



Where everybody's somebody

The City of Snellville has long prided itself on being a place where everybody is important and everyone is proud to call it home.

At the new Snellville Satellite Congregate Senior Program, located at Briscoe Park, this sense of home and welcome is evident in the participants who spend Monday, Wednesday, and Friday each week sharing meals, Tai-Chi, and fellowship.

The city welcomed program participants to the park at the end of April, creating opportunities for people from all walks of life and from all parts of the globe to share the table and create

new friendships. There are former military, biologists, parents, and proud grandparents that hail from Puerto Rico, Kansas, Detroit, Mexico, the Phillipines, and a few that were even born and raised in Gwinnett. Now, they all share the distinction of being "somebody in Snellville."

Our thanks to our friends in Snellville for this warm welcome and opportunity.

If you would like more information about the Snellville Satellite Congregate Senior Program, please contact Gwinnett Senior Services at 678.377.4150.

Save the Date

Gwinnett County Community Health Fair (FREE)

Saturday, July 27 10:00am – 1:00pm

Bogan Park Community Recreation Center

Smart Driver Classes – \$15 for AARP Members (\$20 Non Members)

Thursday, July 25 9:30am – 4:00pm OneStop Norcross

Instructed by AARP. Registration required. OSN36602



Gwinnett
Health & Human
Services

Empowerline: **404.463.3333**
or Information and Assistance: **678.377.4150**
Senior Services is a section of Health and Human Services
www.GwinnettSeniorServices.com

July is peachy keen!

July 17 is National Peach Ice Cream Day, and of course in Georgia, that's good enough reason to celebrate the fruit that defines our state and shares its names with many of our streets!

In the south, it's peak season for peaches. Did you know they are actually good for you?

Peaches are rich in potassium, zinc, manganese, and phosphorous, making them not only delicious, but good for your bones and teeth.

Also a great source of fiber, potassium, vitamin C and choline, peaches are filled with heart-healthy and anti-inflammatory properties.

Antioxidants such as vitamin C are found in peaches and are great for your skin. They can help reduce wrinkles and fight skin damage caused by sun and pollution.



These antioxidants can also boost the immune system and assist with healing of wounds and bruising.

Hooray for the perfection of peaches! Enjoy them without regrets, whether fresh off the tree, in a cobbler, or in ice cream (and you don't have to wait until July 17).

Sources: Virginia Spine Institute and Medical News Today

July Word Find

AMERICA	PLEDGE
BLESSED	RED
BLUE	SPARKLE
CELEBRATION	STARS
FIREWORKS	STARSPANGLED
INDEPENDENCE	STATES
JULY	STRIPES
LIBERTY	SUMMERTIME
PARADE	VACATION
PATRIOTIC	WHITE
PICNIC	YANKEEDOODLE

Words are found
forward and backward,
horizontally and vertically.

B G G D Q A C I R E M A T C O
C I N C I P O S P A R K L E G
O I G N W D F I R E W O R K S
L E V S T A R S P A N G L E D
V C E U L B Q E D A R A P V Q
S N O I T A R B E L E C Y I S
G E S L R E D S R A T S T Y E
M D N I A C C I T O I R T A P
J N R B Z Y L E G D E L P D I
B E N E T I H W M N L X Z R R
M P H R B L E S S E D E K Y T
N E S T A T E S K J J U L Y S
E D E Y A N K E E D O O D L E
P N L S S E R V A C A T I O N
B I S U M M E R T I M E T G C

Buford Senior Center

2755 Sawnee Ave. • Buford, GA 30518

678.225.5367

Centerville Senior Center

3075 Bethany Church Rd. • Snellville, GA 30039

678.277.0230

Grayson Satellite Program

485 Grayson Pkwy. • Grayson, GA 30017

678.232.8556

Lawrenceville Senior Center

225 Benson St. • Lawrenceville, GA 30046

678.277.0970

Norcross Senior Center

5030 Georgia Belle Ct. • Norcross, GA 30093

678.225.5430

Snellville Satellite Program

2500 Sawyer Pkwy. • Snellville, GA 30078

678.232.9448