

DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX



SUMMER QUARTER ACTIVITIES 2026

**6500 Vernon Woods Dr. N.E
Sandy Springs, Ga 30328
(404) 613-4900
www. Bensoncenter.org
Monday-Friday 8:30 a.m.- 5:00 p.m
Facility Manager: Sabrina Hudson**

Fulton County Department of Senior Services Published On: Monday June 1, 2026

**QUARTERLY CLASS SCHEDULE OF IMPORTANT 2026 DATES:
FOR THE FOUR SENIOR MULTIPURPOSE FACILITIES:
Benson, Bowden, Darnell & Mills**

March 30th – June 5th, 2026 (Spring Qtr.)

Classes Start: Monday, March 30th

ONSITE CLASS SURVEYS DISTRIBUTION WEEK: June 1st - June 5th

Classes End: Friday, June 5th

Class Registration Week: Summer Quarter June 8th – June 12th

Down Days: June 16th, 17th, & June 18th

Holiday Closure: May 25th & June 19th

June 22nd – September 4th, 2026 (Summer Qtr.)

Classes Start: Monday, June 22nd

ONSITE CLASS SURVEYS DISTRIBUTION WEEK: Aug 31st - Sept 4th

Classes End: Friday September 4th

Class Registration Week: September 8th - September 11th

Down Days: September 16th, 17th & 18th

Holiday Closure: July 3rd & September 7th

September 21st – December 4th, 2026 (Fall Qtr.)

Classes Start: Monday, September 21st

ONSITE CLASS SURVEYS DISTRIBUTION WEEK: Nov. 30th - Dec. 4th

Classes End: Friday, December 4th

Class Registration Week: December 7th – 11th

Down Week: December 16th, 17th, & 18th

Holiday Closure: November 11th, November 26th & November 27th,

December 24th & December 25th

December 31st & January 1st, 2027

Registration Requirements:

You must be a member of the center.

Options to register: At home online or in-person online with assistance.

Not a member yet? No! worries, you can still enjoy meal services and any virtual programming.

Membership Notes:

Membership must be renewed annually.

Ensure your membership is current or schedule an appointment to renew it. Confirm membership status with the Administrative Staff and make any necessary appointments.

WATER AEROBICS PROGRAMS



Water Fitness Room Orientation

Every Friday | 9:30 A.M.

By Appointment Only: 404-613-4900

Pool Orientation is required for all new participants in the Water Fitness Program. During orientation, you will review the rules and regulations of the aquatics program and learn how to safely and properly enjoy the pool.

The pool is open for Registered Participants only.

Open Water Fitness Hours

Monday – Thursday

8:45 A.M. – 10:00 A.M.

2:15 P.M. – 4:00 P.M.

Friday

8:00 A.M. – 10:00 A.M.

1:00 P.M. – 4:00 P.M.

A lifeguard is on duty during all open swim times; however, no instruction will be provided during Open Water Fitness hours.

Please Note: The pool is closed daily from 12:00 P.M. – 1:00 P.M.

Water Aerobics Classes

Instructor: Elfreda Smith

Aqua Fit Combo

10:15 A.M. – 11:00 A.M. | Monday & Wednesday

June 22nd – September 2nd

A low-impact, high-intensity water aerobics class designed for all fitness levels. This class aims to improve flexibility, core strength, muscle tone, and endurance. Exercises include walking, speed walking, jogging, and other cardio movements. Aquatic equipment will also be utilized throughout the session

Cardio Body Sculpt

11:15 A.M. – 12:00 P.M. | Monday & Wednesday

June 22nd – September 2nd

A high-intensity cardiovascular aquatic workout. Weights and noodles will be utilized throughout the session. Breaks are encouraged whenever necessary. Light use of weights is acceptable.

Water Circuit

1:15 P.M. – 2:00 P.M. | Monday & Wednesday

June 22nd – September 2nd

Get ready to move and sweat! Participants rotate through various stations around the pool, each featuring different aquatic equipment. Exercises target various muscle groups and include cardio, strength, balance, and flexibility activities.

Aqua Bike

1:15 P.M. – 2:00 P.M. | Tuesday

June 23rd – September 1st

Aqua Bike is a spin bike designed for use in water. The Aqua Bike workout integrates cardio, strength training, and water resistance to deliver an effective full-body workout. Whether you are a new or experienced rider, come enjoy a high-impact workout in a low-impact environment!

