



## 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*



## 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

<b>Buford Senior Center</b>	2755 Sawnee Ave. • Buford, GA 30518	678.225.5367
<b>Centerville Senior Center</b>	3075 Bethany Church Rd. • Snellville, GA 30039	678.277.0230
<b>Grayson Satellite Program</b>	485 Grayson Pkwy. • Grayson, GA 30017	678.232.8556
<b>Lawrenceville Senior Center</b>	225 Benson St. • Lawrenceville, GA 30046	678.277.0970
<b>Norcross Senior Center</b>	5030 Georgia Belle Ct. • Norcross, GA 30093	678.225.5430
<b>Snellville Satellite Program</b>	2500 Sawyer Pkwy. • Snellville, GA 30078	678.232.9448