

## INTRODUCING MAT PILATES, TUESDAYS & THURSDAYS, 9AM

We are pleased to introduce Mat Pilates to our lineup of indoor classes here at Park Place. This class will be offered twice a week inside Park Place, with a maximum of 12 participants per class.

The class will include balance and mat Pilates suitable for beginners. It will include a slow progression from standing, stretch and balance, through seated, prone, supine, side and return to standing (with variations available for limitations).

Dates: Tuesdays, Sept. 21 - Oct. 26  
 Thursdays, Sept. 23 - Oct. 28  
 6-week session

Time: 9 a.m.

Cost: \$50 per 6-week session; \$100 if taking both days (checks payable to Alissa Glatter, or exact cash)

Max Students: 12

Your spot is confirmed only when payment in full is received.

*About the instructor: Alissa Glatter became a group fitness instructor in 2014 after finding that Pilates significantly improved her quality of life, by reducing back pain, improving core strength and flexibility. She enjoys sharing this familiar, non-intimidating style of exercise to improve the lives of others!*

## END OF SUMMER GRILLING IDEAS

**By Chef Lynn Ware**

It may be the end of summer, but you don't have to pack up your grill just yet. Every Labor Day Weekend party needs a good recipe for something delicious to throw on the grill while you enjoy the last bit of summer. Fire up the grill with some friends and family this weekend, and use these quick and easy grilling ideas.

### Grilled Summer Squash with Red Onion & Sausage

Prep: 25 minutes • Total: 25 minutes • Servings 4

#### Ingredients:

- 3 Tbl olive oil
- ¼ Tsp grd cumin
- 1 med red onion qtr
- ½ Tsp peppered seasoned salt
- 2 med yellow summer squash, halved, cut into 1/2-inch-thick slices
- 1 lb. Italian sausage links (chicken or pork)



#### Directions:

1. Heat gas or charcoal grill. In large bowl, mix oil, peppered seasoned salt and cumin. Add onion; toss to coat.
2. When grill is heated, with slotted spoon, place onion and sausage in grill basket (grill "wok"); reserve oil mixture in bowl to coat squash. Place basket on gas grill over medium heat or on charcoal grill over medium coals. Cook 10 minutes, turning basket occasionally.
3. Meanwhile, add summer squash to reserved oil mixture in bowl; toss to coat.
4. Place squash in basket with onion; cook 5 to 7 minutes longer, turning basket occasionally, until vegetables are tender.

### Grilled Peaches

Prep 10 minutes • 4 to 6 servings

#### Ingredients:

- 4 to 6 peaches
- Olive oil

#### Directions:

1. Heat a gas grill to medium. If you are cooking on a charcoal grill, wait until the fire has died down to medium to low heat.
  2. Cut the peaches along their seams, all the way around, and twist their halves off their pits. Brush the cut sides of the peaches with olive oil and grill, cut side down, until the fruit has developed grill marks and started to soften, about 4 to 5 minutes.
  3. Brush the tops with oil, turn over and move to the side of the grill to continue cooking over indirect heat, another 4 to 5 minutes. You can add flavor by brushing them with maple syrup and bourbon, or molasses and butter
- Note: Other fruits to try: watermelon, cantaloupe, bananas still in skin, etc.



September 2021



Park Place is turning 10! Join us for a big celebration picnic on Wednesday, Sept. 29 from 12 p.m. – 2 p.m.

The Azzurri Pizza Food Truck and King of Pops will be on-site serving lunch and sweet treats. Craig Cleason will provide live entertainment and we'll have giveaways!

The cost is \$10 for all the above. Please RSVP and pay by Wednesday, Sept. 22.

We are open on Monday – Thursday from 9 a.m. – 3:30 p.m. and Friday from 9 a.m. – noon.

## SILVER SNEAKERS CONTINUES IN SEPTEMBER!

We're excited to offer Silver Sneakers classes in SEPTEMBER! **Please note: Due to repairs being made to the Amphitheater at Newtown Park, our Silver Sneakers classes will be moved to the lawn behind Park Place for the month of September.** You will still need to sign in upon arrival and find a shady spot on the lawn or patio. You will still need to provide your Silver Sneakers number for the instructor, so please be sure to have that readily available when you first attend (this is how our instructors are paid).

Please bring a mat, towel and water. (Mats are not needed for Line Dance class). Social distancing will be observed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		SEPT. 1 9AM - SS Classic	SEPT. 2 9AM Line Dancing	SEPT. 3 No Walking Group Classes
SEPT. 6 CLOSED for Labor Day	SEPT. 7 9AM - Line Dancing	SEPT. 8 9AM - SS Classic	SEPT. 9 No Line Dancing Classes	SEPT. 10 No Walking Group Classes
SEPT. 13 9AM - SS Classic 9:30AM Walking group	SEPT. 14 9AM - Line Dancing	SEPT. 15 No SS Classic 9:30AM Walking group	SEPT. 16 9AM - Line Dancing	SEPT. 17 9:30AM Walking group
SEPT. 20 9AM - SS Classic 9:30AM Walking group	SEPT. 21 9AM - Line Dancing	SEPT. 22 9AM - SS Classic 9:30AM Walking group	SEPT. 23 9AM - Line Dancing	SEPT. 24 9:30AM Walking group
SEPT. 27 9AM - SS Classic 9:30AM Walking group	SEPT. 28 9AM - Line Dancing	SEPT. 28 9AM - SS Classic 9:30AM Walking group	SEPT. 30 9AM - Line Dancing	

# Park Place ACTIVITIES & PROGRAMS

## ONGOING ACTIVITIES

### Board Games & Beyond

*Wednesdays, 12 p.m.*

Join us for our "Board Games and more" group that meets on Wednesdays at 12 p.m.

