health and human services

onestop

jan – april 2015

Free Income Tax Prep

See pages 1, 5, & 13.

Check out classes and events in your community!

1 Buford Human Services Center

5 Centerville Community Center

13 Norcross Human Services Center

www.gwinnetthumanservices.com

Buford Human Services Center

2755 Sawnee Avenue • Buford, GA 30518
Main line: 678.225.5360 • Registration line: 678.225.5361
www.gwinnettbhsc.com
Center Coordinator • **Ingrid Patrick**

Agencies housed in the center include:

- A one-stop, integrated health and human services center
- Buford Public Health Clinic
- Buford Senior Center
- Partners with other government and nonprofit agencies to bring programs that benefit the community as well as clients of the service agencies

Centerville Community Center

3025 Bethany Church Road • Snellville, GA 30039
770.985.4713 • www.centervillecommunitycenter.com
Center Coordinator • **Vivian Gaither**

Activities housed in the center include:

- Art/dance/drama/exercise classes
- Available rental space for special occasions and events
- Educational and enrichment opportunities for youth and adults
- Public and social events for the entire family
- Teen forums, mentoring programs, and summer camps
- Tutoring/academic prep courses

Norcross Human Services Center

5030 Georgia Belle Court • Norcross, GA 30093
Main line: 678.225.5400 • www.gwinnettnhsc.com
Center Coordinator • **Doris Dietrich**

Agencies housed in the center include:

- A one-stop, integrated health and human services center
- Four Corners Primary Care Centers
- Gwinnett County Department of Motor Vehicles (Tag Office)
- Head Start/Pre-K, Ninth District Opportunity
- Norcross Health Center
- Norcross Senior Center
- Right from the Start Medicaid
- View Point Health (Mental Health)

Buford Human Services Center

2755 Sawnee Avenue • Buford, GA 30518
678.225.5360 • www.gwinnettbhsc.com
Center Coordinator • **Ingrid Patrick**

assistance

Low-Income Home Energy Assistance Program (LIHEAP)
Mondays to Fridays from 8:30 to 4:00pm. Applications taken by appointment only until funds are exhausted for households who meet the 60 percent median income guidelines. To learn more about eligibility and other questions, please call 404.537.4300. Due to high call volumes, we strongly encourage clients to use the online scheduling system in place of walking in or calling for an appointment to expedite wait time. Partnership for Community Action has added the convenience to schedule Energy Assistance appointments online at www.pcAction.org.

Family Emergency Services
Mondays to Fridays from 8:30 to 4:00pm. Applications taken by appointment only. Emergency shelter and homelessness prevention are available to assist qualifying individuals with securing needed services through Family Advocates. Working with government, churches, and other human service agencies, the Partnership for Community Action provides case management and coordinates an array of services to help stabilize families. By appointment only until funds are exhausted. Please call 404.929.2502.

Volunteer Income Tax Preparation Assistance Program (VITA) • FREE!
Tuesdays: February 24 and March 24 from noon to 7:00pm; Thursday, March 27 from 8:30am to 4:30pm; Tuesday, April 7 from noon to 7:00pm; and Friday, April 10 from 8:30am to 4:30pm. The Volunteer Income Tax Assistance (VITA) program will provide residents with 2014 household incomes of $53,000 or less with free tax preparation services. Don't pay for filing, loans, or rapid refund. VITA e-filing gets your cash fast! 1040EZ, 1040A, 1095A, 1040NR and 1040's prepared free! You may be eligible for Earned Income Tax Credit (EITC) over $5,000 and child tax credit up to $1,000 per child. In addition, there will be FAFSA (Free Application for Federal Student Aid) support, benefits screening (for food stamps, energy assistance, and childcare assistance), and credit report analysis. Provide by United Way of Greater Atlanta in partnership with the Internal Revenue Service. Tax preparation by appointment only. Call 678.255.5360 to make your appointment today. Appointment times are limited.

Life is really simple, but we insist on making it complicated.

~ Confucius

Buford Human Services Center

education for adults

AARP Driver Safety Program for Seniors 50+
Wednesday, March 4 from 9:30am to 4:30pm. Learn defensive driving techniques and how to adjust to age-related changes in vision, hearing, and reaction time. For insurance discount, contact provider. Cost: $14 for AARP members with membership card; $16 non-members. Please call the Buford Human Services Center to reserve a seat.

Cancer Prevention and Cooking Workshop
Wednesday, March 25 from 1:30pm to 4:00pm. Program open to all adults. Class will educate women and men about the importance of being screened for breast, colorectal, and cervical cancer. Those who rarely or have never been screened, are low-income, or women who do not have health insurance are referred to the American Cancer Society BreasTest program to obtain free screens. You can lower the risk of cancer with good nutrition. This interactive class will also include a cooking demonstration. Cost: $2 per person. Provided by the UGA Extension – Gwinnett County. Please call BHSC to reserve a seat for this class. Space is limited; reserve your seat today!

Amateur Art Classes for seniors • FREE!
First and third Monday of the month: January 19 to April 20 from 1:30pm to 2:30pm. Come join a group of enthusiastic seniors and share the love for painting. Participants must provide their own paper, canvas, or wood and acrylic paint in primary colors. Most paintings are completed in a series of Mondays. Space is limited. Please register in advance.

Hearts for Veterans • FREE!
Mondays from 10:00am to 1:00pm. Meets in room B017. A certified chapter service officer will be available to support the achievement of our veterans and be available to answer questions and assist with filling out VA claims. Call Aslyn Bonds at 404.834.9784 for more information.

