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Understanding nonverbal communication

Is there ever any doubt in your mind as to someone's mood when he or she approaches you? Nonverbal communication is the single most powerful form of communication. More than voice or even words, nonverbal communication cues you in to what is on another person's mind. The best communicators are sensitive to the power of the emotions and thoughts that are communicated nonverbally.

Nonverbal communication ranges from facial expressions to body language. Gestures, signs, and use of space are also important in nonverbal communication. Multicultural differences in body language, facial expression, use of space, and especially gestures are open to misinterpretation. Improving your skills in interpreting nonverbal cues will aid in your ability to effectively communicate with others.

Tips for understanding nonverbal communication

- Recognize that people communicate on many levels. Watch their facial expressions, eye contact, posture, hand and feet movements, body movement and placement, and appearance and passage as they walk toward you. Every gesture is communicating something if you listen with your eyes.
- If a person's words say one thing and his or her nonverbal actions say another, the nonverbal cues will reveal the true answer.
- Assess job candidates based on their nonverbal communication. You can read volumes from how the applicant sits in the lobby. The nonverbal communication during an interview should also elucidate the candidate's skills, strengths, weaknesses, and concerns.
- Probe nonverbal gestures during an investigation or other situation where you need facts and true statements. Again, the nonverbal may reveal more than the person's spoken words.

- When leading a meeting or speaking to a group, recognize that nonverbal cues can tell you when you've talked long enough, when someone else wants to speak, and the mood of the crowd and the reaction to your remarks. Pay attention to these things to become a better leader and speaker.

Understanding nonverbal communication improves with practice. The first step is to recognize the power of nonverbal communication. You've had gut feelings that what a person said to you was untrue—listen to your gut. Along with your life experiences, training, beliefs, and all that make up your past, it's your inner expert on nonverbal communication.

Adapted from: www.humanresources.about.com



Do you know your neighbor?

It is interesting to meet someone from a different culture. Some of these encounters may seem unusual. Here are some hints to help you better understand another person's culture. Read on to find out more about your neighbor.

Clue: They invented the sport of pole vaulting.

Clue: Santa Claus, the character, was introduced by them to the USA in the 1600s.

Clue: Women often keep their own surnames after marriage.

Clue: Superlatives are avoided, and compliments are offered sparingly. A person who is too full of praise and compliments is seen as a flatterer and thus insincere.

Clue: They are sometimes misunderstood as they are direct and appear to be very abrupt.

Clue: They consider shouting to be impolite.

Clue: Given names are generally reserved for close friends and relatives, except among youth.

Clue: The display of wealth and status is really not appreciated.

Clue: It is a great honor to be invited to their homes as they keep them very private.

Clue: Famous artists Rembrandt, Vermeer, and Van Gogh are of this nationality.

Clue: When going out, the bill is usually split.

Clue: They are famous for their windmills.

The answer is on page 7.

CCCS suggests five gifts to give yourself

Consumer Credit Counseling Service suggests five gifts you can give yourself that will truly last:

1. **Know how much you owe.** A common mistake is not keeping track of debt. The thinking is that as long as you can keep up with the payments, everything is fine. However, if circumstances change due to a layoff or other unexpected event, you could find yourself unable to make payments and in immediate financial stress. Dig out those bills and add them up.
2. **Create a spending plan.** The easiest way to take control of your money is to set out a plan for how you will spend it. This is not glamorous and can be something of a task, but it gives you the power to decide where your money goes. The plan should be flexible and include monthly expenses such as mortgage or rent, utilities, food, transportation, entertainment, clothing. Make sure your expenses are not more than your income. If they are, go back through the plan and make adjustments.
3. **Pay off credit card debt.** American credit card holders carry an average of approximately \$9,000 in revolving balances. The interest paid on those balances can be as high as \$1,890 (at 21 percent) a year. Just think of what you could do with an extra \$180 a month in your budget! Stop charging additional purchases today and pay off your

credit card debt as quickly as possible. You will be surprised at how good it feels to know you do not have to use today's earnings to pay for yesterday's, last month's, or last year's purchases.

4. **Build a savings cushion.** Once you have paid off your credit card balances, you should begin to build a savings cushion for emergency or unexpected expenses or if you lose your job. Your goal is three to six months of living expenses put aside in a savings account. With this cushion in place, when the refrigerator stops working, your car's transmission gives out, or your mother-in-law moves in, you will not have to put those unexpected expenses on a credit card.
5. **Develop a strategy for your financial future.** Even if you plan to work until you die, we all know what happens to the best-laid plans. You may not be able to work as long as you would like or you may want to retire early. Either way, it is important to begin planning for retirement. Determine when you would prefer to retire, how much money you will need to live the lifestyle of your choice and what you need to do now to get there. Establish a retirement fund and contribute to it on a regular basis.

What is the Census?

- The census is a count of everyone living in the United States every 10 years
- The census is mandated by the US Constitution
- The next census is in 2010
- Your participation in the census is required by law
- It takes less than 10 minutes to complete
- Federal law protects the personal information you share during the census
- Census data are used to distribute Congressional seats to states, make decisions about what community services to provide, and distribute \$300 billion in federal funds to local, state, and tribal governments each year
- The census is used to apportion seats in the US House of Representatives and to redistrict state legislatures
- The census is like a snapshot that defines who we are as a nation
- Data about changes in your community are crucial to many planning decisions, such as where to provide services to the elderly, locate job-training centers, or build new roads and schools

The Census Bureau will mail or deliver questionnaires to your house in March 2010. A second form will be mailed to households that do not respond to the initial questionnaire.

Households that still do not respond will be called or visited by a Census worker. (Census workers can be identified by a census badge and bag.) For more information on the Census, visit the website www.census.gov.

Source: www.2010census.gov

United States®
**Census
2010**

Dining on a budget

Taco Soup: 6 servings

Ingredients

- 1 pound of ground beef or 2 cups of rice
- 1 small onion, chopped
- 1 (1 oz) package taco seasoning mix
- 1 (15 oz) can tomato sauce
- 1 (15 oz) can whole kernel corn, drained
- 2 cups great northern beans, cooked
- 1 (15 oz) can black eyed peas
- ¾ cup water

Cooking Instructions

1. Cook dry northern beans before using them in this recipe
2. In a large pot over medium heat, cook beef (optional) and onion until beef is brown; drain
3. Add taco seasoning, tomato sauce, water, rice (optional), corn, and beans
4. Stir well and heat throughout, but do not boil

Per serving – Calories: 436; total fat: 14 grams; 28 percent of total calories from fat; protein: 32 grams; sodium: 941 milligrams



Senior Services Spotlight

A means to long life

Yoga helped Francis Thuat survive being a prisoner in a concentration camp for four years after the Vietnam War. He had to endure hard labor without proper food and water. His knowledge of yoga allowed him to maintain his health and strength and reduce stress.

Now, at the tender age of 84, he has been asked to compete for the Georgia State Swim Team for Seniors. From discus, softball, shot put, archery, and swimming, **Francis Thuat** has done it all. He will be competing in the freestyle, backstroke, and breaststroke. It is more than commendable: Thuat was never athletic until he emigrated to the United States with his wife and four grown children when he was in his mid-60s.

