

health <sup>and</sup> human services

# onestop

may – aug 2014

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summer camps are here!

See pages 3 & 11.

Check out classes and events in your community!



## **Buford Human Services Center**

2755 Sawnee Avenue • Buford, GA 30518

Main line: 770.614.2400 • Registration line: 770.614.2526

[www.gwinnettbhsc.com](http://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
- Department of Family and Children Services (DFCS)
- 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](http://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](http://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 Center
- Gwinnett County Department of Motor Vehicles (Tag Office)
- Head Start/Pre-K, Ninth District Opportunity
- Norcross Public Health Clinic
- Norcross Senior Center
- Right from the Start Medicaid
- View Point Health (Mental Health)



# Buford Human Services Center

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Center Coordinator • **Ingrid Patrick**

education for adults

## **Charla de Higiene Dental • ¡GRATIS!**

11:30am hasta mediodía. 2 de junio, y 7 de julio. Educación dental para padres y abuelitos para crear un hábito para nuestros hijos y nietos sobre la importancia del cuidado de nuestros dientes temporales y permanentes. Dentro de la capacitación se adiciona la explicación en cuanto al cuidado de la aparatología especial que utilizan algunos adultos referentes a prótesis fijas, removibles o totales. Cupo limitado. Para más información acerca de la charla dental, llame a Constanza Welch al 678.437.0155.

## **AARP Driver Safety Program for Seniors 50+**

Wednesday, June 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: \$12 for AARP members with membership card; \$14 nonmembers. Call the Buford Human Services Center to pre-register.

## **Amateur Art Classes for Seniors • FREE!**

First and third Monday of the month 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 plus acrylic paint in primary colors. Most paintings are completed in a series of Mondays. Space is limited. Please register in advance.

## **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 770.614.2541.

## **Hearts for Veterans • FREE!**

Mondays from 10:00am to 1:00pm. A certified chapter service officer will be available to support the achievements 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.

The Buford Human Services Center partners with nonprofit organizations to sponsor free or reduced-cost programming for our community. These partners enjoy free use of space for their service. For consideration, please request a proposal packet by emailing [ingrid.patrick@gwinnettcountry.com](mailto:ingrid.patrick@gwinnettcountry.com) or [bhscbuilding@gwinnettcountry.com](mailto:bhscbuilding@gwinnettcountry.com).

# Buford Human Services Center

## **Knitting • FREE!**

Wednesdays and Fridays: July 2 to July 30 from 9:30am to 11:30am. Knitting is a method by which thread or yarn is used to create a cloth. Knitting can improve your health by relieving stress and help with hand-eye coordination. Participants will learn to create scarfs and matching hats. Please bring needles and yarn. No advance registration is required.

health and  
safety

## **Belly Dancing • FREE!**

Wednesdays from 4:45pm to 5:45pm for adults. The muscles surrounding the hip, the largest joint in the body, are used and exercised during hip drops and figure eights. Improved hip flexibility can lead to improved balance when walking. Please consult with your doctor before you begin any exercise program. Space is limited and registration in advance is strongly recommended.

## **Circuit Training Class • FREE!**

Tuesdays from 12:45pm to 1:30pm for adults. Circuit Training is a series of strength and cardio exercises repeated two or three times with little or no rest between sets. The body's metabolism is increased because of the changes in the heart rate and fat burn. Please consult with your doctor before you begin this or any exercise program. Space is limited; please register in advance.

## **Project Safe Place**

The Buford Human Services Center is a registered Safe Place location for children and teens who feel they are being threatened by a stranger; picked on by other kids; latchkey kids who have lost their keys; runaway teens or those who have been kicked out of their homes; youth with friends who are drinking and driving; teens experiencing family crisis/breakdown in communication; or children from neglectful or abusive homes. Provided by the Gwinnett Children's Shelter. Visit [www.gwinnettchildrenshelter.org](http://www.gwinnettchildrenshelter.org) or call 770.614.2400 for more information.

## **Living Well: A Chronic Disease Self-Management Program**

Wednesdays: June 18 to July 23 and August 20 to September 24 from 9:30am to noon. 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 non-refundable registration fee for six weeks. Must have a minimum of eight participants to hold class. For more information and to purchase book before attending class, email [ingrid.patrick@gwinnettcounty.com](mailto:ingrid.patrick@gwinnettcounty.com).

You can register for a class at the Buford Human Services Center by sending a request to [bhscbuilding@gwinnettcounty.com](mailto:bhscbuilding@gwinnettcounty.com). You will then receive a confirmation via email for free classes or a temporary spot for classes that have a cost. The temporary spot will become permanent once payment is made. Some exceptions may apply.

