

DOROTHY C. BENSON

SENIOR MULTIPURPOSE COMPLEX



2025 Summer Quarter Activities

6500 Vernon Woods Dr NE

Sandy Springs, GA 30328

Phone: (404) 613-4900

www.Bensoncenter.org

Monday-Friday 8:30 A.M - 5:00 PM

Facility Manager: Sabrina Hudson



**QUARTERLY CLASS SCHEDULE OF IMPORTANT 2025 DATES:
FOR THE FOUR SENIOR MULTIPURPOSE FACILITIES:
Benson, Bowden, Darnell & Mills**

2025 Summer Quarter Registration Details:

➤ **(Summer Quarter Classes Registration)**

-Online & Multipurpose Dining Hall-
Monday, June 16th - Friday, June 20th
Closed Thursday, June 19th

➤ **(Summer Quarter Classes Begins)**

Monday, June 30, 2025 – Friday, September 5, 2025

➤ **(Down Days)**

-Facility is closed to the public to prepare for Summer Quarter Classes-
Wednesday, June 25th, Thursday, June 26th, & Friday, June 27th

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 AEROBIC PROGRAMS



Health & Wellness Coordinator: Nicole Wyche

Water Fitness Room Orientation

Every Fri. 9:30am by appointment only, call 404-613-4900

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 Only!

Open Water Fitness

Monday-Thursday 8:45am-10:00am, 2:15pm-4pm

Friday 8:45am-11:00am, 1:00pm – 4pm

A Lifeguard is on duty, but no instruction will be available during Open Water Fitness.

NOTE: The pool is closed every day from 12:00pm -1:00pm

WATER AEROBICS PROGRAMS

Instructor: Elfreda Smith

Aqua Fit Combo: Mon & Wed 10:15am – 11:00am 6/30 – 9/3

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 will include walking, speed walking, jogging and other cardio exercises. Aquatics equipment will also be utilized to perform various exercises.

Cardio Body Sculpt: Mon & Wed 11:15am – 12:00pm 6/30 – 9/3

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: Mon. & Wed 1:15pm-2pm 6/30 – 9/3

The class will start with a warm-up for all muscle group. Exercises can be performed suspended or on the pool floor, offering a mix of stretches and cardio throughout the session. This class is designed to enhance flexibility and endurance. Equipment used includes: Noodles, Hand Weights and Floatation Belts.

Total Body Sculpt: Tues & Thurs 10:15am- 11:00 am 7/1 – 9/4

Class will warm up with walk/run around and across the pool. This class will engage all muscle groups and is designed to improve muscular strength and flexibility using weights, noodles, and rings.

Water Kick Box: Tues & Thurs 11:15am-12:00 pm 7/1 – 9/4

Kicks, punches, jumping jacks, and knee lifts are a few of the moves used in this 45 minutes “Martial Arts”.

Aqua Bike: Tuesday 1:15pm – 2:00pm 7/1 – 9/2

Aqua Bike is a spin bike that goes in the water. Aqua bike workouts are well-suited for people who suffer from joint, muscle, or bone pain and for individuals looking to get a high impact workout in a low impact environment. The water’s buoyancy reduces the strain on your body, and as a result, will reduce the impact the exercise has on your joints compared to a land-based workout.

Class Size: 10

Beginner Swim Lessons: Thursday 1:15pm – 2:00pm 7/3 – 9/4

Instructor: Kathy Allen

This class is tailored for individuals with minimal to no swimming experience. The objective is to foster comfort and confidence in the water. Foundational skills such as entering and exiting the water, bobbing, blowing bubbles, and floating will be taught. Participants can then progress to skills including gliding, rolling over, and swimming short distances.