Thuat entered this country as a refugee from Vietnam, first living in California and now in Georgia. He is eternally grateful for the opportunity and freedom the government has given him. "To show my appreciation, I give back to the community and teach yoga classes at the Lawrenceville Senior



Center," Thuat says about volunteering at the center for the past 10 years.

Today, he is completing his book, *Fitness at Ages 71 – 84 Through Yoga*. He also composes poetry and songs in his spare time. Thuat is an inspiration to many, proving that it's never too late to start something new. For more information on the programs Gwinnett Senior Services has to offer or to volunteer your time, please call the Senior Helpline at 678.377.4150.

Preserving vegetables

Freezing cannot improve the flavor or texture of any food, but it can preserve most of the quality of the fresh product. The vegetables you freeze should be young, tender, and garden fresh.

Freezing may potentially preserve the greatest quantity of nutrients if you follow the right steps for freezing by storing the frozen products at 0°F and using them within the suggested storage times. Store frozen vegetables from 12 to 18 months at 0°F or lower. Storing vegetables longer than the recommended time will not make the food unfit for use, but will decrease its quality. Here are some ways to prepare vegetables for freezing:

Packing vegetables

There are two basic methods of packing vegetables: dry packing and tray packing.

Dry packing is the packing of blanched and drained vegetables into suitable freezer containers or bags. If packing in freezing bags, press air out of the unfilled part of the bag. When packing broccoli, alternate the heads and stems.

Tray packing is freezing individual pieces of blanched and drained vegetables on a tray and then packing the frozen pieces into a freezer bag or container. Tray packing is a good method for peas, corn, and beans. Be sure to pack the individually frozen pieces into a bag or container as soon as they are frozen.

Blanching vegetables

Blanching is the process of scalding vegetables in boiling water or steam for a short time. It stops enzyme actions that can cause loss of flavor, color, and texture; it cleanses the surface of dirt and organisms; it brightens the color and helps slow loss of vitamins; and it also softens vegetables and makes them easier to pack.

Blanching time is crucial and varies with the vegetable and size. Under-blanching stimulates the activity of enzymes and is worse than no blanching, and over-blanching causes loss of flavor, color, vitamins, and minerals. Contact the Gwinnett Extension Service for recommended blanching times.

To blanch vegetables:

1. Use one gallon of water for each pound of vegetable
2. Bring water to rolling boil
3. Immerse a wire basket or blanching basket mesh bag containing vegetables
4. Cover the pan and boil vegetables the required length of time
5. Begin the counting time as soon the water is boiling again after immersing the vegetables
6. Cool immediately in ice water for the same time used for blanching. Use one pound of ice for each pound of vegetable
7. Drain vegetables thoroughly after cooling. Extra water will form too many ice crystals and can cause a loss of quality when vegetables are frozen
8. Pack using dry- or tray-pack method and put vegetables in the freezer

All vegetables may be cooked from the frozen state except corn on the cob, which should be partially defrosted. Cook frozen vegetables in a small amount of water (about ½ cup or less).

For more information about freezing vegetables please contact **Inés Beltrán**, Gwinnett Extension Service Agent, at 678.377.4010.

Gwinnett County Senior Services consists of three active senior centers and provides services for seniors in their homes. For more information, please call our helpline at 678.377.4150.

eventcalendar

art

Create-A-Musical Workshop • Tuesdays

6:10pm – 7:20pm. September 15 – October 20. For ages 12 – 17. This fun, interactive workshop uses group improvisational games and exercises to encourage acting, song-writing, and playwriting skills. Cost: \$15 non-refundable registration fee, \$40 for six-week session. For class information, call MasterPiece Performing Arts Company at 678.765.2865, or e-mail mppacinfo@charter.net. For pre-registration and payment information, call the community center at 770.985.4713.

Knitting 101 • Tuesdays – FREE!

7:00pm – 9:00pm. September 29, October 20, and November 17. For ages 8 – adult. Learn to stitch and purl in this beginner's class. (Children ages 8 – 12 must have an adult learner present.) Bring size 8 needles, worsted weight yarn (smooth, light-colored Lion's Wool Ease, Vanna's Choice, or Red-Heart four-ply). Class limited to 12 students. For information, call the Guild at 770.413.6171 or clicks_sticks@bellsouth.net. For registration information, call the center at 770.985.4713.

Knitted Gifts for the Winter/Holiday • Saturday

10:00am – 1:00pm. October 10. Complete two projects: A beaded Christmas tree or bell ornament and a dishcloth. As a prerequisite, you must know the knit and purl stitch to participate. Cost: \$20 for members of the Knitting Guild; \$30 for non-members, which includes materials, patterns, and instructions. Participants must bring size 7 or 8 straight needles. For class information, contact the Guild at 770.413.6171 or at clicks_sticks@bellsouth.net. For payment and registration information, call the community center at 770.985.4713.

Scrapbooking • Saturdays

10:00am – 4:30pm. September 12, October 17, November 7, and December 12. The workshop's focus is photo preservation, photo organization, and traditional and digital scrapbooking. Our tools are available for your use. Cost: \$25 for the class, which includes lunch. For class information, call Suzanne Wyatt at 770.985.8189. For registration and payment information, contact the community center at 770.985.4713.

Willy Wonka® Chocolate Candy Making • Saturdays

9:00am – 1:00pm. September 19, October 24, and November 14. For ages 6 – 13. Each participant will receive a chef's hat, apron, two candy molds, candy supplies, recipe cards, and a bag of chocolate to create at home. Cost: \$15 non-refundable registration fee and \$45 for the class. For curriculum information, call Tondra Jackson at 678.538.8080 or send an e-mail to tondra@bellsouth.net. For payment and pre-registration information, contact the community center at 770.985.4713.

career

Résumé Writing and Interview Skills • Saturdays – FREE!

9:00am – noon. September 12 and November 7. This workshop will provide you with strategies on how to organize your job search and provides insight on résumé writing, interview preparation, and career transition. The instructor is a recruiter with over 15 years of experience recruiting for three of the top 10 financial institutions in the nation. For more class information, contact Fronzetta Peake at frpeake@aol.com. For pre-registration information, call the center at 770.985.4713.

Toastmasters of Centerville • Thursdays

7:00pm. Lose your fear while becoming a better public speaker, deliver great presentations, lead teams effectively, and give and receive constructive evaluations. For more information, call 770.985.4713.

clubs

Atlanta SCRABBLE® Club • Second and Fourth Saturdays

10:00am – noon. No meeting November 28 and December 26. Put your skills to the test while making new friends. Cost: \$1 per month for membership. For more information, send an e-mail to doc2barbara@earthlink.net or call 770.557.1343.

Centerville Writer's Group • First and Third Thursdays – FREE!

10:00am – noon. Critique format; all genres. No registration required. Call 770.985.4713.

Clicks and Sticks Knitting Guild • Second Thursdays

7:00pm – 9:00pm. *Clicks and Sticks* serves knitters of all experience levels. Cost: \$25 per year (first meeting free) to fund charity knitting opportunities, field trips, educational sessions, help with projects, and more. Refreshments are served at every meeting with lively conversation. For information, contact the Guild at 770.413.6171 or clicks_sticks@bellsouth.net. To register, call the center at 770.985.4713.

Clicks and Sticks Charity Knitting Days • Saturdays – FREE!

