whose Line is it Anyway**. Comedic improv will get the day off to laughing start and encourages healthy cognitive function. Come willing to be silly and share some fun!

**Class Size: 8**

**Beginner Pottery:**      **Mon. 9:30am-12:30pm**      **Heavy Art Room**      **9/22—12/1**

**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**

**Knitting**      **Mon. 10:00am-12:00pm**      **Craft Room**      **9/22 – 12/1**

For anyone who does knitting and enjoys social interactions while knitting their own projects.

Please bring your own materials (needles, yarn, etc.)

**This is not an instructor led class**

**Class Size: 10**

**Papier Mache:**      **Mon. 1:00pm-3:00pm**      **Craft Room**      **10/6—11/24**

**Instructor: Bonnie Diamond**

**Paper Mâché Magic: Bowls, Masks & Curious Critters**

Step into a world where torn paper, glue, and a dash of imagination transform into treasures! In this lively, hands-on class, you'll learn to sculpt graceful bowls, mysterious masks, and delightfully quirky animals. We'll explore shaping techniques, layering for strength, and adding bold, joyful colors that make your creations pop. Whether you dream of crafting a regal cat mask, a polka-dotted penguin, or a shimmering fruit bowl, you'll leave with artwork that's as unique as you are. No experience? No problem—this is all about fun, play, and a little paper mâché magic.

**Class Size: 8**

**Altered Ceramic Class:**      **Mon. 1:00pm-3:30pm**      **Heavy Art Room**      **9/22—12/01**

**Instructor: Miranda Smith**

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!

**Intermediate Level, students must already know how to throw on the wheel or already know how to hand build.**

**Class Size: 12**

**Creative Works:** Mon. 1:00pm-3:00pm Ceramics Room 9/22-12/1  
**Instructor: Angela Forte**  
Take a creative break and try a new (or old!) craft. The goal is to complete a new craft each session. Some projects involve small items and require strong hand dexterity. Material provided.

**Class Size: 10**

**Intro to A.I. Artificial Intelligence:** Tues. 10:00am-12:00pm Computer Lab 9/23-12/2  
**Instructor: Jeff Kalwerisky**  
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 ways 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.

**Class Size 10**

**Drawing Studio:** Tues. 9:30am-11:45pm Art Studio 9/23-12/2  
**Instructor: Angela Forte**  
Grab your graphite and find an easel. Spend a couple of hours putting pencil to paper. There will be light instructor guidance allowing students to focus on their own desired drawings. Essential materials provided. Students are encouraged to purchase a sketchbook.

**Class Size:10**

**Puppetry Basics:** Tues. 1:30pm-3:30pm Conference Room 9/23-12/2  
**Instructor: Angela Forte**  
Students will get an overview of puppetry as an artform from ancient history to the present. Students will learn performance basics and create simple versions of five basic puppet types: hand, string, shadow, body, and rod. All materials provided.

**Class Size:10**

**Bridge Group** Tues. 12:30pm-3:30pm Computer Lab 9/23-12/2  
**No Instructor**  
**No registration required**

**Drawing and Watercolor Level 1** Tues. 1:00pm-3:00pm Art Studio 9/23-11/18  
**Instructor: Elizabeth Samoluk**  
This course is designed to help students “see” and “do” better drawing which underpin better artwork. If you are interested in watercolor, then this is the course for you.

**Open to all levels**

**Class Size: 12**

**Clay Hand Building** Tues. 1:00pm-3:00pm Ceramics Room 10/7-12/2  
**Instructor: Bonnie Diamond**  
**Teapots in Clay: Sip, Sculpt, Smile**  
From cozy cuppers to show-stopping centerpieces, every great teapot starts with a lump of clay and a spark of imagination. In this cheerful, hands-on workshop, you’ll learn how to shape, sculpt, and assemble your very own teapot—body, spout, lid, and all. We’ll play with curves, explore quirky designs, and add decorative touches that make your piece truly one-of-a-kind. Whether your style is classic and elegant or wildly whimsical, you’ll leave with a functional work of art, ready to pour both tea and compliments. No pottery experience needed—just a love of making and maybe a fondness for tea.

**Class Size: 10**



**Intermediate Mahjong**      **Tues.**      **1:00pm-3:00pm**      **Game Room**      **9/23-12/2**  
Mahjong is an Ancient Chinese tile game, but here we play the American version.  
**This is not an instructor led class**  
**Open to experienced players only. (No beginners)**  
**Class Size: 12**

**Basic Sewing**      **Tues.**      **9:30am-12:00pm**      **Craft Room**      **9/23-12/2**  
**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: 7**

**Basic Sewing**      **Tues.**      **1:00pm-3:30pm**      **Craft Room**      **9/23-12/2**  
**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: 7**

**Creative Writing**      **Wed.**      **10:00am - 12:00pm**      **Conference Room**      **9/24-12/3**  
**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: 12**

**Crochet**      **Wed.**      **10:00-12:00pm**      **Craft Room**      **9/24-12/3**  
**Instructor: Joann Bowdoin-Aynsley & Hilda Fennell**  
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.)  
**Class Size: 10**

**Open Lab**      **Wed.**      **10:00am-12:00pm**      **Computer Lab**      **9/24 – 12/3**  
**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**      **9/24 – 12/3**  
**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: 16**

**Advanced Clay Hand Building: Wed. 10:00am-3:00pm Ceramics Room 9/24—12/3**  
**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**

**Needle works ‘Chat & Stitch’ Wed. 1:00pm - 3:00pm Craft Room 9/24 – 12/3**  
**Organizer: Shirley Dobson**

This class is 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**

**Intermediate Dominoes Wed. 1:00pm-2:00pm Game Room 9/24--12/3**  
**Instructor: Maurice Jones**

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. We welcome all to come and play.

