

FEBRUARY 2012 Event Schedule (Revised 1/27/12)

NEXT CLASS REGISTRATION DATES

Aquatics 3/19 (Mon.)

Land Fitness 3/20 (Tues)

Other Classes 3/22 (Thurs.)

“NEW!” Second Chance Lottery 3/23 (Fri.)

LECTURE SERIES & COMING EVENTS

- 2/1 – 4/11 (Mon. & Wed.) **“Free” AARP Tax Aide** 10:00 a.m. – 2:00 p.m. sign in and wait in the Library
- 2/6 (Mon.) **“Fall Prevention”** Foundation Therapy Associates, Bev Stegman Conf. Rm. **1:30 p.m.**
- 2/8 (Wed.) **Atlanta Jewish Film Festival** presents – **“My Best Enemy”** at the Fox \$12 – see Bane (includes transportation to and from as well as ticket price and \$2 Fox Theater Restoration Fee)
- 2/13 (Mon.) Lecture: **“From Prehistoric Mammoths, Buffalo, Native American, and Settler Farmers our History”** Clark Otten - Conf. Rm. A&B **1:30 p.m.**
- 2/14 (Tues.) **Valentine’s Day Luncheon – Tickets on sale 2/1/12**
See Bane in the Administrative Office MPDH **12-2 p.m.**
- 2/20 (Mon.) **Healthy Heart/Healthy You** - Fulton County - Healthy Living Sessions –MPDH **11-12 p.m.**
- 2/23 (Thurs.) **Senior Day at the Capitol** - Signup at the Front Desk (**Free Ride**) **9-2 p.m.**
- 2/27 (Mon.) **“Tea”** – Marty Kushner Conf. A&B **1:30 p.m.**

AT THE MOVIES

Every Thursday 1:15pm SHARP

Game Room

Thursday, 2/2/12: **In a Better World** (2010 Danish Drama) Director Susanne Bier delves into the realm of fathers, sons and their perceived burden of male responsibility with this Oscar- and Golden Globe-winning drama.

Thursday, 2/9/12: **The Debt** (2010 Spy Thriller) Helen Mirren plays a former Mossad intelligence agent forced to relive her 1965 pursuit of a notorious Nazi war criminal when he is thought to have reemerged 30 years later.

Thursday, 2/16/12: **Midnight in Paris** (2011 Comedy) Woody Allen’s charming new film is marvelously romantic with the inspired silliness of some of Mr. Allen’s classic comic sketches, spiked with his rueful fatalism.

Thursday, 2/23/12: **The Tree of Life** (2011 Drama) Brad Pitt and Sean Penn star in Terrence Malick’s 1950s adventure about a confused man named Jack, who sets off on a journey to understand the true nature of the world.

Please see flyer in Lobby for a fuller description of each movie



Benson Trekkers – Dauset Trails Nature Center “near” Jackson, Georgia 4mile hike. Easy terrain. Dauset Trail is a privately owned park with beautiful woods, ponds, and an animal rescue program. Lunch will be at Fresh Air Bar-B-Q (feel free in packing a lunch if you wish!) in Flovilla, GA. Departing from the Benson Center Lobby at 9 a.m. (Building B) - **\$5 transportation fee** – Signup in the Fitness Center.

Meetings

Council on Aging Meeting	1st Wed.	2/1/2012	10:30	Conf. Rms. A&B
“Open Mic” & Department of Watershed: Senior Outreach Program on Water/Sewer	1st Wed.	2/1/2012	1-2:00	Multi. Dining
Friends of Benson Meeting	2 nd Wed.	2/8/2012	10-12:00	Conf. Rms. A&B
“New” Participant Orientation Learning the expectations and benefits of a Benson membership early in the process helps prospective members make well-informed decisions, as well as, give us a chance to welcome the new members to Benson!	2 nd Thurs.	2/9/2012	2:30-3:30	Neighborhood Center Dining Hall (Bldg. C)
Strategies for a Healthier Community	2 nd Tues.	2/14/2012	11:00	Conf. A&B
AARP Meeting	2 nd Tues.	2/14/2012	2:00	Neighborhood Center
Birthday Celebration	3 rd Wed.	2/15/2012	12:45	Multi. Dining Hal
Sandy Springs Woman’s Club	4 th Wed.	2/22/2012	10:00	Conf. Rms. A
Defensive Driving – AARP Driver Safety	Thurs.	2/23/2012	9-4:00	Conf. Rms. A&B
Benson Caregiver’s Support Group (Call to register 404-705-4913)	4 th Tues.	2/28/2012	3-4:00	Benson Adult Day
Land Fitness Orientation By Appointment Only (Sign-up at the Receptionist Desk)	Every	Thurs.	1-2:00	Fitness Center
Fulton County Mobile Library	Thurs.	2 nd and 4 th	1-2:15	In front of Building B
Mahjong (Bldg. C) – All Levels are Invited	Thurs.	1-4	Instructor: Hilda Kassel	Neighborhood Center
Aquatics Orientation By Appointment Only (Sign-up at the Receptionist Desk)	Every	Fri.	9:30-10:30	Pool Area
Chess	Every	Fri.	10-12:00	Game Room
Sew Much Comfort	Fri.	Every Friday	1-3	Craft Room

Free Blood Pressure Check Every Tuesday 10:00am – 12:00pm Lobby- Multi. Bldg. Get your blood pressure checked every week in the Multipurpose Lobby.