1:30pm – 3:30pm. August 15, September 19, October 17, November 21, and December 19. Gather with other local knitters and develop new friendships while completing blankets, socks, booties, and hoods for babies in need. There is no cost to join these select charity knitting days. For more information, contact the Guild at 770.413.6171 or at clicks_sticks@bellsouth.net. The community center can be reached at 770.985.4713.

Red Hat Society • Third Thursdays – FREE!

7:00pm. The *Cayenne Peppers* of Centerville are looking for red and pink hatters to join the society. For more information, call Julie Belk at 770.860.8698 or 770.985.4713.

Snellville Writer's Group • First and Third Tuesdays – FREE!

7:00pm – 9:00pm. For those interested in writing novels. No registration required. Call 770.985.4713 for additional information.

Trout Unlimited's (TU) Kanooka Chapter • First Mondays – FREE!

7:00pm – 8:00pm. Chapter is a member of the *National Trout Unlimited* organization with more than 150,000 volunteers organized into 400 chapters devoted to conserving, protecting, and restoring Georgia's trout fisheries through youth education, stream improvement/watershed protection, and membership participation. For information, contact Elizabeth or Kirk Farquharson at KanookaTU@yahoo.com or visit www.KanookaTUGA.org.

dance

Pre-Ballet/Tap I (ages 3 – 5) • Saturdays

8:30am – 9:30am. Session I: August 15 – September 26 (No class on September 5), Session II: October 3 – November 7, Session III: November 14 – December 19 (No class on November 28). December 19: recital at 6:00pm. Cost: \$45 per six-week session, including recital. Pre-registration and payment required by calling 770.985.4713. For more class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Ballet/Tap I (ages 4 – 6) • Saturdays

9:30am – 10:30am. Session I: August 15 – September 26 (no class on September 5), Session II: October 3 – November 7, Session III: November 14 – December 19 (no class on November 28). December 19: recital at 6:00pm. Cost: \$45 per six-week session, including recital. Pre-regis-

tration and payment required by calling 770.985.4713. For additional class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Pre-Ballet/Tap I (ages 3 – 5) • Saturdays

12:10pm – 1:10pm. Session I: August 15 – September 26 (no class on September 5), Session II: October 3 – November 7, Session III: November 14 – December 19 (no class on November 28). December 19 recital at 6:00pm. Cost: \$45 per six-week session, including recital. Pre-registration and payment required by calling 770.985.4713. For additional class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Ballet/Tap II (ages 7 – 11) • Saturdays

10:40am – noon. Session I: August 15 – September 26 (no class on September 5), Session II: October 3 – November 7, Session III: November 14 – December 19 (no class November 28). December 19 recital at 6:00pm. Cost: \$50 per six-week session, including recital. Pre-registration and payment required by calling 770.985.4713. For additional class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Belly Dancing • Tuesdays

7:00pm – 8:00pm. October 27 – December 8 (no class on November 17). For ages 13 to adult. Have a blast learning basic belly dancing through proper posture, steps, and moves. Exercises are low- to no-impact and can be modified to suit the individual. Cost: \$30 for six weeks. For class information, contact lea-blakely@comcast.net. For registration and payment information, call the center at 770.985.4713.

Hip-Hop for Pre-Teens • Saturdays

1:30pm – 2:30pm, September 12 – October 10 (no class on September 26), recital October 10 from 2:30pm – 3:30pm. 11:00am – noon, October 24 – November 14, recital on November 14 from noon – 1:00pm. Class is for ages 10 – 13. Come have a blast with us! Cost: \$40 per four-week session including recital. For class information, contact trinette@dancetryx.com. For pre-registration and payment information, call the center at 770.985.4713.

driving

AARP Driving Safety Program • Tuesdays and Thursdays

9:30am – 1:30pm. September 15 and 17; October 20 and 22; November 17 and 19; December 15 and 17. Enjoy this eight-hour classroom refresher course designed for drivers ages 50 and over. Topics covered: defensive driving techniques, how to adjust driving to age-related changes in vision, hearing, and reaction time. For possible insurance rate discounts, contact your insurance provider. Cost: \$12 for AARP members; \$14 for non-members (current membership card required at the time of registration and payment). Call the center at 770.985.4713 for additional information.

education for adults

Parent Talk • Second Tuesday

6:30pm – 8:00pm. Starting September 8. Learn to better communicate with your children and improve your relationship with them. You will be taught efficient parenting techniques; develop the skills to encourage your kids and see results; and have the opportunity to talk to other parents with similar issues. Sponsored by Child & Adolescent Resource Education Services. Cost: \$10 non-refundable registration, \$7 per person or \$12 per couple each month. Limited spots available, so don't delay! For additional curriculum information, contact Monica Davis at 404.578.7629 or monicadavis@comcast.net. For pre-

eventcalendar

registration and payment information, call the community center at 770.985.4713.

Life Coaching • Saturdays

10:00am – noon. October 3 – 24. Start anew by developing or learning to set goals for yourself, recognize barriers that have kept you from achieving them, learn to overcome, lay new foundations by developing a personal creed, and more. Cost: \$50 for four weeks. You don't want to miss this class, so sign up today! For curriculum information, contact sandrasolutions@yahoo.com. For pre-registration and payment information, call the center at 770.985.4713.

Basic Grant Writing Course • Thursdays

6:30pm – 8:30pm. September 17 and 24; October 29 and November 5. Learn how to search for grants, develop a budget, identify and match your needs to grantee, and more. Cost: \$50 for this intensive two-day course (materials included). Contact sandrasolutions@yahoo.com for curriculum information. For pre-registration and payment information, call the center at 770.985.4713.

Starting a 501(c)(3) Nonprofit Corporation • Thursdays

October 15 and 22, 6:30pm – 8:30pm. Develop your vision and purpose for your organization, learn to organize your bylaws, acquire your employer identification number, articles of incorporation, apply to the IRS for your 1023 application, and learn about board of directors, budget, fundraising strategies, and more. Cost: \$50 for this intensive two-day course (materials included). For pre-registration and payment information, call the center at 770.985.4713. For additional curriculum information, send an e-mail to sandrasolutions@yahoo.com.

Senior Computer Workshop for Adults 50 Years and Over • Tuesdays or Saturdays

Tuesdays: September 8 – October 27 from 10:00am – 1:00pm, Saturdays: October 17 – December 19 from 9:00am – 1:00pm. Participants will learn how computers function, the basics of Microsoft Word (document creation, editing, being creative), and learn about the Internet (proper techniques to research and use e-mail). Cost: \$10 non-refundable registration fee, \$10 a week for seven weeks with the eighth week free. Cost includes practice CD and materials. For class information, call 770.985.1718. For pre-registration and payment information, call the community center at 770.985.4713.

education for youth

ABC Math Tutoring • Tuesdays

August 25 – December 8 from 5:00pm – 6:00pm for grades 2 and 3; from 6:00pm – 7:00pm for grades 4 and 5. Jump start your children's progress and address their difficulties with math. Gwinnett School's AKS curriculum is used to assist students with process skills, numbers and operations, geometry, measurement, algebra, data analysis, and probability. Maximum students: six per class. Cost: \$8 per week; first two weeks fee of \$16 due at registration. For more class information, contact Angela Thomas at atestates@aol.com or call 404.438.1067. For pre-registration and payment information, call the community center at 770.985.4713.

