

Adoption/Foster Training | Free

Thursdays, May 2 to June 13 from 6:00pm to 9:00pm
To register, call 706.340.7046. Prepare for adoption/
foster care by receiving information and guidance that
prepares you for the joys and challenges, including
parenting children with a history of loss and trauma.
No class May 30. Instructed by All God's Children Inc.

Dance Fitness | \$25/Session or \$7/Class

Tuesdays and Thursdays, May 2 to August 29
from 6:00pm to 7:00pm



Express yourself as you burn
calories to the steps of the salsa,
merengue, and bachata. Register
for \$25 per six consecutive
classes beginning at your
convenience (more information
online) or for \$7 per class
(specific dates online).

Girl Scouts | Free (Drop In)

Thursdays, May 9 and May 23
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

Heal. Love. Live. | Free (Drop In)

Thursdays, May 2 to August 29
from 7:30pm to 8:45pm

You are not alone. An American experiences sexual
assault every 98 seconds according to RAINN
(Rape, Abuse, and incest National Network). Receive
resources, support, and guidance to begin your journey
toward emotional healing. Instructed by Earnest Love.

Cinco de Mayo Fiesta

Friday, May 3/viernes, 3 de mayo

Celebrate Mexican heritage and culture with your
family and friends! Design your own piñata or face
mask at OneStop Buford then dance the night
away at Bogan Park Community Recreation Center.
Save \$3 when you register for the craft and dance
(transportation between locations available between
5:00pm to 6:00pm and at 9:00pm). Materials included.

¡Celebre el patrimonio de la cultura Mejicana con su
familia y amigos! Diseñe su piñata o máscara en el
OneStop Buford y baile toda la noche en el Bogan Park
Community Recreation Center. Ahorre \$3 al registrarse
para artesanía y baile (transportación entre las
localidades estará disponible entre 5:00pm y 6:00pm y
a las 9:00pm). Materiales incluidos.



Craft/Artesanía | \$6
3:30pm to 5:30pm

Dance/Baile | \$12
6:00pm to 9:00pm

Craft & Dance/
Artesanía y Baile | \$15
3:30pm to 9:00pm

Conversational English | Free (Drop In)

Mondays, May 6 to August 26
from 6:30pm to 7:30pm

Practice everyday English in a casual and friendly
environment with people from all over the world.
Participants must understand basic English. Instructed
by volunteers. Ages 16+

Gamblers Anonymous | Free (Drop In)

Tuesdays, May 7 to August 27 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.

Closed May 27
for Memorial Day.

May

Online
Registration

OneStop Buford

www.GwinnettHumanServices.com

Private Music Lessons | \$120/Session



Beginner, intermediate, advanced, and everything in between – determine your most effective learning method and receive one-on-one instruction that focuses on your specific musical goals. Instruments provided. Ages 5+

Guitar

Tuesdays, May 7 to May 28
from 1:00pm to 2:00pm or 2:00pm to 3:00pm

Ukulele

Wednesdays, May 8 to May 29
from 1:00pm to 2:00pm or 2:00pm to 3:00pm

Keyboard

Thursdays, May 9 to May 30
from 1:00pm to 2:00pm or 2:00pm to 3:00pm

Voice/Choir

Fridays, May 10 to May 31
from 1:00pm to 2:00pm or 2:00pm to 3:00pm

Toastmasters International | (Drop In)

Tuesdays, May 7 and May 28 from 6:30pm to 7:45pm
Build a better you. Maximize your potential by practicing your public speaking, improving your communication, developing your leadership skills, building your self-confidence and self-awareness, and more. The first visit is free. Membership fees apply. For more information, email toastmasters.buford@gmail.com. Ages 18+



Become an Eggs-Pert | Free

Tuesday, May 28
from 10:00am to 11:00am
Baked. Boiled. Poached. Scrambled. You can have eggs so many ways and you should! Discover the benefits of consuming eggs and what to look for when buying them. Ages 50+

SUMMER FUN

Multicultural Camp | \$85/Week

Mondays to Fridays from 7:00am to 6:00pm
Hola. Bonjour. Annyeonghaseyo. Celebrate diverse cultures from all over the globe and found right here in Gwinnett County! Immerse yourself in art, crafts, dance, music, storytelling, and more. Bring snacks and wear comfortable clothes and sneakers. Limited space. Ages 7 to 10

North America: June 3 to June 7

South America: June 10 to June 14

Europe: June 17 to June 21

Africa: June 24 to June 28

Asia: July 8 to July 12

Australia: July 15 to July 19

Creative Crafts | \$6/Day

Tuesdays, June 11, June 25, July 9, and July 23
from 10:00am to 11:30am

Let your imagination run wild this summer as you draw, color, paint, and more! Materials included. Ages 7 to 12

Game On | \$3/Day

Wednesdays, June 12, June 26, July 10, and July 24
from 1:00pm to 3:00pm

Don't get bored – get board this summer! Bring your friends or make new ones and enjoy some fun, friendly competition playing your favorite board games. You can also participate in special activities and contests (obstacle courses, Frisbee, jump rope, hula hoop, and more). Ages 7 to 12

Learn & Skate | \$8/Day

Thursdays from 10:00am to 3:00pm
Participate in a fun interactive themed presentation then show off your skills on the maple hardwood floor at Skate Country. Lunch and transportation included. Drop off and pick up at OneStop Buford. Ages 7 to 12

Weird Science: June 20 | *Water Wonders:* July 18

Closed May 27
for Memorial Day.

