

Dorothy C. Benson Senior Multipurpose Complex

6500 Vernon Woods Drive

Sandy Springs, GA 30328

404/613-4900

www.Bensoncenter.org

Days of Operation: Monday-Friday (7:00 a.m. – 5:00 p.m.)

4th Quarter

2018 Class Schedule

(September-December)

REVISED 9/6/18

Registration Dates for 2018

- **September 10, (Mon.) – September 21 (Fri.)**
- **December 3 (Mon.) – December 14 (Fri.)**

Time: 10:00 a.m. (Lunch Break: 12:00 – 1:30)

Registration Restart Time: 1:30 – 3:30 p.m. daily



Sabrina Hudson, Benson's Facility Manager



Welcome to the Dorothy C. Benson Senior Multipurpose Complex,

commonly referred to as the "Benson Center." The Benson Center is a Fulton County Facility for seniors 55 and older. The goals of the facility include supporting the recreational, intellectual, social, and physical and health needs of senior citizens. This facility promotes a safe, active, meaningful and productive life for seniors. The complex consists of three units. In the Multipurpose Center, planned activities are available in education, hobbies, health and wellness, swimming, recreation and more. The Adult Day Care unit is for seniors who need assistance throughout the day. The Neighborhood Center is designed for semi-active seniors and provides assistance with transportation and nutrition.

Benson's Namesake: *Mrs. Dorothy C. Benson*

The Fulton County Board of Commissioners voted unanimously on April 15, 1998 to name the then proposed North Fulton Senior Facility in her honor. The Board acted on the recommendation of the North Fulton Senior Multipurpose Facility Advisory Committee.

Mrs. Benson's direct involvement with senior citizen issues began in 1987, in the early days of the county's initiatives to serve that population. Commissioner Michael Hightower appointed her to the Aging Services Council, a special committee assembled to study senior's needs and concerns.



Among the council's recommendations were broader, more expansive programming and services, and new and more comprehensive activity centers that would be located strategically throughout the County.

Her drive, energy and enthusiasm ensured that North Fulton would be the site of one of the five senior activity complexes which the Board of Commissioners promised to build. She organized seniors by the busload to attend numerous Commission meetings to advocate for the required funding.



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Water Aerobics Programs

Water Fitness Room Orientation (by appointment only) Every Fri. 9:30

Pool Orientation is required for all new participants in the water fitness program. Plan to spend one-hour of orientation to learn how to properly use the therapeutic water program.
The pool is open for use by registered participants.

Open Water Fitness

Mon. 7:00-9:15, 3:00-4:45, Tue. 7:00-9:00, 3:00-4:45

Wed. 7:00-9:15 & 3:00-4:45, Thur. 7:00-9:00, 3:00-4:45, Fri. 7:00-12:00, 1:00-4:45

A Lifeguard is on duty but no instruction will be available during Open Water Fitness.

NOTE: The pool is closed every day from 12:00-1:00

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|--|--------------------------|--------------------|-------------------|
| Water Fitness I | Mon. & Wed. | 9:15-10:00 | 10/1-12/12 |
| 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 Aerobics II | Mon. & Wed. | 10:15-11:00 | 10/1-12/12 |
| 30 minute aerobic workout in the water followed by stretching and toning exercises. | | | |
| Water Aerobics I | Mon. & Wed. | 11:15-12:00 | 10/1-12/12 |
| | Tue. & Thur. | 10:45-11:30 | 10/2-12/13 |
| 10 minute warm-up, 15-20 minutes of aerobic exercise | | | |
| Water Walking | Mon. & Wed. | 1:15-2:00 | 10/1-12/12 |
| 10-minute warm-up with stretching followed by low impact water walking. | | | |
| Advance Water Fitness II | Mon. & Wed. | 2:15-3:00 | 10/1-12/12 |
| A 25-minute advanced combination of water aerobics and toning using various equipment. | | | |
| Arthritis Plus (Adult Day Participants Only) | Tues. & Thur. | 9:00-9:45 | 10/2-12/13 |
| | | 2:15-2:45 | 10/2-12/13 |
| 15-20 minutes of non-impact aerobic exercises recommended by the Arthritis Foundation. | | | |
| Arthritis - Basic (Neighborhood Participants Only) | Tue. & Thur. | 10:00-10:30 | 10/2-12/13 |
| | | 11:30-12:00 | 10/2-12/13 |
| 30 minutes of stretching & toning exercises recommended by the Arthritis Foundation. | | | |
| Suspended & Weightless Aerobics | Tue. & Thur. | 1:15-2:00 | 10/2-12/13 |
| An intense workout using flotation devices to keep your feet off the bottom of the pool. | | | |