ABC Reading Tutoring • Saturdays

August 29 – December 12 (except September 26 and November 28) from 12:30pm – 1:30pm for grades 2 and 3; from 1:30pm – 2:30pm for grades 4 and 5. Jump start your children's progress and address their reading difficulties. ABC Tutoring uses Gwinnett County School's AKS curriculum to assist students with reading strategies, comprehension, vocabulary, grammar usage, and phonics. Maximum students: eight per class. Cost \$8 per week; first two weeks fee of \$16 due at registration. For class information, contact Angela Thomas at atestates@aol.com

or call 404.438.1067. For pre-registration and payment information, call the community center at 770.985.4713.

Public Speaking for Middle School and High School Teens • Saturdays

12:30pm – 2:30pm. September 12 – December 12. Lose your fears as you learn essential skills to propel you into a competent and confident public speaker. Learn about eye contact, body movement, voice projection, speaking techniques, impromptu/persuasive/researched speeches, and receive progress reports. Cost: \$5 per student to fund prizes for most improved speakers. For information, contact Jasenka Basic, Oglethorpe University's Honors Council and accomplished speaker, at jaskenab@gmail.com. For payment and pre-registration information, call the community center at 770.985.4713.

events

Lend a Hand This Holiday Season • November 2 – December 11

The Centerville Community Center will be collecting new and gently worn coats for children and adults in need this holiday season. You can also donate new socks, gloves, scarves, and new or gently-used, clean blankets. Items will be collected at the community center Monday – Friday from 9:00am – 5:00pm beginning November 2. These items will benefit a charitable organization in Gwinnett. For more information, contact the Centerville Community Center at 770.985.4713.

Santa's Jingle Bell Rock • Tuesday

December 15 from 11:00am – 2:00pm. Join the Centerville Community Center in celebrating the holidays with music exploration, a light lunch, a story by Mrs. Claus and the elves, and a visit with Santa! Bring your wish lists and cameras to take pictures. Doors open for onsite registration at 10:40am with only the first 80 people served. No need to RSVP; the first 80 people will be accommodated on a first-come, first-serve basis while supplies last. Cost: two canned goods per person or five per family or \$3 per person (to benefit the local food bank). For more information, call 770.985.4713 or visit www.centervillecommunitycenter.com.

Super Saturday • FREE!

September 26 from 10:00am – 1:00pm. Title I Orientation for Shiloh and South Gwinnett Cluster Schools. If your child attends any of the Shiloh or South Gwinnett cluster schools, you won't want to miss this important event. Parents will attend an orientation to learn about the program while limited childcare is provided. Afterwards, the entire family can enjoy inflatables, face painting, music, and more! While supplies last, a free meal ticket will be provided to families in these clusters for attending the orientation. For more information, contact your Title I Parent Coordinator in your child's school at either cluster.

The Taste of Centerville: A Community Celebration • Saturday – FREE!

October 17, 11:00am – 6:00pm. Don't miss this special event celebrating our community and diversity! You and your family will enjoy inflatables, face painting, food tasting booths, live entertainment, and so much more! The event is held on the spacious grounds of Church of the Redeemer Presbyterian. For directions to the celebration or more event information, please call 770.979.2467 or visit www.centervillecommunitycenter.com. See you there!

exercise

Kids Fitness Boot Camp • Saturdays

September 12 – October 10 from 1:30pm – 2:30pm, 2:30pm – 3:30pm, or 3:30pm – 4:30pm; October 17 – November 14 from 10:00am – 11:00am, 11:00am – noon,

or noon – 1:00pm. For ages 7 – 11. Children will enjoy an obstacle course, light tumbling, trampoline, push-ups, and more. Instructor is a certified first aid/CPR and a health and physical education instructor for Gwinnett County Schools. Cost: \$45 for five weeks. Kids' progress will be tracked for most improved prizes at the end of the program. Bobby Montgomery, known as Mr. Fitness, can be contacted at godevelop@yahoo.com for questions. For payment and registration information, call the center at 770.985.4713.

Mommy and Me Fitness • Wednesdays – FREE!

September 16, October 21, November 18, December 16 from 10:30am – 11:15am. Moms and toddlers (18 months – 3 years) bond while learning healthy habits. Movements are easy to follow while instructing children in basic movement changes. Pre-registration required; call 770.985.4713.

Yogilates for Adults • Tuesdays

7:00pm – 8:00pm. September 8 – 29; October 6 – 27; and November 3 – 24. Enjoy the integration of power yoga moves, deep breathing, and mat Pilates. Gain value from stretching and strengthening your abdominal area as well as your upper and lower body. Cost: \$40 for four weeks. For class information, contact Wakesha Henley at 678.852.9944 or getfit10@bellsouth.net. Pre-registration and payment required by calling 770.985.4713.

finances

Loose Change Workshop: Managing Through Turbulent Financial Times • Saturday

September 19, 10:00am – 1:00pm. Do you want to get out and stay out of debt and learn how money works? Has your 401k turned into a 201k? Have you lost your job and left your 401k with your old company? Are you interested in investing in real estate? Would you like an \$8,000 tax credit for purchasing your first home? Do you wonder if you can ever retire and are you concerned about financial stability for your family? If so, join us for this educational experience that can change your life. Cost: \$5 per person or \$8 per couple, with handouts included. For curriculum information, contact Glenice Harris at browncorp85@yahoo.com. For pre-registration and payment information, call 770.985.4713.

health and safety

Babysitter's Training • Saturday

November 21 from 9:00am – 2:00pm. Ages 12 – 15 will receive basic child care safety, safe play, and first aid, training. Learn about professionalism and leadership skills. Cost: \$55 for materials and certification by the American Red Cross. For additional course information, contact kimlafourche@aol.com. Pre-registration and payment required by calling 770.985.4713.

Heartsaver First Aid/CPR Certification • Saturdays

9:00am – 1:00pm. September 19, October 10, November 14, and December 12. Effectively recognize and treat adult emergencies in the critical first minutes until EMS arrives. The course also includes AED training. Cost: \$55 for materials and certification by the American Heart Association. For additional course information, send an e-mail to kimlafourche@aol.com. Pre-registration and payment required by calling 770.985.4713.

Overeaters Anonymous • Thursdays – FREE!

7:00pm – 8:00pm. For additional information, visit www.oa.org/index.htm or call the Centerville Community Center at 770.985.4713.

P.R.I.D.E. (Parents Reducing Injuries and Driver Error) – FREE!

October 15 from 6:30pm – 8:30pm. Is your teenager's life worth two hours of your time? Georgia teens ride

eventcalendar and news

with P.R.I.D.E. (Parents Reducing Injuries and Driver Error) is a free, national award-winning, two-hour course designed for parents and their new (or soon-to-be) teen drivers, ages 14 – 16. Learn what they need to do during the 40 hours of supervised practice driving time required by Georgia law. This program addresses driver attitude, knowledge, and behavior of both the parent and new teen driver. Both teens and parents must attend. Sponsored by Child and Adolescent Resource Education Services. For curriculum information, contact Monica Davis at 404.578.7629 or monicadavis@comcast.net. For pre-registration and payment information, call 770.985.4713.