Canasta and Rummikub • FREE!
Monday through Friday from 1:30pm to 2:30pm. Make new friends while learning to play Canasta and Rummikub. Rummikub contest every Monday morning. For more information, please call the Buford Senior Center at 678.225.5369.

health and safety

Nutrition Certificate Program • FREE!
Fridays: March 13 to May 21 from 12:30pm to 2:00pm. In this eight-week interactive class, learn to shop, save, and make healthier food choices using the UGA Food Talk program. Class provided by UGA Extension – Gwinnett County. Call the center to reserve a seat.

Buford Human Services Center

Programa Certificado de Nutrición • ¡GRATIS!
Viernes: 13 de Marzo hasta el 21 de Mayo. Programa puede ser dado en español. Aprenda comprar, rebajar gastos y escoger productos saludables usando las metas del programa de la Universidad de Georgia; Food Talk. Esta clase es ofrecida por UGA Extension – Gwinnett County. Para reservar un cupo por favor llame al Centro de Servicios Humanos de Buford.

language

English as a Second Language (ESL) and Civics for Beginners • FREE!
Tuesdays and Thursdays from 9:00am to noon. Students need to take a test to determine the current level of proficiency. Classes are for adults from any culture or nationality who want to learn or improve English as their second language. Civics is the foundation knowledge and preparation for US citizenship test. Classes are provided by the Asian American Resource Center. Call 770.270.0663 for more information or email education@aarc-atlanta.org. For registration dates, call BHSC. Para información en español, llame al 678.225.5361.

English as a Second Language Advance levels and Citizenship • FREE!
Tuesdays and Thursdays from 9:00am to noon. Classes for adults from any culture or nationality who want to learn or improve their knowledge of English. In this class Civics knowledge is expanded with major preparation for the US citizenship test. Classes are provided by the Asian American Resource Center. For more information, email education@aarc-atlanta.org or call 770.270.0663. For registration dates, call BHSC. Para información en español, llame al 678.225.5361.

mentoring

Beautiful Beginnings
Tuesdays: January 6, February 17, March 3, and April 7 from 6:30pm to 8:00pm. Girls ages 6 to 10 year old. Girls build self-esteem, age appropriate leadership capabilities, and much more. For more information on I AmBEAUTIFUL, please call 404.545.9051. Space is limited; please register in advance.

Beautiful Beacons
Tuesdays: January 6, February 17, March 3, and April 7 from 6:30pm to 8:00pm. Girls ages 11 to 14 year old. Girls build self-esteem, age appropriate leadership capabilities, and much more. For more information on I AmBEAUTIFUL, please call 404.545.9051. Space is limited; please register in advance.

Beautiful Bridges
Tuesdays: January 6, February 17, March 3, and April 7 from 6:30pm to 8:00pm. Girls ages 15 to 18 year old. Girls build self-esteem, age appropriate leadership capabilities, and much more. For more information on I AmBEAUTIFUL, please call 404.545.9051. Space is limited; please register in advance.

multicultural

Gwinnett Multicultural Advisory Committee
Fourth Tuesday every month from 1:00 to 3:00pm. Everyone is welcome to attend meetings. Group's mission is to collaborate, network, and provide resources and education to benefit the diverse communities of Gwinnett County. January 27 meeting at 2780 Five Forks Trickum Road in Lawrenceville; February 24 meeting at 5030 Georgia Belle Court in Norcross; March 24 meeting and pot-luck at 567 Swanson Drive in Lawrenceville; April 28 meeting at 75 Langley Drive in Lawrenceville. For more information, email GwinnettGMAC@gMail.com.

support groups

Prostate Cancer Survivor Shares His Story • FREE!
Friday, March 6 from 10:30am to 11:30am. Women and family members are encouraged to attend. Ken Stevens will host the discussion group. Sponsored by the Georgia Prostate Cancer Coalition, www.georgiapcc.org. For more information, please contact kennethcstevens@bellsouth.net. Call the center to register.

Gamblers Anonymous • FREE!
Tuesdays from 6:30pm to 8:30pm. Gamblers Anonymous is a program for individual gamblers and family members, friends, and loved ones who have been impacted by gambling. This group is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem.

Girl Scouts of Greater Atlanta Group Meetings
Third Tuesday every month from 6:00pm to 7:30pm. Girl Scouts helps to build girls of courage, confidence, and character, who make the world a better place. This is the largest organization dedicated solely to girls—all girls—where, in a diverse, inclusive, accepting, and nurturing environment, girls build skills for success in the real world. Email Mary Hughes at mhughes@gsgatl.org or call 770.702.9149 to register.

Breastfeeding Support Group • FREE!
Once a month from 11:30am to 1:00pm. Program for all pregnant women and breastfeeding moms. Sponsored by the Department of Public Health. For more information, please call 678.982.4687 or email eveperumal@gmail.com.

workshops

Chronic Disease Self-Management
Fridays: April 3 to May 8 from 9:30am to noon at the Buford Human Services Center. Struggling with ongoing symptoms of chronic illness? Workshops teach techniques dealing with fatigue, stress, and difficult emotions; how to control health challenges and life; and ways to communicate with family, friends, and health professionals. Cost: $5 cash, non-refundable registration fee for all six weeks. A minimum of eight pre-registered and paid participants required to hold class. Program is sponsored by the Atlanta Regional Commission, Area Agency on Aging and GA Division of Aging, taught by the UGA Extension – Gwinnett County and Gwinnett County Health and Human Services. Call the center for more information.

assistance

Low-Income Home Energy Assistance Program (LIHEAP)
Monday to Friday from 8:30am to 4:00pm beginning January 5. Applications will be taken until funds are exhausted for households meeting the 60 percent median income guidelines. Applicants seen by appointment only. To schedule, please visit www.pcaction.org or call Partnership for Community Action at 404.537.4300.

