

Closed 09/02
for Labor Day.

September

OneStop Buford

Register at GwinnettHumanServices.com.



Dance Fitness | \$7/Class
Tuesdays and Thursdays,
September 3 to December 17
from 6:00pm to 7:00pm
Don't hate working out! Have fun
expressing yourself and burning up
the dance floor as you step to those
contagious Latin beats.

Toastmasters International | (Drop In)
Tuesday, September 3 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+

Beginning Spanish | \$65
Mondays and Wednesdays, September 4 to October 16
from 7:00pm to 8:30pm
It's one of most commonly spoken languages in the world.
Learning Spanish can help you stand out in a competitive
job market, feel comfortable traveling, appreciate
international fine arts, make new friends, improve your
English and cognitive skills, and more. Ages 16+

Adoption/Foster Training | Free
Thursdays, September 5 to October 10
from 6:00pm to 9:00pm
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. To register, call 706.340.7046. Instructed by All
God's Children Inc. Ages 25+

Heal. Love. Live. | Free (Drop In)
Thursdays, September 5 to November 7
from 7:30pm to 8:45pm
You are not alone. An American experiences sexual assault
every 98 seconds according to RAINN. Receive resources,
support, and guidance to begin your journey toward
emotional healing. Instructed by Earnest Love.

College Mock Exams | \$25/Test & Results
ACT Test: Saturday, September 7 from 9:00am to 1:00pm
ACT Results: Saturday, September 14 from 10:00am to 11:30am
SAT Test: Saturday, September 21 from 9:00am to 1:00pm
SAT Results: Saturday, September 28 from 10:00am to 11:30am
Prepare for the standardized testing colleges require for
admissions and scholarships by taking a practice test and
receiving an individualized review. The practice will help
you understand the questions and process and build your
stamina. The results will provide you and your parents an
in-depth analysis of your strengths and weaknesses, tips
for improvement, and more. Ages 13 to 18

Alfabetización en Español | \$10
lunes y miércoles, 9 de septiembre al 9 de octubre
de 5:00pm a 6:30pm
Empodérese para comunicarse con éxito en su vida
profesional y personal. Lea, hable y escriba español
aprendiendo el vocabulario básico, pronunciación,
ortografía y mucho más. Edades 16+



English Literacy | \$10
Mondays and Wednesdays,
September 9 to October 9
from 7:00pm to 8:30pm
Empower yourself to successfully
communicate in your professional
and personal life. Read, speak,
and write English by learning
basic vocabulary, pronunciation,
spelling, and more. Ages 16+

Gamblers Anonymous | Free (Drop In)
Tuesdays, September 10 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. Ages 16+

Read with Me | \$69
Tuesdays, September 10 to October 1
from 6:30pm to 7:30pm
Develop your reading comprehension in both fiction and
nonfiction. Based on the Academic Knowledge and Skills
(AKS) curriculum. Ages 5 to 14

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Math Tutoring | \$69

Wednesdays, September 11 to October 2 from 6:30pm to 7:30pm
Having trouble with numbers? From arithmetic to algebra, sharpen your math skills in a fun and engaging learning environment based on the Academic Knowledge and Skills (AKS) curriculum. Ages 5 to 14

Fundamentos de Presupuesto | Gratis (Venga un Rato)

jueves, 12 de septiembre de 12:00pm a 2:00pm
Logre y mantenga estabilidad financiera con un sólido presupuesto familiar o personal. Entienda como determinar sus ingresos y gastos, desarrolle un plan para gastos y ahorros y establezca un buen crédito. Niños bienvenidos. Edades 18+

Overcoming Overeating | Free (Drop In)

Saturdays, September 14 to October 19
from 10:00am to 11:30am
Have you given up trying to follow a diet or a food plan? Discover the real reasons people struggle with food addiction and excess weight and gain unique strategies to transform food behaviors from award-winning author Dr. Allison Smith.