# Buford Human Services Center

language

## **English as a Second Language (ESL) Literacy and Civics Classes • FREE!**

Tuesdays and Thursdays from 5:30pm to 8:30pm. No classes in June. Students need to take a test to determine the current level of proficiency. Students will then be placed in one of six levels. Classes are for adults from any culture or nationality who want to learn or improve English as their second language. Classes are provided by the Asian American Resource Center. Please call 770.270.0663 for more information or email [education@aacrc-atlanta.org](mailto:education@aacrc-atlanta.org). Call the center for registration dates and more information. Para información en español, llame al 770.614.2526.

## **English as a Second Language • FREE!**

Tuesdays and Thursdays from 9:00am to noon. No classes in June. Classes for adults from any culture or nationality who want to learn or improve their knowledge of English. Classes are provided by the Asian American Resource Center. For more information, please email [education@aacrc-atlanta.org](mailto:education@aacrc-atlanta.org) or call 770.270.0663. For registration dates, call the Buford Human Services Center. Para información en español, llame al 770.614.2526.

## **CPACS • FREE!**

Fridays from 3:00pm to 5:00pm. Group's goal is to support and mentor youth to keep them in school, provide possible job opportunities, and when needed, offer GED courses to eligible candidates. Some services are provided off-site. Group is always looking for peer volunteers. For more information, please call the Center for Pan Asian Community Services Gwinnett at 404.457.9223.

## **Girl Scouts of Greater Atlanta**

Monday through Friday: June 9 to June 13 from 8:30am to 11:30am. For grades K through 8. Cost: \$20 for new Girl Scouts; \$10 for current Girl Scouts. Camp theme is "It's Your Planet, Love It!". Girls will have fun learning how to cook outdoors, find out about Mad Science, play games, explore nature, show their creativity, and develop camping skills. Email Mary Hughes at [mhughes@gsgatl.org](mailto:mhughes@gsgatl.org) or call 770.702.9149 to register.

summer  
camps

## **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](mailto:eveperumal@gmail.com).

support  
groups

## **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.

# Summer Vacation on a Budget

Who doesn't like to go on summer vacation? Many of us would like to make plans for our family to spend time together; however, we are faced with the question of how we can afford to entertain our children for the entire two-and-a-half months they're out of school so they will not become bored. Here are some helpful, affordable ideas to fill in those long summer days:

**Start a collection:** Seashells, marbles of every color and shape, coins, or whatever interests your children. Record and catalog information about the types of items they collect.



**Visit the local zoo and museums such as an art museum:** Have your children research a subject relevant to their visit and share what they learned. They could build their own exhibit or model of the subject they picked.

**Go to the park:** Pack a picnic lunch, go fishing, biking, or hiking and remember to pack a small backpack with water, snacks, and drinks before you hit the trails.

**Give back to the community:** Pick up litter in a park, visit the elderly, or serve meals in a homeless shelter. Contact local nonprofit organizations to find out about volunteer programs that the whole family could get involved in.

**Give the kids a cooking lesson:** Measuring and following directions are great hands-on lessons to teach your kids. The greatest reward is that you get to eat what you make!

**Plan a neighborhood block party:** Some neighborhoods have an annual block party where everyone brings a dish to share, enjoy games, music, and more. It's a fun way to get to know your neighbors.

**Learn spoken or sign language from another country:** Research a specific language and its country of origin. Use various words from the language throughout the day. Even sign language is used differently in other countries; the Internet is a great source to learn about the different types of languages.

**Learn how things are made:** Find unused, broken machines and equipment around the house for your children to safely take apart. Items such as old phones, radios, and computers will entertain them for hours. Be sure to remove power cords to prevent electrical hazards while they explore.



# Centerville Community Center

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770.985.4713 • [www.centervillecommunitycenter.com](http://www.centervillecommunitycenter.com)  
Center Coordinator • **Vivian Gaither**

clubs

## Garden Club

Tuesdays from 7:00pm to 8:00pm. Series V – Shade Garden and Planning: May 6; Patio Paths and Walls: May 13; The Butterfly Garden: May 20. Mondays from 7:00pm to 8:00pm. Series VI – Water and Irrigation Options: June 10; Bees in the Landscape: June 17; Ground Covers for Every Condition: June 24. Series VII – Summer Perennials in Georgia: July 8; Evergreen Shrubs: July 15; Mulch Selection and Installation: July 22. Tuesdays from 7:00pm to 8:00pm. Series VIII – Vegetable Garden Update: August 12; The Shade Garden: August 19; Patios, Paths, and Walls: August 26. Cost: \$5 per series or \$3 per class. Limited space; pre-registration with payment required to hold spot.

## Clicks and Sticks Knitting Guild

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

## Red Hat Society • FREE!

Third Thursday of the month at 7:00pm. Cayenne Peppers of Centerville is looking for red and pink hatters to join. For more information, call Ivette Gonzalez-Perez at 770.860.8698.

