

OneSTOP

January –
April 2018

Connecting services to a vibrant community.

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gwinnettcounty
health & human services

www.gwinnetthumanservices.com

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Mission Statement

Health and Human Services partners with the community to provide and connect service opportunities that help improve the health and well-being of a growing and diverse Gwinnett County.

Board of Commissioners

Charlotte Nash, Chairman
Jace Brooks, District 1 Commissioner
Lynette Howard, District 2 Commissioner
Tommy Hunter, District 3 Commissioner
John Heard, District 4 Commissioner
Glenn Stephens, County Administrator
Phil Hoskins, Deputy County Administrator

Holiday Closings

Gwinnett County will close January 1 for New Year's Day, January 15 for Martin Luther King Jr. Day, and February 19 for Presidents Day.

Disclaimer

Fees, availability, services, and activities subject to change without prior notice. Gwinnett County reserves the right to photograph and videotape activities and facilities for promotional purposes.

Registration

Fee Policy

Non-Gwinnett resident fee double for all activities (\$20 additional maximum).

Refund Policy

No refunds for activities/dates missed by participants. Gwinnett County will only refund/credit cancelled activities before the start date or will reschedule after the start date.

Withdrawal Policy

Gwinnett County will refund withdrawal requests submitted in writing at least eight days prior to the start date. Requests submitted in seven days or less may incur a \$25 fee or amount equal to half the total fee.

OneSTOP

Register for Activities

Three easy ways.



Click In

www.gwinnetthumanservices.com

Call In

Phone numbers on pages 1, 4, and 10.



Come In

Locations on pages 1, 4, and 10.

Apply for Senior Services

Information on page 14.

Contacts

Blake Hawkins, Deputy Department Director

770.822.8846 | blake.hawkins@gwinnettcounty.com

Pat Baker, Division Director

770.822.8832 | pat.baker@gwinnettcounty.com

Ava Camejo-Douglas, Programs Manager

678.377.3016 | ava.camejo-douglas@gwinnettcounty.com

Vivian Gaither, Centers Manager

678.277.0264 | vivian.gaither@gwinnettcounty.com

Volunteer

with Health and Human Services



Engage in meaningful opportunities:

- Instruct classes
- Assist with seasonal donation drives
- Provide seniors:
 - Transportation
 - Meal delivery
 - Minor home repair
 - Lawn care

www.volunteergwinnett.net



OneStop Buford

2755 Sawnee Avenue | Buford, GA 30518
 678.225.5360 | onestopbuford@gwinnettcountry.com
 Monday to Friday | 8:00am to 5:00pm

Free Tax Assistance on page 8!

Social Services | Senior Services | Buford Health Center | View Point Health

Day	Date	Time	Age	Cost	Code
Smart Driver					
Take advantage of defensive driving techniques and learn how to adjust to changes in vision, hearing, and reaction time as you age. This test-free course may also earn you a discount on your auto insurance! Valid driver's license required. Pay \$20 (or \$15 for AARP members) to the instructor the day of. Provided by AARP.					
THU	MAR 1	9:30am-4:00pm	All	See above	OSB16600

Recreational

Voter Registrations and Elections needs...

Earn \$75 to \$300 per day!

Bilingual Poll Officials!

Electronic applications only | www.gwinnettcountryjobs.com
 English and Spanish fluent and literate | Age 16+ | Gwinnett County resident | U.S. citizen

English as a Second Language
 Improve your English as a second language in a welcoming and diverse setting! You may take an assessment test to help determine your level. No class January 15 or February 19. Provided by the Center for Pan Asian Community Services.

Level I					
MON & WED	JAN 8-MAR 28	9:30am-12:30pm	18+	Free	OSB14200
MON & WED	JAN 8-MAR 28	6:00pm-9:00pm	18+	Free	OSB14201
TUE & THU	JAN 9-MAR 29	9:30am-12:30pm	18+	Free	OSB14202
TUE & THU	JAN 9-MAR 29	6:00pm-9:00pm	18+	Free	OSB14203
MON & WED	APR 9-JUN 20	9:30am-12:30pm	18+	Free	OSB14204
MON & WED	APR 9-JUN 20	6:00pm-9:00pm	18+	Free	OSB14205
TUE & THU	APR 10-JUN 21	9:30am-12:30pm	18+	Free	OSB14206
TUE & THU	APR 10-JUN 21	6:00pm-9:00pm	18+	Free	OSB14207
Level II					
MON & WED	JAN 8-MAR 28	9:30am-12:30pm	18+	Free	OSB14208
MON & WED	JAN 8-MAR 28	6:00pm-9:00pm	18+	Free	OSB14209
TUE & THU	JAN 9-MAR 29	9:30am-12:30pm	18+	Free	OSB14210
TUE & THU	JAN 9-MAR 29	6:00pm-9:00pm	18+	Free	OSB14211
MON & WED	APR 9-JUN 20	9:30am-12:30pm	18+	Free	OSB14212
MON & WED	APR 9-JUN 20	6:00pm-9:00pm	18+	Free	OSB14213
TUE & THU	APR 10-JUN 21	9:30am-12:30pm	18+	Free	OSB14214
TUE & THU	APR 10-JUN 21	6:00pm-9:00pm	18+	Free	OSB14215

Educational



OneStop Buford

Educational

Day	Date	Time	Age	Cost	Code
Alfabetización en Español					
Aprenda a leer, escribir y hablar su idioma nativo. Limitado a diez estudiantes por clase para más apoyo individual.					
LUN Y MIE	ENE 17-FEB 19	7:00pm-8:30pm	16+	Gratis	OSBI4216
LUN Y MIE	MAR 5-ABR 9	7:00pm-8:30pm	16+	Gratis	OSBI4217
LUN Y MIE	ABR 23-MAY 28	7:00pm-8:30pm	16+	Gratis	OSBI4218

