

contents

Senior Corner 2
 Volunteer Update..... 2
 Resource Center 2
 Center News..... 3

Centerville Community

Center Calendar..... 4-5

Buford Human Services

Center Calendar and News..... 6

Norcross Human Services

Center Calendar and News..... 7

Map of Gwinnett County 8

Contacts 8

Local volunteer exemplifies selfless commitment to help others

Many of us are disappointed when things don't turn out as we expected or we don't receive those gifts we just had to have for some special occasion, but **Adam Nerenbaum** is an exceptional person. At 24 years old but still a kid at heart, Adam was born with Down syndrome. Yet he knows there are many others less fortunate. He donated 40 toys to children who attended the Norcross Head Start and Pre-K programs over the holidays. It was his second year participating in this project.

Terri White, director of both programs, expressed concern at the time, "We don't know what kind of holiday the kids are going to have but with this project, we know for sure that they have received at least one gift."

The Head Start program provides grants to local public and private nonprofit and for profit agencies to provide comprehensive child development services to economically disadvantaged children and families. The primary focus is to help preschoolers develop the early reading and math skills they need to succeed in school.

Toys for Tots and County employees also contributed over 160 toys to children in the Head Start program and the Gwinnett Children's Shelter. The children very much appreciated these donations, especially during the holidays. Although we may not realize it, there is a need throughout the year to help others. It may be a donation of materials, cash, or simply the most valuable commodity of all, time.

Adam realized this continuous need and extended his generosity by pledging to collect school supplies and toys throughout the year

for less fortunate children. Initially, he began his selfless commitment by going door to door in his neighborhood and placing buckets to collect donations in local convenience stores.

His mother Sara is a great role model. She explains, "It's the right thing to do. He realizes he can help others despite his disability."

The Norcross and Buford Human Services Centers are one-stop integrated centers that offer a wide array of health and human services and provide programs to area seniors. The centers partner with other governmental and outside nonprofit agencies to bring programs that benefit the community and clients of the service agencies.

If you would like to make a donation to the school supply drive, call 770.822.8775 or e-mail at celia.moore@gwinnettcounty.com.



A young girl receives school supplies at Norcross Back 2 School event last year.

Children seek refuge at Project Safe Place

Children are helpless in certain situations and feel like they have nowhere to turn. This is especially evident when a volatile home environment threatens their well-being. A safe form of intervention is now available to those children and teenagers.

Project Safe Place is a crisis and runaway prevention program created to give youth a safe place to go to get help before a crisis occurs. It is a national program that originated in Louisville, Kentucky in 1983 and was later introduced by QuikTrip stores to Gwinnett County in 1998.

The program is a unique partnership between public and private sectors coming together for one special goal – keeping children safe. It provides a safe place for any youth in any type of crisis situation, whether it's being followed, bullied, homeless, or a runaway.

Project Safe Place is a free program and youth can stay for up to 15 days. Anyone under age 18 can go to a Safe Place site and ask for help. A strategically placed black and yellow diamond sign identifies Safe Place sites. The staff at the site will contact the Gwinnett Children's Shelter, and a volunteer or an employee will bring them to the shelter. Providing transportation for these children is a critical component. In the past, many of them were unable to get help because they had no means to get to the shelter. Once they arrive there, staff members will contact the family and prepare a plan to work with the youth and their family.

There are 111 Safe Place sites in Gwinnett County for youth to get help. The sites are:

- American Sportsplex (Duluth)
- Boys & Girls Clubs of America (Lawrenceville, Norcross)
- Buford Auto Plaza (Buford)
- Buford Human Services Center (Buford)
- Centerville Community Center (Snellville)
- Chick-fil-A (Lawrenceville, Lilburn, Norcross, Suwanee, Tucker)
- Collision Care (Lawrenceville)