Domestic Violence | Free (Drop In)

Monday, September 16 from 6:30pm to 7:30pm
More than 10 million people experience abuse annually according to NCADV. Prevent and end intimate partner violence by understanding the facts and myths, types of abuse, power and control wheel, warning signs, resources, and more. Instructed by Partnership Against Domestic Violence. Ages 18+

A Healthy Brain | Free (Drop In)

Wednesday, September 18 from 10:00am to 11:00am
Uncover how brain cells change with age and their impact on your health, as well as easy and fun ways to protect your brain against Alzheimer's and other diseases and dementia. Instructed by UGA Extension Gwinnett. Ages 50+

Violencia Doméstica | Gratis (Venga un Rato)

miércoles, 18 de septiembre de 6:30pm a 7:30pm
Según la NCADV, más de 10 millones de personas experimentan abuso anualmente. Prevenga y ponga fin a la violencia de pareja íntima al comprender los hechos y los mitos, tipos de abuso, poder y la rueda de control, señales de advertencia, recursos y mucho más. Instructo por Partnership Against Domestic Violence. Edades 18+

All About Soy | Free (Drop In)

Thursday, September 26 from 10:00am to 11:00am
Become informed about the myths and facts of soy, a plant-based protein high in fiber, vitamins, and minerals, and taste some soy-based foods available in grocery stores. Instructed by UGA Extension Gwinnett. Ages 50+

Comprador de su Primera Vivienda | Gratis (Venga un Rato)

jueves, 26 de septiembre de 12:00pm a 2:00pm
Comprar su primera casa puede ser emocionante y abrumador. Siéntase más seguro sobre esta importante etapa al saber cómo; obtener una precalificación, encontrar una vivienda que se ajuste a sus necesidades, hacer una oferta, solicitar un préstamo hipotecario y el cierre. Edades 18+

English as a Second Language (ESL) | Free (Drop In)

Level I: Mondays and Wednesdays, September 30 to December 18 from 9:30am to 12:30pm or 6:00pm to 9:00pm
Level III: Mondays and Wednesdays, September 30 to December 18 from 9:30am to 12:30pm
Become a self-sufficient resident by improving your English reading, speaking, and writing skills. Feel comfortable using language for daily conversation, job searching, citizenship, and more. You may take a placement test to determine your fluency. Ages 18+

HEALTH & HUMAN SERVICES EVENT

Engage in Aging Community Forum | Free

Tuesday, September 24 from 9:00am to 1:30pm
George Pierce Park Community Recreation Center
55 Buford Highway, Suwanee



Join us for a day of insight, education, and shared resources as we address the challenges of our aging population. Regional experts on aging will share experiences and challenges, as well as breakthroughs and current best practices. Lunch included.

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OneStop Centerville

Register at GwinnettHumanServices.com.

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

Thursdays, September 5 and September 19
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+

Entreuniversity: Basics | \$15

Thursday, September 5 from 6:00pm to 7:30pm

Whether you want to or recently did open a business, ensure it prospers! Understand what starting a business encompasses and best practices. Ages 18+

Living Art | Free

Thursday, September 5 from 11:00am to 12:00pm

Put some heart and soil into building your own stunning succulent you can take home and appreciate. Light refreshments and materials included. Ages 50+

Tai Chi | \$20/Session

Thursdays, September 5 to September 26
from 10:00am to 11:00am or 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, September 5 to December 19 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+



Championship Chess | \$60

Saturdays, September 7 to October 12
from 9:00am to 10:00am

Checkmate! Bring out your competitive side while enhancing your math, reading, and problem-solving comprehension. Put your skills to the test in the tournament on the last day. Ages 7 to 13

Citizenship Clinic | Free (Drop In)

Monday, September 9 from 4:00pm to 6:00pm

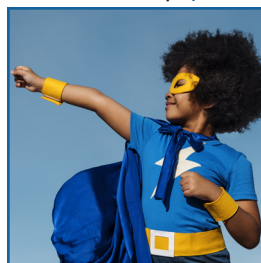
Become a citizen and exercise all your rights. Receive assistance with completing your U.S. citizenship application and filing fee waiver request (if eligible). For necessary documentation, visit advancingjustice-atlanta.org or call 404.890.5655. Provided by Asian Americans Advancing Justice. Ages 18+

