

PROGRAMS & ACTIVITIES

ART WORKSHOPS

Day/Time: Jan. 21, Jan. 26, Feb. 18, Feb. 23

Art classes are for everyone, regardless of experience.

Jan. 21, 9:30am: Painting

Jan. 26, 2pm: Mixed Media

Feb. 18, 9:30am, Painting

Feb. 23, 2pm, Mixed Media

AARP DRIVER SAFETY

Day/Time: Tuesday, Feb. 7, 9am-3pm

This 6-hour classroom course will provide you with defensive driving techniques and strategies as well as an overview of current Georgia driving laws. Space is limited and pre-registration is required. Cost is \$15 for AARP members; \$20 for non-members. Please bring a bag lunch.

COOKING WORKSHOPS

Day/Time: Tuesday, Jan. 17, 11am & Tuesday, Feb. 21, 11am

Learn new cooking skills and fun recipes during cooking workshops with Chef Lynn Ware. The cost is \$10 per person per workshop.

Jan. 17: New Year, New You! Are you ready to supercharge your health in the New Year? Put yourself and your well-being first with the power of super foods! It's easy to keep your New Year's resolutions with this fun and entertaining class.

Feb. 21: Heart Healthy Pressure Cooking. Today's pressure cookers aren't the scary pressure cookers your mom used. You can now make better tasting meals in a fraction of the time in new modern, easy-to-use, electric pressure cookers. Join Chef Lynn Ware to learn all you need to know on buying and using a pressure cooker

FREE TECHNOLOGY ASSISTANCE

Day/Time: Jan. 7, Jan. 21, Feb. 4, Feb. 18, 10am-11am

Free tutoring provided by student volunteers on various Saturday mornings throughout the year. Please RSVP to attend, so volunteers are prepared accordingly.

SPECIAL EVENTS

INTERNATIONAL FILM NIGHT

Day/Time: Saturday, Jan. 28, 5pm

Join us to watch "Amour" at 5pm! Free popcorn and drinks provided!



SUPER BOWL PARTY

Day/Time: Sunday, Feb. 5, 6pm

Are you ready for some football? Join us to celebrate the Super Bowl at Park Place! Please bring an appetizer to share with the crowd, and join us as you cheer your favorite team to victory (or enjoy the commercials along the way!) Please RSVP at Park Place.

PARK PLACE TRIPS

TOOLS FOR LIFE

Day/Time: Thursday, Feb. 2

Plan to attend the trip to Tools for Life, Georgia Assistive Technology Act Program, which is a program of AMAC Accessibility Solutions and Research Center at Georgia Tech!

PARK PLACE SOCIAL SINGERS

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Day/Time: Tuesday, 10:30am

The Park Place Social Singers will provide an opportunity for people to come together to sing for pleasure. The songs will primarily be popular songs you remember from your youth. The song leaders are Tom and Robin Yackley, the Artistic Directors of the Alpharetta Community Chorus.



Happy New Year! We're looking forward to what's in store for 2017 at Park Place!

Join us this winter for fun activities, classes, and programs! Read through the Park Place Post to learn about our offerings this January and February! There's something here for everyone!

Sign up for Park Place Reminders, our weekly e-mail newsletter, and view our Calendar by visiting www.JohnsCreekGA.gov/ParkPlace. We look forward to seeing you soon!

FITNESS PROGRAMS

Please see the registration form for times and dates of fitness programs.

The session runs from Jan. 9 through March 3 but specific class start/finish dates may vary. Please refer to calendar and registration form for specific details.

***Park Place is closed Monday, Jan. 16 for Martin Luther King Day and Monday, Feb. 20 for President's Day.**

Silver Sneaker / FLEX Fitness Classes*

Intro to Yoga (FLEX Program)

Entry level yoga class is great for all ages & sizes, for someone recovering from an injury and for people with no previous yoga experience. All fitness levels welcome.

Cardio 20/Strength 20/Balance 20 (FLEX Program)

This class is a combination of low-impact cardio and yoga. Get a total body workout all while focusing on flexibility, balance and cardio.

Strength & Balance (FLEX Program)

Incorporates static and dynamic resistance exercises designed to improve core and physical strength and the ability to withstand challenges from postural sway or destabilizing stimuli.

Zumba Gold/Toning (FLEX Program)

Combines the enticing international rhythms of the Zumba Gold program with the strength training techniques of the Zumba Toning program, creating an easy-to-follow, health-boosting dance fitness program.

Zumba Gold Chair (FLEX Program)

Zumba Gold Chair is perfect if you have somewhat limited mobility but want to enjoy a full workout! Zumba Gold, seated classes, when attended regularly can help with muscle strength, balance, flexibility, mental awareness, and functioning, mood, and social interaction.

Pilates Stretch (FLEX Program)

Our newest Silver Sneakers/Flex class will be a Pilates Mat Class offering modifications for individuals with back and other joint issues. Must be able to be on hands and knees for brief periods.