- Dr. Parson's Office (Lawrenceville)
- Gwinnett County Libraries (Centerville, Dacula, Duluth, Grayson, Lawrenceville, Lilburn, Norcross, Snellville, Suwanee)
- Kroger (Buford, Dacula, Duluth, Flowery Branch, Grayson, Lawrenceville, Lilburn, Loganville, Norcross, Snellville, Suwanee, Tucker)
- Oasis Bowling Center (Buford)
- Pinckneyville Community Center (Norcross)
- Publix (Buford, Dacula, Duluth, Flowery Branch, Grayson, Lawrenceville, Lilburn, Loganville, Norcross, Snellville, Suwanee, Tucker)
- QuikTrip (Buford, Dacula, Duluth, Flowery Branch, Grayson, Lawrenceville, Lilburn, Loganville, Norcross, Snellville, Suwanee, Tucker)
- YMCA (Norcross, Lawrenceville)

There is a one-time fee of \$25 to become a registered venue for Project Safe Place, which also includes a training session for staff.

In 2006, 40 youth were helped through the Safe Place Program. One said, "If Safe Place didn't exist, I would be living in an abusive home or on the streets. The program is great, and gives you time to make better decisions."

Project Safe Place is housed under the umbrella of the Gwinnett Children's Shelter in Buford, a nonprofit emergency shelter for youth ages five to 17. The Shelter offers a variety of other programs for both resident youths and for the community. Some of the current programs are parenting classes and aftercare/in-home therapy (both taught in English and Spanish) and community placement. The Gwinnett Children's Shelter is the only shelter in Georgia that provides long-term housing for boys between 13 and 18 years of age.

For more information about the Gwinnett Children's Shelter or any of its programs, contact **Ayisha Razzak** at 678.546.8770, extension 227, or arazzak@gwinnettchildrenshelter.org.



Friends get wild about seniors

You won't want to miss the upcoming 5th Annual Silent Auction to benefit Friends of Gwinnett County Senior Services. Last year's theme, *An Evening in Emerald City*, was a huge success. Two hundred and ninety-five items were auctioned, bringing in over \$22,000 to help with senior services programs. This year's theme will be *A Night in the Wild!*

Here's your chance to participate:

- **Become a sponsor** – All sponsors receive tickets to the event and get recognition in the program, signage, or by announcement depending on the level of sponsorship
- **Donate auction items** – Anything from a variety of categories: sports items, sports packages, vacation get-aways, electronics, home and garden items, gift certificates – the sky's the limit
- **Make a cash contribution** – Make a one-time or recurring donation
- **Buy tickets** – Invite all your friends; buy seven tickets and get the eighth free
- **Volunteer** – Sign up for a silent auction committee (*Sponsorship and donation committees need help*)

When and Where is the Silent Auction?

The auction is Thursday, July 26, 2007, from 6:00pm until 8:30pm. You'll enjoy music, hors d'oeuvres, and cocktails while hiking through the jungle of treasures. The beautiful Delmar Gardens of Gwinnett will again host this event. Thanks to the creativity, hard work, and dedication of the staff and volunteers, the senior living community will transform into a jungle by night to create the setting of a wild

hunt. Delmar Gardens is located at 3100 Club Drive in Lawrenceville.

Tickets are \$15 in advance or \$20 at the door. All proceeds will support senior clients in Gwinnett County through programs and services such as Meals on Wheels, emergency assistance, and home repair. Proceeds from this year's silent auction will help replace two Meals on Wheels trucks in 2008.

Friends of Gwinnett County Senior Services (FOGCSS or Friends) is a nonprofit organization committed to ensure the viability and continued success of Gwinnett County Senior Services while serving as an advocate for senior clients.

Any form of donation is tax deductible. Please send donations to:

FOGCSS
PO Box 390025
Snellville, GA 30039

or:

FOGCSS
c/o Jennifer Thilo
Delmar Gardens of Gwinnett
3100 Club Drive
Lawrenceville, GA 30044

You may call **Celia Moore** at 770.822.8775 or **Jennifer Thilo** at 770.923.3100 for further information or visit the FOGCSS website at www.FOGCSS.org.

Concern for others

Warmer weather and longer days uplift our spirits and encourage us to help others. Days are brighter, and flowers in bloom display new growth and new beginnings. Why not be part of a team and embark on a new experience to volunteer your time, talent, and resources? Meaningful volunteer service opportunities are available to support Gwinnett County Senior Services. Corporations, organizations, or civic associations can help make a difference in the quality of life for more than 700 senior clients.