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Land Fitness Programs

Fitness Room Orientation Every Thurs. 1:00-2:00

This class is 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. (By appointment only)

Open Fitness Room

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|-------------|-------------------|-------------------|------------------|-------------------|------------------|
| Mon. | 7:00-11:00 | 1:00-4:45 | Tue. | 7:00-10:00 | 1:00-4:45 |
| Wed. | 7:00-11:00 | 1:00-4:45 | Thur. | 7:00-10:00 | 2:00-4:45 |
| | Fri. | 7:00-12:00 | 1:00-4:45 | | |

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

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|-----------------------------------|--------------------------|--------------------|-------------------|
| Cardio Strength (Aerobics) | Mon. & Thurs. | 10:00-10:45 | 10/1-12/13 |
| | Wed. | 8:30-9:15 | 10/3-12/12 |

Instructors: Phyllis (Mon.), Melissa (Wed.) & Jennifer (Thurs.) 45 minutes of easy paced low impact movement and body sculpting. Silver Sneakers Members are encouraged to participate. **Location: MPDH**

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|-------------------------|---------------------------|--------------------------------------|-------------------|
| Circuit Training | Mon. & Wed. | 11:00-11:45 | 10/1-12/12 |
| | Tues. & Thurs. | 10:00-10:45 & 11:00-11:45 | 10/2-12/13 |

This class 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 a least 20 minutes of strength, muscle endurance, power, core or balance training exercises (using universal weight machine, dumbbell, kettlebells, resistant bands and other equipment). Participation is required in each phase of the class. **Location: Fitness Center**

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|------------------------------------|---------------|--------------------|-------------------|
| Senior Stretch (Chair Yoga) | Mon. | 11:00-11:45 | 10/1-12/10 |
| | Wed. | 11:15-12:00 | 10/3-12/12 |
| | Thurs. | 2:30-3:15 | 10/4-12/13 |

Instructor: Melissa Lawrence A gentle form of yoga that is practiced sitting on a chair, and standing using a chair. **MPDH**

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|------------------------------|-------------|--------------------|-------------------|
| Mind & Meditation | Mon. | 11:15-12:00 | 10/1-12/10 |
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Instructor: Sheila Ficco. Are you seeking calmness, peace of mind, vibrant health, and greater energy? Come and experience these benefits through simple yet powerful Meditation Techniques. **Location: Adult Day Lounge I**



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Ballroom Dance **Mon.** **2:00-3:00** **10/1-12/10**

Instructor: Wayne Zwick A delightful aerobic exercise with flexibility, balance and gracefulness as side benefits. No partner? No problem! All levels are welcome. **Location:** **MPDH**

Soulful Strut **Mon.** **3:00—4:00** **10/1-12/10**

Instructor: Donna Jones Come, learn the latest and Classic Soulful Line Dances, while gaining great cardio benefits! **Location:** **MPDH**

Advanced Soulful Strut Line Dancing **Mon. 4:00-4:45** **10/1-12/10**

This class is for members who already know the language of line dance, able to respond to voice instruction, have mastered the basic steps, and shown ability to memorize dances with multiple steps. Members must be physically able to turn quickly and dance for 5-10 minutes without getting winded. If you're ready for more variety, challenge, and opportunity to learn at a faster pace, this class will be great exercise and a lot of fun! *Instructor approval is required to attend this class., **Location:** **MPDH**

Benson Tennis Club (Tues. & Thurs.)