## Atlanta SCRABBLE® Club

Saturdays: May 10 and June 14 from 10:00am to noon. Cost: \$1 per person per game day (cash with exact change, please). For more information, email [doc2barbara@earthlink.net](mailto:doc2barbara@earthlink.net).

dance

## Jazz for Ages 7 to 13

Tuesdays from 5:00pm to 6:00pm. Session I: August 12 to September 16; Session II: September 23 to October 28; Session III: November 4 to December 16 (No class November 11). Sessions are progressive. Cost: \$45 per session, including recital. Contact Simone Saddler at [leaps5678@gmail.com](mailto:leaps5678@gmail.com) or call 678.357.1164. Pre-registration with payment required to hold spot. Call the center for more information.

*“Every accomplishment starts  
with the decision to try.”*

~ Anonymous

# Centerville Community Center

## **Ballet/Tap I for Beginners Ages 6 to 11**

Tuesdays from 6:10pm to 7:10pm. Session I: August 12 to September 16; Session II: September 23 to October 28; Session III: November 4 to December 16 (no class November 11). Sessions are progressive. Cost: \$55 per session, including recital. 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.

## **Pre-Ballet/Tap for Ages 3 to 4**

Saturdays from 8:30am to 9:30am. Session I: August 9 to September 20 (no class August 30); Session II: September 27 to November 1; Session III: November 8 to December 13 (five-week session; no class November 29). Sessions are progressive. Cost: \$55 per session, including recital. 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/Tap I for Ages 5 to 8**

Saturdays from 12:10pm to 1:10pm. Session I: August 9 to September 20 (no class August 30); Session II: September 27 to November 1; Session III: November 8 to December 13 (five-week session; no class November 29). Sessions are progressive. Cost: \$55 per session, including recital. 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/Tap II for Ages 6 to 9**

Saturdays from 9:30am to 10:30am. Session I: August 9 to September 20 (no class August 30); Session II: September 27 to November 1; Session III: November 8 to December 13 (five-week session; no class November 29). Sessions are progressive. Cost: \$55 per session, including recital. 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/Tap III for Ages 9 to 13**

Saturdays from 10:40am to noon. Session I: August 9 to September 20 (no class August 30); Session II: September 27 to November 1; Session III: November 8 to December 13 (five-week session; no class November 29). Sessions are progressive. Cost: \$60 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.

## **AARP Smart Driver Course**

Tuesdays: May 6 and July 1 from 9:30am to 4:00pm. Tuesday and Wednesday: June 3 and 4 from 9:00am to noon. 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.

education  
for adults



# Centerville Community Center

## **AARP CarFit Program • FREE!**

Tuesdays: May 27, June 24, July 29, and August 26 from 9:00am to 1:00pm. A 20-minute interactive, customized educational program to improve driver safety ensuring safest "fit" for drivers in their vehicles, recommended adjustments, adaptations, and local resources. Drive-ins welcome. Open to individuals with a valid driver's license. For more information, call the center for more information.

## **Home Food Preservation: Summer Fruits and Vegetables**

Friday, June 6 from 2:00pm to 4:00pm. Learn how to safely preserve summer's bounty with home canning class. Includes a demonstration of a summer recipe using the water bath canner. Cost: \$3 cash, exact change only. Presented by the Gwinnett Cooperative Extension Service. Pre-registration with payment required to hold spot. Call the center for more information.

## **Knitting 101**

Tuesdays: June 10 and July 15 from 7:00pm to 9:00pm. Size 8 needles, worsted-weight yarn required. Cost: \$2 cash, with exact change. Class limit: 12. Contact Guild at 770.413.6171 or info@clicksandsticks.com. Pre-registration with payment required to hold spot. Call the center for more information.

## **GED Preparatory Course**

Mondays and Wednesdays: August 4 to November 24 (no class September 1) from 6:00pm to 9:00pm. Language Arts, Science, Social Studies, and Mathematical Reasoning. Cost: \$35 for 16 weeks; includes book. Sponsored by Catalyst Consultants Unlimited, LLC. For more information, please email catalystcareerdevelopment@gmail.com. Pre-registration with payment required to hold spot. Call the center for more information.

## **Snellville and Centerville Writer's Groups • FREE!**

Snellville writers interested in writing novels meet the first and third Tuesdays from 7:00pm to 8:30pm. Centerville writers meet the first and third Thursdays from 10:00am to noon. Critique format; all genres. No registration required.

## **Toastmasters of Centerville**

Thursdays at 7:00pm. Lose your fear while learning to become a better public speaker, deliver great presentations, lead teams effectively, and give and receive constructive evaluations. For more information, call the community center.

education  
for youth

## **Knitting 101**

Tuesday, June 10 and July 15 from 7:00pm to 9:00pm. Size 8 needles, worsted-weight yarn required. Cost: \$2 cash with exact change. Class limit: 12. Contact Guild at 770.413.6171 or info@clicksandsticks.com. Pre-registration with payment required to hold spot. Call the center for more information.

