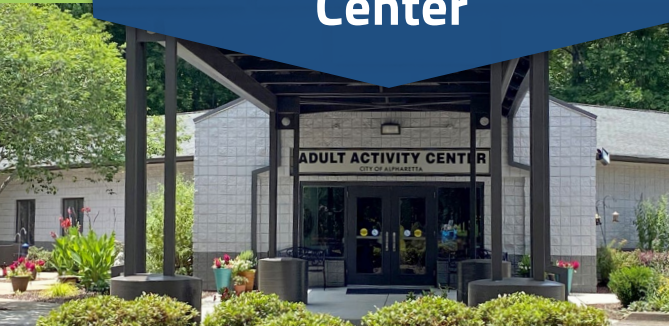


THE CITY OF
ALPHARETTA

RECREATION PARKS &
CULTURAL SERVICES

**Adult Activity
Center**



NEW TO OUR CENTER?

Drop in anytime Mon-Fri for a tour!

ACTION NEEDED!

Please complete a 2024 Liability/
Adult Membership form.

This will also ensure you
are on our email list!



In compliance with the ADA Law, we will make reasonable accommodations for our trips and programs for people with special needs. If you need any special accommodation, please give us a 2 week notice.

Day Trip and Refund policies are available.

August Registration

**Monday,
July 8th 8:30am**

*Please do not leave
voicemail messages for
registration requests.*

August

2024 NEWSLETTER

Spook-tacular Halloween Show Casting Call

The North Park Pretenders Drama Club needs “Creatures of the Night” for the October 10-11, 2024 Halloween shows. If you aspire to be a goblin, ghoul, pumpkin, vampire, witch, or even a gnome, consider this chance to perform an answer to your prayers. No acting experience necessary and no memorization required. Come to the Drama Club meeting on July 25 at 2:00pm. There are no tricks and plenty of treats being part of this production.

Attention Movie Goers! **We need your help!!**

We need suggestions of the movies you would like to see! With all the variety and genres of film out there, it is quite a daunting task to find movies that we think you would enjoy. If you have a suggestion of a new or recent movie that you would like to see for free here at the center, please let staff know and we will do our best to make it happen!

Let The Dog Days of Summer Out: Ice Cream Social

Tuesday, August 13th, 1:30pm

Celebrate the end of the 40 dog days of summer and cool off with a delicious ice cream sundae! Show off your dog themed “bark” wear in this silly and refreshing afternoon out! Prize for BEST costume. Sponsored by Arbor Terrace of South Forsyth.



Alpharetta Adult Activity Center at North Park

Programs / Activities Schedule

Fitness Room Hours

Mon–Thu: 8:30am–4:30pm

Fri: 8:30am–4pm

Bocce Ball

Opportunities to learn to play Bocce Ball will be held the 2nd Friday of each month at 9:30am. Open Play: Tuesdays and Fridays, 9am. Courts are located by the park entrance at Cogburn Rd. Park/walk on sidewalks by pickleball/tennis courts. All the equipment is available at the center. Participants can also play any other time center is open.



Please see our pickleball flyer available in our center or online. For questions, call Kevin McDonald at 678-297-6143.

Monday

Yoga:
8:45am-9:45am

Chair Yoga:
10-11am

Tai Chi:
10am-11am

Texas Hold 'Em:
10am-1pm

Aerobic Exercise with instructor or video:
11:15am-12:15pm

Chinese Mahjong:
11:15am-1pm

Mahjong:
12:30pm-4pm

Tuesday

Canasta:
10am-4pm

Bingo:
Last Tuesday of the month, 10-11:30am.
\$2 to play.
Registration required.