Class Size: 7

*Registration for the Aqua Bike and Swim Lessons will take place
Monday, June 16th – Friday, June 20th, 9am – 12pm and 1pm – 3pm.
Please call 404-613-4904 or visit the aquatics area to sign up for Aqua Bike or Swim Lessons.*

-Thursday, June 19 Benson will be closed -

LAND FITNESS PROGRAMS



Fitness Room Orientation

Thursdays 1:00pm - 2:00pm

Appointment ONLY: Call 404-613-4900

Orientation is required for all 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

Mondays, Wednesdays, Fridays 8:30am – 4:00pm

Tuesdays 8:30am-10:00am & 1:00pm – 4:00pm

Thursdays 8:30am-10am & 2:00pm – 4:00pm

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

NOTE: The Fitness Room is closed daily from 12pm-1:00pm

LAND FITNESS PROGRAMS

Instructor: Jennifer Jones

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).

| | | | |
|----------------------------------|---------------------------|--------------------------|----------------|
| Circuit Training Session: | Tues. & Thurs. | 10:00am - 10:45am | 7/1-8/7 |
| | Tues. & Thurs. | 11:00am - 11:45am | 7/1-8/7 |

Registration for Circuit Training is Monday, June 16th – Friday, June 20th, 9am – 12pm and 1pm – 3pm.
Please call 404-612-2306 or stop by the fitness room to register.
-Thursday, June 19 Benson will be closed –

| | | | |
|---------------------------------------|---------------------------|--------------------------|-----------------|
| Circuit Training “Try It Out”: | Tues. & Thurs. | 10:00am - 10:45am | 8/19-9/4 |
| | Tues. & Thurs. | 11:00am - 11:45am | 8/19-9/4 |

Are you looking for a challenging workout? Do you want to improve your cardiovascular health and boost your strength and muscle endurance? If you answered yes to either of these questions, a Circuit Training Class might be the perfect fit for you. For more information, please refer to the class description above.

*****Class Registration is Not Required, But Space is Limited*****

| | | | |
|----------------------------|-----------------|-------------------------|----------------|
| Benson Tennis Club: | Thursday | 9:00am - 11:00am | 7/3-9/4 |
|----------------------------|-----------------|-------------------------|----------------|

No Instructor

A racket sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles). This Olympic sport is a fun way to exercise and socialize.

Location: Tennis Court

Tennis Court is in front of Benson Bldg. B Players will have access to two courts.

| | | | |
|---------------|---------------|------------------------|------------------|
| Bocce: | Friday | 10:00am-12:00pm | 7/11- 9/5 |
|---------------|---------------|------------------------|------------------|

Volunteer Instructor

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

Class Capacity for Multipurpose Dining Hall Classes (MPDH): 35

Bodyworks Plus ABS: Monday 9:30am MPDH, Virtual 6/30-8/25

Instructor: Sonya Edwards

This is an intermediate level fitness class that sculpts and tones the body. In 45 minutes, this workout takes you through a variety of exercises using dumbbells and body weight for resistance while moving to the beat of music. Over time, notice improvements in muscle tone, posture, balance, and strength. This workout can be modified to be performed seated in a chair.

Chair Yoga: Monday 10:30am MPDH, Virtual 6/30-8/25

Instructor: Sonya Edwards

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

Soulful Strut Line Dancing: Monday 2:00pm MPDH 6/30-8/25

Instructor: Donna Jones

Learn classic soulful dances, while gaining great cardio benefits!

S.E.A.T: Tuesday 9:00am MPDH, Virtual 7/1-9/2

Instructor: Diane Adams

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

Block Party: Tuesday 10:00am MPDH 7/1-9/2

Instructor: Diane Adams

All New- Block Party! 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.

Ladies Let's Talk About It: Tuesday 10:00am Game Room 7/1-9/2

Facilitator: Nicole Wyche

This is an on-going group for women to connect and experience support and bond with other women in a safe compassionate environment. Weekly topics will be determined by the participants and group facilitator.

**Currently not accepting new members*

3 'N One: Tuesday 11:00am MPDH 7/1-9/2

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 helps free up muscles for more mobility, and balance.

Cardio Strength: Tuesday 2:00pm MPDH, Virtual 7/1-9/2

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.

