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Fun in the sun

Seasons have changed—summer is here and school is out. It's time for that long-awaited vacation to soak up the sun or just spend more time outdoors. Many of us are anxious to step out into the fresh air and have some fun; however, let's remember some safety precautions. Here are some tips to stay safe during the summer months:

- Stay in the shade whenever possible, and limit sun exposure between 10:00am and 4:00pm
- Use a sunscreen with an SPF of 15 or greater
- Reapply sunscreen every two hours or after swimming or sweating

Heat stress in active children

- Make sure your child is well-hydrated
- Your child should wear light-colored, lightweight clothing made of absorbent material to facilitate sweat evaporation

Pool safety

- Install a fence at least four feet high around all four sides of the pool
- Make sure pool gates open out from the pool, self-close and self-latch at a height children can't reach
- Never leave children alone in or near the pool, even for a moment; infants and toddlers should be within an arm's length
- Keep a portable telephone and rescue equipment such as a shepherd's hook and life preserver near the pool

Bug safety

- Don't use scented soap or hairspray on your child
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods, and gardens where flowers are in bloom
- Avoid dressing your child in clothing with bright colors or flowery prints

- To remove a visible stinger from your child's skin, gently scrape it off horizontally with a credit card or your fingernail
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but insect repellent should *not* be reapplied
- Insect repellents containing DEET are most effective against ticks

Playground safety

- Make sure children cannot reach any moving parts that might pinch or trap any body part
- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these items
- Make sure metal slides are cool to prevent children's legs from getting burned

Bicycle safety

- Take your child with you when you shop for the bike, so that he or she can properly fit the bike
- Buy a bike that is the right size, not one your child has to "grow into;" oversized bikes are especially dangerous
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home
- Purchase a helmet that meets the CPSC safety standard

... cont'd on page 5

Preparing your teen for college

As a parent or guardian, it is up to you to make sure that your teenager is armed with all the essential tools and skills he or she needs for a successful college experience. A college education can help your child have a productive future, both personally and professionally. Beyond academics, your child should be prepared for the social experience of college and his or her entry into adulthood. The transition from teenager to adult is cumbersome, and you can help make it a smoother shift for your college-bound teen.

One of the most important skills that your child has to master is personal responsibility. This may be a shock to many teenagers when they are on their own for the first time. To ease the transition, encourage your child to get a summer job or an internship before he or she starts his or her freshman year. Being employed teaches a child reliability, teamwork, and other workplace skills, in addition to providing an income. If possible, encourage your child to get a job in a field similar to his or her future goals. Volunteer work also enhances your child's college application and résumé.

Make sure your child knows how to handle daily responsibilities such as waking up independently and preparing simple meals. Have your child set an alarm clock to get up in the morning. What about making healthy food choices? Teenagers are used to having healthy meals prepared by their parents, and when they go off to college, they have to make their own dietary choices. Oftentimes they end up gaining 15



pounds in the first year. Take your child to the grocery store and teach him or her simple, healthy recipes that can be made in a microwave.

Teach your child how to budget before you send him or her off to college. Encourage your child to avoid accepting credit card offers on campus for free t-shirts, CDs, or meals; if your child is not responsible enough to handle a credit card, the consequences will far outweigh the gifts. Teach your child to live on cash and the money in his or her bank account. Explain how to balance a checkbook each month to avoid overdrawing the account. Bank accounts now offer weekly e-mail and text balance alerts and can be linked to other accounts to avoid overdraft fees.

... cont'd on page 5

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 guidelines to help you better understand another person's culture. Read on to find out more about your neighbor.

Clue: The family is the center of this neighbor's life with extended families still having prominence.

Clue: These neighbors will often touch each other when speaking and maintain little personal space.

Clue: In general, third-party introductions are preferred, so you should wait for your host or hostess to introduce you to others at a small gathering.

Clue: Do not give knives or scissors to this neighbor as he or she sees it as a desire to sever a relationship.

Clue: Always keep your hands visible when eating, but do not rest your elbows on the table.

Clue: Wait for a toast to be made before taking the first sip of your drink.

Clue: Pouring wine is a cultural taboo. If at all possible, avoid pouring wine.

Clue: This neighbor prefers face-to-face meetings rather than by telephone or in writing, which are seen as impersonal.

Clue: Avoid confrontation; this neighbor does not like publicly admitting he or she is incorrect.

The answer is on page 7.

Family caregivers: How to prevent burnout

Outside the world of work, the people most prone to burnout are caregivers—those who devote themselves to the unpaid care of chronically ill or disabled family members. The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or that you're in over your head.

If you let the stress of caregiving progress to burnout, it can damage both your physical and mental health. So if you're caring for a family member, it's essential that you get the support you need. The good news is that you're not alone; help for caregivers is available.

Providing care for a family member in need is a centuries-old act of kindness, love, and loyalty. And as life expectancies increase and medical treatments advance, more and more of us will participate in the caregiving process, either as the caregiver, the recipient of care, or possibly both.

Unfortunately, caregiving can take a heavy toll if you don't get adequate support. Caregiving involves many stressors:

changes in the family dynamic, household disruption, financial pressure, and the sheer amount of work involved. The rewards of caregiving—if they come at all—are intangible and far off, and often there is no hope for a happy outcome.

As the stress piles up, frustration and despair take hold and burnout becomes a very real danger. You can prevent caregiver burnout by following a few essential guidelines:

- Learn as much as you can about your family member's illness and about how to be a caregiver. The more you know, the more effective you'll be and the better you'll feel about your efforts
- Know your limits. Be realistic about how much of your time and yourself you can give. Set clear limits, and communicate those limits to doctors, family members, and other people involved
- Accept your feelings. Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. As long as you don't compromise the well-being of your loved one, allow yourself to feel what you feel

- Confide in others. Talk to people about what you feel; don't keep your emotions bottled up. Caregiver support groups are invaluable, but trusted friends and family members can help too. You may also benefit from seeing a therapist or counselor

For a list of available resources and support groups, please call the Gwinnett County Senior hotline at 678.377.4150.