# Centerville Community Center

## **Championship Chess for Ages 7 to 14**

Saturdays: August 16 to September 27 (no class August 30) from 10:00am to noon. Instruction for the first hour and free practice club for the second hour with required parent/guardian participation during second hour. Cost: \$48 per six weeks. For more information, email [rodneylewis33@gmail.com](mailto:rodneylewis33@gmail.com) or call 770.560.1071. Pre-registration with payment required to hold spot. Call the center for more information.

## **ABC Math Tutoring for Grades 2 to 5**

Tuesdays: August 19 to December 16 (no class November 11) 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 monthly. First month's fee due at registration. For class information, contact [atestates@aol.com](mailto:atestates@aol.com) or 404.438.1067. Pre-registration with payment required to hold spot. Call the center for more information.

## **ABC Language Arts and Reading Comprehension Tutoring for Grades 2 to 4**

Thursdays: August 21 to December 18 (no class November 27) 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 monthly. First month's fee due at registration. For class information, contact [atestates@aol.com](mailto:atestates@aol.com) or 404.438.1067. 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, August 21 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 more details, call 404.578.7629 or email [monicaddavis@comcast.net](mailto:monicaddavis@comcast.net). To pre-register, call the center.

## **Advance Voting, Primary Election**

Saturday, May 10 from 9:00am to 4:00pm; Monday through Friday, May 12 to May 16 from 9:00am to 7:00pm. The community center is an advance voting site only, NOT an election day precinct. For voter registration and election day precinct information, contact Gwinnett County Voter Registrations and Elections at 678.226.7210 or visit [www.gwinnettelections.com](http://www.gwinnettelections.com).

## **American Red Cross Blood Drive**

Friday, May 23 and August 29 from 3:00pm to 7:00pm. Please visit [www.redcrossblood.org](http://www.redcrossblood.org) or call 1.800.GIVE.LIFE. Bring photo ID. Walk-ins welcome, but appointments are encouraged.

*“Really great people make you feel that you, too, can become great.”*

~ Mark Twain

# Centerville Community Center

## **Multi-National Game Night • Thursday • FREE!**

May 29 from 7:00pm to 8:30pm. Embrace our community's diversity and celebrate with us as we visit the cultural origins of well-known indoor games, while learning new international games. Sample ethnic-related snacks while you play. Event is mainly for adults; however, youth ages 16+ must be accompanied by an adult parent or guardian. Participation is free, but pre-registration is required by Monday, May 26 by calling the center.

## **Lend a Helping Hand to Your Community!**

Monday to Friday from 9:00am to 5:00pm. Summer months are difficult for families. To support the community, the Centerville Community Center is collecting canned goods to benefit the Southeast Gwinnett Cooperative Ministry. Please consider donating canned or boxed food items like rice, pasta, soup, dried beans, fruit, vegetables, and certain condiments. Call the center for a full list of needed items.

health and  
safety

## **Parkinson's Support Group • FREE!**

Wednesdays: May 7 and August 6 from 10:00am to 11:30am. Support group now forming for individuals with Parkinson's and their caregivers. Join facilitator, John Thompson, a longtime Centerville resident and Parkinson's patient as he coordinates guest speakers and meeting topics. No reservations required. Call community center for more information.

## **Hatha Yoga • Mondays and/or Thursdays**

Mondays: May 19 to July 14 (no class May 26); Thursdays: May 8 to July 3 (no class May 22) from 7:00pm to 8:00pm. Cost: \$24 for each eight-week session. Class emphasizes fitness, flexibility, balance, mind-body awareness, proper breathing and relaxation. Appropriate for people of all ages, shapes, and sizes (minors must be accompanied by a registered adult). For class inquiries, contact instructor at [pattycugnasca@gmail.com](mailto:pattycugnasca@gmail.com). Pre-registration with payment required to hold spot. Call the center for more information.

## **Kaiser Permanente's Educational Theatre presents Mumferd's Safety Tales • FREE!**

Wednesday, May 21 from 10:00am to 11:00am. Children will journey with Mumferd as he learns skills that will help him stay safe in his home and in the community. No registration necessary. Event is limited to the first 45 attendees on a first-come; first-served basis. For additional information, call the community center.

## **Rapid HIV Testing for Ages 13+ • FREE!**

Mondays: June 23, July 28, and August 25 from 6:00pm to 7:30pm. No needles, no names. Results in 20 minutes. Sponsored by AID Gwinnett. For more information, call 678.990.6430 or visit [RCCLinc.org](http://RCCLinc.org).

# Centerville Community Center

## **Living Well: A Chronic Disease Self-Management Program**

Fridays: August 15 to September 19 from 9:30am to noon. 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 non-refundable registration fee for all six weeks. A minimum of eight pre-registered and paid participants required to hold class. Call the center for more information.

