

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.

May Registration

**Monday,
April 8th 8:30am**

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

May

2024 NEWSLETTER

May is Older Americans Month!



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is "Powered by Connection," which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. *"It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being."* By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

**JOIN US FOR A SPECIAL PRODUCTION BY THE NORTH
PARK PRETENDERS DRAMA CLUB WITH 2 PERFORMANCES**

on May 2nd & 3rd. "Challenges of the Golden Years!" See the Special Events page for more information.

**LET'S WELCOME SUMMER WITH A DAY FULL OF FUN AND
GAMES AND FOOD AT OUR ANNUAL SUMMER KICK OFF
COOKOUT** on Tuesday, May 14th from 11am-3pm. The cost is \$10.



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, May 3rd & May 17th – 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:
May 3rd,
1:30pm-2:30pm

“Lets Play 5 Crowns,”
a fun game for
Fabulous Fun
Fridays! Call for more
information. 12pm
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-3:30pm

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

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

Hand Built Textured Daisy Dish w/Bo:
5/16-5/23,
9:30am-11am. \$20

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

Save the Date! May 15-16, 2024

Spring Tour of the Fabulous Biltmore Estate, Asheville, NC. Tour the house, beautiful gardens in full bloom, the Chihuly Glass Sculpture Exhibit, shops and winery.

Watch for Registration information soon.

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.

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.

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

Office Hours

Mon–Thurs: 8:30am–5pm
Fri: 8:30am–4:30pm

www.alpharetta.ga.us/active-adults



Alpharetta Adult Activity Center at North Park

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

Wed, May 1

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

**Thu, May 2
 & Fri, May 3**

“Challenges of the Golden Years!”: 2:30 p.m. The North Park Pretenders Drama Club will present nine suspenseful, hilarious tales of seniors confronted with computers, artificial intelligence, and criminal minds. Compelling skits show how wily seniors conquer the confusion and chaos of the contemporary world as they search for justice, meaning, and connection. Come to the AAAC to witness this saga of seniors solving some “challenges of the Golden Years.” Registration required. Free.

Fri, May 3

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, May 6

Beginner Watercolor Class with Sallie Reinsel: 1pm-3pm. Sallie is back...and ready to share her love of watercolor with you. Whether you are new to this beautiful art form or just want to brush up on your skills, please join us for this fun and relaxing class. Beginner supplies will be furnished, or you are welcome to bring your own. 6 weeks. \$40

Tue, May 7

Texas Hold’Em Poker Tournament: 10am. \$10, includes lunch and prizes.

Wed, May 8

U-Pick Strawberries at Southern Belle Farm: Leaving at 9:30am. Sweet, red, ripe strawberries. You can pick them or buy them already picked. \$8 + lunch out.

Thu, May 9

Community Agriculture Program at Old Rucker Farm: Leaving at 9am. Summer Gardening. All of the summer plants will be in the ground, so we will tour the garden and discuss plants, common pests and treatment, etc. 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, May 10

Collectors Club to Blue Ridge, Georgia: 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

Sat, May 11

Georgia Renaissance Festival: Leaving at 9:30am. The Georgia Renaissance Festival in Fairburn, GA recreates England’s renaissance for entertainment purposes. The time period for the festival is set as the 16th century, during the reign of King Henry VIII. With nearly 1,000 characters wearing period costumes, the renaissance festival offers visitors a variety of activities from jousting tournaments to glass-blowing demonstrations to sword-swallowing shows. Eat lunch on your own at the fair. Lots of walking. Bus will head back at 4pm. \$32

May Registration

**Monday, April 8th
 8:30am**

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

Tue, May 14	Summer Kick Off Cook Out: 11am-3pm. Kick off summer with a day full of fun and games. Join us for outdoor games at 11am, cook out at noon, and then stay for a relaxing afternoon of Bocce and friendly fun out by our Bocce courts starting at 1:30pm. \$10
Thu, May 16	Dekalb Farmers Market: Leaving at 9am. Please note: The market does not accept credit cards. You must purchase goods using debit cards, cash or checks. \$8
Thu, May 16 & Thu, May 23	Hand Built Textured Daisy Dish with Bo: 9:30am-11am. Make a colorful hand-built clay dish that is perfect for holding small treasures or sweet treats. \$20
Fri, May 17	Trivia: 1:30pm at North Park. Free
Mon, May 20	Atlanta Braves Game: Atlanta Braves vs San Diego Padres 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. \$60
Tue, May 21	Nantahala River Rafting in Bryson City, NC: Leaving at 7am. White water rafting with a guide. All equipment included. Bring shoes that can get wet, a change of clothes and sunscreen. We will stop at Chick-Fil-A for breakfast, bring a sack lunch. \$58 Lunch 'N Learn: 12:30pm. House Calls are Back! Learn more about how mobile doctors can impact your health with visits at home. Presented by 1st Care Management. Sponsored by Atlanta Senior Placement and Vitality Living Milton. Free.
Thu, May 23	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. Registration required.
Fri, May 24	Gibbs Gardens: Leaving at 9:30am. Jim Gibbs traveled for 15 years covering the nation and the world viewing gardens of every style and decided that he wanted to design and build a world class garden. It was truly "a dream come true" when he found the most beautiful site in the nation to construct the garden. The property is 376 acres and the house and gardens include 300+acres, making it one of the nation's largest residential estate gardens. \$25 + lunch there.
Mon, May 27	Building Closed
Tue, May 28	BINGO: 10am-11:30pm. \$2.00 to play. Sponsored by Everleigh Deerfield. Brainercize: 1:30pm. Free
Thu, May 30	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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Meet & Greet, 2pm	2 North Park Pretenders Drama Club Show, 2:30pm. Free	3 Name That Tune at PRCC, 1:30pm. Free. North Park Pretenders Drama Club Show, 2:30pm. Free	4
6 Beginner Watercolor Class with Sallie Reinsel, 1pm- 3pm. 6 weeks. \$40	7 Texas Hold'Em Poker Tournament, 10am. \$10, includes lunch & prizes	8 U- Pick Strawberries, leave 9:30am. \$8 + lunch out	9 Old Rucker Farm Tour- Summer Gardening, leave 9am. Free. Parkinson's Support Group, 2pm	10 Collectors Club to Blue Ridge, GA, leave 9:30am. \$8 + lunch out	11 Georgia Renaissance Festival, leave 9:30am. \$32 + lunch there
13	14 Summer Kick-Off Cookout, 11am-3pm. \$10	15	16 DeKalb Farmers Market, leave 9am, \$8 Hand Built Textured Daisy Dish w/Bo, Part 1, 9:30am-11am. \$20	17 Trivia, 1:30pm. Free	18
20 Atlanta Braves vs San Diego Padres, leave 10am. \$60	21 Nantahala River Rafting, leave 7am. \$58 + bring a sack lunch Lunch 'N Learn, 12:30pm. Sponsored by Atlanta Senior Placement & Vitality Living Milton	22	23 Hand Built Textured Daisy Dish w/Bo, Part 2, 9:30am-11am. Silver Spokes Trike Ride, Preston Ridge Community Center, 9:45am. Free	24 Gibbs Gardens, leave 9:30am. \$25 + lunch there	25
27 Building Closed	28 Bingo, 10am. Sponsored by Everleigh Deerfield. \$2 Brainercize, 1:30pm. Free	29	30 Hiking Club, leave 8:30am. \$8 + bring a sack lunch	31	