Volunteer Income Tax Preparation Assistance Program (VITA) • FREE!
Tuesdays: February 3, 17; March 3, 17, 31 and April 14 from 9:00am to 3:00pm. VITA will provide residents with 2014 household incomes of $53,000 or less with free tax prep services. Forms 1040EZ, 1040A, 1095A, 1040NR, and 1040s will be prepared free! You may be eligible for Earned Income Tax Credit (EITC) over $5,000 and child tax credit for up to $1,000 per child. Sponsored by United Way of Greater Atlanta in partnership with the Internal Revenue Service. Preparation services by appointment only by calling the center.

clubs

Garden Club
Mondays from 7:00pm to 8:00pm. Series I: January 5: House plants; January 12: Pruning shrubs; January 26: Tree selection and disease. Series II: February 2: Container gardening; February 9: Winter flowering plants; February 23: Rose selection. Series III: March 9: Soil; March 16: Practical small gardens; March 23: Native wild flowers. Series IV: April 13: Herbs, crack fillers, and trailers; April 20: Lawns and Ground covers; April 27: Perennials. Series V: May 4: Day lilies, hostas, ferns; May 11: Right plant/right place; May 18: Turf weed identification. Cost: $5 cash only as non-refundable fee per class or per series. Limited space; pre-registration and payment required to hold spot.

Atlanta SCRABBLE® Club
Saturdays: January 10, February 14, March 14, April 11, and May 9 from 10:00am to noon. Cost: $1 per person per game day (in cash and exact change please). For more information, please email doc2barbara@gmail.com or call 770.557.1343.

Clicks and Sticks Knitting Guild
Second Thursdays from 7:00pm to 9:00pm. For all experience levels. Cost: $25 per year (first meeting free) to fund charity knitting and educational sessions. For more information, contact the Guild at 770.413.6171 or info@clicksandsticks.com.

Red Hat Society • FREE!
Third Thursdays from 7:00pm. The Cayenne Peppers of Centerville chapter is looking for ladies to join. For more information, call Ivette Gonzalez-Perez at 770.860.8698 or the community center.

dance

Jazz for Ages 7 to 13
Tuesdays from 5:00pm to 6:00pm. Session I: January 13 to February 17; Session II: February 24 to March 31; Session III: April 7 to May 12. Sessions are progressive. Cost: $45 per session, including recital. Please contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. Pre-registration with payment required to hold spot. Call the center for more information.

Ballet for Ages 3 to 13
Saturdays. Session I: January 10 to February 14; Session II: February 21 to March 28; Session III: April 11 to May 16 from 8:30am to 9:30am for ages 3 to 4; 9:30am to 10:30am for ages 6 to 9; 10:40am to noon for ages 9 to13; and 12:10pm to 1:10pm for ages 5 to 8. Sessions are progressive. Cost: $55 per session for Pre-Ballet to Ballet/Tap II; $60 for Ballet/Tap III, including recitals. Contact Simone Saddler at leaps5678@gmail.com or call 678.357.1164. Pre-registration with payment required to hold spot.

education for adults

Grant Writing Basics: Show Me The Money!
Saturdays: January 24 and 31; February 21 and 28; April 18 and 25 from 9:00am to noon. Cost: $50 for two-day class, including certificate of completion. Contact Dr. Uwa Irving, PhD., at 248.773.1857 or by email, grantwritingbasics@gmail.com. Pre-registration with payment required to hold spot. Call the center for more information.

GED Preparatory Course
Mondays and Saturdays: February 2 through May 16 (no class February 16 and April 4). Mondays from 6:00pm to 9:00pm; Saturdays from 9:00am to noon. Subjects covered include Language Arts, Science, Social Studies, and Mathematical Reasoning. Cost: $35 for 14 weeks, including book. Sponsored by Catalyst Consultants Unlimited LLC. For more information, email catalystcareerdevelopment@gmail.com. Pre-registration with payment required to hold spot. Call the center for more information.

Your Credit Report and Score Seminar • FREE!
Thursday, February 19 from 11:00am to noon. Learn how to protect yourself. Sponsored by the Associated Credit Union. Pre-registration required by February 16 with a minimum of eight participants to hold class. To pre-register, call the center.

Identify Theft: Who's Got Your Number? Seminar • FREE!
Thursday, March 19 from 11:00am to noon. Learn how to minimize the chances of ID theft and how to minimize the damage done. Sponsored by the Associated Credit Union. Pre-registration required by March 16 with a minimum of eight participants to the hold class. To pre-register, call the center.

Home Food Preservation: Spring Fruits and Vegetables
Friday, April 10 from 1:00pm to 3:00pm. Learn how to can, freeze, and dehydrate fruits and vegetables. Class includes a demonstration of water-bath canning by UGA Extension – Gwinnett County. Cost: $3 cash in exact notes. A minimum of 10 pre-registered participants required to hold class.

Beginning Spanish, Level I
Mondays: April 13 through May 18 from 6:00pm to 7:00pm. Cost: $60 for six weeks. For curriculum information, contact Grisel Amargos at spanishteachersn@gmail.com. Registration and payment completed directly with the instructor on Thursday, April 2 from 6:00pm to 7:00pm. Call the center for general information.

What Mortgage is Best for Me? • FREE!
Wednesday, April 22 from 1:00pm to 2:00pm. Sponsored by the Associated Credit Union. Pre-registration required by April 17 with a minimum of eight participants to hold class.

Three Transitions to Retirement • FREE!
Monday, May 18 from 6:00pm to 7:00pm. Learn how to prepare for retirement and continue to enjoy financial independence. Sponsored by the Associated Credit Union. Pre-registration required by May 13 with a minimum of eight participants to hold class.