## **Diabetes Education Overview • FREE!**

Diabetes is a growing national epidemic and crosses lines of race/ethnicity, sex and age group. People with diabetes make daily decisions about their self-care that ultimately impact their overall health. Self-management education is key to the success in reducing complications. Early detection and treatment can decrease the risk of heart disease, stroke, eye disease, kidney disease and nerve damage. Overview topics include healthy eating, being active, monitoring, taking medications, problem solving, healthy coping, and reducing risk. Sponsored by Total Care Diabetes and Wellness Center. For more information, contact Total Care at 770.962.4071.

language

## **Beginning Spanish, Level I**

Tuesdays: August 26 to September 30 from 6:00pm to 7:00pm. Learning another language will help you understand and appreciate other cultures and the world around you. Cost: \$10 non-refundable registration with separate \$50 course fee for six weeks. Contact: Grisel Amargos, spanishteachersn@aol.com. Pre-registration with payment required to hold spot. Call the center for more information.

music

## **Juice and Cookies Music Exploration for Ages 6 months to 4 years**

Wednesdays: May 14 and August 20 from 11:00am to noon. Interactive rhythm exploration with snack. Space limited to first 25 (parents, children combined). Cost: \$1 per person in cash, with exact change. Infants birth to 5 months free. No day-cares please.

senior  
programs

## **Home Food Preservation: Summer Fruits and Vegetables**

Friday, June 6 from 2:00pm to 4:00pm. Learn how to safely preserve summer's bounty with a home canning class. Includes a demonstration of a summer recipe using the water bath canner. Cost: \$3 cash, exact change only. Presented by the Gwinnett Cooperative Extension Service. Pre-registration with payment required to hold spot. Call the center for more information.

## **Table Tennis, Billiards for Seniors • FREE!**

Monday to Friday from 9:30am to noon.

## **Exercise for Seniors • FREE!**

Monday to Friday from 9:30am to noon. Wii™ exercise, exercise bike, and hand weights. No instruction; free use.

# Centerville Community Center

summer  
camps

## **ABC Tutoring's Summer Reading Camp for Grades 1 to 4**

Monday through Thursday: June 2 to June 26 from 9:00am to 11:30am for grades 1 to 2; 12:30pm to 3:00pm for grades 3 to 4. Jump start your child's progress by learning reading strategies, assistance with comprehension, phonics, increased vocabulary through use of interactive games, visuals, and reading booklets during group sessions. Cost: \$60 per week with first week's fee due at registration. For camp information, please contact instructor at [atestates@aol.com](mailto:atestates@aol.com) or call 404.438.1067. Pre-registration with payment required to hold spot. Call the center for more information.

## **Inventors Club of Centerville's Summer Camp for Grades 1 to 8**

Monday through Friday, June 2 to July 25 (no class July 4) from 8:30am to 4:00pm. Camp is designed to expose youth to science, math, technology, and engineering. Their minds are guaranteed to be stimulated while learning innovative ideas through hands-on activities, experiments, and creative science adventures. Our specially designed project kits and theme-based models provide campers with an opportunity to become designers, engineers, and scientists. Products: LEGO® bricks, K'nex and Little Bits. Cost: \$35 non-refundable registration fee plus \$65 per week. Aftercare available from 4:00pm to 6:00pm for an additional \$15 per week. Bring your own lunch and two snacks. Contact Fran Thompson at [fthomps33@myinventorsclub.com](mailto:fthomps33@myinventorsclub.com) for camp information. Pre-registration with payment required to hold spot.

## **Please Pass the Manners for Ages 5 to 10**

Monday and Tuesday: June 2 and 3; July 14 and 15 both sessions from 1:30pm to 5:00pm. Fun-filled educational two-day workshop focusing on social skills, self-esteem, proper greetings and salutations, party manners, relationships, respectfulness, table and dining manners, and much more. Cost: \$40 plus a non-refundable registration fee of \$10 (for workbook, tote bag, craft and activity supplies, fine dining finale experience, and etiquette certificate). Call 678.826.9228 or email [natbrownmodels@gmail.com](mailto:natbrownmodels@gmail.com) for information. Pre-registration and payment required to hold spot. Call the center for more information.

## **Championship Chess and Tennis Summer Camp for Youth Ages 7 to 14**

Monday through Friday: June 9 to June 13; June 23 to June 27; July 7 to July 11; July 21 to July 25 from 9:00am to 12:30pm. Cost \$35 per week. 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 lunch and two snacks. For camp information, contact [rodneylewis33@gmail.com](mailto:rodneylewis33@gmail.com) or call 770.560.1071. Pre-registration with payment required to hold spot. Call the center.

## **Appalachian Crafts and Cooking for Ages 8 to 15**

Monday through Friday: June 16 to June 20 from 9:00am to noon. Learn to make all kinds of cool stuff the Appalachian mountain folk use, make, and eat. Learn basic stitching, cooking, baking, how to use real tools, create art, and more! Don't delay as camp is limited to 16 participants. Cost: \$40 per child for the week. For curriculum information, contact Kee Haspel at [keehaspel@yahoo.com](mailto:keehaspel@yahoo.com) or call 678.386.9874. Pre-registration with payment required to hold spot. Call the center for more information.

