

# Dorothy C. Benson Senior Multipurpose Complex

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Revised  
12/6/18

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.)

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## 1st Quarter (January-March) 2019 Class Schedule

### Registration 1<sup>st</sup> Qtr. 2019

*At Home Online Registration: Opens at 9 a.m., Dec. 17, 2018 & Closes Dec. 21, 2018 at 12 p.m.*

*Facility Online Registration: Opens 10 a.m., Jan. 2, and Closes Jan. 8, 3:30 p.m., (Lunch break each day 12-1:30)*

### Classes begin Mon., Jan. 14, 2019

*Facility Improvement Week (Closed to the public) Dec. 17-21*

### Registration 2nd Qtr. 2019

*March 11 – March 15*

*Instructor Planning Dates: March 18-March 22*

*Facility Improvement Week (Closed to the public) March 25-March 29*

### Registration 3rd Qtr. 2019

*June 10-June 14*

*Instructor Planning Dates: June 17-June 21*

*Facility Improvement Week (Closed to the public) June 24-June 28*

### Registration 4th Qtr. 2019

*September 9-September 14*

*Instructor Planning Dates: Sept. 16-Sept. 20*

*Facility Improvement Week (Closed to the public) Sept. 23-Sept. 27*

**2018**

## Benson's Holiday & Closing Schedule

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**12/24 & 25 (Mon. & Tues.) Christmas, 12/31 & 1/1 (Mon. & Tues.) New Year**

**2019**

1/1/19 (Tues.) New Year's Day,  
1/21/19 (Mon.) MLK Jr. Day  
2/18 (Mon.) President's Day  
5/27 (Mon.) Memorial Day  
July 4 (Thurs.) 4<sup>th</sup> of July

9/2 (Mon.) Labor Day  
10/14 (Mon.) Columbus Day  
11n11 (Mon.) Veterans Day  
11/28 & 29 (Thurs. & Fri.)  
Thanksgiving

12/24 & 25 (Tue. & Wed.)  
Christmas  
12/31 (Tues.) New Year's Eve

# Dorothy C. Benson Senior Multipurpose Complex

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## Sabrina Hudson, Benson's Facility Manager

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**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 the Late:** *Mrs. Dorothy C. Benson*

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**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.

## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



### 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***

<b><i>Water Fitness I</i></b>	<b><i>Mon. &amp; Wed.</i></b>	<b><i>9:15-10:00</i></b>	<b><i>1/14-3/13</i></b>
<i>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.</i>			
<b><i>Water Aerobics II</i></b>	<b><i>Mon. &amp; Wed.</i></b>	<b><i>10:15-11:00</i></b>	<b><i>1/14-3/13</i></b>
<i>30 minute aerobic workout in the water followed by stretching and toning exercises.</i>			
<b><i>Water Aerobics I</i></b>	<b><i>Mon. &amp; Wed.</i></b>	<b><i>11:15-12:00</i></b>	<b><i>1/14-3/13</i></b>
	<b><i>Tue. &amp; Thur.</i></b>	<b><i>10:45-11:30</i></b>	<b><i>1/15-3/14</i></b>
<i>10 minute warm-up, 15-20 minutes of aerobic exercise</i>			
<b><i>Water Walking</i></b>	<b><i>Mon. &amp; Wed.</i></b>	<b><i>1:15-2:00</i></b>	<b><i>1/14-3/13</i></b>
<i>10-minute warm-up with stretching followed by low impact water walking.</i>			
<b><i>Advance Water Fitness II</i></b>	<b><i>Mon. &amp; Wed.</i></b>	<b><i>2:15-3:00</i></b>	<b><i>1/14-3/13</i></b>
<i>A 25-minute advanced combination of water aerobics and toning using various equipment.</i>			
<b><i>Arthritis Plus</i></b>	<b><i>Tues. &amp; Thur.</i></b>	<b><i>9:00-9:45</i></b>	<b><i>1/15-3/14</i></b>
<b><i>(Adult Day Participants Only)</i></b>		<b><i>2:15-2:45</i></b>	<b><i>1/15-3/14</i></b>
<i>15-20 minutes of non-impact aerobic exercises recommended by the Arthritis Foundation.</i>			
<b><i>Arthritis - Basic</i></b>	<b><i>Tue. &amp; Thur.</i></b>	<b><i>10:00-10:30</i></b>	<b><i>1/15-3/14</i></b>
<b><i>(Neighborhood Participants Only)</i></b>		<b><i>11:30-12:00</i></b>	<b><i>1/15-3/14</i></b>
<i>30 minutes of stretching &amp; toning exercises recommended by the Arthritis Foundation.</i>			
<b><i>Suspended &amp; Weightless Aerobics</i></b>	<b><i>Tue. &amp; Thur.</i></b>	<b><i>1:15-2:00</i></b>	<b><i>1/15-3/14</i></b>
<i>An intense workout using flotation devices to keep your feet off the bottom of the pool.</i>			



## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



### 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

<b>Mon.</b>	<b>7:00-11:00</b>	<b>1:00-4:45</b>	<b>Tue.</b>	<b>7:00-10:00</b>	<b>1:00-4:45</b>
<b>Wed.</b>	<b>7:00-11:00</b>	<b>1:00-4:45</b>	<b>Thurs.</b>	<b>7:00-10:00</b>	<b>2:00-4:45</b>
	<b>Fri.</b>	<b>7:00-12:00</b>		<b>1:00-4:45</b>	

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

<b>Cardio Strength (Aerobics)</b>	<b>Mon.</b>	<b>10:00-10:45</b>	<b>1/14-3/11</b>
	<b>Thurs.</b>	<b>10:00-10:45</b>	<b>1/17-3/14</b>

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

<b>Circuit Training</b>	<b>Mon. &amp; Wed.</b>	<b>11:00-11:45</b>	<b>1/14-3/13</b>
	<b>Tues. &amp; Thurs.</b>	<b>10:00-10:45 &amp; 11:00-11:45</b>	<b>1/15-3/14</b>

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

<b>Senior Stretch (Chair Yoga)</b>	<b>Mon.</b>	<b>11:00-11:45</b>	<b>1/14-3/11</b>
	<b>Wed.</b>	<b>11:00-11:45</b>	<b>1/16-3/13</b>
	<b>Thurs.</b>	<b>2:30-3:15</b>	<b>1/17-3/14</b>

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

<b>Mind &amp; Meditation</b>	<b>Mon.</b>	<b>11:15-12:00</b>	<b>1/14-3/11</b>
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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

<b>Ballroom Dance</b>	<b>Mon.</b>	<b>2:00-3:00</b>	<b>1/14-3/11</b>
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**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



## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



**Soulful Strut** **Mon.** **3:00—3:45** **1/14-3/11**

**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** **1/14-3/11**

**Instructor:** Donna Jones 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** **1/15-3/15**

**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** **1/15-3/15**

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** **1/15-3/15**

**Instructor:** Diane Adams 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

**Yo-Chi-Ahh** **Tues.** **2:00-3:00** **1/15-3/12**

**Instructor:** Peter Vajda 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





## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

**Line Dancing** **Wed.** **9:00-9:45** **1/16-3/13**  
**Instructor:** Jennifer Jones Learn to do a variety of basic line dances to great music while exercising your heart, mind and soul. **Location:** MPDH

**Latin Dance Aerobics (Zumba Style)** **Wed.** **10:00-10:45** **1/16-3/13**  
**Instructor:** **Diane Adams** An aerobic workout with a Latin feel. Burning calories, improving flexibility and toning-up just happen to be the benefits.

**Stability** **Thurs.** **9:00-9:45** **1/17-3/14**  
**Instructor:** Jennifer Jones 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** **1/17-3/14**  
**Instructor:** Hertencer Sheppard "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

**Beginner Watercolors** **Mon.** **10:00-12:00** **1/14-3/11** **(No class 1/21 & 2/18)**  
**Instructor:** Mary Kapuscinski Learn to paint using watercolors as a medium. **Location:** Craft Room.

**Fiber Arts: Basic Sewing** **Mon.** **10:00-3:00** **1/14-2/4** **(No class 1/21)**  
**Instructor:** Hellenne Vermillion this is a basic skills class learning how to use the sewing machine focusing on straight stitching to gain confidence. Projects will include a simple tote bag and other useful items. Students will need to bring their own fabric scissors, straight pins and preferably their own sewing machines. Class machines are available for use. Some supplies will be provided and a supply list for basic tools will be given out on the first day. This is an all-day class and we will break for lunch. **Location:** Ceramic Room.

