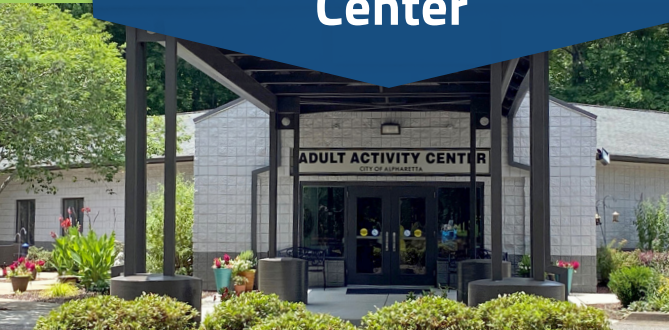


THE CITY OF
ALPHARETTA

RECREATION PARKS &
CULTURAL SERVICES

**Adult Activity
Center**



July

2024 NEWSLETTER

City Pool Information

SENIOR (55+) SWIM & ADULT (18+) LAP SWIM

Competition pool; three lanes for lap swim.

DATES:	DAYS:	TIME:
May 13–Jul 29	Mon, Sat	8:30–11:30am
Jul 31–Sep 28	Mon, Wed, Sat	8:30–11:30am

WATER AEROBICS

Water aerobics held in competition pool shared with lap swim.

DATES:	DAYS:	TIME:
May 13–Jul 29	Mon, Sat	8:30–9:30am
Jul 31–Sep 28	Mon, Wed, Sat	8:30–9:30am

WATER THERAPY

Experience and enjoy water exercises for relaxation, fitness, and physical rehabilitation. Exercise therapy in the water can decrease depression and improve mood.

AGES 14+

DATES:	DAYS:	TIME:
May 18–Jul 27	Sat	9:45–10:15am

WATER FITNESS

This is a deep water, high intensity aqua aerobics class.

AGES 14+

DATES:	DAYS:	TIME:
May 13–Jul 29	Mon, Sat	10:30–11:30am
Jul 31–Sep 28	Mon, Wed, Sat	10:30–11:30am

Wills Park Pool
1815 Old Milton Parkway

DAILY RATES AGE 55+
\$1 City of Alpharetta Residents;
\$2 Non-Residents

NO CLASSES
Memorial Day,
July 4, and
Labor Day.

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.



July Registration

**Monday,
June 10th 8:30am**

Please do not leave voicemail messages for registration requests.



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: 11am-12pm

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: 11am-12pm

Chinese Mahjong:
11:15am-1pm

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

Scrabble:
1:30-4:00pm

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:
11am-12pm

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, July 19th – 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

All classes will be in rooms 207 and 208 to accommodate camps.
Please call PRCC for class cancellation dates for the month of July.

Monday

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

**Bone Health/
Balance Yoga:**
10am-11am

Ping Pong:
12:30pm-3pm

Thursday

Essentrics:
9am-9:45am

**Bone Health/
Balance Yoga:**
10am-11am

Rummikub:
11:15am

Friday

Bone Health/Balance Yoga:
10am-11am

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.



Creative Corner

Arts Building Programs / Activities Schedule

Monday

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

Painting A Night Scene Workshop with Deb Snow:
7/22, 10am-3pm.
\$25

Beginner Watercolor Class with Sallie Reinsel:
7/1-8/5, 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:
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-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.

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

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

Mon, July 1

Truist Park Stadium Tour: Leaving at 8:45am. As the longest operating franchise in major league baseball the Atlanta Braves have plenty of history to share. This tour takes you to many areas off limits during games. With artifacts and exhibits distributed throughout the ballpark, it's a must for Braves fans. \$28 + lunch out on your own at the Battery.

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

**Thu, July 4
 & Fri, July 5**

Building closed

Tue, July 9

Classic Movie Series Movie Matinee: 1:30pm.

"The Wizard of OZ." "They don't make 'em like that anymore!" Join us for a trip down memory lane and come dressed in your best movie inspired costumes! We will have a short costume parade to show off our attire and quote your favorite one line from the movie. And then enjoy the film with popcorn and Friends. Young Dorothy Gale and her dog Toto are swept away by a tornado from their Kansas farm to the magical Land of Oz, and embark on a quest with three new friends to see the Wizard, who can return her to her home and fulfill the others' wishes. Popcorn and drinks provided. Free

Thu, July 11

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.

Fri, July 12

Collectors Club to Cleveland, 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

Tue, July 16

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

Fri, July 19

Trivia: 1:30pm at North Park. Free

Mon, July 22

Fox Theater Behind the Scenes Tour: Leaving at 8:45am. The Fox Theatre invites you to step behind the curtain for an exclusive look Behind the Scenes. Get ready for your close up in our star dressing room and walk the same steps to the stage just like Fox Theatre legends Elvis Presley, Lynyrd Skynyrd, and Prince. See for yourself how the Fox Theatre worked in 1929 compared to today due to our "preserve in

July Registration
**Monday,
 June 10th 8:30am**
*Please do not leave
 voicemail messages for
 registration requests.*

place” policy. *Please note that there are a large number of stairs on this tour and several places are not ADA accessible* **Walk to the Varsity** for lunch afterward. \$35 + cost of lunch at the Varsity.

“Painting A Night Scene” Workshop with Deb Snow: 10am-3pm. NOCTURNS: In this 1 day workshop we will learn how to paint an evening scene. 1 hour break for lunch. \$25

Wed, July 24

Cool River Tubing in Helen, GA: Leaving at 8:00am. All equipment included. Enjoy a fun filled two-hour adventure down the Chattahoochie River in the North Georgia Mountains. Bring a sack lunch, water shoes or sneakers that can get wet, change of clothes, & push stick if you have. \$20

Thu, July 25

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

Sat, July 27

“Jersey Boys” at City Springs Theatre Company: Leaving at 12:30pm. With phenomenal music, memorable characters, and great storytelling, JERSEY BOYS follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of Best Musical at both the Tony Awards® and Olivier Awards®, JERSEY BOYS takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. \$50 (No meal out)

Mon, July 29

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

Tue, July 30

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

Brainercize: 1:30pm. Free



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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Truist Park Stadium Tour, leave 8:45am. Lunch on your own after at the Battery. \$28 Beginner Watercolor Class w/Sallie Reinsel, 1pm-3pm. 6 weeks, \$40	2	3	4 Building Closed	5 Building Closed	6
8	9 Movie Matinee: "The Wizard of Oz," 1:30pm. Free	10	11 Parkinson's Support Group, 2pm.	12 Collectors Club to Cleveland, GA. \$8 + lunch out	13
15	16 Lunch 'N Learn, 12:30pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton.	17	18	19 Trivia, 1:30pm. Free	20
22 Fox Theater Behind the Scenes Tour, leave 8:45am. \$35 + lunch out Painting a City Scene Workshop w/ Deb Snow, 10am-3pm. \$25	23	24 Cool River Tubing, Helen, GA. Leave 8am. \$20 + bring a sack lunch	25 Hiking Club, leave 8:30am. \$8 + bring a sack lunch	26	27 "Jersey Boys" at City Springs Theatre Company. Leave 12:30pm. \$50
29 Harrah's Casino, Murphy, NC. Leave 8:30am. \$10 + bring photo ID	30 Bingo, 10am. \$2 Brainercize, 1:30pm. Free	31			