

December

OneSTOP
Buford

Register at www.GwinnettHumanServices.com.

Closed
December
24 – 25!

Citizenship Preparation | Free (drop in)
Mondays and Wednesdays, December 3 to December 19
from 6:00pm to 8:30pm
Prepare to become a United States citizen and receive help with Form N-400 and the interview process. Learn about American history and civics while improving your English reading, writing, and speaking. Bring your Social Security card, Green (permanent resident) Card, and a notebook and pen. In partnership with the Center for Pan Asian Community Services. Ages 18+

Conversational English | Free
Mondays, December 3 and December 10 from 7:00pm to 8:00pm
Practice everyday English in a casual and friendly environment with people from all over the world. Participants must understand basic English. Ages 16+



Dance Fitness | \$5/class (drop in)
Tuesdays and Thursdays,
December 4 to December 13
from 6:30pm to 7:30pm
Express yourself as you burn calories to the steps of the salsa, merengue, and bachata.

English as a Second Language | Free (drop in)
Improve your English with skilled teachers. Learn language for daily conversation, job searching, citizenship, and more. You may take a placement test to determine your fluency. In partnership with the Center for Pan Asian Community Services. Ages 18+

Basic
Tuesdays and Thursdays, December 4 to December 20
from 9:30am to 12:30pm

Level I
Mondays and Wednesdays, December 3 to December 19
from 9:30am to 12:30pm or 6:00pm to 9:00pm

Level II
Tuesdays and Thursdays, December 4 to December 20
from 9:30am to 12:30pm or 6:00pm to 9:00pm

Level III
Tuesdays and Thursdays, December 4 to December 20
from 9:30am to 12:30pm or 6:00pm to 9:00pm



Gamblers Anonymous | Free (drop in)
Tuesdays, December 4 to December 18
from 6:30pm to 8:30pm
There is hope. Join the 12-step program that nurtures spiritual and emotional growth and recovery, and share experiences, strength, and support. New participants welcome.

Public Speaking | \$1 (drop in)
Tuesdays, December 4 to December 18 from 6:30pm to 7:45pm
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. For more information, email toastmasters.buford@gmail.com. In partnership with Toastmasters International. Ages 18+



Holiday Cookie Decorating | \$5/person
Friday, December 21 from 9:00am to 11:00am
Bring your family and friends to meet other locals. Decorate Christmas themed cookies, have fun, and share what you make with everyone! Parent/guardian participation required. Materials included.

***NEW* January Preview**
Girl Scouts | Free (drop in)
Thursdays, January 3 to January 31 from 4:30pm to 5:30pm
Unleash the G.I.R.L. (Go-Getter, Innovator, Risk-Taker, Leader) in you and join Girls Scouts Troop #1843. This leadership development program focuses on identifying and solving community problems, forming and maintaining healthy relationships, developing strong identities, and more. For more information, call Nikeva Brown at 678.458.0776 or email flurishtutoring@yahoo.com. Ages 8 to 11

Oil Painting | \$120
Thursdays, January 4 to January 25
11:00am to 1:00pm: **Ages 18+** | 3:00pm to 5:00pm: **Ages 14+**
Can you paint with all the colors of the wind? If not then come learn how from Art Instructor Janet of Tannery Row Artist Colony. Bring materials and a picture for inspiration.

Danzas Nacionalistas | \$20
miércoles, 9 de enero al 30 de enero de 6:30pm a 7:30pm
Celebre la cultura y tradición venezolana aprendiendo "Así es Mi Tierra," una danza nacional con ritmos latinos y pasos folklóricos. Los participantes serán agrupados por edad.

Read with Me | \$59
Wednesdays, January 23 to February 27 from 6:00pm to 7:00pm
Develop your reading comprehension, including in both fiction and nonfiction. Based on the Academic Knowledge and Skills (AKS) curriculum. Ages 4 to 10

Decorative Birdhouse | \$6/person
Wednesday, January 30 from 10:00am to 12:00pm
Cure your winter blues – leave your nest to decorate a home for your neighborhood birds. Materials included (one birdhouse per paid participant). Parent/guardian participation required. Ages 8+

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Centerville

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"90 Days" Film Screening | Free
Saturday, December 1
from 2:00pm to 4:00pm
View this 20-minute award-winning movie and participate in the panel discussion afterwards in recognition of World AIDS Day. Free HIV testing available before and after. Light refreshments provided. Ages 15+

Heart & Soul Line Dance | \$28 (or \$16/class)
Saturdays, December 1 and December 15
from 10:00am to 12:00pm

Move to the rhythm and soul with this easy-to-follow and low-impact workout that can help improve your confidence, balance, and health. Ages 21+