Citizenship Preparation					
Do you want to become a United States citizen? Receive help with the Form N-400 and interview process, and learn about American history and civics while improving your English reading, writing, and speaking. Bring your Social Security Number, Permanent Resident Card (Green Card), and a notebook and pen. No class February 19. Provided by Center for Pan Asian Community Services.					
MON & WED	JAN 17-APR 4	6:00pm-8:30pm	18+	Free	OSBI4219
MON & WED	APR 9-JUN 27	6:00pm-8:30pm	18+	Free	OSBI4220

Conceptos Básicos de Presupuesto					
Descubra los cinco pasos claves para desarrollar un sólido presupuesto familiar o personal, incluyendo el valor de una cuenta de cheques, herramientas para ayudarlo a ahorrar dinero, y como establecer crédito. Proporcionado por BB&T Bank.					
WED	ENE 12	10:00am-12:00pm	Todos	Gratis	OSBI4600

Budgeting Basics					
Discover the five key steps to developing a solid family or personal budget, including the value of a checking account, tools to help you save money, and how to establish credit. Provided by BB&T Bank.					
WED	MAR 7	6:30pm-8:30pm	All	Free	OSBI4601

Employment Readiness					
Become a top job candidate! Compose your résumé and cover letter effectively, and polish your interview style to best demonstrate your knowledge and qualifications. Bring your laptop. Provided by Lady Butterflies.					
FRI	APR 27	10:00am-2:00pm	16+	\$20	OSBI4602

Adoption/Foster Training					
Do you want to adopt or provide foster care? Complete this required pre-service training, which provides information and guidance, and prepares you for the joys and challenges, including parenting children with a history of loss and trauma. Provided by All God's Children Inc.					
TUE	JAN 2-APR 24	6:30pm-8:30pm	All	Free	OSBI4700



Active Shooter					
Learn how to respond in the event of an active shooter. This workshop follows Department of Homeland Security and FBI guidelines. Warning: The educational video depicts images and/or content that viewers may find disturbing. Viewer discretion advised. Provided by Lady Butterflies.					
SAT	MAR 3	10:00am-2:00pm	All	Free	OSBI4701



Collaborate, network, and receive resources and education geared toward a diverse community!
To join or to become a presenter, email gmac@gwinnettcountry.com.

1:00pm to 3:00pm
January 23 | February 27 | March 27 | April 24

Find us on



@GMAC0



Day **Date** **Time** **Age** **Cost** **Code**

Ser Familia ofrece asesoramiento y varios programas educativos para jóvenes latinos, individuos, parejas y familias.

Para obtener más información y referidos, llame al 678.363.3079 o visite www.serfamilia.org.

Se reciben personas sin cita previa.

@serfamiliageorgia @SerFamiliaInc

Dance, Dance

Get your groove on while burning calories in this certified-led class!

TUE	JAN 16	5:30pm-6:30pm	All	\$4	OSB17300
TUE	JAN 23	5:30pm-6:30pm	All	\$4	OSB17301
TUE	JAN 30	5:30pm-6:30pm	All	\$4	OSB17302
TUE	FEB 6	5:30pm-6:30pm	All	\$4	OSB17303
TUE	FEB 13	5:30pm-6:30pm	All	\$4	OSB17304
TUE	FEB 20	5:30pm-6:30pm	All	\$4	OSB17305
TUE	MAR 6	5:30pm-6:30pm	All	\$4	OSB17306
TUE	MAR 13	5:30pm-6:30pm	All	\$4	OSB17307
TUE	MAR 20	5:30pm-6:30pm	All	\$4	OSB17308
TUE	MAR 27	5:30pm-6:30pm	All	\$4	OSB17309
TUE	APR 10	5:30pm-6:30pm	All	\$4	OSB17310
TUE	APR 17	5:30pm-6:30pm	All	\$4	OSB17311
TUE	APR 24	5:30pm-6:30pm	All	\$4	OSB17312

Gamblers Anonymous

Receive recovery information and support for yourself or someone you know. New participants, including family and friends welcome.

TUE	JAN 2-APR 24	6:30pm-8:30pm	All	Free	Drop in
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Heal. Love. Live.

Sexual assault affects millions of Americans. Survivors can receive resources, support, and guidance to begin their journey toward emotional healing. Provided by Earnest Love.

THU	JAN 11-MAR 29	7:00pm-8:30pm	All	Free	OSB17400
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Coffee Time

Did you recently move to Gwinnett County? Meet a group of diverse women also new to the area, share your settling in experiences, and receive resources.

FRI	JAN 26	10:00am-2:00pm	All	Free	OSB17401
FRI	FEB 23	10:00am-2:00pm	All	Free	OSB17402
FRI	MAR 23	10:00am-2:00pm	All	Free	OSB17403
FRI	APR 27	10:00am-2:00pm	All	Free	OSB17404



First Aid/CPR

Become more safety aware and potentially save lives by learning how to respond to first aid, breathing, and cardiac emergencies. Taught in English and Spanish. Provided by Gwinnett County Fire and Emergency Services.

FRI	FEB 23	10:00am-2:00pm	16+	Free	OSB17700
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OneStop Centerville

3025 Bethany Church Road | Snellville, GA 30039
 678.277.0228 | onestopcenterville@gwinnettcountry.com
 Monday to Friday | 8:00am to 5:00pm



Social Services | Senior Services | Rentals

Day **Date** **Time** **Age** **Cost** **Code**

Black History Month Exhibit | Free

Monday to Friday, February 1 to February 28 from 9:00am to 5:00pm

Enjoy a self-guided exhibit that celebrates African Americans' achievements and recognizes their role in United States history. Closed February 19.



Speech Meet

Polish your public speaking skills! Present your speech and receive constructive feedback. You will also understand the importance of orations and access additional resources. Recognition, awards, and light refreshments offered. For more information, contact Carlos Green at 770.881.0100 or carlosgreene@bellsouth.net. Provided by Toastmasters of Centerville.