May

 Online
Registration

OneStop Centerville

www.GwinnettHumanServices.com

Centerville Writers Group | \$1/Class (Drop In)

Thursdays, May 2 and May 16
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+



Osteoporosis Tai Chi | \$20

Thursdays, May 2 to May 23 from 10:00am to 11:00am
Improve your balance and coordination and build your muscular strength and stamina to help prevent falls and injuries. Ages 18+

Tai Chi | \$20

Thursdays, May 2 to May 23 from 7:15pm to 8:15pm
Fight stress without effort using simple Yang Style 10 Form stretches, body movements, and breathing techniques that can help improve balance, strength, mobility, and quality of life. Ages 18+

Toastmasters of Centerville | (Drop In)

Thursdays, May 2 to August 29 from 7:00pm to 9:00pm

Build a better you. Maximize your potential by practicing your public speaking, improving your communication, developing your leadership skills, building your self-confidence and self-awareness, and more. The first visit is free. Membership and \$1 weekly meeting fees apply. Ages 18+



Chair Tai Chi | \$50

Fridays, May 3 to May 31 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+

Heart & Soul Line Dance | \$12

Saturday, May 4 from 10:00am to 11:30am
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+

Mental Health Awareness | Free

Saturday, May 4 from 10:00am to 11:30am

Approximately one in five Americans experience mental illness annually according to the National Alliance on Mental Illness. Receive information regarding risk factors, crisis management, and local services and resources. Ages 18+

Smart Driver | \$20 (\$15 for AARP Members)

Wednesday and Thursday, May 8 and May 9
from 5:00pm to 8:00pm

Take advantage of safety 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.

Clicks & Sticks Knitting Guild | (Drop In)

Thursday, May 9 from 7:00pm to 9:00pm

Unwind with these gurus who invite all experience levels. The first visit is free. Membership fees apply. For more information, call 770.413.6171 or email clicksandsticks@gmail.com. Ages 18+

Parkinson's Support | Free (Drop In)

Thursday, May 9 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 Talk | \$25/Session or \$10/Class

Thursdays, May 9, June 20, and
August 15 from 5:00pm to 7:30pm

Talk freely in a safe, positive, and engaging environment, and receive guidance, support, and encouragement on contemporary teen challenges, such as exercise and nutrition, domestic violence, and self-respect. Ages 13 to 19



Scrabble | \$1 (Drop In)

Saturday, May 11 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. Provided by the Atlanta Scrabble Club. Ages 18+

Closed May 27
for Memorial Day.

May



OneStop Centerville

www.GwinnettHumanServices.com

Gardening Fundamentals | Free

Wednesdays from 6:30pm to 7:30pm



Gardeners have the best thyme! Exercise your green thumb and gather some tips and tricks to make your garden thrive. Ages 18+

Landscape Design: May 15

Indoor Pest Control: May 29

Red Hat Society | (Drop In)

Thursday, May 16 from 7:00pm to 8:30pm

If fun, fellowship, and friendship is your forte then join the Cayenne Peppers of Centerville! The first visit is free. Membership fees apply. For more information, call Chapter Queen Ivette Gonzalez-Perez at 404.242.2426. Ages 50+

Rapid HIV Testing | Free (Drop In)

Monday, May 20 from 5:30pm to 7:00pm

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.

SUMMER FUN

Chess & Tennis Camp | \$75/Week

Mondays to Fridays, June 3 to July 19 from 9:00am to 4:00pm

Exercise your body and mind! Test your skills in the tournament on the last day. Bring lunch and snacks (pizza provided Friday). Materials included. Ages 7 to 14

Kidspllosion Camp | \$86/Week

Mondays to Fridays from 7:30am to 6:00pm

Discover, develop, and display your talents while engaging in fun interactive educational activities that explore international cultures and daily living. Breakfast, lunch, and snacks included. A non-refundable \$25 fee (per child) made payable to Kidspllosion due on the first day. Ages 7 to 13

Ghana: June 3 to June 7

United Arab Emirates: June 10 to June 14

Morocco: June 17 to June 21

Kenya: June 24 to June 28

Belgium: July 1 to July 5

South Africa: July 8 to July 12

United States: July 15 to July 19

Spain: July 22 to July 26

Art in Motion Camp | \$70

Monday to Friday, June 10 to June 14 from 9:00am to 1:00pm

Create your own masterpieces while also developing your social and motor skills with diverse art projects (canvas and ceramic mug painting and recycled and earth-friendly crafts) and fun group games. Materials included. Ages 5 to 10

