

# Dorothy C. Benson Senior Multipurpose Complex

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6500 Vernon Woods Drive

Sandy Springs, GA 30328

404/613-4900

[www.Bensoncenter.org](http://www.Bensoncenter.org)

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

## 2<sup>nd</sup> Quarter (April-June) 2019

### Class Schedule

**New Members Registration:** Please come to the administrative office to obtain a “User Name & Password” for Online Registration.

**Home Online Registration:** 3/11-13 (computer system opens at 9 a.m. on 3/11 & closes at 12:00 p.m. on 3/13)

**Facility Online Registration:** 3/18-20, Bldg. B Computer Lab, (computer system Opens 9:00 a.m.- 3:00 p.m.)

Staff will have a lunch break each day 12:00 p.m.-1:30p.m. Registration will restart at 1:30 p.m. -3:30p.m.

***Staff will be available to answer questions, and provide assistance during these times.***

**Facility Improvement Week – Closure Dates:** 3/27-29, 2019

**First Day of Spring Classes:** 4/1

**Drop/Add Class Registration Period:** 4/1-19



**Identification Card “Pictures”** – if, you have **never taken a picture** for your Benson Identification card, please sign up at the receptionist desk. Pictures will be taken every Wednesday from 11 a.m. – 1 p.m., your card will be ready “one week later.”



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



**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, physical, and health needs of senior citizens. This facility promotes a safe, active, meaningful and productive life for seniors. The complex consists of three Aging Programs: Adult Day, Multipurpose, and the Neighborhood Senior Center. The **Adult Day Care** offers a structured, comprehensive program for adults with functional limitations for all or part of the day. In the **Multipurpose Center** our goal is to serve independent participants 55 years of age or older through various cutting edge programs, services and events. The Multipurpose Facility programming is geared towards participants who are looking for classes and opportunities to build and maintain social networks. **The Neighborhood Center** is designed for semi-active seniors and provides assistance with transportation and nutrition.

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### **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 Second Qtr. 2019 Class Schedules



### Water Aerobics Programs

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

Pool Orientation is required for all new participants in the water fitness program. During orientation you will learn the rules and regulations of the aquatics program and how to properly enjoy the pool.

***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>4/1-6/12</i></b>
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			
<b><i>Water Aerobics II</i></b>	<b><i>Mon. &amp; Wed.</i></b>	<b><i>10:15-11:00</i></b>	<b><i>4/1-6/12</i></b>
30 minute aerobic workout in the water followed by stretching and toning exercises			
<b><i>Water Aerobics I</i></b>	<b><i>Mon. &amp; Wed.</i></b>	<b><i>11:15-12:00</i></b>	<b><i>4/1-6/12</i></b>
	<b><i>Tue. &amp; Thur.</i></b>	<b><i>10:45-11:30</i></b>	<b><i>4/2-6/13</i></b>
10 minute warm-up, 15-20 minutes of aerobic exercise			
<b><i>Water Walking</i></b>	<b><i>Mon. &amp; Wed.</i></b>	<b><i>1:15-2:00</i></b>	<b><i>4/1-6/12</i></b>
10-minute warm-up with stretching followed by low impact water walking			
<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>4/1-6/12</i></b>
A 25-minute advanced combination of water aerobics and toning using various equipment.			
<b><i>Arthritis Plus</i></b>	<b><i>Tues. &amp; Thur.</i></b>	<b><i>9:00-9:45</i></b>	<b><i>4/2-6/13</i></b>
<b><i>(Adult Day Participants Only)</i></b>		<b><i>2:15-2:45</i></b>	<b><i>4/2-6/13</i></b>
15-20 minutes of non-impact aerobic exercises recommended by the Arthritis Foundation			
<b><i>Arthritis - Basic</i></b>	<b><i>Tue. &amp; Thur.</i></b>	<b><i>10:00-10:30</i></b>	<b><i>4/2-6/13</i></b>
<b><i>(Neighborhood Participants Only)</i></b>		<b><i>11:30-12:00</i></b>	<b><i>4/2-6/13</i></b>
30 minutes of stretching & toning exercises recommended by the Arthritis Foundation			
<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>4/2-6/13</i></b>
An intense workout using flotation devices to keep your feet off the bottom of the pool			