Adapted from: www.helpguide.org/elder/caring_for_caregivers.htm

Get the most grocery bang for your buck

- **Choose less expensive summer drinks.** Try stocking up on lemonade or making your own sports drinks by mixing a packet of unsweetened, powdered drink mix with one-half cup sugar, one-half teaspoon salt, and two liters of water. Or try mixing half a glass of fruit juice with one-half glass of water and a pinch of salt. (It's the salt that increases your potassium. Another alternative for saving money on drinks is to buy generic sodas or purchase brand-name sodas only when they're on sale
- **Avoid pre-packaged, single-serving snacks:** We spend a lot of extra money on the packaging when we opt for convenient, single-serve items. Instead, buy a large container of your favorite pretzels or chips and divide them up into resealable bags. This takes some time, but it keeps them fresh and really does save a few dollars
- Stock up on your favorite cereal when it's on sale: Specialized cereals can really cost a lot of money, especially if you're feeding hungry teenagers. If your kids prefer a specific brand, buy it in large quantities when you see it on sale. You may feel silly buying five boxes of Cinnamon Toast Crunch®, but eating a complete breakfast can help prevent the more costly grazing that can occur when your kids eat every snack in the house before 10:00am
- **Make homemade ice pops:** This snack will save a lot of money over ice cream and fancy ice pops. Plus, it will help ensure your kids are hydrated this summer. Simply purée one-half pint of strawberries in the blender. (Add some honey for taste, if you desire.) Then pour the strawberries into the ice pop molds, filling each mold only halfway. Place the tray in the freezer for two to four hours. Then fill the ice pop molds with lemonade and allow them freeze for at least four hours or overnight
- **Be realistic about the amount of food you need:** We tend to eat less in the summer, so you might find that you can get away with buying less food. In addition, some foods don't last as long in the summer. Make plans to use your fresh fruits and vegetables within a few days of buying them so they don't go to waste. Also, try serving vegetarian meals, like pasta and salads, in the summer which can also save you money

Dining on a budget

Creamed Tuna and Peas: 4 servings, about 1 cup each, Tuna is a good source of Omega-3s, which helps prevent blocked blood vessels and heart attacks.

- | | |
|---------------|--------------------------------|
| ¼ cup butter | ¾ cup non-fat instant dry milk |
| ¼ cup flour | 1 can (12 oz.) tuna, drained |
| ½ tsp. salt | 1 cup canned peas, drained |
| ¼ tsp. pepper | |

Per serving – Calories: 299; total fat: 12 grams; 38 percent of total calories from fat; protein: 29 grams; sodium: 485 milligrams

Percentage Daily Values: Vitamin A: 23 percent; Vitamin C: 8 percent; Calcium 16 percent; Iron 12 percent

1. Mix ¾ cup non-fat dry milk powder with two cups water in a medium bowl.
2. Melt butter or margarine over medium-low heat; blend in flour, salt, and pepper.
3. Stir and cook for about two minutes, or until smooth and bubbly.
4. Gradually stir in milk while stirring constantly. Continue cooking, stirring constantly, until mixture thickens and begins to bubble.
5. Add drained tuna and peas. Continue heating and stirring until hot.
6. Serve creamed tuna over cooked rice, toast, or biscuits.



Senior Services Spotlight

For the love of art

For 37 years, John Mitchell made his living by rebuilding airplane engines. He continued building, or rather creating, things from nature for another 15 years. "After I retired, I just wanted something to do. It kept me busy. The more I did it, the more I liked it," Mitchell said. That hobby sure paid off.

Mitchell made his creations during the week and sold them by the truckload on the weekends. He enjoyed visiting craft shows and getting ideas for his art. The beauty of his art is that the items are made from natural or recycled material. Because he used recycled materials, it took some ingenuity and time to turn them into works of art.

Now at age 90, Mitchell has retired from his artwork and spends time at the Lawrenceville Senior Center three times a week. It has kept him busy since he relocated to Georgia two years ago. Even though there are many activities offered at the center, Mitchell's favorite pastime is playing cards. He said, "We don't gamble; we just play cards for fun."



John Mitchell shows off some of his creations made of natural and recycled materials

Gwinnett County Senior Services (GCSS) operates three active senior centers located in Lawrenceville, Norcross, and Buford. The services GCSS offers include home delivered meals, case management, light housekeeping, in-home respite care, and limited transportation. For more information on the services Gwinnett County Senior Services offer, call the Senior Helpline at 678.377.4150 or visit www.gwinnettseniorservices.com.

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 678.877.4150.

eventcalendar

art

Scrapbooking • Saturdays

May 2, June 13, July 25, and August 22 from 10:00am – 4:30pm. 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 more class information, call Suzanne Wyatt at 770.985.8189. For registration and payment information, contact the community center at 770.985.4713.

Shiloh Middle School Art Exhibit • Monday through Friday – FREE!

May 1 – May 15 from 9:00am – 5:00pm. Come and enjoy the creative and fascinating minds of our youth as they display their projects for your viewing pleasure. For evening and weekend exhibit hours, call 770.985.4713.

career

Résumé Writing and Interview Skills • Saturdays – FREE!

April 18 and June 13 from 9:00am – noon. This workshop will walk provide you with strategies on how to organize your job search and provides insight on résumé writing, interview preparation, and career transition. We encourage you to invest in yourself by learning to effectively organize, prepare, and market you. The instructor is a recruiter with more than 15 years of experience recruiting for three of the top 10 financial institutions in the nation. Pre-registration required. For more class information, contact Fronzetta Peake at frpeake@aol.com. To confirm class dates and to pre-register, call the community 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, give and receive constructive evaluations. For more information, call 770.985.4713.

clubs

Atlanta SCRABBLE® Club • Second and Fourth Saturdays

10:00am – noon. Put your skills to the test while making new friends. Cost: \$1 per month for membership. For information, send an e-mail to doc2barbara@earthlink.net or call 770.557.1343.

