

# OCTOBER NEWSLETTER



ALPHARETTA ADULT ACTIVITY CENTER AT NORTH PARK

678-297-6140

## WELCOME TO THE AAAC!

Our monthly



newsletters with trip information will be available for pick-up the 1<sup>st</sup> Tuesday of each month by 10am. Monthly Newsletters will be mailed to AGAC members only but for our center members you may pick up and we will also email them to you. Please make sure we have a current email address for you. The first day to sign up for trips for

the upcoming month will be on the **Monday** following.

*The date to register for Nov. will be Monday, Oct. 12.*

**\*PLEASE NOTE:**

All trips require payment in advance. Please be sure to include payment when signing up for these trips. Unless we have a tour scheduled, Theater tickets, or lunch reservations, the bus can wait on you for 10 min. with notice!

**NOTICE: Mail \$5 Lunch fees or 2016 dues to:  
P.O. Box 2905  
Alpharetta, GA 30023**

### TRIP POLICIES

*Trip fees will be processed through the City of Alpharetta. You may pay by check, exact cash, or credit card. Advance payment trips will have a \$5.00 per person processing fee if cancelled.*

*Refunds will be issued from the City. If the trip is cancelled by us, then no \$5 processing fee per person will apply.*

*Trips with prepaid tickets are non-refundable unless a replacement is found.*

October 2015

### SPECIAL POINTS OF INTEREST:

- AGAC Monthly member meeting then lunch out
- AGAC Monthly member Octoberfest catered luncheon
- Stained Glass Class
- Line Dance
- iPhone Instruction Class
- Reading with Linda
- New Pickleball schedule for fall
- Watercolor class
- Writing the Memoir
- Drama Club
- Much, much more!

## ARE YOU READY TO TRAVEL?

**Amelia Island, St. Augustine & Jacksonville, FL**

Feb. 15-18, \$399 Dbl, \$489 single, 4 days, 3 nights, \$75 dep.

**Washington, DC**, April 28-May 3, 6 days, 5 nights, \$559 Dbl, \$729 Single. \$75 dep.

**Alaska Princess Cruise Tour**, May 29-June 8, Prices vary so come and pick up a flyer. If you book by Sept. 30, only a \$100 dep is required for dbl occupancy.

**Celebrity Cruise presents: Pacific Coastal**, 8 days, 7 nights, Sept. 25-Oct. 2. Prices vary so come by and pick up a flyer.

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You're missing the fun!  
Line Dancing,  
Wednesdays 1-2pm

JOIN THE AGAC FOR THE MONTHLY CATERED LUNCHEON, TUES. OCT. 20. IT'S OCTOBERFEST TIME!



Ceramics is taking orders for your Christmas shopping needs!



Stained Glass Class begins Tuesdays, Oct. 6, 13, 20, 27  
2:30-430pm  
\$40 + supplies

## MONDAY'S ACTIVITIES/PROGRAMS

Senior Tennis @ 8:30-11:30am

Yoga, 8:45—10:00am

Woodshop, 10am-2pm (times vary)

Contract Open Bridge, 10am-3pm. If interested, please

call Lynn Gray, 770-844-2033.

Tai Chi, 10-11am

Stained Glass, 10am—12pm

Exercise with Instructor or video, 11am-12pm.

Ceramics, 10:00am-3pm

Mah-Jongg , 12:30-4pm

*Pickleball  
Mon. & Wed.  
ACGC  
9am-12pm  
(Indoor courts)*

## TUESDAY'S ACTIVITIES/PROGRAMS

"Nellie's Nuggets" Stained Glass, 10am-2pm

Woodshop, 10am-2pm (times vary)

Pinochle, 10am-3:30pm

AGAC monthly member meeting, 10am, Lunch out at

Rays at Killer Creek, 10/6. [You may pick up your Nov. newsletter on 10/6. 1st day of registration for Nov. will be Mon. 10/13.](#)

AGAC "Octoberfest" Catered Luncheon, \$5, Sauerbraten, beef roast, chicken schnitzel, German potato salad, and much more!