Facilitators: Kaethe Solomon & Julia White **Players have access to one court on Tues. 9:00-11:00 and both courts on Thursday, 9:00-11:00.** Tennis requires the use of a racquet to strike a ball over or around a net and into the opponent's court. This Olympic sport is a fun way to exercise and socialize. The Mt. Vernon Community Tennis Court is located in front of Benson, Bldg. B. (**Note: this is a Vernon Woods HOA Tennis Court**).

Flexibility **Tues. & Fri.** **9:00-9:45** **10/2-12/14**

Instructor: Diane Adams This exercise class consists of various stretching and strengthening exercises to improve flexibility, abdominal and lower back strength and posture. **Location:** **MPDH**

BOCCE **Tues. & Fri.** **10:00-12:00** **10/2-12/14**

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, then come and join us for a few hours of fun, exercise and socialization. **Location:** **Bocce Court**

Theraband **Tues. & Fri.** **10:00-10:45 & 11:00-11:45** **10/2-12/14**

Instructor: Diane Adams (10:00.), Melissa Lawrence (11:00) this exercise class includes basic stretching, flexibility and balance exercises to improve or maintain functional ability. Mild resistance applied by using rubber tubing, hand or ankle weights. **Location:** **MPDH**



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|--|---------------|--------------------|-------------------|
| Yo-Chi-Ahh | Tues. | 2:00-3:00 | 10/2-12/14 |
| Instructor: <u>Peter Vajda</u> Yo-Chi-Ahh consists of physical movement and mental exercises. Yo-Chi-Ahh is a unique blend of Yoga and Tai Chi joined with "Brain Respirations" as an effective and easy way to diffuse the effects of stress and the accumulated tensions of everyday life. Location: MPDH | | | |
| Line Dancing | Wed. | 9:45-10:45 | 10/3-12/12 |
| Instructor: <u>Jennifer Jones</u> Learn to do a variety of basic line dances to great music while exercising your heart, mind and soul. Location: MPDH | | | |
| Ageless Grace | Wed. | 2:30-3:15 | 10/3-12/12 |
| Instructor: <u>Melissa Lawrence</u> Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind. The movements are designed to be performed seated in a chair and can help you improve balance, self-esteem, joint mobility, and more. Location: Adult Day Lounge 1 | | | |
| Stability | Thurs. | 9:00-9:45 | 10/4-12/13 |
| Instructor: <u>Jennifer Jones</u> Class designed to help improve balance and coordination to remain safe on our feet. Location MPDH | | | |
| Tai Chi Beginning - Level 1 | Thurs. | 11:00-11:45 | 10/4-12/13 |
| Instructor: <u>Sheila Ficco</u> "Chi" is your internal energy, your life force. Tai Chi is an ancient practice that helps move the energy throughout the body. This class is designed specifically for older adults at all levels of ability. These exercises can be performed in a standing or seated position. The goal of this class is to introduce students to the basics of how to breathe, move and improve your body's functions. Cultivating Chi works on the mind, body and spirit. Location: MPDH | | | |



Life Enrichment Program - Art & Craft Programs

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|--|--------------------------------------|--------------------|-------------------|------------------------------------|
| Beginner Watercolors | Mon. | 10:00-12:00 | 10/1-12/10 | (No class 10/8 & 11/12) |
| Instructor: <u>Mary Kapuscinski</u> Learn to paint using watercolors as a medium. Class size: 12, Location: Craft Room. | | | | |
| Benson Book Club (Reading Group) | <u>3rd Mon. of each month</u> | 1:00-2:00 | 9/17-12/17 | |
| Coordinator: <u>Amelia Reed</u> Discussion of books suggested by reading group participants. Class size: 15, Location: Conf. Rm. A | | | | |
| Fiber Arts: Basic Sewing | Mon. | 10:00-12:00 | 10/1-12/10 | (No class 10/8 & 11/12) |
| Instructor: <u>Hellenne Vermillion</u> this is a basic skills class learning how to use the sewing machine focusing on straight stitching, making tote bags and other simple items for the student to gain confidence. Projects will include a simple tote bag and other useful or gift items. Students will need to bring their own fabric scissors, straight pins and preferably their own sewing machines. Class machines are available for use. Most supplies will be provided and a supply list will be given out on the first day. Class size: 8. Location: Ceramic Room | | | | |