Reindeer Hat | \$7/child
Monday, December 3
from 11:00am to 12:00pm
It's the most wonderful time of the year...to get crafty! Parent/guardian participation required. Ages 0 to 5

Public Speaking | \$1
Thursdays, December 6 to December 27
from 7:00pm to 9:00pm

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. Ages 18+

Tai Chi | \$20
Thursdays, December 6 to December 27
from 10:00am to 11:00am or 7:15pm to 8:15pm

Fight stress without effort with these simple stretches, body movements, and breathing techniques that can help improve balance, strength, mobility, and quality of life. Ages 18+

Writers Group | \$1/class
Thursdays, December 6 and December 20
from 10:00am to 12:00pm

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. Ages 18+

Chair Tai Chi | \$5 (first class free)
Fridays, December 7 to December 28 from 1:30pm to 2:30pm
Improve your balance and fall prevention with this slow-paced workout that offers functional mobility, gait, strength, cognition, balance, and quality of life benefits. Ages 50+

Scrabble | \$1
Saturday, December 8 from 10:00am to 12:00pm
It's all fun and games until you lose an "I." Test your vocabulary knowledge while making new friends. Ages 18+

Bow Tie Noodle Wreath | \$7/child
Monday, December 10 from 11:00am to 12:00pm
It's the most wonderful time of the year...to get crafty! Parent/guardian participation required. Ages 0 to 5

Gift Wrapping Relief | Free
Thursday, December 13 from 11:00am to 12:00pm
Don't stress about those ribbons and tags, or those boxes or bags. Save yourself the headache and time this holiday season and let our elves do the work! Ages 50+

Knitting Guild | Free (first meeting)
Thursday, December 13 from 7:00pm to 9:00pm
Unwind with these gurus who invite all experience levels. Membership fees may apply. Ages 18+

Parkinson's Support | Free
Thursday, December 13 from 10:00am to 11:30am
Approximately one million people live with this disease according to the Parkinson's foundation. Join this supportive group to share information and experiences.

Teen Mentoring | \$15
Thursday, December 13
from 5:00pm to 7:30pm
Discuss and receive guidance on contemporary adult challenges. Topic: money management. Ages 13 to 19



Table Centerpiece | \$10/class
Monday, December 17 and Thursday, December 20
from 6:30pm to 7:30pm
It's the most wonderful time of the year...to get crafty! Ages 18+

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Coffee & Kinship | Free

Tuesday, December 18 from 1:00pm to 2:00pm
Meet fellow grandparents and relatives raising children to strengthen your support network, share information and experiences, and gain resources. Children welcome.

Toddler Tunes | \$2/person

Tuesday, December 18 from 11:00am to 12:00pm
Play rhythm instruments and sing along with your little ones! Enjoy family favorites and catchy children's songs as your kiddos express themselves. Ages 0 to 4



Tree Ornament | \$5/child/class

Tuesday, December 18 and Wednesday, December 19 from 5:30pm to 6:30pm
It's the most wonderful time of the year...to get crafty! Parent/guardian participation required. Ages 6 to 12

Red Hat Society | Free (first meeting) (drop in)

Thursday, December 6 from 7:00pm to 8:30pm
If fun, fellowship, and friendship is your forte then join the Cayenne Peppers of Centerville! Membership fees may apply. For more information, call Chapter Queen Ivette Gonzalez-Perez at 404.242.2426. Ages 50+



A Centerville Grinchmas | \$4/person

Friday, December 21 from 10:00am to 12:00pm
Make your Christmas mean a little bit more! Snap pictures with Santa, listen to "How the Grinch Stole Christmas," create a take-home craft, and munch on some breakfast snacks. Registration required by December 14.

Blood Drive | Free

Friday, December 21 from 11:15am to 3:15pm
Receive free juice and cookies, and discounts from various retailers. Appointments encouraged, but walk-ins welcome. Bring a photo ID. For more information, including donation requirements, call 1.800.GIVE.LIFE or visit www.redcrossblood.org. In partnership with the American Red Cross.

