

THE CITY OF
ALPHARETTA

RECREATION PARKS &
CULTURAL SERVICES

**Adult Activity
Center**

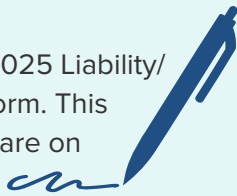


NEW TO OUR CENTER?

Drop in anytime Mon-Fri for a tour!

ACTION NEEDED!

Please complete a 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.

January Registration

Monday, Dec 9th, 8:30am

Online, by phone, or in person

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

January

2025 NEWSLETTER

**Everyone must complete the
Alpharetta Recreation and Parks
Department 2025 Registration and
Waiver form to be able to participate
in any activity or trip with the
Activity Center. We must have this
form in order to register you.
No exceptions!**

**We have some really interesting trips scheduled for
January, so get those registration and waiver forms in!**

See the **Titanic Immersive Voyage
Exhibition, Tour the Kia Motors Plant**, visit
the **Booth Western Art Museum**, learn
about the **Georgia Supreme Court** and
participate in a mock trial, go shopping at
Hamrick's, and go to **Harrah's Casino!**



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

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

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, January 17th – 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

Acrylic and Mixed-Media Painting Workshop with Kim Vollo: 1/8-1/29,
10am-12pm. \$40

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:
9-11:30am,
1-3pm.
Instruction available 9-11:30am

Butterfly Fused Glass Suncatcher Workshop:
1/10, 9-11am. \$15

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

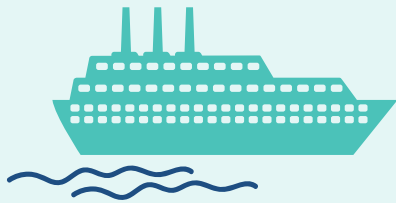
WE ARE A LOW FIRE ONLY STUDIO.
Bisque Fire to Cone 04
Glazes Fire to Cone 06
OverGlaze and Decals fire to 018



Overnight Trips 2024-2025

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

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. TriYoga combines breath and focus with flowing and sustained postures to harmonize, strengthen and improve body, mind and spirit.

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

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.



Farm Corner

Alpharetta Community Agriculture Program

VOLUNTEER
OPPORTUNITIES



SCAN ME!

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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

Wed, Jan 1

Building Closed

Mon, Jan 6

Watercolor Class with Deb Snow: 10am-12pm. Intermediate/Advanced Class. Winter offers us all a time to slow down and see nature in a different light. In this class we will learn how to paint a winter landscape. You will learn about artists who embraced “Contemplative” or slow meditative painting. 6 weeks. \$40 #34257.

Beginner Watercolor Class with Sallie: 1:00pm-3:00pm. 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. Class cost includes watercolor paint pallet and brush, which the students will be allowed to keep at the end of the class. We ask that participants only take this beginner level class two times. 6 weeks. \$55. #34583.

Tue, Jan 7

Georgia Supreme Court Tour & Mock Trial: Leaving at 11:30am. This tour takes place in the Supreme Court Courtroom and educates visitors about the judicial branch, Georgia’s court system, the difference between trial and appellate courts and the role of the Justices and how they are selected. A tour guide is available to answer questions. In addition to touring the Courtroom, visitors may participate in a Mock Oral Argument. In this experience, visitors will act out an oral argument using a hypothetical case (provided by the Court). Participants have the opportunity to be Justices, attorneys, and clerks. \$10. No meal out. #34552.

Wed, Jan 8

Acrylic and Mixed-Media Painting Workshop with Kim Vollo: 9:45-11:45am. This class is for everyone from beginner to Advanced artists. We will learn to maximize self-expression utilizing acrylic paints in their infinite forms, washes and layering techniques. Discussion in these four lessons on compositional elements including sketching, composition, color, and value. You’ll choose your own subjects and style development, with hundreds of examples provided for you. Highly experienced teacher will provide technique development through Hands-On teaching and demonstration. You’re guaranteed to have fun while creating art pieces you’ll be proud to share. 4 weeks. \$40. #34262.

January Registration

Monday, Dec 9th, 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.**



Thu, Jan 9

Kia Motors Tour: Leaving at 9am. Tour attendees will see the entire manufacturing process – from rolled metal all the way to the finished product using high-tech stamping, weld shop advanced robotics, and highly automated assembly processes to produce the finished vehicle. They produce a vehicle every 53 seconds utilizing three full shifts operating at the plant 24 hours a day/five days per week. \$10 plus lunch out before the tour. #34522.

Old Rucker Farm Tour & Microgreens Class: Leaving at 9am. 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 Learn how to grow your own microgreens in our hands-on class! Delve into various growth methods with a special emphasis on cultivating these nutrient-packed greens in jars – an accessible and space-efficient technique perfect for any home. Participants will not only gain valuable insights into the benefits of microgreens, such as their exceptional nutritional value and delicious flavors, but also learn the ease with which they can be nurtured at home. As part of the class, each attendee will receive a kit containing all the necessary supplies, allowing them to kickstart their own microgreens garden effortlessly. Join us for an enriching experience that brings health, freshness, and the joy of homegrown goodness to your fingertips. Free. #34630.

