

DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX



FALL QUARTER ACTIVITIES 2026

6500 Vernon Woods Dr. N.E

Sandy Springs, Ga 30328

(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 On: September 2, 2026

**QUARTERLY CLASS SCHEDULE OF IMPORTANT 2026 DATES:
FOR THE FOUR SENIOR MULTIPURPOSE FACILITIES:
Benson, Bowden, Darnell, Mills, & North Point**

June 22nd – September 4th, 2026 (Summer Qtr.)

Classes Start: Monday, June 22nd

ONSITE CLASS SURVEYS DISTRIBUTION WEEK: Aug 31st - Sept 4th

Classes End: Friday, September 4th

Class Registration Week: September 8th - September 11th

Down Days: September 16th, 17th & 18th

Holiday Closure: July 3rd & September 7th

September 21st – December 4th, 2026 (Fall Qtr.)

Classes Start: Monday, September 21st

ONSITE CLASS SURVEYS DISTRIBUTION WEEK: Nov. 30th - Dec. 4th

Classes End: Friday, December 4th

Class Registration Week: December 7th – 11th

Down Week: December 16th, 17th, & 18th

Holiday Closure: November 11th, November 26th & November 27th,

December 24th & December 25th

December 31st & January 1st, 2027

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 AEROBICS PROGRAMS



Water Fitness Room Orientation

Every Friday | 9:30 A.M.

By Appointment Only: 404-613-4900

Pool Orientation is required for all new participants in the Water Fitness Program. During orientation, you will review the rules and regulations of the aquatics program and learn how to safely and properly enjoy the pool.

The pool is open for Registered Participants only.

Open Water Fitness Hours

Monday – Thursday

8:45 A.M. – 10:00 A.M.

2:15 P.M. – 4:00 P.M.

Friday

8:00 A.M. – 10:00 A.M.

1:00 P.M. – 4:00 P.M.

A lifeguard is on duty during all open swim times; however, no instruction will be provided during Open Water Fitness hours.

Please Note: The pool is closed daily from 12:00 P.M. – 1:00 P.M.

Water Aerobics Classes

Instructor: Elfreda Smith

Aqua Fit Combo

10:15 A.M. – 11:00 A.M. | Monday & Wednesday

September 21st – December 2nd

Class size: 18

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 include walking, speed walking, jogging, and other cardio movements. Aquatic equipment will also be utilized throughout the session.

Cardio Body Sculpt

11:15 A.M. – 12:00 P.M. | Monday & Wednesday

September 21st – December 2nd

Class size: 18

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.

Water Circuit

1:15 P.M. – 2:00 P.M. | Monday & Wednesday

September 21st – December 2nd

Class size: 18

Get ready to move and sweat! Participants rotate through various stations around the pool, each featuring different aquatic equipment. Exercises target various muscle groups and include cardio, strength, balance, and flexibility activities.

Aqua Bike

1:15 P.M. – 2:00 P.M. | Tuesday

September 22nd – December 1st

Class size: 10

For participants who are new to Aqua Bike Riding or returning after a significant break. The class format is designed to accommodate beginners and intermediate participants, featuring shorter intervals.

Registration is from 7 AM – 12 PM and 1 PM – 3 PM. Aqua Bike class registration must be completed in person. Please come by the pool to register for Aqua Bike. (September 8th-11th)

Those who participated in the Summer Aqua Bike Class are not eligible to register this Fall again. This helps us ensure that all members have an opportunity to enjoy the class and benefit from this unique program.

Total Body Sculpt

10:15 A.M. – 11:00 A.M. | Tuesday & Thursday

September 22nd – December 3rd

Class size: 18

Class begins with a walk/run around and across the pool. This session engages all muscle groups and is designed to improve muscular strength and flexibility using weights, noodles, and rings.

