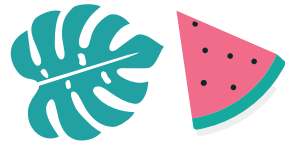


MAY & JUNE



# PROGRAMS & ACTIVITIES

## ART WORKSHOPS

Day/Time: Wednesday, May 8, 1pm  
Wednesday, June 12, 1pm  
Saturday, June 22, 10 am

Anita Stewart will host a painting workshop for painters of all levels and skills! Cost: \$10 per class.

## COOKING WORKSHOPS

Day/Time: Wednesday, May 8, 1pm & June 12, 1pm  
Learn new cooking skills and fun recipes during cooking workshops with Chef Lynn Ware.

May 8: Alfresco Dining

June 12: Awesome Spring Recipes you Don't Cook

## AARP DRIVER SAFETY

Day/Time: Wednesday, May 29, 9am - 3:30pm  
Wednesday, June 19, 10am

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.

## FREE TUTORING AVAILABLE

Day/Time: June 22, 10am

Join Technocademy for free tutoring on the fourth Saturday of the month at Park Place!

## CAREGIVER SUPPORT

Are you caring for a loved one with dementia or Alzheimer's disease? Are you indirectly involved in their care through support or help? Do you find yourself at the end of the rope at times? Join us on the **first Thursday of the month from 6:30 - 7:30pm** at Park Place. This is a confidential group of people who share the burden experienced by caregivers of dementia/Alzheimer's patients.

## 2019 Fulton Golden Games

Park Place will host some Golden Games events in May!

Friday, May 3: Team Trivia

Tuesday, May 7: Coffee & Canvas

Tuesday, May 14: Nature Hike

Thursday, May 16: Canasta Tournament



For more information, please contact Park Place at 678-512-3430 or [parkplace@johnscreekga.gov](mailto:parkplace@johnscreekga.gov)

MAY & JUNE 2019



## PARK PLACE TRIPS

### MARCH

June 5: Athens, GA - Museum Mile of Historic Houses

June 18: Gwinnett Strippers Baseball Game

**\*Trip Participants: Please do not park in the designated handicap spaces for a Day Trip; these spaces are reserved for daily Park Place participants.**

## PARK PLACE SOCIAL SINGERS

Day/Time: Tuesdays, 10:30am

The Park Place Social Singers provides an opportunity for people to come together to sing for pleasure. The songs are primarily popular songs of the 1930's through the 1960's, songs you remember from your youth and formative years.

While music has many health benefits and assists in maintaining mental acuity as we age, the focus of this group is to bring people together in a joyful, musical setting. The song leaders are Tom and Robin Yackley, the Artistic Directors of the Alpharetta Community Chorus. They have a combined experience of over 67 years working with singers. They have found success with singers at all levels, beginners through advanced. No previous experience is necessary....and if you're worried you can't carry a tune? Directors Tom & Robin have reassured us that everyone can sing!



MAY & JUNE 2019

# Park Place POST

Summer is nearly here, so join us at Park Place for fun activities, classes, and programs! Read through the Park Place Post to learn about our offerings this Spring. 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](http://www.JohnsCreekGA.gov/ParkPlace). We look forward to seeing you soon!

Park Place 3125 Old Alabama Road, Johns Creek, GA 30022 • 678-512-3430

Monday – Thursday, 9 a.m. – 3:30 p.m.; Friday, 9 a.m. – noon;

First and Third Thursday of the month open until 8 p.m.;

Second and Fourth Saturday of the month, 9 a.m. to noon

[ParkPlace@JohnsCreekGA.gov](mailto:ParkPlace@JohnsCreekGA.gov) | [www.JohnsCreekGA.gov/ParkPlace](http://www.JohnsCreekGA.gov/ParkPlace)

# FITNESS PROGRAMS

**\*Please see the registration form for times and dates of fitness programs.\* The session runs from Monday, May 6 through June 28. Park Place is closed Monday, May 27 for Memorial 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.

### Dance Fitness with Strength

A weight-based program created for active older adults, who want to use light weights to focus on strengthening muscles while performing aerobic dance moves. Have fun dancing to all genres of music – (pop, latin, jazz, etc.) while strengthening upper body and core muscles. All activity levels are welcome.

### Line Dancing & Stretch (FLEX Program)

Line Dancing is a choreographed form of popular dance incorporating a repeating sequence of steps which is identically performed by a group of dancers in one or more lines. All abilities are welcome! The instructor will break down popular steps and build on them each week. No dance experience required!

### 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. Our cognitive exercises stimulate the brain, often providing long-lasting positive effects regarding thinking and reasoning skills, memory and processing speed.

### 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.

## 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 '8-Step Form'

Wherever you travel in the world, you will most likely be able to find a local Tai Chi group. 8-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.

- 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.

# PROGRAMS & ACTIVITIES

## FREE ACTIVITIES & PROGRAMS

### MOVIES

*Day/Time: see below*

Join us to watch films each month!

May 15, 1pm & May 16, 5:30pm: 'Crazy Rich Asians'

June 19, 1pm & June 20, 5:30pm: 'Mary Poppins Returns'

### LUNCH & LEARN

*Day/Time: Thursdays, June 27, 12pm*

May: No Lunch & Learn

June: TBD

### NEW PARTICIPANT MEET & GREET

*Day/Time: Thursdays, May 23 & June 20, 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, May 23 & June 20, noon*

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.

\*Please remember to RSVP to attend our luncheons so we can set up accordingly.



## NEW! Mahjong!

*Day/Time: Tuesdays, 12:45pm*

Interested in playing? Join this newly formed group of new and experienced players on Tuesday afternoons.

## FREE SOCIAL ACTIVITIES

### KNITTING & CROCHETING

*Day/Time: Wednesdays, 10am - 12pm*

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 Peggy Niblet at [peggyniblett@bellsouth.net](mailto:peggyniblett@bellsouth.net)

### BOCCE

*Day/Time: Mondays, Wednesdays & Friday, 9am*

(Court is open during Park Place hours of operation. Playing time adjusts with seasons; check calendar! \*Beginning June 3, time will change to 8am))

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: Tuesdays, May 28 & June 25, 10am*

Join us for discussions on books! Light refreshments will be served.

May Book: 'Ordinary Grace'

June Book: 'Sons & Soldiers'

### CANASTA

*Day/Time: Tuesdays & Thursdays, 12:30pm*

Love cards? Canasta is a rummy-like game enjoying a resurgence today! It is a fun, high-scoring game. New players welcome!

### SOCIAL BRIDGE

*Day/Time: Mondays & Thursdays, 9:30am*

Join us each week for Social Bridge and coffee is provided!

### PICKLEBALL

*Day/Time: Monday through Friday, 9 a.m. to 8:30 p.m.*

Pickleball is now available for "open play" on the new pickleball courts inside Newtown Park. Come with a group to play or join a "pick up" game.

### SUPPER CLUB SOCIAL

*Day/Time: Thursdays, June 6, 5:30pm*

Join us for food and friendship at the Supper Club Social June 6: Potluck Dinner with a special program by Theatre-to-Go afterward, beginning at 6:15 p.m.

### WEDNESDAY WALKERS

*Day/Time: Wednesdays, 9am*

The Wednesday Walkers welcome you to join them any Wednesday at 9 a.m. on the Park Place patio for a trip or two around Newtown Park.