

THE DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX
6500 Vernon Woods Drive, Sandy Springs, GA 30328 404-705-4900
1st QUARTER 2012
LIFE ENRICHMENT CALENDAR

Program Schedule

January—March 2012 (Revised 1/26/12)

Class Registration Dates for 2012

Please obtain a lottery ticket before 2:45pm., and be present in the Multipurpose Dining Hall
 by 2:55 pm. The Lottery begins exactly at 3:00pm

March 2012 Aquatics 3/19/2012 Land Fitness 3/20/2012 Other Classes 3/22/12

Services Available

Breakfast & Lunch Breakfast \$2 for seniors, \$3 all others. Lunch \$3 for seniors, \$5 all others. All plus tax.	Mon.-Fri.	8:30-9:30 & 12-1:30	MPDH
Auto Tags Fulton County Tax Commissioners office opens for auto tags.	Mon. & Wed.	10-1 & 2-3,	Building B – Admin. Ofc.
Free Blood Pressure Check Get your blood pressure checked every week in the Multipurpose Lobby.	Tues.	10-12,	Building B - Lobby
Hair Closet II Beauty Salon Walk-ins welcome or call 404-705-4900 ext. 2281 for appointment.	Tues.-Fri.	10-5,	Building A
Massage Therapy Call Julie for an appointment 678-787-6276	Thurs.	10-4,	Building A
Medical Clinic Call 404-705-4906 for appointment. Walk-ins welcome.	Thurs.	10-3,	Medical Center Building B
Benson Trekkers Hiking Club	1st Wed.	8:30	Meet in Lobby
AARP Driver Safety Classes 1/26/2012, 2/23/2012, 3/29/2012, 4/26, 2012, 5/31/2012 & 6/28/2012	Thurs.	9 —4	Conf. A&B
Fulton County Mobile Library	2nd & 4th Thurs.	1:45-2:45p.m.	Building B”
“At the Movies” Recently released movies with the occasional film classic, shown in a “theater” setting.	Thurs.	1:15 -3:30	Game Room

Water Fitness Programs—Building B

January—March 2012

Water Aerobics I

Mon. & Wed. 11:15-12
Tue. & Thur. 10:45-11:30

10 minute warm-up, 15-20 minutes of aerobic exercise, cool down and toning exercises.

Water Aerobics II

Mon. & Wed. 10:15-11

25-minute aerobic workout in the water followed by stretching and toning exercises.

Water Fitness I

Mon. & Wed. 9:15-10

A beginner class for those who have never explored water aerobics or just need some refreshing on the basics. Equipment is used for strength training.

Water Fitness II

Mon. & Wed. 2:15-3

A 25-minute advanced combination of water aerobics and toning using various equipment.

Water Walking

Mon. & Wed. 1:15-2

10-minute warm-up with stretching followed by low impact water walking.

Arthritis - Basic **Tue. & Thur. 10-10:30** **11:30-12 (N'hood Cntr)**

30 minutes of stretching & toning exercises recommended by the Arthritis Foundation.

Arthritis Plus **Tue. & Thur. 9-9:45** **2:15-2:45 (Adult Day)**

15-20 minutes of non-impact aerobic exercises recommended by the Arthritis Foundation.

Suspended & Weightless Aerobics

Tue. & Thur. 1:15-2

An intense workout using flotation devices to keep your feet off the bottom of the pool.

Water Fitness Room Orientation

Fri. 9:30 (app't. only)

Required for all new participants in the water fitness program. One-hour orientation to learn how to properly use the therapeutic water program.

Open Water Fitness

Mon. 7-9:15am, 3-4:45pm

Tue. 7-9am, 3-4:45pm

Wed. 7-9:15am, 3-4:45pm

Thur. 7-9am, 3-8pm

Fri. 7-9am, 10:30-12noon, 1-4:45pm

Sat. 8am-12 noon

Pool is open for use by registered participants. Lifeguard is on duty but no instruction is available.

NOTE: Pool is closed every day from 12-1

Land Fitness Programs—Building B

January—March 2012

Ballroom Dance

Mon. 2-3

A delightful aerobic exercise with flexibility, balance and gracefulness as side benefits. No partner? No problem! All levels welcome.

Aerobics

Mon. & Thurs. 10-10:45

45 minutes of easy paced low impact movement and body sculpting.

Circuit Training

Mon. & Wed. 11-11:45 & 3-3:45
Tues. & Thurs. 11-11:45 & 2-2:45

15 minutes cardiovascular exercise (using treadmills, exercise bikes, or elliptical machine); 15 minute strength training exercises (using universal weight machine) and 15 minute stretching/floor exercises. Participation is required in each phase of the class.