SAT MAR 17 9:30am-11:30am 14-18 Free OSC11000

Egg-sighting Easter

Egg hunt starts at 11:00am. Enjoy an outdoor egg hunt, face painting, and snacks (while supplies last)! Don't forget to bring your baskets and cameras. The event will transfer indoors in the event of rain. Limited to 100 participants.

THU MAR 29 10:30am-12:00pm 0-4 Free OSC11001



Earth Day Jam-along

Celebrate our planet by using green materials to make music. Don't forget to sing and dance along to that recyclable beat! Cosponsored by Fiscal and Solid Waste Management.

WED APR 18 10:30am-11:30am 3-5 Free OSC11002

Chess & Tennis Camp

Exercise your body and mind! Chess sets, tennis balls, and rackets provided. Test your skills in the tournament on the last day. Bring lunch and two snacks (pizza provided Friday). You may receive a \$3 sibling discount (call OneStop Centerville to inquire).

MON-FRI APR 2-APR 6 9:00am-4:00pm 7-14 \$70 OSC19100

Earth Day Camp

Reduce, reuse, and recycle with fun interactive activities and games. Appreciate our Earth for years to come with take-home upcycling projects! Cosponsored by Fiscal and Solid Waste Management.

FRI APR 6 9:00am-12:00pm 7-12 Free OSC19101

Events

Camps



Day	Date	Time	Age	Cost	Code
Chair Tai Chi					
Improve your balance and fall prevention with this slow-paced workout that offers functional mobility, gait, strength, cognition, balance, and quality of life benefits. First class free. Pay \$5 to the instructor the day of. Ten classes recommended. Additional dates available online. Provided by Yellow River Center.					
FRI	JAN 5	1:30pm-2:30pm	50+	See above	Drop in
FRI	JAN 12	1:30pm-2:30pm	50+	See above	Drop in
FRI	JAN 19	1:30pm-2:30pm	50+	See above	Drop in
FRI	JAN 26	1:30pm-2:30pm	50+	See above	Drop in

Golden Age Fitness					
Stay active in your golden years! Strengthen your balance, bone density, and muscles. The instructor can modify the exercises to fit your abilities. Additional dates available online.					
TUE	JAN 9	10:30am-11:30am	50+	\$4	OSC12300
TUE	JAN 23	10:30am-11:30am	50+	\$4	OSC12301
TUE	FEB 13	10:30am-11:30am	50+	\$4	OSC12302
TUE	FEB 27	10:30am-11:30am	50+	\$4	OSC12303

Zumba Gold					
Do you like to move it, move it? Stay fit by swaying your body to the beat! The instructor can modify the exercises to fit your abilities (including working out in a chair if you have mobility issues). No class April 4.					
WED	JAN 10-FEB 28	10:00am-11:00am	50+	\$40	OSC12304
WED	MAR 7-MAY 2	10:00am-11:00am	50+	\$40	OSC12305



Red Hat Society

If fun, fellowship, and friendship is your forte then join the Cayenne Peppers of Centerville! First meeting free. Membership fees may apply. For more information, call Chapter Queen Ivette Gonzalez-Perez at 404.242.2426.

THU	JAN 18	7:00pm-8:30pm	50+	See above	Drop in
THU	FEB 15	7:00pm-8:30pm	50+	See above	Drop in
THU	MAR 10	7:00pm-8:30pm	50+	See above	Drop in
THU	APR 14	7:00pm-8:30pm	50+	See above	Drop in

Cheerleading Prep					
Do you have spirit? Learn the fundamentals of motions, jumps, side line cheers, and basic stunting, and prepare for more advanced recreational or All-Star cheerleading while fostering self-esteem, confidence, and teamwork.					
SAT	JAN 6-FEB 3	10:00am-11:00am	6-9	\$50	OSC13700
SAT	APR 14-MAY 12	11:00am-12:00pm	10-13	\$50	OSC13701

Majorette Basics					
Dedicate your blood, sweat, and cheer to this introductory class, which combines cheerleading, jazz, and hip hop into majorette/drill team style performance. Prepare for more advanced levels while fostering self-esteem, confidence, and teamwork.					
SAT	FEB 17-MAR 24	10:00am-11:00am	6-9	\$50	OSC13702
SAT	FEB 17-MAR 24	11:00am-12:00pm	10-13	\$50	OSC13703



Post-holiday Food Drive

Monday to Friday from 9:00am to 4:00pm

The holidays can create additional financial burdens. Help support those in need by donating canned and boxed goods and personal hygiene items. The Southeast Gwinnett Cooperative Ministry will distribute the donations. For a list of specific items, visit www.gwinnetthumanservices.com.



OneStop Centerville

Day	Date	Time	Age	Cost	Code
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Plan your next event at OneStop Centerville!



Various room sizes, styles, and amenities available.
678.277.0228 | www.gwinnetthumanservices.com

Family Music

Bond and make fun memories with your little ones as you play rhythm instruments, listen to stories, move to music, and sing along. Your kiddos will hear basic musical concepts, feel rhythm, and learn fun children's songs and classical music. Cost per person.

TUE	JAN 9	11:00am-12:00pm	0-4	\$3	OSCI6100
TUE	JAN 16	11:00am-12:00pm	0-4	\$3	OSCI6101
FRI	FEB 16	11:00am-12:00pm	0-4	\$3	OSCI6103
FRI	MAR 16	11:00am-12:00pm	0-4	\$3	OSCI6102
FRI	APR 20	11:00am-12:00pm	0-4	\$3	OSCI6104

STEM Recyclable Challenge

Use your creativity to build your own innovative project using recyclable materials! The one-hour challenge includes presentations and prizes. Materials provided. Cosponsored by Fiscal and Solid Waste Management.

