

# Dorothy C. Benson Senior Multipurpose Complex

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3/11/20b DRAFT

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.)**

## **2<sup>nd</sup> Qtr. Class Schedule** **(March-June 2020)**

- **New Member Online Registration:** a “User name and password” will be necessary to register online, please see a member of the administrative staff to obtain it.”  
**Note: In Facility & At Home Online Registration:** Will take place over three days: March 16<sup>th</sup> 17<sup>th</sup> and 18<sup>th</sup>
- ***The Online Registration System At Home:*** Opens at 9:00 a.m. on March 16<sup>th</sup> & you may register at any time until it Closes at 12:00 a.m. (MIDNIGHT) on March 19<sup>th</sup>
- **Online Staff Support In Facility:** You must be an active and updated member, Have your classes highlighted and have your member ID or ID #.
- Opens each day at 9am - Lunch break each day from 12:00 p.m. - 1:30 p.m. registration will restart each day at 1:30 p.m. – Closes each day at 3:30 p.m.
- **Facility Improvement Week – Closure Dates to the General Public including tag and tax services:** March 25<sup>th</sup>-27<sup>th</sup>
- **First Day of 2<sup>nd</sup> Quarter Classes:** Monday, March 30, 2020
- **Drop/Add Class Registration Period:** March 30<sup>th</sup> -April 17<sup>th</sup> , 2020

***Staff will be available to answer questions and provide assistance during this time.***



**Identification Card “Pictures”** – if your picture is not on your Benson identification card please sign up at the receptionist desk to have one taken. Pictures are taken every Wednesday from 11 a.m.-1 p.m., your identification card will be ready “within two weeks after the picture is taken” come to the administrative office for it.





### **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**

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.

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# Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 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. 7:00-9:00, & 3:00-4:45, Tue. 7:00-9:00, & 3:00-4:45***

***Wed. 7:00-9:00 & 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>9:00-9:45</i></b>	<b><i>3/30-6/10 (No class 5/25)</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>10:00-10:45</i></b>	<b><i>3/30-6/10 (No class 5/25)</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>11:00-11:45</i></b>	<b><i>3/30-6/10</i></b>	<b><i>(No class 5/25)</i></b>
	<b><i>Tue. &amp; Thur.</i></b>	<b><i>10:45-11:30</i></b>	<b><i>3/31-6/11</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>3/30-6/10</i></b>	<b><i>(No class 5/25)</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>3/30-6/10 (No class 5/25)</i></b>	
A 25-minute advanced combination of water aerobics and toning using various equipments.				
<b><i>Arthritis Plus</i></b>	<b><i>Tues. &amp; Thur.</i></b>	<b><i>9:00-9:45</i></b>	<b><i>3/31-6/11</i></b>	
<b><i>(Adult Day Participants Only)</i></b>		<b><i>2:15-2:45</i></b>	<b><i>3/31-6/11</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>3/31-6/11</i></b>	
<b><i>(Neighborhood Participants Only)</i></b>		<b><i>11:30-12:00</i></b>	<b><i>3/31-6/11</i></b>	
30 minutes of stretching & toning exercises recommended by the Arthritis Foundation				



## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules

### ***Suspended & Weightless Aerobics*** *Tue. & Thur. 1:15-2:00 3/31-6/11*

An intense workout using flotation devices to keep your feet off the bottom of the pool



### Land Fitness Programs

#### **Fitness Room Orientation** **Thurs. 1:00-2:00 (by appointment only)**

Orientation is required for all new participants in the Fitness Center. During orientation you will learn the rules and regulations of the Fitness Room and how to properly use the exercise equipment.