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|--|------------------|-----------------|-----------------------------------|-----------------|
| 3 'N One: | Wednesday | 9:00am | MPDH, Virtual | 7/2-9/3 |
| 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 helps free up muscles for more mobility, and balance. | | | | |
| Liquid Gym on Land: | Wednesday | 10:00am | MPDH, Virtual | 7/2-9/3 |
| Instructor: Diane Adams | | | | |
| This results-oriented class is designed for individuals seeking a higher level of athletic training without working out in water. The workout will incorporate a variety of aquatic exercises that will be performed on land. Movements will mimic exercises done underwater while also including boxing techniques offered for land training. | | | | |
| Strength & Balance: | Wednesday | 11:00am | MPDH, Virtual | 7/2-9/3 |
| 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. | | | | |
| Flexibility: | Thursday | 9:00am | MPDH, Virtual | 7/3-9/4 |
| Instructor: Diane Adams | | | | |
| A 45–50-minute class that consists of various stretching and strengthening exercises to improve flexibility, range of motion, and stability with special attention to abdominal, lower back strength and posture. | | | | |
| <i>*Class will include floor exercises utilizing mats*</i> | | | | |
| Strength & Balance: | Thursday | 10:00am | MPDH, Virtual | 7/3-9/4 |
| 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: | Thursday | 11:00am | MPDH or Benson Rose Garden | 7/3-9/4 |
| 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 that this class may be held outdoors, except during inclement weather. | | | | |
| Cardio Tabata: | Friday | 9:45am | MPDH, Virtual | 7/11-9/5 |
| Instructor: Jennifer Jones | | | | |
| A 45–50-minute interval training workout set to music. An 8-minute warm-up followed by 30 minutes of Tabata intervals (20 seconds of work and 10 seconds of rest). Workout concludes with 5 minutes of core work and a cool down stretch. One, two, or three-pound weights can be used to increase the cardio intensity and muscle toning. | | | | |
| Pilates: | Friday | 11:00 am | MPDH | 7/11-9/5 |
| Instructor: Sonya Edwards | | | | |
| This is a mat-based class focuses on core strength, improving flexibility, balance, and posture. | | | | |
| <i>*This class does not use chairs; it focuses solely on floor exercises performed on mats.</i> | | | | |

LIFE ENRICHMENT PROGRAMS

ARTS & CRAFTS PROGRAMS

COMPUTER CLASSES



Life Enrichment Coordinator: Johnette Dorsey

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 available on first-come, first-served basis.

LIFE ENRICHMENT PROGRAMS

ART & CRAFTS PROGRAMS & COMPUTER CLASSES

Beginning Improv: Monday 10:00am-12:00pm Conference Room 6/30-8/25

Instructor: Angela Forte

Participants will practice their improvisational skills with games like the show **Whose Line is it Anyway**. Comedic improv encourages cognitive function and good humor. Come willing to be silly and share some laughs.

Class Size: 8

Beginner Knitting: Monday 10:00am-12:00pm Craft Room 6/30- 8/25

Instructor: Nasrine Safi

Participants will learn the basics of how to knit using two needles and yarn. Please bring your own materials (needles, yarn, etc.)

Class Size: 10

Printmaking: Monday 1:00pm-3:00pm Craft Room 6/30-8/25

Instructor: Bonnie Diamond

In this class we will explore four different methods of making multiples of one image. Images and ideas will be provided by instructor or use your own.

The class will cater to both the beginner and those that have been in class before. Individual assistance and instruction will be offered to students. If time allows, we will explore bookmaking.

Class Size: 8

Creative Works: Monday 1:00pm-3:00pm Ceramics Room 6/30-8/25

Instructor: Angela Forte

Have an hour to spare? Join us as we take a creative break this session and dabble in a little bit of everything. We will meet to be creative and create a piece of art in an hour. Let's have some fun!

Class Size: 10

A.I. Artificial Intelligence & How to use it: Tuesday 10:00am-12:00pm Computer Lab 7/1 – 9/2

Instructor: Jeff Kalwerisky

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 cover examples where ordinary people (that's us!) can learn to use this interesting new technology to enhance our lives.

Class Size: 10

Foundations of Art Tuesday 10:00am-12:00pm Art Studio 7/1-9/2

Instructor: Angela Forte

A beginner's level course designed to introduce participants to the foundational techniques of art and design. Exercises will cover line, shape, space, and color as well as references to art throughout history. Students will learn the terms to describe and analyze art as well as gain confidence in their ability to convey ideas through visual medium. All materials provided.

Class Size: 10

Puppetry Basics: Tuesday 1:00pm-3:00pm Conference Room 7/1-9/2

Instructor: Angela Forte

Participants will get an overview of puppetry as an artform from ancient history to the present. Students will learn performance basics and can create simple versions of five basic puppet types: hand, string, shadow, body, and rod. All materials provided.