Gwinnett County Senior Services is grateful for the many businesses and groups that have stepped up to become project partners, special event sponsors, or program donors. Collaborative efforts have made a positive impact on the 400 homebound elderly clients currently relying on daily home-delivered meals and/or homemaking services, as well as the hundreds of seniors who regularly attend one of the three senior centers. Consider the added value of volunteering when you decide to help these seniors who are now challenged to do the simplest daily tasks. We take for granted being able to change a light bulb, make minor home repairs, or prepare our meals. Seniors who find they can no longer perform these simple tasks can now benefit through the Meals on Wheels program or volunteer services. These services allow seniors to continue to live in their own home among familiar surroundings.

The management and employees of Primerica Financial Services, Inc. have made a wonderful difference in many lives by awarding grant funds. They've also given their time for several years to deliver meals on a Meals on Wheels route and to host activities at the Norcross Senior Center. Employees of Ricoh Electronics, Inc. provide holiday gifts for over 180 seniors every year at their own expense and have taken their concern for others to new heights. Faith-based groups reach out to seniors to provide a variety of services including yard work, home repair assistance, roofing, and painting. Many corporations and organizations have been good to our clients and we appreciate everyone's support. For information on how you can volunteer to make a difference, go to www.gwinnettseniorservices.com or call 770.822.8837.



Senior Services Spotlight

It's not over 'til it's over

Older men are the minority in many circles as they are few in number and sense a lack of belonging. **Senior Men in Action** refuse to "get old in place." They decided to become involved in the community. Vital and still full of spunk, the story of these remarkable men actually started with a complaint. Collins Pratt, a regular attendee at the Norcross Senior Center (NSC), asked in dismay why there weren't any gatherings where men could bond. Cornell Grimes, another NSC senior, gathered the other men to address this concern.

The men decided to form a group, making it their mission to mentor at-risk boys, and giving their club name even more meaning. They have even gone as far as implementing a dress code of gray slacks and navy blazers to dress the part of being a good role model. Mr. Grimes has voluntarily assumed the role of organizer. Many times he uses his personal car to transport the less able men to sessions. Due to their commitment, the male-empowerment program snowballed from there.

Several of the men decided to enroll in the Mustang Mentors Program at Meadowcreek Elementary School. Every other Thursday, Collins Pratt, Ron Pickeral, Jeremiah Elliott, William Dinkins, and Cornell Grimes spend valuable time with students on an individual basis to assist with reading and math. In addition, the Senior Men in Action mentor students who attend the Head Start program housed at the Norcross Human Services Center.



Front row, left to right: Ming Wen, Collins Pratt, Jeremiah Elliott; second row, left to right: William Dinkins, C.S. Fu, Cornell Grimes; back row: Ron Pickeral. Not pictured: Gene Barney

Other seniors C.S. Fu, Ming Wen, and Gene Barney decided to join the club members every other month to have lunch and socialize. Even though these enthusiastic and vibrant men have varied backgrounds, they get along very well. Cornell Grimes, a retired healthcare worker, is the first to pitch in and help with things that need to be done.

Collins Pratt and Jeremiah Elliott are from Liberia. Collins was a businessman who traveled the world in his younger years. Jeremiah has been a participant at the Norcross Senior Center since the early 1990s. Ming Wen is from Taiwan and C.S. Fu is from China. Wen's son is married to Fu's daughter.

William Dinkins is originally from Mississippi but moved to New Orleans as a young man. Hurricane Katrina brought him to Gwinnett County and to the senior center. Gene Barney, who attends the center once a week to socialize, prefers shooting pool over any other activity.

Share your ideas with us!

If you have a talent that you would like to share with the community and it is in line with the mission of the Health and Human Services Division, submit a proposal to one the center coordinators.