### Bocce

*Mondays, Wednesdays & Fridays, 8 a.m.*

Join us to play bocce, played on our outdoor court where players "bowl" balls to get closest to the smaller target ball. Play time adjusts with seasons; check calendar to confirm start time.

### Canasta

*Tuesdays & Thursdays, 12 p.m. to 3 p.m.*

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

### Knitting & Crocheting

*Wednesdays, 10 a.m.*

Join us for Knitting & Crocheting at Park Place!

### Mahjong

*Tuesdays, 12:30 p.m. to 3 p.m.*

Join us each week for the fun game of Mahjong!

### Social Bridge

*Mondays & Fridays, 9 a.m. to 12 p.m.*

Join us on Mondays and Fridays from 9 a.m. to 12 p.m. for Social Bridge, played in the main living area of our building.

### Social Singers

*Sept. 3 & Sept. 24 10:30 a.m.*

Park Place Social Singers are meeting virtually on the first and fourth Friday of the month at 10 a.m. They are using a recurring zoom link/passcode. Join the Zoom Meeting online: <https://us02web.zoom.us/j/84013016538> Meeting ID: 840 1301 6538 On your mobile device call: 346-248-7799 Meeting ID: 840 1301 6538

### Wednesday Walkers

*Wednesdays, 9 a.m.*

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.

## PARK PLACE TURNS 10!

Park Place is turning 10! Join us for a big celebration picnic on Wednesday, Sept. 29 from 12 p.m. – 2 p.m. Enjoy lunch, live music, and giveaways! The cost is \$10 per person. Please RSVP and pay by Wednesday, Sept. 22.



## PARK PLACE BOOK CLUB

Let's get reading! The Park Place Book Club will discuss their next book club selection at the upcoming meeting on Tuesday, Sept. 28 at 10 a.m.



The club will discuss "The Sound of Glass" by Karen White.

## MOVIE MATINEE

Join us for our free monthly movie on Wednesday, Sept. 15 at 1 p.m. .Snack and drinks provided. This month, we'll be watching "Queen Bees" starring Ellen Burstyn, James Caan and Ann-Margret.



## STRENGTH & MOBILITY STARTS AFTER LABOR DAY

Join us for a fun 1-hour workout with varied movements each week to improve your strength, flexibility, and range of motion. We will use weights, bands, and other interval work to challenge our coordination, stability and balance along with some cardio exercise. This class can be modified for all fitness levels. Class size is limited to 12 students and is taught in the Park Place kitchen area. Please bring your water, towel and a mat.

Dates: Tuesdays, Sept. 7 - Oct. 26 (No class on Oct. 5)

Time: 2 p.m.

Cost: \$35 per person for 7-week session

Other: Payment in full is required before the first class, checks payable to Vicki Watts or exact cash. Your space is CONFIRMED only when payment in full is received.

## MEDICARE 2021 PRESENTATION SET FOR SEPT. 9

Keith Nabb from Affordable Medicare Solutions returns to Park Place on Thursday, 9/9 at 1 p.m.

In this seminar you'll learn how to properly analyze the thousands of Medicare plan combinations in Georgia, and how to easily narrow down which ones are best for you.

Updates to Medicare in 2021 will be discussed, as well as how to prepare for the open enrollment season, which begins in October. Please call us at 678-512-3430 or email [ParkPlace@johnscreekga.gov](mailto:ParkPlace@johnscreekga.gov) to RSVP.

## GENTLE YOGA CONTINUES IN SEPTEMBER

Sign up NOW for Lindy's next session of Gentle Yoga, scheduled as follows. Classes are taught on Mondays and/or Thursdays; sign up for one or both days of the week. Class size is limited to 12 participants per class and is taught in the Park Place kitchen area.

Dates: Thursdays, Sept. 9 - Oct. 7 (5-week session); Mondays, Sept. 13 – Oct. 4 (4-week session)

Time: 2 p.m.

Cost: Thursday session is \$50/5-week session; Monday session is \$40/4-week session. If signing up for both Monday AND Thursday you may write one \$90 check)

Other: Payment in full is required before the first class, checks payable to Lindy Kesler or exact cash. Please stop by Park Place Monday – Thursday 9 a.m. – 3:30 p.m. or Friday 9 a.m. – noon to complete a registration form and make payment. Your space is CONFIRMED only when payment in full is received.

## ART WORKSHOPS

Sign up for art workshops on Monday, Sept. 13 and Monday, Sept. 20 at 10 a.m. Classes are \$5 per person and pre-registration is required.

## BH TECHNOLOGY WORKSHOP

The free BH Technology Workshop will review Uber, Lyft, and Google Maps during the class to be held on Wednesday, Sept. 22 at 2 p.m. RSVP by calling 678-512-3430 or emailing [ParkPlace@JohnsCreekGA.gov](mailto:ParkPlace@JohnsCreekGA.gov)