Bridge, Bunko, or Dominoes • Wednesdays and Fridays – FREE!

9:00am – 3:00pm. Senior adult groups are welcome to use the Centerville Community Center as a meeting place by calling 770.982.4647 for more information.

Clicks and Sticks Knitting Guild • Second Thursdays

7:00pm – 9:00pm. *Clicks and Sticks* was formed to serve knitters of all experience levels in south Gwinnett, east DeKalb, Rockdale, and other counties. 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. Join us, make new friends, and help serve others through charity knitting opportunities. For more information, contact the community center 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.

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

7:00pm – 8:00pm. Chapter covers Gwinnett and other counties and 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 more 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 August 29), Session II: October 3 – November 7, Session III: November 14 – December 19 (no class November 28). December 19 recital at 6:00pm. Pre-registration and payment required; call 770.985.4713. For more additional class information, send an e-mail to Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Pre-Ballet/Tap II (ages 4 – 6) • Saturdays

9:30am – 10:30am. Session I: August 15 – September 26 (no class August 29), 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, send an e-mail to Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

Pre-Ballet/Tap I (ages TBD by Instructor) • Saturdays

12:10pm – 1:30pm. Session I: August 15 – September 26 (no class August 29), Session II: October 3 – November 7, Session III: November 14 – December 19 (no class 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, send an e-mail to 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 August 29), 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 more class information, send an e-mail to Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

driving

AARP Driving Safety Program • Tuesdays/Thursdays

May 19, 21; June 16, 18 from 9:30am – 1:30pm. Enjoy this eight-hour classroom refresher course especially designed for drivers ages 50 and over. Sponsored by AARP. 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 time of registration. Call 770.985.4713 for information.

education for adults

Basic Grant Writing Course • Tuesdays

6:30pm – 8:30pm. May 5 – 6, June 2 – 23, July 7 – 28, August 4 – 25. Learn how to search for grants, develop a budget, identify and match your needs to grantee, and more. Cost: \$50 for this intensive four-week course (materials included). For more curriculum information, contact sandrasolutions@yahoo.com. For pre-registration and payment information, call 770.985.4713.

Centerville Writers' Group • First and Third Thursdays – FREE!

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

Photography Workshops • Thursdays – FREE!

7:00pm – 8:30pm. Come learn from Gene Daniels, a retired professional photographer, who will improve your photography skills and technique. Classes are designed for everyone, from beginner to expert. Bring pictures you have taken to every class. These should be 4" x 6" to 8" x 10" and need not be professionally printed. Pre-registration and commitment required to hold each workshop.

May 7 and June 11

Digital Photography, Critique, and Instruction

May 14 and June 18

Vacation, Children, and Animal Photography, Critique, and Instruction

Senior Computer Workshop for Adults 50 and Up • Saturdays

9:00am – noon. April 4 – May 2 (no class April 11), May 9 – June 6 (no class May 23), June 13 – July 11 (no class July 4), July 18 – August 8, August 15 – September 5. Come learn about the world of Information Technology in this exciting and interactive approach to learning. 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 three weeks with the fourth class free. Cost includes practice CD and materials. For information, call 770.985.1718. For pre-registration and payment information, call the community center at 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.

The Changing Role of Grandparents • Mondays – FREE!

April 13 – June 8 (no meeting May 25) from 7:00pm – 9:00pm. Join this wonderful support group for grandparents raising grandchildren. Learn and share your experiences with others. Facilitated by Charla Cebulski, masters in counseling and rehabilitation. For curriculum information, contact Mrs. Cebulski at cesmip@bellsouth.net. To hold your spot in class, register by calling 770.985.4713. Hurry, there are only 20 slots available!

education for youth

Mommy and/or Daddy and Me Science Classes for Ages 2 – 5 • Saturdays

9:00am – 11:00am. June 6: Science of Colors; June 13: Science of Bubbles; June 20: Science of Weather; June 27: Science of Senses. Each class is designed to capture the natural curiosity and nature of children while guiding parents in hands-on activities. Classes reinforce kindergarten readiness (alphabet, counting to 20, color identification, following directions, working as a team), along with four themes (bubbles, colors, weather, magnets). Facilitated by husband/

**Rental Space Available
770.985.4713**

eventcalendar

wife team Keelan (masters in mathematics and engineering, Morehouse College and Georgia Tech) and Doresa (PhD in education, 11 years teaching experience, 2008 Georgia Association for Gifted Children's Conference presenter for children ages 2 – 5) Jennings. Cost: \$12 per class; sign up for all four classes per month and each additional child is half off. Pre-registration and payment required, so don't delay. Call the community center at 770.985.4713 for more information.

events

Back to School Bash • Saturday – FREE!

August 8 from 9:00am – 11:00am. Don't miss this annual event. You'll enjoy inflatable slides, moon walks, sand art, refreshments, activities, and just good old fun before going back to school. For more information, call 770.985.4713 or visit www.centervillecommunitycenter.com.

Catfish Round-Up (Fishing Derby for KIDS!) • Saturday – FREE!

May 2 from 10:00am – noon. Try to catch Big Herman, the pond's 30-pound catfish! Children up to age 16 will be able to fish without a license this one day, so bring your poles and we'll supply the bait and prizes. The competition ends at 11:45am and winners will be announced at noon. Parents must be present to sign a waiver in order for children to participate. No need to register, but if you wish to volunteer for the event, contact the community center at 770.985.4713.

exercise

Centerville Walking Club for Adults 20 and Up • Monday Evenings

May 4 – 25; June 1 – 29; July 6 – 27 from 6:00pm – 7:30pm. Get off the couch and kick it in gear with the Centerville Walking Club. This program is designed to motivate and teach individuals the importance of exercise, healthy eating, and living. Learn stretching techniques and walking benefits. Each monthly session will end with a delicious and healthy snack. Cost: \$5 for four weeks. For pre-registration and payment information, call 770.985.4713.

