Alpharetta Golden Age Club
The club promotes fellowship and companionship to improve the quality of life and expand the horizons of its members, and provide recreational opportunities. Annual membership is $15/person. Business meetings held first Tuesday monthly at 10am and lunch out afterwards. Catered luncheons at center held on third Tuesday monthly at 11am; $5 for AGAC members.

Fulton County Golden Games
Take part in annual Golden Games, hosted in partnership by local cities to promote healthy and active lifestyles for folks 50+. Friendly competition held each May at various locations, with activities including bocce, tennis, golf, swimming, Wii bowling, billiards, fitness center biathlon, pickleball, and more! Enjoy Olympic-style field games and fun at kick-off event hosted at Wills Park in Alpharetta. Registration for annual Golden Games takes place in March. Contact the center for details and application.

Volunteer to Assist at Events
Center participants and Golden Age Club members provide valuable assistance with recreation department family events, including Easter Eggstravaganza, City Pool Concessions, and Breakfast with Santa. Learn more about how to be involved!

Mission Statement
Alpharetta Recreation and Parks Department strives to promote the highest quality recreation programs and park facilities to our citizens, consistent with our core values of Excellence, Stewardship, Integrity, Service, and Loyalty.

Alpharetta Adult Activity Center at North Park
13450 Cogburn Road, Alpharetta, GA 30004
Contact: 678-297-6140 or activeadults@alpharetta.ga.us
Monthly activity calendar/newsletter available online or at the center
Website: alpharetta.ga.us/recreation
Like us on Facebook: Alpharetta Recreation
Follow us on Twitter: @AlpharettaParks

Directions
From Hwy 9-SW: Turn right onto Bethany Bend, left onto Cogburn Road, right at North Park sign. Center is on the right.

From Hwy 9-NE: Turn left onto Windward Parkway. At light, continue onto Cogburn Road. Turn left at North park sign. Center is on the right.

Recreation Programs, Events and Active Adventures for Adults 50+
Alpharetta Adult Activity Center
Where folks 50+ can be active, creative, and involved!

Join a club...Learn a new skill
Try a game of challenge
Express your creative side

Play pickleball...Take a hike
Get fit and healthy...Travel
Volunteer...Relax...Enjoy!

PROGRAM HIGHLIGHTS

Be Active!

- Wellness
  - Open Fitness Room, Light Aerobics, Line Dance
  - Qigong, Tai Chi, Yoga, Pickleball, Ping Pong
  - Senior Tennis, Water Aerobics (summer)
  - Health Screenings, Wellness Seminars
  - AARP Drivers Safety Course

- Outdoor Programs
  - Hiking, Rafting, Zip-lining, Gardening

- Day Trips
  - Museums, Concerts, Festivals, Dinner Theater
  - Historical Homes, Winery Tours, Shopping
  - Holiday Lights/Events/Shows

- Travel Excursions
  - Cruises, Multi-day Destination Trips

- Games
  - Canasta, Contract and Social Bridge
  - Texas Hold ’em, Mah Jongg, Mexican Train
  - Rummikub, Pinochle, Wii, Tournaments
  - Pictionary, Jeopardy, Trivia

- Activity Clubs
  - Book Club, Collectors Club, Friendship Club
  - Knitting for Charity, Quilters Guild, Lunch & Listen

- Special Events and More
  - Casino Night, Chili Cook-off, Cookie Swap
  - Mother’s Day Luncheon, Veterans Day Breakfast
  - Easter Egg Hunt, Breakfast with Santa
  - Murder Mystery Dinner, Travelogues
  - Movies, Speakers, AARP Income Tax Preparation

Be Creative!

- Art Center
  - Ceramics Workshop, Stained Glass Studio, Woodshop

- Classes
  - Painting, Drawing, Writing, Clay, Stained Glass
  - Coffee and Canvas, Drama Club

- Performance
  - Concerts, Plays, Alpharetta City Band

FACILITY AMENITIES

- An inviting, energetic and bright space to spend leisure time, engage in activities, and meet new friends
- Art Center...ceramics workshop, stained glass studio, woodshop
- Lending Library...hundreds of literary selections to browse or borrow
- Game Room...table and card activities
- Large Group Activity Area...seminars, special events, luncheons
- Fitness Center...treadmills, elliptical, recumbent bike, rowing machine, total body exerciser, weights, mats, and a facilitator to provide orientation for use of fitness equipment
- Off-site...hiking, pickleball, tennis, water aerobics (summer)