Registration- June 8th – June 12th, 9AM – 12PM and 1PM – 3PM. Please note Aqua Bike registration must be completed in person. Please come by the pool to register for Aqua Bike.

Total Body Sculpt

10:15 A.M. – 11:00 A.M. | Tuesday & Thursday

June 23rd – September 3rd

Class begins with a walk/run around and across the pool. This session engages all muscle groups and is designed to improve muscular strength and flexibility using weights, noodles, and rings

Water Kick Box

11:15 A.M. – 12:00 P.M. | Tuesday & Thursday

June 23rd – September 3rd

Kicks, punches, jumping jacks, and knee lifts are just a few of the moves used in this 45-minute “martial arts” inspired water workout.

Water Volleyball

1:15 P.M. – 2:00 P.M. | Thursday (June 25th – September 3rd)

10:00 A.M. – 10:45 A.M. | Friday (June 26th – September 4th)

Instructor: Kathy Allen

Have a blast with this full-body workout while learning the rules and techniques of traditional volleyball! Focused on fun and fitness, this activity is sure to bring out your competitive spirit.

LAND FITNESS PROGRAMS



Fitness Room Orientation
Thursdays | 1:00 P.M. – 2:00 P.M.
Appointment Only: (404) 613-4900

Orientation is **required** for all participants who wish to use the Fitness Center. During the session, you will review the Fitness Room rules and regulations and receive instruction on how to safely and effectively use the exercise equipment.

Open Fitness Room Hours
Mondays | Wednesdays | Fridays

8:30 A.M. – 4:00 P.M.

Tuesdays

8:30 A.M. – 10:00 A.M.

1:00 PM – 4:00 PM

Thursdays

8:30 A.M. – 10:00 A.M.

2:00 P.M. – 4:00 P.M.

The Fitness Center is open for use by registered participants only.
Please note that no instruction is available during open fitness hours.

Important: The Fitness Room is closed daily from 12:00 P.M. – 1:00 P.M.

LAND FITNESS PROGRAMS

Instructor: Jennifer Jones

Circuit Training

Circuit Training 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).

Session I

**June 23rd -July 23rd
Tuesday & Thursday
10:00 A.M. – 10:45 A.M.
11:00 A.M. – 11:45 A.M.**

Session II

**August 4th -September 3rd
Tuesday & Thursday
10:00 A.M. – 10:45 A.M.
11:00 A.M. – 11:45 A.M.**

Registration for Circuit Training

**June 8th – June 12th
9:00 A.M. – 12:00 P.M.
1:00 P.M. – 3:00 P.M.**

Please call 404-612-2306 or stop by the fitness room to register.

Multipurpose Dining Hall (MPDH) Fitness Classes

Class Capacity: 35 Participants
Each class is 45-50 minutes

MONDAY

Bodyworks Plus ABS

9:30 A.M. | MPDH & Virtual | Monday

June 22nd - August 31st

Instructor: Sonya Edwards

An intermediate-level fitness class that sculpts and tones the body. This workout uses dumbbells and body weight for resistance while moving to the beat of music. Over time, participants will notice improvements in muscle tone, posture, balance, and strength. Exercises may be modified and performed seated in a chair.

Chair Yoga

10:30 A.M. | MPDH & Virtual | Monday

June 22nd - August 31st

Instructor: Sonya Edwards

Move your whole body through a complete series of seated and standing yoga poses. Chair support allows participants to safely perform postures designed to increase flexibility, balance, and range of motion.

Advance Soulful Strut Line Dancing

2:00 P.M. | MPDH | Monday

June 22nd - August 31st

Instructor: Donna Jones

This class challenges dancers who have mastered basic steps, pivots, and turns. You will learn intricate, multi-wall choreography at a faster pace, making it an excellent aerobic workout that builds stamina, rhythm, and coordination.

****Completion of Beginner Soulful Strut Line Dance is required before registering for this class.**

TUESDAY

Let's Walk

8:30 A.M. | Bldg. B Lobby | Tuesday & Thursday

June 23rd - September 3rd

Instructor: Kathy Allen

Get fresh air... socialize... exercise! This outdoor walking activity improves cardiovascular efficiency, strengthens the heart, aids in weight management, and reduces stress. Open to all fitness levels.

Ener Chi

9:00 A.M. | MPDH & Virtual | Tuesday

June 23rd - September 2nd

Instructor: Diane Adams

A combination of Tai Chi and Yoga moves designed to aid in fall prevention, balance, and stress reduction. A short relaxation meditation will also be included. Excellent for those recovering from surgical joint replacements and other health related conditions that prevent more aggressive exercise.

