

DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX



SPRING QUARTER ACTIVITIES 2026

6500 Vernon Woods Dr. N.E
Sandy Springs, Ga 30328
(404) 613-4900
[www. Bensoncenter.org](http://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: March 4, 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

8:45 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.

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

March 30th – June 3rd

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

March 30th – June 3rd

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.

Suspended, Cardio, Stretch & Flex

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

March 30th – June 3rd

The class begins with a warm-up for all muscle groups. Exercises can be performed suspended or on the pool floor, offering a mix of stretches and cardio throughout the session. Designed to enhance flexibility and endurance. Equipment includes noodles, hand weights, and flotation belts.

Total Body Sculpt

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

March 31st – June 4th

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

March 31st - June 4th

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 Circuit

1:15 P.M. – 2:00 P.M. | Tuesday (ONLY)

March 31st – June 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.

Water Volleyball

1:15 P.M. – 2:00 P.M. (April 2nd – June 4th) | Thursday

10:00 A.M. – 10:45 A.M. (April 3rd – June 5th) | Friday

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

Nicole Wyche Health & Wellness Coordinator



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

Tuesday & Thursday
10:00 A.M. – 10:45 A.M.
11:00 A.M. – 11:45 A.M.
March 31st – April 30th

Session II

Tuesday & Thursday
10:00 A.M. – 10:45 A.M.
11:00 A.M. – 11:45 A.M.
May 5th – June 4th

Registration for Circuit Training

March 16th – March 20th
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.

Bocce

10:00 A.M. – 12:00 P.M. | Bocce Court | Friday
April 3rd – June 2nd

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!

Multipurpose Dining Hall (MPDH) Fitness Classes

Class Capacity: 35 Participants
Each class is 50 minutes

MONDAY

Bodyworks Plus ABS

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

March 30th – June 1st

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

March 30th – June 1st

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.

Soulful Strut Line Dancing

2:00 P.M. | MPDH | Monday

March 30th – June 1st

Instructor: Donna Jones

Learn classic soulful dances while gaining great cardio benefits!

TUESDAY

Let's Walk

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

March 31st – June 4th

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

March 31st – June 4th

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.

Disco Aerobics and Weights

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

March 31st – June 2nd

Instructor: Diane Adams

Have fun moving to the sounds of Studio 54, 70s disco music. Class will consist of 15 minutes of Disco Aerobics, followed by strength training with weights to include fun combos to disco beats. Class will end with a relaxing cooldown.

NOTE: It is suggested that participants work with a lighter weight than normally used for the strength training portion of the class.

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

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

March 31st – June 2nd

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!

Cardio Strength

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

March 31st – June 2nd

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

April 1st – June 3rd

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.

Intermediate Theraband

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

April 1st – June 3rd

Instructor: Diane Adams

This full-body strength workout will be an intermediate version using resistance and strengthen your muscles as effectively as traditional weights. Target our entire body to increase muscle endurance and rehab injured fibers. Experience a workout that creatively tones and builds strength without the use of heavy equipment.

Strength & Balance

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

April 2nd – June 3rd

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

All “New” Flexibility

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

April 2nd – June 4th

Instructor: Diane Adams

Exercises to improve flexibility and range of motion. Class will include use of mats, weights, blocks, and therabands to achieve maximum strengthening and lengthening of muscles and joints. Mats will be used during the last half of class. Participants may choose to end class at that time if mats are not an option for them. Some modifications will be given to those who wish to remain seated or stand during this portion of the class.

Strength & Balance

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

April 2nd – June 4th

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.

Yoga with Jay

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

April 2nd – June 4th

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.

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

FRIDAY

Cardio Tabata

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

April 3rd – June 5th

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.

Pilates

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

April 3rd – June 5th

Instructor: Sonya Edwards

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

LIFE ENRICHMENT PROGRAMS

Johnette Dorsey

Life Enrichment Coordinator



Class Registration Requirements

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

Improvitational Comedy II

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

March 30th – June 1st

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!