Chess Club:
1pm-4pm

Wednesday

Yoga: 8:45am-9:45am

Chair Yoga:
10am-11pm

Tai Chi: 10am-11am

Texas Hold 'Em:
10am-1pm

Aerobic Exercise with instructor or video:
11:15am-12:15pm

Chinese Mahjong:
11:15am-1pm

Crochet and Knit for Charity: 1pm-3:30pm

Scrabble:
1:30pm-4:00pm

Mahjong:
12:30pm-4pm

Thursday

Basic Beginner Line Dance: 10am-10:50am

Mexican Train, a Dominos Game:
10am-2pm

Bridge: 10am-3pm
Sign up in advance is required. Call front desk for information.

Beginners Line Dance with Wendy:
11am-11:50am

Canasta: 11am-4pm

Line Dance High Beginners with Wendy:
For experienced line dancers. 12pm-1pm.

Drama Club:
2pm-4pm

Friday

Yoga:
8:45am-9:45am

Chair Yoga: 10am-11pm

Tai Chi: 10am-11am

Aerobic Exercise with instructor or video:
11:15am-12:15pm

Chinese Mahjong:
11:15am-1pm

Rummikub:
12:30pm-3:30pm

Chess Club: 1pm-4pm

Ping Pong*:
1:30pm-3:30pm

New people are always welcome!

All weekly activities are considered "OPEN" unless otherwise noted. All you need to do is show up and participate.

*Due to special programming, the following activities will be cancelled at North Park:

Friday, August 16th – Ping Pong

Rook

If anyone is interested in playing Rook, please call the center at 678-297-6140

Preston Ridge Community Center at the Ed Isakson YMCA

Programs / Activities Schedule



New Community Facility offering Senior Programs!

Preston Ridge Community Center (adjacent to Ed Isakson YMCA), brings additional programming to the community, including seniors, teens, youth and community members with special needs. Programming includes enrichment classes, senior activities, special events, workshops and instructional programs and will compliment current YMCA programming. In addition, Preston Ridge Community Center will be available for community groups to use for private rentals including small conferences, corporate meetings and receptions.

3655 Preston Ridge Rd
Suite 100
Alpharetta, GA 30005
Phone: 678-297-6194

Monday

Duplicate Bridge:
11:30pm-2:30pm

Ping Pong:
12:30pm-3pm

Tuesday

**Basic Beginner
Line Dance:**
10am-10:50am

**Beginner
Line Dance:**
11am-11:50am

**MMM Soul
Satisfying &
Meditation:**
12:15pm-1:15pm

Mahjong:
12:30pm-3pm

Wednesday

Pilates Fusion:
9am-9:45am

Ping Pong:
12:30pm-3pm

Preston Ridge welcomes all who would like to play games and participate in activities. Table games welcome new individuals and groups; please note, player rotations are acknowledged.

Thursday

Essentrics:
9am-9:45am

Rummikub:
11:15am

Friday

Social Bridge: 11am-2:30pm – call PRCC at 678-297-6194 to get on the list of players

TriYoga: 11:45-12:45. Learn the flow concepts of relaxation-in-action, wave-like movements of the spine, and economy of motion. TriYoga combines breath and focus with flowing and sustained postures to harmonize, strengthen and improve body, mind and spirit.

“Lets Play 5 Crowns,” a fun game for Fabulous Fun Fridays! 12pm. Call for more information. Will not meet the first Friday of the month.

