

Meet the Park Place Team



Maggie Barker
Park Place Coordinator



Marilyn Bergdoll
Recreation Leader



Irene Misenheimer
Recreation Leader

The Park Place staff is here to help and support all participants, ensuring they have a positive and enriching experience. Our team is committed to organizing a wide variety of programs and activities designed to engage participants, promote wellness, and foster a sense of community. Whether you're looking to stay active, learn something new, or connect with others, the Park Place team is here to make sure your experience is enjoyable and fulfilling. Say hello next time you're at Park Place!



We're Here to Help!

Caregiver Support*

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. No cost.

AARP Tax Aide Aide*

This programs offers free tax preparation assistance on Thursday from mid-February through early April. Appointments must be scheduled online and are required in order to receive assistance. No cost.



Wellness Corner

Did You Know:

Staying active is essential for maintaining both your mental and physical health, especially as we age.

Regular physical activity can help reduce the risk of chronic diseases, improve your mobility, and enhance your mood. It also has mental health benefits, such as reducing stress, anxiety, and depression, while boosting cognitive function.

Whether it's a brisk walk, stretching, or a fun game of cards, moving your body regularly and challenging your brain are some of the best ways to keep your energy levels up and your mind sharp.



Park Place Post

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!

**Park Place, 3125 Old Alabama Rd
Johns Creek, GA 30022**

**Monday - Thursday, 9 AM - 3:30 PM
Friday, 9 AM - 12 PM**

678-512-3430

• ParkPlace@JohnsCreekGA.gov

• www.JohnsCreekGA.gov/Seniors





Social Activities

Bocce

Monday/Wednesday/Friday, 9 am

(hours change seasonally)

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

Book Club

Monthly meeting on fourth Tuesday of the month, 10 am

Our long-running book club discusses a different book each month. Everyone is welcome to attend. Call or stop by to get our annual reading list.

Canasta

Tuesday/Thursday, 11:30 am

A rummy-like, high-scoring game where new players are always welcome (we will teach you or refresh your memory)

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.

Movies

A variety of movie genres are shown on various days each month. Free to attend, space is limited. Snacks provided. RSVP to attend.

Potluck Lunch

Once a month on Thursday, 12 pm

Come hungry! Bring a dish to share and enjoy a meal with friends. We celebrate monthly birthdays with cake provided by Park Place.

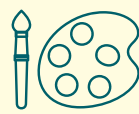
Bridge

Monday/Friday, 9 am

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

Social Singers

Sing along with our group, no experience necessary. Lyrics projected on screen to make it fun and easy to sing along. Check calendar for exact Friday dates the group meets.



Creative Endeavors

Art Workshops

Various Mondays, 10:30 am

The Arts Center provides instruction in acrylic painting and other art mediums for classes held at Park Place. Cost is generally \$5 per workshop and includes all supplies.

Craft Workshops

Periodic craft workshops are held throughout the year for a fun, creative outlet, such as wreath making, flower arranging and paper crafting.

Knit/Crochet

Wednesday, 10 am

Beginners and experienced crafters are welcome to join this group who comes together to work on their own projects. Note: this is not an instructional class.



Lifelong Learning

Cooking Workshops

Wednesday once-a-month, 1 pm

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

Lunch and Learns

Listen, learn and discuss a variety of topics of interest to our community. Wednesdays once-a-month at 12 pm. Lunch provided at no cost. RSVP required.

TechSmart Workshops

Twice monthly educational workshops are held offering free one-on-one tutoring sessions as well as topical workshops touching on a variety of subjects. See our current calendar to see our current monthly schedule. No cost.



Stay Fit With Us

No Cost Classes:

Core Strength

Tuesday and Thursday, 9:15 am

Strengthen your core while improving flexibility and balance. These exercises can be modified for all fitness levels.

Coming Soon – DrumFIT.

Class will meet weekly with guided instruction of a video-based program.

All equipment is provided. DrumFIT is a cardio-based drumming program that combines music, movement, and brain fitness. It's a fun, low-impact workout!

Functional Fitness

Monday and Wednesday, 9 am

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

Strength & Mobility

Tuesday and Thursday, 2 pm

Each workout has varied movements to improve strength, flexibility and range of motion. The exercises include weights, bands, interval work and cardio. This class can be modified for all fitness levels.

Wednesday Walkers

Wednesdays at 9 am (hours subject to change)

Join the group on the Park Place Patio to walk the Newtown Park loop (as far and as fast/slowly as you choose). Everyone welcome.

Qigong

Monday, 12:45 pm

Exercises to optimize energy within the body, mind and spirit to improve and maintain health and well-being.

Yoga for Seniors

Friday, 10 am

Exercises involve slow flowing movements and deep rhythmic breathing. They are done standing up and are often best done outdoors in the fresh air. There are gentle movements, poses and stretches, meditation and mindfulness.

Fee Based Class:

Chair Yoga/Standing Poses

Wednesdays, 2:30 pm.

Focus is on stretching, lengthening the spine, breathing & coordination, shoulder hip and ankle joint mobility, foot sensitivity and balance. See registration form for pricing details.

Gentle Yoga

Tuesday and Thursday, 1 pm

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. See registration form for pricing details.

Silver Sneakers Class:

Silver Sneakers-eligible members may enroll or separate fee applies.

Line Dance

Tuesday and Thursday, 10:15 am

This 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.