Class Size:10

Bridge Group: Tuesday 12:30pm-3:30pm Computer Lab 7/1-9/2

No Instructor

No registration required

Drawing and Watercolor 2 Portrait and Figure: Tuesday 1:00pm-3:00pm Art Studio 7/15-8/26

Instructor: Elizabeth Samoluk

Increase your drawing skills as they apply to watercolor painting. If you have an interest in watercolor or previous experience in watercolor, then this is especially for you. **This course is designed for ALL watercolor levels, but I do encourage taking my Drawing and Watercolor Level 1 first. Drawing and Watercolor Level 2 concentrates on the Human Figure and Portrait.**

Class Size: 12

Clay Hand Building: Tuesday 1:00pm-3:00pm Ceramics Room 7/1 – 8/19

Instructor: Bonnie Diamond

In this class we will be exploring the technique of slab building. Various projects utilizing slabs will be presented with students choosing their projects. This class is available to both the novice and experienced. Using different textures will be emphasized. Come and play with clay!!

Class Size: 10

Intermediate Mahjong: Tuesday 1:00pm-3:00pm Game Room 7/1 – 9/2

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: 12

Basic Sewing: Tuesday 10:00am-12:00pm Craft Room 7/1 – 9/2

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: Tuesday 1:00pm-3:00pm Craft Room 7/1 – 9/2

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

- Beginner Crochet:** **Wednesday** **10:00am-12:00pm** **Craft Room** **7/2-9/3**
Instructor: Nasrine Safi
Participants will learn the basics of crochet, from how to hold the yarn and hook to crocheting all the basic stitches, including chain stitches, slip stitches. Please bring your own materials (Crochet needles, yarn, etc.)
Class Size: 8
- Creative Writing:** **Wednesday** **10:00am - 12:00pm** **Conference Room** **7/2-9/3**
Instructors: Leslie Pickering
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 relative to specific interests and the challenges faced by writers.
Class Size: 10
- Open Lab:** **Wednesday** **10:00am-12:00pm** **Computer Lab** **7/2 – 9/3**
Instructor: Jeff Kalwerisky
This is an opportunity for students to ask whatever questions they have about their devices.
Class Size: 12
- Mind and Meditation:** **Wednesday** **10:00am-11:00am** **Game Room** **7/2 – 9/3**
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, improves concentration and memory, resulting in better academic and work performance. Meditation helps you become a happy person.
Class size: 12
- Advanced Clay Hand Building:** **Wednesday** **10:00am-1:00pm** **Ceramics Room** **7/2-9/3**
Instructor: Angela Forte
A continuation of techniques learned in Clay Hand Building. You will create more utilitarian and or decorative objects. Students are required to purchase a bag of clay.
Class Size:10
- Needle works ‘Chat & Stitch’:** **Wednesday** **1:00pm - 3:00pm** **Craft Room** **7/2 – 9/3**
Organizer: Shirley Dobson
Any participant who does Needlepoint, Cross-stitch, or Embroidery, and enjoys social interactions while stitching their own projects. This is not an instructor led class
Class Size: 12
- Beginners Dominoes:** **Wednesday** **1:00pm-2:00pm** **Game Room** **7/2--9/3**
Instructor: Maurice Jones
This class is for beginners only, wanted to learn how to play the game of Dominoes. Participants will learn the rules of dominoes and use multiples of 5 to score points. Participants will enhance their skills by playing dominoes with others.
Class Size: 12

Beginners Chess: Wednesday 2:00pm-3:00pm Game Room 7/2- 9/3

Instructor: Maurice Jones

This class is for beginners only, wanting to learn how to play the game of chess. Participants will learn the rules of chess and build strategies while playing the game.

Class Size: 4

Jeopardy Benson Edition: Wednesday 2:00pm-3:00pm MPDH 7/2--9/3

Instructor: Angela Forte

Join our weekly gameshow as a contestant or the audience! Each week, 3 members will have the opportunity to win the ultimate Benson Jeopardy prize: Bragging Rights! No registration necessary, however, there will be a first-come-first served signup sheet to be a contestant.

Class Size: 3

Intro to Android Phone & Tablets: Thursday 10:00am-12:00pm Computer Lab 7/3 – 9/4

Instructor: Jeff Kalwerisky

Do you have an Android Phone & Tablets? 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.

