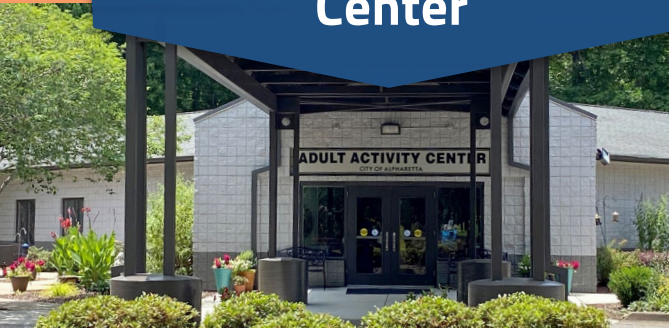


## Adult Activity Center



# March

## 2025 NEWSLETTER

HAPPY  
**St. Patrick's**  
DAY

### LET'S SHAMROCK 'N ROLL AT THE ST. PATRICK'S DAY SOCK HOP!

Wear your most festive St. Patrick's Day outfit and dance the afternoon away. Green looks good on you! Tuesday, March 11th from 12:30-2:30pm. \$10, includes an Irish lunch! Space is limited.

As the saying goes, March comes in like a lion.... maybe see one on the trip to the **Wild Animal Safari** in Pine Mountain, Georgia, Monday, March 24th!

....And we will Spring It On with a trip to the **Conyers Cherry Blossom Festival** on Saturday, March 22nd!

## You can now register online!

- 1 Visit [alpharetta.ga.us/recreation](http://alpharetta.ga.us/recreation)
- 2 Click on the Activity Registration icon



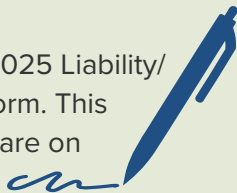
- 3 Sign in or create an account
- 4 Search for activities by name or number

### 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.*

## March Registration

**Monday, Feb 10<sup>th</sup>, 8:30am**

**Online, by phone, or in person**

*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.

## 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, March 21st – Ping Pong

# Creative Corner

## Arts Building Programs / North Park / Activities Schedule

### Monday

#### Beginning Watercolor Class with Sallie:

March 10-April 14, 1pm-3pm. \$55

#### Diamond Art Open Studio:

1pm-4pm

### Tuesday

#### Terra Cotta Mosaic Candle Holder Workshop

with Bo: 3/18, 9am-11am. \$15

#### Stained Glass/Fused Glass Open Studio:

9am-12pm, 1pm-4pm

#### Watercolor Open Studio:

1pm-3:30pm. Instruction available

#### Pottery/Clay Open Studio:

9am-12pm, 1pm-4pm

### Wednesday

#### Acrylic and Mix-Media Workshop with Kim Vollo:

3/5-4/9, 9:45am-11:45am. \$40

#### Ceramics Open Studio:

9am-12pm, 1pm-4pm

#### Crochet & Knit for Charity:

1pm-3:30pm

### Thursday

#### Stained Glass/Fused Glass Open Studio:

9am-12pm, 1pm-4pm

#### Acrylic Painting Open Studio:

9am-12pm

#### Mandala Art Open Studio:

1pm-4pm

#### Pottery/Clay Open Studio:

9am-12pm, 1pm-4pm

### Friday

#### Plant & Buds Garden Club:

9am-11:30am

#### Ceramics Open Studio:

9am-12pm, 1pm-4pm

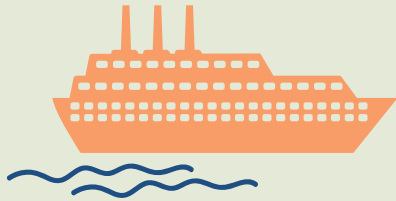
**WE ARE A LOW FIRE ONLY STUDIO.**  
Bisque Fire to Cone 04  
Glazes Fire to Cone 06  
OverGlaze and Decals fire to 018



## 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:**  
March 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)



**Mon, Mar 3**

**Gas South Arena Tour, Duluth:** Leaving at 9am. Take a behind the scenes look at Gas South Arena, a vibrant, versatile venue showcasing a multitude of concerts, sporting, events, family shows, and more. Home to the Atlanta Gladiators, Georgia Swarm and Atlanta Vibe, the 13,000-seat venue is a popular destination for events! No meal out. \$8. #34929

**Tue, Mar 4**

**Texas Hold'em Poker Tournament:** 10am. \$10, includes lunch & prizes. #34930

**Wed, Mar 5**

**Jaemor Farms:** Leaving at 9:30am. Shop for the freshest locally grown produce from the farm, as well as homemade breads, jams, sauces, fried pies and ice cream. \$8 + lunch out. #34931

**Acrylic and Mix-Media Painting Workshop with Kim Vollo:** 3/5-4/9, 9:45am-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. \$40. #34924

