

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 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.

April Registration

**Monday, March 11th
8:30am**

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

April

2024 NEWSLETTER



Play Ball!

The Boys of Summer are back! We will be going to see the Atlanta Braves take on the New York Mets on April 11th. We will also tour the Kia Motors plant, visit the Chick-Fil-A Backstage, travel to the Madison Spring Tour of Homes, Stately Oaks Plantation, and ride along on the Jim Howe Atlanta Rich and Famous bus Tour.



AARP Foundation® Tax-Aide

AARP Foundation® Tax-Aide volunteers provide in-person tax preparation help and e-Filing, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year.

You can sign up for appointments to get help with your Federal and GA tax returns from local Tax-Aide volunteers. For appointments at the new Tax-Aide site at the Preston Ridge Community Center, go to: tinyurl.com/PRCCTaxAide or Scan this QR code:



You can also go to aarpfoundation.org/taxaide or call toll-free **1-888-227-7669** for more information and to find other Tax-Aide sites in this area.

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.



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: 11am-12pm

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: 11am-12pm

Chinese Mahjong:
11:15am-1pm

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

Scrabble:
1:30-4:00pm

Mahjong:
12:30pm-4pm

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:
11am-12pm

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.

*Due to special programming, the following activities will be cancelled at North Park:

Friday, April 19th – Ping Pong

Rook

If anyone is interested in playing Rook, please call the center at 678-297-6140

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

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:
9am-9:45am

**Bone Health/
Balance Yoga:**
10am-11am

Ping Pong:
12:30pm-3pm



Thursday

Essentrics:
9am-9:45am

**Bone Health/
Balance Yoga:**
10am-11am

Rummikub: 11:15am

Friday

**Bone Health/
Balance Yoga:**
10am-11am

Name That Tune:
April 5th,
1:30pm-2:30pm

"Lets Play 5 Crowns,"
a fun game for
Fabulous Fun
Fridays! Call for more
information. 12pm



Creative Corner

Arts Building Programs / Activities Schedule

Monday

Pottery Wheel Throwing and Hand Building Open Studio:
9am-3:30pm

Watercolor Class with Deb Snow:
4/4-5/15,
10am-12pm. \$40



Tuesday

Crafting Happy Hour: 9am-12pm

Ceramics Open Studio: 9am-4pm

Stained Glass / Fused Glass Open Studio:
9am-4:30pm

Watercolor Open Studio: 12:30-4pm

Wednesday

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

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

Thursday

Acrylic Open Studio: 9am-12pm

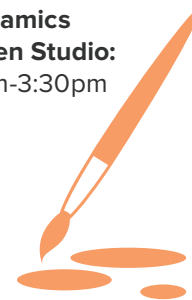
Stained Glass / Fused Glass Open Studio:
9am-4:30pm

Pottery Wheel Throwing and Hand Building Open Studio:
12:30-3:30pm

Friday

Beginner Stained Glass / Fused Glass Open Studio:
9am-12pm
Instruction available

Ceramics Open Studio:
9am-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 2023–2024

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

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

Great Trains & Grand Canyons:
Apr 21-26, 2024; Double \$ 3,399 / Single \$4,274. Airfare included.

Croatia & Its Islands:
May 4-15, 2024; Double starting at \$4,999. Airfare included.

Biloxi & New Orleans: May 20-24, 2024; Double \$765 / Single \$960.

Canadian Rockies & Glacier National Park: June 19-25, 2024; Double \$4,149 / Single \$5,324. Airfare included.

California Dreamin': Monterey, Yosemite & Napa: Aug 12-19, 2024; Double \$3,799 / Single \$4,599. Airfare included.

Alaska Cruise, Land & Rail with Princess Cruises: Sep 4-14, 2024; Double \$5,498-\$6,408. Airfare included.

A Culinary Journey Through Tuscany, Seven Nights in The Chianti Region:
Oct 1-9, 2024; \$4,695 Double / Single \$5,395. Includes airfare.

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.



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–Thurs: 8:30am–5pm
Fri: 8:30am–4:30pm

Alpharetta Adult Activity Center at North Park

13450 Cogburn Road, Alpharetta, GA 30004 • 678-297-6140 • activeadults@alpharetta.ga.us

Tue, Apr 2

Road to Tara Museum and Stately Oaks Plantation: Leaving at 9am. The museum has a unique collection of “Gone with the Wind” manuscripts, costumes and Civil War history exhibits. Stately Oaks is a plain Greek Revival antebellum house located in Clayton County, “The Home of Gone with the Wind.” Along with the main house you will tour the original cook’s log cabin, one room schoolhouse, Creek Indian Village, Juddy’s Country Store, and more. \$25 plus lunch out at Bay Breeze Seafood (not just seafood!)

Wed, Apr 3

Newcomers Meet & Greet: 2pm. All newcomers to our center are encouraged to meet with staff for a short orientation to our center and programs. We will answer all your questions.

Fri, Apr 5

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 50’s, 60’s and 70’s. Prizes, snacks and drinks provided. Free.