S.E.A.T. (Supported Exercise for Ageless Training)

10:00 A.M. | MPDH & Virtual | Tuesday

June 23rd – September 1st

Instructor: Diane Adams

A brand new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility. It is a combination of cardio, strength, balance, posture, brain work, and more. It's a complete workout from head to toe and it's all done in a chair, but you may also perform the exercises while standing. Check it out, it's tons of fun

Disco Aerobics and Weights

11:00 A.M. | MPDH & Virtual | Tuesday

June 23rd – September 1st

Instructor: Diane Adams

A comprehensive workout of aerobics to disco beats, strength training with weights and movement to improve balance.

Cardio Strength

2:00 P.M. | MPDH & Virtual | Tuesday

June 23rd – September 1st

Instructor: Jennifer Jones

A 45-50-minute class that consists of 20 minutes of low impact cardio set to music, 20 minutes of strength, core, and balance training. Weights are optional but recommended. Class concludes with a cool down and stretch.

WEDNESDAY

3 'N One

9:00 A.M. | MPDH & Virtual | Wednesday

June 24th – September 2nd

Instructor: Diane Adams

3 'N ONE offers a full range of exercise featuring 15 minutes of Aerobics, 15 minutes of Strength Training with weights and 15 minutes of Stretch and Tone techniques which help free up muscles for more mobility and balance.

Block Party

10:00AM | MPDH & Virtual | Wednesday

June 24th – September 2nd

Instructor: Diane Adams

Elevate the active aging journey in a standing core and balance workout using blocks (blocks will be provided for participants). Discover tailored exercises that strengthen the core and improve balance, enhancing stability in everyday activities. Promotes confidence, mobility, and wellbeing.

Strength & Balance

11:00 A.M. | MPDH & Virtual | Wednesday

June 24th – September 2nd

Instructor: Diane Adams

A total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone & mobility.

THURSDAY

Flexibility, Strength, & Balance

9:00 A.M. | MPDH & Virtual | Thursday

June 25th - September 3rd

A 3-prolonged approach to improving range of motion, strength, and balance. An excellent class for those who consistently work out with weights and need to stretch muscles and improve range of motion. Weights and therabands will be used for strength training, along with chair assisted exercises to help with fall prevention.

*Mat work will not be included during summer quarter.

S.E.A.T. (Supported Exercise for Ageless Training)

10:00 A.M. | MPDH & Virtual | Thursday

June 25th - September 3rd

Instructor: Diane Adams

A brand new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility. It is a combination of cardio, strength, balance, posture, brain work, and more. It's a complete workout from head to toe and it's all done in a chair, but you may also perform the exercises while standing. Check it out, it's tons of fun!

Yoga with Jay

11:00 A.M. | MPDH or Benson Rose Garden | Thursday

June 25th - September 3rd

Instructor: Jay Z

This class is specifically designed for seniors, combining three different yoga practices: Hatha yoga/Asanas, Qui gong/Tai chi and Meditation & Mindfulness. This class does not use mats or chairs.

Please Note: This class may be held outdoors, except during inclement weather

Beginner Soulful Strut Line Dance

2:00 P.M. | MPDH | Thursday

June 25th - September 3rd

Instructor Donna Jones

This introductory soulful line dance class is tailored for beginner dancers who wish to learn the fundamental steps for any line dance. You will practice repeating sequences of steps facing different directions (walls) as the song progresses.

Additionally, you will learn steps such as grapevines, cha-cha, box steps, pivots, and more.

*Completion of this class is required before registering for the Monday Soulful Strut Line Dance Class.

FRIDAY

Cardio Tabata

9:45 A.M. | MPDH & Virtual | Friday

June 26th - September 4th

Instructor: Jennifer Jones

Interval training workout set to music. Includes warm-up, 30 minutes of Tabata intervals (20 seconds work/10 seconds rest), core work, and cooldown. Light weights are optional.

Bocce

10:00 A.M. – 12:00 P.M. | Bocce Court | Friday

June 26th – September 4th

Volunteer Instructor

Bocce is an 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? Join us for a few hours of fun, exercise, and socialization!

Pilates

11:00 A.M. | MPDH & Virtual | Friday

June 26th - September 4th

Instructor: Sonya Edwards

Mat-based class focusing on core strength, flexibility, balance, and posture.