GED Prep | \$25

Mondays and Wednesdays, September 9 to November 13
from 6:00pm to 8:00pm

Ace your exam with in-depth instruction in language arts, mathematics, science, and social studies. You will test to determine your level of competency and an effective learning strategy. Instructional manual and TI-30XS calculator provided in class with option to purchase. Ages 18+

GirlsMatter | \$50/Three Sessions (or \$20/Session)



Tuesdays, September 10 and September 17, September 24 and October, and October 8 and October 15 from 6:00pm to 7:30pm
Ignite the power within yourself! Discuss your experiences and challenges with other girls in a supportive environment and receive positive guidance to develop your skills that you can apply now and into adulthood. T-shirt and materials included. Ages 7 to 9

Insurance | Free (Drop In)

Tuesdays from 6:00pm to 7:00pm

Automobile: September 10

Homeowners: September 17

Filing Claims: September 24

Become a savvy consumer by making sure you have the necessary insurance protection when a loss occurs. Understand basic insurance terms and coverages, how to select an insurance company right for you or your family, and what you need to do to file a claim. Instructed by Farmers Insurance. Ages 21+

Tae Kwon Do | \$30

Tuesdays, September 10 to October 15 from 7:00pm to 8:00pm

This Korean martial art offers so much more than just kicking, punching, and colorful belts! It also teaches important life skills, such as character, respect, confidence, discipline, and focus in an exciting and energetic environment. Ages 7 to 14

Clicks & Sticks Knitting Guild | (Drop In)

Thursday, September 12 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 404.216.6992 or email clicksandsticks@gmail.com. Ages 18+

Parkinson's Support | Free (Drop In)

Thursday, September 12 from 10:00am to 11:30am

Approximately one million people live with Parkinson's disease according to the Parkinson's Foundation. Join this supportive group to share information and experiences.

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OneStop Centerville

Register at GwinnettHumanServices.com.

Teen Talk | \$35/Four Classes (or \$10/Class)

Thursdays, September 12, October 10, November 14, and December 12 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. Ages 13 to 19

Heart & Soul | \$8/Class (or \$10/Class Drop In)



Saturdays, September 14 from 10:00am to 11:00am and September 26 from 7:00pm to 8:00pm

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+

Scrabble | \$1 (Drop In)

Saturday, September 14 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.

Math Tutoring | \$69

Mondays, September 16 to October 7 from 6:00pm to 7:00pm

Having trouble with numbers? From arithmetic to algebra, sharpen your math skills in a fun and engaging learning environment based on the Academic Knowledge and Skills (AKS) curriculum. Ages 8 to 12

Life after High School | Free

Wednesday, September 18 from 10:00am to 12:00pm

Young adults with intellectual disabilities can successfully transition into life post-graduation by knowing what challenges they may face and how to overcome them, as well as how to access accommodations and resources in higher education and the workforce. To register with the Gwinnett County Public Schools, contact Jackie McNair at 678.301.7149 or jackie_mcnair@gwinnett.k12.ga.us. Ages 18+

Soil Health | Free

Wednesday, September 18 from 6:30pm to 7:30pm

Plants depend on soil for health and vitality. Turn your soil into productive ground for growing by understanding basic principles, including organic matter, fertility, drainage, pH levels, and more. Ages 18+

Read with Me | \$69

Thursdays, September 19 to October 17 from 6:00pm to 7:00pm

Develop your reading comprehension in both fiction and nonfiction. Based on the Academic Knowledge and Skills (AKS) curriculum. Ages 8 to 10

Red Hat Society | (Drop In)

Thursday, September 19 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+

Beginning Spanish | \$65/Session

Saturdays, September 21 to October 26

Level I: 11:00am to 12:00pm

Level II: 12:00pm to 1:00pm

It's one of most commonly spoken languages in the world. Learning Spanish can help you stand out in a competitive job market, feel comfortable traveling, appreciate international fine arts, make new friends, improve your English and cognitive skills, and more. Ages 18+

Prediabetes Self-Management | Free (Drop In)

Mondays, September 23 and September 30 from 7:00pm to 8:30pm

Nine out of ten people don't know they have prediabetes according to the CDC. Know your risk by receiving information on how to get tested and the risk factors, as well as managing diabetes. Provided by the Diabetes "You Can Win" Foundation.