Improvitational Comedy I

1:30 P.M. – 3:00 P.M. | Game Room | Monday

March 30th – June 1st

Instructor: Thomas Trinh

Class Size: 10

Participants will practice their improved skills with games and scenes intended to help you think on your feet and engage with others. Start your week off laughing and encourage healthy cognitive function. off to laughing start and encourages healthy cognitive function. Come willing to be silly and share some fun!

Acrylic Painting

10:00 A.M. – 3:00 P.M. | Art Studio | Monday

March 30th – June 1st

Instructor: Claudia Rak

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.

Beginner Pottery

9:30 A.M. – 12:30 P.M. | Heavy Art Room | Monday

March 30th – June 1st

Instructor: Miranda Smith

Class Size: 6

Students will learn the basics of wheel throwing, centering, pulling, shaping, trimming, and glazing.

Note: No previous knowledge is necessary.

Beginner Quilting

10:00 A.M. – 12:00 P.M. | Craft Room | Monday

March 30th – June 1st

Instructor: Tip Imamura

Class Size: 6

In this class, you will learn how to use quilting tools, choose appropriate fabrics & threads, and other skills to get started with quilting. A list of required materials will be given on the first day. Participants must have knowledge of basic sewing techniques and be able to do hand sewing. Limited Space. Participants are to bring their machines.

Mosaics for Seniors: Creative Tesserae

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

March 30th – June 1st

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

March 30th – June 1st

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.

Altered Ceramic Class

1:00 P.M. – 3:30 P.M. | Heavy Art Room | Monday

March 30th – June 1st

Instructor: Miranda Smith

Class Size: 12

Want to know how to elevate your forms? Tired of the same old bowl, tray or cup? Join us for this Altered Class in Ceramics! Where you will take standard forms and create unique pieces of artwork. Each week, we will create small/medium sized forms and using altering techniques change them into something fabulous!

TUESDAY

Alternative Sculpture

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

March 31st – June 2nd

Instructor: Angela Forte

Class Size: 10

We will create sculptures using alternative material like cardboard and other recycled components. You must be comfortable using a craft knife and box cutter.

Intro to (AI) Artificial Intelligence

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

March 31st – June 2nd

Instructor: Jeff Kalwerisky

Class Size: 10

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.

Benson’s Got Talent:

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

March 31st – June 2nd

Instructor: Angela Forte

Class Size: 10

Have a song you want to sing? Feeling dramatic and having a monologue to share? Sign up for a weekly opportunity to perform your preferred medium and get individual coaching.

Bridge Group

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

March 31st – June 2nd

No Instructor

Beginners are Welcome! Basic Instructions Are Available.

Note: *No registration required. Must be a Benson member to attend*

Clay Hand Building

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

March 31st – June 2nd

Instructor: Bonnie Diamond

Class Size: 10

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. 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.

Intermediate Mahjong

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

March 31st – June 2nd

Class Size: 16

No Instructor

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

Note: Open to experienced players only. (No beginners)

Basic Sewing

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

April 7th – June 2nd

Instructor: Lisa Rochon

Class Size: 7

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.

Basic Sewing

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

April 7th – June 2nd

Instructor: Lisa Rochon

Class Size: 7

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.

WEDNESDAY

Creative Writing

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

April 1st – June 3rd

Instructors: Leslie Pickering & Jill Beerman

Class Size: 12

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.

Beginner/Intermediate Crochet

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

April 1st – June 3rd

Instructors: Joann Bowdoin-Aynsley & Hilda Fennell

Class Size: 10

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.

Note: Please bring your own materials (needles, yarn, etc.)

Open Lab

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

April 1st – June 3rd

Instructor: Jeff Kalwerisky

Class Size: 12

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.

Mind and Meditation

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

April 1st – June 3rd

Instructor: Alan Horlick

Class Size: 16

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.

Advanced Clay Hand Building

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

April 1st – June 3rd

Instructor: Angela Forte

Class Size: 10

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

Note: Students are required to purchase a bag of clay.

Needle Works ‘Chat & Stitch’

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

April 1st – June 3rd

Organizer: Shirley Dobson

Class Size: 12

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

Note: This is not an instructor-led class.