LIFE ENRICHMENT PROGRAMS



Class Registration Requirements

Please Note: You must be a current member of the center to register for any class. All classes have limited seating and are filled on a first-come, first-served basis. Early registration is encouraged to secure your spot.

LIFE ENRICHMENT PROGRAMS

MONDAY

Improvisational Comedy II

10:00 A.M. – 11:45 A.M. | Game Room | Monday

June 22nd – August 31st

Instructor: Thomas Trinh

Class Size: 10

This class is for participants who have taken Improv I, or a class in the past, and are looking to continue their education, and dig deeper into the art form. In Improv II we will build upon Improv I, by strengthening what we've learned and introducing new skills by playing games, exploring character development, and performing scene work. The intention of this class is to encourage healthy cognitive function by helping you think on your feet, engage with others, laugh, and play!

Acrylic Painting

Art Studio | Monday

10:00 A.M. - 12:00 P.M. | Instructor: Claudia Rak

1:00 P.M. - 3:00 P.M. | **NO INSTRUCTOR - Continuation of class independently working and completing project.**

June 22nd – August 31st

Class Size: 14

In this class you will explore painting to express yourself while discovering how art and music can inspire creativity. We will practice fundamental painting techniques, learn how to use color and form, and connect the skills to stories from art history. Step by step, you will build confidence in your own artistic style while enjoying a supportive and relaxing environment.

Mosaics for Seniors: Creative Tesserae

1:00 P.M. – 3:00 P.M. | Craft Room | Monday

June 22nd – August 17th

Instructor: Bonnie Diamond

Class Size: 8

Discover the joy of mosaic art in a fun, relaxed class designed especially for seniors. In this hands-on class, with beginners we will work with pre-made tesserae-small, colorful tile pieces- to create two beautiful mosaic projects. For the intermediate participants we will have a choice of techniques. No prior experience is needed, just bring your curiosity and enthusiasm! All materials are provided, and guidance will be offered every step of the way. Join us and enjoy the calming, rewarding process of creating mosaics in a friendly, supportive environment.

Beginners Canasta

10:00 A.M. – 12:00 P.M. | Computer Lab | Monday

June 22nd – August 17th

Instructor: Sherrelle Matthews

Class Size: 6

Come learn the basic rules and processes for Modern American Canasta. Participants will learn while playing the basics of the Canasta card game, which challenges your memory, focus and strategic thinking.

TUESDAY

Drawing on the Right Side of the Brain

10:00 A.M - 11:45 A.M. | Ceramics Room | Tuesday

June 23rd – September 1st

Instructor: Angela Forte

Class Size:10

This class will follow the text and workbook by Betty Edwards.

Intro to (AI) Artificial Intelligence

10:00 A.M. -12:00 P.M. | Computer Lab | Tuesday

June 23rd – September 1st

Instructor: Jeff Kalwerisky

Class Size: 12

Every day, we read about the wonders of the new generation of “artificial intelligence” or AI. As with most new technologies, we hear that AI will change our lives in positive ways yet will likely do away with many white-collar jobs. So, which is it? This class explains what AI is and is not and covers examples where ordinary people (that’s us!) can learn to use this interesting new technology to enhance our lives.

Drawing and Watercolor Level 1

1:00 P.M. -3:00 P.M. | Art Studio | Tuesday

July 7th – August 25th

Instructor Elizabeth Samoluk

This Class is 8 weeks

Learn to train in the techniques that underpin good drawing skills as they apply to watercolor paintings. If you have an interest in watercolor or previous experience with watercolors, then this class is especially for you! Course designed for ALL watercolor levels.

Class Size: 12

Benson’s Got Talent

1:00 P.M. - 3:00 P.M. | Conference Room | Tuesday

June 23rd – September 1st

Instructor: Angela Forte

Did you know singing can improve your health and cognitive function? Join us each week to sing whatever song is in your heart or on your radio, karaoke style. It’s great for reducing stress and building confidence too!

Class Size: 12

Bridge Group

12:30 P.M. - 3:30 P.M. | Computer Lab | Tuesday

June 23rd – September 1st

No Instructor

Beginners are Welcome!

Basic Instructions Are Available.