Water Kick Box

11:15 A.M. – 12:00 P.M. | Tuesday & Thursday

September 22nd – December 3rd

Class size: 18

Kicks, punches, jumping jacks, and knee lifts are just a few of the moves used in this 45-minute “martial arts” inspired water workout.

Water Volleyball

1:15 P.M. – 2:00 P.M. | Thursday September 24th – December 3rd

10:00 A.M. – 10:45 A.M. | Friday September 25th – December 4th

Instructor: Kathy Allen

Class Size: Unlimited

Have a blast with this full-body workout while learning the rules and techniques of traditional volleyball! Focused on fun and fitness, this activity is sure to bring out your competitive spirit.

Land Fitness Programs



Fitness Room Orientation

Thursdays | 1:00 P.M. – 2:00 P.M.

Appointment Only: (404) 613-4900

Orientation is **required** for all participants who wish to use the Fitness Center. During the session, you will review the Fitness Room rules and regulations and receive instruction on how to safely and effectively use the exercise equipment.

Open Fitness Room Hours

Mondays | Wednesdays | Fridays

8:30 A.M. – 4:00 P.M.

Tuesdays

8:30 A.M. – 10:00 A.M.

1:00 PM – 4:00 PM

Thursdays

8:30 A.M. – 10:00 A.M.

2:00 P.M. – 4:00 P.M.

The Fitness Center is open for use by registered participants only.

Please note that no instruction is available during open fitness hours.

Important: The Fitness Room is closed daily from 12:00 P.M. – 1:00 P.M.

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).

Session I

September 22nd – October 22nd

Tuesday & Thursday

10:00 A.M. – 10:45 A.M.

11:00 A.M. – 11:45 A.M.

Session II

November 3rd – December 3rd

Tuesday & Thursday

10:00 A.M. – 10:45 A.M.

11:00 A.M. – 11:45 A.M.

Registration for Circuit Training

September 8th- 11th

9:00 A.M. – 12:00 P.M.

1:00 P.M. – 3:00 P.M.

Please call 404-612-2306 or stop by the fitness room to register.

Multipurpose Dining Hall (MPDH) Fitness Classes

Class Capacity: 35 Participants
Each class is 45 minutes

MONDAY

Bodyworks Plus ABS

9:30 A.M. | MPDH & Virtual | Monday

September 21st – December 2nd

Instructor: Sonya Edwards

An intermediate-level fitness class that sculpts and tones the body. This workout uses dumbbells and body weight for resistance while moving to the beat of music. Over time, participants will notice improvements in muscle tone, posture, balance, and strength. Exercises may be modified and performed seated in a chair.

Chair Yoga

10:30 A.M. | MPDH & Virtual | Monday

September 21st – December 2nd

Instructor: Sonya Edwards

Move your whole body through a complete series of seated and standing yoga poses. Chair support allows participants to safely perform postures designed to increase flexibility, balance, and range of motion.

Advance Soulful Strut Line Dancing

2:00 P.M. | MPDH | Monday

September 21st – December 2nd

Instructor: Donna Jones

Learn classic soulful dances while gaining great cardio benefits!

TUESDAY

Let's Walk

8:30 A.M. | Bldg. B Lobby | Tuesday & Thursday

September 22nd – December 3rd

Instructor: Kathy Allen

Class Size: Unlimited

Get fresh air... socialize... exercise! This outdoor walking activity improves cardiovascular efficiency, strengthens the heart, aids in weight management, and reduces stress. Open to all fitness levels.

Ener Chi

9:00 A.M. | MPDH & Virtual | Tuesday

September 22nd – December 1st

Instructor: Diane Adams

A combination of Tai Chi and Yoga moves designed to aid in fall prevention, balance, and stress reduction. A short relaxation meditation will also be included. Excellent for those recovering from surgical joint replacements and other health related conditions that prevent more aggressive exercise.

S.E.A.T. (Supported Exercise for Ageless Training)

10:00 A.M. | MPDH & Virtual | Tuesday

September 22nd – December 1st

Instructor: Diane Adams

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!

