



## Be Involved!

### 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](mailto:activeadults@alpharetta.ga.us)

Monthly activity calendar/newsletter available online or at the center

**Website:** [alpharetta.ga.us/recreation](http://alpharetta.ga.us/recreation)

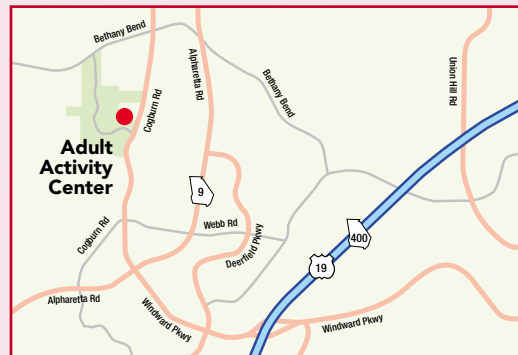
**Like us on Facebook:** *Alpharetta Recreation*

**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.



# Alpharetta Adult Activity Center at North Park



**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!

## **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)**



## **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