No registration required

Must be a Benson member to attend

Clay Hand Building

1:00 P.M.-3:00 P.M. | Ceramics Room | Tuesday

June 23rd – August 11th

Instructor: Bonnie Diamond

Get ready to roll up your sleeves and have some creative fun! This ceramics class invites students – both beginners and those with experience -to explore clay in a relaxed, social, and joyful setting. We'll try out a variety of techniques- pinching, rolling, sculpting, decorating, glazing-so everyone can discover what they enjoy most or build on what they already know. Those with experience will explore the use of underglaze products to achieve a more exciting, finished piece. Whether you're new to clay or looking to refine your skills, you'll have a unique, handmade ceramic piece to proudly take home and show.

Class Size: 10

Intermediate Mahjong

1:00 P.M.-3:00 P.M. | Game Room | Tuesday

June 23rd – September 1st

No Instructor

Mahjong is an Ancient Chinese tile game, but here we play the American version.

Open to experienced players only. (No beginners)

Class Size: 16

Basic Sewing (Morning)

9:30 A.M.-12:00 P.M. | Craft Room | Tuesday

June 23rd – September 1st

Instructor: Lisa Rochon

Come and learn some basics of sewing. Learn to thread a machine and basic sewing methods. Some of the projects and techniques we will learn are French seams, basic mending - hemming, buttons/Velcro, mending, fabric pairing for each project, market bag/tote, travel roll up. Limited space. Participants are welcome to bring their machines.

Class Size: 7

Basic Sewing (Afternoon)

1:00 P.M. -3:30 P.M. | Craft Room | Tuesday

June 23rd – September 1st

Instructor: Lisa Rochon

Come and learn some basics of sewing. Learn to thread a machine and basic sewing methods. Some of the projects and techniques we will learn are French seams, basic mending - hemming, buttons/Velcro, mending, fabric pairing for each project, market bag/tote, travel roll up. Limited space. Participants are welcome to bring their machines.

Class Size: 7

WEDNESDAY

Creative Writing

10:00 A.M. - 12:00 P.M. | Conference Room | Wednesday

June 24th – September 2nd

Instructors: Leslie Pickering & Jill Beerman

A forum for experienced writers to share various forms of writing with peers to give and receive feedback and constructive criticism. This class includes some short presentations related to specific interests and the challenges faced by writers.

Class Size: 12

Beginner/Intermediate Crochet

10:00 A.M. - 12:00 P.M. | Craft Room | Wednesday

June 24th – September 2nd

Instructor: Joann Bowdoin-Aynsley & Hilda Fennell

New participants will learn specific stitches and how to begin crocheting a simple project. Intermediate participants will learn to read a pattern and help newer students if there is a need. Please bring your own materials (needles, yarn, etc.)

Class Size: 10

Computer/Phone Lab

10:00 A.M. - 12:00 P.M. | Computer Lab | Wednesday

June 24th – September 2nd

Instructor: Jeff Kalwerisky

This is an opportunity for seniors to ask questions about your phone, tablet, and laptop. The instructor will answer your questions and work with you to solve problems, wherever possible.

Class Size: 12

Mind and Meditation

10:00 A.M. - 11:00 A.M. | Game Room | Wednesday

June 24th – September 2nd

Instructor: Alan Horlick

Been practicing transcendental meditation for seven years and hopes to help anyone who needs “a little peace”. Meditation has been linked to a variety of health benefits including reduction in stress, anxiety, depression, headaches, pain, and blood pressure. Meditation can positively affect emotional and physical health, improve concentration and memory, resulting in better academic and work performance. Meditation helps you become a happy person.

Class Size: 16

Advanced Clay Hand Building

10:00 A.M. - 3:00 P.M. | Ceramics Room | Wednesday

June 24th – September 2nd

Instructor: Angela Forte

A continuation of techniques learned in Clay Hand Building. You will create more utilitarian and /or decorative pieces.

Class Size: 10

Needle Works ‘Chat & Stitch’

1:00 P.M. - 3:00 P.M. | Craft Room | Wednesday

June 24th – September 2nd

Organizer: Shirley Dobson

For anyone who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects that they bring to class.

Please Note this is not an instructor led class

Class Size: 12

Beginner/Intermediate Dominoes

1:00 P.M. - 2:00 P.M. | Game Room | Wednesday

June 24th – September 2nd

Instructor: Maurice Jones

Want to learn how to play the game of Dominoes? Students will learn the rules of dominoes and use multiples of 5 to score points. Students will enhance their skills by playing dominoes with others. We welcome all to come and play.