Beginner/Intermediate Dominoes

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

April 1st – June 3rd

Instructor: Maurice Jones

Class Size: 12

Wanted 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.

Beginners/Intermediate Chess

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

April 1st – June 3rd

Instructor: Maurice Jones

Class Size: 6

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.

Beginners Mahjong

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

April 8th – June 3rd

Instructor: Elyse Friedman

Class Size: 8

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.

Note: Before signing up you will need to have a new 2026 Mahjong Card.

Beginners Mahjong

1:30 P.M. - 3:30 P.M. | Building C | Wednesday

April 8th – June 3rd

Instructor: Michelle Swislow

Class Size: 8

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.

Note: Before signing up you will need to have a new 2026 Mahjong Card.

Reading The Classics

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

April 1st, May 6th, & June 3rd

Instructors: Jill Beerman & Leslie Pickering

Class Size: 10

Each course meeting will review and discuss a class of literature by such authors; our first book is by Mark Twain (Huckleberry Finn). Please read the book or as much of it as possible by the first class, **April 1, 2026**. Other authors include Herman Melville (Moby Dick) and Emily Bronte (Wuthering Heights). This list is not all-inclusive; there are many other authors and books from which to choose. The class will meet once a month and will run for two hours and will consist of a review of scholarships on the author and novel and a discussion by the class.

THURSDAY

Keeping Safe on the Internet in AI

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

April 2nd – June 4th

Instructor: Jeff Kalwerisky

Class Size: 10

The Internet is an amazing place to send emails and texts, watch, 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.

Pottery Advanced Wheel Throwing

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

April 2nd – June 4th

Instructor: Gail Land

Class Size: 7

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.

Creative Works

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

April 2nd – June 4th

Instructor: Angela Forte

Class Size: 10

Get out of a creative rut and try a new craft every week. Some projects involved small items needing strong hand dexterity and a good pair of glasses.

Note: Materials provided

Advance Genealogy

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

April 2nd – June 4th

No Instructor

Class Size: 10

Students should be able to work on their own Genealogy Research. Come connect & socialize with others. You must have your own computer for this class.

Oil Painting

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

April 2nd – June 4th

Instructor: Claudia Rak

Class Size: 14

In this class, you will learn fundamentals of working with oils from mixing colors to layering, glazing and creating depth with texture. Alongside hand-on practice, we will look at how artists throughout history have mastered this medium. Music will create a calm atmosphere as you explore techniques and gain both skills and confidence.

Jewelry Making

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

April 2nd – June 4th

Instructor: Angela Forte

Class Size: 10

Students will create various types of jewelry. Primarily using wire, students will make earrings, necklaces, and bracelets. Strong hand dexterity is required to use jewelry tools.

Note: Materials provided. Bringing your own tools is encouraged.

Texas Hold'em

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

April 2nd – June 4th

No Instructor

Class Size: 16

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.

Note: No registration required. Must be a Benson member to attend.

FRIDAY

Independent Clay Studio Time

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

April 3rd – June 5th

Instructor: Gail Land

Class Size: 8

This is an **INFORMAL OPEN CLAY STUDIO** for anyone who wants to work independently on clay skills, finish pieces started in clay classes, practice, or work on the potters' wheel, clay sculpture, hand building, and glazing. 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, this is not a formal class.

Chess Group

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

April 3rd – June 5th

No Instructor

Note: No registration required. Must be a Benson member to attend.

Rummy-Reg

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

April 3rd – June 5th

Class Size: 8

Instructor: Regenia Frazier

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

Clay Time

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

April 3rd – June 5th

Class Size: 11

Instructor: Angela Forte

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

Bid Whist Card Game

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

April 3rd – June 5th

Class Size: 16

No Instructor

Note: No registration required. Must be a Benson member to attend.

Open Art Studio

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

April 3rd – June 5th

Class Size: 10

No Instructor

Note: Create at your own pace. Bring your own supplies! Must be a Benson member to attend.

