

# Senior VIEWPOINT

September 2019



## Bringing Home GRPA Silver

For more than a year, seniors at the Centerville Senior Center have danced to Earth, Wind, and Fire's "September" for fun and exercise, as well as exhibitions at Health and Human Services events. Their first appearance at the 2018 Senior Prom was a big hit and since then, other folks joined in to be part of the dance troupe.

In August a team of eight, from ages 61 to 91, took their dance "Do You Remember?" on the road to perform at the Georgia Recreation and Park Association (GRPA) 2019 Senior Talent Showcase. Their love of dance and year of rehearsals paid off, landing them the second place trophy for Large Group Dance. They look forward to continuing to teach and share this fun line dance with other seniors.

Those participating in the win are: Ruby Hart, Jessie Hawkins, Kermit Henry, Betty Langley, Sharon Leveritte, James Mays, Valerie Martin-Montague, and Marilyn Williams.

JOIN US  
Friday  
September 20  
9:00am – 1:00pm

Lucky Shoals Park  
Community Recreation Center  
4651 Britt Road | Norcross

2019 Senior Prom  
**The Roaring 20s**

Senior Services, a section of Health and Human Services, helps Gwinnett County residents age 60 or older enhance their quality of life and maintain their independence through services, education, support, and referrals.

Empowerline: 404.463.3333 or Information and Assistance: 678.377.4150



**Gwinnett**  
Health & Human  
Services

# Eat your breakfast!



Are you the type of person who grabs a Danish and a cup of coffee on the way out the door? Haven't you heard? Breakfast is the most important meal of each day and the quality of your breakfast sets the tone for each day's healthy success.

Make smart food choices that include appropriate nutritional value; a healthy breakfast has been shown to have a significant impact on memory and concentration. The morning meal is important for older adults who need to balance blood sugar and break the evening's fast for a healthy metabolism and weight management.

Include proteins, dairy, grains, and fruits. Eggs are an excellent choice for breakfast; they're economical, easy to prepare, and high in protein. Add a serving of oatmeal or cereal and fresh fruit to meet fiber and vitamin requirements, along with a little milk to round out a colorful plate as suggested by the USDA. And NOW, you are ready to take on the day!

Sources: National Institute of Health; ChooseMyPlate.gov



**Gwinnett**  
Health & Human  
Services

## ENGAGE IN AGING Community Forum

*Join us for a day of insight, education, and shared resources as we address the challenges of aging.*

Registration required. Use code **GPP41999** at [GwinnettHumanServices.com](http://GwinnettHumanServices.com)

TUESDAY  
SEPTEMBER 24  
9:00am – 1:30pm  
George Pierce Park  
Community  
Recreation Center

Buford Senior Center  
Centerville Senior Center  
Lawrenceville Senior Center  
Norcross Senior Center  
Grayson Satellite Congregate Senior Program  
Snellville Satellite Congregate Senior Program

2755 Sawnee Avenue, Buford  
3075 Bethany Church Road, Snellville  
225 Benson Street, Lawrenceville  
5030 Georgia Belle Court, Norcross  
485 Grayson Parkway, Grayson  
2500 Sawyer Parkway, Snellville

678.225.5367  
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