

THE CITY OF
ALPHARETTA

RECREATION PARKS &
CULTURAL SERVICES

**Adult Activity
Center**



October

2024 NEWSLETTER

The Fall Season is finally here!

We have so many trips this month to enjoy the cooler weather! Apple and pumpkin trips, boat rides, entertainment, food and more!



Frightfully Funny Halloween Show

THU, OCTOBER 10TH AND FRI, OCTOBER 11TH AT 2:30PM

The North Park Pretenders Drama Club presents a hilarious Halloween Show where the audience can join in Halloween songs and even do the "Monster Mash!" Pumpkins, witches, vampires, werewolves, and the real housewives of Transylvania will appear in short plays. Come for the "BOO'S" and don't miss this show.

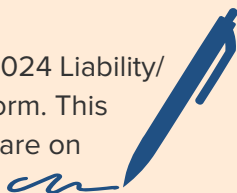


NEW TO OUR CENTER?

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.

October Registration

Monday, Sep 9, 8:30am

Online, by phone, or in person

Please do not leave voicemail messages for registration requests.

You can now register online!

- 1 Visit alpharetta.ga.us/recreation
- 2 Click on the Activity Registration icon



- 3 Sign in or create an account
- 4 Search for activities by name or number

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.

Pickleball

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

NEW! Salsa Blast:
3:30pm-4:30pm. Join instructor Bene for a dynamic session suitable for all levels. Experience a merengue warm-up, salsa drills, a fun routine, and a soothing Bachata cool-down. Come dance and energize your day!

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.

Rook

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

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

Friday, October 11th & 18th – Ping Pong

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:
9:30am-10:15am

**Strength
and Stretch:**
10:30am-11:15am

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:
9:30am-10:15am

Rummikub:
11:15am

Friday

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

TriYoga: 11am-12pm. 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.

Name That Tune:
October 4th, 1:30pm-2:30pm



Creative Corner

Arts Building Programs / North Park / Activities Schedule

Monday

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

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:
1pm-4pm

Wednesday

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

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

Thursday

Acrylic Open Studio
9am-12pm

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

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

Friday

Beginner Stained Glass / Fused Glass Open Studio:
9am-11:30am,
12pm-3pm.
Instruction available 9am-11:30am

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

Fused Glass Jewelry Class:
10/4-10/11, 1pm-3pm.
\$15

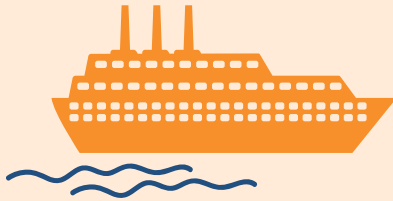
WE ARE A LOW FIRE ONLY STUDIO.
Bisque Fire to Cone 04
Glazes Fire to Cone 06
OverGlaze and Decals fire to 018



Overnight Trips 2024–2025

More trips still to come. Contact Dixie Pounds for more information:

- 678-699-6395
- dixie@justpeachytravel.com
- justpeachytravel.com



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

Coming soon:

- Shrimp & Grits Festival, Jekyll Island
- Holiday Trip to Pigeon Forge



Adult Activity Center

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

Office Hours

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

www.alpharetta.ga.us/active-adults

Alpharetta Adult Activity Center at North Park

13450 Cogburn Road, Alpharetta, GA 30004 • activeadults@alpharetta.ga.us
678-297-6140 • Register online at alpharetta.ga.us/recreation

October Registration

Monday, Sep 9, 8:30am

Online, by phone, or in person
Please do not leave voicemail
messages for registration requests.

Tue, Oct 1

Medicare Seminar: 11am. Are you confused about Medicare? Wondering what changes there might be in 2025? Bonnie Dobbs chose to specialize in Medicare after witnessing the frustration and stress people had to deal with when she was a regular visitor to a family member in memory care. She has studied the program and plans relentlessly ever since. For the last thirteen years Bonnie has been a highly sought-after author, panelist and speaker on Medicare, educating thousands online, in print and in person! In fact, pre-COVID, the Atlanta Journal-Constitution chose her to be the Medicare expert for their entire Aging in Atlanta Series for 5 years! This workshop is a must if you are turning 65, over 65 and getting ready to retire, already on Medicare, or a caregiver for your loved one on Medicare. Free. #34017.