Senior Programs

Homemaking Services	678.377.4150
Information Helpline	678.377.4150
Meals on Wheels	678.377.4150
Transportation	678.377.4150

Senior Centers

Buford	770.614.2527
Lawrenceville	770.822.5180
Norcross	770.638.5683

Contribution Opportunities

Donation	770.822.8775
Volunteer	770.822.8837

Catfish Fishing Derby

There is an old saying, "Give a man a fish and he eats for a day. Teach a man to fish and he eats for a lifetime." The next generation of great fishermen in southern Gwinnett County will be practicing their skills at Centerville Community Center's annual Catfish Round-Up. The event will take place on Saturday, May 5 from 10:00am to noon. It will be exciting for the whole family.

Children under 16 who don't have a fishing license are welcome to participate in the Catfish Round-Up Fishing Derby. Bring your fishing poles, blankets, and picnic baskets to have some fun. Fishing bait will be provided while supplies last. Snacks, face painting, prizes by age group, a picture with your favorite catch, and more will all be available on the day of the event.

To fish for fun or enter one of the competitions, call the Centerville Community Center at 770.985.4713, or contact us via the Web at www.centervillecommunitycenter.com.

Automobile insurance may cost less

Automobile insurance can be costly. But it's a necessary expense to protect drivers and their passengers. There are ways in which you may be able to lower the cost of your automobile insurance.

If you are a licensed driver over 25 years of age with a three-year clean driving record and have completed the AARP Driver Safety Program, you may qualify for a discount on your automobile insurance.

The AARP course is offered monthly at the Centerville Community Center and is taught by Ron Cebulski, a certified AARP driver safety instructor. AARP membership is not required for the course and the cost is only \$10 per person. There is no testing or driving in this course, which is usually taught in two four-hour sessions on two different days.

Although the course was designed for drivers age 50 and over, the material will help drivers of any age. Participants will learn safe driving techniques and be updated on local traffic laws and rules of the road. You'll find out how to adjust your driving to age-related changes in vision, hearing, and reaction time; how to handle driving situations such as left turns, right-of-way, interstate traffic, trucks, and blind spots; what to do when confronted by an aggressive driver; how to properly use anti-lock brakes, air bags, safety belts, and more.

For information, go to www.aarp.org/drive. To pre-register, call the Centerville Community Center, 770.985.4713.

Smart driving tips

- Maintain proper following distance at all times using the three second rule
- Scan the scene one block ahead (front, back, and side views)
- Know the side effects of medications before going behind the wheel
- Limit driver distractions such as eating, smoking, and cell phone use
- Install infant and child seats properly
- Wear safety belts properly
- Maintain physical flexibility
- Monitor other drivers skills and capabilities
- Add extra time for travel if driving conditions are bad
- Don't drive when you are stressed or tired

Learn How to Negotiate

What comes to mind when you think of the word negotiate? Some of us might think of bargaining techniques used to do business. **Sam Mendelow**, a published speaker and author of articles on negotiating, says, "Negotiating is more than that. It's a form of understanding and compromising with others."



Sam Mendelow teaches "Learn How to Negotiate" at the Centerville Community Center. The class includes role-playing, simulations, and development exercises to teach people of all ages and backgrounds how to negotiate.

Mendelow has worked in education and with various corporate, state, local, and international governments for 40 years, assisting his clients with strategic planning and nego-

tiating skills. He has designed and taught such courses at Florida Atlantic University and the University of Northern Florida.

Many of us can benefit from learning appropriate negotiating techniques. Most of us are constantly involved in negotiations to one degree or another, whether drawing up contracts, buying or selling, resolving differences, agreeing on work plans, influencing others, or even making simple decisions like where to have lunch or dinner.

The Centerville Community Center is pleased to have Mendelow share his expertise through this hands-on interactive course, "Learn How to Negotiate." The class includes role-playing, simulations, and development exercises to teach people of all ages and backgrounds how to negotiate. You'll learn how to apply creative methods to increase your confidence, how to read and use proper body language, and much more, all taught with integrity, ethical behavior, and a spirit of fair play.

Classes are offered on April 18 and May 16, 2007, from 6:30pm to 9:30pm. The cost for one class is \$30.00 per person. To register or for more information, call the Centerville Community Center at 770.985.4713.

Come Dance with us!

