

**Lawrenceville Senior Center**  
**July 2016 Highlights**

**Tuesdays:** 10:00 am – Zumba Gold. Cost: \$3 per class. Please sign up and pay in advance.

**Every Other Wednesday:** 9:30am – Grocery shopping, please sign up by Tuesday.

**Wednesdays:** 10:00 am – Qi Gong

**Second and Fourth Monday:** Waterobics at Bethesda Aquatics Center. Cost: \$2.

**First and third Thursday:** Drum Therapy

**July 1 – Friday: Independence Day Celebration** Picnic in the park. Music with John Cox

**July 4 – Monday: Center closed in observance of Independence Day**

**July 6 – Wednesday: Active Shooter Preparedness Education** with Jay Brewer, Gwinnett County Police Department

**July 7 – Thursday:** Red Hat meeting

**July 12 – Tuesday: “My Story”** with Ms. Bettye Poydrus. Please sign if you would like to be in the program.

**July 14 – Thursday: Music Therapy, Access to Services Education.** Learn how, when, and where to contact federal, state, and local programs about services and resources including discounts and savings programs.

**July 15 – Friday: Crafts: No-Sew T-shirt Tote.** Repurpose a T-shirt into a bag. Please bring a T-shirt, printed or solid design (size medium or large works best) to make into a bag. If you have material scissors that you would like to use, please bring them. We will start promptly at 10:00am.

**July 18 – Monday: Sleep Health Education** with Dr. Wang from Salude

**July 20 – Wednesday:** Music with Kim Babb

**July 22 – Friday: Center field trip to The Hudgens Center of the Arts.** Cost: \$5, please bring money for lunch at Chick-fil-a.

**July 26 – Tuesday:** Entertainment with Joy Chappel

**July 27 – Wednesday: Importance of Health Screenings** with Georgia Clinical Research Center

**July 28 – Thursday: Red Hat field trip to The Flying Machine.** Cost: \$2 plus food. Health Education with Dempie Shaul from Tender Feet

**July 29 – Friday: Nutrition Education** with the Gwinnett Extension Service

**Music entertainment:** Laura Lenz, John Cox, Bettye Poydrus, Kim Babb, and Joy Chappel

**Transportation:** For same-day transportation cancellations, please call 678.209.2430 before 6:30am. All transportation reservations must go through the center manager and not directly to transportation.