Benson Tennis Club

Tues. & Thurs. 8:30—10:30

Mt. Vernon Community Tennis Court located in front of Benson -bldg. B

Yoga

Tues. 3-4

Ancient Indian combination of breathing exercises, physical postures and meditation.

Flexibility

Tues. & Fri. 9-9:45

Various stretching and strengthening exercises to improve flexibility, abdominal and lower back strength and posture.

Theraband

Tues. & Fri. 10-10:45 & 11-11:45

Basic stretching, flexibility and balance exercises to improve or maintain functional ability. Mild resistance applied by using rubber tubing, hand or ankle weights.

Line Dancing

Wed. 9:45-10:45

A fun way to exercise - balance, aerobic and strength training. All levels welcome.

Tai Chi

Thurs. 2 p.m.

Ancient Oriental exercises to improve strength, flexibility and balance.

Fitness Room Orientation

Thurs. 1-2 (by app't. only)

Required for all new participants in the Fitness Center: One-hour orientation on how to use various pieces of equipment and how to set up your own personal exercise log.

Open Fitness Room

Mon. 7-11am, 1-3pm, 4-4:30pm

Tue. 7-11am, 1-2pm, 3-4:30pm

Wed. 7-11am, 1-3pm, 4-4:30pm

Thur. 7-11am, 3-8pm

Fri. 7-12 noon, 1-4:30pm

Sat. 8a.m.-12noon

The Fitness Center is open for use by registered participants. No instruction is available.

NOTE: Fitness Center is closed every day from 12-1

Art Programs January—March 2012

Sculpture with Charles **Mon. 10-12** **(1/3-3/20)**
Instructor: **Charles** Learn how to sculpt using different mediums: wood, glass, clay, paper etc. **Class is limited to “10”** **Heavy Arts Room**

Watercolors **Mon. 10-12** **(1/9-3/19)**
Instructor: **Mary** Learn to paint using watercolors as a medium. **Class size is limited to “12”** **Craft Room**

Independent Clay (LAB FEE) **Mon. 10-3** **(1/9-3/19)**
Studio class for experienced clay students. An Instructor will be available for advice and guidance if needed. \$25 lab fee charged at sign-up. **Ceramics Room**

Intermediate Knitting **Mon. 1:00—3:00** **(1/9-3/19)**
Instructor: **Joan** For intermediate & advanced knitters. Instruction available for complicated designs. **Conference Room**

Oil Painting from Life **Mon. 1:30-3:30** **(1/9-3/19)**
Instructor: **Charles** Material and techniques will be covered in the use of oil paint and mediums. This class is painting from life so students should expect to paint from a live model, still life and landscape during the 12 week session. Students will be encouraged to try new approaches to painting and finding their own voice in their work. **Craft Room**

Beginning Calligraphy **Tues. 10-12** **(1/3-3/20)**
Instructor: **Sharon** Learn the fine art of Calligraphy! **Heavy Arts**

Mixed Media **Tues. 10-12** **(1/3-3/20)**
Instructor: **Charles** Explore different approaches to finding your individual expression through the use of collage, 2 and 3 dimensional techniques, digital media and more. We will also make use of found objects, photography and alternative art materials. **Craft Room**

Art Programs January—March 2012

Handbuilding	Tues.	1:30-3:30	(1/5-3/22)
Instructor: <u>Joann</u> Learn the hand building technique of working with clay. For both beginning and advanced students. Heavy Art Room			
Knitting	Tues.	1:30-3:30	(1/3-3/20)
Instructor: <u>Norma</u> Learn to knit or join this fun group to knit for charity. All levels welcome. Conference Room			
Acrylic Painting	Tues.	1:30-3:30	(1/3-3/20)
Instructor: <u>Charles</u> Learn to paint using acrylic paints as a medium. Class size is limited to "12." Ceramics Room			
Advanced Calligraphy	Tues.	2:00-4:00	(1/3-3/20)
Instructor: <u>Sharon Smith</u> For advanced students only. Neighborhood Center			
Sculptural Clay	Wed.	10-12	(1/4-3/21)
Instructor: <u>Charles Scogins</u> Explore sculpting with clay to create either representational or abstract sculptures. Ceramic Room			
Beginning Piano Lessons	Wed.	11-12	(1/4-3/22)
Take beginning piano lessons in a small group setting. MPDH			
Jewelry Making	Wed.	1:00-3:30	(1/4-3/21)
Instructor: <u>Joan Lee.</u> Learn to make beautiful jewelry using beads. For beginning and advanced students. Conference Room			
Oil Painting	Wed.	1:30-3:30	(1/4-3/22)
Instructor: <u>Charles</u> For all levels. Focus on general use and application of medium. Students to bring in project ideas first day. Students will provide their own canvas or canvas board. Ceramics Room			
Needlepoint	Wed.	1:30-3:30	(1/4-3/21)
Instructor: <u>Maggie</u> For intermediate and advanced students. Learn new needlepoint stitches in a fun setting. Craft Room			
Mosaics	Wed.	1:30-3:30	(1/5-3/22)
Instructor: <u>Marilyn</u> Learn to make intriguing art pieces from broken glass, china, etc. Ceramic Room			