Homeowner H2O: Water Conservation Workshop • FREE!
Saturday, May 30 from 10:00am to 11:00am. Attendees will receive a low-flow home retrofit kit, outdoor water efficiency kit, do-it-yourself home water audit guide, and information on how to apply for Gwinnett County's toilet rebate program. Pre-registration required by emailing dwrconserve@gwinnettcounty.com.

education for youth

ABC Language Arts and Reading Comprehension Tutoring for Grades 2 to 4
Mondays: January 5 to March 30 (no class January 19, February 16) from 5:00pm to 6:00pm for grades 2 and 3; 6:15pm to 7:15pm for grade 4. Ten students per group. Based on Common Core Georgia Performance Standards. Cost: $12 per week, payable every two weeks and due on first day of class. For class information, contact atestates@aol.com or 404.438.1067. Pre-registration required to hold spot. Call the center for more information.

ABC Math Tutoring for Grades 2 to 5
Thursdays: January 8 to April 2 from 5:00pm to 6:00pm for grades 2 and 3; 6:15pm to 7:15pm for grades 4 and 5. Ten students per group. Based on Common Core Georgia Performance Standards. Cost: $12 per week, payable every two weeks and due on first day of class. For class information, contact atestates@aol.com or 404.438.1067. Pre-registration required to hold spot. Call the center for more information.

Championship Chess for Ages 7 to 14
Saturdays: January 10 to February 14; February 28 to April 11 (no class April 4); April 18 to May 23 from 10:00am to noon. Instruction the first hour; free practice club the second hour with required parent/guardian participation during second hour. Cost: $48 per six weeks. For more information, email rodneylewis33@gmail.com or call 770.560.1071. Pre-registration with payment required to hold spot. Call the center for more information.

P.R.I.D.E. (Parents Reducing Injuries and Driver Error) • FREE!
Thursdays: January 22 and April 23 from 6:30pm to 8:30pm. For parents and new/soon-to-be drivers (14 to 16). Learn about the 40 hours of supervised driving required by Georgia law. Parents must attend. Sponsored by Child and Adolescent Resource Educational Services. For details, call 404.578.7629 or email monicaddavis@comcast.net. To pre-register, call the center.

High School Student Speech Festival • FREE!
Thursday, April 30 from 7:00pm to 8:30pm. Come lose your nerves and receive constructive feedback, tips, and information on how to become a better speaker and presenter. Awards and recognition will also be presented. Sponsored by Toastmasters of Centerville. For more information, call 770.881.0100 or email president-922073@toastmastersclubs.org.

events

Black History Month Exhibit • FREE!
Monday, January 26 through Friday, February 20. View this self-guided exhibit weekdays from 9:00am to 5:00pm (closed February 16). Saturday hours vary; center closed on Sundays. To confirm Saturday hours or for more information, call the center.

The Africa in African-American History, An International Celebration • FREE!
Friday, February 6 from 6:30pm to 7:30pm. Be entertained through an interactive and informative presentation that incorporates West African traditions. Pizza dinner and refreshments provided while supplies last. Sponsored by The African Women Economic Consortium (AWEC). For event information, contact Dr. Uwa Irwing, PhD., 248.773.1857, or email grantwritingbasics@gmail.com.

Soul Food Cooking and Recipe Swap • FREE!
Friday, February 13 from 6:00pm to 7:30pm. Participate in an interactive demonstration of soul food preparation and enjoy sample tastings of new twists on old classics. Bring copies of your favorite soul food recipes and swap out with one another. Minimum of eight registrations required by Monday, February 9 to hold event.

American Red Cross Blood Drive
Friday, February 13 from 1:00pm to 6:00pm. Please visit www.redcrossblood.org or call 1.800.GIVE.LIFE. Bring photo ID. Walk-ins welcome, but appointments are encouraged.

A Tribute to African-American Comedy • FREE!
Friday, February 20 from 10:00am to 4:00pm. Give tribute and enjoy African-American comedy with all-day viewings of the famed TV shows: *What's Happening, The Fresh Prince of Bel-Air,* and *Everyone Hates Chris*.

Dr. Seuss Celebration • FREE!
Thursday, February 26 from 10:00am to noon for preschoolers; 2:00pm to 5:00pm for school-aged children. Come enjoy the reading of Dr. Seuss' classics, refreshments, music, crafts, and games. Sponsored by the Centerville Community Center and the Centerville Branch Library. For more information, contact the community center.

Story Telling: African-American Heroes • FREE!
Friday, February 27 from 6:00pm to 7:30pm. Fun and interactive activities for children to increase their learning about African-American heroes. Sponsored by Toastmasters of Centerville. For more information, call 770.881.0100 or email president-922073@toastmastersclubs.org.

Easter Eggstravaganza • FREE!
Thursday, April 2 from 10:30am to noon with egg hunt at 11:00am. Parents, bring your preschoolers age 6 months to 4 years. The event will include an egg hunt, various crafts and activities, and a small snack (while supplies last). In the event of cold or rain, event will be held indoors.

health and safety

Tai Chi for Parkinson's Patients and Their Caregivers
Fridays: January 2 to April 24 (no class on April 10) from 1:30pm to 2:30pm. Research suggests that exercise has a positive effect on people with Parkinson's disease including functional mobility, gait, balance, strength, cognition, and quality of life. Join Yellow River Center, a member of the PD Gladiators Metro Atlanta Fitness Network, for this specially designed workshop series. Cost: $5 per class (10 classes recommended, but not required). Register at class or online at www.pdgladiators.org. For online registration assistance, call 770.450.0792; for class information, contact Bob Wells at 404.786.4650 or wellscom@comcast.net.

Hatha Yoga • Mondays or Thursdays
Mondays: January 5 to March 9 (no class January 19, February 16); March 16 to May 11 (no class April 6) from 7:00pm to 8:00pm. Thursdays: January 8 to February 26; March 5 to April 30 (no class April 9) from 5:45pm to 6:45pm. Cost: $24 for each eight-week session. Class emphasizes fitness, flexibility, balance, mind-body awareness, proper breathing, and relaxation. For people of all ages, shapes, and sizes (minors must be accompanied by a registered adult). For class information, contact instructor at pattycugnasca@gmail.com. Pre-registration with payment required to hold spot.

