



ARC LIFE.

LEISURE IS FOR EVERYONE

Summer 2023



Photo: Fran YaSenka and Bethany Miller during Ecuador and Galapagos Ramblers Trip



ARC Adult Recreation Center



The more than 19,548-square-foot Roswell Adult Recreation Center (ARC), includes a billiards room, computer learning center, art room, break room, ballrooms, aerobics room, and fitness facility with cardio, weight machines, and showers. The ARC is a focal point where active adults have a place for large functions, educational seminars, fitness programs, cultural programs, craft programs, social events, and other needs. The ARC was funded by HUD Fulton County Community Development Block Grant, the Roswell Recreation Association and the City of Roswell.

ROSWELL ADULT RECREATION CENTER

830 Grimes Bridge Road
Roswell, GA 30075
Office: 770-641-3950

Email: roswellarc@roswellgov.com
www.roswellgov.com/adaptive
www.roswellgov.com/activeadults

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Program Supervisor
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RENT THE ARC

The Adult Recreation Center (www.roswellgov.com/arc) is available to host weddings, receptions, rehearsal dinners, corporate events, business meetings and more. The 5,000-square-foot facility can be split into two 2,500-square-foot rooms and offers a full catering kitchen, large retractable projector screen, and WiFi, plus a 1,200-square-foot multipurpose room. For a quote contact 770-641-3950.



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BECOME A MEMBER

ARC L.I.F.E. Membership is only \$24 per year and gains you access to all weekly social events and the Ramblers travel program!



Cultural Offerings



Summer Courses

CLASS	DAY	START	TIME	FEE*	NUMBER
Line Dance (Beginner)	Monday	Jun 5	10:15 - 11:15AM	\$46/69	40155-01
Line Dance (Intermediate)	Monday	Jun 5	11:15AM- 12:15PM	\$46/69	40155-02
Mixed Media Art	Wednesday	May 24	1-3:00PM	\$84/126	40103-01
Basic Drawing	Wednesday	May 24	10AM - noon	\$84/126	40103-02
Life Drawing	Tuesday	May 23	1-3:00PM	\$84/126	40103-03
Mixed Media Art	Wednesday	Aug 2	1-3:00PM	\$84/126	40103-51
Basic Drawing	Wednesday	Aug 2	10AM - noon	\$84/126	40103-52
Life Drawing	Tuesday	Aug 1	1-3:00PM	\$84/126	40103-53
Painting for the Soul	Tuesday	May 23	10AM - noon	\$84/126	40104-01
Continued Watercolor	Thursday	May 25	10AM - noon	\$84/126	40104-02
Continued Watercolor PM	Thursday	May 25	1-3:00PM	\$84/126	40104-03
Painting for the Soul	Tuesday	Aug 1	10AM - noon	\$84/126	40104-51
Continued Watercolor	Thursday	Aug 3	10AM - noon	\$84/126	40104-52
Continued Watercolor PM	Thursday	Aug 3	1-3:00PM	\$84/126	40104-53
Ceramics (ERRC)	Saturday	Jun 3	10AM - 1:00PM	\$22/33	40110-01
Ceramics (ERRC)	Tuesday	Jun 6	6:30-9:30PM	\$22/33	40110-02
Virtual Spanish Level 2	Wednesday	May 31	10-11:00AM	\$48/48	40118-01
Virtual Spanish Level 2	Thursday	Jun 1	6:30-8:00PM	\$48/48	40118-02
Virtual Spanish Level 1	Friday	Jun 2	10:00 - 11:00AM	\$48/48	40118-03
Knitting SOS	Thursday	Jun 8	10AM - noon	\$32/48	40115-01
Knitting SOS	Thursday	Jul 6	10AM - noon	\$32/48	40115-02
Knitting SOS	Thursday	Aug 3	10AM - noon	\$32/48	40115-03
Bridge Lessons	Monday	Jun 5	10AM - noon	\$62/93	40299-01

* Resident/Non-resident

Roswell Ramblers Club Social Offerings

The mission of the Roswell Ramblers Club is to engage, enrich and empower active adults ages 50 and above in our community through health and wellness activities, lifelong learning, recreation, arts, travel and community service. Social programs are offered throughout the year. To participate in the social programs, ARC LIFE membership must be current. For more information or to register for a program, contact the front desk.