Teen Job Prep | \$15

Monday to Friday, June 10 to June 14 from 4:00pm to 6:00pm

Succeed at landing (and keeping) your first job by developing your skills, such as planning your career goals, writing your résumé, practicing interviewing, understanding workforce expectations, and more. Bring snacks. Certificate of completion included. Ages 14 to 19

World Dance Camp | \$65/Week

Mondays to Fridays from 8:30am to 12:00pm

From Bollywood to Broadway – discover some of the most iconic dances from around the globe! Delve into choreography, videos, arts and crafts, writing, discussions, and more. Ages 6 to 13

Africa/Latin America: June 17 to June 21

China/India: June 24 to June 28

Russia/Ballet: July 15 to July 19

Broadway/Contemporary: July 22 to July 26

Explore My World Camp | \$50/Week

Mondays to Fridays from 1:00pm to 5:00pm



Take a journey to the other side of the Earth with us. Participate in hands-on learning as we tour different countries in Asia (India, Japan, and Turkey) and Africa (Ethiopia, Egypt, and Nigeria), including their traditions, languages, cuisine, music, cultural similarities and differences, and more. Bring snacks. Ages 8 to 12

Asia: June 24 to June 28

Africa: July 22 to July 26

Diversity Camp | \$70

Monday to Friday, July 8 to July 12 from 9:00am to 1:00pm

Express yourself as you explore all the continents! Show off your creativity through art, dance, skits, games, and other various projects. Ages 5 to 10

Closed May 27
for Memorial Day.

May

 Online
Registration

OneStop Norcross

www.GwinnettHumanServices.com

Microsoft Word | Free

Wednesday, May 1 from 6:30pm to 8:30pm

Whether you're new to Microsoft Word or just need a refresher, understand the basics of this word processing program. Create, save, and print documents; use formatting and proofing tools; insert and edit pictures; and more.



Creating a Website | \$20

Thursday, May 2 from 6:30pm to 8:30pm

Choose and purchase (cost not included) a website domain for your personal or small business use then learn how to begin to construct your website using a template and simple drag and drop interface.

Gamblers Anonymous | Free (Drop In)

Mondays, May 6 to August 26 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.

Citizenship Preparation | Free (Drop In)

Wednesday, May 8 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. Provided by Asian Americans Advancing Justice.

Effective Presentations | Free

Wednesday, May 8 from 6:30pm to 8:30pm

Transform your communication skills! Learn how to create and present an effective presentation, incorporate visual aids, analyze your audience, and handle questions effectively.

Facebook Business Page | \$20

Thursday, May 9 from 6:30pm to 8:30pm

You don't need a website to have a Facebook page for your organization. Capitalize on the free social networking website by creating your own page to reach new audiences, promote your services, receive customer feedback, network, and more.



Mom & Me | Free

Friday, May 10 from 10:30am to 12:00pm

Spend time and have fun with mom in honor of Mother's Day! Enjoy games, prizes, light refreshments, and more.

First Aid/CPR/AED | \$65

Saturday, May 11 from 10:00am to 3:00pm

Potentially save a life – learn how to prepare for and respond to adult and pediatric cardiac, breathing, and medical emergencies. Two-year certification provided upon completion by the American Red Cross. Ages 12+

Math Tutoring | Free

Saturday, May 11 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

Microsoft PowerPoint | \$10

Wednesday, May 15 from 6:30pm to 8:30pm

Whether you're a student, employee, or public speaker, dazzle your audience with this presentation program. Create, customize, save, and print slides; add transitions; insert and edit pictures; use notes; and more.

LinkedIn Basics | \$20

Thursday, May 16 from 6:30pm to 8:30pm

Join millions of users and network professionally. Establish and improve your profile, and discover how to search and apply for jobs.

Rapid HIV Testing | Free (Drop In)

Thursday, May 23 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. Provided by Positive Impact Health Centers.

Smart Driver | \$20 (\$15 for AARP Members)

Thursday, May 23 from 9:30am to 4:00pm

Take advantage of safety 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.

No-Bake Desserts | \$20/Class

Saturday, May 25 from 9:00am to 12:00pm or 2:00pm to 5:00pm

No oven? No problem! Satisfy your sweet tooth with three yummy treats (banana split pops, cheesecake nachos, and s'mores cheese ball) that you can take home and share. Ingredients and supplies included. Ages 7 to 12

SUMMER CAMPS: 95/WEEK

Future Ventures Camp | Ages 11 to 14

Kidspllosion Camp | Ages 5 to 6

Registration required unless drop in.
Availability and details may change.

5030 Georgia Belle Ct. | Norcross, GA 30093
678.225.5400 | onestopnorcross@gwinnettcountry.com

 **Gwinnett**
Health & Human
Services