**Fri, Mar 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. #34897

**Mon, Mar 10**

**Beginning 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. 6 weeks. \$55. #34921

**Tue, Mar 11**

**St. Patrick's Day Sock Hop:** 12:30pm-2:30pm. Follow the rainbow to the pot of Gold! Well, maybe not Gold, but a definite good time! Wear your most festive St. Patrick's Day outfit and join us for an Irish lunch, then dance the afternoon away. Seating will be limited so sign up today!! and dance the afternoon away. \$10. #33620

**Wed, Mar 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 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, Mar 13

**Old Rucker Farm Tour & Intro to Beekeeping:** 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 Learn about bee behavior, hive setup, essential equipment, and the care and maintenance that goes into keeping bees. **Due to popular demand, we are asking anyone who has been on a tour to the Farm before to not sign up immediately and give others an opportunity to take a tour with us. Thank you in Advance!** Free. #34943

**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. #34932

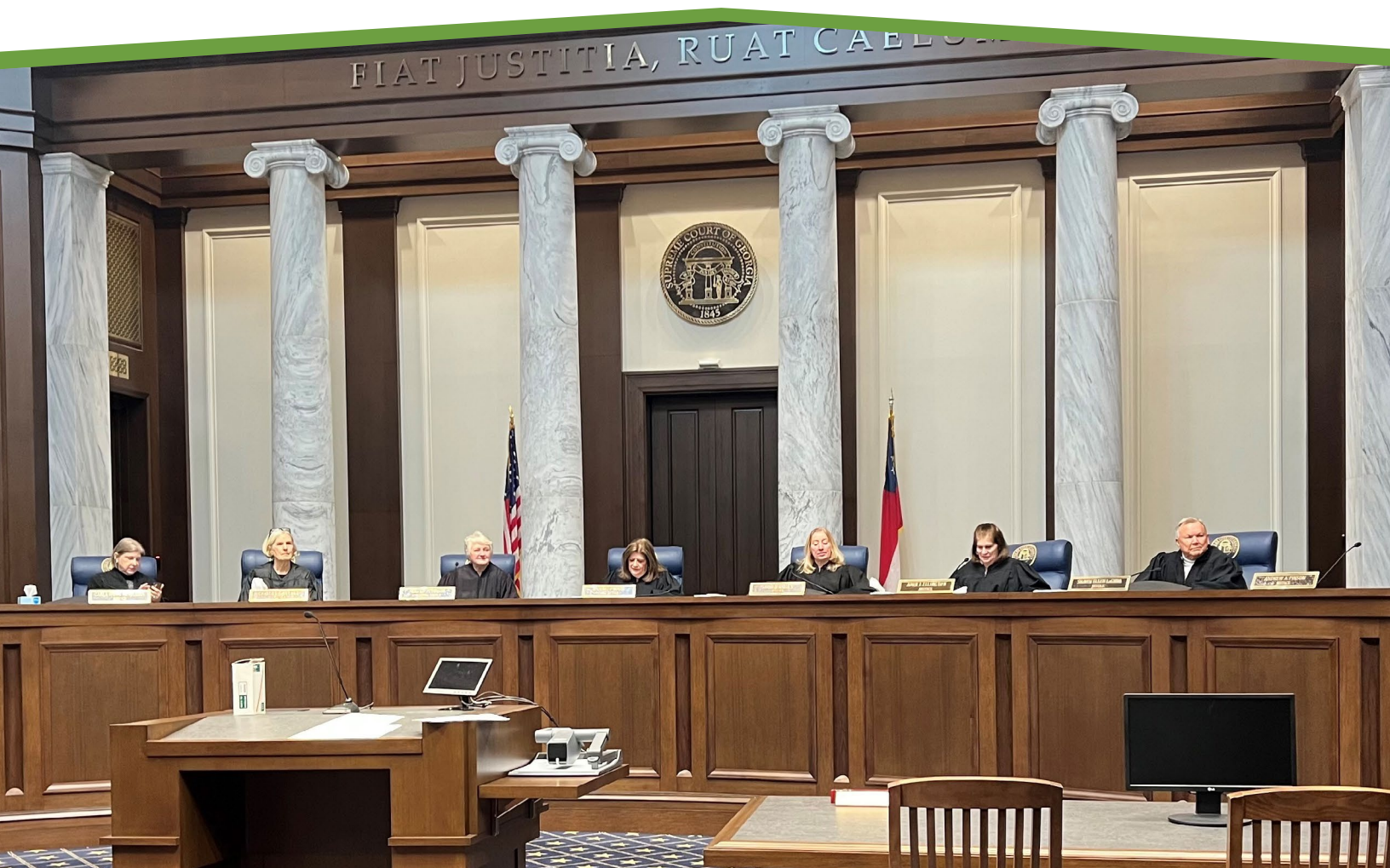
### Fri, Mar 14

**Collectors Club to Jasper, 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. #34933

### Tue, Mar 18

**Terra Cotta Mosaic Candle Holder Workshop with Bo:** 9am-11am. Pick your colors and shapes from our large selection of items and make your one-of-a-kind candle holder. \$15. #33634