Both children and adults can learn the art of Costa Rican folkloric dance with **La Guarida Morada**. Comprised of members who are all from Costa Rica, the dance group has performed in cultural presentations at Gwinnett County's annual Hispanic Heritage celebration, schools, churches, and Costa Rica's Independence Day celebration.



La Guarida Morada will teach Costa Rican folkloric dance on Thursdays at the Norcross Human Services Center.

"To folkloric dance is not only to wear the long colorful skirts and look like the others in the group, it is to become another person and present a show that surprises people. This will fill you with a satisfaction that you are the person that illuminates the stage with your art and your spirit," says **Kathy Arguedas**, Director of La Guarida Morada.

"Through dance, people learn to have more confidence in themselves and bring out their true spirits. I teach all my students that we all have an artist inside of us," says Arguedas. She adds that while dancing, you are actually exercising and having fun. There is no age limit, whether you're young or young at heart.

Costa Rican folkloric dance lessons for adults and children are held on Thursdays at the Norcross Human Services Center from 5:30pm to 7:30pm. There is no charge for this class. To register call 770.638.5661.

Camps at Norcross

Summer programs from June 4 – August 3. Monday – Friday from 8:30am – 6:00pm. Cost is \$65 per week for ages six – 10 with a \$25 registration fee. Camp themes include sports, photography, puppet making, science, gardening, sewing, pottery, creative writing, and more. Call NHSC at 770.638.5661 to register.

Summer Camp Season at CCC

The Centerville Community Center is pleased to have the Summer Express Camp back this year, sponsored by the Family Choice Child Development and Resource Center, Inc. It will be another fun-filled summer with a wide array of exciting activities and themes. Some of our old friends like the Falcons Cheerleaders, ABC in Motion, Bubble Mania, and others are returning, while new friends Reptile Randy, Madd Science, Ceramics, and community athletes will be visiting us.

The weekly themes incorporate sports, arts, the outdoors, cooking, exercise, nutrition, water fun, and completing those summer reading lists! Summer camp runs from Tuesday, May 29, through Friday, August 10, from 8:30am until 6:00pm for ages five to 13.

May 29 – June 1	My New Friends!
June 4 – 8	Basketball Camp
June 11 – 15	Dance, Dance, Dance
June 18 – 22	Flag Football
June 25 – 29	What's Cooking?
July 2 – 6	Cheerleading/Tumbling
July 9 – 13	Lights, Camera, Action!
July 16 – 20	Soccer
July 23 – 27	A Camping We Will Go
July 30 – August 3	Softball
August 6 – 10	Back to School

The cost to attend summer camp is \$75 a week with a registration fee of \$35 (includes a registration packet). Breakfast, lunch, and snacks are included. For information, call **Angela Ellies** or **Simone Miller** at 770.679.1276. To register, contact the Centerville Community Center at 770.985.4713.

See our calendar of events on pages four and five for free summer programs.

eventcalendar

Project Safe Place

The Centerville Community Center is a registered Safe Place for youth feeling threatened or bullied, runaway teens, those kicked out of homes, experiencing a family crisis, or those in neglectful or abusive homes. Service provided by the Gwinnett Children's Shelter. For more information, visit www.gwinnettchildrenshelter.org or call 770.985.4713.

ART

Doodlebug Art Education for Kids

April 14 – May 19 from 1:00pm – 1:30pm on Saturdays for ages 3 – 5 years; cost is \$60 for a six-week course. April 14 – June 2 from 1:45pm – 2:45pm on Saturdays for ages 6 – 12 years; cost is \$80 for an eight-week course. Children can enjoy learning and developing skills by exploring many different mediums, styles, and art history. They will also learn shape recognition, color relationship, and so much more through markers, drawing pencils, oils, soft pastels, and clay. Pre-registration/payment is required. Send an e-mail to doodlebugae@yahoo.com or call 770.255.8997 for more information.

Improvisation for Actors • Thursdays

June 7 – June 28 from 4:30pm – 5:30pm. Hone your acting and communication skills in this interactive class playing three theater games to improve quick thinking, response time, listening skills, and self-control in order to produce levels of dynamic. Cost is \$20 for four weeks. Contact Laura Patterson at cidarid@bellsouth.net for more information. Pre-registration and payment required; call 770.985.4713.