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Advanced Watercolors **Mon.** **1:30-3:30** **10/1-12/10** **(No Class 10/8 & 11/12)**
Instructor: Mary Kapuscinski: Students are to bring their own materials **Class size** 12, **Location:** Craft Room

Fiber Arts: Focus on Fiber Painting **Mon.** **1:30-3:30** **10/1-12/10** **(No Class 10/8 & 11/12)**
Instructor: Hellenne Vermillion This class will use various fiber types as a medium for creating "paintings." We will create a painting using, but not limited to, fabric collage, needle felting, pin weaving and more. **Class size** 8, **Location:** Ceramic Room

Abstraction (5 wks.) **Tues.** **10:00—4:00** **10/2-10/30**
Instructor: Charles Scogins This class will explore the process of abstracting a live subject in a variety of media and approaches. We will also learn the historical context and how the idea of abstraction took hold of the art world during the 20th century. Students will need a sketch book, pen and cell phone or camera for this class. There will be a \$25 model fee for this class. **Class size:** 12. **Location:** Painting/Drawing Studio.

Beginning Silk Dye Painting **Tues.** **10:00-12:00** **10/2-12/11**
Instructor: Hellenne Vermillion A techniques class, students will paint silk "worksheets" with acid dyes practicing many techniques. Acid dyes give silk fabric the most brilliant colors, and with the use of resist, we can create designs of our own choosing. Instructor will steam set your work for permanency. No drawing skills necessary. **Class size:** 8. **Location:** Craft Room

Sculpture (5 wks.) **Tues.** **10:00-4:00** **11/13-12/18**
Instructor: Charles Scogins This class is for those participants who have very little to no experience in working with clay. We will explore a variety of techniques to create and finish your art piece. Bring a sketchbook and pen to each class. **Class size:** 10. There is a \$25 Model Fee for this class. **Location:** Ceramic/Painting Studio

Knitting for Beginners (10 wks.) **Tues.** **1:00-3:00** **10/2-12/4**
Instructor: Meta Haupert Learn to knit or join this fun group to knit for charity. All levels are welcomed. **Class size:** 10. **Location:** Conference Room A

Knitting Intermediate (10 wks.) **Tues.** **1:00-3:00** **10/2-12/4**
Instructor: Joan Lee Learn to knit or join this fun group to knit for charity. All levels are welcomed. **Class size:** 11. **Location:** Conference Room B

Advanced Silk Dye Painting **Tues.** **1:30-3:30** **10/2-12/11**
Instructor: Hellenne Vermillion For those who have had at least one course in silk dye painting, this will be an instructor assisted session with students choosing either to work with silk yardage or pre-hemmed scarves.



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There is a supply list, but dyes, resist, frames will be provided. **Class size:** 8. **Location:** Craft Room

Workshop for Advanced Creative Writers (10wks.) Wed. 10:00-12:00 10/3-12/5

Instructor: Alice Godbold - Experienced writers ONLY- the focus on individual fiction or memoir of any length. Bring 10 copies of project to distribute for feedback **Class size:** 10. **Location:** Craft Room

Beginner Card Making Wed. 10:00-11:30 10/3-12/12 (No Class 11/21)

Instructor: Judy Schneible Learn techniques to create your own unique greeting cards using rubber stamps, and stencils. Supply list will be provided. **Class size:** 8, **Location:** Heavy Art Room

Clay Hand Building Techniques Wed. 10:00-12:00 10/3-12/12

Instructor: Hellenne Vermillion For beginners, a basic hand building clay class. Focus will be on learning forming techniques and creating functional pieces. **Class size** 10. **Location:** Ceramics Room

