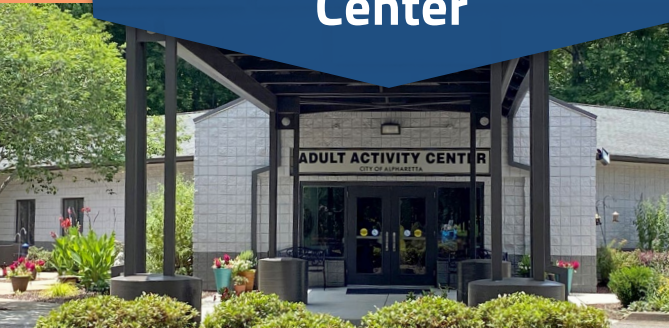


THE CITY OF
ALPHARETTA

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.

March Registration

**Monday, February 12th
8:30am**

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

March

2024 NEWSLETTER

Welcome Spring!

As the cold temperatures of this winter are starting to end, we have some trips planned to help welcome the warmer Spring weather! Tour Massee Lane Gardens to see the Camellias and the beginning blooms of Azaleas and Daffodils, visit the Little White House in Warm Springs and tour the grounds, buy yourself a new Spring and Summer wardrobe at Hamrick's in Anderson, SC, or learn about Composting at the Old Rucker Farm.



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, March 15th – 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:
March 1st,
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-12pm

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

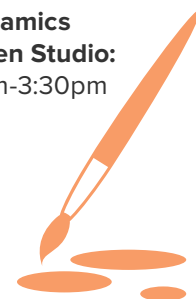


WE ARE A LOW FIRE ONLY STUDIO.

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.



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

Fri, Mar 1

Massee Lane Camellia Gardens, Fort Valley, GA: Leaving at 8:30am. The gardens contain more than 1,000 varieties of camellia, as well as the Abendroth Japanese Garden with tea house and koi fish, the Environmental Garden featuring plants native to the southeastern United States, the Scheibert Rose Garden with more than 150 roses, and plantings of azaleas, chrysanthemums, daffodil, daphnes, daylilies, and more. This trip requires lots of walking. \$20 + lunch out at Yoder's. We will stop at Buc-ee's on the way back if time permits. \$20 + lunch out.

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.

March Registration

**Monday, February 12th
8:30am**

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

Fri, Mar 8

Collectors Club to Chamblee, 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, Mar 11

Mercedes-Benz Stadium Tour: Leaving at 9:30am. Experience the signature features of Mercedes-Benz Stadium, including stops at locker rooms, the field, Window to the City, Skybridges, and Clubs. \$25 + lunch out.

Thu, Mar 14

Hamrick's Shopping, Anderson, SC: Leaving at 8am. We will also stop at the Tanger Outlets. \$12 + lunch out.

Community Agriculture Program at Old Rucker Farm: Leaving at 9am. Join us for an introductory talk all about Composting! Discuss topics include different methods of composting including bin systems, countertop dehydrators, and vermicomposting. Free.

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.

Fri, Mar 15

Trivia: 1:30pm at North Park. Free.

Tue, Mar 19

Lunch 'N Learn: 12:30pm. This month's lunch 'N Learn will be at Vitality Living Milton. You have the option of going by bus beginning at 12:00pm, or driving yourself. The address is 2925 Webb Road, Milton, GA 30004. Sponsored by Atlanta Senior Placement and Vitality Living Milton. **Please let us know if you will be riding the bus or driving yourself.** Free.

Fri, Mar 22

Little White House Tour: Leaving at 8:30am. The Little White House was the personal retreat of Franklin D. Roosevelt, the 32nd President of the United States, located in the Historic District of Warm Springs, Georgia. Lunch out at Bulloch House in the charming downtown area of Warm Springs and known for its delicious Southern food and charm. \$23 + lunch out.

Mon, Mar 25

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

Tue, Mar 26

BINGO: 10am-11:30pm. \$2.00 to play. Sponsored by Addington Place Alpharetta.

Brainercize: 1:30pm. Free. \$10.

Thu, Mar 28

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



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.



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.

March

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 Massee Lane Camellia Gardens, leave 8:30am. \$20 + lunch out Name That Tune at PRCC, 1:30pm. Free
4	5	6	7	8 Collectors Club to Chamblee, leave 9:30am. \$8 + lunch out
11 Mercedes-Benz Stadium Tour, leave 9:30am. \$25 + lunch out	12	13	14 Shopping at Hamrick's, Anderson, SC, leave 8am. \$12 + lunch out Old Rucker Farm Tour, leave 9am. "Learn about Composting." Free Parkinson's Support Group, 2pm	15 Trivia, 1:30pm.
18	19 Lunch 'N Learn, at Vitality Living Milton , 12:30pm. Shuttle starts at 12pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton	20	21	22 Little White House Tour, leave 8:30am. \$23 + lunch out
25 Harrah's Casino, Murphy, NC, leave 8:30am. \$10	26 Bingo, 10am. Sponsored by Addington Place Alpharetta. \$2 Brainercize, 1:30pm.	27	28 Hiking Club, leave 8:30am. \$8 + bring a sack lunch	29