**Lunch 'N Learn:** 12:30pm. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Topic TBD. Free. #34934



**Sat, Mar 22**

**Conyers Cherry Blossom Festival:** Leaving at 9am. Spring it on at The Cherry Blossom Festival! Shop among unique art and craft exhibitors, eat your way through the multiple food courts, enjoy cultural performances, and listen to live music. The Cherry Blossom Festival originated as a way to encourage cultural understanding and friendship through international music, dance, games, food and crafts. The Conyers Cherry Blossom Festival has received many awards over the years for Best Event in the Southeast by the Southeast Festival and Events Association. It has also been selected over the years as a Top 20 Event in the Southeast by the Southeast Tourism Society for multiple years. Most recently the festival was selected as a Signature Event in the Southeast by the Southeast Tourism Society! \$12 + lunch there. #34936

**Fri, Mar 21**

**Trivia:** 1:30pm at North Park. Free. #34935

**Mon, Mar 24**

**Wild Animal Safari, Pine Mountain, GA:** Leaving at 7:30am. The 300-acre animal safari park is the ideal place to meet incredible and unique animal species. The park is packed with scenic views, dozens of animal species, and fantastic, knowledgeable Zookeepers. Hop aboard one of their guided tours and learn about the animals who make their homes in the park. \$23 + lunch out. #34937

**Mon, Mar 24**

**Clay Sculpture: The Portrait Bust and Relief Carving with Toby:**  
1:30pm-3:30pm. Learn skills and techniques needed to sculpt a human bust. With a few short cuts and tips go from "But I never used clay" to a beginner sculptor. No previous experience necessary. 6 weeks. \$60. #34942

**Tue, Mar 25**

**BINGO:** 10am-11:30pm. Sponsored by Village Park Alpharetta. \$2.00 to play. #34938

**Brainercize:** 1:30pm. Free. #34939

**Thu, Mar 27**

**Hiking Club:** Leaving at 8:30am. Location of this month's hike TBA. \$8 + bring a sack lunch. Weather permitting! #34940

**Mon, Mar 31**

**Harrah's Casino, Murphy, NC:** Leaving at 8:30am. \$10. Our group does not receive an incentive or play credit. Bring a photo ID. #34941



*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.





# March

## 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	Saturday
<b>3</b> Gas South Arena Tour, Duluth, leave 9am. No meal out. \$8. #34929	<b>4</b> Texas Hold'em Poker Tournament, 10am. \$10. #34930	<b>5</b> Jaemor Farms, leave 9:30am. \$8 + lunch out. #34931 ..... Acrylic & Mix-Media Painting Workshop with Kim Vollo, 3/5-4/9, 9:45-11:45am. \$40. #34924	<b>6</b>	<b>7</b> Name That Tune at PRCC, 1:30pm. Free. #34897	<b>8</b>
<b>10</b> Beginning Watercolor Class with Sallie, 3/10-4/14, 1-3pm. \$55. #34921	<b>11</b> St. Patrick's Day Sock Hop, 12:30-2:30pm. \$10. #33620	<b>12</b> Ten Myths Most Adults Believe Discussion Group, 2:00-3:00pm. Free. #34844	<b>13</b> Parkinson's Support Group, 2pm. Free. #34932 ..... Old Rucker Farm Tour & Intro to Beekeeping: Leave 9am. Free #34843	<b>14</b> Collectors Club to Jasper, GA, leave 9:30am. \$8 + lunch out. #34933	<b>15</b>
<b>17</b>	<b>18</b> Terra Cotta Mosaic Candle Holder Workshop with Bo, 9-11am. \$15. #33634 ..... Lunch 'N Learn, 12:30pm. Free. #34934	<b>19</b>	<b>20</b>	<b>21</b> Trivia, 1:30pm. Free. #34935	<b>22</b> Conyers Cherry Blossom Festival, leave 9am. \$12 + lunch there. #34936
<b>24</b> Wild Animal Safari, Pine Mountain, GA. Leave 7:30am. \$23 + lunch out. #34937 ..... Clay Sculpture: Portrait Bust & Relief with Toby, 3/24-4/28, 1:30-3:30pm. \$60. #34942	<b>25</b> Bingo. 10am. \$2. #34938 ..... Brainercize, 1:30pm. #34939	<b>26</b>	<b>27</b> Hiking Club, leave 8:30am. \$8 + bring a sack lunch. #34940	<b>28</b>	<b>29</b>
<b>31</b> Harrah's Casino, Murphy, NC, leave 8:30am. \$10. #34941		Lunch 'N Learn is sponsored by Atlanta Senior Placement & Vitality Living Milton.			