Mommy and Me Fitness • Wednesdays – FREE!

May 20, July 15, and August 19 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 by calling 770.985.4713.

Yogilates for Adults • Tuesdays or Thursdays

7:00pm – 8:00pm. Tuesdays: May 5 – 26; June 9 – 30; July 7 – 28; August 4 – 25. Thursdays: May 7 – 28; June 11 – July 2; July 9 – 30; August 6 – 27 from 7:00pm – 8:00pm. Enjoy the integration of power yoga moves, deep breathing, and mat Pilates. Gain value from stretching, 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.

health and safety

Babysitter's Training • Saturday

June 27 from 9:00am – 2:00pm. Youth ages 12 – 15 receive basic child care safety, safe play, and first aid training. Learn professionalism and leadership skills. Cost: \$55 for materials and certification by the American Red Cross. Minimum of four participants required to hold class. For course information, contact kimlafourche@aol.com. Pre-registration and payment required by calling 770.985.4713.

Heartsaver First Aid/CPR Certification • Saturdays

May 2, June 6, July 18, and August 8 from 9:00am – 1:00pm. 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 course information, contact 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.

Vegan Cooking Classes and Laws for Healthy Living (Adults 20 and Up) • Tuesdays or Thursdays

Tuesdays: Learn new scrumptious vegan recipes in this exciting interactive cooking class from 6:30pm – 8:00pm. May 5 and June 16: Cooking with Tofu I and II; May 12 and June 23 – Breakfast Entrées; May 19 and June 30: Meatless Entrées; May 26 and July 7 – Vegan Desserts; June 2 and July 14: Simple Soups and Salads; June 9 and July 21: Spreads, Sauces, Milks, and Condiments. Thursdays: Educational chats are designed to teach individuals how to incorporate good eating habits and simple laws for good health from 7:00pm – 8:00pm. May 28: Diabetes; June 25: Women's Health Issues; July 30: High Blood Pressure and Stroke. Cost: \$6 per class or \$15 for three classes. For class information, contact instructor Shalewa Paul at 770.822.6932. Pre-registration and payment required by calling 770.985.4713.

mentoring

CHOICES Young Men's Mentoring Program • Mondays or Tuesdays

6:00pm – 7:00pm. June 8 – July 20: **Session I: Getting the Hook Up** Mondays for ages 11 – 13 (middle school). Topics include team building, making decisions, social skills, career development, physical fitness, and being the best person you can be. June 9 – July 21: **Session II: The Leader in You.** Tuesdays for ages 14 – 18 (high school); topics will be discussed on developing and maintaining positive relationships, good citizenship, financial preparedness, career development, values, and effective communication skills. Sponsored by Child and Adolescent Resource Education Services (CARES), LLC. Cost: \$15 (non-refundable registration) and \$40 per session. Students enrolling for both sessions, pay registration fee once. For program information contact Monica Davis at 404.578.7629 or send an e-mail to monicaddavis@comcast.net. For pre-registration and payment information, call 770.985.4713.

money

CDs, Annuities, Mutual Funds, LTC Insurance, Probate, and Why • Thursday – FREE!

June 11 from 2:00pm – 3:00pm. Learn how investments are treated at death. Learn strategies to protect your health and your money. Sponsored by Seminars of the South with Daniels and Associates. Pre-registration and commitment required. Minimum of five participants needed to hold each class. Call 770.985.4713 to pre-register. For class information, call 770.979.7370.

Tax-Efficient Strategies and IRA Distributions • Thursday – FREE!

June 11 from 10:00am – 11:00am. Learn principles, concepts, and strategies to protect your money. Finding out how you use the investment is just as important as what investment you choose. Sponsored by Seminars of the South with Daniels and Associates. Pre-registration and commitment required. Minimum of five participants needed. Call 770.985.4713 to pre-register. For class information, contact 770.979.7370.

Turbulent Times and How to Invest with Market Volatility • Thursday – FREE!

May 14 from 2:00pm – 3:00pm. Learn how events influence Wall Street, about risk tolerance, and what compounding, allocation, and diversification mean. Sponsored by Seminars of the South with Daniels and Associates. Pre-registration and commitment required. Minimum of five participants needed to hold each class. To pre-register, call 770.985.4713. For information, call 770.979.7370.

Women and Finances – FREE!

May 14 from 10:00am – 11:30am; May 21 from 7:00pm – 8:30pm. Learn key financial strategies for the working woman and financial concerns for women during retirement. Sponsored by Seminars of the South with Daniels and Associates. Pre-registration and commitment required. Minimum of five participants needed to hold each class. Call 770.985.4713 to pre-register. For class information, contact 770.979.7370.

music

Milk and Cookies Concert • Tuesdays – FREE!

May 12, August 11 from 11:30am – 12:15pm. Interactive rhythm exploration with a snack to celebrate after all the fun. Activity is for children ages 1 – 4. No registration required. Call 770.985.4713.

summer camps

ABC Tutoring Summer Reading Camp • Monday – Thursday

June 8 – July 2 from 9:00am – 11:30pm for grades 1 – 2; 12:30pm – 3:00pm for grades 3 – 4. Program will jumpstart your child's progress and help beginners. ABC Tutoring will assist students with reading strategies, comprehension, phonics, and vocabulary through the use of interactive games, visuals, and reading booklets during group sessions. Cost: \$60 per week with first week's fee due at registration. For information, call 404.438.1067. For pre-registration and payment information, call 770.985.4713.

Camp Kidz Fun Zone • Monday – Friday

June 1 – June 5; June 29 – July 2; July 13 – 17; July 27 – 31 from 9:00am – 1:00pm. Ages 6 – 12. Come have fun with us. Kids will enjoy **Mini-Me Chef** classes where they will make chocolate candy, pizza, decorate cupcakes, and make their own popcorn mix. They will also make a scrapbook for the week, learn to make jewelry, create sand art, and more. Cost: \$15 non-refundable registration fee with \$65 per week, which includes snack and all camp materials. For additional camp information, contact Tondra Jackson at tundra@bellsouth.net. For payment and registration information, call 770.985.4713. Camp registration packet, first week's fee, and registration fee are all required to reserve your spot.