**Fiber Arts: Intermediate Sewing** **Mon.** **10:00-3:00** **2/25 -3/11**  
**Instructor:** Hellenne Vermillion You must either have taken the Basic Sewing Class or already know how to thread a machine and the bobbin, and have the proper tools such as fabric shears, pins, marking tools, etc. It is highly recommended you bring your own sewing machine. We will start out making a simple bag to learn zipper installation and making a buttonhole or closure options. Supplies will be provided for this project. Students can then choose a simple garment project or learn how to sew knits. Supply list will be provided on the first day. An all-day class and we will be break for lunch. **Location:** Ceramic Room



## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



**Advanced Watercolors** **Mon.** **1:30-3:30** **1/14-3/11 (No Class 1/21 & 2/18)**  
**Instructor:** Mary Kapuscinski: Students are to bring their own materials. **Location:** Craft Room

**Beginning Silk Dye Painting** **Tues.** **10:00-3:00** **1/15-2/5**  
**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. **Location:** Craft Room

**Advanced Silk Dye Painting** **Tues.** **10:00-3:00** **2/19-3/12**  
**Instructor:** Hellenne Vermillion For those who have completed Basic Silk Dye Painting techniques (about 2 or 3 quarters or with instructor's approval), the first project will be a provided scarf to learn design placement and how to work with pre-hemmed scarves. Students can then choose to continue working with scarves or create paintings with silk yardage that they purchase on their own. Dyes, resist, frames will be provided for use. **Location:** Craft Room

**Knitting for Beginners** **Tues.** **1:00-3:00** **1/15-3/12**  
**Instructor:** Meta Haupert Learn to knit or join this fun group to knit for charity. All levels are welcomed.  
**Location:** Conference Room A

**Knitting Intermediate** **Tues.** **1:00-3:00** **1/15-3/12**  
**Instructor:** Joan Lee Learn to knit or join this fun group to knit for charity. All levels are welcomed.  
**Location:** Conference Room B

**Clay Hand Building Techniques** **Wed.** **10:00-3:00** **1/16-2/13**  
**Instructor:** Hellenne Vermillion For beginners, a basic hand building clay class. Focus will be on learning forming techniques and creating functional pieces. **Location:** Ceramics Room

**Creative Writing** **Wed.** **10:00-12:00** **1/16-3/13**  
**Instructor:** Alice Godbold The focus is on individual fiction or memoir of any length. Bring 10 copies of project to distribute for feedback. **Location:** Craft Room

**Clay Hand Building: Inspired by Around The World** **Wed.** **10:00-3:00** **2/20-3/13**  
**Instructor:** Hellenne Vermillion African Kente Cloth and Traditional Japanese Sashiko embroidery design. Students will create a simple press formed plate painting it with underglazes in the traditional Kente Cloth colors (each color has a specific meaning) and geometric patterns. Then students will learn to create a small lidded box and using the sgraffito technique, a Sashiko pattern will be incised into an indigo blue painted background to mimic the traditional simple white embroidery stitches on indigo in Sashiko. Both pieces will be glazed. **Class size:** 8, **Location:** Ceramics Room



## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

<b>Acrylic and Mixed Media</b>	<b>Wed.</b>	<b>10:00—4:00</b>	<b>Session 1: 1/30-2/20</b> <b>Session 2: 2/27-3/13</b>
<b>Instructor:</b> <u>Charles Scogins</u> This is a four week class for those familiar with the media and wish to gain more skill in painting either representationally or abstractly. There is a strong focus on art history and the variety of styles and approaches to creating a painting through both traditional and more contemporary methods.			
<b>Location:</b> Painting/Drawing Studio			
<b>Jewelry Making “Beading”</b>	<b>Wed.</b>	<b>1:00-3:00</b>	<b>1/16-3/13</b>
<b>Instructor:</b> <u>Joan Lee</u> Learn to make beautiful jewelry using beads. All levels are welcomed.			
<b>Location:</b> Conference Room B			
<b>Needlepoint</b>	<b>Wed.</b>	<b>1:00-3:00</b>	<b>1/16-3/13</b>
<b>Instructor:</b> <u>Shirley Dobson</u> “ <i>experienced Needlepointers</i> only.” Come and learn to advance your skills with a variety of unique stitching techniques in a fun setting. <b>Location:</b> Craft Room.			
<b>Intermediate Mosaics</b>	<b>Wed.</b>	<b>1:30-3:30</b>	<b>1/16-3/13</b>
<b>Instructor:</b> <u>Marilyn Porter</u> “ <i>Prerequisite</i> ” - 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. <b>Location:</b> Heavy Art Room			
<b>Card Making</b>	<b>Thurs.</b>	<b>9:30-11:30</b>	<b>1/17-3/7</b>
<b>Instructor:</b> <u>Judy Schneible</u> Learn techniques to create your own unique greeting cards using rubber stamps, and stencils. Supply list will be provided during the first week of class. <b>Location:</b> Craft Room			



