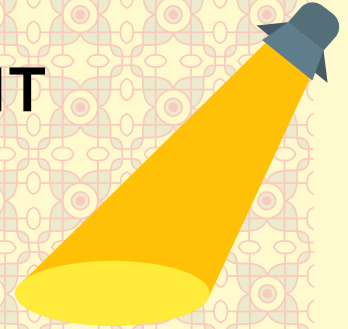


BENSON MEMBER SPOTLIGHT

4th Quarter 2024

Illa Doshi



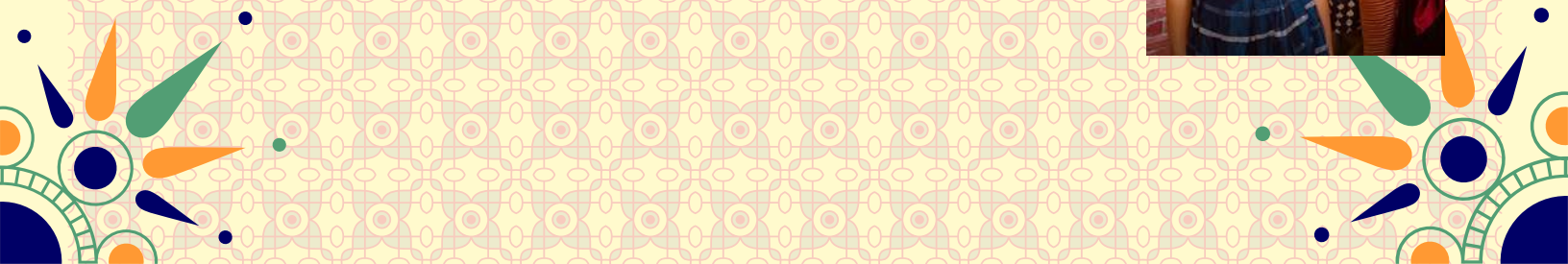
Illa Doshi was born, raised, and educated in Hyderabad, India. She is married to Niranjan Doshi, who is also an active Benson Center participant. Together they have an adult son and a granddaughter.



After graduating from college, Illa moved to the United States in 1973, settling first in Long Island, NY. Over the past 50 years, she has lived and worked in New York, Canada (Toronto), Florida (Tampa) and North Carolina (Raleigh).

Illa had an extensive career as a Salesperson with Singer® (Sewing Machines), IBM (computers) and an Educator as a teacher's assistant and computer lab instructor. In fact, she ran the computer lab at the elementary school in Raleigh, NC where she worked. After retiring, the Doshi's moved to Atlanta in 2013 to be near their son and new grandchild.

Among Illa's passions are cooking, sewing, traveling and arts and crafts. She loves spending time with family and friends and celebrating special occasions. Spending time with her granddaughter Avni is a special joy!

Illa and her husband have traveled all over the world, and now only the country of Japan and the continent of Antarctica, remain on their bucket list. Next year, Illa will also resume her annual trip to India for the first time since the pandemic.





Looking to connect and make new friends in the Atlanta area, Illa joined the Benson Center in 2015 and has been very active since then, participating in multiple fitness and aqua classes, and creative art classes such as sewing, silk painting, clay, and watercolor painting. As a volunteer she has supported the quarterly registration process and assists with center tours for prospective new members.

Illia says being a member of the Benson Center has improved her quality of life, from a social and health standpoint. Taking fitness classes at the center helped prepare her for knee surgery and aided her recovery afterwards.

To anyone considering joining, Illa says “As we age, our health is the most important thing! Get energized with the people and programs at the Benson Center.”