Acrylic and Mixed Media (5 wks.) Wed. 10:00—4:00 **Session 1:** 10/3-10/31

Session 2: 11/7 – 12/12

Instructor: Charles Scogins we will explore a variety of approaches to creating two dimensional art with acrylics as well as combining it with other media to create both representational as well as non-representational images. Students will need a sketch book, and pen for this class. **Class size:** 12. **Location:** Painting/Drawing Studio

Jewelry Making “Beading” Wed. 1:00-3:00 10/3-12/12

Instructor: Joan Lee Learn to make beautiful jewelry using beads. All levels are welcomed. **Class size:** 12. **Location:** Conference Room B



Needlepoint (11 wks.) Wed. 1:00-3:00 10/3-12/12

Instructor: Carolyn Stovall Learn new needlepoint stitches in a fun setting. **Class size:** 10. **Location:** Craft Room, *Beginners are welcomed.*

Clay Hand Building: Inspired by Celtic Design Wed. 1:30-3:30 10/3-12/12

Instructor: Hellenne Vermillion For all levels, this class will focus on bas relief carving. We will practice with a small tile piece carving a Celtic design. Then we will create our own



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Celtic inspired design, transfers that to either a cylinder vase or a plaque, and proceed to carve in bas relief. The two pieces will be glazed. **Class size:** 10. **Location:** Ceramics Room

Intermediate Mosaics (10 wks.) Wed. 1:30-3:30 10/3-12/12 (No Class 11/21)

Instructor: Marilyn Porter “Prerequisite”- Student must have taken at least one quarter of “beginner Mosaic” or have obtained instructor’s approval prior to admission into this class. The objective of this class is to make an art piece from broken bits of ceramic or glass. We will work on cutting techniques and use of various materials, as well as, discussions on such topics as adhesives, substrates, tools, framing and hanging, etc. We will all learn from others in the group. **Class size:** 12,. **Location:** Heavy Art Room

Advanced Card Making (5 wks.) Thurs. 9:45-11:30 10/4-12/13 (No Class 11/22)

Instructor: Judy Schneible Learn extended use of additional card making materials. Students should have taken the introduction card making before attending this class. **THIS CLASS IS NOT FOR BEGINNERS.** A supply list will be handed out during the first class. **Class size:** 8, **Location:** Craft Room

Life Painting in Oil Paint (5 wks.) Thurs. 10:00-4:00 Session 1: 10/4-11/1

Instructor: Charles Scogins We will focus this class on painting Plein Air, a landscape with a model. We will meet on location each week and you will be provided a paint box with oil paint and brushes. If you wish to work in a different media, please feel free to work with your own materials. We will review all the fundamentals of composition, controlling color to create the illusion of depth, weight and form. Students will need to have a sketch book, pen, phone or camera to take photos for reference. It is also recommended that you bring a hat, sunglasses, water and your lunch. Various locations, first class will meet in the Painting and Drawing Studio at 10am, don’t be late! There is a \$25.00 model fee for this class. **Class size** 12.

Life Painting in Oil Paint (5 wks.) Thurs. 10:00-4:00 Session 2: 11/8-12/13 (No Class 11/22)

Instructor: Charles Scogins We will focus this class on painting Plein Air, a landscape with a model. We will meet on location each week and you will be provided a paint box with oil paint and brushes. If you wish to work in a different media; please feel free to work with your own materials. We will review all the fundamentals of composition, controlling color to create the illusion of depth, weight and form. Students will need to have a sketch book, pen, phone or camera to take photos for reference. It is also recommended that you bring a hat, sunglasses, water and your lunch. Various locations, first class will meet in the Painting and Drawing Studio at 10am, don’t be late! There is a \$25.00 model fee for this class. **Class size** 12

Intermediate Wheel Throwing (11 wks.) Thurs. 12:30-3:30 10/4-12/13 (No Class 11/22)

Instructors: Bea Feiman & Gayle Land “Prerequisite” - Beginner Wheel Pottery, or prior experience, the student should be able to center clay on the wheel with minimum difficulty and have working knowledge of throwing clay on the wheel. Note: If you have pain in hands, elbow, shoulder or a weakness in arms or back this may not be an ideal class for you. 105G white clay can be purchased if needed from the Administrative office for \$10 per 25 lb. bag. **Class size:** 7. **Location:** Heavy Art Room