HIV Testing | Free (Drop In)

Monday, September 23 from 5:30pm to 7:00pm

Keep yourself and your loved ones healthy. Complete a confidential test without an appointment and receive your results with preventative information and additional resources. For more information, call 678.990.6430. Provided by Positive Impact Health Centers. Ages 13+

The Centerville Games | Free

Saturday, September 28 from 2:00pm to 4:00pm

Bring the whole family out for a fun afternoon in the sun! Enjoy outdoor relay and team games, such as checkers, Connect Four, cornhole, four square in the air, footgolf, Jenga, pop-up soccer, obstacle courses, sack races, tic-tac-toe, and more. Parent/guardian participation required. Prizes and light refreshments included. Ages 6+

HEALTH & HUMAN SERVICES EVENT

Engage in Aging Community Forum | Free

Tuesday, September 24 from 9:00am to 1:30pm

George Pierce Park Community Recreation Center
55 Buford Highway, Suwanee

Join us for a day of insight, education, and shared resources as we address the challenges of our aging population. Regional experts on aging will share experiences and challenges, as well as breakthroughs and current best practices. Lunch included.

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OneStop Norcross

Register at GwinnettHumanServices.com.

A Business Brunch | \$60

Saturday, September 7 from 10:00am to 2:00pm
Enjoy breakfast as you network and gain insight into how to pursue your entrepreneurial dream, including developing your idea and creating a plan. Materials included. Ages 18+

Math Tutoring | Free

Saturdays, September 7 and September 21
from 2:00pm to 4:00pm
Having trouble with numbers? From arithmetic to algebra, geometry, trigonometry, and calculus, GUIDE students can help you sharpen your math skills in a fun and engaging learning environment. Bring class notes and homework. Ages 5 to 18

Gamblers Anonymous | Free (Drop In)

Mondays, September 9 to December 30
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 678.234.5648. Ages 16+

No-Bake Desserts | \$20

Tuesday, September 10 from 6:30pm to 8:30pm
No oven, no problem! Satisfy your sweet tooth with three yummy treats (banana split pops, cheesecake nachos, and s'mores cheese ball) you can take home and share. Ingredients and supplies included. Ages 7 to 12

Citizenship Clinic | Free (Drop In)

Wednesday, September 11 from 10:00am to 12:00pm
Become a citizen and exercise all your rights. Receive assistance with completing your U.S. citizenship application and filing fee waiver request (if eligible). For necessary documentation, visit advancingjustice-atlanta.org or call 404.890.5655. Provided by Asian Americans Advancing Justice. Ages 18+

Creating a Website | \$20

Wednesday, September 11 from 10:00am to 12:00pm
Choose and purchase (cost not included) a website domain for your personal or small business use then begin to construct your website using a template and simple drag-and-drop interface. Ages 18+



Effective Essay Writing | \$20

Wednesday, September 11 from 6:30pm to 8:30pm
How you write an essay can make or break you earning that grade or scholarship. Participate in this interactive class that guides you on how to narrow down a topic, outline your thoughts, write interesting and supporting statements, and review sentence flow and grammar. Ages 16+

501(c)(3) Application Aid | \$50

Saturday, September 14 from 12:00pm to 2:00pm
Receive line-by-line instruction to complete Form 1023, as well as articles of incorporation, bylaws, conflict of interest policy templates, and a four-year budget sample. Ages 18+