Scrapbooking • Saturdays

April 21, May 12, and June 23 from 10:00am – 4:30pm. Create your own scrapbook album. Cost is \$15 for each class, plus supplies. Pre-registration and payment required. Call 770.985.8189.

CAREER

Mastering the Interview Process • Saturdays

April 21, May 12, and June 9 from 2:00pm – 6:00pm. Four-hour interactive workshop. Learn techniques, difference between behavioral versus situational interviews, how to take a logical and organized approach to your job search that will help you ace the interview, and so much more. The cost is \$30 for each class. Pre-registration is required. Contact Fronzetta Peake at frpeake@aol.com.

Toastmasters of Centerville • Thursdays

7:00pm. Lose your fears while becoming a better public speaker, deliver great presentations, lead teams effectively, and give and receive constructive evaluations. For more information, call 770.985.4713.

Writing a Power Résumé • Saturdays

April 21, May 12, and June 9 from 9:00am – 1:00pm. Four-hour interactive workshop. Participants will be given a strategy on how to coordinate an effective job search with emphasis placed on how to write a power résumé that will get you to the interview table. Instructor is a recruiter with more than 15 years of experience recruiting for three of the top 10 financial institutions in the nation! Cost is \$30 for each class. Pre-registration required. Contact Fronzetta Peake at frpeake@aol.com.

CLUBS

Atlanta Scrabble Club • Second and Fourth Saturdays

10:00am – noon. Put your skills to the test while making new friends. Cost: \$1 per month for membership. E-mail doc2barbara@earthlink.net or call 770.557.1343.

DANCE

Pre-Ballet (ages 3 – 5)

April 14 – May 19 (Saturdays); 9:30am – 10:30am. Cost

is \$45. Pre-registration/payment is required. For information, send an e-mail to saddlers@bellsouth.net or call 678.357.1164.

Ballet/Tap I (ages 6 – 10)

April 14 – May 19 (Saturdays); 10:40am – noon. Cost is \$50. Pre-registration/payment is required. For information, send an e-mail to saddlers@bellsouth.net or call 678.357.1164.

Fox-Trot, Swing, Rumba, and Salsa Dance Lessons – FREE!

April 9 – April 30 from 7:00pm – 8:15pm on Mondays for ages 20 – 40. April 9 – April 30 from 8:15pm – 9:30pm on Mondays for ages 41 – 80. Come learn from Mr. Larry Lucas, a Gentleman Host teaching dance lessons for the last six years on cruise ships around the world. Commitment and pre-registration is required. Class limited to only 24 participants, so don't wait! Call 770.985.4713.

Jazz for beginners (ages 6 – 11)

April 14 – May 19 (Saturdays); 12:10pm – 1:30pm. Cost is \$50. Pre-registration/payment is required. For information, send an e-mail to saddlers@bellsouth.net or call 678.357.1164.

Creative Movement and Theatre Dance (ages 6 – 10) • Saturdays

April 14 – May 12; May 19 – June 16 from 10:30am – 11:30am. Come learn modern, hip-hop, Caribbean, West African, and theatre dance. Cost: \$35 for four weeks. Pre-registration and payment is required. For class information, contact trinette@dancentryx.com. To register, call 770.985.4713.

Hip Hop Jz! (ages 11 – 15) • Saturdays

April 14 – May 12; May 19 – June 16 from noon – 1:00pm. Cost: \$35 for four weeks. Pre-registration and payment is required. Contact trinette@dancentryx.com for more information. To register, call 770.985.4713.

DRIVING

AARP Driving Safety Program

April 24 and 26; May 22 and 24; June 19 and 21 from 9:00am – 1:00pm. Take this eight-hour classroom refresher course especially designed for drivers ages 50 and over. Sponsored by the American Association of Retired Persons. Topics covered: defensive driving techniques; how to adjust driving to age-related changes in vision, hearing, and reaction time; possible insurance rate discount (depends on your provider); and more. Cost for the two-day program: \$10.