<b>Life Painting in Oil Paint</b>	<b>Thurs.</b>	<b>10:00-4:00</b>	<b>Session 1: 1/31-2/21</b> <b>Session 2: 2/28-3/14</b>
<b>Instructor:</b> <u>Charles Scogins</u> Painting from Life: This class for those familiar with the basics of painting in oils who wish to learn traditional and contemporary approaches to painting from a live subject. The class will often meet off site to paint both the landscape as well as live models. Please consider your ability to walk over uneven surfaces as well as transporting equipment to the site you are painting at before registering for this class. There is a \$25.00 model fee. <b>Location:</b> Painting/Drawing Studio			
<b>Intermediate Wheel Throwing</b>	<b>Thurs.</b>	<b>12:30-3:30</b>	<b>1/17-3/14</b>
<b>Instructors:</b> <u>Bea Feiman &amp; Gail Land</u> “ <i>Prerequisite</i> ” - Beginner Wheel Pottery, or prior experience, the			





## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

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. **Location:** Heavy Art Room

**Fiber Arts: Fiber Paintings** **Thurs.** **1:30-3:30** **1/17-3/14**  
**Instructor:** Hellenne Vermillion This quarter the Fiber Arts class will use wool roving first to create a simple wet felted pod, then to practice needle felting. A supply list will be provided for purchasing wool roving colors for the final wool roving painting. We will also do a small pin weaving project if time permits.  
**Location:** Ceramics Room

**Genealogy** **Fri.** **10:00-12:00** **1/18-3/15**  
**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. **Location:** Conf. Room A & B

**Beginning Drawing** **Fri.** **10:00—12:30** **1/18-3/15**  
**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. **Location:** Painting/Drawing Studio

**Beginner Watercolors** **Fri.** **10:00-12:00** **2/15-3/8**  
**Instructor:** Rick Darby An introduction to watercolor covering use of watercolor materials, tools and techniques. Materials will be provided, but students are welcome to bring their own. **Location:** Ceramic Room

**Intermediate to Advance Drawing** **Fri.** **1:30-4:00** **1/18-3/15**  
**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. **Location:** Painting/Drawing Studio



## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules



### Life Enrichment Program - Computer Programs

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<b>Intro. to Windows 10</b>	<b>Mon.</b>	<b>10:00-12:00</b>	<b>1/14-3/11</b>
<b>Instructor:</b> <u>Jeff Kalwerisky</u> This hands-on course will ease you into becoming a “power user” with knowledge of the major features in Windows 10. From basics like using the Start Menu and the Desktop, you’ll learn how Windows 10 stores information on your computer and up in the Cloud etc. <b>Location:</b> Computer Lab.			
<b>Security for Seniors - Protect Your Assets &amp; Privacy on the Internet</b>	<b>Tues.</b>	<b>10:00-12:30</b>	<b>Session 1: 1/15-2/12</b> <b>Session 2: 2/19-3/12</b>
<b>Instructor:</b> <u>Jeff Kalwerisky</u> 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. <b>Please note:</b> <u>an email address is required for this class.</u> <b>Location:</b> Computer Lab			
<b>Beginner Excel 2010</b>	<b>Tues.</b>	<b>1:00-3:00</b>	<b>1/15-3/12</b>
<b>Instructor:</b> <u>Stephen Cole</u> Excel beginners. Students will create their own practice examples (spreadsheets) with suggestions from instructor. The course begins with “why do I want to use Excel? The students learn by in-the-class exercises. The goal is to provide a practical tool that you can use to build various at-the-home spreadsheets. Students are encouraged to purchase a flash drive to save sample spreadsheets and for continuing with the same example from week to week. <b>Location:</b> Computer Lab			
<b>Intro. to Android Tablets/Phones</b>	<b>Wed.</b>	<b>10:00-12:00</b>	<b>Session 1: 1/16-2/13</b> <b>Session 2: 2/20-3/13</b>
<b>Instructor:</b> <u>Jeff Kalwerisky</u> Using your Android Tablet: touch screen, send messages, make video calls, read books, send emails, useful apps, music, movies, and more. <b>Please note:</b> an email address is required for this class. <b>Location:</b> Computer Lab			
<b>Intro. iPhone/iPad</b>	<b>Thurs.</b>	<b>10:00-12:00</b>	<b>1/17-2/14</b>
<b>Instructors:</b> <u>Jeff Kalwerisky</u> 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. <b>Location:</b> Computer Lab.			



## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

**Intro. to Microsoft Word** **Thurs.** **10:00-12:00** **2/21-3/14**  
**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. **Location:** Computer Lab

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### WORKSHOPS & LIFE ENRICHMENT PROGRAMS

**Benson Book Club (Reading Group)** **2nd Mon. of each month** **1:00-2:00** **1/14-3/11**  
**Coordinator: Amelia Reed** Discussion of books suggested by reading group participants. **Location:** Conf. Rm. A

**Beginner & Intermediate Mahjong** **Mon.** **1:00-3:00** **1/14-3/11**  
**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.

**Pottery/Beginner Wheel Throwing** **Mon. 1:30-3:30** **1/14-3/11** **(No Class 1/21 & 2/18)**  
**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 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

**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,

**Advanced Digital Photography** **Tues. 10:00-12:00** **Conf. Rm. B** **1<sup>st</sup> Class scheduled for 1/15, (time and location for remaining classes will be provided)** Advanced class working on particular situations and conditions. Two out of three weeks we will meet at different locations and on the third week back at the Benson Center to critique the images taken. Class not designed for smart phones but cameras. Please bring cameras and manuals to class. **Location:** Conference Room B

**Poetry Workshop** **Tues.** **10:00-12:00** **1/15-3/12**  
**Instructor: Sherri Banks** Participants will explore poetry through the lens of inspiration and uplifting of the human spirit across time and genre. Appreciation will be fostered through reading, study and discussion of poetry in and out of class as appropriate. Participants will write and present original poetry by topic. Personal commitment to writing poetry at home is encouraged. Participants will read original masterpieces for the enjoyment of class and members. **Materials required:** Three ring notebook, writing paper and pencil/pen. **Location:** Heavy Art Room



## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

**A Taste of Silk Dye Painting ((One Day Workshop)** **Tues. 10:00-3:00 2/19**  
**Instructor:** Hellenne Vermillion This will be a one day only, five hour workshop for those who would like to experience what silk dye painting is about. Each person will apply Resistad to small pieces and they will be ready for picking up about a week later. We will be breaking for lunch. **Location:** Ceramics Room.

**Public Speaking Workshop** **Tues. 1:30-3:30 1/15-3/12**  
**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. **Location:** Heavy Art Room

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

**Acrylics for Beginners**  
**Instructor:** Charles Scogins **Wed. 10:00-4:00 1/16-1/23**  
 This two week workshop is for those who want to better understand the basics of painting with Acrylics. The use of the media and additives to create different effects will be covered, as well as the basics of color and composition. This is a prerequisite to taking the Acrylic and Mixed Media Class. **Location:** Painting/Drawing Studio.

**Leather Craft Workshop (One Day Workshop)** **Wed. 10:00-1:00 2/13**  
**Instructor:** Rick Darby An introductory workshop to leather craft. We will make two functional leather craft items and learn how to use basic leather craft tools. All materials will be provided. **Location:** Heavy Art Room

**Beginner Mosaics** **Wed. 10:00-12:00 1/16-3/13 (No Class 2/13)**  
**Instructor:** Marilyn Porter A class for those with no previous experience creating mosaic art. We will start at the beginning with clay and glass cutting instruction and then complete a simple project (trivet or small picture frame).

**North Area Council on Aging** **1<sup>st</sup> Wed. 10:30, Location:** Conf. Rms. A&B

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

**Coloring and Conversation** **1st & 3<sup>rd</sup> 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. **Location:** Building C – Craft Room

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

**Monthly Birthday Celebration, 3<sup>rd</sup> Wed., Location:** MPDH, 12:30-1:00

**Drama Class (Intermediate Level)** **Thurs. 10:00-12:00 1/17-3/14**  
**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



## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

members. Intermediate participants will perform their first major production on Benson stage during this session. **Location:** Heavy Art Room.

**Oil Painting for Beginners** **Thurs. 10:00-4:00 1/17-1/24**  
**Instructor:** Charles Scogins This two week workshop will familiarize you with the process of painting with oil paint and a variety of techniques used by painters to create various effects. The fundamentals of color and composition will be the focus of this class which is a prerequisite for further classes using this media.  
**Location:** Painting/Drawing Studio.

**Drama Class (Beginner Level)** **Thurs. 1:30-3:30 1/17-3/14**  
**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 be the major creative endeavor of this class. Materials Required: Three-ring notebook, writing paper,  
**Location:** Craft Room.