Polymer Clay & Wire Wrapping Thurs. 1:30-3:30 10/4-12/13 (No Class 11/22)

Instructor: Hellenne Vermillion An eleven week class combining polymer clay techniques and wire wrapping not only creating jewelry items, but also polymer clay small sculptures. Instructions will be given on baking these pieces in a home oven. Supply list will be provided the first day. **Class size:** 12. **Location:** Ceramics Room



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Genealogy (10 wks.) Fri. 10:00-12:00 10/5-12/14 (No Class 11/23)

Instructor: Dee Notaro **Please note: a computers is necessary for this class – “no iPads/or phones will suffice.** This program will provide you instructions to access records that will put you onto a road of discovery as to whom you really are. This class will help you to organize family records and pictures. Discover and document your family history and leave a record for your children. Recording can also be done by hand rather than computer. **Class size:** 15. **Location:** Conf. Room A & B

Beginning Drawing (10 wks.) Fri. 10:00—12:30 10/5-12/14 (No Class 11/23)

Instructor: Charles Scogins We will focus on the fundamentals of drawing in a variety of media. We will explore line and tone as well as experiment with different approaches to drawing people places and things. Students will need a sketch book, pen and cell phone or camera for this class. There is a \$25 model fee for this class. **Class size:** 15. **Location:** Painting/Drawing Studio

Wheel Throwing Studio - Lab Fee (10 wks.) Fri. 1:30-3:30 10/5-12/14 (No Class 11/23)

Instructor: Bea Feiman This class is for intermediate and advanced students only. 105G white clay can be purchased if needed from the Administrative Office in Benson \$10 per 25 lb. bag. **Class size:** 7, **Location:** Heavy Art Room

Intermediate to Advanced Drawing (10 wks.) Fri. 1:30-4:00 10/5-12/14 (No Class 11/23)

Instructor: Charles Scogins We will review the fundamentals of drawing in a variety of media exploring line, tone and texture as well as experiment with different advanced approaches to drawing people places and things. Students will need a sketch book, pen and cell phone or camera for this class. There is a \$25 model fee for this class. **Class size:** 15 **Location:** Painting/Drawing Studio



Life Enrichment Program - Computer Programs

Security for Seniors - Protect Your Assets & Privacy on the Internet (4 wks.)

Tues. 10:00-12:30
Session 1: 10/2-10/23
Session 2: 10/30-11/20

Instructor: Jeff Kalwerisky The Internet is useful and fun but the bad guys are out there and they “love” seniors. Learn how to lock up your credit cards, protect sensitive banking and medical information, and never get ripped off. **Please note: an email address is required for this class.** **Class size:** 12, **Location:** Computer Lab

Intermediate Excel 2010 Tues. 1:00-3:00 10/9-10/16

Instructor: Stephen Cole This course is designed for Excel students with some familiarity with Excel. Topics include spreadsheets, that require intermittent or periodic changes, simple graphing, interface with comma-separated-values that require intermittent or periodic changes, simple graphing, interface with comma-



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separated-values files (.CSV), and an introduction to macros. The course duration each week will be two hours. Students are encouraged to bring a lap-top computer with Excel installed. However, a student who is familiar with Excel, but who does not have a portable computer with Excel may nevertheless benefit from attending this course. **Class size:** 10, **Location:** Computer Lab

Intro to Android Tablets/Phones **Wed.** **10:00-12:00** **Session 1: 10/3-10/24**
Session 2: 10/30-11/21

Instructor: Jeff Kalwerisky Using your Android Tablet: touch screen, send messages, make video calls, read books, send emails, useful apps, music, movies, and more. Please note: an email address is required for this class. **Class size:** 12, **Location:** Computer Lab

Intro iPhone/iPad (6 wks.) **Thurs.** **10:00-12:00** **10/4-11/8**

Instructors: Jeff Kalwerisky Do you have an Apple iPhone or an iPad? If so, this is the course for you to learn the basics of using your 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 from your Apple device **Class size:** 12, **Location:** Computer Lab.