# Centerville Community Center

## **The Mystery of the Missing Necklace: A Theatrical Production**

Monday through Friday: June 16 to June 20; July 7 to July 11 from 1:00pm to 4:00pm. A disco, a palace, spies, royalty, a geek, a fashion diva, and a missing necklace. There is mystery and intrigue....OMG, it's a play! A combination of Mission Impossible and Dr. WHO right here at the Centerville Community Center! This is LIVE theater, not a video. Children will perform on stage Friday afternoons. Bring your friends and relatives; sit back, relax, and watch the show. Cost: \$40 per child per class (exact cash only) with a \$5 sibling discount. For class information, call Sylvia Wright at 678.849.9933. Pre-registration with payment required to hold spot. Call the center for more information.

## **Around the World in 5 Days**

Monday through Friday: June 23 to June 27; July 14 to July 18 both sessions from 9:00am to noon. No need to pack a suitcase...this trip is happening right here in the community center! Five days of travel to five different countries to taste their foods, learn their songs and dances, try on their clothes, play their games, and do the same kind of art activities kids do around the world! On Fridays, parents get to come in early, sample the international foods and view the kids' art exhibits. Cost: \$40 per child per session (exact cash only) with a \$5 discount for siblings. For class information, call Sylvia Wright at 678.849.9933. Pre-registration with payment required to hold spot. Call the center for more information.

## **Spotlight on America for Children Ages 6 to 14**

Monday through Friday: July 7 to July 11 from 9:00am to noon. Campers will tour three unique areas and cultures within the United States: New Orleans, San Francisco, and Native American culture from the Atlantic to the Pacific. Through hands-on experiences with art, music, foods, and history, campers will learn about many interesting people within our very culturally diverse country. There will also be a Coca-Cola art day and a Christmas in July day! Friday will be a surprise art judging contest and a lucky camper will win a ticket to the World of Coke! Cost: \$40 (exact cash only). For class information call Sylvia Wright at 678. 849.9933. Pre-registration and payment required to hold spot. Call the center for more information.

## **Etiquette for Everyone for Ages 11 to 14**

Thursday and Friday: July 10 and 11; July 17 and 18 both sessions from 1:30pm to 5:00pm. Interactive two-day workshops focused on polishing image. Topics include conversation, body language do's and don'ts, self-esteem, social skills, table and dining manners, and more. Cost: \$40 plus a non-refundable registration fee of \$10 (includes light snack, workbook, and certificate). Call 678.826.9228 or email [natbrownmodels@gmail.com](mailto:natbrownmodels@gmail.com) for information. Preregistration and payment required to hold spot. Call the center for more information.

The Centerville Community Center partners with organizations in the community to sponsor free or reduced-cost programming. For consideration, please request a proposal packet by emailing [vivian.gaither@gwinnettcounty.com](mailto:vivian.gaither@gwinnettcounty.com).



# Norcross Human Services Center

5030 Georgia Belle Court • Norcross, GA 30093  
678.225.5400 • [www.gwinnettnhsc.com](http://www.gwinnettnhsc.com)  
Center Coordinator • **Doris Dietrich**

## 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.

## education for adults

### **AARP Driver Education**

Tuesdays: May 27, June 24, July 22, or August 26 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](mailto:smart.driver.class@gmail.com).

### **AARP Driver Education Taught in Chinese**

Saturdays 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. Call the center for class dates and for registration information.

### **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.

### **CDA Credential Course**

Saturdays from 9:00am to 3:30pm. Nationally recognized child development credential provided by Quality Care for Children. Must be 18 years old, have a high school diploma or equivalency, have 480 hours (four months) of experience with children birth to age 5 by the end of the course, and currently work directly with a group of infants, toddlers, or preschool children in a Bright From the Start-licensed child care center or registered family child care home. Full scholarships are available. Call 404.479.4230 for more information. To download the scholarship application, visit <http://www.qualitycareforchildren.org/training>.

# Norcross Human Services Center

education  
for youth

## **Create It Theater for Youth Ages 5 to 14 Years**

Tuesdays: May 13 to June 12; June 24 to July 24; August 5 to September 4 from 3:30pm to 5:00pm. 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!

## **Anger Management for Youth Ages 12 to 24 Years**

Saturdays from 10:00am to 11:30am. Cost: \$10. Program provided by Bridging the Gap Independent Living and Resource Center. For class dates and more information, please call 678.467.0159 or email [cbaker@bridgingthegapliving.org](mailto:cbaker@bridgingthegapliving.org).

## **Money Management and Life Skills for Youth Ages 12 to 24 Years**

Saturdays from 10:00am to 11:30am. Cost: \$10. Program provided by Bridging the Gap Independent Living and Resource Center. For class dates and more information, please call 678.467.0159 or email [cbaker@bridgingthegapliving.org](mailto:cbaker@bridgingthegapliving.org).

