

# Park Place Post

## Program Guide



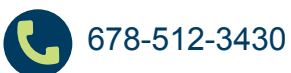
Park Place offers activities, classes, and programs for adults age 62 and older at our active adult center inside Newtown Park. Check the calendar for dates and times of all our fun activities and programs!



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Park Place, 3125 Old Alabama Road, Johns Creek, GA 30022  
Monday - Thursday, 9 AM - 3:30 PM; Friday, 9 AM - 12 PM



# Park Place Activities

## Bocce

**Mondays, Wednesdays, & Fridays**  
**9 AM (hours subject to change)**

Played on our outdoor court where players “bowl” balls to the smaller target ball.

## Canasta

**Tuesdays & Thursdays**  
**11:30 AM**

A rummy-like, high-scoring game where new players are always welcome (we are happy to teach you or refresh your memory if it’s been awhile).

## Knitting & Crocheting

**Wednesdays**  
**10 AM**

Beginners & experienced crafters are welcome to join. Note: this is not an instructional class.

## Social Bridge

**Mondays**  
**9 AM**

A four-player partnership trick-taking game with 13 tricks per deal.

## Social Singers

**Check calendar for dates & times**  
**10:30 AM**

Sing along with our group, no experience necessary. Lyrics projected on screen to make it fun and easy to sing along!

## Wednesday Walkers

**Wednesdays**  
**9 AM (hours subject to change)**

Meet us on the Park Place patio for walks around Newtown Park.



# Park Place Programs

## Art Workshops

The Johns Creek Arts Center provides instruction in acrylic & other art mediums for classes held at our Park Place location. Cost is generally \$5/workshop & includes all supplies.

## AARP Driver Safety

This course covers safe driving strategies, preventative measures to reduce distraction, proper use of safety belts, and more. \$20 for AARP members, \$25 for non-members. Pre-registration and payment required.

## AARP Tax Aide

This program offers free tax preparation assistance on Thursday from mid-February through early April. Appointments may be scheduled online, and are required in order to receive assistance.

## Caregiver Support Group

This group meets on the first Monday of the month at 10 AM, and offers caregivers a chance to share their caregiving journeys and receive resources, education, and encouragement.

## Cooking Workshops

Cooking workshops are offered once a month on Wednesdays by Chef Lynn Ware of Custom Gourmet Solutions. Cost is \$15/session and registration is required.

## Day Trips

We enjoy a great variety of day trips throughout the year in and around the north Georgia (and beyond) area. Be sure to register for our weekly Park Place "Reminder" email to stay updated on our travel destinations.

## Monthly Movies

A variety of movie genres are shown on various days each month. Free to attend (space is limited) with refreshments provided. Please RSVP to attend.

## Park Place Book Club

Our long-running Book Club discusses a different book on the fourth Tuesday of each month at 10 AM. Everyone is welcome to attend. Call or stop by to get the reading list for the year.

## Potluck Lunch & Monthly Birthday Celebration

Come hungry! Bring a dish to share and enjoy a meal with friends once a month on a Thursday at 12 PM. We also celebrate the current month birthday celebrants with cake provided by Park Place.

## Lunch & Learn

Listen, learn, and discuss a variety of topics of interest to our community. Tuesdays once-a-month at 12 PM. Lunch provided free of charge. RSVP required.

## Tech Smart Technology

Monthly educational workshops and free tutoring sessions offered on Tuesday/Wednesday. Check current calendar to learn of topics being taught, or stop by for our monthly Free Help Sessions.

# Park Place Fitness

## Fee-Based Fitness

### Core Fitness & Balance

A fun 45-minute workout with movements each week strengthening your core while improving your flexibility and balance. Exercises performed will develop your coordination and stability. This class can be modified for all fitness levels.

### Gentle Yoga & Meditation

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

### Strength & Mobility for Daily Living

A fun 1-hour workout with varied movements each week to improve strength, flexibility, and range of motion. You will use weights, bands, and other interval work to challenge your coordination, stability, & balance along with cardio exercise. This class can be modified for all fitness levels.

## Fee-Based Fitness

### Silver Sneakers

#### Silver Sneakers Classic

Incorporates seated & standing exercises to increase muscular strength, range of motion, and activities for daily living.

#### Silver Sneakers Line Dance

Silver Sneakers Line Dance is a lower intensity workout class, appropriate for line dancing enthusiasts and those new to the activity. With your instructor guiding you, you'll learn fun, easy-to-follow choreographed dance moves incorporating all types of musical genres.

## FREE Fitness Classes

### Tai Chi

This is a 16-week series sponsored by Atlanta Regional Commission, empowerLine, & GA Health Matters. You will learn: to view falls & fear of falling as controllable; 1-2 movements per lesson; breathing techniques that connect mind & body; & Tai Chi principles relating to improving physical & mental balance.

### Zumba

Choreography focuses on balance, range of motion, and coordination. Benefits include cardiovascular, muscle conditioning, flexibility, & balance! Come ready to sweat and prepare to leave empowered and feeling strong!