SAT	APR 14	10:00am-11:30am	12-15	\$2	OSCI6105
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Ballet/Jazz

Get your pointed toes or jazz on while reinforcing positive self-esteem through the power of dance. You will learn progressive and fundamental instruction and techniques focused on choreography, body awareness, and enhanced flexibility. Provided by dancEsteem.



SAT	JAN 6-FEB 10	9:00am-10:00am	4-8	\$55	OSCI6200
SAT	FEB 17-MAR 24	9:00am-10:00am	4-8	\$55	OSCI6201
SAT	APR 7-MAY 12	9:00am-10:00am	4-8	\$40	OSCI6202
SAT	JAN 6-FEB 10	10:00am-11:00am	6-9	\$55	OSCI6203
SAT	FEB 17-MAR 24	10:00am-11:00am	6-9	\$55	OSCI6204
SAT	APR 7-MAY 12	10:00am-11:00am	6-9	\$40	OSCI6205
SAT	JAN 6-FEB 10	11:00am-12:00pm	9-13	\$60	OSCI6206
SAT	FEB 17-MAR 24	11:00am-12:00pm	9-13	\$60	OSCI6207
SAT	APR 7-MAY 12	11:00am-12:00pm	9-13	\$45	OSCI6208

R&B Line Dancing

Bring your dancin' shoes and your dancin' mood to enjoy a fun yet vigorous form of exercise!

SAT	JAN 13	10:00am-12:00pm	21+	\$15	OSCI6209
SAT	FEB 3	10:00am-12:00pm	21+	\$15	OSCI6210
SAT	MAR 10	10:00am-12:00pm	21+	\$15	OSCI6211
SAT	APR 7	10:00am-12:00pm	21+	\$15	OSCI6212



Smart Driver

Take advantage of defensive driving techniques and learn how to adjust to changes in vision, hearing, and reaction time as you age. This test-free course may also earn you a discount on your auto insurance! Pay \$20 (or \$15 for AARP members) to the instructor the day of. Provided by AARP.

TUE	FEB 20	9:30am-4:00pm	All	See above	OSCI6600
TUE	APR 17	9:30am-4:00pm	All	See above	OSCI6601

Recreational



Day	Date	Time	Age	Cost	Code
Championship Chess					
Checkmate! Bring out your competitive side while enhancing your math, reading, and problem-solving comprehension. Don't forget to put your skills to the test in the tournament on the last day.					
SAT	JAN 6-FEB 10	9:00am-10:00am	7-14	\$48	OSCI6700
SAT	FEB 17-MAR 24	9:00am-10:00am	7-14	\$48	OSCI6701
SAT	APR 7-MAY 12	9:00am-10:00am	7-14	\$48	OSCI6702

Day	Date	Time	Age	Cost	Code
Scrabble					
It's all fun and games until you lose an "I." Test your vocabulary knowledge while making new friends! Provided by Atlanta Scrabble Club.					
SAT	JAN 13	10:00am-12:00pm	18+	\$1	OSCI6703
SAT	FEB 10	10:00am-12:00pm	18+	\$1	OSCI6704
SAT	MAR 10	10:00am-12:00pm	18+	\$1	OSCI6705
SAT	APR 14	10:00am-12:00pm	18+	\$1	OSCI6706

Day	Date	Time	Age	Cost	Code
Apron Sewing					
Create matching mother and daughter aprons! Take home ideas to further embellish your project and give as gifts. Bring your own sewing machine (you must know how to use), thread, tape measure, pins, scissors, and enough fabric for your pattern. Email easysewing123@gmail.com for fabric information. Minors must accompany paid adults. Limited to eight participants.					
MON	APR 2	9:00am-1:00pm	10+	\$25	OSCI6707



Day	Date	Time	Age	Cost	Code
Basic Knitting					
Knit one, purl two! Learn how to knit with an easy in-class project and leave with the confidence to complete it at home, as well as with ideas that you can use to make items and gifts. Bring your own size 8 needles and worsted weight yarn. Minors must accompany paid adults.					
MON	APR 2	6:30pm-8:30pm	8+	\$2	OSCI6708

Day	Date	Time	Age	Cost	Code
Writing Fellowship					
To be critiqued, or not to be critiqued? Share your written story, poem, or piece of any genre for an encouraging review of your work, as well as publishing tips. First class free. Additional dates available online. Provided by Centerville Writers Group.					
THU	JAN 4	10:00am-12:00pm	All	\$1	Drop in
THU	JAN 18	10:00am-12:00pm	All	\$1	Drop in

Day	Date	Time	Age	Cost	Code
Knitting Guild					
Unwind with these gurus who invite all experience levels. First class free. Membership fees may apply. For more information, contact 770.413.6171 or clicksandsticks@gmail.com . Provided by Clicks and Sticks Knitting Guild.					
THU	JAN 11	7:00pm-9:00pm	All	See above	Drop in
THU	FEB 8	7:00pm-9:00pm	All	See above	Drop in
THU	MAR 8	7:00pm-9:00pm	All	See above	Drop in
THU	APR 12	7:00pm-9:00pm	All	See above	Drop in

Financial Assistance | Free

Stay safe and healthy as the seasons change. Apply for the Low Income Energy Assistance Program (LIHEAP), which helps pay energy bills and minor energy-related home repairs. Your household must meet the 60% median income guidelines. Appointment and documentation required (call 404.537.4300 or visit www.pcaction.org). Provided by Partnership for Community Action.





OneStop Centerville

Day Date Time Age Cost Code



Tax Assistance | Free

Provided at OneStop Buford and OneStop Centerville

Receive free tax prep services! Apply for the Volunteer Income Tax Preparation Assistance (VITA) program. Your 2016 household income must not have exceeded \$53,000. Appointment required (call OneStop Buford or OneStop Centerville). Provided by One 2 One Educational Support.