#### **Open Fitness Room**

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

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

***Cardio Strength (Aerobics)*** ***Mon. & Thurs. 10:00-10:45 3/30-6/11 (No class 5/25)***  
**Instructors: Jennifer Jones** 45 minutes of easy paced low impact movement and body sculpting.  
**Silver Sneakers Members are encouraged to attend. Location: MPDH**

***Circuit Training*** ***Mon. & Wed. 11:00-11:45 3/30-6/10 (No class 5/25)***  
***Tues. & Thurs. 10:00-10:45 & 11:00-11:45 3/31-6/11***

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 at 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

***Senior Stretch (Chair Yoga)*** ***Mon. (Silver Sneakers) 11:00-11:45 3/30-6/8 (No class 5/25)***  
***Wed. 11:00-11:45 4/1-6/10***  
***Thurs. (Silver Sneakers) 2:00-2:45 4/2-6/11***

A gentle form of yoga practiced by sitting and standing using a chair. **Location:** MPDH

**\*\*Monday & Thursday, Silver Sneakers Members are encouraged to attend.**

***Mind & Meditation*** ***Mon. 11:15-12:00 3/30-6/8 (No class 5/25)***

**Instructor(s) Brendall Johnson & Veronica Jackson** 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



## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules

**Ballroom Dance** **Mon.** **2:00-3:00** **3/30-6/8** **(No class 5/25)**

**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



**Soulful Strut** **Mon.** **3:00—3:45** **3/30-6/8** **(No class 5/25)**

**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** **3/30-6/8** **(No class 5/25)**

**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.** **3/31-6/11**

**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** **3/31-6/12**

**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

**Theraband** **Tues. & Fri.** **10:00-10:45 & 11:00-11:45** **3/31-6/12**

**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

**BOCCE** **Tues. & Fri.** **10:00-12:00** **3/31-6/12**

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



## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules

<b>Yo-Chi-Ahh</b>	<b>Tues.</b>	<b>2:00-3:00</b>	<b>3/31-6/9</b>
<b>Instructor: <u>Peter Vajda</u></b> 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. <b>Location:</b> MPDH			
<b>Line Dancing</b>	<b>Wed.</b>	<b>9:00-9:45</b>	<b>4/1-6/10</b>
<b>Instructor: <u>Jennifer Jones</u></b> Learn to do a variety of basic line dances to great music while exercising your heart, mind and soul. <b>Location:</b> MPDH			
<b>Latin Dance Aerobics (Zumba Style)</b>	<b>Wed.</b>	<b>10:00-10:45</b>	<b>4/1-6/10</b>
<b>Instructor: <u>Diane Adams</u></b> an aerobic workout with a Latin feels. Burning calories, improving flexibility and toning-up just happen to be the benefits. <b>Location:</b> MPDH			
<b>Stability</b>	<b>Thurs.</b>	<b>9:00-9:45</b>	<b>4/2-6/11</b>
<b>Instructor: <u>Jennifer Jones</u></b> Class designed to help improve balance and coordination to remain safe on our feet. <b>Location:</b> MPDH <b>Silver Sneakers Members are encouraged to attend.</b>			
<b>Tai Chi Beginning - Level 1</b>	<b>Thurs.</b>	<b>11:00-11:45</b>	<b>4/2-6/11</b>
<b>Instructor: <u>Devon Thomas</u></b> "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. <b>Silver Sneakers Members are encouraged to attend</b> <b>Location:</b> MPDH			

### Life Enrichment Program - Art & Craft Programs

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<b>Beginner Watercolors</b>	<b>Mon.</b>	<b>10:00-12:00</b>	<b>3/30-6/8 (No class 5/25)</b>
<b>Instructor: <u>Mary Kapuscinski</u></b> Learn to paint using watercolors as a medium. <b>Location:</b> Craft Room.			
<b>Fiber Arts: Sewing</b>	<b>Mon.</b>	<b>10:00-3:00</b>	<b>3/30-6/8 (No Class 5/25)</b>
<b>Instructor: <u>Hellenne Vermillion</u></b> This is a basic sewing 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. Non-beginners are also welcome to improve their skills. Students will need to bring their own fabric scissors, straight pins, marking tools, seam ripper and preferably their own sewing machines. Class machines are available for use, but it is better to use your own. Some supplies will be provided and supply lists for basic tools needed are given out on the first day. This is an all-day class and we will break for a one hour lunch. <b>Location:</b> Ceramic Room.			
<b>Pottery/Beginner Wheel Throwing</b>	<b>Mon.</b>	<b>1:00-3:30</b>	<b>3/30-6/8 (No class 5/25)</b>
<b>Instructor: <u>Bea Feiman</u></b> This class is for beginner students only. 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. <b>Location:</b> Heavy Art Room			
<b>Advanced Watercolors</b>	<b>Mon.</b>	<b>1:30-3:30</b>	<b>3/30-6/8 (No class 5/25)</b>
<b>Instructor: <u>Mary Kapuscinski</u></b> : Learn to paint using watercolors as a medium. <b>Location:</b> Craft Room			





## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules

**Clay Sculpture** **Mon. 1:30-4:00** **3/30-6/8 (No class 5/25)**  
**Instructor:** Charles Scogins This class is for those participants who have very little to no experience in working with clay. We will explore a variety of techniques to create and finish your art piece. Bring a sketchbook, and pen to each class **Location:** Ceramic Room

**Beginning Silk Dye Painting** **Tues. 10:00-12:00 3/31-6/9**  
**Instructor:** Hellenne Vermillion A techniques class, students will paint silk "worksheets" with acid dyes learning about ten methods. All levels are welcome. We will learn to work with resist lines, trace designs, create texture with salt, and more. Instructor will steam set your work for permanency. **Students will need to purchase their own silks after the first class.** **Location:** Craft Room

**Digital Photography 101** **Tues. 10:00-12:00 4/7-5/26**  
**Instructor:** Tom Hughes: Elementary class for cameras only, not for phone s or tablets. Concentrating on basics, composition, and getting you happier with your images. **Location:** Conf. Rm. B

**Fiber Arts: Ice Dyeing** **Tues. 1:00-3:00 5/5-6/2**  
**Instructor:** Hellenne Vermillion We will be folding, clamping, tying cotton, rayon or linen fabrics and applying fiber reactive dyes. Some fabric and one t-shirt will be provided but participants will need to purchase their own fabric or shirts. If the first day of a five week session is missed, participant will be removed from class roster. **Location:** Craft Room

**Wood and Metal Small Projects** **Tues. 10:00-4:00 3/31-6/9**  
**Instructor:** Charles Scogins This is a 10 week class in which we will cover some basic wood working techniques as well as joining and finishing of the projects. Projects such as boxes, step stools, tool boxes are suggested but be creative and come with some of your own ideas. Projects will be limited in size to 12" X 12" X 12". Materials for the class will be discussed but most basic materials will be provided. Metal work will be limited to hand hammered items in copper or tin such as hinges, pulls and corners. Please be sure to bring a sketch book and pen to each and every class. **Location:** Heavy Art Room

**Beginner Mahjongg** **Tues 1:00-3:00 3/31-6/9**  
**Instructor:** Sylvia Roundtree & Viola Howard For those who have "never played." Mahjongg is an ancient Chinese tile game using 152 tiles. **Location:** Game Room

**Intermediate Mahjongg** **Tues. 1:00-3:00 3/31-6/9**  
**Instructor:** Viola Howard Mahjong is a game of Chinese origin usually played by four persons with 152 Dominos like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces, **Location:** Game Room

**Beginning Silk Dye Painting** **Tues. 1:00-3:00 3/31-4/28**  
**Instructor:** Hellenne Vermillion A techniques class, students will paint silk "worksheets" with acid dyes learning about ten methods. All levels are welcome. We will learn to work with resist lines, trace designs, create texture with salt, and more. Instructor will steam set your work for permanency. **Students will need to purchase their own silks after the first class.** **Location:** Craft Room

**Knitting Intermediate** **Tues. 1:00-3:00 3/31-6/9**  
**Instructor:** Joan Lee & Shirley Dobson Learn to knit or join this fun group to knit for charity. All levels are



## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules

welcomed. **Location:** Conference Room B

### Clay Hand Building Techniques

Wed.

10:00-3:00

Session 1: 4/1-4/29

Session 2: 5/6-6/3

**Instructor:** Hellenne Vermillion A basic hand building clay class with assigned projects for all levels. Focus will be on forming objects, incorporating surface design techniques and creating functional pieces. Students will learn to use underglazes and glazes. We will have a one hour lunch break. This is not an open studio, Students will need to purchase before coming to class a bag of clay "BMix Cone04-6" from Davens Ceramics Supply. (if the first day of a five week session is missed participant "will be removed from the class roster.") **Location:** Ceramic Room

### Creative Writing Forum

Wed.

