

THE CITY OF
ALPHARETTA

RECREATION PARKS &
CULTURAL SERVICES

**Adult Activity
Center**



November

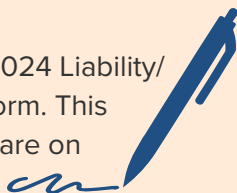
2024 NEWSLETTER

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.

THE CITY OF
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CULTURAL SERVICES

PRESTON RIDGE COMMUNITY CENTER

**VETERANS
DAY**

LUNCH CELEBRATION

★ **MONDAY, NOVEMBER 4** ★
11:30 AM - 1:30 PM

Join us as we honor our veterans for their service and sacrifice with a luncheon celebration. This year's theme is "A Legacy of Loyalty and Service."

PLEASE RSVP BY 10/25

November Registration

Monday, Oct 14th, 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, November 15th – 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 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.



Farm Corner

Alpharetta Community Agriculture Program



**VOLUNTEER
OPPORTUNITIES**

<< SCAN ME!

THE CITY OF
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RECREATION PARKS &
CULTURAL SERVICES

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: 11/4-12/9,
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.
Instruction available 1pm-3pm

Wednesday

Cardmaking with Sue:
11/13, 9am-11am. \$10

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

Acrylic and Mixed-media Painting Workshop with Kim Vollo: 11/6-11/13,
10am-12pm. \$10

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

Thursday

Hand Built Holiday Trivet:
11/14-11/21, 9am-11am. \$10

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

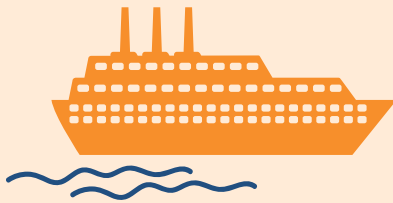
WE ARE A LOW FIRE ONLY STUDIO.
Bisque Fire to Cone 04
Glazes Fire to Cone 06
OverGlaze and Decals fire to 018



Overnight Trips 2024–2025

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

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



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.

Canadian Rockies & Glacier National Park: 6/11-17, 2025; Double \$4,475; Single \$5,700. Airfare included.

Holland Tulips & Rhine River Castles Cruise: 3/26-4/10, 2025; Double \$5,595-\$7,095. Airfare included.

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

Coming soon:

- Holiday Trip to Pigeon Forge



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–Thu: 8:30am–5pm
Fri: 8:30am–4:30pm

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

Fri, Nov 1

Savoy Automobile Museum: Leaving at 9am. Savoy Automobile Museum connects people to the cultural diversity of the automobile. Through changing exhibits, educational programs, and engaging experiences individuals have the opportunity to appreciate the beauty and history of automobiles. This world-class museum and showgrounds sits on approximately 37 acres in Cartersville, GA. Guests visiting the museum will be met with an assortment of automobiles and original works of art. \$25 + lunch out. #34154.

November Registration

Monday, Oct 14th, 8:30am

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

Mon, Nov 4

Blue Ridge Scenic Railway Fall Foliage Ride: Leaving at 7:30am. The relaxing ride starts at the historic depot, then stops in the quaint sister towns of McCaysville, Georgia and Copperhill, Tennessee. Here, visitors have a 2-hour layover with plenty of time to eat lunch and shop. You will then re-board the train for the one-hour return trip. \$78 + lunch out in downtown McCaysville. #34136.

Beginner Watercolor Class with Sallie Reinsel: 1pm-3pm. Come join this class for beginners, and learn the basics of this beautiful medium. You will learn all about the paper, the paint and the brushes. Enjoy the experience of producing lovely painting in your very first class. Beginner supplies will be furnished, or you are welcome to bring your own. We ask that participants only take this beginner level class two times. 6 weeks. \$55. 34118

Veterans Day Lunch at Preston Ridge Community Center: 11:30am-1:30pm. Please join us for lunch to thank and honor Veterans on this special day. We thank you for your service and sacrifice to our country. Free! #33622.

Tue, Nov 5

Texas Hold'em Poker Tournament: 10am. \$10, includes lunch & prizes. #34137.

Wed, Nov 6

Acrylic and Mixed-media Painting for everyone Workshop with Kim Vollo: 10am-12pm. Get into your most relaxed creative flow as you learn and practice traditional and innovative techniques in acrylic and mixed-media painting. The focus is on individual expressiveness and style-development. Choose your own topics, media, and style of painting, with hundreds of examples provided for you. You'll learn bold and eye-catching ways to bring your ideas to life on canvas within an uplifting, individually-taught social environment. All materials, inspiring images, demonstrations, and hands-on instruction are provided. You're guaranteed to have fun while creating art pieces you'll be proud to share. 2 weeks. \$10. #34155.