Wed, Oct 2

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, Oct 3

Delta Flight Museum, Hapeville: Leaving at 9am. The state-of-the-art Delta Flight Museum explores the history of Delta and the future of flight with an array of interactive exhibits and rare aviation items. At the Museum, guests can get an up-close look at historic aircraft dating back to the 1920s, explore exhibits inside our historic Boeing 767, The Spirit of Delta, tour the 1st Boeing 747-400 produced and walk on the wing! \$23 + lunch out. #33999.

Fri, Oct 4

Collectors Club to Snellville/Lilburn: Leaving at 8:30am. Come and experience the hobby of antiquing as we explore different locales with quaint shops, antique malls, or flea markets. \$8 + lunch out. #34000.

Name That Tune: 1:30 pm at Preston Ridge Community Center. A fun game that involves music! Played in teams of four. Songs will be from the 60's 70's and 80's. Prizes, snacks and drinks provided. Free. #34021.

**Fri, Oct 4
& Fri, Oct 11**

Fused Glass Jewelry Class with Bo: 1pm-3pm. Create up to 5 unique pendants by stacking colorful pieces of fusible glass, dots and stringers. 2 weeks. \$15. #33628.

Tue, Oct 8

Fall Varsity Food Truck Lunch: 12-2pm. Bundle up for a day out in the chill and join us for lunch from The Varsity Food Truck. \$12. #33877.

Thu, Oct 10

Chattanooga Duck Boat Ride: Leaving at 1pm. See Chattanooga from a new angle on a narrated boat tour aboard an authentic renovation WWII amphibious duck boat. Once you're immersed in the Tennessee River, you'll enjoy spectacular views of downtown Chattanooga and the riverfront, as well as the Maclellan Island wildlife sanctuary. Along the way, they will tell you all about the unique, fun and entertaining history of the city and the river that flows through it! \$40 + dinner out. #34001.

Thu, Oct 10

Parkinson's Support Group: 2:00pm-3:00pm. 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. #34002.

**Thu, Oct 10
& Fri, Oct 11**

Frightfully Funny Halloween Show: 2:30pm. The North Park Pretenders Drama Club presents a hilarious Halloween Show where the audience can join in Halloween songs and even do the "Monster Mash!" Pumpkins, witches, vampires, werewolves, and the real housewives of Transylvania will appear in short plays. Come for the "BOO'S" and don't miss this show. Thursday, #34018, Friday, #34019.

Sun, Oct 13

Medieval Times Dinner & Tournament, Lawrenceville: Leaving at 2:15pm. Arrive at the castle gates, and enter across the drawbridge and into the Medieval style castle to begin your journey. Upon arrival to the castle you will be crowned with the colors of your kingdom. Warm up your voices and get ready to cheer your brave knight to victory! The 11th century comes alive as you explore the castle. Suits of armor stand guard as you walk thru Her Majesty's halls. Medieval Times' noble guests feast on garlic bread, tomato bisque soup, roasted chicken, sweet buttered corn, herb-basted potatoes, dessert of the Castle, coffee and two rounds of select non-alcoholic beverages. A full-service bar is also available for adult guests. Vegetarian meals are available upon request. \$56, includes dinner. #34003.

Mon, Oct 14

Bert's Pumpkin Patch & Hayride: Leaving at 10:15am. Pick your own pumpkin at Burt's Pumpkin Farm and gift shop and enjoy a 2 mile hayride through fall foliage. \$16 + lunch out at Amicalola Falls Lodge. #34004.

Tue, Oct 15

Lunch 'N Learn: 12:30pm. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Topic TBD. Free. #34005.

Thu, Oct 17

"The Lion King" at the Fox Theatre: Leaving at 11am. Winner of six Tony Awards®, including Best Musical, The Lion King brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. The Lion King also features the extraordinary work of Tony Award®-winning choreographer Garth Fagan and some of Broadway's most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice. \$105, no meal. #34006.

Fri, Oct 18

Trivia: 1:30pm at North Park. Free. #34007.