Cheer and Tumbling Camp • Monday – Friday

June 8 – 12; July 6 – 10 from 9:00am – noon. Ages 4 – 7. Children will learn basic cheerleading skills such as arm and leg positions, jumps, tumbling, and music-accompanied dance routines. They will also learn tumbling and movement skills such as rolling, jumping, cartwheels, beam skills, and basic coordination. Cost: \$60 for one week with snacks and craft activities included. Pre-registration and payment required to hold spot. For more class information, contact Maggie@studiodanceandfitness.com or call 770.985.4713.

Digital Photography Workshop/Camp • Monday – Wednesday

June 1 – 3 from 9:00am – 12:30pm. Join us for this fun-filled, three-day camp designed for everyone. Camp is open to ages 12 and up with topics including photography instruction, photo printing techniques and critique, and photo display options. Camp is limited to 10 people, so don't delay. Instructor Gene Daniels is a retired professional photographer. Bring pictures you have taken to every

eventcalendar and news

class. These should be 4" x 6" to 8" x 10" and need not be professionally printed. Requirements: Digital camera, memory card, and ability to print photos from home (no special printers needed). Cost: \$6 per person or \$15 per family. For pre-registration and payment information, call the community center at 770.985.4713.

Musical Theatre Camp • Monday – Friday

June 1 – June 5 for ages 8 – 14; June 22 – June 26 for ages 4 – 7; July 6 – July 10 for ages 15 – 17 from 9:00am – 1:00pm. Youth will learn and participate in acting, costumes and props, singing, puppets, stage movement (dance), improvisation, theatre games, and arts and crafts. Creative writing will be offered to ages 8 – 15, storytelling for ages 4 – 7, stagecraft (building and designing miniature stage sets and props) for ages 15 – 17. Cost: \$20 non-refundable registration fee and \$45 per week fee. For camp information, call MasterPiece Performing Arts Company (MPPAC) at 678.765.2865 or e-mail mppacinfo@charter.net. For pre-registration and payment information, call 770.985.4713.

Exploring Science Camp • Monday – Friday

1:00pm – 3:30pm. June 15 – June 19: Earth Science and our Environment, June 22 – June 26: Life Science and Physical Science. Ages 8 – 11. Explore through hands-on activities, exciting experiments, games, and more. Topics include rocks and fossils, minerals, water conservation, recycling, biology, electricity, magnetism, chemistry, and more. Camp is staffed by two experienced science teachers with master's degrees in education. Cost: \$65 per week (\$5 sibling discount) with all materials and equipment included. Don't delay, only 12 slots per week. Preregistration and payment required; 770.985.4713.

Math Camp • Monday – Friday

9:00am – 1:00pm. June 1 – 5, June 8 – 12, June 15 – 19 for elementary grades 3 – 5; July 6 – 10, July 13 – 17, July 20 – 24 for middle school grades 6 – 8. This challenging, summer-intensive program will focus on math concepts and skills at or above grade level. Students will participate in discovery learning and problem solving activities designed to promote critical thinking skills. Curriculum uses the inquiry-learning, product-based, and problem solving instructional models. Classes will be divided into practice of advanced skills, cooperative, and discovery-based learning activities, concepts of numbers and computation, test-taking strategies, and more. Small class sizes up to 10 students. Cost: \$10 non-refundable registration fee and \$80 per week. For payment and registration information, call 770.985.4713. Camp registration packet with all fees are required to reserve your spot, so don't delay.

Summer Dance Camp • Monday – Friday

June 22 – June 26; July 20 – July 24 from 9:00am – 1:00pm. Ages 5 – 12. Enjoy a week-long summer camp making new friends, dancing, and learning about Tap, Jazz, Hip-Hop, and Ballet techniques. Bring a snack, dress comfortably, and prepare to have a blast. Cost: \$65 per week. Limited slots available per camp, so don't delay. Pre-registration and payment required to secure spot. For camp information, contact leaps5678@gmail.com. For registration and payment information, call 770.985.4713.

Summer Express Camp • Monday – Friday

June 1 – August 7 from 8:30am – 3:30pm. Ages 5 – 13. Come ride with us this summer. You will have fun making new friends and enjoying weekly themes such as basketball, soccer, cooking, softball, dance, flag football, and more. Also enjoy in-house field trips with Falcons Cheerleaders, Bubble Mania, and more. Breakfast, lunch, and snacks are provided at no additional cost; after camp care begins from 3:30pm – 6:00pm at no additional charge. Cost: \$45 non-refundable registration fee with \$78 per week. For camp information, contact Angela Ellies at 404.483.6905 or Simone Miller at 678.778.6284. For payment and registration information, call 770.985.4713. Camp registration packet, first week's fee, and registration fee are all required to reserve your spot, so don't delay.

calendar

Gamblers Anonymous

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.

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 or picked on by bigger and older kids, latchkey kids who have lost their keys,

runaway teens or those who have been kicked out of homes, youth with friends who are drinking and driving, and children from neglectful or abusive homes. Visit www.gwinnettchildrenshelter.org or call 770.614.2400.

Yoga

Wednesdays from 4:30pm – 5:00pm 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.

Should you get a vaccination for meningitis?

Meningitis is the name given to any process that causes an inflammation of the outer lining of the brain—some viruses, medical conditions, and bacteria can lead to this ailment. The most common type of meningitis in the United States is caused by a bacterium called *Neisseria meningitidis*, or meningococcal meningitis. In the United States, meningococcal meningitis is rare and occurs mainly in infants and young children; however, each year, the illness causes deaths among young adults and college students.

