



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!



February Event Schedule 2019

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 picture 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, 12:00-1:00 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 question, call AARP.org/tax aide at 1-888/227-7669. **Location:** Benson Game Room, **Time:** 10:00 a.m. until 2:00 p.m.

2/6 (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

2/6 (Wed.) Atlanta Jewish Film Festival presents **“Shoelaces.”** \$23 (includes event & transportation). This film has been nominated for eight Israeli Academy Awards including Best Film. Shoelaces is a wholly engaging, tender family dramedy about the knotty relationship between an aging, irascible mechanic and the exuberant special-needs son he abandoned long before. Benson bus departs at 6:30 p.m., returns: 10:30 p.m., Show starts at 7:30 p.m. Space is limited see Sherita in the administrative office to purchase tickets.

2/11 (Mon.) **Healthy Eating to Control Cholesterol**, presented by Humana’s representative Mr. Martin Willis. Participants will learn how different foods can affect their cholesterol levels, as well as, which ones they should limit or avoid. Time: 10:00-10:45 a.m., Location: Conf. A&B

2/14 (Thurs.) **Valentine’s Day Luncheon “A Love Affair”** Be our guest **Lunch is on US - the Friends of Benson.** Menu: Swordfish with Mango Salsa, Wild Mushroom Chicken

Marsala, Herb Rice Pilaf and Sautéed Haricot String Beans, Dessert: Chocolate Dream Cake with Strawberries. **Location:** MPDH, **Time:** 12:00 p.m.-1:30 p.m.

2/21 (Thurs.) **Wellcare Chef Demo** Come and find out how to cook healthy tasty meals, get tips on how to maximize flavors without using things like salt and sugar. Wellcare’s infamous Chef Lynn will provide Demonstrations. **Location:** Adult Day Lounge 1

2/22 (Fri.) **Black Heritage and Atlanta Tour** (\$15) Spend a day with Jim Howe Tours driving along Auburn Avenue (Sweet Auburn); see the sites of the Atlanta Civil Rights movement, the areas, buildings and people that contributed to Black History. Also enjoy some the rich and famous sites around the Atlanta area. Departing Benson 10:00 a.m., and returning 3:00 p.m., **See Sherita in the administrative office** to sign up.

2/27 (Wed.) **Black History Celebration** during our regular scheduled luncheon. Come and enjoy the cultural experience through cuisine, art and music. Selections by Benson Chorus, performance by the Giwayen Mata Inc. African Dance Group (1:30 p.m.). **Location:** MPDH, **Time:** 12:45 p.m. – 2:00 p.m. Program sponsored by the Friends of Benson.

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 this time.

- **Classes begin (Mon.) 4/1/2019**



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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

- **03/2019** *Cumberland Island Dates and Prices TBA
- **04/2019** * Charleston, S.C. Dates and Prices TBA
- **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.) *Shrimp Festival TBA
- **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

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| • 2/18 (Mon.) President's Day | • 11/11 (Mon.) Veterans Day | • 12/31 (Tues.) New Year's Eve |
| • 5/27 (Mon.) Memorial Day | • 11/28 & 29 (Thurs. & Fri.)
Thanksgiving | |
| • 7/4 (Thurs.) 4 th of July | • 12/24 & 25 (Tues. & Wed.)
Christmas | |
| • 9/2 (Mon.) Labor Day | | |
| • 10/14 (Mon.) Columbus Day | | |



Class Dates and Instructor

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|-----------------|------------------|
| • 2/28 (Warren) | • 8/29 (Warren) |
| • 3/28 (Jerry) | • 9/26 (Jerry) |
| • 4/25 (Warren) | • 10/31 (Warren) |
| • 5/30 (Jerry) | • 11/14 (Jerry) |
| • 6/27 (Warren) | • 12/5 (Warre) |
| • 7/25 (Jerry) | |