Public Speaking Basics

Keep your audience on the edge of their seats! Learn how to overcome your fear, become a better public speaker, deliver great presentations, lead teams effectively, and receive constructive evaluations. Additional dates available online. First class free. Membership fees may apply. Provided by Toastmasters of Centerville.



THU	JAN 4	7:00pm-9:00pm	18+	See above	OSCI4600
THU	JAN 11	7:00pm-9:00pm	18+	See above	OSCI4601
THU	JAN 18	7:00pm-9:00pm	18+	See above	OSCI4602
THU	JAN 25	7:00pm-9:00pm	18+	See above	OSCI4603

ACT Mock Testing

Exam your English, reading, math, and science skills. The ACT allows two hours and 55 minutes. Provided by EDGE! Tutoring Services.

SAT	JAN 20	9:00am-11:00am	14-18	\$25	OSCI4900
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SAT Mock Testing

Assess your writing and language, reading, and math skills. The SAT allows three hours. You can't use a calculator in one math section. Provided by EDGE! Tutoring Services.

SAT	JAN 27	9:00am-11:00am	14-18	\$25	OSCI4901
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ACT/SAT Diagnostics

Identify your strengths and weaknesses on the test and receive an individualized plan that includes homework to help increase your score. Provided by EDGE! Tutoring Services.

SAT	FEB 3	9:00am-11:00am	14-18	\$25	OSCI4902
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Math Tutoring

Practice, practice, and more practice! Improve your algebra, geometry, pre-calculus, calculus, or trigonometry aptitude, and more. No class April 2 or April 5. Provided by EDGE! Tutoring Services.

MON	JAN 22-FEB 12	4:45pm-6:00pm	5-9	\$56	OSCI4903
MON	FEB 26-MAR 19	4:45pm-6:00pm	5-9	\$56	OSCI4904
MON	MAR 26-APR 23	4:45pm-6:00pm	5-9	\$56	OSCI4905
MON	APR 30-MAY 21	4:45pm-6:00pm	5-9	\$56	OSCI4906
THU	JAN 25-FEB 15	5:15pm-6:30pm	9-11	\$56	OSCI4907
THU	FEB 22-MAR 15	5:15pm-6:30pm	9-11	\$56	OSCI4908
THU	MAR 22-APR 19	5:15pm-6:30pm	9-11	\$56	OSCI4909
THU	APR 26-MAY 17	5:15pm-6:30pm	9-11	\$56	OSCI4910
MON	JAN 22-FEB 12	6:00pm-7:30pm	11-14	\$68	OSCI4911
MON	FEB 26-MAR 19	6:00pm-7:30pm	11-14	\$68	OSCI4912
MON	MAR 26-APR 23	6:00pm-7:30pm	11-14	\$68	OSCI4913
MON	APR 30-MAY 21	6:00pm-7:30pm	11-14	\$68	OSCI4914

Educational



Day	Date	Time	Age	Cost	Code
Hatha Yoga					
Align and calm your mind, body, and spirit. All ages, shapes, and sizes welcome! Minors must accompany paid adults.					
MON	JAN 8-MAR 12	5:45pm-6:45pm	All	\$40	OSC17300
THU	JAN 11-MAR 8	5:45pm-6:45pm	All	\$40	OSC17301
THU	MAR 15-MAY 17	5:45pm-6:45pm	All	\$40	OSC17302
MON	MAR 19-MAY 14	5:45pm-6:45pm	All	\$40	OSC17303

Zumba					
Don't stop the music, or getting your dance on! The instructor can modify the exercises to fit your abilities. No class January 15, February 20, or April 2.					
MON	JAN 8-FEB 26	9:00am-10:00am	18+	\$45	OSC17304
MON	MAR 5-APR 30	9:00am-10:00am	18+	\$45	OSC17305

POUND Fitness					
Check out the newest trend in fitness! This workout uses weighted drumsticks and a mixture of standing and floor exercises to build muscle and burn calories. The instructor can modify the exercises to fit your abilities.					
WED	JAN 10-FEB 28	11:00am-12:00pm	18+	\$45	OSC17306
WED	MAR 7-MAY 2	11:00am-12:00pm	18+	\$45	OSC17307

Tai Chi					
Fight stress without effort with these simple stretches, body movements, and breathing techniques that can help improve balance, strength, mobility, and quality of life.					
THU	JAN 11-FEB 14	9:30am-10:30am	18+	\$16	OSC17308
THU	FEB 15-MAR 8	9:30am-10:30am	18+	\$16	OSC17309
THU	MAR 22-APR 22	9:30am-10:30am	18+	\$16	OSC17310

Parkinson's Support					
Approximately one million people live with this disease according to the Parkinson's foundation. Join this supportive group to share information and experiences.					
THU	JAN 4	10:00am-11:30am	All	Free	Drop in
THU	FEB 1	10:00am-11:30am	All	Free	Drop in
THU	MAR 1	10:00am-11:30am	All	Free	Drop in
THU	APR 5	10:00am-11:30am	All	Free	Drop in

Rapid HIV Testing					
Complete a confidential test without an appointment and receive your results within 20 minutes. For more information, call 678.990.6430 or visit www.positiveimpacthealthcenters.org . Provided by Positive Impact Health Centers.					
MON	JAN 22	5:30pm-7:00pm	All	Free	Drop in
MON	FEB 26	5:30pm-7:00pm	All	Free	Drop in
MON	MAR 26	5:30pm-7:00pm	All	Free	Drop in
MON	APR 23	5:30pm-7:00pm	All	Free	Drop in,



Blood Drive | Free

Saturday, February 10 from 11:15am to 3:15pm

Help change someone's life! Receive free juice and cookies, and access great discounts and deals from top retailers. Bring a photo ID. Drop-ins welcome, but appointments encouraged (call 1.800.GIVE.LIFE or visit www.redcrossblood.org). Provided by the American Red Cross.

