



Celebrating "18 Years!"



DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX

6500 Vernon Woods Drive, Sandy Springs, GA 30328

404-613-4900

www.bensoncenter.org



Days & Hours of Operations: Mon.-Fri. 7:00 a.m. – 5:00 p.m.

BENSON'S July 2018 EVENT SCHEDULE



Please update your *membership & medical release forms once a year*. If you don't know when your membership & medical release applications expire, please check with the Administrative Office for this information.

Remember **current proof of residency is need to update your membership application**, and your membership identification card is needed to register for classes.

Services & Programs Offered

Breakfast \$2 plus tax (8:30 a.m. - 9:30a.m.); **Lunch \$3 plus tax** (12-1:30 p.m.), Mon.-Fri., Meals available to registered participants and seniors (55+), Location: MPDH

Fulton County Auto Tags. *Serving "Seniors 55+,"* Mon. & Wed., 10 a.m.-1 p.m., (lunch 1-2 p.m.) office reopens from 2-3 p.m.
Location: Building B next door to the doctor's office.

Free Blood Pressure Check (Every Tues.) **Facilitators:** Ms. Frances Katapodis & Ms. Audrey Valley from 10 a.m.–12 p.m., Building B Lobby.

"Ladies, let's talk about it...Women to Women" (Every Wed.) an on-going group for women to experience support, and bond with other women in a safe, compassionate environment. Group Facilitator, Nicole Wyche, MACC, NCC. Sign up in the fitness center. 10 a.m.-11 a.m., **Location:** Adult Day Lounge I. ***This program is not taking new members at this time.***

Stars & Strikes (Every Wed.) Join the Senior "**Leisure League**" for a fun day of bowling. \$5 pays for shoe rental, three games, complimentary coffee and much more. See Nicole in the Fitness Center for more information.



Attention - Workshops/Programs

7/2-9/10 (Mon.) Beginner Wheel Throwing (Pottery) 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. Class size 4, Location: Heavy Art Room, **Instructors: Joy Jones**. 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.

7/3-9/4 (Tues.) Poetry Workshop Benson participants will explore poetry appreciation through study and reading of poetry inside and outside class. Regular class readings and recitations are assigned. 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. 10 a.m. – 12 p.m., Location: Heavy Art Room, Class size: 10

7/3-9/4 (Tues.) Public Speaking Workshop 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 assignment of speeches for outside reading and class discussion. 1:30 p.m.-3:30 p.m., Location: Heavy Art Room, Class size: 10.

7/5-9/13 (Thurs.) Drama Class - Intermediate 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 tastes of class members. Intermediate participants will perform their first major production on Benson stage during this session. 10 a.m. – 12 p.m., Location: Heavy Art Room, Class size 12.

7/5-9/13 (Thurs.) Drama Class – Beginner 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, pencil/pen., and 1:30 – 3:30, Location: Heavy Art Room, Class size: 12.

7/5-9/14 (Thurs.) Beginner Keyboard Workshops 10 a.m. – 11 a.m., Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. Location: Conf. A&B.

7/5-9/14 (Thurs.) One-on-One Piano Workshops, 11 a.m. – 12 p.m., this is a one- on-one session for advance students. Location to be determined, Class size: 4

7/5-9/14 (Thurs.) Chorus 1:30-3:00, this is a workshop for indivual who enjoy singing. Location: Bldg. C, Ste. 108

7/6-9/15 (Fri.) One-on-One Piano Workshops, 10 a.m. – 11 a.m., Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. Location to be determined, Class size: 4

7/6-9/15 (Fri.) Beginner Keyboard Workshops 11 a.m. – 12 p.m., Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. Location: Conf. A&B.

7/9-7/30 (Mon.) Beginner Mahjong, a game of Chinese origin usually played by four persons with 144 domino like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces, 1-3 p.m., Location: Game Room, Instructor: Sylvia Roundtree.

7/13 (Fri.) Independence Day Celebration Benson Participants and guest will celebrate Independence Day with a festive luncheon and entertainment. Event sponsored by the Friends of Benson. 12 – 2 p.m., MPDH

7/18 (Wed.) Ending Adverse Drug Reactions Workshop Eating healthy doesn't have to be expensive. Benson Participants will learn how a simple test could help reduce the risk of experiencing adverse drug reactions which is the fourth leading cause of death. 10 a.m. – 11 a.m., Conf. A&B.