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



- Soulful Strut** **Mon.** **3:00—3:45** **4/1-6/10**  
**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** **4/1-6/10**  
**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** **4/2-6/14**  
**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** **4/2-6/14**  
 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** **4/2-6/14**  
**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** **4/2-6/11**  
**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
- Line Dancing** **Wed.** **9:00-9:45** **4/3-6/12**  
**Instructor:** Jennifer Jones Learn to do a variety of basic line dances to great music while exercising your heart, mind and soul. **Location:** MPDH



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

**Latin Dance Aerobics (Zumba Style) Wed.** **10:00-10:45** **4/3-6/12**  
**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** **4/4-6/13**  
**Instructor: Jennifer Jones** Class designed to help improve balance and coordination to remain safe on our feet. **Location: MPDH** **Silver Sneakers Members are encouraged to attend.**

**Tai Chi Beginning - Level 1 Thurs.** **11:00-11:45** **4/4-6/13**  
**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** **4/1-6/10** **(No class 5/27)**  
**Instructor: Mary Kapuscinski** Learn to paint using watercolors as a medium. **Location: Craft Room.**

**Fiber Arts: Sewing Mon.** **10:00-3:00**  
**Session 1: 4/1-4/29**  
**Session 2: 5/6-6/10 (No Class 5/27)**  
**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.**

**Advanced Watercolors Mon.** **1:30-3:30** **4/1-6/10** **(No Class 5/27)**  
**Instructor: Mary Kapuscinski**: Learn to paint using watercolors as a medium. **Location: Craft Room**

**Beginning Drawing Mon.** **1:30-4:00** **4/1-6/10** **(No Class 5/27)**  
 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**

**Beginning Silk Dye Painting Tues.** **10:00-12:00**  
**Session 1: 4/9-5/7**  
**Session 2: 5/14-6/11**  
**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. **Location: Craft Room**

**Knitting for Beginners Tues.** **1:00-3:00** **4/2-6/11**  
**Instructor: Meta Hauptert** Learn to knit or join this fun group to knit for charity. All levels are welcomed. **Location: Conference Room A**





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

**Knitting Intermediate** **Tues.** **1:00-3:00** **4/2-6/11**  
**Instructor:** Joan Lee Learn to knit or join this fun group to knit for charity. All levels are welcomed.  
**Location:** Conference Room B

**Advanced Silk Dye Painting** **Tues.** **1:30-3:30** **4/9-6/11**  
**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

**Clay Hand Building Techniques** **Wed.** **10:00-3:00** **Session 1: 4/10-5/8**  
**Session 2: 5/15-6/12**  
**Instructor:** Hellenne Vermillion For beginners, a basic hand building clay class. Focus will be on learning forming techniques and creating functional pieces. **Location:** Ceramic Room

**Creative Writing for Experienced Writers** **Wed.** **10:00-12:00** **4/3-6/12**  
**Instructor:** Alice Godbold & Alvin Johnson Prerequisite: Beginner class is required to participate. Self-structured workshops to highlight your projects and receive positive feedback. **Location:** Craft Room

**Acrylic and Mixed Media** **Wed.** **10:00—4:00** **Session 1: 4/24-5/15**  
**Session 2: 5/22-6/12**  
**Instructor:** Charles Scogins 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.  
**Location:** Painting/Drawing Studio

**Jewelry Making "Beading"** **Wed.** **1:00-3:00** **4/3-6/12**  
**Instructor:** Joan Lee Learn to make beautiful jewelry using beads. All levels are welcomed.  
**Location:** Conference Room B

**Needlepoint** **Wed.** **1:00-3:00** **4/3-6/12**  
**Instructor:** Shirley Dobson "experienced Needlepointers only." Come and learn to advance your skills with a variety of unique stitching techniques in a fun setting. **Location:** Craft Room.