10:00-12:00

4/1-6/10

**Instructor:** Alvin Johnson & Gerald Aldridge A forum for experienced writers to share various forms of writing with peers to give and receive feedback. This class will include writing tips and an offsite workshop visiting writing professionals. **Location:** Craft Room

### Acrylic and Mixed Media

Wed.

10:00-12:30

4/1-6/10

**Instructor:** Charles Scogins This class is 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

### Needlepoint

Wed.

1:00-3:00

4/1-6/10

**Instructor:** Shirley Dobson "experienced Need pointers only." Come and learn to advance your skills with a variety of unique stitching techniques in a fun setting. **Location:** Craft Room.

### Beginning Oil Painting

Wed.

1:30-4:00

4/1-6/10

**(Instructor:** Charles Scogins: We will cover the fundamentals of oil painting such as color, composition and values as well as the use of tools such as Palette Knives, Brushes and Mediums to create glazes and translucent passages of color. This is a studio class designed for those who are not able to participate in the Painting from Life classes. Bring a sketch book and pen to each class as well as 3 canvases not to exceed 12 X 16 inches. All other materials will be provided. **Location:** Painting/Drawing Studio.

### Intermediate Spanish

Wed.

2:30-4:00

4/1-6/10

**Instructor:** Maria Rincon De Pulido "Prerequisite" you must have taken at least one session of Beginner Spanish. Participants in this class will review the Spanish alphabet and practice pronunciation of words. Participants will also learn key words and common Spanish phrases as well as numbers, colors, the days of the week, months of the year, and seasons. Temperature, climate terms, and names and titles of family members will also be taught. In addition you will learn direction, location and some geography. **Location:** Conference Room. A&B

### Card Making

Thurs.

9:30-11:30

4/2-6/11

**Instructor:** Judy Schneible Learn techniques to create your own unique greeting cards using rubber stamps and stencils. Students need to bring some of their own supplies; these supplies will be discussed in the first class. **Location:** Craft Room





## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules



<b>Life Painting in Oil Paint</b>	<b>Thurs.</b>	<b>10:00-4:00</b>	<b>4/2-6/11</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 model fee for this class. <b>Location:</b> Painting/Drawing Studio			
<b>Beginner Keyboard</b>	<b>Thurs.</b>	<b>11:00-12:00</b>	<b>4/2-6/11</b>
<b>Instructor:</b> <u>William Green</u> Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. <b>Location:</b> Conf. Rm. B, <b>Note: 4<sup>th</sup> Thursday class will be in the Adult Day Dining Hall.</b>			
<b>One-on-One Piano</b>	<b>Thurs.</b>	<b>12:00-1:00</b>	<b>4/2-6/11</b>
<b>Instructor:</b> <u>William Green</u> this is a one-on-one session for advanced students. <b>Location:</b> MPDH			
<b>One-on-One Keyboard</b>	<b>Thurs.</b>	<b>1:30-2:30</b>	<b>4/2-6/11</b>
<b>Instructor:</b> <u>William Green</u> this is a one-on-one session where Benson participants will learn the basic notes of the keyboard as well as learn to play easy songs. <b>Location:</b> Computer Lab			
<b>Intermediate Wheel Throwing</b>	<b>Thurs.</b>	<b>12:30-3:30</b>	<b>4/2-6/11</b>
<b>Instructors:</b> <u>Gail Land</u> "Prerequisite" - Beginner Wheel Pottery, or prior experience, the student should be able to center clay on the wheel with minimum difficulty and have working knowledge of throwing clay on the wheel. <b>Note:</b> If you have pain in hands, elbow, shoulder or a weakness in arms or back this may not be an ideal class for you. <b>Location:</b> Heavy Art Room			
<b>Polymer Clay: Figures and Fantasy Creatures</b>	<b>Thurs.</b>	<b>1:30-3:30</b>	<b>4/2-6/11</b>
<b>Instructor:</b> <u>Hellenne Vermillion</u> Using polymer Sculpted clay, participants will make small figures or fantasy creatures using awire armature. These will then be painted. Location: Ceramic Room			
<b>Genealogy</b>	<b>Fri.</b>	<b>10:00-12:00</b>	<b>4/3-6/12</b>
<b>Instructor:</b> <u>Dee Notaro</u> <u>Please note: a computer is necessary for this class – No iPads/or phones will suffice.</u> This program will provide you instructions to access records that will put you onto a road of discovery as to who, 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. <b>Location:</b> Conf. Room A & B			
<b>Beginning Drawing</b>	<b>Fri.</b>	<b>10:00-12:30</b>	<b>4/3-6/12</b>
<b>Instructor:</b> <u>Charles Scogins</u> 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. <b>Location:</b> Painting/Drawing Studio			



## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules

**Beginner Keyboard** **Fri. 11:00-12:00 4/3-6/12**  
**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 4/3-6/12**  
**Instructor: William Green** this is a one-on-one session for advanced students. **Location:** MPDH

**Intermediate to Advance Drawing** **Fri. 1:30-4:00 4/3-6/12**  
**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

**Beginner Spanish** **Fri. 1:30-3:00 4/3-6/12**  
**Instructor: Maria Rincon De Pulido** Participants in this class will review the Spanish alphabet and practice pronunciation of words. Participants will also learn key words and common Spanish phrases as well as numbers, colors, the days of the week, months of the year, and seasons. Temperature, climate terms, and names and titles of family members will also be taught. In addition you will learn direction, location and some geography. **Location:** Conference Room. A&B



### Life Enrichment Program-Computer Programs

**Intro to Windows 10** **Mon. 10:00-12:00 3/30- 4/20 (No class 5/25)**  
**Instructor: Jeff Kalwerisky** 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. . **Location:** Computer Lab

**Basic Computer Course** **Mon. 10:00-12:00 4/27-5/18 (No class 5/25)**  
**Instructor: Jeff Kalwerisky** This course is for individuals that are not savvy with maneuvering the computer, will learn very basic skills etc. **Location:** Computer Lab

**Security for Seniors- Protect Your Assets & Privacy on the Internet** **Tues. 10:00-12:30 3/31-4/21**  
**Instructor: Jeff Kalwerisky** 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. **Please note: an email address is required for this class.** **Location:** Computer Lab

**Intro. To Android Tablets/Phones** **Wed. 10:00-12:00 4/1-4/22**  
**Instructor: Jeff Kalwerisky** Using your Android Tablet: touch screen, send messages, make video calls, read books, send emails, useful apps, music, movies, and more. **Please note: an email address is required for this class.** **Location:** Computer Lab



## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules

**Intro. To Microsoft Word** **Wed.** **10:00-12:00** **4/29-5/20**

**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

**Intro. iPhone/iPad** **Thurs.** **10:00-12:00** **Session 1: 4/2-4/23**  
**Session 2: 4/30-5/21**

**Instructors:** Jeff Kalwerisky 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. **Location:** Computer Lab

## WORKSHOPS & LIFE ENRICHMENT PROGRAMS

**Participants must sign up for "All" workshops in person at the Receptionist Desk in Bldg. B**

**Pen, Pencil and Prompt** **Mon.** **11:00-11:45** **3/30-6/8 (No class 5/25)**

**Instructor:** Karen Walker In these workshop participants will have fun exploring words in a creative way, this will include free writing, group stories, alphabetical sentences and 100 plus prompts. **Location:** Heavy Art Room

**Macramé** **Mon** **1:00-3:00** **3/30-5/18 (No class 5/25)**

**Instructor:** Bonnie Diamond Relive the 1970's and create a keychain or belt or plant hanger or wall hanging. The experienced and novice are welcome.. **Location:** Computer Lab

**Stain Glass Demo Workshop** **Mon** **10:00-12:00** **4/20&4/27, 5/11&5/18**

**Instructor:** Bonnie Diamond Participants will observe the instructor executing the techniques of cutting, grinding, foiling, and soldering glass to create a finished piece. Participants will have the opportunity to explore working with the various materials. **Location:** Heavy Art Room

