

THE CITY OF
ALPHARETTA

RECREATION PARKS &
CULTURAL SERVICES

**Adult Activity
Center**



June

2024 NEWSLETTER

City Pool Information

SENIOR (55+) SWIM & ADULT (18+) LAP SWIM

Competition pool; three lanes for lap swim.

DATES:	DAYS:	TIME:
May 13–Jul 29	Mon, Sat	8:30–11:30am
Jul 31–Sep 28	Mon, Wed, Sat	8:30–11:30am

WATER AEROBICS

Water aerobics held in competition pool shared with lap swim.

DATES:	DAYS:	TIME:
May 13–Jul 29	Mon, Sat	8:30–9:30am
Jul 31–Sep 28	Mon, Wed, Sat	8:30–9:30am

WATER THERAPY

Experience and enjoy water exercises for relaxation, fitness, and physical rehabilitation. Exercise therapy in the water can decrease depression and improve mood.

AGES 14+

DATES:	DAYS:	TIME:
May 18–Jul 27	Sat	9:45–10:15am

WATER FITNESS

This is a deep water, high intensity aqua aerobics class.

AGES 14+

DATES:	DAYS:	TIME:
May 13–Jul 29	Mon, Sat	10:30–11:30am
Jul 31–Sep 28	Mon, Wed, Sat	10:30–11:30am

Wills Park Pool
1815 Old Milton
Parkway

DAILY RATES AGE 55+
\$1 City of Alpharetta
Residents;
\$2 Non-Residents

NO CLASSES
Memorial Day,
July 4, and
Labor Day.

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.

June Registration

**Monday,
May 13th 8:30am**

*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.



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, June 21st – 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

All classes will be in rooms 207 and 208 to accommodate camps.

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

NEW! TriYoga: Starting June 21st, 11:45-12:45. 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.

Name That Tune:
June 7th, 1:30pm-2:30pm

“Lets Play 5 Crowns,”
a fun game for Fabulous Fun Fridays!
12pm. Call for more information. Will not meet the first Friday of the month.



Creative Corner

Arts Building Programs / Activities Schedule

Monday

Pottery Wheel Throwing and Hand Building Open Studio:
9am-12pm,
1pm-3:30pm

Sunrise-Sunset Painting Workshop with Deb Snow:
6/24,
10am-3pm. \$25

Beginner Watercolor Class with Sallie Reinsel:
5/6-6/17,
1pm-3pm. \$40

Tuesday

Crafting Happy Hour: 9am-12pm

Ceramics Open Studio: 9am-12pm,
1pm-4pm

Stained Glass / Fused Glass Open Studio: 9am-12pm,
1pm-4:30pm

Watercolor Open Studio: 1-4pm

Wednesday

Ceramics Open Studio: 9am-12pm,
1pm-4pm,
Instruction available 1-3pm

Card Making Workshop: 6/5,
9am-11am. \$10

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

Thursday

Acrylic Open Studio: 9am-12pm

Stained Glass / Fused Glass Open Studio: 9am-12pm,
1pm-4:30pm

Pottery Wheel Throwing and Hand Building Open Studio:
1-3:30pm

Friday

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

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

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.

Charleston, SC: Sep 16-20, 2024;
Double \$800/Single \$1,040.

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

Albuquerque Balloon Fiesta: Oct 11-16, 2024; Double \$3,325/Single \$4,200. Airfare included

Biloxi & New Orleans: Oct 28-Nov 1, 2024; Double \$765/Single \$960

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, June 4

Peaches, Peaches: Leaving at 7:30am. Lane Southern Orchards, Dickey Farms, Pearson Farm. Drive along the "Peach Trail" stopping for peaches, peach ice cream and more. \$10 + cost of lunch.

Wed, June 5

Card Making Workshop with Bo: 9am-11am. Tired of making simple cards? Try making unusual folding cards and unique paper boxes to give to friends and guests. Fill the small boxes with candy and bring smiles to everyone. \$10

Fri, June 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 50's, 60's and 70's. Prizes, snacks and drinks provided. Free.

Sun, June 9

Flag Day Concert by the Alpharetta City Band: 3pm. Enjoy patriotic tunes. Shuttle bus available to/from parking lots in the park. Free.

Mon, June 10

Jaemor Farms & Goats on the Roof: Leaving at 9am. Shop for the freshest locally grown produce from the farm, as well as homemade breads, jams, sauces, fried pies and ice cream. Goats on the Roof, one of the most unique roadside attractions in Georgia, is one part ice cream shop and one part goat farm. \$10 + lunch out.

Thu, June 13

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.

June Registration

**Monday, May 13th
8:30am**

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



Fri, June 14

Collectors Club to Helen: 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, June 17

Saddle Creek Lavender Farm: Leaving at 8:30am. The lavender blooms from late May until late June with peak blooms around the 2nd and 3rd weeks in June. Pick your own bundles of lavender, purchase products and plants, from fresh lavender to dried lavender, lip balm, sachets, candles, tick spray, mosquito spray, horse products and lavender-stuffed animals just to name a few. \$15 plus lunch out.

Tue, June 18

Lunch 'N Learn: 12:30pm. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Learn about interesting classes with Senior Enriched Living, in person or online through Zoom. Free

Thu, June 20

"Lunch Out" at The 57 Fighter Group: Leaving at 11am. Located at Peachtree-Dekalb Airport. Atlanta's favorite WWII aviation-theme restaurant. \$8 plus lunch. Please note: a gratuity of 24% will be added to each meal.

Fri, June 21

Trivia: 1:30pm at North Park. Free

Mon, June 24

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

"Sunrise-Sunset" Painting Workshop with Deb Snow: 10am-3pm. In this 1 day workshop we will paint the golden colors of the sunrise and sunset. 1 hour break for lunch. \$25

Tue, June 25

BINGO: 10am-11:30pm.
\$2 to play.

Brainercize: 1:30pm. Free

Thu, June 27

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



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.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Peaches, Peaches, Fort Valley, GA, leave 7:30am. \$10 + lunch out	5 Card Making Workshop w/Bo, 9am-11am. \$10	6	7 Name That Tune at PRCC, 1:30pm. Free	8
9 Alpharetta City Band Flag Day Concert, 3pm. Free	10 Jaemor Farms & Goats on the Roof, leave 9am. \$10 + lunch out	11	12	13 Parkinson's Support Group, 2pm	14 Collectors Club to Helen, leave 9:30am. \$8 + lunch out	15
16	17 Saddle Creek Lavender Farm, leave 8:30am. \$15 + lunch out	18 Lunch 'N Learn, 12:30pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton.	19	20 Lunch out at 57th Fighter Group, PDK Airport, leave 11am. \$8 + lunch	21 Trivia, 1:30pm. Free	22
23	24 Harrah's Casino, Murphy, NC. Leave 8:30am. \$10 plus bring photo ID Sunrise-Sunset Painting Workshop w/ Deb Snow, 10am-3pm. \$25	25 Bingo, 10am. \$2 Brainercize, 1:30pm. Free	26	27 Hiking Club, leave 8:30am. \$8 + bring a sack lunch	28	29