Ongoing Social Programs

CLASS	DAY	TIME	FEE (\$)	NUMBER
Band (Thurs)	Thursday	9AM-3:00PM	Member	50400-10
Band (Fri)	Friday	9AM-noon	Member	50400-13
Social Bridge (Mon)	Monday	10AM-3:00PM	Member	50400-02
Social Bridge (Fri)	Friday	11AM-3:00PM	Member	50400-12
MOLP Theatre	Mon & Wed	2-4:00PM	Member	50400-17
Knitting for Peace	Tuesday	1-4:30PM	Member	50400-15
Knitting Purls	Wednesday	3-5:00PM	Member	50400-16
Table Tennis	Mon & Thurs	3-5:00PM	Member	50400-05
Canasta/Pinochle	Thursday	11AM-3:00PM	Member	50400-07
American Mah Jongg	Wed & Friday	11:30AM-3:00PM	Member	50400-08/9
Chess	Monday	10AM-noon	Member	50400-14
Texas Hold em	Tuesday	10AM - noon	Member	40399-04
Scrabble	TBD	TBD	Member	50400-03



Age
50+



Fitness Room Memberships and Personal Training at the Roswell Adult Rec Center

Fitness Room Memberships	Roswell Residents	Non-Residents
Monthly (30 Days)	\$16	\$24
Quarterly (90 Days)	\$48	\$72
Annual (365 Days)	\$148	\$224

Our state-of-the-art facility has everything you need to reach all your fitness goals!

✓ **Lose Weight
Increase Flexibility**

✓ **Strengthen heart
Reduce risk of falls**

✓ **Improve joint pain
Support better sleep**

Personal Training	Roswell Resident	Non-Resident
60 minutes/1 session 30 minutes/2 sessions	\$48	\$72
60 minutes/5 session 30 minutes/10 sessions	\$210	\$315

Training includes a Quarterly Pass to the ARC Fitness Room

Group Training (2+ people)	Roswell Resident	Non-Resident
30 minutes/12 sessions	\$168	\$252
60 minutes/6 sessions	\$168	\$252

Fees are per person and include a Quarterly Pass to the ARC Fitness Room

Call 770-641-3950 for more information or to schedule an appointment

Roswell Adult Recreation Center
830 Grimes Bridge Road
Roswell, GA 30075
770-641-3950
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Feeling overwhelmed with technology? These courses designed for the adult population will help you navigate the intricacies of the digital age. Most courses are held at the ARC, while some may be in a virtual setting. To learn more, visit www.roswellgov.com/activeadults or call 770-641-3950

Technology Courses

Roswell Adult Learning Center offers a variety of technology courses Fall, Winter, and Spring Sessions. Courses include the basics of computing, Excel exploration, Ebay, iPad/iPhone basics, how to edit pictures, and much more. For more information, call or visit the front desk. You can always visit the RALC website: www.roswellalc.org.



SPECIAL EVENTS

Games Galore

Third Friday each month:

Jun. 16 = 40399-06

Jul. 21 = 40399-07

Aug. 18 = 40399-08

11AM - 12:30PM

Enjoy classic games and socialize with your closest friends. Free to play for anyone!

Bocce Dinners

Fourth Tuesday of each month:

Jun. 27 = 40092-01

Jul. 25 = 40092-02

Aug. 22 = 40092-03

5:00 - 7:00PM

Play this fun, outdoor Italian game. Stick around to socialize and have dinner with other players and friends. Cost: \$10 per person

Matinee Monday

Second Monday of each month:

Jun. 12 = 40399-12

Jul. 10 = 40399-13

Aug. 14 = 40399-14

1:30-3:30PM

Join us for a FREE feature film on a big screen. It may be a classic, adventure, sci-fi, or new release. Some titles will be released in advance. Inquire at the front desk while registering.