Intro iPhone (Pictures) **Thurs.** **10:00-12:00** **11/1-11/8**

Instructor: Mort Slutsky If you have an Apple iPhone? During these last two weeks of class you will learn how to take great pictures on your iPhone. **Class size:** 12, **Location:** Conf. A

Intro to Microsoft Word (4 wks.) **Thurs.** **10:00-12:00** **11/1-11/29 (No class 11/23)**

Instructor: Jeff Kalwerisky Learn to use Microsoft's premier word processing software, so you can type any document you wish: letters to friends/family, shopping lists, brochures and flyers, even the Great American Novel. Learn tips and tricks for formatting your documents so they look elegant and professional. Use all the available tools, with ease: styles, themes, SmartArt, columns, graphics, mail merge, and more. **Class size:** 12, **Location:** Computer Lab



WORKSHOPS & LIFE ENRICHMENT PROGRAMS

Benson's Book Club – Facilitator: Amelia Reid Reading group meets the **3rd Mon.**, 1:00-2:00 **Location:** Conf. Rm., A

Beginner & Intermediate Mahjong **Mon.** **1:00-3:00** **10/1-12/10**

Instructor: Sylvia Roundtree Mahjong is a game of Chinese origin usually played by four persons with 144 Dominos like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces, **Location:** Game Room, **Class size:** Beginner (4) & Intermediate (10)

Pottery/Beginner Wheel Throwing **Mon.** **1:30-3:30** **10/1-12/10**

Instructor: Joy Jones This class is for beginner students only. 105G white clay can be purchased if needed from the Administrative Office in Benson, you may purchase clay for this class - \$10 per 25 lb. bag. Note: if



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

Location: Heavy Art Room, **Class size:** 4

Bridge for Partners **Every Tue** **9:00-4:00,** **Game Room**

Free Blood Pressure Check Facilitators: Frances Katapodis or Audrey Valley Every Tues, 10:00-12:00,

Location: Building B- Lobby,

Public Speaking Workshop **Tues.** **1:30-3:30** **10/2-12/11**

Instructor: Sherri Banks Participants will develop confidence and skills for a variety of public speaking settings. Workshop will explore great speeches in various genres in the cultivation of four major speech types. Participation will write and deliver original speeches in each category. There will be regular assignments of speeches for outside reading and class discussion. **Class size:** 10, **Location:** Heavy Art Room

Ask Chef Quentin - Every 4th Tues., 1:45 Chef Quentin will be available to answer any of your dining questions, **Location:** MPDH

North Area Council on Aging – 1st Wed. 10:30, Workshops: Sept. – Transportation Services Update, **Oct. –** Understanding Heir Property, **Nov. –** DNA Research, **Dec. – No Meeting.** **Location:** Conf. Rms. A&B

Open Mic with Sabrina Benson Senior Outreach Program hosting the Department of Watershed Management, **1st Wed., 1:00-2:00, Location:** MPDH

Coloring and Conversation 1st & 3rd Wed. of the Month **1:15-2:15**

Instructor: Judy Schneible Everyone is welcomed to join the fun of adult coloring, bring your own supplies. **Class size:** 15, **Location:** Building C – Craft Room

Friends of Benson Meeting, 2nd Wed., 10:00, - 12:00, Location: Conf. Rms. A&B

Monthly Birthday Celebration, 3rd Wed., Location: MPDH, 12:30-1:00

Open Game Zone, Facilitator: Harriett Blank Participants may bring games to play. **Every Wed., Location:** Game Room, **1:00-3:00**

Drama Class (Intermediate Level) **Thurs.** **10:00-12:00** **10/4-12/13**

Instructor: Sherri Banks, Participants will develop and practice acting skills developed in beginning drama. Knowledge and talent will be expanded through reading and performance of monologues, skits and plays. Additionally, participants will participate in script writing an original plays that reflects the artistic taste of class members. Intermediate participants will perform their first major production on Benson stage during this session. **Class size:** 12, **Location:** Heavy Art Room.