Those who contract meningitis, or have symptoms related to the illness, need medical attention as soon as possible. Antibiotic treatment is most effective during the early stages of this disease. The signs of meningococcal meningitis, which can resemble flu symptoms, include: high fever, severe headache, stiffness of the neck, nausea, vomiting, rashes, fatigue, drowsiness, and confusion.

Studies have confirmed that meningococcal meningitis is rare among college-aged adults in this country; however, of those few individuals who do get the infection, there's an increased risk associated with those who live in close quarters such as residence halls. The Centers for Disease Control (CDC) recommends that college freshmen living in residence halls be immunized to reduce the risk of contracting this illness. Vaccinations are available at all Gwinnett County public health centers.

For more information:

Buford Health Center	770.614.2401
Lawrenceville Health Center	770.339.4283
Norcross Health Center	770.638.5700

You can also go online to visit www.gwinnetthealth.com.

Fun in the sun ... cont'd from page 1

- Buy a bike that is the right size, not one your child has to grow into; oversized bikes are especially dangerous
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home
- Purchase a helmet that meets CPSC safety standards

Skateboard, scooter, in-line skating, and Heelys® safety

- Children should never ride skateboards or scooters in or near traffic
- All skateboarders and scooter-riders should wear a helmet and other protective gear; wrist guards are particularly important
- Gwinnett County skateparks are great places to skate because they are built to safety standards

Lawnmower safety

- Make sure that you wear sturdy shoes while mowing
- Pick up objects in the yard before you start mowing; wear hearing and eye protection
- Do not pull the mower backward or mow in reverse
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas
- Do not allow children to ride as passengers on riding mowers

Adapted from www.aap.org

Preparing your teen ... cont'd from page 1

Your teenager will also have to learn to be a responsible roommate. Encourage your child to establish ground rules in the beginning—study and visiting times, sharing food, overnight guests, and a cleaning schedule. Be sure that your child has done at least a load or two of laundry, from separating clothes by color and using bleach and detergent properly, to drying and ironing the clothes. If your child is laundry-deficient, pack a bottle of wrinkle releaser and fabric freshener (at least he or she won't smell).

One of the most challenging—but necessary—topics to discuss with your college-bound child is the balance between academics and social life. As a parent, you stress the importance of working hard to get good grades, but the discussion about college life is taboo. Parents must talk openly with their children about alcohol use, drugs,

relationships, and sex; but fear not—you have help. The following websites offer guidance to discuss these topics with your child: Leadership to Keep Children Alcohol Free, www.alcoholfreechildren.org; College Drinking Prevention, www.collegedrinkingprevention.gov, and the National Education Association Health Information Network, www.neahealthinfo.org.

Your child's college years will be the most important time of his or her life. As a parent, your involvement in preparing for these years is vital to your child's success as he or she leaves the nest.

Sources: www.essortment.com/family/parentingadvice_sfeu.htm, www.usaedfoundation.org, www.msnbc.com

eventcalendar and news

computer classes

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.

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. Call the Norcross Human Services Center at 770.638.5661 to register and reserve your seat now.

Introduction to Computers (Instruction in Spanish) • Tuesdays and Thursdays or Saturdays

Tuesdays and Thursdays from 6:30pm – 8:30pm or Saturdays from 8:30am – 12:45pm. 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. Call the Norcross Human Services Center at 770.638.5661 to register and reserve your seat now.

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.

Keyboarding • Mondays

Noon – 2:00pm. Learn to use the keyboard to help improve your proficiency. Program divided in four Mondays. Cost: \$10. Space is limited. Provided by One 2 One Educational Support; call the Norcross Human Services Center to register, 770.638.5661.

Professional Documents – Advanced Computer Class • Mondays and Wednesdays

9:00am – 11:00am. This class will help you create professional documents using Microsoft Word®, PowerPoint®, and Publisher®. Must have basic computer knowledge. Come and advance your skills in this four-day program. Cost: \$25. Class taught in English. Space is limited. Provided by One 2 One Educational Support; call the Norcross Human Services Center to register, 770.638.5661.

Résumé Writing • Fridays

9:00am – 11:00am. Must have basic computer skills to create your résumé on the computer. Program divided into three Fridays. Bring external storage device to save résumé. Cost: \$15. Space is limited. Provided by One 2 One Educational Support; call the Norcross Human Services Center to register, 770.638.5661.

Using the Internet • Fridays

Noon – 2:00pm. Learn how to navigate the Internet and much more. Some computer skills preferred but not necessary. Program divided in two Fridays. Cost: \$10. Space is limited. Provided by One 2 One Educational Support; call the Norcross Human Services Center to register, 770.638.5661.

Microsoft Word Advanced • Mondays and Wednesdays

9:00am – 11:00am. This is the next class after Introduction to Computers for those who were introduced to Microsoft Word. Come and advance your skills in this four-day program. Cost: \$25. Class taught in English. Space is limited. Provided by One 2 One Educational Support; call the Norcross Human Services Center to register, 770.638.5661.

dance

Belly Dancing • Wednesdays

6:30pm – 7:30pm. Come and learn the art of belly dancing, a fun way to increase your physical fitness. Belly dancing is a great low-impact aerobic exercise. 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.

Latin Dancing • Wednesdays

7:00pm – 8:00pm. No partners needed. Learn the basic steps and advance to become a great dancer. Cost: \$5 per class. Register for a four-week session to enjoy a whole set of classes. For more information and to register, call 770.638.5661.

events

Multicultural Family Resources Fair – FREE!

Saturday, June 6; 9:00am – 3:00pm. Come and enjoy many activities and workshops for the entire family. Provided by Northeast Metro Marriage and Family Network, Center for Community Initiatives at Georgia Family Council and sponsored by the Norcross Human Services Center. Please call us for more information about this event at 770.638.5661.

health and nutrition

Fitness Express • Mondays, Wednesdays, and Fridays – FREE!

11:30am. 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.