**Intermediate Mosaics** **Wed.** **1:30-3:30** **4/3-6/12**  
**Instructor:** Marilyn Porter 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. **Location:** Heavy Art Room

**Card Making** **Thurs.** **9:30-11:30** **4/4-6/6**  
**Instructor:** Judy Schneible 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. **Location:** Craft Room













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

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

**Drama Class (Intermediate)**                      **Thurs.**                      **10:00-12:00**                      **4/4-6/13**

**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. **Location:** Heavy Art Room

**Polymer Clay Jewelry (One Day Workshop)**                      **Wed.**                      **10:00-3:00**                      **4/3**

**Instructor:** **Hellenne Vermillion** This is a five hour workshop - in the morning we will create jewelry items out of polymer clay, during our one hour lunch break, the instructor will bake these items. In the afternoon we will incorporate beads and wires to create earrings or necklaces with the baked polymer pieces. **Location:** Ceramic Room

**Oil Painting for Beginners**                      **Thurs.**                      **10:00-4:00**                      **4/4-4/18**

**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

**Beginner Keyboard Workshops**                      **Thurs.**                      **11:00-12:00**                      **4/4-6/13**

**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 **Note:** 4<sup>th</sup> Thursday classes will be in the Multipurpose Dining Hall.

**One-on-One Piano Workshops**                      **Thurs.**                      **12:00-1:00**                      **4/4-6/13**

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

**Benson Chorus**                      **Thurs.**                      **1:30-2:15**                      **4/4-6/13**

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

**Bad Hair Day "Wrap It Up" (One Day Workshop)**                      **Thurs.**                      **1:30-3:30**                      **4/11**

**Instructor:** **Donna Jones** Learn different and easy ways to fashionably wear head scarves, wraps and turban. **Location:** Conference Room. A&B

**Drama Class (Beginner Level)**                      **Thurs.**                      **1:30-3:30**                      **4/4-6/13**

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



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



- Fun with Pen & Ink (One Day Workshop)**                      **Thurs.**                      **1:30-3:30**                      **4/4**  
**Instructor:** Hellenne Vermillion In this two hour workshop we will trace our hand and use this image to draw a tree or plant design within the space. We will be using micron pens for this project. The final project can be either framed or turned into a card. **Location:** Ceramic Room.
- Sticks & Stones (One Day Workshop)**                      **Fri.**                      **10:00-11:30**                      **4/26**  
**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.**                      **10:00-3:00**                      **4/5-6/14**  
**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**                      **4/5-6/14**  
**Instructor:** William Green Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. **Location:** Computer Lab
- One-on-One Piano**                      **Fri.**                      **12:00-1:00**                      **4/5-6/14**  
**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
- 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: Facilitator: Warren Hatfield**, Thurs. 9 a.m. – 4 p.m.  
(\$15 Members, \$20 Non-Members) - **Course Schedule** : 3/28, 4/25, 5/30, 6/27, 7/25, 8/29, 9/26, 10/31, 11/14, 12/5



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



### ***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.**

**c/o Treasurer**

6500 Vernon Woods Drive

Sandy Springs, GA 30328

### **Benson Complex Closing Dates for 2019**

5/27 (Mon.) Memorial Day

7/4 (Thurs.) 4<sup>th</sup> of July

9/2 (Mon.) Labor Day

10/14 (Mon.) Columbus Day

11/11 (Mon.) Veterans Day

11/28 & 29 (Thurs. & Fri.) Thanksgiving

12/24 & 25 (Tue. & Wed.) Christmas

12/31 (Tues.) New Year's





# Dorothy C. Benson Senior Multipurpose Complex

## Dorothy C. Benson Complex Managerial Staff



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

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



**Chef Quentin Boswell**  
Head Cook

**Brenda Russell**  
Adult Day Program  
Coordinator

**Susan Jones**  
Manager  
Neighborhood Center  
Program



## Fulton County Government Representatives

**Ladisa Onyiliogwu**

**New**

**Director of  
Fulton County Senior  
Services Department**



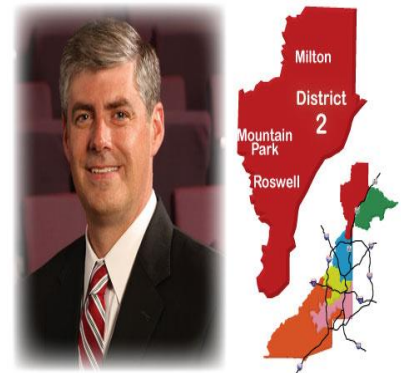
**Kenn Vanhose**

**Senior Advisor  
Fulton County Senior  
Services Department**



**Andre Gregory**

**Program Manager  
Fulton County Senior Services  
Department**



**Richard "Dick"**

**Anderson**

**Fulton County  
Manager**

**Bob Ellis**

**Fulton County  
Commissioner,  
District 2**

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**Your county at your service!**

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