Massage Therapy Every Thurs. 10:00am – 4:00 pm Adult Day Call Julie for appointment: 678-787-6276

Fulton County Mobile Library 2nd and 4th Thursdays from 1-2:15 p.m.

TRAVEL

Wed., 2/15/12 **MASSEE LANE GARDENS** is a 100 plus acre botanical garden in Middle Georgia. The gardens are the historic home of the American Camellia Society. Currently over 1000 varieties of camellias can be found in these gardens. It's perfect timing as display bloom peaks in February. There is a Japanese Garden with a Tea House, Environmental Garden on the lake, beautiful Boehm's Birds of Porcelain display and gift shop to enjoy. Register by February 8th. \$25 includes tour and transportation. Lunch is on your own.

3/5-9/12 **Key West:** Trolley tour of – Historic Aquarium (Ernest Hemingway Home, Shipwreck Museum, Harry Truman's Little White House, Butterfly and Nature Conservatory, Mel Fisher Maritime Museum, Southern Most Point, Mallory Square. Package includes: 5 days/4 nights at the Sheraton Suites Key West Resort, Delta Air, Travel Insurance, and Transportation to and from airport and on the island, and Old Town Trolley Tour. Single: \$2226, Double \$1495, Triple \$1265.

Mon. 3/19/12 9 a.m. – 5:30 p.m. **Cherry Blossom Festival** Driving Tour: Cherry Blossom Trail, Cannonball House and Museum, Saint Joseph's Catholic Church, Sidney Lanier Cottage \$40 transportation and tour fees. Register by March 12.

Fri.-Sat. 3/30-31/12 **Swamp Gravy & Mural City!** See the fantastic Mural Project n Colquitt, Georgia's First Mural City. Have a delicious dinner at the historic Tarrer Inn, then enjoy the celebrated play "Swamp Gravy: Solid Ground" at the Cotton Hall Theatre. \$239 Double, \$279 Single, \$75 Deposit Final Payment Feb. 16, 2012.

Tues., 4/10/12 **Chick-fil-A Headquarters Tour!** Tour the Chick-fil-A headquarters including the Chick-fil-A Museum as well as a collection of Truett Cathy's old cars. Lunch at a local Chick-fil-A restaurant is included. Register by 4/3/12 **\$10 includes transportation and lunch at a local Chick-fil-A.**

4/16-19/12 **Charleston, S.C.** A City Steeped in History, Heritage and Culture. Double \$560, Single \$695, Triple \$525 Includes: three nights lodging at Holiday Inn Riverview, three full breakfasts, three excellent dinners – local tour director, meet and greet at hotel, admissions and tours, all taxes and gratuities, baggage handling for one bag and bus transportation. Limit 25 with Benson Bus. (A Motor Coach is available with 35 or more signups!)

5/5-13/12 **Pacific Wine Cruise** with Celebrity Cruises on the Celebrity Century 9 Days/8 Nights San Diego, Catalina Island, San Francisco, Astoria, Victoria. Inside Cabin \$1,938 Outside Cabin \$2,248. Rates are per person, double occupancy, and include roundtrip airfare from Atlanta, cruise, port charges, government fees, taxes, and transfers. Deposit \$350 per person.

7/6-14/12 **Trains of the Colorado Rockies** 9 days, 12 meals (8 breakfasts and 4 dinners) Denver, Rocky Mountain National Park, Georgetown Loop Railroad, Grand Junction, Colorado National Monument, Durango & Silverton Railroad, Durango, Mesa Verde National Park, Royal Gorge Railroad, Colorado Springs, Pike's Peak Cog Railway, Garden of the Gods. Double \$2599, Single \$3199, Triple \$2569. Rates include round trip air from Hartsfield Intl Airport, Air Taxes and Fees/Surcharges of \$70, hotel transfers.

9/30-10/10 **The Canadian Island Trip** Island of Coudres Charlevoix Region of Quebec, Canada. Motor coach transportation, 10 nights lodging, 19 meals, gaming at the Casino De Charlevoix, Guided Tour of the Beautiful Island of Coudres, Guided tours of Montreal and Quebec City, Whale Watching on the peaceful waters of Bay St. Catherine and much more!

10/20/12 **Canada** with Princess Cruises on the Caribbean Princess 8 days/7 nights. New York City, Halifax, Nova Scotia, Saint John, New Brunswick, Bar Harbor, Maine, Boston, MA, Newport Rhode Island, New York City. \$Inside Cabin \$1,972, Outside Cabin \$1,992.