## **Self-Esteem and Life Skills for Youth Ages 12 to 24 Years**

Saturdays from 10:00am to 11:30am. Cost: \$10. Program provided by Bridging the Gap Independent Living and Resource Center. For class dates and more information, please call 678.467.0159 or email [cbaker@bridgingthegapliving.org](mailto:cbaker@bridgingthegapliving.org).

health and  
safety

## **Prostate Cancer Awareness • FREE!**

Thursday, May 8 or July 10 from 7:00pm to 8:30pm. Ken Stevens, survivor and vice president of the Georgia Prostate Cancer Coalition, will host a discussion group. Women are welcome and encouraged to attend.

## **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.

## **Affordable Care Act Information • FREE!**

Tuesdays from 9:30am to 1:00pm. Community educators from the Hispanic Health Coalition are available on Tuesdays 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.



# Norcross Human Services Center

## **General Health and Nutrition Food Talk • FREE!**

Fridays from 10:00am to noon. Presenter speaks Spanish and English. Classes provided by the Gwinnett County Cooperative Extension Service. Call the center for class dates and to register or send an email to [nhsbuilding@gwinnettcountry.com](mailto:nhsbuilding@gwinnettcountry.com).

## **Project Safe Place**

The Norcross Human Services Center is a registered location for children and teens who feel they are being threatened by a stranger; picked on by bigger and older kids; runaway teens or those who have been kicked out of their homes; youth with friends who are drinking and driving; those experiencing a family crisis or breakdown in communication; or children from neglectful or abusive homes. Service provided by the Gwinnett Children's Shelter. Visit [www.gwinnettchildrenshelter.org](http://www.gwinnettchildrenshelter.org) or call 678.546.8770 for more information.

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.

## **English as a Second Language (ESL) Literacy and Civics 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. Call 770.270.0663 for more information or email [education@aac-atlanta.org](mailto:education@aac-atlanta.org).

multicultural

## **Citizenship • 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 U.S. This program follows the ESL schedule. Provided by the Asian American Resource Center. For more information, email [education@aac-atlanta.org](mailto:education@aac-atlanta.org) or call 770.270.0663.

## **Citizenship Preparation Classes • FREE!**

This 12-week course will cover step-by-step questions and answers covered at the citizenship interview. Program is for adults who want to become U.S. citizens. English knowledge required. Please call the center for class dates and registration.

## **Gwinnett Multicultural Advisory Committee Meetings • FREE!**

Fourth Tuesday of each month from 1:00pm to 2:30pm. Gwinnett Multicultural Advisory Committee (GMAC) collaborates and networks with other organizations to provide resources and education to benefit the diverse communities of Gwinnett County. GMAC meets in various locations to expose others to valuable resources in the area. Community members are welcome to join or sit in at any meeting. Please call the center for more information.

# Norcross Human Services Center

## **Multicultural Center for Positive Aging • FREE!**

Monday to Friday from 9:00am to 4:00pm. 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 678.225.5413 to reserve a meal by 1:00pm the day before attending or email [tammy.lea@gwinnettcountry.com](mailto:tammy.lea@gwinnettcountry.com).

support  
groups

## **Partners in Parenting • FREE!**

Saturdays: May 24, June 28, July 26, and August 23 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. To register, please call 404.826.4227.

## **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@gwinnettcountry.com](mailto:steve.gill@gwinnettcountry.com) or call 770.619.6015.

## **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.

## **Homeowner H2O: Water Conservation Workshop • FREE!**

Tuesday, June 17 at 6:00pm. Lower your water bill. Topics include improving efficiency inside and outside the home, leak detection and repairs, installing water-efficient fixtures, and ways to increase the family's water-saving behaviors. All participants receive low-flow retrofit kit including faucet aerators, showerhead and other efficiency products; outdoor watering kit with auto-off hose nozzle and rain gauge; toilet leak detection dye tablets; step-by-step guide to performing a do-it-yourself water audit; information about applying for toilet rebate program, and receive up to \$200 towards the purchase of new Water Sense toilets. Pre-registration required by emailing [dwrconserve@gwinnettcountry.com](mailto:dwrconserve@gwinnettcountry.com) and include name, address, and telephone or call 678.376.6722.

workshops

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@gwinnettcountry.com](mailto:nhscbuilding@gwinnettcountry.com).

## Explore the arts

**Tameka Anderson**, an instructor from God's Angel for Single Parents, presents **Create It Theater** at the Norcross Human Services Center. Create It Theater teaches children ages 5 to 14 to use their imagination through the exploration of all aspects of the theater.

