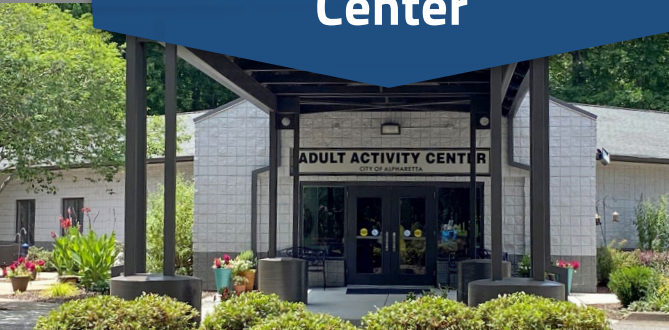


THE CITY OF  
**ALPHARETTA**

RECREATION PARKS &  
CULTURAL SERVICES

**Adult Activity  
Center**



# February

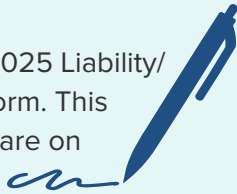
2025 NEWSLETTER

### NEW TO OUR CENTER?

Drop in anytime Mon-Fri for a tour!

### ACTION NEEDED!

Please complete a 2025 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.

**February Registration**  
**Monday, Jan 13<sup>th</sup>, 8:30am**

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



### FEBRUARY FUN!

We will visit the **Jimmy Carter Presidential Museum & Library**, view an exhibit of **Costume Design for Film** at the Savannah College of Art and Design Museum, see the Pulitzer Prize winning Broadway production "**Proof**," tour **Mercedes-Benz Stadium**, and **Name That Tune** is back at the Preston Ridge Community Center!

## You can now register online!

- 1 Visit [alpharetta.ga.us/recreation](http://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

**Drama Club:**  
2pm-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

## Rook

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

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, February 21st – Ping Pong

# Creative Corner

## Arts Building Programs / North Park / Activities Schedule

### Monday

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

**Intermediate Watercolor Class with Deb Snow:**  
1/6-2/17, 10am-12pm. \$40

**Beginner Watercolor Class with Sallie Reinsel:** 1/6-2/17, 1-3pm. \$55

### Tuesday

**Crafting Happy Hour:**  
9am-12pm

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

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

**Watercolor Open Studio:** 1-4pm.  
Instruction available 1-3pm

### Wednesday

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

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

### Thursday

**Acrylic Open Studio:**  
9am-12pm

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

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

### Friday

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

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

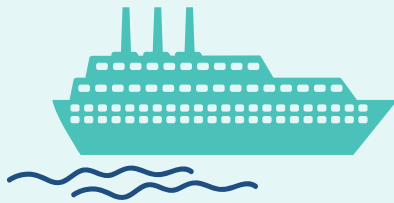
**WE ARE A LOW FIRE ONLY STUDIO.**  
Bisque Fire to Cone 04  
Glazes Fire to Cone 06  
OverGlaze and Decals fire to 018



## Overnight Trips 2025–2026

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

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



**Holland Tulips & Rhine River Castles Cruise:** March 26 - April 10, 2025; Double \$5,395-\$7,095 / Single \$6,895-\$9,95. Airfare included.

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

**Canadian Rockies & Glacier National Park:** June 11-17, 2025; Double \$4,475; Single \$5,700. Airfare included.

**America's Cowboy Country:** June 24-July 1, 2025; Double \$3,999 / Single \$5,299. Airfare included.

**Highlights of Scandinavia:** July 17-27, 2025; Double \$7,499 / Single \$9,049. Airfare included.

**New England Rails & Trails:** October 4-12, 2025; Double \$4,625 / Single \$6,025. Airfare included.

**Shades of Ireland:** October 6-15, 2025; Double \$4,599 / Single \$5,299. Includes airfare.

**Montreal & Quebec City Christmas:** December 1-6, 2025; Double \$3,699 / Single \$4,749. Airfare included.

**Iceland's Magical Northern Lights:** March 2-8, 2026; Double \$4,699 / Single \$5,199.



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](http://www.alpharetta.ga.us/active-adults)

# 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:**  
11:30am  
-2:30pm

**Ping Pong:**  
12:30-3pm



### Tuesday

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

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

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

**Mahjong:**  
12:30-3pm

### Wednesday

**Pilates Fusion:** 9:30-10:15am

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

**Ping Pong:** 12:30-3pm

**Chattahoochee Evening Stars Quilt Group:** Second Wednesday of the month, 10am-3pm. Partnering with Ryan's Cases for Smiles to create pillowcases that are distributed to children with medical issues that require long term stays in the hospital as a way to bring color and fun into their hospital room. Also partnering with Quilts for Kids a nonprofit organization dedicated to transforming fabrics into patchwork quilts to comfort children facing serious illness like cancer or AIDS, trauma, abuse, and natural disasters.