7/24 (Tues.) Benson Hike Location to be determined. Participants will partake in a leisure walk while others endure a more strenuous hike. Departing 9 a.m., returning 3 p.m., see Nicole in the Fitness Center to sign up!

7/25 (Wed.) Stretch Your Grocery Dollars Eating healthy doesn't have to be expensive. Benson Participants will learn easy ways to get the biggest bang for their bucks on healthy foods at the grocery store.

AT THE MOVIES

Thursdays, 10 a.m. & 1:15 p.m. Location: Game Room

7/5	This Beautiful Fantastic	2017	Rated PG	1 hr. 32 mins.
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When her landlord forces librarian and aspiring author Bella Brown to clean up her overgrown garden, she meets her grumpy elderly neighbor Alfie Stevenson, who's an avid horticulturist, and an unlikely friendship is born. Stars Jessica Brown Findlay, Tom Wilkinson.

7/12	A Street Cat Named Bob	2017	Rated NR	1 hr. 43 mins.
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.A street busker and recovering addict James Bowen finds himself part of a team when he adopts a stray cat who's as interested in taking care of James as he is in taking care of the feline. Soon, the cat becomes part of the act. Stars Luke Treadaway.

7/19	The Glass Castle	2017	Rated PG-13	2 hrs. 7 mins.
Adapted from the novel of the same name, this family drama follows future writer Jeanette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and her storytelling alcoholic father. Stars Brie Larson, Woody Harrelson.				
7/26	Snowden	2016	Rated R	2hrs. 14 mins.
In 2013, CIA technical expert Edward Snowden stunned the world by revealing a stolen trove of classified U.S. government documents. This Oliver Stone-helmed drama tells the story of the bold theft that exposed NSA mass surveillance programs. Stars Joseph Gordon-Levitt, Shailene Woodley.				

Additional Meetings & Programs

Hand & Foot/Canasta Learn/Play for fun	Mon.	12-4	Neighborhood Center (Bldg. C)
Benson's Book Club – Reading Group (Facilitator: Amelia Reid)	3rd Mon.	1-2	Conference Room A
Bridge - Open to "All"	Every Tues.	9-4	Play for fun
Free Blood Pressure Check	Every Tues.	10-12	Lobby Multipurpose Bldg. B
Ask Chef Quentin - Chef Quentin will be available to answer any of your dining questions.	Every 4 th Tues.	1:45	MPDH
North Area Council on Aging <i>Not Meeting Until August 2018</i>	1 st Wed.	10:30	Conf. Rm. A&B
"Open Mic with Sabrina" Benson Senior Outreach Program hosting the Department of Watershed Management.	1st Wed.	1-2	MPDH
Friends of Benson Meeting	2nd Wed.	10-12	Conf. Rms. A&B
Birthday Celebration	3rd Wed.	12:30-1	MPDH
Land Fitness Orientation Sign-up at the receptionist desk	Every Thurs.	1-2	Fitness Center
Texas Hold'em - "Poker"	Every Thurs.	1-3	All Levels (Craft Room)
AARP Driver Safety Class - \$15 member \$20 non-member	4th Thurs.	<u>Dates & Instructors</u> Jul. 26 (Jerry) Aug. 30 (Warren) Sept. 27 (Jerry) Oct. 25 (Warren)	9-4 Conf. Rms. A&B
Aquatics Orientation - By appointment only (Sign-up at the receptionist desk)	Every Fri.	9:30-10:30	Pool Area
Chess with Tony (Learn/play for fun)	Every Fri.	9:30-12	Game Room
Chess with Sophie (for Beginner)	Every Fri.	12-1	Conf. Rm. A
Social Bridge - Play for fun (All Experienced Players are welcomed)	Every Fri.	12-4	Game Room

Open Computer Lab	Every Fri.	1-3	Computer Lab
Social Bridge “Scheduled” games only	Every Fri.	1-4	Dining Room



Things that may interest you....

BENSON’S HOLIDAY & CLOSING SCHEDULE 2018



7/4 (Wed.) Independence Day



9/3 (Mon.) Labor Day



10/8 (Mon.) Columbus Day



11/12 (Mon.) Veteran’s Day



11/22 & 23 (Thurs. & Fri.)

Thanksgiving



12/24 & 25 (Mon. & Tues.)