Project Safe Place – FREE!

The Centerville Community Center is a registered Safe Place location for children and teens who feel they are being threatened by a stranger or picked on by bigger and older kids, latchkey children who have lost their keys, runaway teens or those kicked out of their homes, youth with friends who are drinking and driving, teens experiencing a family crisis/breakdown in communication, or children from neglectful or abusive homes. Service is provided by the Gwinnett Children's Shelter. For more information, visit www.gwinnettchildrenshelter.org or call 770.985.4713.

mentoring

Diamond in the Rough Mentoring • Thursdays

6:00pm – 7:30pm. Starts September 17. This is a group mentoring and leadership program for middle school girls ages 12 – 15. Program is designed to prepare, inspire, nurture, and provide knowledge. For information, visit www.ditr.org or call 678.376.9676.

C.H.O.I.C.E.S. Young Men's Mentoring Program • Tuesdays

6:00pm – 7:30pm. Starts September 1. No meeting on September 8, October 13, November 10, or December 8. Program is designed for young men ages 11 – 18 years. The goal is to provide an atmosphere of support, fun, and learning for adolescent boys. Each week focuses on topics to improve mental, social, and physical development of young men with interactive activities on financial wellness, physical fitness, career development, teamwork, self discovery, and decision-making skills. Sponsored by Child and Adolescent Resource Education Services. Cost: \$15 non-refundable registration and \$40 per month. For curriculum information, call Monica Davis at 404.578.7629 or send an e-mail to monicadavis@comcast.net. For pre-registration and payment information, call the community center at 770.985.4713.

music

Juice and Cookies Concert – FREE!

11:30am – 12:15pm. September 8, October 13, November 10, and December 8. Interactive rhythm exploration with a snack to celebrate after all the fun. Activity is for children ages 1 – 4. No registration required. For information, call 770.985.4713.

Sing Outside-Of-The-Box • Tuesdays

7:30pm – 8:20pm. September 15 – October 20. For ages 8 – 13 years. Sing without limits! Students will engage in fun, improvisational vocal group activities to develop and perform original songs. This workshop will encourage creativity, build self-confidence, and refine singing performance potential. Cost: \$10 non-refundable registration fee, \$35 for six-week session. For class information, call MasterPiece Performing Arts Company at 678.765.2865 or e-mail mppacinfo@charter.net. For pre-registration and payment information, call the community center at 770.985.4713.

calendar

Gamblers Anonymous • Wednesdays – FREE!

Gamblers Anonymous is held every Wednesday from 6:30pm – 8:30pm. The program is free for adults. Call the Buford Human Services Center at 770.614.2526 for more information.

G.I.R.L.S. • Thursdays

6:45pm – 8:15pm. Gaining Insight and Real Life Skills, or G.I.R.L.S., is an eight-month leadership program for girls from ages 6 – 10. Less than \$10 per meeting; sliding fee scale pricing available. Discounts for returning members and their household members. Orientation will be on Saturday, September 12, 2009. Please call 404.545.9051 for more information. The first session will be at the Buford Human Services Center on Thursday, September 17, 2009, and will meet every other Thursday. Girls will learn self esteem, leadership, financial skills, and much more.

Project Safe Place

The Buford Human Services Center is a registered Safe Place location for children and teens who feel they are being threatened by a stranger, picked on by bigger and older kids, latchkey kids who have lost their keys, runaway teens or those that have been kicked out of their homes, youth with friends who are drinking and driving, teens experiencing a family crisis/breakdown in communication, or for children from neglectful or abusive homes. Service is provided by the Gwinnett Children's Shelter. For information, visit www.gwinnettchildrenshelter.org or call 770.614.2400.

Yoga • Wednesdays

4:30pm to 6:00pm at the Buford Human Services Center. This class includes stretching, flexibility, and strength training. Please call 210.615.8164 to reserve your space in the class. Cost for each class is \$5.

Centerville – A gathering place

Centerville Community Center is a place to gather, meet new people, enjoy activities, and learn extraordinary things. It is where you can participate in math, reading, and science instruction, listen to the laughter, and watch children play. There are days when senior citizens come together for computer classes, teens get involved in mentoring groups, and children learn to dance, enjoy a *Mommy and Me* fitness class, or music exploration.

The center is diverse with many interests, faces, cultures, and traditions; it reflects our community. A variety of multicultural and generational activities are hosted for all ages. The annual **Poetry Writing Contest** hosted by the Centerville Writer's Group displayed such diversity. This competition was a challenge for youth to explore their creativity. It was this spirit that the Centerville Writer's Group wanted to capture and bring them together. The competition was open to any style of poetry including haiku, limerick, free verse, and sonnet. Winners were awarded prizes and certificates per grade category of K – 2, 3 – 5, 6 – 8, and 9 – 12 at an awards appreciation event.

The following winners and pieces were awarded: **Samantha Smith** on *Family*, First Prize, grades K – 2 cate-

gory; **Sharlonne Petit-Bais**, *I Love*, Honorable Mention, grades K – 2 category; **Justice Davis**, *I Am From Basketball*, First Prize, grades 6 – 8 category; **Davon Peeks**, *I AM*, Honorable Mention, grades 6 – 8 category; **Safia Siddiqui**, *My Cup of Love*, First Prize, grades 9 – 12 category; **Tamara Honeyqhan**, *Independent Young Lady*, Honorable Mention, grades 9 – 12 category.

"We would have liked to have given an award to every student who participated," said **Cathy Hall**, coordinator of the Centerville Writer's Group. "It was so hard to choose among all the talented writers. We would like to thank all the students who shared their work. Who knows, some day I might be asking one of these students for an autograph."

In the meantime, the Centerville Community Center encourages youth to keep writing and the community to keep participating in the programs and activities designed to challenge, enrich, encourage, motivate, and inspire. Come on home... get involved and stay involved! To learn more about the Centerville Writers Group and other programs, call the Centerville Community Center at 770.985.4713 or see the calendar listing.

A toy for all ages

Whether you are buying a toy for the holidays, a special occasion, or no reason at all, it is critical to select one that is age-appropriate. It can mean appreciation and enjoyment if a toy is carefully selected or danger if an unsuitable one is chosen. Matching the right toy to a child's age is a key decision. At each stage of life, children have different abilities and ways of experiencing the world. When you purchase a toy for a child, take into account the child's ability, development potential, and, of course, safety.

For example, infants learn about the world through all their senses. Look for brightly colored, multi-textured toys that are large enough not to be swallowed. These toys should also be washable and unbreakable. Avoid toys with sharp edges, cords, and push-and-pull toys.

Toddlers love to run, climb, and jump and need toys that can stand up to the rough and tumble. They also need simple toys that help them develop hand-eye coordination. Toddlers also like to imitate grown-ups. Since they still put things in their mouths, be sure toys don't have small parts. Play-Doh®, soft balls, and picture books are good choices.

Preschool-aged children like to express their creativity and are more social in their play. They often enjoy the same toys as toddlers, but have more coordination. They need toys that allow them to play together and be creative. Modeling clay and finger paints are good choices.

Once children are in their early school years, toys occupy less time. They still enjoy toys, but school opens a whole new world of socialization and group play. Toys for this age group could include tricycles or bikes, sketch pads, and simple puzzles.