Disco Aerobics and Weights

11:00 A.M. | MPDH & Virtual | Tuesday

September 22nd – December 1st

Instructor: Diane Adams

A comprehensive workout of aerobics to disco beats, strength training with weights and movement to improve balance.

Cardio Strength

2:00 P.M. | MPDH & Virtual | Tuesday

September 22nd – December 1st

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.

WEDNESDAY

3 'N One

9:00 A.M. | MPDH & Virtual | Wednesday

September 23rd – December 2nd

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 help free up muscles for more mobility and balance.

Block Party

10:00AM | MPDH & Virtual | Wednesday

September 23rd – December 2nd

Instructor: Diane Adams

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.

Body Works Plus ABS

11:00 A.M. | MPDH & Virtual | Wednesday

September 23rd – December 2nd

Instructor: Sonya Edwards

An intermediate-level fitness class that sculpts and tones the body. This workout uses dumbbells and body weight for resistance while moving to the beat of music. Over time, participants will notice improvements in muscle tone, posture, balance, and strength. Exercises may be modified and performed seated in a chair.

THURSDAY

Flexibility, Strength, & Balance

9:00 A.M. | MPDH & Virtual | Thursday

September 24th – December 3rd

Instructor: Diane Adams

A 3-prolonged approach to improving range of motion, strength, and balance. An excellent class for those who consistently work out with weights and need to stretch muscles and improve range of motion. Weights and therabands will be used for strength training, along with chair assisted exercises to help with fall prevention.

***Mat work will not be included during Fall quarter.**

S.E.A.T. (Supported Exercise for Ageless Training)

10:00 A.M. | MPDH & Virtual | Thursday

September 24th – December 3rd

Instructor: Diane Adams

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!

Yoga with Jay

11:00 A.M. | MPDH or Benson Rose Garden | Thursday

September 24th – December 3rd

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.

Note: This class may be held outdoors, except during inclement weather.

Beginner Soulful Strut Line Dance

2:00 P.M. | MPDH | Thursday

September 24th – December 3rd

Instructor Donna Jones

This introductory soulful line dance class is tailored for beginner dancers who wish to learn the fundamental steps for any line dance. You will practice repeating sequences of steps facing different directions (walls) as the song progresses. Additionally, you will learn steps such as grapevines, cha-cha, box steps, pivots, and more.

***Completion of this class is required before registering for the Monday Soulful Strut Line Dance Class.**

FRIDAY

Cardio Tabata

9:45 A.M. | MPDH & Virtual | Friday

September 25th – December 4th

Instructor: Jennifer Jones

Interval training workout set to music. Includes warm-up, 30 minutes of Tabata intervals (20 seconds work/10 seconds rest), core work, and cool down. Light weights are optional.

Bocce

10:00 A.M. – 12:00 P.M. | Bocce Court | Friday

September 25th – December 4th

Volunteer Instructor

Bocce is an 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? Join us for a few hours of fun, exercise, and socialization!

Pilates

11:00 A.M. | MPDH & Virtual | Friday

September 25th – December 4th

Instructor: Sonya Edwards

Mat-based class focusing on core strength, flexibility, balance, and posture.

Life Enrichment Programs

Johnette Dorsey
Life Enrichment Coordinator



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 filled on a first-come, first-served basis. Early registration is encouraged to secure your spot

LIFE ENRICHMENT PROGRAMS

MONDAY

Beginning Wheel

9:30 A.M. – 12:30 P.M. | Heavy Art Room | Monday

September 21st – November 30th

Instructor: Miranda Smith

Class Size: 6

Come join us on Mondays for our Beginning Wheel Class! Learn the secrets of throwing on the wheel and how you can make any object with patience and guidance. We begin the class with demonstrations for each new project, you will learn basic techniques in posture and hand position, to be able to throw on the wheel. This is an instructor-led class with projects for the group that will encompass simple thrown forms and glazing information.