Class Size: 10

Advanced Wheel Throwing: Thursday 10:00am - 2:00pm Heavy Art Room 7/10– 9/4

Instructor: Gail Land

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.

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.

Class Size: 6

Advance Genealogy: Thursday 10:00am-12:00pm Conference Room 7/3-9/4

No Instructor

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

Class Size: 10

Spanish Level 2: Thursday 11:00am-12:00pm Craft Room 7/3-9/4

Instructor: Carmen Schieber

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

Class Size: 10

Wire and Clay Jewelry Making: Thursday 1:00pm-3:00pm Craft Room 7/3-9/4

Instructor: Angela Forte

In this class, students will make jewelry by crafting flexible wire and polymer clay into charms or pendants. All materials will be provided.

Class Size: 10

Beginners Mahjong: Thursday 1:30pm-3:30pm Building. C 7/3-9/4

Instructor: Betty Codner

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: 8

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|---|-----------------|--------------------------|---------------------------|-------------------|
| Texas Hold'em: | Thursday | 1:00pm-3:30pm | Game Room | 7/3--9/4 |
| No Instructor | | | | |
| No registration required | | | | |
| 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 | | | | |
| Wheel Throwing Open Studio: | Friday | 11:00am - 3:00pm | Heavy Art Room | 7/11-9/4 |
| No Instructor | | | | |
| The student should be able to center clay on the wheel with minimum difficulty and have strong working knowledge of throwing clay on the wheel. | | | | |
| Note: <i>This is not an instructor led class, you will be working on your own during studio hours. If you have pain in hands, elbow, shoulder, or weakness in arms or back this may not be an ideal option for you.</i> | | | | |
| Class Size: 10 | | | | |
| Chess Group: | Friday | 10:00am – 12:00pm | Game Room | 7/11– 9/4 |
| No registration required | | | | |
| Beginners Spanish: | Friday | 1:00pm-2:00pm | Craft Room | 7/11-9/4 |
| Instructor: Carmen Schieber | | | | |
| Beginners will learn the alphabets, numbers, and common key phrases. | | | | |
| Class Size: 10 | | | | |
| Beginners Rummikub: | Friday | 1:30pm-3:00pm | Game Room | 7/11- 9/4 |
| Instructor: Franki Litner | | | | |
| Beginners will learn the basic rules of Rummikub, a fun and social game closely resembling “Gin Rummy” but played with tiles. It is an easily learned game that is part luck and part strategy. Once proficient the game room will be open on Friday’s 1:30pm-3:00pm. To those who are interested in joining the fun. | | | | |
| Class Size: 10 | | | | |
| Introduction to Genealogy: | Friday | 11:00am - 1:00pm | Conference Room | 7/11 – 9/4 |
| Instructor: Cynthia Owens | | | | |
| A two-component course that serves as a beginner-level introductory course, as well as offering a "continuance" of hands-on activities for the winter and spring Genealogy Beginner's attendees. A personal research device (laptop, tablet, phone) is necessary. | | | | |
| Class Size: 10 | | | | |
| Bid Whist Card Game: | Friday | 2:00pm-4:30pm | Benson Dining Hall | 7/11-9/4 |
| No Instructor | | | | |
| No registration required | | | | |
| Open Art Studio: | Friday | 10:00am-3:00pm | Art Studio | 7/11-9/4 |
| No Instructor | | | | |
| <u>Create at your own pace. Bring your own supplies!</u> | | | | |



Summer Workshops

Monday, June 30, 2025 - Friday, September 5, 2025

-You don't have to register for these Classes-

-Just sign up at the Front Desk-

| Instructor | Class | Day | Time | Dates |
|------------------------------------|------------------------------|-------------------------------|--------------------------|-------|
| Bonnie Diamond | Faux Stain Glass | One Day Wednesday Event | 1pm-3pm | 7/23 |
| Bonnie Diamond | Faux Stain Glass | One Day Friday Event | 1pm-3pm | TBA |
| Angela Forte & Miranda Smith | Glazing & Art Critique | One Day Friday Event | 10am-2pm & 1pm-4pm | 7/25 |



See link below for online registration directions or view the attached registration instruction sheet.

<https://youtu.be/71YNU6W3WaU?si=m3PYouNVM7hUXNh2>

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 Classes