Class Size: 12

Beginners/Intermediate Chess

2:00 P.M. - 3:00 P.M. | Game Room | Wednesday

June 24th – September 2nd

Instructor: Maurice Jones

Want to learn how to play the game of chess? Students will learn the rules of chess and build strategies while playing the game. They will build strategies by playing the game. We welcome all to come and play.

Class Size: 6

Beginners Mahjong

1:30 P.M. - 3:30 P.M. | Computer Lab | Wednesday

June 24th – September 2nd

Instructor: Elyse Friedman & Susan Adair

Beginners will learn this tile-based strategy game, played by 2-4 players, where the goal is to form winning hands. Players take turns drawing and discarding tiles, attempting to build combinations of three and four tiles called melds, and a pair of matching tiles.

Class Size: 10

**Before signing up you will need to have new 2026 Mahjong Card
Here's the link to get your Mahjong Card www.nationalmahjongleague.org**

THURSDAY

Internet Security for Seniors

10:00 A.M. - 12:00 P.M. | Computer Lab | Thursday

June 25th – September 3rd

Instructor: Jeff Kalwerisky

The Internet is an amazing place to send emails, texts, watch movies, play games, read books, and of course, shop. However, the same internet has people waiting to steal your personal information so they can take your savings, assets, social security. This class teaches you how to identify scam emails and texts, how not to be conned on the phone, and how to avoid dangerous websites. You will also learn how to choose passwords without having ever to remember anything.

Class Size: 12

Pottery Advanced Wheel Throwing

10:00 A.M. - 2:00 P.M. | Heavy Art Room | Thursday

June 25th – September 3rd

Instructor: Gail Land

This is a formal class for Advanced Students only; to sign-up, you must have the following skills: wedging clay, centering clay, opening and lifting on the potter's wheel independently. If you are unable to perform these tasks without assistance, please do not sign up for this class. Instructions will be given in advanced skills only, such as making unusual shapes, bottles, tall vases, plates, V bowls, lidded jars, and glazing methods, carving, and decoration.

If you have pain in hands, elbow, shoulder, or a weakness in arms or back this may not be an ideal class for you.

Class Size: 7

Jewelry Making

10:00 A.M. - 11:45 A.M. | Ceramics Room | Thursday

June 25th – September 3rd

Instructor: Angela Forte

Create various types of jewelry using beads, wire and sometimes clay. Basic materials are provided but bringing your own tools is encouraged.

Class Size: 10

Advance Genealogy

10:00 A.M. - 12:00 P.M. | Conference Room | Thursday

June 25th – September 3rd

No Instructor

You must have your own computer for this class.

Students should be able to work on their own Genealogy Research. Come connect & socialize with others.

Class Size: 10

Oil Painting

10:00 A.M. - 3:00 P.M. | Art Studio | Thursday

June 25th – September 3rd

Instructor: David Winitt

This will be an oil painting class, and a variety of skill levels among the participants is anticipated. We will focus on composition, color palette, perspective and technique while encouraging and energizing individual creativity. To make this an enjoyable and successful experience for all, there will be positive critiques and guidance. If there is interest and as time permits, we will look at selective artists, conduct demonstrations and introduce the use of AI for expanding our own visions.

Class Size: 14

Spanish Level 2

11:00 A.M. - 12:00 P.M. | Craft Room | Thursday

June 25th – September 3rd

Instructor: Carmen Schieber

This is a Level 2 Spanish you will be learning foundational knowledge of the language, expanding their vocabulary and grammar, and deepening their understanding of Spanish-speaking cultures.

Class Size: 12

Jewelry Making

1:00 P.M. - 3:00 P.M. | Craft Room | Thursday

June 25th – September 3rd

Instructor: Angela Forte

Create various types of jewelry using beads, wire and sometimes clay. Basic materials are provided but bringing your own tools is encouraged.

Class Size: 10

TEXAS HOLD'EM

1:00 P.M. - 3:30 P.M. | Game Room | Thursday

June 25th – September 3rd

No Instructor

No registration required

Must be a Benson member to attend

Each player seeks the best five-card poker hand from any combination of the seven cards: the five community cards and their two-hole cards. Players have betting options to check, call, raise, or fold. Rounds of betting take place before the flop is dealt and after each subsequent deal.