**Class Size 12**

**Beginners Chess Wed. 2:00pm-3:00pm Game Room 9/24-- 12/3**  
**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. We welcome all to come and play.

**Class Size: 4**

**Beginners Mahjong: Wed. 1:00pm-3:00pm Computer Lab 10/08-12/3**  
**Instructor: Elyse Friedman**

Beginners will learn this tile-based strategy game, played by 2-4 player, 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**

**Intro Microsoft Word Thurs. 10:00am-12:00pm Computer Lab 9/25-12/4**  
**Instructor: Jeff Kalwerisky**

MS Word is a user-friendly word processing program that helps seniors create documents like letters, reports, and lists. It features simple tools for typing, formatting text (**bold**, *italic*, and underline), and organizing content with headings and paragraphs. Besides checking your spelling and grammar, it offers helpful options like copy & paste, and saving documents. It's clear, simple layout and adjustable settings make it accessible for beginners, so seniors can use it for everyday communication and personal projects.

**Class Size: 10**

**Pottery Advanced Wheel Throwing Thurs. 10:00am - 2:00pm Heavy Art Room 9/25-11/20**  
**Instructor: Gail Land:**

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.**

**Prerequisite {Beginner Wheel Pottery or prior experience}**

**Class Size: 6**

**Advance Genealogy**                      **Thurs.**            **10:00am-12:00pm**      **Conference Room**                      **9/25-12/4**  
Students should be able to work on their own Genealogy Research. Come connect & socialize with others. Must have your own computer for this class.

**This is not an instructor led class**

**Class Size: 10**

**Spanish Level 2**                              **Thurs.**            **11:00am—12:00pm**      **Craft Room**                              **9/25-12/4**

**Instructor: Carmen Schieber:**

This is a Level 2 Spanish you will be learning their foundational knowledge of the language, expanding their vocabulary and grammar, and deepening their understanding of Spanish-speaking cultures.

**Must have taken my Beginner 1 Spanish Class**

**Class Size: 10**

**Jewelry Making**                              **Thurs.**            **1:00pm-3:00pm**                      **Craft Room**                              **9/25-12/4**

**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**

**TEXAS HOLD'EM**                              **Thurs.**            **1:00pm-3:30pm**                      **Game Room**                              **9/25-12/4**

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.

**This is not an instructor led class**

**No registration required**

**Class Size:16**

**Independent Clay Studio Time**                      **Fri.**            **11:00am - 3:00pm**                      **Heavy Art Room**                      **9/26-11/21**

**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**

**Chess Group**                              **Fri.**            **10:00am – 12:00pm**                      **Game Room**                              **9/26-12/5**

**No registration required**

**Rummikub**                              **Fri.**            **1:30pm-3:30pm**                      **Game Room**                              **9/26-12/5**

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

**This is not an instructor led class**

**Class Size: 10**



**Genealogy Basic Part II**                      **Fri.**                      **11:00am - 1:00pm**                      **Conference Room**                      **9/26-12/5**  
**Instructor: Cynthia Owens:**  
This course will be a series hands-on session for those who have completed any of the previous Genealogy Beginner's classes. A personal research device (**laptop**, tablet, phone) is necessary.  
**Class Size: 10**

**Clay Time**    **Fri.**                      **1:00pm- 4:00pm**                      **Ceramics Room**                      **9/26-12/5**  
**Miranda Smith:**  
Students will explore clay as a versatile material using a variety of techniques.  
**Class Size: 11**

**Bid Whist Card Game**                      **Fri.**                      **2:00pm-4:30pm**                      **Benson Dining Hall**                      **9/26-12/5**  
**This is not an instructor led class**  
**No registration required.**

**Beginners Spanish:**    **Fri.**                      **1:00pm-2:00pm**                      **Craft Room**                      **9/26-12/5**  
**Instructor: Carmen Schieber**  
Beginners will learn the alphabets, numbers, and common key phrases.  
**Class Size: 10**

**Open Art Studio**    **Fri.**                      **10:00am-3:00pm**                      **Art Studio**                      **9/26—12/5**  
**Create at your own pace. Bring your own supplies!**  
**This is not an instructor led class**  
**Class Size: 12**



*You don't have to register for these Classes*

**-Just sign up at the Front Desk-**

## **(TWO DAY WORKSHOP)**

Instructor	Class	Day	Time	Date
Bonnie Diamond	Faux Stain Glass	Wednesday	1pm- 3pm	10/15 & 10/22



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.

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

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