**Deadline to reserve for this luncheon is Tues. 10/13 NO LATER!**

Last Tuesday Bingo! 10/27, 10am-11:30am, \$1 per person, prizes provided. Bring a snack to share.

Social Bridge, 12:30 –3:00pm

Ceramics, 1:30 & 5-8pm

## WEDNESDAY'S ACTIVITIES/PROGRAMS

Senior Tennis—8:30-11:30am

Yoga, 8:45—10:00am

Tai Chi, 10-11am

Texas Hold 'Em, 10am-12noon

Ceramics, 10am-3pm

Woodshop, 10am-2pm, times vary

Exercise with instructor or video, 11am-12pm

NEW!!! Reading with Linda, 12-1pm, (Bring a lunch if you want)

NEW!!! Line Dance, 1-2pm

Writing the Memoir, Friday beginning Oct. 2 (6 week session), \$60, all supplies included

Watercolor with Jen beginning Wed. Oct. 7, (8 week session), \$60, all supplies included

## THURSDAY'S ACTIVITIES/PROGRAMS

9am-12noon, Thurs. 9am-2pm

Stained Glass, 10am-12noon

Woodshop, 10am-2pm (times vary)

2nd Thursday of every month, "Friendship Club" going for an Apple ride this month, 9:30am.

Contract Open Bridge, 10am-3pm. If interested, call Aileen Gaynor, 770-670-1699.

Best Book Club at the Mansell House, 2nd Thurs. 10/8, 10:30am.

Mexican Train, a dominos game, 10am-4pm.

Pickleball  
Wills Park Rec Ctr.  
Tues. & Thurs. 9am-2pm  
(Indoor courts)

Also added...

Pickleball at Union Hill Park on Wed. evenings, 6-8pm  
(Outdoor courts)



Texas Hold 'Em!

Wednesdays

10am-12noon

## FRIDAY'S ACTIVITIES/PROGRAMS

Senior tennis, 8:30-11:30am

Exercise with instructor or video, 11am-12pm

Yoga, 8:45—10:00am

Ceramics 10am-4:30pm

"Nellie's Nuggets" Stained Glass, 10am-2pm

Tai Chi, 10-11am

Canasta Pennies, 12:30-4:30pm

Rummikub, 12:30pm

Ping Pong and Wii Games—1pm

**JOIN US FOR  
TRIVIA DAY!  
FRIDAY, OCT.  
9TH, \$10  
INCLUDES A  
BOX LUNCH  
12:30PM**

## SATURDAY'S ACTIVITIES/PROGRAMS

Saturdays Pinochle, 1-4pm

Sat. Oct. 17, FREE First Aid Class, 9:30am-12:30pm  
Pre-registration is required.

Lifeline  
Screening

HERE!

Sat. Oct. 24, 9am-4pm.

Call 1-800-324-9458 to schedule your health screening appointment



Don't miss the Country-Western Shindig this month!



13450 Cogburn Rd.  
Alpharetta, GA 30004

Phone: 678-297-6140

Fax: 678-297-6141

E-mail: [activeadults@alpharetta.ga.us](mailto:activeadults@alpharetta.ga.us)



**Alpharetta Adult Activity Center Staff:**

**Dixie Pounds, Center Supervisor**

**Kevin McDonald—Recreation Coordinator**

**Mary Cooke, Administrative Assistant 1**

**Eddie Jayo, Facility Technician**

**Part Time Staff includes: Jeannie Goodwin, Lillian Mote, Janet Cheshire, Charlie Smiley, Jim Zoeller, Linda Southard, and Dawna Williamson**