Tue, Oct 22

Southern Belle Riverboat Fall Foliage Trip, Chattanooga, TN: Leaving at 8am. Scenic 3 hour ride on the Tennessee River, a buffet lunch & entertainment. Please note: 2 flights of stairs required. \$67. #34008.

Online Registration Training class: We have added the convenience of online registration here at the Adult Activity center. **To help kick this off, 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! #33922.

Thu, Oct 24

North Georgia Apple Trip: Leaving at 9:30am. We will stop at some apple farms and have lunch out. \$8 + lunch. #34010.

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. #32736.

Fri, Oct 25

Zoo Atlanta Wild Walk Tour: Leaving at 8:30am. Take a walk on the wild side with a Zoo Educator and enjoy a personalized tour of Zoo Atlanta's animal ambassadors and the ways we care for them. During this one-hour experience, an Educator will engage participants with facts, stories, and information about the animals in our care, as well as share details about the Zoo's conservation efforts and ways you can help save species. Through this personalized experience, you will have the opportunity to ask questions and learn more about some of your favorite species that call Zoo Atlanta home. Bring a sack lunch or purchase food there. \$52. #34011.

Mon, Oct 28

Harrah's Casino, Murphy, NC: Leaving at 8:30am. \$10. Our group does not receive an incentive or play credit. Bring a photo ID. #34012.

Tue, Oct 29

BINGO: 10am-11:30pm. \$2.00 to play. #34013.

Brainercize: 1:30pm. Free. #34014.

Wed, Oct 30

Kaya Vineyard and Winery Tour & Tasting, Dahlonega, GA: Leaving at 10am. Kaya's Winery and Tasting Room are built atop a ridge that is 1600 feet above elevation and offers the most exquisite panoramic mountain view in North Georgia. Enjoy the view on our two-thousand square-foot covered deck with live music in the warmer seasons, and more importantly, some wine. Price includes tasting and lunch. \$60. #34015.

Thu, Oct 31

Hiking Club: Leaving at 8:30am. Location of this month's hike TBA. \$8 + bring a sack lunch. Weather permitting! #34009.



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.

October

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 Medicare Seminar with Bonnie Dobbs, 11am. Free. #34017	2 Meet & Greet, 2pm	3 Delta Flight Museum, leave 9am. \$23 + lunch out. #33999	4 Collectors Club to Snellville/Lilburn, leave 9:30am. \$8. #34000 Fused Glass Jewelry Class w/Bo, 1pm-3pm, 2 weeks. \$15. #33628 Name That Tune, PRCC, 1:30pm
6	7	8 Fall Varsity Food Truck Lunch, 12pm-2pm. \$12. #33877	9	10 Chattanooga Duck Boat Ride, leave 1pm. \$40 + dinner out. #34001 Parkinson's Support Group, 2pm. #34002 Frightfully Funny Halloween Show, 2:30pm. Free. #34018	11 Frightfully Funny Halloween Show, 2:30pm. Free. #34019
13 Medieval Times Dinner & Tournament, leave 2:15pm. \$56. #34003	14 Burt's Pumpkin Patch & Hayride, leave 10:15am. \$16 + lunch out at Amicalola Falls Lodge. #34004	15 Lunch & Learn, 12:30pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton. #34005	16	17 "The Lion King" at the Fox Theatre, leave 11am. \$105. (No meal out). #34006	18 Trivia, 1:30pm. Free. #34007
20	21	22 Southern Belle Riverboat Cruise, Chattanooga, leave 8am. \$67, includes lunch. #34008 Online Registration Training, 2:30pm. #33922	23	24 North Georgia Apple Trip, leave 9:30am. \$8 + lunch out. #34010 Silver Spokes Trike Ride, PRCC, 9:45am. Free. #32736	25 Zoo Atlanta Wild Walk Tour, leave 8:30am. \$52. Bring a sack lunch or purchase there. #34011
27	28 Harrah's Casino, Murphy, NC. Leave 8:30am. \$10 + bring photo ID. #34012	29 Bingo, 10am. \$2. #34013 Brainercize, 1:30pm. #34014	30 Kaya Vineyard Tour & Wine Tasting, leave 10am. \$60, includes lunch. #34015	31 Hiking Club, leave 8:30am. \$8 + bring a sack lunch. #34009	