Location: Billiards Room

Bridge Tournament

July 19, 2023 = 40299-11

10:00AM - 2:30PM

Cost: \$15 per person (must give teammate name at registration)

Test your skills in this popular game. Can you and your teammate win the grand prize and become a champion? (small lunch provided)

More Or Less Players

50400-17

Next Production: TBD

The "More Or Less Players" plans to present their next production, but they need YOU! Casting call for actors! Rehearsals run Mondays and Wednesdays starting in early 2023. No experience required. Contact the front desk for more information. (770) 641-3950.

AARP Driving

Sat, Jun. 17 = 40398-02

8:30AM - 3:30PM

The AARP Smart Driver Course is the nation's first refresher course designed specifically for adults 50+. Participants must bring lunch for 1/2 hour break.

Location: ARC Ballroom

Texas Hold 'em Tuesdays

Every Tuesday

40399-04

10:00AM - noon

Cost: Free

Have you always wanted to learn this style of poker? Join others as you learn to master this game. Expert, intermediate, novice, and beginners are all welcomed!

Monthly Luncheons

Second Wednesday each month:

Jun. 14 = 50424-12

Jul. 12 = 50424-13

Aug. 9 = 50424-14

11:30AM

Cost: \$13 (members)

\$18 (non-members)

Join the Ramblers Club for their monthly luncheon. These catered luncheons coincide with the club business meeting and features fun entertainment and activities. Be sure to check the theme for each and dress appropriately.

Radio Restoration

Second Saturday of each Month:

Jun. 10 = 40399-09

Jul. 8 = 40399-10

Aug. 12 = 40399-11

9AM - Noon

Review recent activities and methods of restoration of radios and display of projects. On occasion, mini-courses will be presented on detailed methods of restoration and repair.

Location: ARC Multipurpose Room



Monthly "Bingo!!"

Fourth Wednesday each month:

Jun. 28 = 40399-01 ; Jul. 26 = 40399-02; Aug. 23 = 40399-03

1:00 - 2:30PM

Enjoy this classic favorite game and socialize with your closest friends. Free to play for anyone!

Location: ARC Ballroom

Summer Health + Wellness

The Fitness Room at Roswell's Adult Rec Center is a 2,500-square-foot facility filled with state-of-the-art cardio and strength equipment, a private stretching room, lockers, and showers. The fitness studio provides a tranquil space for yoga, body sculpting, barre classes and more. Monthly, quarterly and yearly memberships are offered.

CLASS	DAY/DATES	TIME	FEE*	NUMBER
Arthritis Class	T/Th: 5/30-8/10	12:30-1:30 PM	\$32/\$48	40030-01
	T/Th: 5/30-8/10	1:45-2:45 PM	\$32/\$48	40030-02
Body Sculpting	Mon: 6/5-8/14	1-2 PM	\$38/\$57	40007-01
	Wed: 5/31-8/9	9:30-10:30 AM	\$38/\$57	40007-03
	Fri: 6/2-8/11	11:30 AM-12:30 PM	\$38/\$57	40007-05
Total Body Workout	Tues: 5/30-8/8	5:30-6:30 PM	\$38/\$57	40007-02
	Thurs: 6/1-8/10	5 - 6 PM	\$38/\$57	40007-04
Cardio Fusion	Tues: 5/30-8/8	10:15-11:15 AM	\$36/\$54	40043-01
	Thurs: 6/1-8/10	10:15-11:15 AM	\$36/\$54	40043-02
Pilates	Mon: 6/5-8/14	2:15-3:15 PM	\$46/\$69	40018-02
	Thurs: 6/1-8/10	10-11 AM	\$46/\$69	40018-03
Silver Sneakers ARC	Tue: ongoing	3:30-4:30 PM	Free**	Classic
	Thurs: ongoing	3:30-4:30 PM	Free**	Classic
	T/Th: ongoing	8-8:55 AM	Free**	Cardio Circuit
	Tue: ongoing	9:10-9:55 AM	Free**	Stability
	Thurs: ongoing	9:10-9:55 AM	Free**	Yoga
Tai Chi Comfortable	Mon: 6/5-8/14	10:45-11:45 AM	\$44/\$66	40023-01
	Thurs: 6/1-8/10	11:15AM-12:15PM	\$44/\$66	40023-02
Tai Chi/Qi (Beginners)	Thurs: 6/1-8/17	3-4:00PM	\$44/\$66	40023-03
Yoga (Gentle)	Tues: 5/30-8/8	2:30-3:45 PM	\$54/\$81	40008-01
	Wed: 5/31-8/9	1:30-2:45PM	\$54/\$81	40008-02
Yoga (All Levels)	Mon: 6/5-8/14	10-11:15 AM	\$54/\$81	40008-03
Yogalates	Mon: 6/5-8/14	9-10 AM	\$36/\$54	40026-01
	Wed: 5/31-8/9	10:45-11:45 AM	\$36/\$54	40026-02
Yoga @ ERP	Mon: 6/5-8/14	6-7:15 PM	\$50/\$75	49008-01
Zumba @ ERP	Wed: 6/7-8/16	TBA	\$50/\$75	49014-01