### Thursday

**Essentrics:**  
9:30-10:15am

**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. Harmonize, strengthen and improve body, mind and spirit.

**Canasta Hand and Foot:**  
12:15-3pm.

**Name That Tune:**  
Feb. 7th, 1:30-2:30pm

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.



## Farm Corner

Alpharetta Community Agriculture Program

VOLUNTEER  
OPPORTUNITIES



SCAN ME!

THE CITY OF  
ALPHARETTA  
RECREATION PARKS &  
CULTURAL SERVICES





### Alpharetta Adult Activity Center at North Park

13450 Cogburn Road, Alpharetta, GA 30004 • [activeadults@alpharetta.ga.us](mailto:activeadults@alpharetta.ga.us)  
678-297-6140 • Register online at [alpharetta.ga.us/recreation](http://alpharetta.ga.us/recreation)

#### Tue, Feb 4

**Jimmy Carter Presidential Library & Museum:** Leaving at 9:30am. The Jimmy Carter Presidential Library and Museum was dedicated during the museum opening on October 1, 1986. The Museum of the Jimmy Carter Library provides a unique experience for the visitor. Through immersive exhibitions of objects, documents, and photographs, videos, and beautiful gifts from world leaders, visitors can get a close-up view of the modern American Presidency. Highlights include a life-size replica of the Oval Office, a dramatic “Day in the Life of the President” presentation on 13 ft. screens, a walk-through cabin setting for the crucial Camp David Meetings exhibition, and an Interactive Map Table that takes you with the Carters to monitor elections and fight diseases. The Presidential Library is nestled between two lakes on 30 acres of park land and provides a tranquil setting with a view of the Atlanta skyline. \$18 + lunch out. #34843

#### Wed, Feb 5

**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.

#### Fri, Feb 7

**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. #34845

#### Mon, Feb 10

**SCAD Museum of Fashion, Sandy Powell’s Dressing the Part:** Costume Design for Film: Leaving at 9:00am. Recipient of the prestigious BAFTA Fellowship, Sandy Powell is a formidable force in the filmmaking industry. Her work is continually recognized and celebrated among her peers, earning the highest honors for achievement in costume design, including three Academy Awards. Her longstanding collaborations with directors Martin Scorsese, Todd Haynes, and Neil Jordan and actors Julianne Moore, Tilda Swinton, and Cate Blanchett have encouraged Powell to design costumes that become characters of their own and vehicles of discovery for those who embody them. In the debut exhibition of her work, visitors bear witness to Powell’s 40-year career of storytelling within a series of vignettes featuring more than 70 costumes from nearly 30 films, including *Shakespeare in Love*, *The Wolf of Wall Street*, and *How to Talk to Girls at Parties*. Experiencing Powell’s practice across an array of genres, periods, and realities, viewers are immersed in her legacy of worldbuilding. \$16 + lunch out. #34846

#### Wed, Feb 12

**TEN MYTHS MOST ADULTS BELIEVE DISCUSSION GROUP:** 2:00-3:00pm. Join us for a lively discussion group on the “Ten Myths Most Adults Believe”. The discussions would be centered around the book *A NEW GUIDE TO RATIONAL LIVING* by Drs. Albert Ellis and Robert Harper. You can tell us if you agree with the authors or not and cite instances from your own life that prove or disprove

### February Registration

**Monday, Jan 13<sup>th</sup>, 8:30am**

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

**The 2025 Registration and Waiver form must be completed to participate in any activity or trip.**

the theory. These discussions will consist of one myth per week and we will meet on Wednesday afternoons from 2:00-3:00. These discussions will be moderated by Brenda Mans. But we saved the best part for last: there will be refreshments AND a door prize! (10 weeks). Free. #34844