OneStop Norcross

5030 Georgia Belle Court | Norcross, GA 30093
678.225.5400 | onestopnorcross@gwinnettcoumty.com
Monday to Friday | 8:00am to 5:00pm

20th
Anniversary
Celebration
March 21
Gwinnett
200
www.gwinnett200.com



Social Services | Senior Services | Gwinnett County Tag Office | Ninth District Opportunity Head Start/Pre-K
Norcross Health Center | Right from the Start Medical Assistance Group | View Point Health

Day **Date** **Time** **Age** **Cost** **Code**

☆Naturalization Ceremony

- ☆Food Trucks
- ☆Exhibitors
- ☆Entertainment
- ☆Kids Activities

Multicultural Festival

Saturday, April 14

10:00am to 2:00pm

Shorty Howell Park
2750 Pleasant Hill Road
Duluth, GA 30096



www.gwinnett200.com

Events Living in Poverty

Experience the struggles of living in poverty in this interactive simulation. Understand the effects and discuss ways to help those living in such hardship. Light refreshments offered. Provided by Lady Butterflies.

SAT	JAN 27	1:00pm-4:00pm	All	Free	OSN11000
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Smart Driver

Take advantage of defensive driving techniques and learn how to adjust to changes in vision, hearing, and reaction time as you age. This test-free course may also earn you a discount on your auto insurance! Valid driver's license required. Pay \$20 (or \$15 for AARP members) to the instructor the day of. Provided by AARP.

THU	JAN 25	9:30am-4:00pm	All	See above	OSN16600
THU	FEB 22	9:30am-4:00pm	All	See above	OSN16601
THU	MAR 22	9:30am-4:00pm	All	See above	OSN16602
THU	APR 26	9:30am-4:00pm	All	See above	OSN16603

Recreational

Homemade Scrubs/Lotions

Scrub-a-dub-dub – take home four sample sizes for your tub! Not only will you make your own skincare products, but you will also gain knowledge about the difference between salt and sugar scrubs, how to mix essential oils, and the benefits of natural ingredients. Provided by Lady Butterflies.

SAT	FEB 10	10:00am-12:00pm	18+	\$20	OSN16700
WED	APR 11	6:30pm-8:30pm	18+	\$20	OSN16701



Homemade Slime

Slime flies when you have fun! Learn how to make two glue-based batches you can enjoy at home from a kid entrepreneur. You can also learn about color theory if you choose to mix your two slimy creations. Parents and guardians can stay and observe. Provided by Lady Butterflies.

SAT	FEB 10	2:00pm-4:00pm	5-18	\$5	OSN16702
WED	APR 25	6:30pm-8:30pm	5-18	\$5	OSN16703



Day	Date	Time	Age	Cost	Code
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Citizenship & Literacy

Do you need help with the citizenship test? Drop in (first come, first served) to take the placement test. Prepare for the interview process and the types of questions asked and vocabulary used while improving your English! The three-month class occurs two days per week for three hours (placement required and limited availability). For more information, contact 770.270.0663 or education@aarc-atlanta.org. Provided by the Asian American Resource Center.

MON	MAR 19	5:00pm	All	Free	Drop in
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English Literacy

Learn or refine your English reading, writing, and speaking! Drop in (first come, first served) to take the placement test. The three-month class occurs two days per week for three hours (placement required and limited availability). For more information, contact 770.270.0663 or education@aarc-atlanta.org. Provided by the Asian American Resource Center.

MON	MAR 19	5:00pm	All	Free	Drop in
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Website Basics

Choose and purchase a website domain for your personal or small business use then learn how to construct your website using a template and simple drag and drop interface. Provided by Lady Butterflies.

WED	FEB 21	6:30pm-8:30pm	All	\$10	OSN14400
SAT	APR 14	2:00pm-4:00pm	All	\$10	OSN14401

LinkedIn 101

Join millions of users and network professionally. Create and improve your profile, and discover how to search and apply for jobs. Provided by Lady Butterflies.

SAT	FEB 24	10:00am-12:00pm	All	\$10	OSN14402
WED	APR 18	6:30pm-8:30pm	All	\$10	OSN14403

Email Etiquette

Think twice before you click send! Learn how to type professional correspondence and avoid miscommunication. Provided by Lady Butterflies.

WED	FEB 28	6:30pm-8:30pm	All	Free	OSN14404
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My Vision Board

Need help picturing your aspirations? Design a vision board to help you understand and focus on your specific life goals. Provided by Lady Butterflies.

WED	JAN 10	6:30pm-8:30pm	All	\$10	OSN14600
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501(c)(3) Application Aid

Receive line-by-line instruction to complete Form 1023, as well as a sample four-year budget and articles of incorporation/formation, bylaws, and conflict of interest policy templates. Provided by Lady Butterflies.

SAT	JAN 13	12:00pm-4:00pm	All	\$50	OSN14700
SAT	MAR 10	12:00pm-4:00pm	All	\$50	OSN14701

Nonprofit Startup

Turn your passion into a career! Learn key detailed steps to file for incorporation. Provided by Lady Butterflies.