Generally, buyers should avoid electric toys, lead soldiers, kites, and other toys made of aluminized polyester, which can be conductive. When using riding toys, be sure the children are riding on level surfaces and have appropriate safety equipment, such as helmets, gloves, or padding.

For more information about age-appropriate toys, contact Gwinnett Extension Service at 678.377.4010 or **Inés Beltrán** at inesb@uga.edu.

eventcalendar and news

computer classes

Basic Computers for Seniors • Tuesdays – FREE!
9:00am – 11:00am. Come learn in this mixed-level setting. Classes are ongoing. Must register by calling each week before class or signing your name on the sheet at the door. Space is limited; call to reserve your seat at 770.638.5661.

Creating Professional Documents • Wednesdays and Thursdays
Noon – 2:00pm. Advance your computer skills to create professionally produced documents, flyers, and presentations using Word, Publisher, and PowerPoint. Four classes; two hours each. Cost is \$45. Registration and payment must be made in advance and in person at the Norcross Human Services Center. Provided by One 2 One Educational Support. Call 678.230.4027 or 770.638.5661 for more information.

Introduction to Computers • Wednesdays and Thursdays
9:00am – 11:00am. You will be introduced to the Internet and learn how to access information, keep in touch with others, and improve efficiency on the keyboard (with adequate practice outside of class). Two classes; two hours each. Cost is \$30. Registration and payment must be made in advance and in person at the Norcross Human Services Center. Provided by One 2 One Educational Support. For more information, please call 678.230.4027 or 770.638.5661.

Introduction to Computers • Mondays and Wednesdays
6:30pm – 8:30pm. During this six-week course you will learn all the components of your computer and its software. Cost: \$60 includes course materials. Space is limited. To register and reserve your seat now, call the Norcross Human Services Center at 770.638.5661.

Primer Nivel de Clases de Computación con Instrucción en Español • Mártes y Jueves o Sábados
Mártes y jueves 6:30pm – 8:30pm o sábados 8:30am – 12:45pm. Durante el curso de seis semanas usted aprenderá como esta compuesta su computadora, como navegar el desktop, mandar mensajes por correo electrónico, por mensaje instantáneo, crear documentos, y presentaciones. El costo es de \$60 que incluyen los materiales del curso. El espacio es limitado. Llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

Microsoft Word 2003 Advanced • Wednesdays and Thursdays
Noon – 2:00pm. You will learn advanced techniques to create stylish documents. Participants should possess a basic knowledge of Microsoft Word and beginning computer skills. Four classes; two hours each. Cost is \$45. Registration and payment must be made in advance and in person at the Norcross Human Services Center. Provided by One 2 One Educational Support. For more information, call 678.230.4027 or 770.638.5661.

Write a Great Résumé • Wednesdays and Thursdays
9:00am – 11:00am. Learn to build a résumé that showcases your talent and is geared toward the job you want. Participants are encouraged to prepare an accurate job history or skills assessment applicable to their desired field before attending. This is not a computer class. Two classes; two hours each. Cost is \$30. Registration and payment must be made in advance and in person at the Norcross Human Services Center. Provided by One 2 One Educational Support. Please call 678.230.4027 or 770.638.5661 for more information.

education for youth

Math Tutoring • Fridays
5:00pm – 6:00pm and 7:00pm – 8:00pm. Grades 1 to 4 will meet on the first and third Friday of the month, and grades 5 to 8 will meet on the second and fourth Friday of the month. Cost: \$25 per hour session. Registration and payment must be made in advance and in person at the Norcross Human Services Center. Provided by One 2 One Educational Support. For more information, call 678.230.4027 or 770.638.5661.

Language Arts Tutoring • Fridays
6:00pm – 7:00pm. Grades 1 to 4 will meet on the first and third Friday of the month, and grades 5 to 8 will meet on the second and fourth Friday of the month. Cost: \$25 per hour session. Registration and payment must be made in advance and in person at the Norcross Human Services Center. Provided by One 2 One Educational Support. Call 678.230.4027 or 770.638.5661 for more information.

events

Hispanic Heritage Census Celebration – FREE!
10:00am – 2:00pm. Saturday, October 3, 2009. Come and celebrate with us through dance and music from Argentina, Brazil, Colombia, Mexico, Puerto Rico, Spain, USA, and others. Special performances by Ballet Azteca de Mexico, Girl Scouts, and international youth groups. Information on services from 20 agencies and organizations will also be available. This event is sponsored by the 2010 Census. For more information, please call the Norcross Human Services Center at 770.638.5661.

Latin-American Exhibition – FREE!
Monday – Friday from 8:00am – 6:00pm during the month of October at the Gwinnett Justice and Administration Center (GJAC) located at 75 Langley Drive in Lawrenceville. Come and learn about the demographics of different Latin-American countries including products and artifacts.

fitness

Belly Dancing • Wednesdays
6:30pm – 7:30pm. Come and learn the art of belly dancing. The hypnotic fluidity of the movements can be very healing and a stress reducer. Cost: \$30 for a six-week session. Sessions are ongoing. For more information and to register, call 770.638.5661.

Fitness Express • Mondays, Wednesdays, and Fridays – FREE!
11:30am – noon. Blast calories and sculpt your body from head to toe with this 30-minute cardio and strength workout. Call the Norcross Human Services Center to register, 770.638.5661.

health and safety

General Health and Nutrition – FREE!
10:00am – noon. Second Friday of every month. All ages are welcome. Learn how to eat right and use the food pyramid, plan meals, and find out about community resources. Information provided in both English and Spanish. Sponsored by the University of Georgia Extension Service. For more information, call 678.377.4010. Call the Norcross Human Services Center to register, 770.638.5661.

Project Safe Place
The Norcross Human Services Center is a registered Safe Place location for children and teens who feel they are being threatened by a stranger or picked on by bigger and older kids, latchkey kids who have lost their keys, runaway teens or those that have been kicked out of their homes, youth with friends who are drinking and driving, teens experiencing a family crisis/breakdown in communication, or children from neglectful or abusive homes. Service is provided by the Gwinnett Children's Shelter. For more information, visit www.gwinnettchildrenshelter.org or call 770.638.5661.

language

English as a Second Language (ESL) Literacy and Civics Classes – FREE!
ESL Basic and Literacy: Mondays and Wednesdays from 7:00pm – 9:00pm
ESL Level One B: Tuesdays and Thursdays from 5:00pm – 7:00pm
ESL Level Two A: Mondays and Wednesdays from 5:00pm – 7:00pm
ESL Level Two B: Tuesdays and Thursdays from 7:00pm – 9:00pm
ESL Level Three A: Tuesdays and Thursdays from 6:30pm – 8:30pm
ESL Level Three B: Mondays and Wednesdays from 7:00pm – 9:00pm
ESL Level Four B: Tuesdays and Thursdays from 6:00pm – 8:00pm
ESL Level Five B: Mondays and Wednesdays from 6:30pm – 8:30pm
All classes are for adults who want to learn English. Classes are provided by the Asian American Resource Center, 770.270.0663. Call the Norcross Human Services Center for registration information, 770.638.5661.

English Reading and Writing • Wednesdays – FREE!
9:00am – 11:00am. This is an ongoing program for adults. Classes are taught in an informal setting and mixed levels. Space is limited. Call the Norcross Human Services Center to register, 770.638.5661.