* Resident/Non-resident

** Requires Silver Sneakers or Renew Active Membership

Health + Wellness Summer Aquatics

The Roswell Adult Aquatics Center is also available to those 25 years and older to enjoy a variety of classes and open swim opportunities. This state-of-the-art facility is a true therapy pool, with temperatures averaging 88-90 degrees. The 12,000 square-foot facility provides an unparalleled experience with its five-lane warm water therapeutic swimming pool, zero-depth entry, therapeutic whirlpool, and shower facilities.

CLASS	DAY/DATES	TIME	FEE*	NUMBER
Ai Chi	Mon: 6/5-8/14	11:10-12 PM	\$46/\$69	40700-04
Aqua Joint Conditioning	Mon: 6/5-8/14	12:10-1:00 PM	\$46/\$69	40700-03
Aqua Fit	Wed: 6/7-8/16	9:10-10 AM	\$46/\$69	40700-08
Aqua Aerobics	Wed: 6/7-8/16	5-6:00 PM	\$46/\$69	40700-09
Ai Chi	Thurs: 6/8-8/17	11:10-12 PM	\$46/\$69	40700-12
Aqua Joint Conditioning	Thurs: 6/8-8/17	12:10-1 PM	\$46/\$69	40700-11
Silver Sneakers Splash	Mon: ongoing	2:10-2:55 PM	Free**	Splash
	Mon: ongoing	3:10-3:55 PM	Free**	Splash
	Tues: ongoing	10:10-10:55 AM	Free**	Splash
	Tues: ongoing	11:10-11:55 AM	Free**	Splash
	Wed: ongoing	2:10-2:55 PM	Free**	Splash
	Thurs: ongoing	10:10-10:55 AM	Free**	Splash

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Virtual Programming

Expand your horizons and learn new skills from the comfort of your own home! The Adult Recreation Center brings some of its best and most popular programs to you over the internet. All you need is a computer (desktop or laptop) or a tablet computer with a working internet connection.

SUMMER

CLASS	DAY	START	TIME	FEE	NUMBER
Art Conversation (In Person available)	Wednesday	Aug 2	1:30-2:30 PM	FREE	40397-07
Virtual Level 2 Spanish	Wednesdays	May 31	10-11 AM	\$48	40118-01
Virtual level 2 Spanish	Thursdays	Jun 1	6:30-8:00 PM	\$48	40118-02
Virtual level 1 Spanish	Fridays	Jun 2	10-11 AM	\$48	40118-03



Always Having Fun!



DAY TRIPS & TRAVEL TRIPS

Roswell Ramblers take local day trips each month. Visit or call the Adult Recreation Center front desk for lists and availability. **Keep your ARC LIFE Membership current** to receive notifications about the travel program. Hold your spot for each trip by registering at www.roswellgov.com/activeadults. Checks will be made payable to Roswell Ramblers club. For more Ramblers info, visit www.roswellramblers.com or www.facebook.com/RoswellRamblersGeorgia





Adult Recreation Center
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Roswell, GA 30075

770-641-3950
Roswellgov.com
roswellarc@roswellgov.com



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