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. #34525.

Fri, Jan 10

Fused Glass Butterfly Suncatcher Workshop with Bo: 9am-11am. Design a beautiful Butterfly suncatcher using multicolor transparent glass to let the sun shine through. \$15. #33632.

Collectors Club to Calhoun (and Buc-ee's): 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. #34631.

Mon, Jan 13

Titanic, An Immersive Voyage: Leaving at 9am. Embark on a Timeless Journey. Join us on a once-in-a-lifetime expedition to experience Titanic, the most luxurious ship to ever set sail. Featuring more than 300 artifacts, dramatic room recreations, never-before-seen 3D views, video animations, and cutting-edge technology, Titanic: An Immersive Voyage tells the story of the RMS Titanic like never before. \$33. No meal out. #34627.



Tue, Jan 14	Movie Matinee: 1:30pm. "Thelma." Inspired by a real-life experience of director Josh Margolin's own grandmother, THELMA puts a clever spin on movies like MISSION: IMPOSSIBLE, shining the spotlight on an elderly grandmother as an unlikely action hero. With infectious humor, Margolin employs the familiar tropes of the action genre in hilarious, age-appropriate ways to tackle aging with agency. In the first leading film role of her 70-year career, Squibb portrays the strong-willed Thelma with grit and determination, demonstrating that she is more than capable of taking care of business -- despite what her daughter Gail (Parker Posey), son-in-law Alan (Clark Gregg), or grandson Danny might believe. Popcorn and drinks provided. Free. #34624.
Thu, Jan 16	Intro to the Wheel with Toby: 9:30am-11:30am. This workshop is designed to introduce new students to the pottery wheel. We will explore terms, techniques, and first steps to get you started. Please bring an old towel and be sure to wear your garden cloths as you will be hands on and you will get dirty! Limit 5 people. \$10. #34629.
Fri, Jan 17	Trivia: 1:30pm at North Park. Free. #34523.
Mon, Jan 20	Building Closed
Tue, Jan 21	Lunch 'N Learn: 12:30pm. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Topic TBD. Free. #34524.
Thu, Jan 23	Booth Western Art Museum: Leaving at 10am. The Booth Museum, in association with the Smithsonian Institution, is a 120,000 square foot museum located in Cartersville, Georgia, where guests are invited to See America's Story through contemporary Western artwork, a Presidential Gallery, and an interactive children's gallery. since August 2003, Booth Museum is the only museum of its kind in the Southeast. It is the mission of The Booth Museum to educate, entertain, and inspire guests through the exploration of Western art, popular culture, and American heritage in a welcoming environment. \$25 + brunch out. #34526.
Fri, Jan 24	Hamrick's Shopping, Anderson, SC: Leaving at 8am. We will also stop at the Tanger Outlets. \$12 + lunch out. #34527.
Mon, Jan 27	Harrah's Casino, Murphy, NC: Leaving at 8:30am. \$10. Our group does not receive an incentive or play credit. Bring a photo ID. #34528.
Tue, Jan 28	BINGO: 10am-11:30pm. \$2.00 to play. #34529. Brainercize: 1:30pm. Free. #34530.
Thu, Jan 30	Hiking Club: Leaving at 8:30am. Location of this month's hike TBA. \$8 + bring a sack lunch. Weather permitting! #34531.

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.

January

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Building Closed	2	3
6 Intermediate Watercolor Class with Deb Snow, 10am-12pm, 6 weeks. \$40. #34257 Beginner Watercolor Class with Sallie, 1pm-3pm, 6 weeks. \$55. #34583	7 Georgia Supreme Court Tour & Mock Trial, leave 11:30am. \$10. #34552	8 Acrylic & Mixed Media Painting Workshop with Kim Vollo, 9:45am-11:45am, 4 weeks. \$40. #34262	9 Kia Motors Tour, leave 9am. \$10 + lunch out. #34522 Old Rucker Farm Tour & Microgreens Class, leave 9am. Free. #34630 Parkinson's Support Group, 2pm.#34525	10 Fused Glass Butterfly Suncatcher Workshop, 9-11am. \$15. #33632 Collectors Club to Calhoun (and Buc-ee's), leave 9:30am. \$8 + lunch out. #34631
13 Titanic Immersive Voyage, leave 9am. \$33. #34627	14 Movie Matinee, 1:30pm "Thelma" Free. #33624	15	16 Intro to the Wheel with Toby, 9:30am-11:30am. \$10. #34629	17 Trivia, 1:30pm. Free. #34523
20 Building Closed	21 Lunch 'N Learn, 12:30pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton. Free. #34524	22	23 Booth Western Art Museum, leave 10am. \$25 + brunch out. #34526	24 Hamrick's Shopping Trip, leave 8am. \$10 + lunch out. #34527
27 Harrah's Casino, Murphy, NC, leave 8:30am. \$10. #34528	28 Bingo, 10am. \$2. #34529 Brainercize, 1:30pm. #34530	29	30 Hiking Club, leave 8:30am. \$8 + bring a sack lunch. #34531	31