No previous knowledge is necessary

Improvisational Comedy II

10:00 A.M. – 11:45 A.M. | Game Room | Monday

September 21st – November 30th

Instructor: Thomas Trinh

Class Size: 10

This class is for participants who have taken Improv I, or a class in the past, and are looking to continue their education, and dig deeper into the art form. In Improv II we will build upon Improv I, by strengthening what we've learned and introducing new skills by playing games, exploring character development, and performing scene work. The intention of this class is to encourage healthy cognitive function by helping you think on your feet, engage with others, laugh, and play!

Acrylic Painting

Art Studio | Monday

10:00 A.M. – 12:00 P.M. | Instructor: Claudia Rak

1:00 P.M.- 3:00 P.M. | **No Instructor - Continuation of class independently working and completing projects**

September 21st – November 30th

Class Size: 14

In this class you will explore painting to express yourself while discovering how art and music can inspire creativity. We will practice fundamental painting techniques, learn how to use color and form, and connect the skills to stories from art history. Step by step, you will build confidence in your own artistic style while enjoying a supportive and relaxing environment.

Mosaics for Seniors: Creative Tesserae

1:00 P.M. – 3:00 P.M. | Craft Room | Monday

September 28th – November 16th

Instructor: Bonnie Diamond

Class Size: 10

Discover the joy of mosaic art in a fun, relaxed class designed especially for seniors. In this hands-on class, with beginners we will work with pre-made tesserae-small, colorful tile pieces to create two beautiful mosaic projects. For the intermediate participants we will have a choice of techniques. No prior experience is needed, just bring your curiosity and enthusiasm! All materials are provided, and guidance will be offered every step of the way. Join us and enjoy the calming, rewarding process of creating mosaics in a friendly, supportive environment.

Beginners Canasta

10:00 A.M. – 12:00 P.M. | Computer Lab | Monday

September 21st – November 30th

Instructor: Sherrelle Matthews

Class Size: 6

Come learn the basic rules and processes for Modern American Canasta. Participants will learn while playing the basics of the Canasta card game, which challenges your memory, focus and strategic thinking.

Liquid to Form

1:00 P.M.- 3:30 P.M. | Ceramics Room | Monday

September 21st – November 30th

Instructor: Miranda Smith

Class Size: 12

Wheel throwing too complicated, Hand Building too much? Don't have the strength for either? Think of the figurines that you remember as a child that you couldn't touch and join us for this wonderful class on slip casting. What is slip casting, you ask? It is a wonderful class where we use pourable clay into a plaster mold to create hollow forms that are light and easy to carry. This class is geared for you if you have mobility issues and still want to be creative. This is a bridge for students who do not want to throw or build a hand but still want to be creative in clay.

TUESDAY

Drawing on the Right Side of the Brain

10:00 A.M - 11:45 A.M. | Ceramics Room | Tuesday

September 22nd – December 1st

Instructor: Angela Forte

Class Size: 10

This class will follow the text and workbook by Betty Edwards.

Intro to (AI) Artificial Intelligence

10:00 A.M. -12:00 P.M. | Computer Lab | Tuesday

September 22nd – December 1st

Instructor: Jeff Kalwerisky

Class Size: 10

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 covers examples where ordinary people (that's us!) can learn to use this interesting new technology to enhance our lives. **No Onsite/Virtual Class on 10-6-26 and 11-3-26**

Pastel Level 1

1:00 P.M. - 3:00 P.M. | Art Studio | Tuesday

September 22nd – November 10th

Instructor: Elizabeth Samoluk

This Class is 8 weeks

Class Size: 12

Have Fun learning the medium of soft pastels. We will work with stick pastels to combine drawing strokes and create a painting. Pastel is pure pigment, very forgiving, and offers a glowing result. If you are interested in learning a new medium or have never taken an art class, then this class is for you.