Zumba® Fitness for Adults
Tuesdays starting January 13 from 5:00pm to 6:00pm; Thursdays starting January 15 from 7:00pm to 8:00pm; Fridays starting January 16 from 11:00am to noon. Experience cardiovascular and total body strength and conditioning workout. Appropriate for all ages, shapes, and sizes (children ages 8+ must be accompanied by a registered paying adult). Cost: $32 per eight-week sessions. Ask about $5 multiple class day discount. Contact instructor at ZumbaAlana@gmail.com for more information. Pre-registration with payment required to hold spot. Registrations close one hour before class starts.

Parkinson's Support Group • FREE!
Wednesdays: January 7 and April 1 and Thursdays: February 5, March 5, and May 7 from 10:00am to 11:30am. Join facilitator Bill Johnson, Gwinnett resident and Parkinson's patient, as he coordinates guest speakers, workshops, and meeting topics for patients and their caregivers. For general information, call the center or email the facilitator at BillJohnson478@comcast.net.

Rapid HIV Testing for Ages 13+ • FREE!
Mondays: January 26, February 23, March 23, and April 27 from 5:30pm to 7:00pm. No needles. Results in 20 minutes. Sponsored by AID Gwinnett. For more information, call 678.990.6430 or visit RCClinc.org.

Living Well: A Chronic Disease Self-Management Program
Fridays: February 20 through March 27 from 9:30am to noon. Workshops teach techniques dealing with fatigue, stress, and difficult emotions; how to control health challenges and life; and ways to communicate with family, friends, and health professionals. Cost: $5 cash, non-refundable registration fee for all six weeks. A minimum of eight pre-registered and paid participants required to hold class. Program is sponsored by the Atlanta Regional Commission, Area Agency on Aging and GA Division of Aging, the Centerville Community Center, and the Buford Human Services Center. Call the community center for more information.

End Emotional Eating Workshop
Saturdays: March 7, 14 and 21; May 2, 9 and 16 from 9:30am to 12:30pm. Learn coping skills in this three-week workshop to change your relationship with food and lose weight without restrictive diets. Taught by Dr. Virginia Porcello, PhD, LPC, CEDS. Cost: $10 non-refundable registration fee, plus $10 course fee, includes handouts. Pre-registration and payment required four days prior to three-week session. For class information, email drporcello@solutionsprogram.net. Contact the center for pre-registration information.

Prostate Cancer Survivor Shares His Story • FREE!
Monday, March 9 from 10:00am to 11:00am. Women are encouraged to attend. Sponsored by the Georgia Prostate Cancer Coalition, www.georgiapcc.org. For more information, contact kennethcstevens@bellsouth.net. Call the center to register.

Veterans Helping Veterans Peer Support Group • FREE!
Thursdays: January 15 to May 28 (no meeting February 26 or April 2) from 11:00am to noon. Join retired Sergeant Withers as he facilitates weekly meetings, hosts guest speakers on relevant topics, and shares an abundance of resources available to veterans. For group information, email Sergeant Withers at mickelwithers@gmail.com.

AARP Smart Driver Course
Tuesdays: January 6, March 10, May 12, August 18, September 15, and November 10 from 9:30am to 4:00pm. Learn defensive driving techniques. Designed for seniors, but anyone with a valid driver's license is welcome. For insurance discount, contact provider. Cost: $15 for AARP members with membership card; $20 non-members. Pre-register by calling the center.

Technology Classes for Seniors • FREE!
Saturdays: January 31: Tablets 101; February 7: Internet Security; February 14: Photos and Videos; February 21: Video Conference; February 28: Facebook 101 from 11:30am to 1:30pm. Learn from students who will provide personalized assistance. Sponsored by Gwinnett County 4-H Club. To reserve your spot or for more information, call the center.

Medicare Reform and Issues Seminar • FREE!
Saturday, February 21 from 10:00am to 11:00am. What is Part A, B, and D? What are Advantage Plans and why do they vary? What are Medicare Supplements and should I have one? Sponsored by Senior Resource Partners. Minimum of eight pre-registered participants by February 18 to hold class. Call the center for more information.

AARP CarFit Program • FREE!
Tuesdays: February 25, March 24, April 28, and May 26 from 9:00am to 1:00pm. This interactive, customized educational program is designed to improve driver safety by ensuring safest "fit" for drivers in their vehicles, recommended adjustments, adaptations, and local resources. No appointment necessary. Open to individuals with a valid driver's license. For more information, call the center.

Residence Types and Placement Challenges • FREE!
Saturday, February 28 from 10:00am to 11:00am. Come learn an assortment of options, associated costs, and the five most important questions to ask when considering a senior living community. Sponsored by Senior Resource Partners. Minimum of eight pre-registered participants by February 25 to hold class.

Estate Planning and Power of Attorney (POA)/Guardianship • FREE!
Saturday, March 7 from 10:00am to 11:00am. Find out about wills, trusts, POA, guardianships, and conservativeships. Sponsored by Senior Resource Partners. Minimum of eight pre-registered participants by March 4 to hold class.

Senior Health Issues • FREE!
Saturday, March 14 from 10:00am to 11:00am. Come learn about the important topics essential to quality of life: nutrition, fall prevention, dealing with dementia, avoiding hospitalization, and preventing hospital readmission (within 30 days of discharge). Sponsored by Senior Resource Partners. Minimum of eight pre-registered participants by March 11 to hold class.