Benson Quarter Spring Workshops



Ottile Murray,
Art Instructor

All workshops will be held on Thursdays

Felting Critters - (1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

April 2nd

Class Size: 7

Spoon Wreaths - (1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

April 9th

Class Size: 6

Card Making – (1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

April 16th

Class Size: 16

Anything but Brushes- (1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

April 23rd

Class Size: 16

Mixed Media Week I- (1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

April 30th

Class Size: 8

Mixed Media Week II- (1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

May 7th

Class Size: 8

Cork Boards- (1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

May 14th

Class Size: 10

Felting 3D Flowers-(1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

May 21st

Class Size: 7

Shibori Dye Class-(1 Day Event)

1:00 P.M. – 3:00 P.M. | Ceramics Room

May 28th

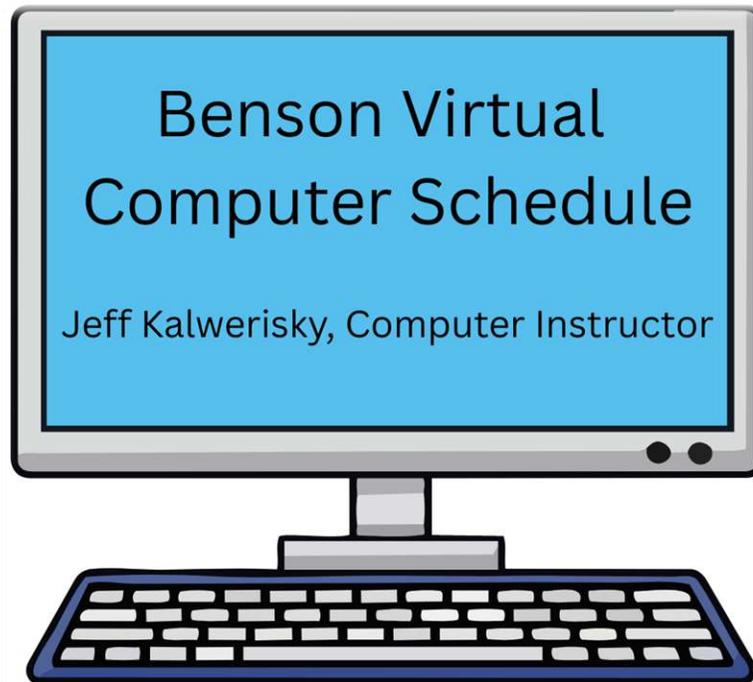
Class Size: 16

Planner Covers-(1 Day Event)

1:00 P.M. – 3:00 P.M | Ceramics Room

June 4th

Class Size: 16



Participate From the Comfort of Your Home!
For the following classes, you do *not* need to register to attend.

Join via Zoom:

<https://zoom.us/j/5966162159>

How to Use Your Android or iPhone in Daily Life

10:00 AM | Mondays

March 30th – June 1st

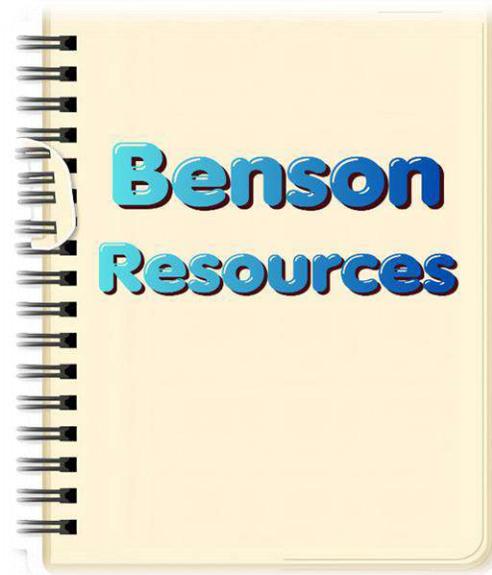
Instructor: Jeff Kalwerisky

How to Use Your Windows 10 or 11 Laptop

10:00 AM | Fridays

April 3rd – June 5th

Instructor: Jeff Kalwerisky



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**