Name That Tune:
August 9th, 1:30pm-2:30pm



Creative Corner

Arts Building Programs / Activities Schedule

Monday

Pottery Wheel Throwing and Hand Building Open Studio:
9am-12pm,
1pm-3:30pm

Watercolor Class with Deb Snow:
8/12-9/23,
10am-12pm. \$40

Beginner Watercolor Class with Sallie Reinsel:
8/26-10/7, 1pm-3pm.
\$40

Tuesday

Crafting Happy Hour: 9am-12pm

Ceramics Open Studio: 9am-12pm, 1pm-4pm

Stained Glass / Fused Glass Open Studio:
9am-12pm,
1pm-4:30pm

Watercolor Open Studio:
1-4pm

Wednesday

Ceramics Open Studio: 9am-12pm,
1pm-4pm,
Instruction available 1-3pm

Crochet & Knit for Charity:
9:30am-11:30am

Card Making Workshop:
8/14, 9:30am-11:30am. \$10

Thursday

Acrylic Open Studio
9am-12pm

Stained Glass / Fused Glass Open Studio
9am-12pm, 1pm-4:30pm

Diamond Art Painting with Bo: 8/8-8/22, 1pm-3pm. \$20

Pottery Wheel Throwing and Hand Building Open Studio: 1-3:30pm

Friday

Beginner Stained Glass / Fused Glass Open Studio:
9am-12pm
Instruction available

Ceramics Open Studio: 9am-12pm,
1pm-3:30pm



WE ARE A LOW FIRE ONLY STUDIO.
Bisque Fire to Cone 04
Glazes Fire to Cone 06
OverGlaze and Decals fire to 018

Overnight Trips 2024–2025

More trips still to come. Contact Dixie Pounds for more information:
678-699-6395 | dixie@justpeachytravel.com | justpeachytravel.com

California Dreamin': Monterey, Yosemite & Napa: Aug 12-19, 2024;
Double \$3,799 / Single \$4,599. Airfare included.

Alaska Cruise, Land & Rail with Princess Cruises: Sep 4-14, 2024;
Double \$5,498-\$6,408. Airfare included.

Charleston, SC: Sep 16-20, 2024;
Double \$800/Single \$1,040.

Pacific Wine Country with Princess Cruises: Sep 28-Oct 5, 2024; Double \$3,276-\$3,667. Includes airfare.

A Culinary Journey Through Tuscany, Seven Nights in The Chianti Region:
Oct 1-9, 2024; \$4,695 Double / Single \$5,395. Includes airfare.

Albuquerque Balloon Fiesta:
Oct 11-16, 2024; Double \$3,325/Single \$4,200. Airfare included.

Canada & New England with Norwegian Cruise Line: Oct 13-20, 2024; Double \$1,957-\$2,246. Includes airfare.

Biloxi & New Orleans: Oct 28-Nov 1, 2024; Double \$765/Single \$960

Spain's Costa del Sol & Madrid Discovery: Nov 4-12, 2024; Double \$2,999 / Single \$3,399. Airfare included.

Vienna & Christmas Markets of the Danube: Dec 2-10, 2024; Double \$4,195-\$5,695 / Single \$5,145-\$8,095. Airfare included

Greece Island Hopper: April 4-14, 2025; Double \$4,899 / Single \$5,899 / Triple \$4,849. Airfare included.



Adult Activity Center

13450 Cogburn Road
Alpharetta, GA 30004
Phone: 678-297-6140
activeadults@alpharetta.ga.us

www.alpharetta.ga.us/active-adults

Office Hours

Mon–Thurs: 8:30am–5pm
Fri: 8:30am–4:30pm

Alpharetta Adult Activity Center at North Park

13450 Cogburn Road, Alpharetta, GA 30004 • 678-297-6140 • activeadults@alpharetta.ga.us

Tue, Aug 6

Texas Hold'em Poker Tournament: 10am. \$10, includes lunch and prizes.

Wed, Aug 7

Newcomers Meet & Greet: 2pm. All newcomers to our center are encouraged to meet with staff for a short orientation to our center and programs. We will answer all your questions.

Thu, Aug 8

Parkinson's Support Group: 2pm-3pm. Are you or someone you love living with a Parkinson's diagnosis? Please join our warm, supportive, and informative support group facilitated by Dawna Williamson of Right at Home- North Atlanta. Our group provides a nurturing environment, information about this illness, suggestions and solutions for obstacles encountered with this illness, and an encouraging outlet to talk about Parkinson's. Both those diagnosed with this illness and those who love and support someone with Parkinson's are welcome to participate in this group.