Veterans Benefits (Aid and Attendance) • FREE!
Saturday, March 21 from 10:00am to 11:00am. Many seniors and their spouses or the surviving spouse of a veteran may be eligible for financial aid to meet their care needs. This aid is separate from other veteran benefits and is not related to service injury or disability. If you or your spouse served on active duty for at least 90 days and at least one of them was during a war time period, you may be eligible for up to $2,300 per month in aid. The program is dependent upon healthcare needs and financial means. Seminar led by a VA-certified counselor who can answer specific questions and assist in obtaining benefits. Sponsored by Senior Resource Partners. Minimum of eight pre-registered participants by March 18 to hold class. Call the center for more information.

spring break camps

Championship Chess and Tennis Camp for Youth
Monday to Friday: April 6 to April 10 from 9:00am to 4:00pm. Cost $65 ($3 sibling discount). Camp is for kids ages 7 to 14 and includes tournament, pizza party, practice chess sets with sheets, tennis rackets, and balls for camp use. Bring your own lunch and two snacks. For curriculum information, contact instructor at 770.560.1071 or rodneylewis33@gmail.com.

Teen Job Preparation Workshops for Ages 15 to 18
Monday to Friday: April 6 to April 10 from 4:00pm to 6:00pm. Topics include resume writing, proper attire, interview tips, job applications, workplace literacy, and more. Cost: $10 non-refundable registration fee for all five days. Sponsored by Angels in the Outfield. For more information, contact Nicky Blackwell at angelscamp12@yahoo.com. For pre-registration, call the center.

Knitting 101 Workshop for Ages 8+
Monday, April 6 from 7:00pm to 9:00pm. Start an easy project in class and leave with the confidence of completing it at home. Take home ideas that you can use to make fun articles and gifts. All children must be accompanied by a paying adult. Size 8 needles, worsted-weight yarn required. Cost: $2 cash dollars per person, with exact change. Class limit: 12. Contact Guild at 770.413.6171 or info@clicksandsticks.com. To register, call the center.

Well done is better than well said.

~ Benjamin Franklin

Norcross Human Services Center

5030 Georgia Belle Court • Norcross, GA 30093
678.225.5400 • www.gwinnettnhsc.com
Center Coordinator • **Doris Dietrich**

assistance

AARP Tax Aid • FREE!
Tuesdays and Thursdays: February 3 through April 14 from 9:00am to noon. First come, first serve basis. Trained and certified volunteers will prepare your federal and state income tax return. Please bring a copy of all previous year forms indicating federal income tax paid, including W-2 forms from each employer, and all 1099 forms. If you were paid Social Security benefits, bring your SSA-1099. If you received a pension or annuity, bring your 1099R. If applicable, unemployment compensation statements, child care provider information (name, employer ID, and SSN), mortgage interest paid, charitable contributions, and Social Security numbers for all dependents. AARP Tax Aid is administered by the AARP Foundation.

Energy Assistance – LIHEAP • FREE!
Mondays through March 31 from 8:30am to 4:00pm. Applications will be taken until funds are exhausted for households meeting the 60 percent median income guidelines. Applicants seen by appointment only. To schedule, please visit www.pcaction.org or call Partnership for Community Action at 404.537.4300.

computer classes

Basic Computer Classes for Adults • FREE!
Tuesdays from 9:00am to 11:00am. Lessons will cover how to save, print, and edit documents and how to use the Internet, Microsoft Word, Excel, Access, and PowerPoint. Class meets for six weeks. Call the center for class dates and to register.

Basic Computer Classes for Seniors • FREE!
Thursdays from 9:00am to 11:00am. Ages 60+. Lessons will cover how to save, print, and edit documents and how to use the Internet, Microsoft Word, Excel, Access, and PowerPoint. Class meets for six weeks. Call the center for class dates and to register.

Intermediate Computer Class for Adults • FREE!
Mondays and Thursdays from 2:00pm to 4:00pm. Lessons will cover PC hardware/software overview, MS Word, Excel, and PowerPoint, word processing, spreadsheets, creating presentations, fixing/avoiding problems, and more! Class meets for five weeks. Call the center for class dates and to register. Class is not for beginners.

Norcross Human Services Center

Introduction to Microsoft Word • FREE!
Tuesday from 5:30pm to 7:30pm. January 13 (registration begins January 8), January 20 (registration begins January 15), January 27 (registration begins January 22) or February 3 (registration begins January 29.) Basic computer skills required. This one day class will cover an introduction to Microsoft Office Word including creating documents, formatting, and tables. Call the center to register and for future dates. Space is very limited.

education for adults

AARP Smart Driver Course
Thursdays: January 22, February 26, March 26, or April 23 from 9:30am to 4:00pm. After completion of the course, you may be eligible for up to a 10 percent discount on your auto insurance depending on your driving record. Cost: $15 for AARP members or $20 for non-AARP members. To register, email smart.driver.class@gmail.com.

AARP Smart Driver Course Taught in Chinese
Saturdays: January 24 or February 28 from 9:00am to 3:30pm. After completion of the course, you may be eligible for a 10 percent discount on your auto insurance depending on your driving record. Cost: $15 for AARP members or $20 for non-AARP members. To register, please call 678.242.9886 or email dhs3512@hotmail.com.

education for youth

Create It Theater for Youth Ages 5 to 14 Years
Tuesdays from 6:00pm to 8:00pm. Performances last week of class. Cost: $50 per session plus $10 registration fee. Hosted by Tameka Anderson with GASP Ministries. To register, call 404.826.4277. Ask about sibling and referral discounts!

Certified Anger Management for Youth Ages 12 to 21 Years
Saturdays: February 28, March 28, April 11 from 10:00am to 11:30am. Cost: $25. Court ordered clients must complete assessment. Program provided by Bridging the Gap Independent Living and Resource Center. To register, contact 678.467.0159 or cbaker@bridgingthegapliving.org.