SAT	JAN 13	9:00am-11:00am	All	\$25	OSN14702
SAT	MAR 10	9:00am-11:00am	All	\$25	OSN14703



Day	Date	Time	Age	Cost	Code
College Prep					
Find out what benchmarks and deadlines you can expect for the college application process, with information tailored to each grade level. Provided by Lady Butterflies.					
WED	JAN 17	6:30pm-8:30pm	14-18	Free	OSN14704
FAFSA Guidance					
Applying for college as a prospective or current student? Come ask questions and receive assistance with completing the financial aid form. Provided by Lady Butterflies.					
WED	JAN 24	6:30pm-8:30pm	14-18	Free	OSN14705
Employment Readiness					
Become a top job candidate! Compose your résumé and cover letter effectively, and polish your interview style to best demonstrate your knowledge and qualifications. Provided by Lady Butterflies.					
SAT	JAN 27	9:00am-11:00am	All	\$20	OSN14706
WED	MAR 21	6:30pm-8:30pm	All	\$20	OSN14707
Business Idea Development					
Do you want to become your own boss? Determine if your business idea has profit potential, how to get started, and daily management requirements. Provided by Lady Butterflies.					
WED	FEB 7	6:30pm-8:30pm	All	\$10	OSN14708
SAT	APR 14	10:00am-2:00pm	All	\$10	OSN14709
Elementary Math Tutoring					
It's the only subject that counts! Don't forget your class notes and homework. Provided by Volunteer Gina Cook.					
MON	JAN 8	5:30pm-6:30pm	5-10	Free	OSN14900
MON	JAN 22	5:30pm-6:30pm	5-10	Free	OSN14901
MON	JAN 29	5:30pm-6:30pm	5-10	Free	OSN14902
MON	FEB 5	5:30pm-6:30pm	5-10	Free	OSN14903
MON	FEB 12	5:30pm-6:30pm	5-10	Free	OSN14904
MON	FEB 26	5:30pm-6:30pm	5-10	Free	OSN14905
MON	MAR 5	5:30pm-6:30pm	5-10	Free	OSN14906
MON	MAR 12	5:30pm-6:30pm	5-10	Free	OSN14907
MON	MAR 19	5:30pm-6:30pm	5-10	Free	OSN14908
MON	MAR 26	5:30pm-6:30pm	5-10	Free	OSN14909
MON	APR 9	5:30pm-6:30pm	5-10	Free	OSN14910
MON	APR 16	5:30pm-6:30pm	5-10	Free	OSN14911
MON	APR 23	5:30pm-6:30pm	5-10	Free	OSN14912
MON	APR 30	5:30pm-6:30pm	5-10	Free	OSN14913
Math Tutoring					
GUIDE students work with pupils to help refine math skills. Bring your class notes and homework. Provided by One 2 One Educational Support.					
SAT	JAN 13	2:00pm-4:00pm	5-18	Free	OSN14914
SAT	JAN 27	2:00pm-4:00pm	5-18	Free	OSN14915
SAT	FEB 10	2:00pm-4:00pm	5-18	Free	OSN14916
SAT	FEB 24	2:00pm-4:00pm	5-18	Free	OSN14917
SAT	MAR 10	2:00pm-4:00pm	5-18	Free	OSN14918
SAT	MAR 24	2:00pm-4:00pm	5-18	Free	OSN14919
SAT	APR 14	2:00pm-4:00pm	5-18	Free	OSN14920
SAT	APR 28	2:00pm-4:00pm	5-18	Free	OSN14921
SAT	MAY 12	2:00pm-4:00pm	5-18	Free	OSN14922
SAT	MAY 26	2:00pm-4:00pm	5-18	Free	OSN14923



Day **Date** **Time** **Age** **Cost** **Code**



Tax Assistance | Free

Tuesday and Thursday, February 1 to April 17 from 9:00am to 12:00pm

First come, first served. Don't feel burdened filing your taxes! Let certified volunteers prepare your federal and state income tax returns. Bring necessary Social Security Numbers, bank account information, your tax returns from last year, and income information (including income adjustments and credits/deductions). For specific documentation, visit www.aarp.org. Provided by AARP.

Gamblers Anonymous

Receive recovery information and support for yourself or someone you know. For more information, call the Program Leader at 678.234.5648.

MON	JAN 1-APR 30	6:30pm-8:30pm	All	Free	Drop in
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Prostate Cancer Awareness

Prostate cancer affects one out of seven men according to the American Cancer Society. Join an informal discussion about the disease and share your experiences and feelings. Partners can attend.

WED	FEB 7	10:00am-11:30am	All	Free	Drop in
WED	APR 4	10:00am-11:30am	All	Free	Drop in

Información de Embarazo

Prepárese para el parto y la maternidad, incluyendo aprender sobre nutrición y cuidado del recién nacido mientras mejora su Inglés. Puede obtener una certificación una vez completado. Habrá cuidado de niños disponible. Se reciben personas sin cita previa, pero se recomienda que se registre. Para más información, llame a Gloria Baroni al 678.843.8902. Proporcionado por Mercy Care.

LUN	ENE 1-ABR 30	9:00am-12:00pm	Todos	Gratis	OSN17600
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Rapid HIV Testing

Complete a confidential test without an appointment and receive your results within 20 minutes. For more information, call 678.990.6435 or visit RCCLinc.org. Provided by AID Gwinnett.

THU	JAN 25	6:30pm-7:30pm	All	Free	Drop in
THU	FEB 22	6:30pm-7:30pm	All	Free	Drop in
THU	MAR 22	6:30pm-7:30pm	All	Free	Drop in
THU	APR 26	6:30pm-7:30pm	All	Free	Drop in

First Aid/CPR

Become more safety aware and potentially save lives by learning how to respond to first aid, breathing, and cardiac emergencies. Earn a two-year certification in adult and pediatric first aid/CPR/AED upon successful completion of the training. Provided by Lady Butterflies.

SAT	MAR 24	10:00am-4:00pm	All	\$45	OSN17700
SAT	APR 28	10:00am-4:00pm	All	\$45	OSN17701

Wellness

People Helping People
Gwinnett Coalition
for Health & Human Services
Over 25 Years of Service

The Gwinnett Coalition for Health and Human Services
is a public/private partnership whose mission is to facilitate collaboration that improves the well-being of the community.

www.gwinnettcoalition.org
770.995.3339

@gwcoalition
 @GwinnettCoalition

Senior Services

567 Swanson Drive | Lawrenceville, GA 30043
678.377.4150
Monday to Friday | 8:00am to 5:00pm



Supporting Gwinnett County seniors since 1972.