Nonprofit: Startup | \$25

Saturday, September 14 from 9:00am to 11:00am
Turn your passion into a career! Discover the steps to become incorporated, including establishing articles of incorporation, a mission statement, and a Board of Directors, as well as applying for an EIN, choosing insurance, using basic marketing, and more. Ages 18+

Nonprofit: Governance | \$20/Class

Saturday, September 14 from 3:00pm to 5:00pm
and Tuesday, September 24 from 6:30pm to 8:30pm
Turn your passion into a career! Ensure your organization's achievements by strengthening your board and securing reliable volunteers. Ages 18+

Board Games & Breakfast | \$4/Person

Saturday, September 21 from 9:00am to 11:00am
Roll out of bed in your pajamas and bring your appetite for competition and light refreshments! Enjoy a casual and fun morning of playing classic board games and watching cartoons with your whole family. Parent/guardian participation required. Ages 6+

Microsoft | \$10/Class

Word: Monday, September 23 from 6:30pm to 8:30pm
PowerPoint: Wednesday, September 25 from 6:30pm to 8:30pm
Excel: Thursday, September 26 from 6:30pm to 8:30pm
Become knowledgeable and familiar with these desktop applications used universally in office settings – a necessity in today's job market. Create, save, and print documents, use formatting and proofing tools, insert and edit pictures, and more. Ages 16+

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



Route 20: Stop 376 & 377 (Real-time bus tracking: myStop Mobile App/MyGCTransit.com)

5030 Georgia Belle Ct. | Norcross, GA 30093

678.225.5400 | onestopnorcross@gwinnettcountry.com



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OneStop Norcross

Register at GwinnettHumanServices.com.

Rainbow Luncheon | \$30



Tuesday, September 24
from 11:00am to 1:00pm
Celebrate love and each other in an open, safe, and casual environment inclusive of all sexualities and gender identities. Share your journey, learn from your peers, and make new friends as you enjoy lunch. Ages 16+

My Money | \$20

Wednesday, September 25 from 10:00am to 12:00pm
Build the future you deserve by taking control of your finances. Gain essential budgeting tips, such as setting achievable financial goals, spending and saving money, and using checking and savings accounts. Ages 21+

HIV Testing | Free (Drop In)

Thursday, September 26 from 6:30pm to 7:30pm
Keep yourself and your loved ones healthy. Complete a confidential test without an appointment and receive your results with preventative information and additional resources. For more information, call 678.990.6430. Provided by Positive Impact Health Centers. Ages 13+

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

Thursday, September 26 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. Ages 16+

Upcycled Jewelry | \$4

Friday, September 27 from 10:00am to 12:00pm
Pop out among your family and friends! Recycle and repurpose soda tabs into your own unique and colorful ring, bracelet, or headband in recognition of Crush a Can Day. Materials included. Ages 10+

First Aid/CPR/AED | \$65

Saturday, September 28 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 by the American Red Cross upon completion. Ages 12+

HEALTH & HUMAN SERVICES EVENT

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OCTOBER PREVIEW

Home-Sewn Reading Pillow | \$45
Saturday, October 5 from 9:00am to 11:00am
Chilly weather provides the perfect opportunity to snuggle up with a good book and pillow. Sew a personalized cover for yourself or your kiddo. Machine and materials included. Ages 13+



Pumpkin Painting | \$6/Child

Saturday, October 19
from 1:00pm to 3:00pm
Cute or creepy...bring your Halloween spirit and imagination to decorate a spellbinding masterpiece that you can take home! Pumpkin and materials included. Parent/guardian participation required. Ages 5 to 10

Rainbow Luncheon | \$30

Saturday, October 19 from 11:00am to 1:00pm
Celebrate love and each other in an open, safe, and casual environment inclusive of all sexualities and gender identities. Share your journey, learn from your peers, and make new friends as you enjoy lunch. Ages 16+

Trunk-or-Treat | Free

Saturday, October 26 from 2:00pm to 4:00pm
Have a frighteningly fun time as you trick or treat from car to car, get crafty at the creation station, and participate in costume and sidewalk chalk competitions. While supplies last.

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Availability and details may change.



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