Drama Class (Beginner Level) **Thurs.** **1:30-3:30** **10/4-12/13**

Instructor: Sherri Banks Participants will cultivate beginning acting skills through study and performance of monologues, skits and plays. Performance of reading theater in a major production on the Benson stage will



Dorothy C. Benson Senior Multipurpose Center Fourth Quarter 2018 Class Schedule

be the major creative endeavor of this class. Materials Required: Three-ring notebook, writing paper,

Location: Craft Room, **Class size:** 12.

Review of High School Mathematics **Thurs. 10:00-12:00 11/1-11/8**

Instructor: Stephen Cole This course is for students who want to review or learn a portion of high school mathematics. The only prerequisite is fluency in arithmetic's and an interest in mathematics. The topics to be explored will be introduction to geometry and algebra. The course duration each week will be two hours. The course will rely heavily on a highly recommended tutorial on the internet. Students will be encouraged to return to the tutorial web site to review and practice while at home (or in a library if they are not equipped with internet access). **Location:** Conf. Rm. B

Beginner Keyboard Workshops **Thurs. 11:00-12:00 10/4-12/13**

Instructor: William Green Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Class size:** 8, **Location:** Conf. Rm. A&B (Exception -11/1 Adult Day Lounge 1; 11/8 Bldg. B – Library; 11/15 Adult Day Lounge 1)

One-on-One Piano Workshops **Thurs. 2:30-3:30 10/4-12/13**

Instructor: William Green This is a one-on-one session for advance students. **Location:** Computer Lab, **Class size:** 4

Benson Chorus **Thurs. 1:30-2:15 10/4-12/13**

Instructor: William Green This is a workshop for individuals who enjoy singing. **Location:** Bldg. C, Ste. 108, **Class size:** Open

AARP Driver Safety Class - \$15 member & \$20 non-member, Meeting on the 4th Thurs.,

Dates & Instructors for Classes: Sept. 27 (Jerry) Oct. 25 (Warren), Nov. 15 (Jerry), Dec. 6 (Warren), **Location:** Conf. Rms. A&B, **Time:** 9:00 – 4:00

Advanced Water Color & Acrylic Painting **Fri. 10:00-12:00 10/5-12/14**

Instructor: Naomi Kaufman No materials will be distributed, "Students are to bring their own materials."
Class size: 14, **Location:** Craft Room

One-on-One Piano/Keyboard Workshops **Fri. 11:00-12:00 10/5-12/14**

Instructor: William Green Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Location:** Computer Lab, **Class size:** 8.

Texas Hold'em **Fri. 1:00-3:00 10/5-12/14**

Instructor: Joan Lee – Texas Hold'em is a variation of the card game Poker. **Class size:** Open, **Location:** Craft Room

Chess for All - Tony Shibona Every Fri. 9:30– 12:00, Learn/play for fun **Location: Game Room**

Chess for Beginners - Instructor: Sophia Lozinskaya Every Fri. 12:00 -1:00, Game Room

Social Bridge -Facilitator: Lois Morris - Play for fun (inexperienced players are welcomed)! Every Fri.

12:00 – 4:00, Location: Game Room



Dorothy C. Benson Complex Managerial Staff



Nicole Wyche
Health & Fitness



Our Newest Member
Ms. Sherita
Bennett
Life Enrichment



Brenda Russell
Adult Day Program



Chef Quentin Boswell
Head Cook



Susan Jones
Neighborhood Center



Fulton County Government Representatives



Dr. Pamela Roshell

**Director
Fulton County Senior Services
Department**



Ladisa Onyiliogwu

**Deputy Director
Fulton County Senior Services
Department**



Andre Gregory

**Program Manager
Fulton County Senior Services
Department**



Kenn Vanhose

**Senior Advisor
Fulton County Senior Services
Department**



Dorothy C. Benson Senior Multipurpose Center Fourth Quarter 2018 Class Schedule



Richard "Dick" Anderson
Fulton County Manager

Bob Ellis
Fulton County Commissioner,
District 2

Your county at your service!