Inglés Escritura y Lectura • Miércoles – ¡GRATIS!
9:00am – 11:00am. Programa para adultos en un formato informal y con niveles mixtos. Espacio limitado. Llame el Centro de Recursos Humanos de Norcross para registrarse, 770.638.5661.

Spanish • Mondays and Wednesdays
6:30pm – 8:30pm. The cost is \$60 for five weeks. A minimum of five students per class is needed to have a class. No registration fee. Call the Norcross Human Services Center to register, 770.638.5661.

mentoring for youth

G.I.R.L.S. Leadership Development • Fridays
6:45pm – 8:15pm. An eight-month enrichment program designed to increase self-esteem and develop leadership skills for ages 11 – 14. Features bi-weekly workshops, mentoring, and community service. Over 24 meeting dates and opportunities for building confidence, respect, and esteem. Less than \$10 per meeting and sliding fee scale pricing is available for those who require tuition assistance. Additional discounts for returning participants; and 25 percent discount for second and third child within same household. Visit www.iambautiful.org to obtain an application or call 404.545.9051 for more information.

Girl Scouts • Saturdays
10:00am – noon. Troop meetings are held every Saturday except holiday weekends. A different age group meets each Saturday. To join the Girl Scouts or for more information, call 404.527.7500.

AARC offers support programs to immigrants

The Asian American Resource Center (AARC) opened its doors as a nonprofit agency in 1997. It was an opportunity to meet the high demand for human support services in the Asian American community of the Metropolitan Atlanta area. Pastor Henry Lee was instrumental in making it a reality.

From its conception, AARC's purpose has been to strengthen immigrant self-sufficiency and upward mobility through the provision of social, educational, and healthcare services as well as increase cultural awareness and encourage communication within the diverse Atlanta community.

This organization has responded to the needs of the community by partnering with Norcross Human Services Center to:

- Promote and teach English Literacy/Civics and Citizenship Preparation classes to non-English speaking adults
- Strengthen families through cultural enrichment programs and events

AARC is located at 2855 Rolling Pin Lane in Suwanee, GA 30024. Should you need more information about the services they have to offer, please call 770.270.0663 or to register for English or Citizenship classes in Norcross, see the program schedule on page six.

The Center's staff and board of directors have worked many years in Atlanta to contribute to the growth and development of Atlanta's diverse growing community. AARC continues to provide human support services that improve the quality of life for Asian Americans.

www.singleparent411.org for information. Call the Norcross Human Services Center to register, 770.638.5661.

Clases de Crianza • Mártes – ¡GRATIS!

6:30pm – 8:30pm. Instrucción en español. Serie de ocho secciones las cuales enseñan con el método STEP (Paso), los métodos de crianza. Para más información y para inscripción, comuníquese con el Gwinnett Children's Shelter al 678.546.8770.

Clases Prenatales • Lunes – ¡GRATIS!

9:00am – 11:00am. Aprenda la nutrición correcta durante su embarazo, como cuidar de su bebé, y más información importante. Clase en español enseñadas por Saint Joseph Mercy Care. Para inscripción o más información, llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

SingleParent411 • Third Saturdays – FREE!

11:00am – 12:30pm. The overall goal of SingleParent411 is to improve parenting skills, improve communication within families, reduce or eliminate instances of child abuse and neglect, and to improve self-esteem and self-confidence of single parents. Program is sponsored by Single Parent Alliance and Resource Center (SPARC). Visit their website at www.singleparent411.org. Call the Norcross Human Services Center to register or for additional information, call 770.638.5661.

Fatherhood Program • Tuesdays – FREE!

6:00pm – 8:00pm. B.U.I.L.D. = Building Up Involved Loving Dads. Our free program will support you in raising your children, show you ways to help your kids succeed, hook you up with other community help, and teach skills you can use to help other dads. For more information, call Betsy at Gwinnett Children's Shelter at 678.546.8770 extension 253.

workshops

Consumer Credit Counseling Service • Saturdays – FREE!

9:00am – noon. Get assistance to deal with bankruptcy and becoming debt-free. Call the Norcross Human Services Center for more registration information, 770.638.5661

Family Times: A Day to Build Relationships – FREE!

Saturday, September 26, 2009, from 10:00am – 3:00pm for singles and married couples; child care provided. Topics include How to Avoid Marrying a Jerk, Couple Communication, 10 Great Dates to Energize your Marriage, and Active Money Personalities. Presented by Northeast Metro Marriage and Family Network and Georgia Family Council. Register by e-mail: signupforfamilytimes@gmail.com, via website: www.marriageandfamily.info, or by calling the Norcross Human Services Center at 770.638.5661.

Project AWARE

Be a part of Project AWARE (Added Warmth Assistance for Residences of our Elderly).

Please consider making a tax-deductible donation of a brand new portable electric heater for one of our local seniors. You can drop off your donation at any local Gwinnett County fire station from December 1 until February 15, 2010.

Project AWARE is sponsored by GCSS, Friends of Gwinnett County Senior Services (Friends), and the Gwinnett County Department of Fire and Emergency Services.

For information on Project AWARE, contact Melanie Miller at 770.822.8842 or melanie.miller@gwinnettcountry.com. To make a monetary donation, you may visit the website www.fogcss.com or send a check payable to Friends, PO Box 3900025, Snellville, GA 30039.

Tiempo Para La Familia: Un Día Para Crear Relaciones – Gratis

Sábado 26 de septiembre del 2009, de 10:00am a 3:00pm. Para solteros y casados; se proveerá cuidado para niños. Este tema será dictado en español: 10 Citas Extraordinarias Para Vigorizar Su Matrimonio. Los siguientes temas serán dictados en inglés: Cómo Evitar Casarse con un Insoportable; Comunicación de Pareja; y Personalidades Activas en Cuanto al Dinero. Presentado por Northeast Metro Marriage and Family Network and Georgia Family Council. Para inscripción, llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

Ladies in pink

Who is the group of sophisticated ladies wearing pink, lavender, or purple out on the town? They are the Cayenne Peppers chapter of the Red Hat Society. In September, the Cayenne Peppers will be celebrating four years of having a chapter in Centerville. Julie Belk, the Queen Mother of the group is proud to be one of 30 members.

They are not just a bunch of ladies getting together to enjoy day trips and lunches. Belk simply states, "We like to give back to the community. But the best part is... we are like little girls getting dressed up and having fun."

The Cayenne Peppers are always looking to fulfill a community service project. Some of their past projects include care packages for soldiers overseas and entertaining school children. Often times, they would adopt a couple patients at a nursing home. Belk explains, "A lot of the patients don't have family. I think it's neat that we can help out people that may not have anything".

You can help them to make a difference by contributing white socks, word puzzles, lap blankets, toiletries, tissues, and personal hygiene products. Please contact Julie Belk at jb567@bellsouth.net or call her at 770.860.8698. Should you know of another community service project or would like to become a member of the Cayenne Peppers, you may also call her at 770.860.8698.

Do you know your neighbor?