Class Size: 16

FRIDAY

Independent Clay Studio Time

11:00 A.M. - 3:00 P.M. | Heavy Art Room | Friday

June 26th – September 4th

Instructor: Gail Land

This is an **INFORMAL OPEN CLAY STUDIO** for anyone who wants to work independently on clay skills, finish-up pieces started in clay classes, practice, or work on the potters' wheel, clay sculpture, hand building, and glazing, maybe done during this time. This Studio is open to former clay students or students presently taking clay classes. It is designed to help you improve your skills. During this studio time, the instructor will be in the studio, however, she doesn't teach a formal class.

Class Size: 8

Chess Group

11:00 A.M. - 1:00 P.M. | Game Room | Friday

June 26th – September 4th

No registration required.

Must be a Benson member to attend.

Beginner Spanish

1:30 P.M. - 3:30 P.M. | Conference Room | Friday

June 26th – September 4th

Instructor: Monica Shirley & Jimmy Rivera

Essential tools to learn or improve Spanish speaking. What every beginner Spanish learner should know.

Class Size: 16

Rummy-Reg

1:30 P.M. - 3:30 P.M. | Game Room | Friday

June 26th – September 4th

Instructor: Regenia Frazier

Rummy-Reg is an internationally played board game that is played with game rules from many parts of the world. Come join the fun and learn some new rules. This is for new and advanced players.

Class Size: 10

Clay Time

1:00 P.M. - 4:00 P.M. | Ceramics Room | Friday

June 26th – September 4th

Instructor: Angela Forte

Students will explore clay as a versatile material using a variety of techniques.

Class Size: 11

Bid Whist Card Game

2:00 P.M. - 4:30 P.M. | Benson Dining Hall | Friday

June 26th – September 4th

No Instructor

No registration required

Must be a Benson member to attend

Open Art Studio

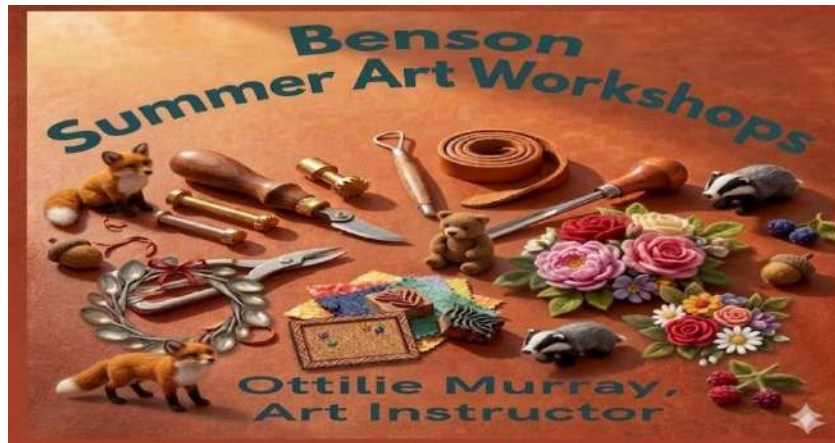
10:00 A.M. - 3:00 P.M. | Art Studio | Friday

June 26th – September 4th

No Instructor

Create at your own pace. Bring your own supplies!

Must be a Benson Member to Attend / Class Size: 10



Workshop Details & Schedule

Every Thursday

Time: 1:00 P.M. – 3:00 P.M.

Important Guidelines

Registration Required: You must sign up for **each individual workshop** in advance to participate.

Membership: Participation is open exclusively to **Benson Members Only**.

Limited Seating: Spaces are limited for these sessions, so early registration is highly recommended!

June 25th

“Postcards from Benson”

Share summer greetings by creating your own postcards. Materials Provided, bring your own inspiration.

July 2nd

“Drop-In Tie Dye”

Take a few minutes after lunch to dye your patriotic hat, then enjoy the rest of your day!

July 9th

“Felted Critters”

Never felted before? This is the class for you! Create your own felted critter of your choice.

July 16th

“Mixed Media: Paper”

Create a unique image with a variety of textures and media.

July 23rd & 30th

“Felted Landscaping”

Two Week Workshop: Create your own scenic landscape with felt! Bring your own references.

August 6th

“Polymer Clay Cane Beads”

Create beads with images of your own making with cane style bead making.

August 13th

“Felting 3D Flowers”

How does your summer garden grow? With felted flowers, of course!

August 20th

“BYO Felting Club”

YOU MUST HAVE YOUR OWN TOOLS TO JOIN.

Have you got felting projects to catch up on? Got technique questions? Come join in on the fun and share your progress.

August 27th

“Planner Covers”

Decorate your own planners with your own personal touches and reminders. Hand sewing encouraged.



