



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.

Celebrating 19 years!

March Event Schedule 2019

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.

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

Aqua Bike Workshop (Mon. & Fri.) Benson participants will have an opportunity to exercise on the Aqua Bikes and learn all of the fantastic benefits of riding bikes in the pool, 12-1 p.m. To sign up see Nicole or Jennifer in the Fitness Center.

2/4 – 4/15 (Mon. & Wed.) **AARP Foundation Tax-Aide, Free Tax Help!** Please bring government issued photo id, for direct deposit of refund or automatic debit of payment; please bring one of your bank checks. All taxpayers are welcome regardless of age or income. If you have questions call AARP at 1-888/227-7669. **Location:** Benson Game Room, **Time:** 10 a.m. until 2 p.m.

3/6 (Wed.) **Watershed Management** A Watershed representative will answer questions participants may have pertaining to their water bill etc., 12:30-1:15 p.m., **Location:** MPDH

3/7 (Thurs.) **Theater Event** “Goodnight, Tyler” \$25 (includes event & transportation). A contemporary and unexpectedly humorous play. Presented at the Hertz Stage. Show time 10:30 a.m. -12:30 p.m., Benson bus departs at 9:00 a.m., returning around 3:00 p.m. Space is limited see Sherita in the administrative office to purchase tickets.

3/11 (Mon.) **Essential Care Information Session**, Benson participants will learn about the round the clock care available to help seniors live well at home. Blood pressure screens, and mini massages will also be available. **Location:** Conf. A & B, 10 a.m. - 12 p.m.

3/12 (Tues.) **Benson Hike** Benson participants will partake in a leisure walk while others endure a more strenuous hike. Location to be determined. Departing 9 a.m., returning 3 p.m., see Nicole in the Fitness Center to sign up! \$5 transportation fee, lunch at your expense.

3/13 (Wed.) **Synergy** \$5. Experience a truly comprehensive artistic fusion of dance, music, theatre, and art. Synergy will feature the KSU Dance Company, orchestra, musical theatre ensemble, choir, and visual arts collaborating to give the guest a unique art experience. Cobb Energy Center, Benson bus will depart at 10 a.m., returning at 3 p.m.

3/15 (Fri.) Bingo presented by Mansion Senior Living. Enjoy an afternoon of Bingo with gifts/prizes provided by Mansion Senior Living. **Location:** MPDH from 1:30-2:15 p.m.

3/20 (Wed.) **Workshop: Senior Crime Reduction Awareness Measures (S.C.R.A.M.)** offered by Sandy Springs Police, Crime Prevention Unit. The SCRAM workshop will assist seniors in combating elder fraud, abuse and exploitation. SCRAM will provide crime prevention and intervention strategies while offering education to those servicing seniors. Topics will include: Financial

Crimes, Property Crimes, Violent Crimes, Elder Abuse, Fraud and Scams, Identity Thefts, and Health Care Fraud

Location: Conf. Rm., 10:00 a.m., Sign-up at Receptionist Desk

3/21 (Thurs.) The Phoenix Players Come and enjoy a live drama from an ensemble of senior actors; about life lessons learned and sometimes about life lessons ignored. Guaranteed laughter for sure! From 1:15 p.m. – 2:15 p.m., **Location:** MPDH

Benson 2nd Qtr. Class Registration

Dates 2019

At Home Online Registration

March 11-13, 2019

Opens 9:00 a.m. (Mon.) 3/11

Closes 12:00 p.m. on (Wed.) 3/13

In Facility Online Registration

March 18-20, 2019

Opens 9:00 a.m. (Mon.) 3/18

Lunch Break each day 12:00-1:30

Registration Reopens 1:30-3:30

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

Classes begin (Mon.) 4/1/2019

2019 TRAVEL - Benson, Roswell & Alpharetta

*Alpharetta & Roswell Travel **Coordinator Ms. Dixie Pounds**

Alpharetta Adult Activity Center

13450 Cogburn Rd., Alpharetta, GA 30004 **678/297-6142**

- **7/12-21 (Fri-Sun) *Montreal/Quebec** \$1065 (\$69 Insurance) - Diamond Tours
- **9/1-11 (Sun.-Wed.) *Alaska** \$3,877 airfare included – Grand American Tours
- **9/13-15 (Fri.-Sun.) *Jekyll Island, GA “The Wild Georgia Shrimp Festival”** Double: \$350, Single \$495, \$100 Deposit due at time of reservation, final payment: Monday, 8/1/19 make check payable to the City of Alpharetta or credit cards accepted at the Alpharetta Adult Activity Center.
- **9/21-29 (Sat.-Sun.) *Maine** \$895 (\$69 Insurance)
- **9/29-10/6 (Sun.-Mon.) *Lisbon** \$3899 (airfare included) –
- **10/2-11/19 (Wed.-Fri.) *Shades of Ireland** \$3599 (airfare included) (Travel Protection \$315) –Collette Vacations
- **11/29-12/8 (Fri.-Sun.) *San Antonio** \$925 (\$69 Insurance) – Diamond Tours
- **11/30-12/2 (Sat.-Mon.) *Christmas in Savannah** TBA
- **12/1-15 (Sun.-Sun.) *Panama Canal** \$2585 (airfare included)- Grand America Tours

Benson’s Holiday & Closing Schedule 2019

- **5/27 (Mon.) Memorial Day**
- **7/4 (Thurs.) 4th 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 (Tues. & Wed.) Christmas**
- **12/31 (Tues.) New Year’s Eve**



Driver Safety

Class Dates and Instructor

- **3/28 (Jerry)**
- **4/25 (Warren)**
- **5/30 (Jerry)**
- **6/27 (Warren)**
- **7/25 (Jerry)**
- **8/29 (Warren)**
- **9/ 26 (Jerry)**
- **10/31 (Warren)**
- **11/14 (Jerry)**
- **12/5 (Warren)**