Mon, Apr 8

Watercolor Class with Deb Snow: 10am-12pm. From Monet to O’Keeffe, many famous painters have painted beautiful flowers. Let’s study these paintings and create our version of beautiful florals. Intermediate to advanced experience is recommended. 6 weeks. \$40

Tue, Apr 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.

Thu, April 11

Community Agriculture Program at Old Rucker Farm: Leaving at 9am. Join us for an introductory talk all about Chicken care. Learn the basics of the care, feeding, and housing considerations to keep a flock of these farm birds. Experience the interesting world of our feathered friends. Free

Thu, April 11

Atlanta Braves Game: Atlanta Braves vs New York Mets at Truist Park. Leaving at 10am. Game starts at 12:20pm. Good seats in the shade. Gate drop off and pick up. Small bags no larger than 5 x 9 inches are allowed. Food may be brought inside of Truist Park inside a clear, gallon-sized plastic bag, along with 1 sealed plastic bottle of water. Small soft-sided coolers, without the plastic liner, are allowed for guests with medical needs. \$65

Thu, April 11

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.



April Registration
Monday, March 11th
8:30am
Please do not leave voicemail messages for registration requests.

Fri, Apr 12	Collectors Club to Monroe, 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
Mon, Apr 15	Jim Howe “Rich & Famous Tour”: Leaving at 10:00am. The tour will consist of a drive through the Buckhead Residential district and will go past the Swan House, Governor’s Mansion, and past the homes of many of Atlanta’s wealthier citizens. We will also see parts of Downtown Atlanta and other sights along world-famous Peachtree Street. \$20 + lunch out at Six Feet Under.
Tue, Apr 16	Lunch ‘N Learn: 12:30pm. Improving your Balance and Mobility. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Free
Thu, Apr 18	Silver Spokes For Silver Folks: Meet at Preston Ridge Community Center lobby at 9:45am. Join us for a leisurely bike ride along Alpharetta’s beautiful Big Creek Greenway. Use one of our adult tricycles. Helmets furnished and required. Free. Please pre-register
Fri, Apr 19	Madison 2024 Spring Tour of Homes: Leaving at 9am. Come celebrate Southern history, architecture, and art in historic Madison. Experience the living history of Madison while strolling through a selection of cottages and antebellum homes with vintage charm. \$35 plus lunch out.
Fri, Apr 19	Trivia: 1:30pm at North Park. Free
Mon, Apr 22	Chick-Fil-A Backstage Tour: leaving at 11am. Enjoy a fun, storytelling experience about the fascinating history, culture, and value of Founder S. Truett Cathy and much more. This guided tour will require lots of walking. \$23 + lunch out at The Dwarf House.
Thu, Apr 25	Hiking Club: Leaving at 8:30am. Location of this month’s hike TBA. \$8 + bring a sack lunch. Weather permitting!
Mon, Apr 29	Harrah’s Casino, Murphy, NC: Leaving at 8:30am. \$10. Our group does not receive an incentive or play credit. Bring a photo ID.
Mon, Apr 29	Breakfast ‘N Learn: 10am. Eldercare attorney Kimberly Lewis will talk about wills, trusts, and other estate law planning. Sponsored by Vitality Living Milton, HomeMatters Caregiving and Atlanta Senior Placement. Preston Ridge Community Center.
Tue, Apr 30	BINGO: 10am-11:30pm. \$2 to play.Sponsored by Addington Place, Alpharetta
Tue, Apr 30	Brainercize: 1:30pm. Free



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.

April

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	2 Road to Tara Museum & Stately Oaks Plantation, leave at 9am. \$25 + lunch out	3 Meet & Greet, 2pm	4	5 Name That Tune at PRCC, 1:30pm. Free
8 Watercolor Class with Deb Snow, 10am-12pm, 6 weeks. \$40	9 Kia Motors Tour, leave 9am. \$10 + lunch out	10	11 Community Agriculture Program at Old Rucker Farm, leave 9am. Free. Atlanta Braves vs New York Mets, leave 10am. \$65 Parkinson's Support Group, 2pm	12 Collectors Club to Monroe, GA , leave 9:30am. \$8 + lunch out
15 Jim Howe Rich & Famous Tour, leave 10am. \$20 + lunch out	16 Lunch 'N Learn, 12:30pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton.	17	18 Silver Spokes Trike Ride, Preston Ridge Community Center, 9:45am. Free	19 Madison Tour of Homes, leave 9am. \$35 + lunch out Trivia, 1:30pm. Free
22 Chick-Fil-A Backstage Tour, leave 11am. \$23 plus lunch out	23	24	25 Hiking Club, leave 8:30am. \$8 + bring a sack lunch	26
29 Harrah's Casino, Murphy, NC. Leave 8:30am. \$10 + bring photo ID Breakfast 'N Learn at PRCC, 10am .	30 Bingo, 10am. Sponsored by Addinton Place Alpharetta \$2 Brainercize, 1:30pm. Free			