



## DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX

6500 Vernon Woods Drive, Sandy Springs, GA 30328

404-613-4900

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

Days & Hours of Operations: Mon.-Fri. 7:00 a.m. – 5:00 p.m.



## OCTOBER EVENT SCHEDULE 2019

### SERVICES & PROGRAM OFFERED

**Breakfast** \$2 plus tax (8:30 a.m. - 9:30 a.m.); **Lunch** \$3 plus tax (12:00 p.m.- 1:30 p.m.), Mon.-Fri., Meals available to registered participants and seniors (55+), **Location:** MPDH

**Fulton County Auto Tags.** Serving “Seniors 55+,” Mon. & Wed., 10:00 a.m.-3:00 p.m., **Location:** Building B next door to the doctor’s office.

**Free Blood Pressure Check** (Every Tues.) **Facilitators:** Ms. Frances Katapodis or Ms. Audrey Valley from 10:00 a.m.–12:00 p.m., **Location:** Building B Lobby.

“**Ladies, let’s talk about it...Women to Women**” (Every Wed.) an on-going group for women to experience support, and bond with other women in a safe, compassionate environment. **Group Facilitator, Nicole Wyche, MACC, NCC.** Sign up in the fitness center. 10:00 a.m.-11:00 a.m., **Location:** Adult Day Lounge I. *This program is not taking new members at this time.*

**Stars & Strikes** (Every Wed. starting at 10:00 a.m.) Join the **Senior “Leisure League”** for a fun day of bowling. \$5 pays for three games of bowling, and shoe rental. Complimentary coffee and water, league record service, and much more provided. Please see Nicole in the Fitness Center for more information.

**Medical Center (Bldg. B.),** L & H Internal Medicine, P.C., **Dr. Liza L. Hasso, M.D.** Every Thursday, 10:00 am - 3:00 pm, Call 404 612 2358 for an appointment.

**Identification Card Pictures** *if you have not taken a picture* for your Benson identification card, please sign up at the receptionist desk in building B. Pictures will be taken every Wednesday from 11:00 a.m. – 1:00 p.m. Your identification card will be ready for pickup in the administrative office a week after the picture is taken.

**10/3 (Thur.) Flu & Pneumonia Shot Clinic** this service will be provided by Publix Pharmacy. Cash price \$30; you must have a Medicare or Supplemental Insurance Card for service. Note some insurance may require co-payment. **Location:** Bldg. B Lobby, **Time:** 9 a.m. - 1:00 p.m.

**10/4 (Fri.) Zumba Gold Pop Up Shop** Benson participants will enjoy the popular Latin dance inspired workout of Zumba at a modified, lower-intensity yet fun pace, designed for active older adults! **Location:** MPDH, **Time** 2:00-3:00 p.m.

**10/10 (Thurs.) Mercier Orchard** Benson participants will enjoy a day of visiting an apple orchard, and purchasing a variety of their products. **Departure time:** 10:00 a.m. **return** 3:30 p.m.

**10/16 (Wed.) Senior Table Topper Workshop** Benson participants will have an opportunity to speak with vendors regarding a variety of topics ranging from insurance to safety. **Location:** Bldg. B Lobby, **Time:** 9:00 a.m. -1:00 p.m.

**10/17 (Thurs.) MARTA Reduced Fare Breeze Cards** MARTA will visit the Benson Center to provide Reduced Fare Breeze Cards to eligible seniors 65+. Please bring proof of age, and government issued photo identification for service. **Location:** conference rooms A & B, **Time:** 10:00 a.m.-2:00 p.m.



**10/18 (Fri.) Benson's 20th Anniversary "Masquerade Ball"**

- limited seating - tickets \$20 each
- Menu: "Three Entree Choices: Marinated Grilled Salmon, Stuffed Italian Chicken, Mushroom Ravioli
- Live Band
- Silent Auction
- Location: MPDH, Time: 6 p.m.-9 p.m. Ticket sales begin: Monday 9/30 and ends Friday, 10/11.

**10/30 (Wed.) Tellus Science Museum** is a world-class 120,000 square foot museum located in Cartersville, GA. The museum's exhibits open minds and ignite a passion for science. Ticket sales begin 10/11-10/25, please see Sherita in the Administrative Office.

**11/13 (Wed.) Benson's Annual Holiday Luncheon** 12:00-2:00 p.m., MPDH

**2019 TRAVEL - Benson, Roswell & Alpharetta**

\*Alpharetta & Roswell Travel **Coordinator Ms. Dixie Pounds**

Alpharetta Adult Activity Center - 13450 Cogburn Rd., Alpharetta, GA 30004 **678/297-6142**

- **10/2-11/19 (Wed.-Fri.) \*Shades of Ireland** \$3599 (airfare included) (Travel Protection \$315) –Collette Vacations.
- **10/21-24 (Mon.-Thurs.) Charleston, South Carolina** \$699 (double), \$920 (single), \$100 deposit due upon registration. A city steeped in History, Heritage and Culture. See leaflet in the lobby for more information.
- **11/29-12/8 (Fri.-Sun.) \*San Antonio** \$925 (\$69 Insurance) – Diamond Tours
- **11/30-12/2 (Sat.-Mon.) \*Christmas in Savannah** TBA
- **12/1-15 (Sun.-Sun.) \*Panama Canal** \$2585 (airfare included)- Grand America Tours

**Benson's Holiday & Closing Schedule 2019**

- 10/14 (Mon.) Columbus Day
- 11/11 (Mon.) Veterans Day
- 11/28 & 29 (Thurs. & Fri.) Thanksgiving
- 12/24 & 25 (Tues. & Wed.) Christmas
- 12/31 (Tues.) New Year's Eve

**Dates to Remember**

- **Class Registration** (online and facility) December 16 (9 a.m.) – 18 (12 midnight)
- **Facility Improvement Week** – December 23-27 (facility is closed to general public)
- **First Day of Class** – Thursday, January 2, 2020
- **Drop/Add** – January 2-24, 2020



**Thursday Class Dates - Instructor: Warren Hatfield**

10/31                      11/14                      12/5