Diamond Art Painting with Bo: 1pm-3pm. Diamond art painting is a form of mosaic art where you apply shiny resins on to a pre-glued canvas to create beautiful pictures. 3 weeks. \$20

August Registration

**Monday,
 July 8th 8:30am**

*Please do not leave
 voicemail messages for
 registration requests.*

Fri, Aug 9

Collectors Club to Marietta: Leaving at 9:30am. Come and experience the hobby of antiquing as we explore different locales with quaint shops, antique malls, or flea markets. \$8 + lunch out.

Mon, Aug 12

Watercolor Class with Deb Snow: 10am-12pm. Travel Sketching - in Concertina Sketchbook. Intermediate to advanced experience is recommended. 6 weeks. \$40.

Tue, Aug 13

Let The Dog Days Of Summer Out Ice Cream Social: 1:30pm. Celebrate the end of the 40 dog days of summer and cool off with a delicious ice cream sundae! Show off your dog themed "bark" wear in this silly and refreshing afternoon out! Prize for BEST costume. Free

Wed, Aug 14

Cardmaking with Sue: 9:30am-11:30am. Iris folding is a paper craft technique that involves folding strips of paper to form a special design. It is easy, fun and relaxing. Check out the samples on display in the Arts building. \$10

Thu, Aug 15

High Tea at Mayor's Mansion Inn, Chattanooga, TN: Leaving at 9am. In 1889, Edmond G. Watkins stepped out onto his front lawn and marveled at his latest construction. It was more than just a home for his wife and family; it was a monument to the rebirth of the south after surviving the Civil War. Built from the Union Army redoubt, Fort Wood, stones that had once seen battles now saw a future of beauty and elegance. The Inn is the cornerstone of the Fort Wood Historic District, and is conveniently located close to Chattanooga's downtown attractions, business and art districts, and many fine dining establishments. Four Course Lunch includes Quiche, Finger Sandwiches, Flavored Scones, Sweet Treats, Hot Tea & Cold Tea. \$48

Fri, Aug 16

Trivia: 1:30pm at North Park. Free

Sun, Aug 18

“The Wizard of Oz” at the Historic Holly Theatre, Dahlonega: Leaving at 12:30pm. Follow the yellow brick road in this delightful stage adaptation of L. Frank Baum’s beloved tale, featuring the iconic musical score from the MGM film. The timeless tale, in which young Dorothy Gale travels from Kansas over the rainbow to the magical Land of Oz, continues to thrill audiences worldwide. \$38. (No meal out.)

Tue, Aug 20

Lunch ‘N Learn: 12:30pm. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Topic TBD. Free

Online Registration Training class: 2:30pm. Coming in September! We will be adding the convenience of online registration here at the Adult Activity center. **To help kick this off, starting in August we will be hosting monthly educational sessions to explain the basics and answer any questions you may have about online registration.** We hope to have this fully implemented by the end of 2024 or sooner. We understand that for many, “I Don’t DO Computers” is a very real and intimidating statement. But fear not, we will not leave you with a mouse unclicked or a touch screen untouched. We will be gradually making more and more of our programs available online as we move through the year. While our regular registration options will not change, we hope that these classes will help make this new registration method easy to understand and use. You don’t want to be left without this easy option for online registration. So, sign up for an Online Registration training today!

Thu, Aug 22

Nantahala River Rafting in Bryson City, NC: Leaving at 7am. White water rafting with a guide. All equipment included. Bring shoes that can get wet, a change of clothes and sunscreen. We will stop at Chick-Fil-A for breakfast, bring a sack lunch. \$62

Silver Spokes for Silver Folks: Meet at Preston Ridge Community Center lobby at 9:45am. Join us for a leisurely bike ride along Alpharetta’s beautiful Big Creek Greenway. Use one of our adult tricycles. Helmets furnished and required. Free. Registration required.