Christmas

Dorothy C. Benson & Alpharetta Adult Activity Center Present 2018 TRAVEL

7/20-29 (Fri.-Sun.) Montreal & Quebec City & Canada's Capital City-Ottawa \$1079 Motorcoach transportation, 9 nights lodging including 5 consecutive nights in the Montreal area. 16 meals: 9 breakfasts and 7 dinners, local guide with you each day in Canada, guided tours of Montreal, Quebec City-Ottawa, visit Notre Dame Basilica, go to Montreal's Underground City and Ottawa's Parliament Hill, Narrated Cruise on the stunning St. Lawrence River, Admission to the world famous Montreal Tower and much more. Departure: 8 a.m. from Roswell Adult Center, 830 Grimes Bridge Rd. Roswell, GA,

8/18-26 (Sat.-Sun.) Beautiful Maine \$985 Motorcoach transportation, 8 nights lodging including 4 consecutive nights in Maine, 14 meals: 8 breakfasts and 6 dinners, guided tours of Portland, Maine's largest city-by-the sea, quaint Kennebunk and Kennebunkport, historic Victoria Manalo, Pineland Farms, a picturesque working farm, visit to Boothbay Railway Village, Seashore Trolley Museum and countryside trolley ride and much more.

9/14-16 (Fri.-Sun.) Jekyll Island, GA Shrimp & Grits – "The Wild Georgia Shrimp Festival" set in the Jekyll Island Historic District, the Festival provides a laid back, relaxed Southern atmosphere complimentary of delicious coastal cuisine and great entertainment. Limit 25, transportation by Alpharetta City Bus. Double: \$345, Single: \$599. A \$100 deposit is due at the time of reservation. Final payment: Mon., 8/6. Checks will be made payable to the City of Alpharetta or credit cards accepted at the Alpharetta Adult Activity Center. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

10/2-9 (Tues.-Tues.) Canyon Country – Double \$2,999, Single \$3,749; Triple \$2,969. Price includes: round trip air from Hartsfield International Airport, air taxes and fee/surcharges, hotel. *Highlights:* Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas. Call Dixie Pounds for booking rates after 4/2/18 (678/297-6142) or for more information.

11/24-26 (Sat.-Mon.) Christmas in Historic Savannah. Double \$559, Single: \$689. \$100 deposit due upon registration. Featuring "A Christmas Boat Parade – Savannah Style" Checks made out to the City of Alpharetta or credit cards accepted at the Alpharetta Adult Activity Center. Final payment is due no later than Monday, 10/29. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

2019 TRAVEL

2/22-28/19 Iceland's Magical Northern Lights Double \$3,999, Single \$4,499; Triple \$3,969. Included in price: round trip air from Hartsfield Intl airport, air taxes and fees/surcharges, hotel transfers. Seven days, ten meals: five breakfasts, five dinners. **Highlights:** Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Centre and more. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

4/2-16/19 Discover the South Pacific Wonders with optional three night Fiji post tour extension. Double \$6,499, Single \$7,699, Triple \$6,449. 15 days, 20 meals: 12 breakfasts, 2 lunches, 6 dinners. For bookings made after 10/4/18 call Dixie Pounds (678) 297-6142 for rates. Included in price: round trip air from Hartsfield Intl Airport, air taxes and fees/surcharges, hotel transfers. Not included in price: Cancellation Waiver and insurance of \$385 per person. **Highlights:** Cairns, Great Barrier Reef, Sydney, Choice on Tour, Sydney Opera House, Christchurch, Queenstown, Arrowtown, Milford Sound. For more information call Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.

9/29-10/6/19 Lisbon to Monte Carlo with Oceania Cruises on the Marina (8 days/7 nights) air to depart the U.S. on 9/28 to arrive in Portugal on 9/29. Port of Calls in Spain: Lisbon, Portugal, Seville, Malaga, Palma de Mallorca, Barcelona. France Port: Provence (Marseille) & Monte Carlo, Monaco Disembark. See flier in lobby or give Dixie Pounds with Alpharetta Adult Activity Center a call for more information 678/297-6142.

12/1-15/19 Panama Canal with Norwegian Cruise Line on the Norwegian Dawn 15 days/14 nights. Ports: Tampa & Key West Florida, Falmouth, Jamaica, Santa Marta, Colombia, Panama Canal/Gatun Lake Panama, Costa Maya, Mexico and

....more! "Passport Required" Deposit policy: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required to secure reservations and assign cabins. Final balance is due 7/3/19. Dixie Pounds - Alpharetta Adult Activity Center 678/297-6142.