Needle Felting

1:00 P.M. - 3:00 P.M. | Heavy Art Room | Tuesday

September 22nd – December 1st

Instructor: Angela Forte

Class Size: 10

In this fun, hands-on class, you will learn how to use special barbed needles to shape and lock fibers together. No experience is needed, and you will take home your own handmade creation along with the skills to keep crafting. All skill levels are welcome.

Bridge Group

12:30 P.M. - 3:30 P.M. | Computer Lab | Tuesday

September 22nd – December 1st

No Instructor

Beginners are Welcome! Basic Instructions Are Available. No registration required

Must be a Benson member to attend

Clay Hand Building

1:00 P.M.-3:00 P.M. | Ceramics Room | Tuesday

September 29th – November 18th

Instructor: Bonnie Diamond

Class Size: 10

Get ready to roll up your sleeves and have some creative fun! This ceramics class invites students – both beginners and those with experience -to explore clay in a relaxed, social, and joyful setting. We'll try out a variety of techniques-pinching, rolling, sculpting, decorating, glazing-so everyone can discover what they enjoy most or build on what they already know. Those with experience will explore the use of underglaze products to achieve a more exciting, finished piece. Whether you're new to clay or looking to refine your skills, you'll have a unique, handmade ceramic piece to proudly take home and show.

Intermediate Mahjong

1:00 P.M.-3:00 P.M. | Game Room | Tuesday

September 22nd – December 1st

No Instructor

Class Size: 16

Mahjong is an Ancient Chinese tile game, but here we play the American version.

Open to experienced players only. (No beginners)

Basic Sewing

9:30 A.M.-12:00 P.M. | Craft Room | Tuesday

September 22nd – December 1st

Class Size: 7

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 welcome to bring their machines.

Basic Sewing

1:00 P.M. -3:30 P.M. | Craft Room | Tuesday

September 22nd – December 1st

Class Size: 7

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 welcome to bring their machines.

WEDNESDAY

Creative Writing

10:00 A.M. - 12:00 P.M. | Conference Room | Wednesday

September 23rd – December 2nd

Class Size: 12

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 related to specific interests and the challenges faced by writers.

Beginner/Intermediate Crochet

10:00 A.M. - 12:00 P.M. | Craft Room | Wednesday

September 23rd – December 2nd

Class Size: 10

Instructor: Joann Bowdoin-Aynsley & Hilda Fennell

New participants will learn specific stitches and how to begin crocheting a simple project. Intermediate participants will learn to read a pattern and help newer students if there is a need. Please bring your own materials (needles, yarn, etc.)

Computer/Phone Lab

10:00 A.M. - 12:00 P.M. | Computer Lab | Wednesday

September 23rd – December 2nd

Class Size: 12

Instructor: Jeff Kalwerisky

This is an opportunity for seniors to ask questions about your phone, tablet, and laptop. The instructor will answer your questions and work with you to solve problems, wherever possible. **No Onsite/Virtual Class on 10-7-26**

Life & Meditation

10:00 A.M. - 11:00 A.M. | Game Room | Wednesday

September 23rd – December 2nd

Instructor: Alan Horlick

Class Size: 18

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, improve concentration and memory, resulting in better academic and work performance. Meditation helps you become a happy person.

Advanced Clay Hand Building

10:00 A.M. - 3:00 P.M. | Ceramics Room | Wednesday

September 23rd – December 2nd

Instructor: Angela Forte

Class Size: 10

Students are required to purchase a bag of clay.

A continuation of techniques learned in Clay Hand Building. You will create more utilitarian and /or decorative pieces.

Needle Works ‘Chat & Stitch’

1:00 P.M. - 3:00 P.M. | Craft Room | Wednesday

September 23rd – December 2nd

Organizer: Shirley Dobson

Class Size: 12

For anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their **own** projects that they bring to class. Beginners in all these needle crafts are very welcome and will have access to help & advice when asked for.