Math Tutoring • FREE!
Saturdays: February 14, 28; March 14, 28; April 11, and 25 from 2:00pm to 4:00pm for elementary to high school students enrolled in public schools. Tutoring is provided by students of GUIDE. Presented by One 2 One Educational Support Inc. Call the center to register.

Girl Scouts
Second and fourth Saturday every month from 10:00am to noon. Girl Scouting builds girls of courage, confidence and character, who make the world a better place. No meetings on holiday weekends. Different age group meets each Saturday. To join the Girl Scouts or for more information, call 770.702.9100.

health and safety

Affordable Care Act Information • FREE!
Community educators from the Hispanic Health Coalition are available in the lobby to provide information on healthcare reform and options for health insurance for you or your family members. Information provided in both Spanish and English. No appointment necessary. Call the center for program dates.

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Belly Dance Class for Seniors
Mondays from 1:30pm to 2:30pm. Cost: $5. This is a drop-in class. Classes taught by Diane Adams, an instructor certified in senior fitness by ASFA. Call the senior center for more information at 678.225.5430.

Chair Yoga for Seniors • FREE!
First and third Mondays of the month. Ages 60+. Come increase your strength and flexibility. No pre-registration required. Call the senior center for more information at 678.225.5430.

Clases Prenatales • GRATIS!
Lunes de 9:00am hasta mediodía. Clases sobre el embarazo; preparación para el parto; cuidado del recién nacido; alimentación y nutrición materna; como cuidar de su bebe; clases básicas de inglés y mucho más. Si tiene otros niños, se los cuidamos para que puedas participar en las clases sin preocupación. Cuando terminan reciben un certificado en su graduación. Clase en español enseñadas por Mercy Care. El curso es patrocinado por el Centro de Recursos Humanos de Norcross. Para inscripción o más información, llame a Gloria Baroni al 678.843.8902.

Prostate Cancer Awareness • FREE!
Thursdays: January 8 or March 8 from 10:00am to 11:30am. Ken Stevens, survivor and vice president of the Georgia Prostate Cancer Coalition, will host a discussion group. Women welcome and encouraged to attend.

General Health and Nutrition Food Talk • FREE!
Fridays from 10:00am to noon. Want tips for healthy eating while staying on a budget? Representative on site to provide information on the UGA Food Talk nutrition certification classes. Representative speaks English and Spanish. Provided by the UGA Extension – Gwinnett County. No pre-registration required. Call the center for class dates.

language

Learn to Read and Write English • FREE!
Mondays and Wednesdays from 9:00am to 11:00am. Class meets for nine weeks. Classes are in a mixed level setting and participants must have some knowledge of the English language. Please call the center for class dates and registration information.

English as a Second Language (ESL) Classes • FREE!
Mondays and Wednesdays or Tuesdays and Thursdays from 5:30pm to 8:30pm. New and returning students need to take a test to determine the current level of proficiency. Provided by the Asian American Resource Center. For more information, call 770.270.0663 or email education@aarc-atlanta.org.

Conversational English • FREE!
Wednesdays from 1:00pm to 2:00pm. This is an ongoing class to help you learn the basics of conversational English and practice what you have learned in an informal setting. No registration required. All ages welcome!

Norcross Human Services Center

multicultural

Citizenship Classes • FREE!
Mondays and Wednesdays from 5:30pm to 8:30pm. This class provides information about the interview process, the questions asked, and the vocabulary. Participants will also learn history and other current information about the United States. Provided by the Asian American Resource Center. For more information, email education@aarc-atlanta.org or call 770.270.0663.

Multicultural Center for Positive Aging • FREE!
Monday to Friday from 9:00am to 4:00pm. Norcross Senior Center open to all seniors ages 60+. Seniors participate in recreational activities, presentations by guest speakers, and day trip excursions. No cost to become a member; however, the center operates on donations for transportation and meals. Non-members, call 678.225.5430 to reserve a meal by 1:00pm the day before attending or email tammy.lea@gwinnettcounty.com.

support groups

Gamblers Anonymous • FREE!
Mondays from 6:30pm to 8:30pm. This program is for individuals, family members, friends, and loved ones who have been impacted by gambling. For more information, call 678.234.5648.

Partners in Parenting • FREE!
Saturdays from 10:00am to noon. Light refreshments will be served. Bring the kids and learn how to manage stress. There is a special surprise for parents at the end. Hosted by Tameka Anderson with GASP Ministries. For class dates and to register, please call 404.826.4277.

Court Appointed Special Advocate (CASA) Training • FREE!
Prior to training, a prospective volunteer must complete an application, reference checks, and consent to a criminal background check. Prospective volunteer is required to complete 40 hours of training, including 10 hours of court observation over a four to six-week period. For consideration, email steve.gill@gwinnettcounty.com or call 770.619.6015.

workshops

Septic Tank Maintenance Workshop • FREE!
Thursday, January 15 at 6:00pm. This workshop can save you money. Workshop participants may be eligible to receive a 5 percent credit on their stormwater utility fee. Space is limited; register in advance with the Stormwater Management Division with your name, address, and phone number to dwrswreg@gwinnettcounty.com or call 678.376.7193.

The Norcross Human Services Center (NHSC) would like to partner with a nonprofit organization, government agency or volunteer(s) to provide classes or programs that would benefit our local community. Space is available to hold classes during the day, evening, or Saturdays. No fee to use space or equipment if class meets NHSC guidelines and offers the class for free or at a reduced cost. To request a proposal packet, call 678.225.5400 or email nhscbuilding@gwinnettcounty.com. Volunteers register at volunteergwinnett.net.

10 safety tips for effective exercise

From UGA Extension – Gwinnett County

The most popular new year's resolution is to exercise more. While it is important, it can also cause injury if not done properly. Here are some tips to keep you safe while you jumpstart your exercise program:

1. **If you have not been exercising recently, see your health care professional.** This is especially true if you are over age 35 or have a chronic condition like diabetes, high blood pressure, or high cholesterol. Yes, you may pay for the check-up, but it's a lot cheaper than a hospital stay or an emergency room visit.