Handbuilding	Thurs.	10-12	(1/5-3/22)
Instructor: Charles Learn the handbuilding technique of working with clay. For both beginning and advanced students. Ceramic Room			
Drawing	Thurs.	1:30-3:30	(1/5-3/22)
Instructor: Charles . Students will explore drawing techniques with a strong emphasis on materials and drawing from life to improve your skills. Ceramics Room			
Spanish	Thurs.	2-3:30	(1/5-3/22)
Instructor: Grace McLoughlin Learn Spanish for the beginners.			
Genealogy	Fri.	10-12	(1/6-3/23)
Instructor: Dee Notaro Learn how to trace your ancestry from times before. Craft Room			
Open Art Studio	Fri.	10-3	(1/6-3/23) Instructor:
Charles Instructor will provide individual help and guidance to students working on projects. Ceramics Room			
Wheel Throwing Studio (Lab Fee)	Fri.	1:30-3:30	(1/6-3/23)
Studio clay class, no instruction, intermediate and advanced students only. Heavy Art Room			
Computer Programs <i>(All classes held in Computer Lab)</i> January—March 2012			
COMPUTERS 102	Mon.	10-12	(1/9-3/5)
Instructor: Norm Protiva Prerequisite: Successful completion of Computers 101 or equivalent. This course will help the student learn about emails and the internet. In addition, it will further your knowledge of computer basics and the Windows operating system.			
OPEN LAB WITH INSTRUCTOR	Mon.	1:30-3:30	(1/9-3/5)
Open Lab is designed to answer questions regarding computer operation, maintenance, programs, software. It is NOT designed for personal instruction, although some instructors and coaches may be open to individual appointments. No registration is required.			
EXCEL SPREADSHEETS	Tues.	10-12	(1/3-2/21)
Instructor: Bob Lynn Learn how to create spreadsheets to assist with everyday projects, such as budgeting.			
COMPUTER 103	Tues.	1:30-3:30	(1/3-2/21)
Instructor: Bob Lynn The third in a series designed to provide the student with a working knowledge of computers and their applicability. The student must pass Computer 101 and Computer 102 prior to taking Computer 103.			
DIGITAL PHOTOGRAPHY	Tue.	1:30-3:30	(1/3-3/13)
Instructors: Tom Hughes and Karen Robinson This course teaches the student how to take better digital pictures—focusing on composition, form, color. Craft Room			

Additional Programs January—March 2012

Lecture Series Guests speak on interesting topics or current and historical events.	2nd & 4th Mon. 1:30	Conf. Rm. A&B
Strategies/Healthier Community	2nd Tues. 11	Conf. Rms. A&B
Benson Caregiver's Support Group Call to register 404/705-4913	4th Tues. 3-4	Benson Adult Day
Council on Aging Meeting	1st Wed. 10:30	Conf. Rms. A&B
Friends of Benson Meeting	2nd Wed. 10-12	Conf. Rms. A&B
Monthly Birthday Celebration	3rd Wed. 12:30	Multi. Dining Hall
Sandy Springs Woman's Club Meeting	4th Wed. 10-12	Conf. Room A&B
Roundtable Discussion Discussion of topics chosen by participants.	Fri. 10-12	Conf. Room A&B
Sew Much Comfort	Fri. 1-3	Craft Room

Games Monday – Friday

Canasta (Building C)	Mon.	1-4	Learn to play, play for fun. All levels.
Open Bridge (Game Room)	Tues.	1-3:30	Play for fun. All levels.
Mahjong (Bldg. C)	Thurs.	1-4	All levels Instructor: Hilda Kassel
Bingo (sponsored by Senior Helpers)	4 th Thurs.	2-3	Multipurpose Dining Hall
Chess (Game Room)	Fri.	9:30-12	Learn to play, play for fun. All levels
Social Bridge (Dining Room)	Fri.	1-4	Scheduled games. All levels.