Please note this is not an instructor-led class

Beginner/Intermediate Dominoes

1:00 P.M. - 2:00 P.M. | Game Room | Wednesday

September 23rd – December 2nd

Instructor: Maurice Jones

Class Size: 12

Want 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.

Intermediate Chess

2:00 P.M. - 4:00 P.M. | Game Room | Wednesday

September 23rd – December 2nd

Instructor: Maurice Jones

Class Size: 6

Chess is a two-player strategy game where intermediate players shift focus from basic rules to recognizing tactical patterns, maintaining pawn structure integrity, controlling the center of the board, and converting strategic advantages into winning end games.

Beginners Mahjong

1:30 P.M. - 3:30 P.M. | Computer Lab | Wednesday

September 23rd – December 2nd

Instructor: Elyse Friedman

Class Size: 10

Beginners will learn this tile-based strategy game, played by 2-4 players, 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.

Before signing up you will need to have new 2026 Mahjong Card

Here's the link to get your Mahjong Card www.nationalmahjonggleague.org

THURSDAY

Internet Security for Seniors

10:00 A.M. - 12:00 P.M. | Computer Lab | Thursday

September 24th – December 3rd

Instructor: Jeff Kalwerisky

Class Size: 10

The Internet is an amazing place to send emails and texts, watch 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.

Pottery Advanced Wheel Throwing

10:00 A.M. - 2:00 P.M. | Heavy Art Room | Thursday

September 24th – December 3rd

Instructor: Gail Land

Class Size: 7

This is a formal class for Advanced Students only; to sign-up, you must have the following skills: wedging clay, centering clay, opening and lifting on the potter's wheel independently. If you are unable to perform these tasks without assistance, please do not sign up for this class. Instructions will be given in advanced skills only, such as making unusual shapes, bottles, tall vases, plates, V bowls, lidded jars, and glazing methods, carving, and decoration.

If you have pain in hands, elbow, shoulder, or a weakness in arms or back this may not be an ideal class for you.

Jewelry Time

10:00 A.M. - 11:45 A.M. | Ceramics Room | Thursday

September 24th – December 3rd

Instructor: Angela Forte

Create various types of jewelry using beads, wire and sometimes clay. Basic materials are provided but bringing your own tools is encouraged.

Class Size: 10

Advance Genealogy

10:00 A.M. - 12:00 P.M. | Conference Room | Thursday

September 24th – December 3rd

No Instructor

Class Size: 10

You must have your own computer for this class.

Students should be able to work on their own Genealogy Research. Come connect & socialize with others.

Oil Painting

10:00 A.M. - 3:00 P.M. | Art Studio | Thursday

September 24th – December 3rd

Instructor: David Winit

Class Size: 14

This will be an oil painting class, and a variety of skill levels among the participants is anticipated. We will focus on composition, color palette, perspective and technique while encouraging and energizing individual creativity. To make this an enjoyable and successful experience for all, there will be positive critiques and guidance. If there is interest and as time permits, we will look at selective artists, conduct demonstrations and introduce the use of AI for expanding our own visions.

Beginner Spanish

1:30 P.M. - 3:30 P.M. | Computer Lab | Thursday

September 24th – December 3rd

Instructor: Lourdes Marreo

Class Size: 16

Essential tools to learn or improve Spanish speaking. What every beginner Spanish learner should know.

Jewelry Making

1:00 P.M. - 3:00 P.M. | Craft Room | Thursday

September 24th – December 3rd

Instructor: Angela Forte

Class Size: 10

Create various types of jewelry using beads, wire and sometimes clay. Basic materials are provided but bringing your own tools is encouraged.

TEXAS HOLD'EM

1:00 P.M. - 3:30 P.M. | Game Room | Thursday

September 24th – December 3rd

No Instructor

Class Size: 16

No registration required

Must be a Benson member to attend

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.