*"This program brings new vitality and creativity to the children of our community. It gives them something positive to focus their energy and their talents on,"* says **Doris Dietrich**, Coordinator for the Norcross Human Services Center. Through interactive, team-based activities, children are led on an exciting adventure of their imagination, interpersonal relations, and the production process of theater. Lessons provided by

**Create It Theater** encourage teamwork, listening and communication skills, emotional mastery and confidence boosting, creativity and building performance skills, and a greater appreciation of the arts.

As the five sessions progress, each group of children learns to support and encourage each other, affirm choices and ideas, and create fun, positive scenes. The children create everything in their production, from the commercials to the full performances at the end of each session. Family members and friends are invited to their final performances. Do you have a budding star? The stage is waiting! Call 404.826.4277 to register.

## Honoring Dr. Seuss' birthday

The Centerville Community Center and the Gwinnett County Centerville Library branch collaborated to host a spectacular celebration in honor of Dr. Seuss' birthday in February. Kids and kids-at-heart joined in the festivities.

Preschoolers created take-home hats, made their own green eggs and ham with Play Dough®, and made Thing 1 and Thing 2 painted hand prints. Pictures were taken with the real Cat in the Hat character! School-aged children made their own Truffula Tree, Lorax mustaches, and Horton's speck of dust from Whoville. They also enjoyed popcorn and a movie,

listened for the citizens of Whoville, ate Cat in the Hat cupcakes, and took home free books, thanks to a donation to the Centerville Community Center from Better World Books®.



In all, more than 280 participants enjoyed the festivities. Parents who enjoyed the birthday bash with their children shared with community center staff that the collaborative event far exceeded other area events. To learn about other children's activities, including spring break and summer camps, please call the community center at 770.985.4713.

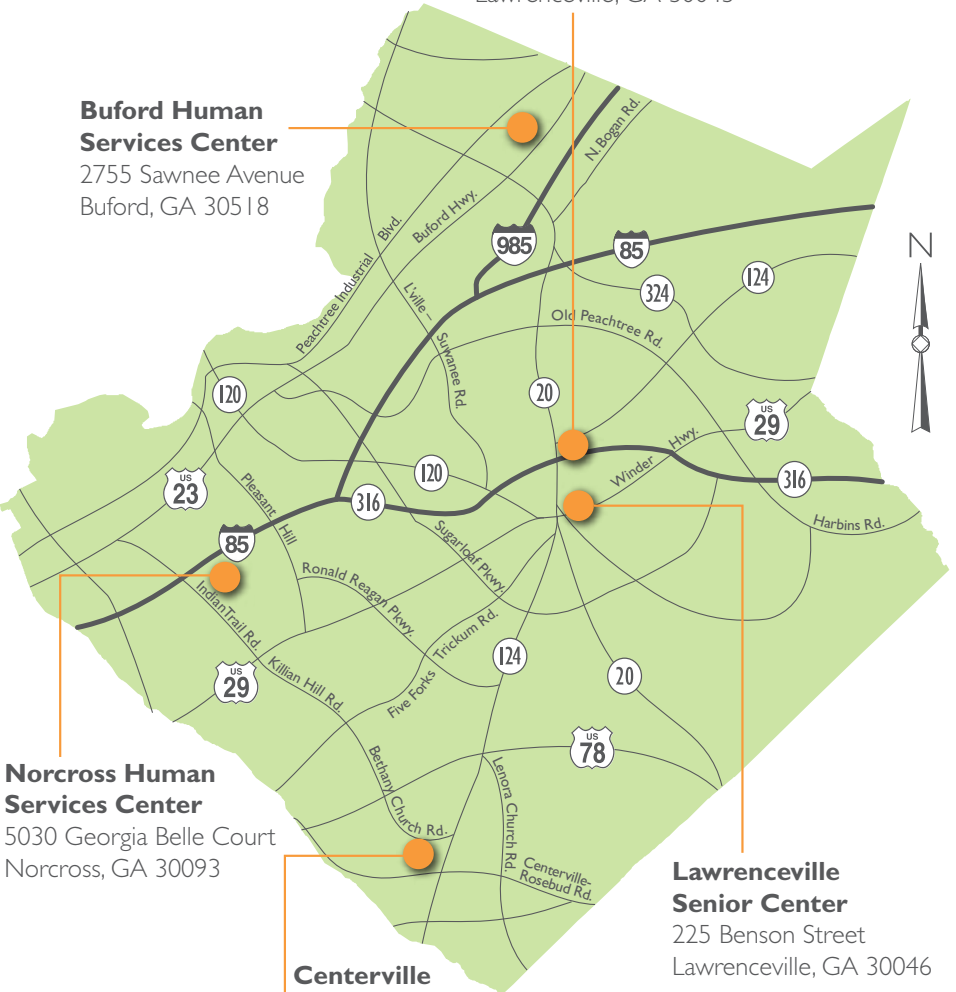
# health *and* human services center locations

## 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

## Centerville Community Center

3025 Bethany Church Road  
Snellville, GA 30039

## Lawrenceville Senior Center

225 Benson Street  
Lawrenceville, GA 30046