Mon, Aug 26

Harrah’s Casino, Murphy, NC: Leaving at 8:30am. \$10. Our group does not receive an incentive or play credit. Bring a photo ID

Beginner Watercolor Class with Sallie Reinsel: 1pm-3pm. Sallie is back...and ready to share her love of watercolor with you. Whether you are new to this beautiful art form or just want to brush up on your skills, please join us for this fun and relaxing class. Beginner supplies will be furnished, or you are welcome to bring your own. 6 weeks. \$40

Tue, Aug 27

BINGO: 10am-11:30pm. \$2.00 to play.

Brainercize: 1:30pm. Free

Thu, Aug 29

Hiking Club: Leaving at 8:30am. Location of this month’s hike TBA. \$8 + bring a sack lunch. Weather permitting!

Gwinnett Stripers Baseball Game, Coolray Field: Leaving at 4:30pm. Triple-A Affiliate of the Atlanta Braves. Food included: Hot Dogs, Hamburgers, Baked Beans, Potato Salad, Chips, Drinks. Bags no larger than 5x9 inches or clear bags no larger than a grocery tote size are allowed. \$50

Thank you for being a part of our center, we love having you!

Please note: Masks are optional on our buses, and required at the venues that require them.

- We accept payment by check payable to the city, credit card, or exact cash.
- Any pre-paid cancellation done the morning of, especially if we have a wait list, will be subject to forfeiting their refund.
- Registrations and cancellations will only be accepted Monday-Friday.
- Please remember, all participants are asked that they begin their clean-up process 30 minutes prior to program end time, when applicable. Monday through Thursday we close at 5:00pm; Fridays at 4:30pm. Please make sure you are out of the buildings by those times.
- As always, the day trips and special events are subject to cancellation. We will certainly let you know of any changes that are made.

August

2024 REGISTRATION FORM

NAME(S)

ADDRESS

CITY

ZIP

PHONE

PD BY

EMPLOYEE INITIALS

*Thank you for being a part of
our center, we love having you!*

All day trips/special events are pay upon registration.

If you need any special accommodation, please give us a 2 week notice.

678-297-6140

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|--|
| | | | | 1 | 2 |
| 4 | 5 | 6 Texas Hold'em Poker Tournament, 10am. \$10 includes lunch & prizes | 7 Meet & Greet, 2pm | 8 Diamond Art Painting w/Bo, 1pm-3pm. 3 weeks, \$20 Parkinson's Support Group, 2pm | 9 Collectors Club to Marietta, leave 9:30am. \$8 + lunch out Name That Tune at PRCC, 1:30pm |
| 11 | 12 Watercolor Class with Deb Snow, 10am-12pm. 6 weeks. \$40 | 13 Let The Dog Days Of Summer Out Ice Cream Social, 1:30pm | 14 Cardmaking with Sue, 9:30am-11:30am. \$10 | 15 High Tea at Mayor's Mansion Inn, Chattanooga, TN. Leave 9:00am. \$48 | 16 Trivia, 1:30pm. Free |
| 18 "The Wizard of Oz," at The Holly Theatre, leave 12:30pm. No meal out. \$38 | 19 | 20 Lunch 'N Learn, 12:30pm. Sponsored by Atlanta Senior Placement and Vitality Living Milton Online Registration Training, 2:30pm | 21 | 22 Nantahala River Rafting, leave 7am. \$62 + bring a sack lunch Silver Spokes Trike Ride, Preston Ridge Community Center, 9:45am. Free | 23 |
| 25 | 26 Harrah's Casino, Murphy, NC. Leave 8:30am. \$10 + bring photo ID Beginner Watercolor Class w/Sallie Reinsel, 1pm-3pm. 6 weeks. \$40 | 27 Bingo, 10am. \$2 Brainercize, 1:30pm. Free | 28 | 29 Hiking Club, leave 8:30am. \$8 + bring a sack lunch Gwinnett Stripers Baseball Game, leave 4:30pm. \$50, includes food | 30 |