**Benson Book Club (Reading Group)** **Mon.** **1:00-2:00** **4/13, 5/11, 6/8**

**Coordinator:** Amelia Reed Discussion of books suggested by reading group participants. **Location:** Conf. Rm. A

**Printmaking/Bookbinding** **Tues.** **1:00-3:00** **3/31-5/19**

**Instructor:** Bonnie Diamond Using a "Soft-Cut" printing block we will carve and then create prints from our printing plate. We will also explore bookbinding and make at least one book. **Location:** Ceramic Room

**One-On-One Piano** **Tues.** **3:15-4:45** **3/31-6/9**

**Instructor:** Masadi "Ace" Wynn This is a one-on-one session for beginner students. **Location:** MPDH

**Bird House Workshop** **Wed.** **9:30-12:00** **4/15**

**Instructor:** Judy Schneible Students will paint outdoor wooden bird houses. All bird houses will be hung outside on the Benson grounds. **Location:** Heavy Art Room

**Sticks & Stones (One Day Workshop)** **Wed.** **9:30-12:00** **5/13**

**Instructor:** Judy Schneible Create beautiful crafts from all natural outdoor materials. All supplies provided. **Location:** Heavy Art Room





# Dorothy C. Benson Senior Multipurpose Complex

## Benson's AARP Defensive Driving Class Dates for 2020

January 30  
February 27  
March 26  
April 30  
May 28  
June 25  
July 30  
August 27  
September 24  
October 29  
November 12  
December 3

Every Thursday, 10:00 am - 3:00 pm, Medical Center in Building B., L & H Internal Medicine, P.C.,  
Dr. Liza L. Hasso, M.D. Call 404 612 2358 for an appointment.

**Chess with Tony Shibona**                      Every Fri.    9:30 a.m.–12                      Game Room

**Social Bridge**                                      Every Fri.    12:00–4:00                      Ongoing  
**Facilitator:** Lois Morris Only "experienced players"    Location: Game Room

## Benson's Holiday & Closing Schedule for 2020

1/20 (Mon.) Martin Luther King  
2/17 (Mon.) President's Day  
5/25 (Mon.) Memorial Day  
7/3 (Fri.) Independence Day  
9/7 (Mon.) Labor Day  
10/12 (Mon.) Columbus Day  
11/11 (Wed.) Veterans Day  
11/26 & 27 (Thurs. & Fri.) Thanksgiving  
12/24 & 25 (Thurs. & Fri.) Christmas  
12/31 (Thurs.) New Year's Eve

## ***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.



## Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules



### **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

## **Dorothy C. Benson Complex Program Coordinators**

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



**Brenda Russell**  
Adult Day Program  
Coordinator



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





**Chef  
Quentin Boswell  
Head Cook**



**Susan Jones  
Manager  
Neighborhood Center  
Program**

## **Benson's Instructors & Administrative Staff**

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**Martha Fortson  
Administrative Specialist**



**Vanessa House  
Custodial Inspector**



**Branko "Bane" Stojanovic  
Administrative Specialist**



**Ronald MacAuley  
Social Services  
Coordinator**



**Jennifer Jones  
Fitness Instructor**

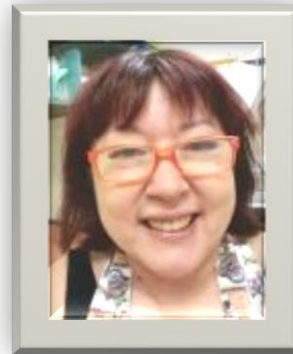


**Jeff Kalwerisky  
Computer Instructor**

Dorothy C. Benson Senior Multipurpose Center-Second Qtr. 2020 Class Schedules



**Charles Scogins**  
**Art Education Coordinator**



**Hellenne Vermillion**  
**Art Instructor**

**Fulton County Department of Senior Services Representatives**



**Ladisa Onyiliogwu**  
**Director of Senior Services**



**Andre Gregory**  
**Program Manager**



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



**Bob Ellis**  
**Commissioner, District 2**

***Your county at your service!***