Participate in the Comfort of Your Home!

For the following classes, you do *not* need to register to attend.

(ALL CLASSES ARE 10:00 A.M. – 12:00 P.M.)

Online Zoom Classes

Link is Below

[https://zoom.us/j/](https://zoom.us/j/5966162159)

5966162159

Monday

June 22nd – August 31st

“How to use your Android or iPhone in daily life.”

Do you have a Smart Phone/Tablet Device?

If so, this is the course for you to learn the basics of using your smart 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.

Tuesday

June 23rd – September 1st

“Introduction to Artificial Intelligence (AI)”

Every day, we read about the wonders of the new generation of “artificial intelligence” or AI. As with most new technologies, we hear that AI will change our lives in positive ways yet will likely do away with many white-collar jobs. So, which is it? This class explains what AI is and is not and covers examples where ordinary people (that’s us!) can learn to use this interesting new technology to enhance our lives.

Wednesday

June 24th – September 2nd

“Open Computer Lab”

This is an opportunity for seniors to ask questions about your phone, tablet, and laptop. The instructor will answer your questions and work with you to solve problems, wherever possible.

Thursday

June 25th – September 3rd

“Keeping Safe on the Internet in the AI Era”

The Internet is an amazing place to send emails and texts, watch movies, play games, read books, and, of course, shop. However, the same Internet is also rife with highwaymen looking to steal your personal information so they can take your savings, assets, and Social Security. This class teaches you how to identify scam emails and texts, how not to be conned on the phone, and how to avoid dangerous websites. You will also learn how to choose passwords without having to remember anything.

Friday

June 26th – September 4th

“How to use your Windows 10 or 11 Laptop”

Windows 11 is Microsoft’s premier operating system for your laptop and desktop computers. The operating system is the “mom” program which quietly runs your computer, ensuring everything works right and protecting your data (documents, pictures, videos, etc.). Windows 11 also provides many useful features to help you work efficiently. This interactive class looks at several of the features you can use every day, like Clipboard, File Explorer, how to manage files and find them easily, how to use the calendar and alarms, transfer data between your computer and smartphone (iPhone or Android), and use your browser effectively (Chrome, Firefox, Edge, etc.)

DIY Workshop with Donna Jones

Braided Hair Tie
Headbands
and
Flip Flops



Get ready to twist, tie, flip, and create!

Join us for a fun-filled craft class where ordinary hair ties and ponytail holders turn into fabulous headbands, stylish flip-flops, cute accessories, and so much more. Perfect for all skill levels!



When:

Monday, July 6, 2026



Time:

10:00 AM - 12:00 PM



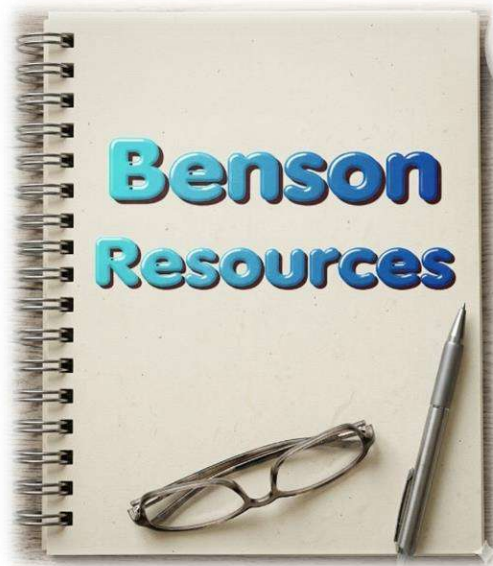
Where:

Dorothy Benson Senior Multipurpose Complex
– Conference Room

Important Guidelines

- **Registration Required:** Advanced sign-up required.
- **Membership:** Exclusive to Benson Members Only.
- **Limited Seating:** Spaces are limited.

One Day Event! ♥ Please sign up at the front desk. ♥



See link below for online registration directions:

[Dorothy C. Benson Center Online Registration Tutorial - YouTube](#)

Please see link to the Youtube channel you can use at your leisure.

https://www.youtube.com/channel/UCdgVNt697h9gEaQH5DYwVIQ?view_as=subscriber

Email Senior Services use subject line: Senior Virtual Programming for more information on how to join the classes via Zoom.

seniorservices@fultoncountyga.gov

Senior Virtual Class Link:

seniorservices@fultoncountyga.gov

**Fulton County Government
Department of Senior Services**



**FULTON
COUNTY**