FRIDAY

Independent Clay Studio Time

11:00 A.M. - 3:00 P.M. | Heavy Art Room | Friday

September 25th – December 4th

Instructor: Gail Land

Class Size: 8

This is an **INFORMAL OPEN CLAY STUDIO** for anyone who wants to work independently on clay skills, finish-up pieces started in clay classes, practice, or work on the potters' wheel, clay sculpture, hand building, and glazing, maybe done during this time. This Studio is open to former clay students or students presently taking clay classes. It is designed to help you improve your skills. During this studio time, the instructor will be in the studio however she doesn't teach a formal class. **During this studio time, the instructor will be in the studio however she doesn't teach a formal class.**

Chess Group

11:00 A.M. - 1:00 P.M. | Game Room | Friday

September 25th – December 4th

No registration required.

Must be a Benson member to attend.

Spanish Level 2**1:30 A.M. - 3:30 P.M. | Computer Lab | Friday****September 25th – December 4th****Instructor: Monica Shirley****Class Size: 16**

This is a Level 2 Spanish class where students will build foundational knowledge of the language, expand their vocabulary and grammar, and deepen their understanding of Spanish-speaking cultures.

Rummy-Reg**1:30 P.M. - 3:30 P.M. | Game Room | Friday****September 25th – December 4th****Instructor: Regenia Frazier****Class Size: 7**

Rummy-Reg is an internationally played board game that is played with game rules from many parts of the world. Come join the fun and learn something new rules. This is for new and advanced players.

Clay Time**1:00 P.M. - 4:00 P.M. | Ceramics Room | Friday****September 25th – December 4th****Instructor: Angela Forte****Class Size: 11**

Students will explore clay as a versatile material using a variety of techniques.

Bid Whist Card Game**2:00 P.M. - 4:30 P.M. | Benson Dining Hall | Friday****September 25th – December 4th****No Instructor****No registration required****Must be a Benson member to attend**

Open Art Studio**10:00 A.M. - 3:00 P.M. | Art Studio | Friday****September 25th – December 4th****No Instructor****Class Size: 10****Create at your own pace. Bring your own supplies!****Must be a Benson Member to Attend**



Workshop Details & Schedule

Every Thursday

Time: 1:00 P.M. – 3:00 P.M.

Important Guidelines

Registration Required: You must sign up for **each workshop** in advance to participate.

Membership: Participation is open exclusively to **Benson Members**.

Limited Seating: Spaces are limited for these sessions, so early registration is highly recommended!

September 24th

Fiber Arts Denim Totes

We supply totes and fabric; you provide creativity and handiwork! Hand Sewing Required.

October 1st 8th, & 15th

Batik Basics 3 Day Workshop

This 3-session workshop invites you to create a beautiful piece of your own design with wax and dye.

October 22nd

Knitting with Needles for Beginners

New to knitting? Tired of throwing away money on disposable makeup wipes? Make your own reusable knitted makeup pads!

October 29th

Silk Painting

Silk Painting will be offered twice this quarter. Members may participate in ONE of the 2 classes this quarter.

November 5th

Gratitude Card Making

Don't be a turkey, share your gratitude! Make cards to share your thanks with friends far and near.

November 12th

Upcycled Leather Keychain Workshop

Create a handful of different-style keychains from upcycled leather. Hand sewing required.

November 19th

Silk Painting

This is the same class as the one offered on October 29. Members may participate in ONE of the 2 classes this quarter.

November 26th

Felting Ornaments Workshop

Feeling festive? Then felt yourself a fun holiday ornament! Beginners welcome.

December 3rd

Felt Club

Got projects to finish? Got technique questions? Wanna show and talk with your fellow felting members? Come on in and join us for an afternoon of felting. You must have your own tools to participate.



Participate in the Comfort of Your Home!

For the following classes, you *do not* need to register.

ALL CLASSES ARE 10:00 A.M. – 12:00 P.M.