**Beginner Keyboard Workshops** **Thurs. 11:00-12:00 1/17-3/14**  
**Instructor:** William Green Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Location:** Conf. Rm. A&B

**One-on-One Piano Workshops** **Thurs. 2:30-3:30 1/17-3/14**  
**Instructor:** William Green This is a one-on-one session for advance students.  
**Location:** Computer Lab

**Benson Chorus** **Thurs. 1:30-2:15 1/17-3/14**  
**Instructor:** William Green This is a workshop for individuals who enjoy singing. **Location:** Bldg. C, Ste. 108,

**Sticks & Stones (One Day Workshop)** **Fri. 10:00-11:30 1/18**  
**Instructor:** Judy Schneible *Using only outdoor materials*, we will create beautiful crafts. All materials will be provided. **Location:** Heavy Art Room.

**Advanced Watercolor & Acrylic Painting** **Fri. 10:00-12:00 1/18-3/15**  
**Instructor:** Naomi Kaufman No materials will be distributed, "Students are to bring their own materials."  
**Location:** Craft Room

**Keyboard Workshops** **Fri. 11:00-12:00 1/18-3/15**  
**Instructor:** William Green Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Location:** Computer Lab.

**One-on-One Piano** **Fri. 12:00-1:00 1/18-3/15**  
**Instructor:** William Green This is a one-on-one session for advance students. **Location:** Computer Lab.  
**Chess for All - Tony Shibona Every Fri. 9:30– 12:00, Learn/play for fun** **Location:** Game Room





## Dorothy C. Benson Senior Multipurpose Center First Qtr. 2019 Class Schedules

**Social Bridge -Facilitator: Lois Morris** - Play for fun (inexperienced players are welcomed)! **Every Fri.**  
12:00 – 4:00, Location: Game Room

### **AARP Defensive Driving 2019 Course Schedule—Thurs. 9 a.m. – 4 p.m.**

Jan. 31 (Jerry), Feb. 28 (Warren), Mar. 28 (Jerry), Apr. 25 (Warren), May 30 (Jerry), June 27 (Warren), July 25 (Jerry), Aug. 29 (Warren), Sept. 26 (Jerry), Oct. 31 (Warren), Nov. 14 (Jerry), Dec. 5 (Warren)



### **WHO ARE THE FRIENDS OF BENSON (FOB)**

The Friends of the Dorothy C Benson (FOB) Senior Multipurpose Complex, Inc. is a charitable corporation administered by its Board of Directors. Its Mission is to support, through supplemental funding, the promotion of therapeutic, recreational, intellectual, social, physical, and health needs of the senior participants at the Dorothy C. Benson Multipurpose Center.

### **WHAT DO THEY DO?**

- Sponsored and managed the Uber Pilot Program.
- Wrote and obtained a grant for Benson's Swimming Lesson.
- Supplies flowers and labor for Benson Gardens
- Purchased new Rocking Chairs for Center.
- Purchased new Lobby Furniture.
- Fund the salary and supplies for Benson's Rental Program.
- Provides funding for various programs, events and supplies needed in the Multipurpose & Adult Day Center.
- Purchased the Benson bus and provides monthly maintenance.
- Provides funding for the licensing of the Benson Notary Public.
- Sponsors the Genealogy Class.
- We advocate for and support the Benson Complex.
- Make purchases and contributes to Photography and Art Programs.
- Sponsors "At the Movies," a weekly showing of the best national and international films.

### **Want to donate to the Friends of Benson?**

Mail your donation to:

Friends of Benson Inc. Treasurer

6500 Vernon Woods Drive

Sandy Springs, GA 30328



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**Dorothy C. Benson Complex Managerial Staff**

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**Ms. Sherita Bennett**  
**Life Enrichment Coordinator**  
Arts, Crafts & Computer Courses



**Nicole Wyche**  
**Health & Fitness Coordinator**  
Water & Land Fitness



**Brenda Russell**  
**Adult Day Program**  
**Coordinator**



**Chef Quentin Boswell**  
**Head Cook**



**Susan Jones**  
**Neighborhood Center**  
**Manager**



## Fulton County Government Representatives



**Andre Gregory**  
Program Manager  
Fulton County Senior Services  
Department



**Kenn Vanhose**  
Senior Advisor  
Fulton County Senior Services  
Department



**Ladisa Onyilogwu**  
Deputy Director  
Fulton County Senior  
Services Department



**Richard "Dick"  
Anderson**  
Fulton County Manager



**Bob Ellis**  
Fulton County  
Commissioner, District 2

**Your county at your service!**