NEW January Preview

Medicare/Medicaid & You | Free

Thursday, January 10 from 11:00am to 12:00pm
Don't let your health insurance questions go unanswered. From questions about application requirements, coverage options, costs, and more, this informative discussion will help you find out what you need to know. Registration required by January 7. Ages 50+

Osteoporosis Tai Chi | \$20

Thursdays, January 10 to January 31 from 10:00am to 11:00am
Improve your balance and coordination and build your muscular strength and stamina to help prevent falls and injuries. Registration required by January 3. Ages 18+

English Literacy | Free (drop in)

Saturday, January 12 from 9:00am to 12:00pm
Learn or refine your English reading, writing, and speaking. To register, drop in (first come, first served). The three-month class occurs every Saturday for four hours (placement required and limited availability). For more information, call 770.270.0663 or email education@aacrc-atlanta.org. In partnership with the Asian American Resource Center. Ages 18+

Chinese New Year Dragon | \$7/child

Monday, January 14 from 11:00am to 12:00pm
Spark your little one's imagination with some creative play and take home their work of art! Craft uses cupcake liners. Materials included. Parent/guardian participation required. Registration required by January 9. Ages 0 to 5

Legal Impact on Disabled | Free

Thursday, January 17 from 10:00am to 12:00pm
To register, call Jackie McNair at 678.301.7149 or e-mail jackie_mcnair@gwinnett.k12.ga.us. Learn about children and young adults (ages 12 to 21) with disabilities involved with the criminal justice system, including a review of the process, how to limit convictions, the effect on those with disabilities, and more. Registration required by January 14. Presented by Chief Judge Pamela D. South. Ages 18+

Chinese New Year Drum | \$7/child

Monday, January 28 from 11:00am to 12:00pm
Spark your little one's imagination with some creative play and take home their work of art! Craft uses paper plates. Materials included. Parent/guardian participation required. Registration required by January 23. Ages 0 to 5

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Norcross

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Gamblers Anonymous | Free (drop in)
Mondays, December 3 to December 17 from 6:30pm to 8:30pm
There is hope. Join the 12-step program that nurtures spiritual and emotional growth and recovery, and share experiences, strength, and support. New participants welcome. For more information, call the Program Leader at 678.234.5648.



Obamacare Enrollment | Free
Tuesdays to Fridays, December 4 to December 15 from 9:00am to 4:00pm
Understand your health insurance options to make the best decision for you and your family. Appointments required. For more information, call 888.230.7772 (press two for Spanish). In partnership with the WellRefugee Center.

Inscripciones para Obamacare | Gratis
martes a viernes, 4 de diciembre al 15 de diciembre de 9:00am a 4:00pm
Entienda sus opciones de seguro de salud para tomar la mejor decision para usted y su familia. Se requiere cita. Para obtener mas información, llame al 888.230.7722 (presione dos para Español). En asociación con el centro de WellRefugee.

Establishing a Business | \$20
Saturday, December 8 from 11:00am to 1:00pm
You want to become your own boss – determine if your business idea has profit potential, how to get started, and daily management requirements.

Math Tutoring | Free
Saturday, December 8 from 2:00pm to 4:00pm
It's the only subject that counts! Let GUIDE students help you refine your math skills. Bring class notes and homework. Ages 5 to 18

Smart Driver | \$20 (\$15 for AARP members)
Thursday, December 13 from 9:30am to 4:00pm
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 automobile insurance. Valid driver's license required.

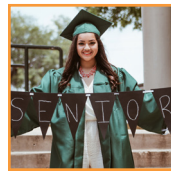


Prostate Cancer Awareness | Free (drop in)
Wednesday, December 5 from 10:00am to 11:30am
Prostate cancer affects one out of seven men according to the American Cancer Society. Join an informal discussion and share your experiences and feelings. Partners can attend.

January Preview
Citizenship Clinic | Free (drop in)
Wednesday, January 9 from 10:00am to 12:00pm
Qualified legal representatives can help you complete your U.S. citizenship application. Filing fees waived for eligible applicants. For more information, call 404.890.5655. In partnership with Asian Americans Advancing Justice.

My Vision Board | \$20
Thursday, January 10 from 6:30pm to 8:30pm
Do you need help picturing your aspirations? Design a vision board to help you understand and focus on your specific life goals. Materials included.

College Prep | Free
Saturday, January 12 from 2:00pm to 4:00pm
Find out what benchmarks and deadlines you can expect for the college application process with information tailored to each grade level. Ages 14 to 18



FAFSA Guidance | Free
Saturday, January 12 from 12:00pm to 2:00pm
Applying for college as a prospective or current student? Ask questions and receive assistance with completing the financial aid form. Ages 14 to 18

***NEW* Loving My Body P.H.A.T. | Free**
Thursday, January 17 from 6:30pm to 8:30pm
Live your most fit life! Discuss your challenges to lose weight and fitness goals, and receive information and support in recognition of Healthy Weight Awareness Month. Living My Body P.H.A.T. (Physically Healthy and Toned) welcomes and helps every *body* to love their physique by their own healthy standards.

Rapid HIV Testing | Free (drop in)
Thursday, January 24 from 6:30pm to 7:30pm
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. In partnership with Positive Impact Health Centers.