Online Zoom Classes

Link is Below

[https://zoom.us/j/](https://zoom.us/j/5966162159)

5966162159

September 21st – November 30th

Microsoft Windows 10 and 11

Windows 11 is Microsoft's premier operating system for your laptop and desktop computers. The operating system is the "mom" program that quietly runs your computer, ensuring everything works right and protecting your data (documents, pictures, videos, etc.) Windows 11 also provides many useful features to help you work efficiently. This interactive class looks at several of the features you can use every day, like the Clipboard, File Explorer, which how to manage your files and helps to find them easily, how to use the calendar and alarms, transfer data from your computer to and from your smartphone (iPhone or Android), use your browser effectively (Chrome, Firefox, Edge, etc.), and more.

No Virtual Class on Monday, September 21st and October 12th

Tuesday

September 22nd – December 1st

Introduction to Artificial Intelligence (A.I)

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 covers examples where ordinary people (that's us!) can learn to use this interesting new technology to enhance our lives.

No Virtual Class on Tuesday, October 6th

Wednesday

September 23rd – December 2nd

Computer/Phone Lab

This is an opportunity for seniors to ask questions about your phone, tablet, and laptop. The instructor will answer your questions and work with you to solve problems, wherever possible.

No Virtual Class on Wednesday, October 7th

Thursday

September 24th – December 3rd

Internet Security for Seniors

The Internet is an amazing place to send emails and texts, watch movies, play games, read books, and, of course, shop. However, the same Internet is also rife with highwaymen, looking to steal your personal information so they can take your savings, assets, and Social Security. This class teaches you how to spot scam emails and texts, avoid being conned on the phone, and avoid dangerous websites. You will also learn how to choose passwords without having ever to remember anything.

Friday

September 25th – December 4th

Using your Smartphone to Make Life Easier

Do you have a smartphone? If so, this is the course for you to learn the basics of using your smart 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.

No Virtual Class on Friday, October 2nd & October 9th

NEVER MISS A FITNESS CLASS!



Did you know that most of
our classes are streamed
live on ZOOM?



And to participate at
home, **you don't even**
need to register!!



DOROTHY BENSON

VIRTUAL FITNESS CLASS SCHEDULE



The following classes are live at the center and simulcast on ZOOM: <https://zoom.us/j/91942191938>

DOROTHY BENSON VIRTUAL FITNESS CLASS SCHEDULE

CLASS	DAY & TIME	INSTRUCTOR
Body Works Plus	Mondays, 9:30 AM	Sonya Edwards
Chair Yoga	Mondays, 10:30 AM	Sonya Edwards
Ener Chi	Tuesdays, 9:00 AM	Diane Adams
S.E.A.T.	Tuesdays, 9:00 AM	Diane Adams
Senior Strength & Balance	Tuesdays, 11:00 AM	Diane Adams
3 'N1	Wednesdays, 9:00 AM	Diane Adams
TheraBand	Wednesdays, 10:00 AM	Diane Adams
Body Works Plus	Wednesdays, 11:00 AM	Sonya Edwards
Flexibility, Balance & Range of Motion	Thursdays, 9:00 AM	Diane Adams
S.E.A.T.	Thursdays, 10:00 AM	Diane Adams
Mat Pilates	Fridays, 11:00 AM	Sonya Edwards
Cardio Strength Zoom Link: https://us02web.zoom.us/j/87229537257	Tuesdays, 2:00 PM	Jennifer Jones
Cardio Tabata Zoom Link: https://us02web.zoom.us/j/87229537257	Fridays, 9:45 AM	Jennifer Jones



See link below for online registration directions:

[Dorothy C. Benson Center Online Registration Tutorial - YouTube](#)

Please see link to the Youtube channel you can use at your leisure.

https://www.youtube.com/channel/UCdgVNt697h9gEaQH5DYwVIQ?view_as=subscriber

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

seniorservices@fultoncountyga.gov

Senior Virtual Class Link:

seniorservices@fultoncountyga.gov

**Fulton County Government
Department of Senior Services**