**2015 AGAC BOARD OF DIRECTORS**

*Lewis Lay—President*

*Angie Rheault—Vice-President*

*Becky Fricton—Secretary*

*Alice Forlini—Treasurer*

*Anna Reach—Assistant Treasurer*

**Members at Large:**

*Carol Dockery—Past President*

*Tom Eiswerth*

*Annette Jeffries*

*Selma Merbaum*

*Barbara Danner*

*Peggy Lemons*

*Irene Sweely*

*Hospitality Committee:*

*Dot Shadrick, Doris Massey*

*Membership Committee:*

*Barbara Kohler, Agnes Mitchell*

*Mail \$5 Lunch fees, 2016 dues to:*

*P.O. Box 2905*

*Alpharetta, GA 30023*

**\*\*Please note: 2016 AGAC dues will be \$15 per year**

Alpharetta Adult Activity Center at North Park  
13450 Cogburn Rd.  
Alpharetta, GA 30004



## OCTOBER 2015 TRIP DESCRIPTIONS

**Alpharetta Adult Activity Center at North Park**

**678-297-6140**

Mon. 10/5 **MEDICARE CRASH COURSE WITH BONNIE DOBBS**, 1:30. Everything you need to know about Medicare Plans for this year's annual open enrollment deadline.

Tues. 10/6 **AGAC MONTHLY MEMBER MEETING**, 10am, Lunch Out after at Ray's at Killer Creek.

Wed. 10/7 **\*A JIM HOWE GUIDED TOUR**, leaving at 9:30am, \$28 includes the admission for tours but lunch will be extra. Join the local tour guide, Jim Howe for the day starting at Atlanta History Center, Swan House, have lunch at Chick-fil-A, tour Tullie Smith House, and then finishing up with a bus ride viewing the fancy residential homes in the Buckhead area. We should return around 4pm. Make checks payable to the City of Alpharetta, credit card, or exact cash.

Thurs. 10/8 **FALL APPLE RIDE TO BLUE RIDGE**, 10am, \$8 + lunch. Buy apples, apple cider, apple pies, apple bread all fresh from the orchard. Enjoy lunch at the Toccoa Riverside Restaurant. Make checks payable to the City of Alpharetta, credit card, or exact cash.

Fri. 10/9 **\*TRIVIA & LUNCH** 12:30pm, \$10, **Deadline to register 10/5**. Enjoy a box Lunch and prizes will be provided. Team with highest score wins prizes. Make checks payable to the City of Alpharetta, exact cash, credit card.

Sat. 10/10 **\*COFFEE & CANVAS** 10am-12:30pm, \$25, It's a paint party even if you can't paint a stick! In a fun social setting an artist will guide you through replicating the featured painting step by step. Everything is furnished. Coffee and refreshments will be provided. Make checks payable to the City of Alpharetta, credit card, or exact cash.

Sat. 10/10 **JERSEY BOYS AT THE FABULOUS FOX THEATER!** We will leave at 12:30pm, \$80, great seats! Make checks payable to the City of Alpharetta, credit card, or exact cash. We purchased only 14 so reserve your ticket ASAP! We should return by 5:30pm, no meal out afterwards.

Mon. **HARRAH'S CASINO TO GAMBLE IN CHEROKEE, NC (10/12) & MURPHY, NC (10/26)**. Leave at 7am, \$40. Make checks payable to It's My Turn Travels. Bring a picture ID. Be back around 7pm.

Mon. 10/12 **\*APPLES, PUMPKINS, FALL LEAF RIDE**, Leave at 9:30am, \$20, We will take a scenic ride to North Georgia stopping at Amicalola Falls Lodge for a buffet lunch in their restaurant overlooking the mountains and the waterfall. We will visit Burt's Pumpkin Farm for the perfect pumpkin, gourds, Indian corn, or pumpkin pie, and of course apples! Make checks payable to the City of Alpharetta, credit card, or exact cash.

Tues. 10/13 **GEORGIA MOUNTAIN FALL FESTIVAL IN HIAWASSEE**, Leave at 9am, \$20 + lunch. This Fair features exciting musical performances, arts and crafts vendors, educational demonstrations, and a flower show. The music show is at 2pm featuring Sammy Kershaw and Across the Wide. Make checks payable to the City of Alpharetta, credit card, or exact cash. We should be back by 6pm.