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.

language

English as a Second Language (ESL) Literacy and Civics Classes

ESL Basic and Literacy: Mondays and Wednesdays from 7:00pm – 9:00pm

ESL Level One A: Tuesdays and Thursdays from 5:00pm – 7:00pm

ESL Level One B: Mondays and Wednesdays from 6:30pm – 8:30pm

ESL Level Two A: Tuesdays and Thursdays from 7:00pm – 9:00pm

ESL Level Two B: Tuesdays and Thursdays from 6:30pm – 8:30pm

ESL Level Three A: Mondays and Wednesdays from 6:30pm – 8:30pm

ESL Level Four A: Tuesdays and Thursdays from 6:00pm – 8:00pm

ESL Level Five A: Mondays and Wednesdays from 5:30pm – 6:30pm

All classes are for adults who want to learn English. There is a one-time \$20 registration fee. 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 al Centro de Recursos Humanos de Norcross para registrarse, 770.638.5661.

Spanish • Mondays and Wednesdays

6:00pm – 8:15pm. The cost is \$60 for four 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.

multicultural

Citizenship • Wednesdays

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.

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.

Reunión de Girl Scouts • Sábados

10:00am hasta mediodía. Todos los sábados con excepción fines feriados Reunión de topas. 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 mas información, llamar al 404.527.7500.

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

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

1:00pm – 3:00pm. Meets every third Saturday. 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 www.singleparent411.org for more information. Call the Norcross Human Services Center to register, 770.638.5661.

Parenting Classes • Tuesdays

6:30pm – 8:30pm. Classes taught in Spanish. Session 1: Understanding Yourself and Your Child, Session 2: Understanding Your Beliefs and Feelings, Session 3: Encouraging Your Child and Yourself, Session 4: Listening and

Practice fire safety this summer

Every year Americans look forward to summer vacations, camping, family reunions, picnics, and the Fourth of July. Summertime also brings fires and injuries due to fireworks and outdoor grills. Just under 10,000 Americans are injured by fireworks and almost 5,000 are injured by charcoal/wood-burning and propane grill fires annually. In 2007, 64 percent of fireworks injuries occurred between June 22 and July 22.

Families also enjoy camping in the summer. It is important to follow the rules and know how to extinguish campfires in parks. Summertime should be a time for fun and making happy memories. Knowing a few fire safety tips and following instructions will help everyone have a safe summer.

Fireworks safety

- The best way to enjoy fireworks is to visit public fireworks displays put on by professionals who know how to safely handle fireworks

- If you plan to use fireworks, make sure they are legal in your area
- Never light fireworks indoors or near dry grass
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly
- Do not wear loose clothing while using fireworks
- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it
- Always read the directions and warning labels on fireworks. If a device is not marked with the contents, directions and a warning label, do not light it
- Supervise children around fireworks at all times

Barbecue safety

- Before using a grill, check the connection between the propane tank and the fuel line. Make sure the venturi tubes—where the air and gas mix—are not blocked
- Do not overfill the propane tank

- Do not wear loose clothing while cooking on a grill
- Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flame can flash back up into the container and explode
- Keep matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately. Supervise children around outdoor grills
- Dispose of hot coals properly; douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in plastic, paper, or wooden containers
- Never grill/barbecue in enclosed areas—carbon monoxide could be produced
- Make sure everyone knows to stop, drop, and roll in case a piece of clothing does catch fire. Call 911 or your local emergency number if a burn warrants serious medical attention

Campfire safety

- Build campfires where they will not spread, away from dry grass and leaves
- Keep campfires small, and don't let them get out of hand
- Keep plenty of water and a shovel around to douse the fire when you're done. Stir it and douse it again with water
- Never leave campfires unattended

Adapted from www.firesafety.gov

NHSC ... cont'd from page 6

Talking to Your Child, Session 5: Helping Children Cooperate, Session 6: Discipline That Makes Sense, Session 7: Choosing Your Approach, Session 8: Drugs and Alcohol. For more information and to register, please contact the Gwinnett Children's Shelter at 678.546.8770.

Clases de Crianza • Mártes

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.

Prenatal Classes • Mondays

9:00am – 11:00am. Learn the proper nutrition during your pregnancy, how to care for your baby, and other valuable information. Classes taught in Spanish by Saint Joseph Mercy Care. To register or for more information, call the Norcross Human Services Center at 770.638.5661.

Clases Prenatales • Lunes

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 • Saturdays

11:00am – 12:30pm. Meets every third Saturday. 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.

summer camps

Kool Kamp for Kids • Monday – Friday

9:00am – 3:00pm, June 1 – June 26. Cost: \$65 per week. June 29 – July 2 only \$55 (no class on Friday). This five-week enrichment program is for children in grades 3 – 6 and will offer stimulating recreational activities including computer projects, photography, crafts, science exploration, indoor and outdoor games, and a weekly field trip. Space is limited. Breakfast and lunch will be provided. One-time, non-refundable activity fee \$50. Program Provided by One 2 One Educational Support; register weekly at the Norcross Human Services Center by calling 770.638.5661.

Mathematics Workshop • Monday – Friday

9:00am – 11:00am for grades 3 – 4; 1:00pm – 3:00pm for grades 5 – 6; 3:30pm – 5:30pm for grades 7 – 8. Sharpen your math skills to get ahead of your peers before school starts. This math workshop will review familiar topics and introduce on-level concepts. Students will be given methods to develop base knowledge, how to improve problem-solving techniques, and teach textbook reading strategies that will create a solid foundation for independent learning. All students must know the 12X table. Groups will not exceed 10 students. Cost: \$50, including supplies. Program Provided by One 2 One Educational Support; pre-registration required at the Norcross Human Services Center, 770.638.5661.

workshops

Consumer Credit Counseling Service • Saturdays – FREE!

9:00am – noon. Get assistance dealing with bankruptcy and becoming debt-free. To register or for more information, please call the Norcross Human Services Center, 770.638.5661.

Accesoría de Crédito y Administración de Deudas • Sábados – ¡GRATIS!