#### Thu, Feb 13

**OLD RUCKER FARM TOUR & SPRING GARDENING:** Leaving at 9:00am. Join us for a trip to Old Rucker Farm, the site of Alpharetta's Community Agriculture Program. The farm is home to 7,500 square feet of growing space, thirty chickens, four beehives, a community garden, herb garden, native plant pollinator garden and picnic space. Participants will take a short walking tour of the space and learn about the logistics of the farm, then discuss tips and tricks for spring gardening, including how to prep your garden, what can be planted, and how to maintain your plants in cooler months. Participants will take home 2-3 seed packets of spring plants! Free. #34842

**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. #34832

#### Fri, Feb 14

**Collectors Club to Dillard, GA:** 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. #34847

#### Sun, Feb 16

**"Proof" at the Holly Theatre, Dahlonega:** Leaving at 12:30pm. Proof, by Pulitzer prize winning author David Auburn. Proof is the story of an enigmatic young woman, Catherine, her manipulative sister, their brilliant father, and an unexpected suitor. They are all pieces of the puzzle in the search for the truth behind a mysterious mathematical proof. In Proof, the young but guarded Catherine grieves over the loss of her father, a famous mathematician who had become a legend at the local university for solving complicated proofs, and for suffering from dementia. Just as Catherine begins to give in to her fear that she, too, might suffer from her father's condition, Catherine's older sister Claire returns home to help "settle" family affairs and Hal, one of the father's old students, starts to poke around the





house. What Hal discovers in an old speckle-bound notebook brings to light a buried family secret. It tests the sisters' kinship as well as the romantic feelings growing between Catherine and Hal. This poignant drama about love and reconciliation unfolds on the back porch of a house settled in a suburban university town, that is, like David Auburn's writing, both simple and elegant. \$40. No meal out. #34848

**Mon, Feb 17**

**Mercedes-Benz Stadium Tour:** leaving at 9:30am. Experience the signature features of Mercedes-Benz Stadium, including stops at locker rooms, the field, Window to the City, Skybridges, and Clubs. \$25 + lunch out. #34849

**Tue, Feb 18**

**Lunch 'N Learn:** 12:30pm. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Topic TBD. Free. #34834

**Fri, Feb 21**

**Trivia:** 1:30pm at North Park. Free. #34833

**Mon, Feb 24**

**Harrah's Casino, Murphy, NC:** Leaving at 8:30am. \$10. Our group does not receive an incentive or play credit. Bring a photo ID. #34835

**Tue, Feb 25**

**BINGO:** 10am-11:30pm. Sponsored by Village Park Alpharetta. \$2.00 to play. #34836

**Brainercize:** 1:30pm. Free. #34837

**Thu, Feb 27**

**Hiking Club:** Leaving at 8:30am. Location of this month's hike TBA. \$8 + bring a sack lunch. Weather permitting! #34838



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

- 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, 8:30am-4:30pm.
- 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.





# February

## 2025 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	Saturday
2	3	4 Jimmy Carter Presidential Museum & Library, leave 9:30am. \$18 + lunch out. #34843	5 Newcomers Meet & Greet, 2:00pm	6	7 Name That Tune at PRCC, 1:30pm. Free. #34845	8
9	10 SCAD Museum of Fashion, leave 9am. \$16 + lunch out. #34846	11	12 Ten Myths Most Adults Believe Discussion Group, 2:00-3:00pm, free. #34844	13 Old Rucker Farm Tour & Spring Gardening, leave 9am. Free. #34842  Parkinson's Support Group, 2pm. #34832	14 Collectors Club to Dillard, GA., leave 9:30am. \$8 + lunch out. #34847	15
16 "Proof" at Holly Theatre, leave 12:30pm. \$40. #34848	17 Mercedes Benz Stadium Tour, leave 9:30am. \$25 + lunch out. #34849	18 Lunch 'N Learn, 12:30pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton. Free. #34834	19	20	21 Trivia, 1:30pm. Free. #34833	22
23	24 Harrah's Casino, Murphy, NC, leave 8:30am. \$10. #34835	25 Bingo, sponsored by Village Park Alpharetta, 10am. \$2. #34836  Brainercize, 1:30pm. #34837	26	27 Hiking Club, leave 8:30am. \$8 + bring a sack lunch. #34838	28	