Tues., 10/13 **“CAREGIVING, SURVIVE, AND THRIVE”**, 11am, lunch at 12pm. Presented by owner of Southern Companions on his personal experience as a caregiver. Lunch will be provided after the lecture. **Must register by Wed. 10/7.**

Wed. 10/14 **SCRAPBOOKING WITH JEN**, 10am-12noon, \$10, supplies provided. Make checks payable to the City of Alpharetta, credit card, or exact cash.

Sat. 10/17 **\*COUNTRY WESTERN SHINDIG**, 5-8pm, \$10 for AGAC Members, \$12 for Non-members and is sponsored by AGAC. Enjoy BBQ dinner with all the trimmings, drinks, great music by DJ Ron, and line dancing. Get out your cowboy boots and hats and join us for a “rootin-tootin fun time”! Make checks payable to the AGAC.

Mon. 10/19 **\* Tour Leo Frank Exhibit at the Southern Museum of Civil War and Locomotive History IN KENNESAW**, leaving at 9am, \$15 + lunch. We will visit The Museum of History & Holocaust Education, the Breman Museum, and the Southern Museum partner in exploration of the Frank case and its implications a century later and then lunch at the Trackside Grill. Make checks payable to the City of Alpharetta, credit card, or exact cash.

Tues. 10/20 **AGAC LUNCHEON “CELEBRATE OCTOBERFEST”**, 11:30am, \$5 per member. The menu includes: Sauterbraten, beef roast marinated & braised with sweet and sour brown gravy, chicken schnitzel, breast of chicken pan seared, German potato salad and Spatzle (German Egg Noodles), and a tossed salad with cucumber dill dressing. **Deadline is Tues. 10/13, no later!**

Wed. 10/21 **FALL FOLIAGE AND APPLE RIDE TO MERCIER’S ORCHARD**, Leave at 9:30am, \$8 + lunch. Buy apples, apple cider, apple pies, apple bread fresh from the orchard at Mercier’s. Enjoy a scenic ride through North Georgia stopping at Burt’s Pumpkin Farm and lunch will be at the Toccoa Riverside Restaurant. Make checks payable to the City of Alpharetta, credit card, or exact cash.

Thurs. 10/22 **MOVIE DAY!** 1:30pm, *Woman in Gold* featuring Helen Mirrin & Ryan Reynolds. Popcorn and drink will be provided.

Friday 10/23 **\*ELVIS SHOW AND DINNER IN HELEN, GA**, Leaving at 4pm with dinner being at 6pm. The cost is \$8 per person and you will pay a \$5 cover charge, your meal, and drink on your own. You may order from the menu at this new restaurant. ELVIS HAS A NEW VENUE! ☺ We should return by around 10pm. Make checks payable to the City of Alpharetta, credit card, or exact cash.

Sat. 10/24 **LIFE LINE SCREENING**, 9am-4pm, Call 1-800-324-9458 to make an appointment.

Mon. 10/26 **\*BLUE RIDGE RAILWAY FALL LEAF TRIP**, Leaving at 8:30am, \$48 + lunch. It all starts at the historic 100 year old depot in downtown Blue Ridge and heads North through the mountains alongside the beautiful Toccoa River. The train stops in the unique twin border towns of McCaysville and Copperhill, Tennessee where you can shop, tour, and have lunch. We should return by 5pm.

Tues. 10/27 **LAST TUESDAY BINGO**, 10:00-11:30am. Bring a snack to share.

Thurs. 10/29 **\*SOUTHERN BELLE FALL RIVER CRUISE**, Leaving at 7:30am, \$45 includes lunch. The riverboat will take you on a 3 hour cruise of the famous Tennessee River Gorge to see nature’s brilliant fall colors. Enjoy bingo, live entertainment, and a delicious buffet of roast beef, rotisserie chicken, red potatoes, mixed vegetables, seven layer salad, rolls and dessert. Make checks payable to the City of Alpharetta, credit card, or exact cash. We should return by 5:30pm.