Travel Presentation of 2025 Premier Trips by Just Peachy Travel: 1:30pm. #34156

Thu, Nov 7

Old Rucker Farm Tour: 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 will have the opportunity to create a birdfeeder wreath. Free. #34138.

Fri, Nov 8

Collectors Club to Athens/Winder: 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. #34139.

Mon, Nov 11

Travel Presentation of 2025 Collette Trips by Just Peachy Travel: 1:30pm. #34157

Tue, Nov 12

Lunch 'N Learn: 12:30pm. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Topic TBD. Free. #34140.

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! #33923.

Wed, Nov 13

Cardmaking with Sue: 9am-11am. The holiday season is upon us. In this workshop you will create festive boxes to share your sweet treats in. \$10. #34148.

Thu, Nov 14

Rosemary & Thyme Creamery Tour, LaFayette, GA: Leaving at 8:30am. During the tour you'll get to explore the farm with the owners while they explain what life is like on a sheep farm. You'll learn about not only their sheep, but also the milking process and how the cheese is made. Tours typically last 30 minutes to an hour, and end with an opportunity taste and purchase some of the delicious sheep cheese. \$ 10 + lunch out. #34141

**Thu, Nov 14
& Thu, Nov 21**

Hand Built Holiday Trivet with Bo: 9am-11am. Create a 6x6 Holiday themed trivet using stencils, cut outs and transfers. 2 weeks. \$10. #33630.

Thu, Nov 14

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. #34142.

Fri, Nov 15

Trivia: 1:30pm at North Park. Free. #34143.

Mon, Nov 18

Dekalb Farmers Market: Leaving at 9am. Please note: The market does not accept credit cards. You must purchase goods using debit cards, cash or checks. \$8. #34144.



Tue, Nov 19

Thanksgiving Luncheon: 11:30am. We will be serving a traditional Thanksgiving meal. Space is limited! Free. #33618.

Mon, Nov 25

Harrah's Casino, Murphy, NC: Leaving at 8:30am. \$10. Our group does not receive an incentive or play credit. Bring a photo ID. #34145.

Tue, Nov 26

BINGO: 10am-11:30pm. Sponsored by The Oaks, Alpharetta. \$2.00 to play. #34146.

Brainercize: 1:30pm. Free. #34147.

Thu, Nov 28

Building Closed

Fri, Nov 29

Building Closed



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.

November

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Savoy Auto Museum, leave 9am. \$25 + lunch out. #34154
4 Blue Ridge Scenic Railway Fall Foliage Trip, leave 7:30am. \$78 + lunch. #34136 Veterans Day Lunch Celebration, PRCC, 11:30am-1:30pm. Free. #33622 Beginner Watercolor Class w/ Sallie Reinsel, 1pm-3pm. 6 weeks. \$55. #34118	5 Texas Hold'em Poker Tournament, 10am. \$10, includes lunch & prizes. # 34137	6 Acrylic and Mixed-media Painting Workshop with Kim Vollo, 10am-12pm, 2 weeks. \$10. #34155 Travel Presentation of 2025 Premier Trips by Just Peachy Travel, 1:30pm. #34156	7 Old Rucker Farm Tour and Birdfeeder Wreath , leave 9am. Free.#34138	8 Collectors Club to Athens/Winder, leave 9:30am. \$8 + lunch out. #34139
11 Travel Presentation of 2025 Collette Trips by Just Peachy Travel, 1:30pm. #34157	12 Lunch & Learn, 12:30pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton. Free. #34140 Online Registration Training Class, 2:30pm. #33923	13 Cardmaking with Sue, 9am-11am. \$10. #34148	14 Blue Ridge Scenic Railway Rosemary & Thyme Creamery Tour, LaFayette, Ga. Leave 8:30am. \$10 + lunch out #34141 Hand Built Holiday Trivet, 9am-11am, 2 weeks. \$10. #33630 Parkinson's Support Group, 2pm. #34142	15 Trivia, 1:30pm. Free. #34143
18 DeKalb Farmers Market, leave 9am. \$9. #34144	19 Thanksgiving Lunch, 11:30am-1:30pm. Free #33618	20	21	22
25 Harrah's Casino, Murphy, NC, leave 8:30am. \$10 + bring photo ID. #34145	26 Bingo, 10am. Sponsored by The Oaks, Alpharetta. \$2. #34146 Brainercize, 1:30pm. #34147	27	28 Building Closed	29 Building Closed