...continued from page 1

Answer: Dutch

NHSC ... cont'd from page 6

Reunión de Girl Scouts • Sábados

Todos los sábados con excepción fines feriados 10:00am – hasta mediodía. La Girl Scouts ayuda a las niñas a crecer su confianza y forma un buen carácter en ellas. Cada sábado hay Reunión de topas para diferentes edades. Unase a nuestro grupo multicultural más grande de Norcross. Para inscribirse a las Girl Scouts o para más información, por favor llame al 404.527.7500.

multicultural

Citizenship • Wednesdays – FREE!

5:30pm – 6:30pm. This program is for adults who want to become US citizens. Instruction by the Asian American Resource Center, 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

Gwinnett Multicultural Advisory Committee Meetings • Fourth Tuesdays

1:00pm – 3:00pm. Gwinnett Multicultural Advisory Committee (GMAC) collaborates and networks with other organizations to provide resources and education to benefit the diverse communities of Gwinnett County. Your input is welcome as GMAC continues the effort to understand, value, and incorporate various cultures. If you would like your culture to be represented, come and share your information and broaden our alliance perspective. The committee meets in the second floor classroom. Please call the Norcross Human Services Center at 770.638.5661 for more information.

support groups

Escuela Para Padres – ¡GRATIS!

8:00am – 1:00pm. Sábados 22 y 29 de Agosto 2009. Temas incluyen como aprendemos a ser padres, autoestima, hablar para que los hijos escuchen, disciplina sin violencia, saber escuchar, como lograr que la familia coopere unos con otros, y mucho más. Este programa es libre de costo, no pierdas esta oportunidad. Para más información, llamar al 678.363.3079 o al Centro de Recursos Humanos de Norcross 770.638.5661.

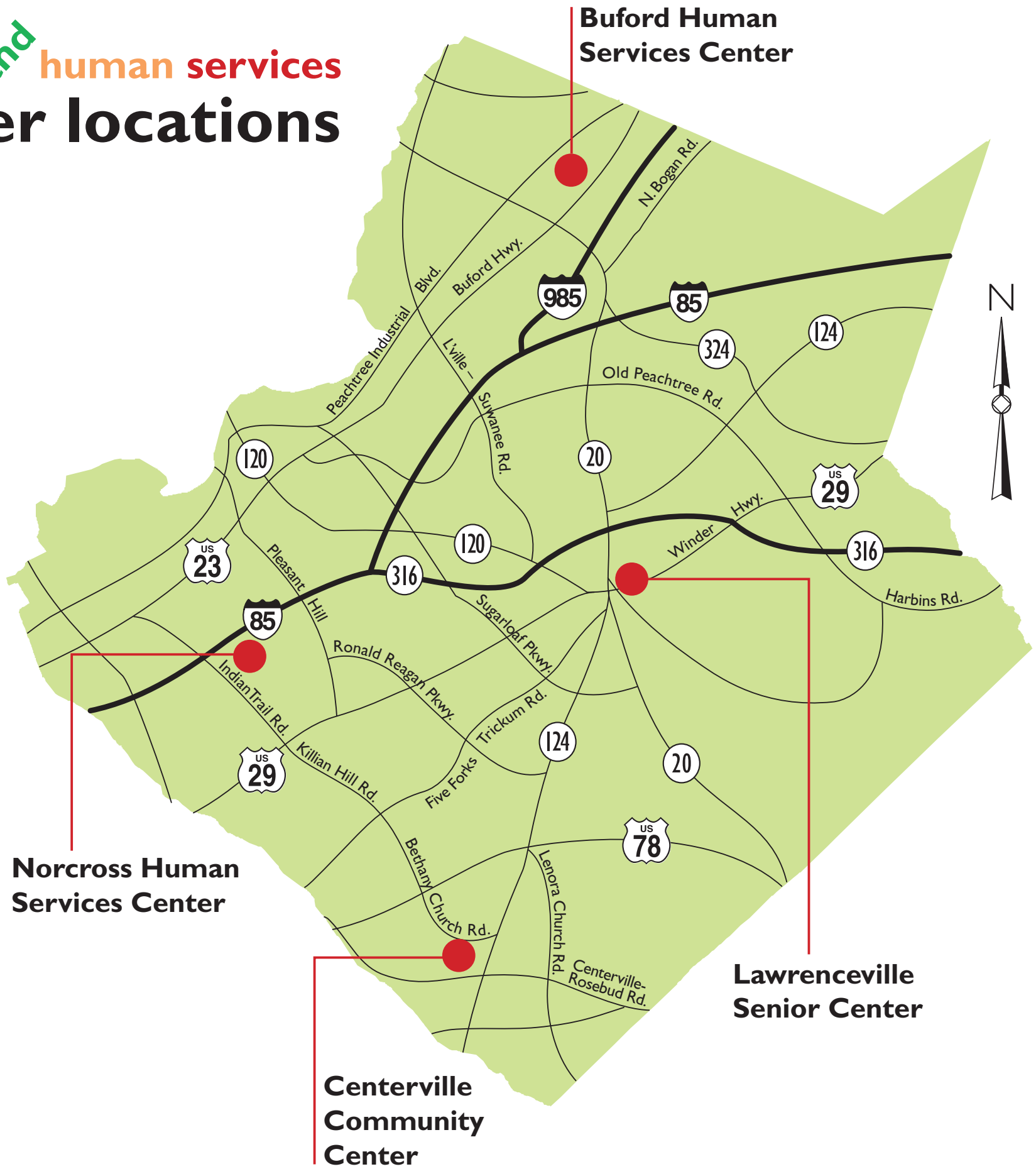
Gamblers Anonymous • Mondays – FREE!

6:30pm – 8:30pm. This support group is for adults. Call 678.234.5648 for additional information.

Got Boys/Got Girls • Third Saturdays – FREE!

1:00pm – 3:00pm. In addition to providing mentoring services, single mothers and fathers are invited to participate in ongoing educational classes and support groups designed to bridge the gap and increase understanding between the genders. Program is sponsored by Single Parent Alliance and Resource Center (SPARC). Go to

health *and* human services center locations



Centerville Community Center

3025 Bethany Church Road
 Snellville, GA 30039
 770.985.4713
www.centervillecommunitycenter.com

Activities housed in the center include:

- Tutoring/academic prep courses
- Art/dance/drama/exercise classes
- Teen forums, mentoring programs, and summer camps
- Educational and enrichment opportunities for youth and adults
- Public and social events for the entire family
- Available rental space for special occasions and events

Norcross Human Services Center

5030 Georgia Belle Court
 Norcross, GA 30093
 770.638.5660
www.gwinnettnhsc.com

Agencies housed in the center include:

- Norcross Public Health Clinic
- Norcross Senior Center
- Four Corners Primary Care Center
- Gwinnett/Rockdale/Newton Community Service Board (Mental Health)
- Head Start/Pre-K, Ninth District Opportunity
- Gwinnett County Department of Motor Vehicles (Tag Office)
- A one-stop integrated health and human services center

Buford Human Services Center

2755 Sawnee Avenue
 Buford, GA 30518
 770.614.2400
www.gwinnettbhsc.com

Agencies housed in the center include:

- Buford Public Health Clinic
- Buford Senior Center
- Department of Family and Children Services (DFCS)
- Partners with other governmental and non-profit agencies to bring programs that benefit the community as well as clients of the service agencies
- A one-stop integrated health and human services center