# OCTOBER RESERVATION FORM

Alpharetta Adult Activity Center at North Park

678-297-6140

Sun	Mon	Tue	Wed	Thu	Fri	Sat
If you require any special accommodation, please give us a 2 week notice.	<b>*Requires payment upon registration</b>	<b>*NEW!</b> Harrah's Casino Trip to Murphy, NC. Leave at 7am, \$40. Make checks payable to It's My Turn Travels	<b>Every Wednesday!</b> <u>Texas Hold "Em, 10am-12noon</u> <u>Reading with Linda, 12-1pm</u> <u>Line Dance, 1-2pm</u>	<b>1 10-11:30am</b> <b>* iPhone Instruction by BlueHair Technology, \$50 (4 week session)</b>	<b>2</b> <b>* Writing the Memoir, (6 weeks), \$60, 10am-12pm</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>Medicare Workshop with Bonnie Dobbs, 1:30pm</b>	<b>6</b> <b>AGAC Monthly Member Meeting, 10am + lunch out at Ray's at Killer Creek</b>	<b>7</b> <b>*Watercolor Class, \$60, 10-11:30am</b> <b>* Jim Howe Guided Tour of Atl History center and more, \$28 includes tour + lunch out, leave at</b>	<b>8</b> <b>Apple Ride with the Friendship Club, leave at 10am, \$8 + lunch out at Toccoa Riverside Restaurant.</b>	<b>9</b> <b>Deadline Mon. 10/5</b> <b>* Trivia Day! 12:30pm, \$10 includes box lunch</b>	<b>10</b> <b>* Coffee and Canvas, 10am-12noon, \$25</b> <b>* Jersey Boys at the Fox Theater, \$80, leave at 12:30pm</b>
<b>11</b>	<b>12</b> <b>* Harrah's Casino, \$40</b> <b>* Apples, Pumpkins, and Fall Leaf Ride at Amicalola Falls, \$20, leave at 9:30am + lunch out at The Lodge</b>	<b>13</b> <b>GA Mtn. Fall Festival, leave at 9am, \$20</b> <b>Caregiving, Survive, Thrive, 11am, lunch provided</b>	<b>14</b> <b>Scrapbooking, 10am-12noon, \$10</b>  <b>Drama Club, 2pm</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>Free First Aid Class, 9:30am-12:30pm</b> <b>* Country Western Shindig, 5-8pm, \$10 for AGAC members, \$12 for non members</b>
<b>18</b>	<b>19</b> <b>*Tour Leo Frank Exhibit at the Southern Museum \$15 + lunch at Trackside Grill, leave at 9am</b>	<b>20</b> <b>Octoberfest time!</b> <b>AGAC Monthly Catered Luncheon, 11:30am, \$5</b>	<b>21</b> <b>Mercier's Apple Orchard, leave at 9:30am, \$8 + lunch at Toccoa Riverside Restaurant</b>	<b>22</b> <b>Movie Day! Woman in Gold featuring Helen Mirrin &amp; Ryan Reynolds, 1:30pm</b>	<b>23</b> <b>* Dinner with ELVIS in Helen, leave at 4pm, \$8 + meal, \$5 cover charge &amp; drink</b>	<b>24</b> <b>Lifeline Screening, 9am-4pm. Call 1-800-324-9458 to schedule your personalized health screening appt.</b>
<b>25</b>	<b>26</b> <b>* Blue Ridge Railway Ride, leave at 8:30am, \$48 + lunch in McCaysville</b>	<b>27</b> <b>Last Tuesday Bingo! 10-11:30am, \$1 per person. Bring a snack to share.</b>	<b>28</b> <b>Last one of the year!</b> <b>* AARP Driver's Safety Course, 9:30am-4pm, \$15 for AARP members, \$20 for non members</b>	<b>29</b> <b>* Southern Belle Fall Riverboat Cruise in Chattanooga, Leave at 7:30am, \$45 includes lunch.</b>	<b>30</b>	<b>31</b>

Name(s): \_\_\_\_\_

Pd by: \_\_\_\_\_

Address: \_\_\_\_\_

Employee Initials: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_