Senior Services, a section of Gwinnett County Health and Human Services, helps Gwinnett County residents age 60 or older (or their spouses) enhance their quality of life and maintain their independence through education, support, referrals, and free or low cost services.

Seniors must apply and qualify for services, which may have waiting lists. Seniors who do not qualify for services may receive information and referrals as applicable.

Senior Services' Care Managers use a strength-based and collaborative approach that determines needs for services, support, and resources, and develops a service plan that capitalizes on seniors' remaining strengths. Care Managers strive to help seniors: increase and improve their access to and quality of service; develop an individualized service plan; build and strengthen their family and community support; enable them to remain in the most appropriate and safest environment; maintain their independence and dignity; identify and enhance their knowledge, skills, and assets; and educate and support them and their caregiver(s).



Apply for Senior Services



Requirements

Gwinnett County residents age 60 or older (or their spouses)

Apply



Information and Assistance: 678.377.4150
Aging and Disability Resource Center: 404.463.3333



Process

A Care Manager conducts an initial assessment that collects information to evaluate the senior's situation, functioning, and needs. Seniors who qualify for available services work with their caregiver(s) and the Care Manager to develop an individualized service plan. The Care Manager reassesses seniors after 30 days and annually (or more frequently based on any changes) to evaluate if those services still meet their needs.

Disclaimer

Some services may have waiting lists, but seniors who demonstrate: economic need (living at or below the federal poverty level), social need (living with physical and mental disabilities, language barriers, and cultural, social, or geographic isolation), or frailty/institutional risk (not performing at least two activities of daily living without substantial assistance) may receive priority.

Senior Services



In Home



Home-delivered Meals

Homebound seniors who cannot prepare their own meals receive a dietician-approved five-day supply of nutritious frozen meals delivered by volunteers.



Homemaking

Seniors who cannot care for themselves adequately receive one to two hours of services every other week depending on their service plan. Services may include assistance with meal planning and storage, housekeeping, reading and writing, and more. This program requires an income-based fee.



Respite and Personal Care

Caregivers of seniors who cannot care for themselves adequately receive one to four hours of temporary relief every week depending on their service plan.

Services may include assistance with supervision, social or leisure activities, light housekeeping, meal preparation, physical needs, and more. This program requires an income-based fee.



A volunteer-governed nonprofit, raising funds to support Gwinnett County Senior Services.

\$ Your tax-deductible monetary donation will enable a senior to access:



medical transportation



food security



home repair



safety & well-being

www.friendsofgwinnettseniors.org



Senior Services

Transportation



Demand Response

Seniors who do not need assistance to and from the vehicle receive curb-to-curb transportation (driver picks up and drops off) inside Gwinnett County for scheduled non-emergency medical appointments. A Transportation Specialist schedules the trips. This program requires an income-based fee.

RideGwinnett

Seniors who need assistance to and from the vehicle receive door-through-door transportation (driver escorts) inside and outside Gwinnett County for scheduled non-emergency medical appointments. A Transportation Specialist schedules the trips. This program requires an income-based fee.



Get in Gear

Disabled adults (age 18 and older) and seniors who need assistance to and from the vehicle receive door-through-door transportation (driver escorts) inside and outside Gwinnett County for scheduled trips. Trips may include medical appointments, employment, shopping, bill paying, community events/activities, and more. Passengers schedule their transportation through their choice of contracted providers. This program requires an income-based fee.



Volunteer

Seniors who do not need assistance to and from the vehicle receive curb-to-curb transportation (driver picks up and drops off) inside Gwinnett County for scheduled non-medical trips. Trips may include employment, shopping, bill paying, community events/activities, and more. A Transportation Specialist matches seniors with volunteers who share similar personalities or interests and schedules the trips.



Senior Services



Centers

Seniors receive services and participate in activities at one of four locations near them that support their independence, enhance their dignity and quality of life, meet their diverse needs and interests, reflect their experience and skills, and encourage community involvement and socialization.

Services may include: transportation (to and from the centers), continental breakfast and hot lunch (with two meal options in a cafeteria style service), and individual counseling.

Activities may include: engaging programs, educational (nutritional, medical, financial, and safety) and fitness classes, arts and crafts, recreational (billiards, cards, games, music, and theater) interests, gardening, volunteering, day trips, basic haircutting, and more. Some activities and day trips may require small fees.



Newly renovated!

Buford Senior Center

Monday to Friday
8:00am to 5:00pm

2755 Sawnee Avenue
Buford, GA 30518

678.225.5367

bufordseniorservices@gwinnettcountry.com



Centerville Senior Center

Monday to Friday
8:00am to 5:00pm

3075 Bethany Church Road
Snellville, GA 30039

678.277.0230

centervilleseniorservices@gwinnettcountry.com



Lawrenceville Senior Center

Monday to Friday
8:00am to 5:00pm

225 Benson Street
Lawrenceville, GA 30043

678.277.0970

lawrencevilleseniorservices@gwinnettcountry.com



Norcross Senior Center

Monday to Friday
8:00am to 5:00pm

5030 Georgia Belle Court
Norcross, GA 30093

678.225.5430

norcrossseniorservices@gwinnettcountry.com

OneSTOP Locations



1 OneStop Buford & Senior Center
2755 Sawnee Avenue
Buford, GA 30518

2 OneStop Centerville & Senior Center
3025 & 3075 Bethany Church Road
Snellville, GA 30039

3 OneStop Norcross & Senior Center
5030 Georgia Belle Court
Norcross, GA 30093

4 Lawrenceville Senior Center
225 Benson Street
Lawrenceville, GA 30046

5 Health & Human Services Administration Center
75 Langley Drive, Suite 3W800
Lawrenceville, GA 30046

6 Senior Services Administration Center
567 Swanson Drive
Lawrenceville, GA 30043