- Park Place programs and activities are designed for Johns Creek residents aged 62 and older.
- Johns Creek residents will be given first priority for all programs. If additional registration is needed to reach the minimum number of participants necessary to conduct a class/program or to achieve a more enriching experience for Johns Creek residents, registration may be opened for non-resident Park Place guests.
- All participants in an instructor-led program or class must complete

- a registration form and sign the program waiver.
- All program/class fees shall be submitted to the Park Place front desk for processing.
- All refund requests should be made directly to your instructor.
- Programs or classes may be cancelled if the minimum number of participants is not met.
- To maximize the quality of our programs & classes, a maximum number of participants per class has been established.

Fitness Classes (fees apply)

Gentle Yoga & Meditation

Improve your strength, flexibility, and balance while relaxing and managing the effects of stress. Please bring a non-fabric yoga mat.

Tai Chi '26 Step Form'

Wherever you travel in the world, you will most likely be able to find a local Tai Chi group. 26-Step Traditional Yang Style Tai Chi promotes health and a sense of well-being.

Registration Information

Complete a registration form and submit it along with any required fee, one of 3 ways:

1. Register in person at Park Place.
2. Mail your registration form and check (payable to instructor) to: Park Place at Newtown School, 3125 Old Alabama Road, Johns Creek, GA 30022
3. Drop your form and check (no cash, please) in our locked drop box, located in the circle drive in front of Park Place.
4. A Health Form (available at Park Place) must be on file in order to participate.

PROGRAMS & ACTIVITIES

FREE ACTIVITIES & PROGRAMS

BINGO

Day/Time: Wednesdays, Jan. 18 & Wed, Feb. 15, 1pm
Each Bingo winner picks a prize from the Park Place Prize Vault. This activity is free and snacks and drinks will be provided.

LUNCH & LEARN

Day/Time: Thursdays, Jan. 19 & Feb. 16, 12pm
Join us for lunch and an interesting topic!
Jan. 19: TBD
Feb. 16: Golden Games: what/when/how/why - come find out why you should be involved in 2017!

MOVIES

Day/Time: Wed & Thurs, Jan. 25 & 26; and Wed & Thurs, Feb. 22 & 23
Join us to watch films each month!
Jan. 25 (1pm) & Jan. 26 (5:30pm) : 'Florence Foster Jenkins'
Feb. 22 (1pm) & Feb. 23 (5:30pm): 'Girl on the Train'

NEW PARTICIPANT MEET & GREET

Day/Time: Thursdays, Jan. 26 & Feb. 23, 11:30am
Are you new to Park Place? Want to learn more about all that Park Place has to offer? Our Hospitality Committee will meet with you to answer all your questions! New participants are invited to join us for the potluck lunch immediately following. New participants do not need to bring food items for potluck.

POTLUCK LUNCH & BIRTHDAY CELEBRATION

Day/Time: Thursdays, Jan. 26 & Feb. 23
Join us for the monthly Potluck Lunch and Birthday Cake party to celebrate our members' birthdays. Please bring your favorite covered dish or side item to share with friends. Park Place will provide the birthday cake. After lunch, we will enjoy a fun social activity or group game.

FREE SOCIAL ACTIVITIES

KNITTING & CROCHETING

Day/Time: Wednesdays, 10am
This volunteer-led program is designed to help those who are new to knitting/crocheting & those who need a review course to update their skills. Contact Vickie Case at Vickie.Case@ymail.com

BOCCE

Day/Time: Mondays, Wednesdays & Friday, 9am
(Court is open during Park Place hours of operation. Playing time adjusts with seasons; check calendar!)
Join us to play bocce, played on our outdoor court where players "bowl" balls to get closest to the smaller target ball.

BOOK CLUB

Day/Time: Jan. 24 & Feb. 28, 1pm
Join the Park Place Book Club! Everyone is welcome and light refreshments will be served.
Jan. 24: "The Little Prince"
Feb. 28: TBD

CANASTA

Day/Time: Tuesdays & Thursdays, 1pm
Love cards? Canasta is a popular rummy-like game enjoying a resurgence today! It is a fun, high-scoring game. New players welcome!

SOCIAL BRIDGE

Day/Time: Wednesdays, 9am
Join us each week for Social Bridge and coffee is provided!

CHESS

Day/Time: Thursdays, 3pm
All are welcome to join this ongoing group, whether you are new to the game or a more experienced player!

PICKLEBALL

Day/Time: Tuesdays & Thursdays, 9am-12pm & 6-8:30pm
Pickleball is now available for "open play" at the Mark Burkhalter Amphitheater inside Newtown Park. Open court availability to come with a group to play or join a "pick up" game.

SUPPER CLUB SOCIAL

Day/Time: Thursdays, Jan. 12 & Feb. 9, 5:30pm
Join us for food and friendship at the Supper Club Social
Jan. 12 theme: "Soup and Sandwich"
Feb. 9: Chili Cookoff Contest