

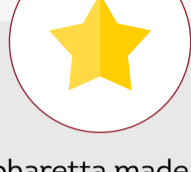
# An Insider's Guide to Senior Living in Alpharetta, GA

Did you know that Forbes voted Alpharetta the **seventh-friendliest city** in the entire nation?<sup>1</sup> Nicknamed the "City of Celebration," this city is full of activity and Southern charm.



Check out our infographic to see what Alpharetta has to offer for seniors looking to call it home!

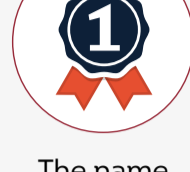
## LITTLE-KNOWN FACTS



Alpharetta made the number-one spot on Forbes's annual list of "America's 25 Best Places to Move 2009"<sup>2</sup>



Population is 65,338<sup>3</sup>



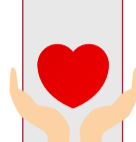
The name "Alpharetta" means "first town"<sup>4</sup>



## HEALTH CARE OPTIONS

### Northside/Alpharetta Medical Campus

Offers comprehensive outpatient services and community programming.



### WellStar North Fulton Hospital

State-designated Level II Trauma Center that provides triage, medical evaluation, stabilization, and emergency treatment. The hospital is also recognized for its Accredited Cancer Program and Primary Stroke Center designations.

## SENIOR RESOURCES



### Alpharetta Adult Activity Center

Alpharetta's Adult Activity Center provides recreation programs to adults age 50 years and older: exercise, tennis, golf, ceramics, day trips, tai chi, senior yoga, and much more.



### Meals on Wheels Program

North Fulton Senior Services provides Meals on Wheels to older adults in Alpharetta who have difficulty grocery-shopping or preparing meals for themselves.

## ALPHARETTA SHOPPING



Alpharetta has multiple shopping options, from malls to stand-alone shops.

### Avalon

This outdoor mall in the heart of Alpharetta is a shopper's dream. In addition to having more than 500,000 square feet of retail, Avalon is a hub of local art and activity that makes for the ultimate shopping experience.

### North Point Mall

North Point Mall has something for everyone, with more than 140 stores and restaurants.

### American Girl Boutique and Bistro

The perfect place to spoil granddaughters with dolls, accessories, clothes, and books.



## TASTY TREATS IN ALPHARETTA



Some of the top-rated places to eat are:

### The Local Wood Fired Grill

Healthy American cuisine at its best.

### Moctezuma Mexican Grill

Locals rave about it being the best Mexican food in town.

### Poke Fresh

Fresh, healthy, and delicious Hawaiian poke (a traditional Hawaiian dish).

### Flatlands Bourbon and Bayou

A taste of the Louisiana Bayou right in downtown Alpharetta.

