

6500 Vernon Woods Drive Sandy Springs, Ga 30328 www. Bensoncenter.org Monday - Friday 8:30 am - 5:00 pm (404) 613-4900

Breakfast:

\$2 plus tax (8:30 am - 9:30 am) Monday-Friday

Lunch:

\$3 plus tax (12:00 pm - 1:30 pm) Monday-Friday

Location:

Multipurpose Dining Hall Registered Participants and Seniors (55+)

OCTOBER NEWSLETTER



Weekly & Monthly Events

-BLOOD PRESSURE CHECK-

WEDNESDAYS
10:00 am - 12 noon
MULTIPURPOSE BLD. B LOBBY
Volunteer: Frances Katapodis

-BENSON SALON-

For an Appt call: Glenda Anderson, Hairstylist (770) 881-1788 IST Week of every month

-BENSON CENTER-TAG OFFICE

MONDAY & WEDNESDAY ONLY!

BUILDING: B

9:00 am - 3:00 pm

Fulton County Residence (55+)

(404) 612-2357

-CHESS & DOMINOES -

EVERY WEDNESDAY
CHESS: 1:00 pm
DOMINOS: 2:00 pm - 3:00 pm
BENSON GAME ROOM
* BEGINNERS ONLY *

-BRIDGE-

EVERY TUESDAY
COMPUTER LAB
1:30 pm - 3:30 pm
* BENSON MEMBERS ONLY



-Benson Book Club -

"Good Dirt"

By: Charmaine Wilkerson

Monday, October 6th 12 noon

Multipurpose Conference Room

-Dahlonega Day Trip-Thursday, October 9th Bus Leaves: 10:00am-4:00pm

(SOLD OUT)

-Free Food Pantry-

Solidarity Sandy Springs

Multipurpose Dining Hall

Please bring your own bag

-Sign up at the Front desk to receive a ticket-

Friday, October 10th 8:30 am - 9:30 am

-Live Band-

Variety of Dance Music Theme: "Halloween Party" Bring Treats, Not Tricks

Gray Matters Band

(Halloween Costume Attire)
Every 2nd Friday of each month
Multipurpose Dining Hall

Friday, October 10th 7:30 PM - 10:00 PM

\$15.00

Charlotte: (678) 736-3891 Sponsored: After Hours Social Club

-Management of Back and Neck Pain-Hybrid Workshop

Presenter - Shashank Gandhi, MD from Advanced Neurosurgery Associates

> Wednesday October 15th 12 noon to 1:00 pm

Multipurpose Conference Room & Zoom Link: https://northside.zoom.us/j/84955030276

-Sign Up At Desk-

-First Annual Fulton County- Senior Games 2025 -

Opening Ceremony & Field/Aquatics Events
King Middle School
545 Hill St SE, Atlanta, GA 30312

-Transporation Provided-

(ALL MULTIPURPOSE CENTERS WILL BE CLOSED)

Thursday, October 16th 8:30 am

-AARP -

SMART Driver Safety Course Multipurpose Conference Room

Tuesday, October 21st 9:00 am - 3:30 pm

-MEDICARE ENROLLMENT & NEW-Changes to Medicare Hybrid Workshop

Presenter – Leonardo Cruz, Medicare Expert

Wednesday October 22nd

12 noon to 1:00 pm

Multipurpose Conference Room &

Zoom Link: https://zoom.us/j/95598947600?

from=addon

-Sign Up At Front Desk-

-Benson 26th Anniversary-Vegas Nights Casino Royale

Multipurpose Dining Hall (Bldg. B)

Thursday, October 23rd 4:00 PM - 7:00 PM

Tickets: \$30.00 (Non-refundable)
Tuesdays and Thursdays only, from
11:30 AM to 1:30 PM, in the lobby.
Payment Options:

Cash

Checks: Please make all checks payable

to: (Friends of Benson)

-October Birthday Celebration-

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-Benson 26th Anniversary-

Multipurpose Dining Hall

Friday, October 24th 1:00 pm



Quarterly Class Schedule Important 2025 Dates Fulton County Government Senior Multipurpose Facilities: Benson, Bowden, Darnell & Mills



Classes Start: Monday, September 22

ONSITE CLASS SURVEYS DISTRIBUTION WEEK: December 1st – 5th

Classes End on: Friday, December 5th

Class Registration Week: December 8th – 12th

Down Week: December 17th, 18th & 19th



Members don't forget to scan in Daily at the front desk



Identification Card Pictures, if you have not taken a picture for your Benson identification card, please sign up at the front desk.



Benson's Holiday & Closing Schedule

-Labor Day-

Monday, September 1, 2025

-Veterans Day-

November 11th

-Thanksgiving-

November 27th & 28th

-Christmas-

December 24th, 25th, & 26th

-New Years Eve & New Years Day-

December 31st, & January 1st 2026 & January 2nd 2026

Dorothy C. Benson