2. **Take time to warm up.** Just a 5-minute walk at a slower pace when you begin can make your muscles and joints more flexible and less likely to get hurt.

3. **If there is pain, there is no gain!** If you feel pain while exercising, stop or at least slow down. You should feel your body making an effort, but not have an "I feel like I'm going to die" experience. Work out hard enough that you can talk, but not sing.

4. **Wear the right shoes and clothes for what you are doing.** Don't invest in special clothing right away. You may have similar clothing at home to use until you are sure this activity is right for you. Wear well-fitting shoes to avoid hurting your feet. Keep exercise clothes clean to prevent skin infections. If you work out early or late in the day, wear clothing and shoes that reflect light so drivers can see you.

5. **If you will be outside, wear a hat or visor to protect your head and face.** Apply sunscreen during the day, even in winter.

6. **Drink plenty of water before, during, and after exercise.** This helps to control your body temperature. You will also be able to work out longer. Only use a sports drink if you exercise hard for an hour or more.

7. **Work up to your goal gradually.** Start with just 5 to 10 minutes and add 5 more each week. Even when you do 30 to 60 minutes of moderate physical activity daily, you can divide that up into smaller segments throughout the day.

8. **Change what you are doing occasionally.** This is called cross training. It prevents overuse of any one set of muscles. For example, swim one day, walk the next, and ride a stationary bike the third day. Even if you walk all the time, take different routes so your legs and feet experience different terrains.

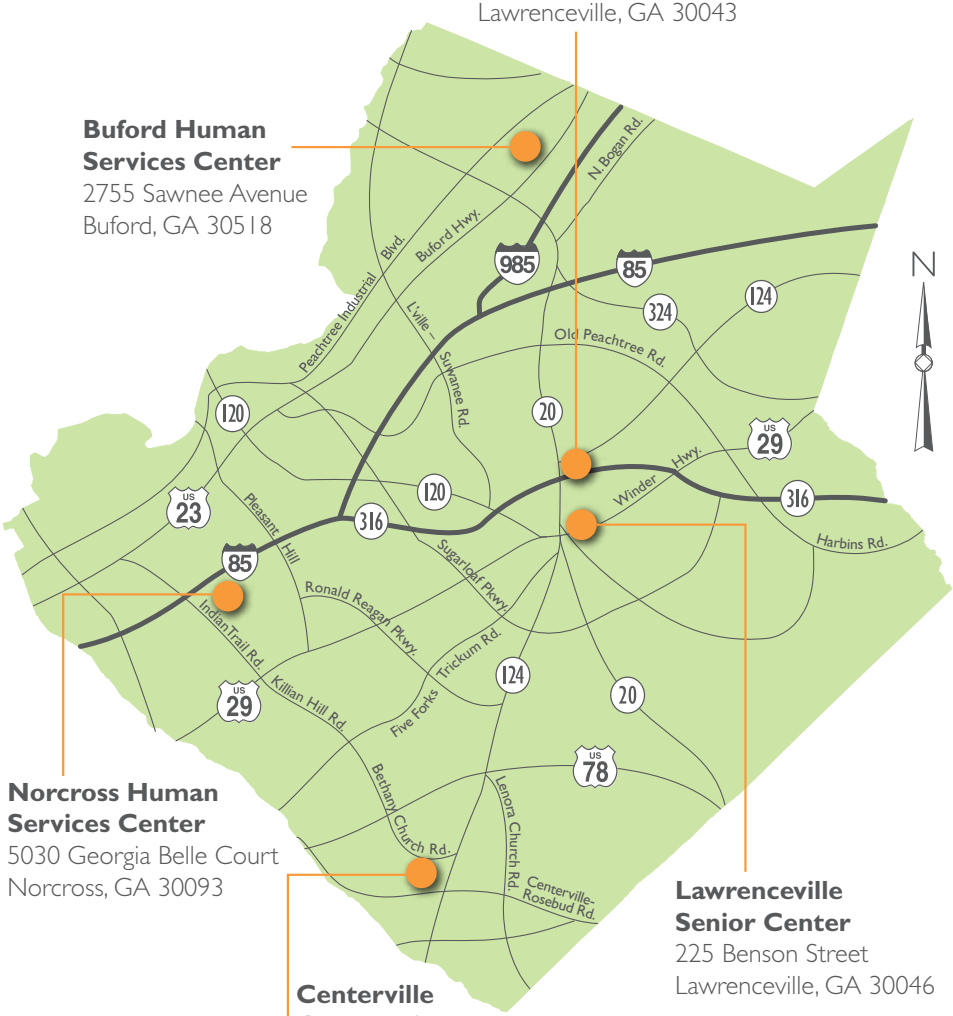
9. **Exercise with others.** This is essential if you have any chronic conditions where you might need help if you get in trouble. Plus you'll stick to your routine better if you exercise with someone else. Even if you cannot find a partner, carry a cell phone so you can call for help if needed.

10. **Stretch at the end.** Muscles stretch better once they are warmed up. Stretch each muscle group for at least 20 seconds. Do not bounce. Stretching reduces pain and protects the body from injury.

health and human services
center locations

Gwinnett Senior Services Center
567 Swanson Drive
Lawrenceville, GA 30043

Buford Human Services Center
2755 Sawnee Avenue
Buford, GA 30518



Norcross Human Services Center
5030 Georgia Belle Court
Norcross, GA 30093

Lawrenceville Senior Center
225 Benson Street
Lawrenceville, GA 30046

Centerville Community Center
3025 Bethany Church Road
Snellville, GA 30039

www.**gwinnetthumanservices**.com