9:00am – mediodía. Talleres para ayudarle a controlar deudas, educación y accesoría acerca de la bancarrota, ayudas del gobierno. Para más información y para reservar su cupo, llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

Escuela Para Padres (Parenting School in Spanish) – ¡GRATIS!

Sábado, el 23 de mayo y sábado el 6 de junio, 8:00am – 1:30pm. Una presentación proporcionada con ayuda de la asociación contra la violencia doméstica (PADV por sus signos en inglés), la Buen Salud Samaritana (Good Samaritan Health), y renovación conyugal.

**“A perfect summer day is
when the sun is shining,
the birds are singing,
and the lawn mower is broken.”**

—James Dent

Belly dance to get in shape

Belly dancing, or *Raks Sharki* as it is called in the Middle East, is not just for young, fit females. Because the moves are gentle and low-impact, it's an excellent form of exercise for anyone.

Belly dancing is based on movements that come naturally to the female form. The graceful hip drops, rolls, and pivots of this dance form use muscle groups in the abdomen, pelvis, trunk, spine, and neck, working with the body instead of against it.

Because a dancer is on her feet, it's considered a weight-bearing exercise. Weight-bearing exercises prevent osteoporosis and strengthen bones, and the overall toning can lead to an improved self-image as the dancer becomes more balanced and poised.

Belly dancing is considered a low-impact exercise, meaning the risk of injury is minimal when movements are done correctly. Depending on the intensity of the dancing, belly dancing can burn up to 300 calories an hour.

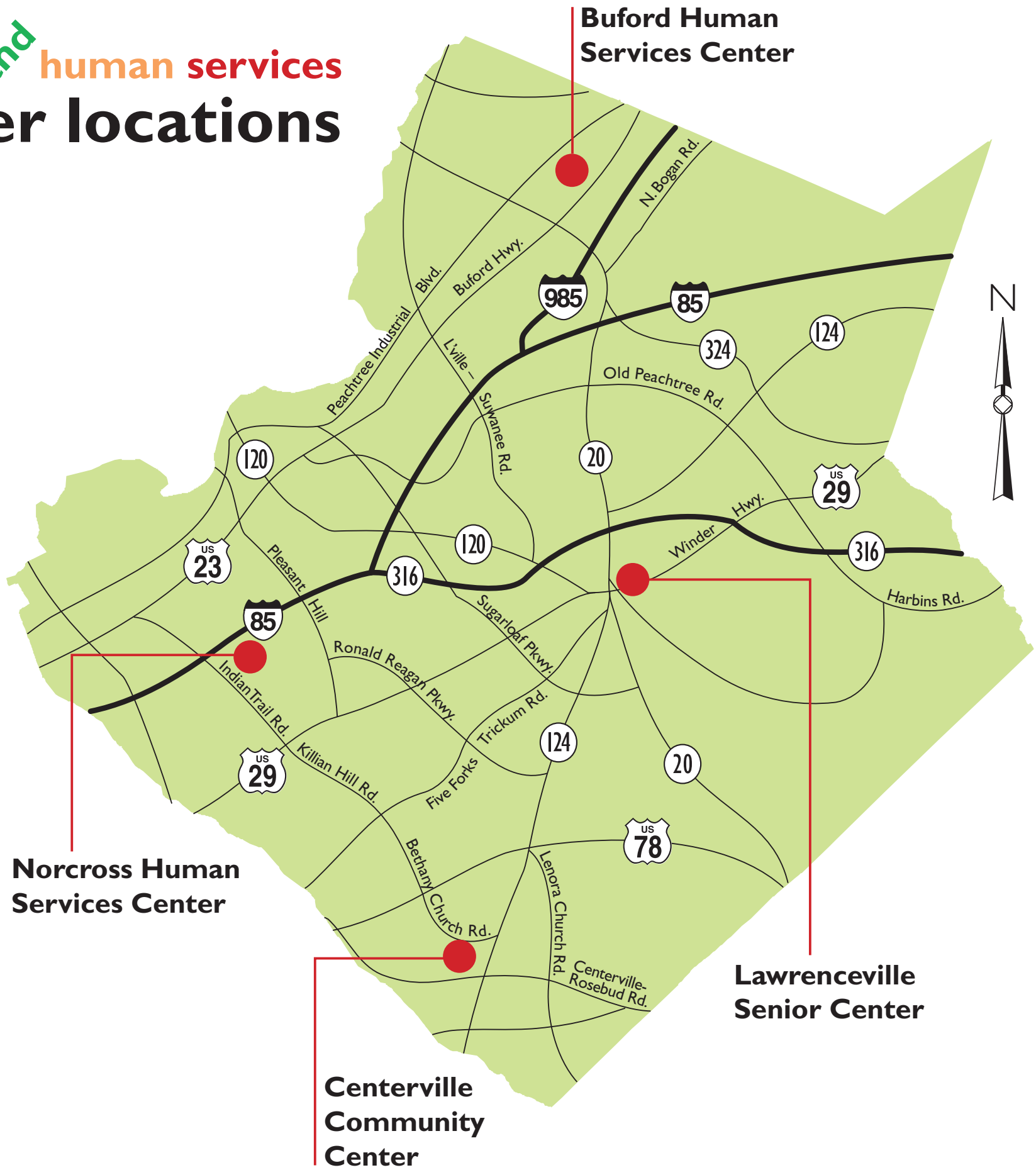
Ladies who attend the Norcross Senior Center participate in the belly dance class and practice moves such as snake arms, shoulder shimmies, and hip circles. The instructor is Tammy Blakely, manager of the Norcross Senior Center, who is also a member of *Daughters of the Nile*, a Middle Eastern dance ensemble in Atlanta. So, if you're looking for a fun, low-impact workout, join us at the Norcross Human Services Center for weekly belly dance classes. Please check the event calendar for dates and times or call 770.638.5661. Please visit www.gwinnettnhsc.com.

Do you know your neighbor?

...continued from page 1

Answer: Argentines

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