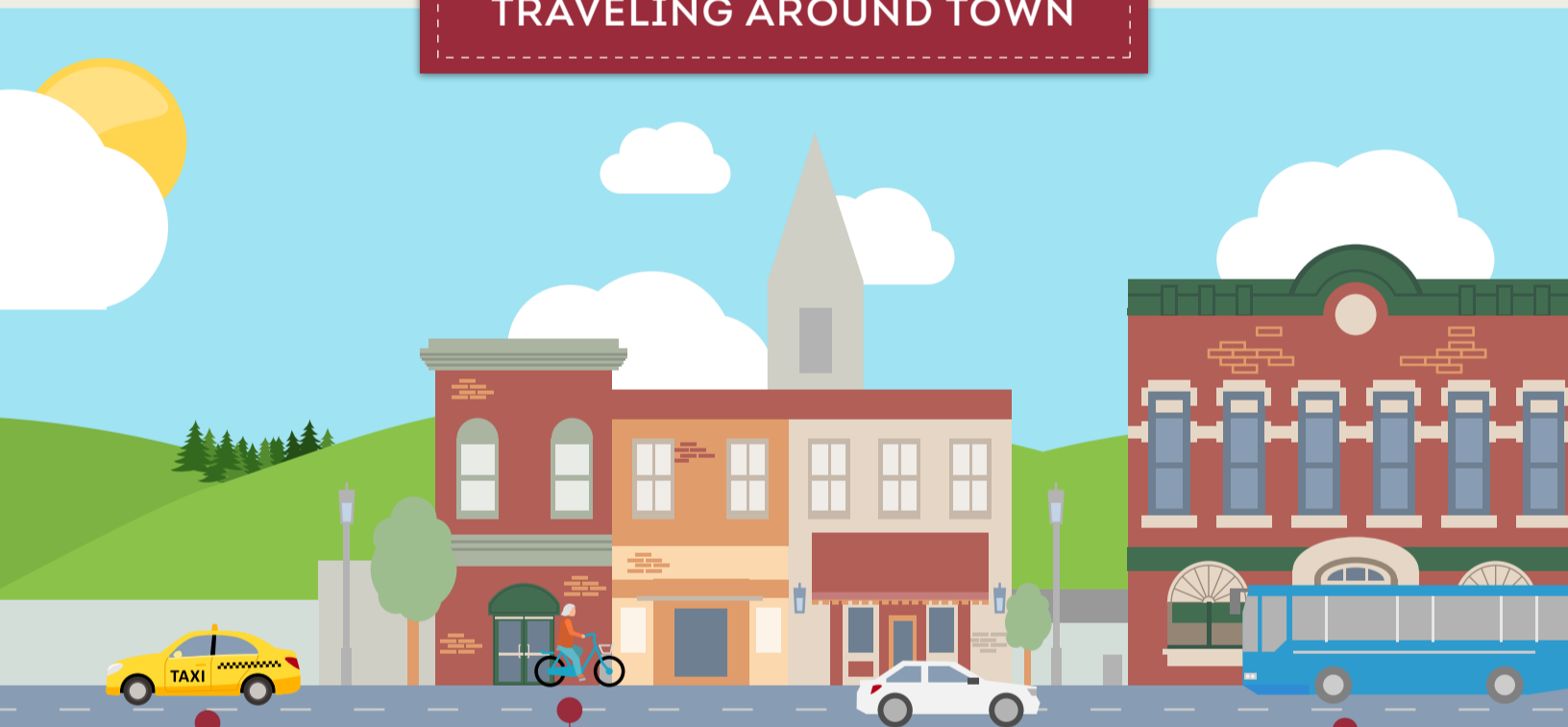
### Four Fat Cows Ice Cream and Bakery

Delicious ice cream with dairy-free, soy-free, and gluten-free options.

### Taste of Alpharetta

An annual tradition for festival-goers, families, and food connoisseurs.

## TRAVELING AROUND TOWN



### Taxis

Go where you need to for a small fare.

### Alpharetta's Bike Share Program

With four locations around town, Alpharetta's bike share program is a great way for seniors to explore the various parks, trails, and shopping areas.

### Ride Sharing

Ride sharing services like Uber and Lyft offer a cheaper alternative than taxis for seniors to get around town.

### Bus

While it takes longer, travel in air-conditioned comfort for a very small fee.

## FEATURED ATTRACTIONS

Alpharetta is full of life and fun. Take yourself or your family to some of these great spots



### Matilda's

This quaint little music venue offers a variety of live indie and bluegrass acts year-round, along with an eclectic collective of art, antiques, and boutiques.



### Topgolf

A premier golf entertainment complex that's fun for the whole family. Topgolf features point-scoring golf games that anyone can play, as well as live music every Sunday from 12 to 4pm.



### Verizon Amphitheatre

This 12,000-seat entertainment destination is host to the top performing acts in the country.



### Walk of Memories

A memorial that pays tribute to U.S. veterans, family, and friends. Get up close to a World War II M60 tank, a Vietnam War-era UH-1 Huey helicopter, and a 40 mm Mark 1 twin-gun mount that was removed from the USS Polk County.

## FUN FREE ACTIVITIES



### Alpharetta Parks and Trails

There are walking trails, playgrounds, sports fields, arboretums, and community parks to enjoy.



### Wills Park

A great place for family activities that includes walking trails, ball fields, a swimming pool, an equestrian arena, and a dog park.



### Big Creek Greenway

A must-see for any nature lover. This 6.1-mile-long, 12-foot-wide trail takes you past protected wetlands and canopies of pine and deciduous trees.

## SENIOR LIVING OPTIONS

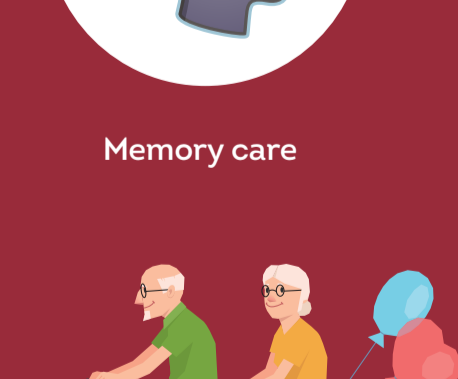
Georgia is home to more than 380 senior living communities,<sup>5</sup> with each providing different levels of care. Specifically, Arbor Terrace at Crabapple offers:



Assisted living



Memory care



**Arbor Terrace**  
AT CRABAPPLE

Assisted Living & Memory Care for Seniors  
An Arbor Company Community

Arbor Terrace at Crabapple provides the highest quality of senior care and assisted living available, including innovative memory care designed specifically for those affected by Alzheimer's disease and other forms of dementia. Every Arbor Terrace resident receives unique and personalized care and attention tailored to where he or she is and what he or she needs most.<sup>6</sup>

## Sources:

- <https://www.forbes.com/pictures/mh45mdme/7-alpharetta-ga/#f4a8d983c7b7>
- [https://www.forbes.com/2009/07/07/relocate-relocation-cities-lifestyle-real-estate-affordable-moving\\_slide\\_2.html?thispage=25000](https://www.forbes.com/2009/07/07/relocate-relocation-cities-lifestyle-real-estate-affordable-moving_slide_2.html?thispage=25000)
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