11/1-10/12 **Discover Tuscany** 10 days, 13 meals (8 breakfasts, 5 dinners) Rome, Assisi, Basilica of St. Francis, Montecatini Terme, Siena, San Gimignano, Winery Tour, Florence and Tuscan Feast. Round trip air from Hartsfield Intl Airport, Air Taxes and fees/Surcharges of \$150 (subject to increase until paid in full), hotel transfers. Book Now! Double \$3,099, single, \$3,399, triple \$3,069. Regular rates: Double \$3,199; Single \$3,499; TYtriple \$3,169 rates are per person.

11/9-12/12 (Veterans Day Holiday Weekend) **WESTGATE RIVER RANCH** (Lake Wales, FL) – Luxury Dude Ranch. Trip Price \$499 Double, \$599 Single \$75 Deposit, Final Payment due 9/01/12. Motor coach Transportation, 3 Nights' Accommodations, Hayride and Tasty Cookout, Championship Rodeo, Delicious Dinner Buffet, 3 Fantastic Breakfast Buffets

12/3-7/12 **Pigeon Forge and Smoky Mountains Show Trip** - Motor coach transportation, 4 nights lodging, 8 meals: 4 breakfasts and 4 dinners, Guided tour of the Great Smoky Mountains National Park, Four Evening Shows: Christmas at the Opry, the Cirque De Chine Show, The Smith Family Show and the Hatfield-McCoy Dinner Show, Two Morning Shows: Patty Waszak Show and Country Jamboree Breakfast Variety Show, Free time in Historic Downtown Gatlinburg and much more.

2/4/2013 **Southern Caribbean** with Royal Caribbean Cruise Lines on the Enchantment of the Seas 13 days/12 nights. Baltimore, Labadee, Royal Caribbean's Private Island, San Juan, Charlotte Amalie, St. Thomas, Philipsburg, St. marten, St. John's, Antiqua, Tortola, British Virgin Islands, Baltimore. Inside Cabin \$1,924, Outside \$2,174, Balcony \$2,649.

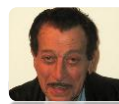
3/14-23/2013 **British Landscapes** featuring England, Scotland and Wales 10 days, 13 Meals (8 breakfasts, 5 dinners). Highlights: London, London Theatre Performance, Cambridge, York, Edinburgh Castle, Lake District, North Wales, Stratford upon Avon, Bath, Stonehenge. Book Now: Double \$3,299; Single \$3,699; Triple \$3,269. Regular rates: Double \$3,399; Single \$3,799; Triple \$3,369



In Memoriam

- **Mr. Kermit Cooper** *Information Released 1/13/12*
- **Ms. Frances Watson** *2/5/1922 – January 16, 2012*
- **Ms. Evelyn Ashford** *Information Release 1/26/12*

- **Ms. Charlotte Sachs** *10/15/1917 – January 26, 2012*





Things that may interest you...

New Choices for Good Nutrition

By: Rebecca Miller, Community Outreach Manager, *Care Improvement Plus*

The New Year has many of us searching for ways to lose weight, but for Georgia seniors with chronic conditions such as diabetes and heart failure, excess weight and obesity are especially serious concerns.

According to the U.S. Administration on Aging, 87 percent of older Americans have a chronic disease that can be improved through nutrition.^[1] The benefits of healthy eating include weight loss, higher energy levels, increased mental sharpness, a stronger immune system, and better management of chronic health problems.

Georgia-area Medicare special needs plan Care Improvement Plus specializes in nutrition counseling for those with chronic conditions, and offers the following helpful tips for area seniors and their loved ones to help meet their nutritional needs in 2012:

- **Balance is key.** The USDA recommends consuming at least five servings of vegetables per day. A proper diet can help to reduce the risk of heart disease by 80 percent.^[1] Get professional help! Some Medicare plans will provide free dietitian counseling to evaluate your diet and discuss the best food choices for your health needs.
- **Reduce sodium consumption.** Studies have shown a link between sodium, high blood pressure and heart failure. Seniors and individuals with diabetes or heart disease should reduce their sodium intake to no more than 1,500 mg a day, or about 3/4 of a teaspoon of salt.^[2] Read food labels and look for items that are “low sodium,” “reduced sodium,” or “no salt added.”
- **Consume more water.** Dehydration is one of the most frequent causes of hospitalization among people over the age of 65.^[3] Unless advised by your physician to limit your fluid intake, it is important to consume at least six to eight ounces of fluids per day, including water. Supplement your loved one’s fluid intake by providing liquid rich foods at meal time—like soups or fresh fruits and vegetables.
- **Fill up on Fiber.** The American Diabetes Association recommends that people with or at risk of diabetes eat meals high in fiber. Fiber-favorites that are easy to incorporate into everyday meals include raw fruits, veggies, beans, nuts and whole grains.
- **Make mealtime, family time.** A recent survey found that 30 percent of seniors skip at least one meal per day.^[4] For seniors with diabetes, skipping meals can be dangerous because it can upset blood sugar levels.^[5] If you are worried that a loved one is skipping meals, make mealtime a family time and eat together!

Care Improvement Plus provides specialized Medicare coverage for underserved and chronically ill beneficiaries in Georgia, and is a 2011 Corporate Partner of the National Family Caregivers Association. To learn more, call 1-866-727-6646 or visit www.careimprovementplus.com.