EDUCATION

Etiquette 101 for Grades K – 3; 4 – 6; 7 – 12 • Tuesdays

April 10 – May 1 (luncheon on Saturday, May 5); June 5 – June 26 (luncheon on Saturday, June 30). Your children will learn about dining etiquette, appropriate and polite conversations, introductions, public speaking, diction, confidence, self-esteem, and more. Cost: \$55 for four weeks (\$5 discount for siblings). For class information, contact Tyeme Woods at tyeme@yahoo.com or 770.895.3339. Pre-registration and payment required, call 770.985.4713.

EVENTS

Catfish Round-Up Fishing Derby for Kids • Saturday – FREE!

May 5 at 10:00am. Our next generation of great fishermen will be practicing their skills in the annual Catfish Round-Up. Bring your fishing poles, blankets, and picnic baskets and get ready to have fun. Bait and some snacks will be provided while supplies last. The event is open to children ages 16 and under without a fishing license. For more information, call 770.85.4713 or visit the center's website, www.centervillecommunitycenter.com.

EXERCISE

High/Low Impact Aerobics • April 13 – May 4 and May 11 – June 1 (Fridays)

9:00am – 10:00am. Basic approach to cardio and strength training through simple choreography designed to elevate the heart rate while increasing muscle strength. Cost: \$35. Pre-registration required. Get in touch with Maggie Walls at 770.985.4713 or maggie@studiodanceandfitness.com.

Introduction to Cheer (ages 4 – 6) • April 12 – May 3 and May 10 – May 31 (Thursdays)

4:00pm – 4:45pm. Learn basic cheerleading skills, such as arm and leg positions, jumps, tumbling, and music-accompanied dance routines. Cost: \$35. Pre-registration required. Get in touch with Maggie Walls at 770.985.4713 or maggie@studiodanceandfitness.com.

Mommy and Me Fitness (18 months – 3 years) • April 11, 25, May 9, 30 (Wednesdays) – FREE!

2:00pm – 3:00pm. Moms and toddlers bond while learning about healthy habits. Movements are easy to follow. Cost: \$35 for four weeks. Pre-registration is required; call 770.985.4713.

Studio Sculpt • April 9 – 30, May 7 – June 4 (Mondays)

45-minute class targets trouble areas, including abdominals, glutes, outer and inner thighs, and other large muscle groups. Cost: \$35 for four weeks. Pre-registration is required. E-mail maggie@studiodanceandfitness.com or call 770.985.4713.

Tumbling for Children • April 9 – 30, May 7 – June 4 (Mondays)

4:00pm – 4:45pm for ages 3 – 4; 5:00pm – 5:45pm for ages 5 – 7. Introduction to tumbling and movement skills for young children including rolling, jumping, cartwheels, beam skills, basic coordination. Cost: \$35 for four weeks. Pre-registration required. Call 770.985.4713 or send an e-mail to maggie@studiodanceandfitness.com.

Basic Level Volleyball Lessons • Sundays – FREE!

March 18 – April 29 from 1:00pm – 2:00pm for girls in grades 9 – 12; 2:00pm – 3:00pm for boys in grades 9 – 12. Learn basic skills of the game with 30 minutes instruction and 30 minutes playing time. Requirements: 12 participants to form each group, commitment, comfortable clothing, sneakers, and a desire to learn. Males and females will not be playing together or against one another for safety reasons. Pre-registration required by calling 770.985.4713.

HEALTH

5 Secrets to Permanent Weight Loss • Mondays – FREE!

May 14 and June 11 from 7:00pm – 8:00pm. Learn natural and healthy ways to permanently lose weight, increase energy, and feel better and younger. Sponsored by Dr. James Roman, Greater Gwinnett Health Initiative, Doctors Speakers Bureau. Registration is required to hold the seminar. Call 770.985.4713. Refreshments will be served.

Personal Development for Pre-Teens (ages 10 – 12) • March 3 – March 24 (Saturdays)

9:00am – noon. Learn about proper grooming, skin care, manners, poise and posture, and more to develop self-esteem in youth. Cost: \$65. Pre-registration required. Send an e-mail to info@normajeansmodels.com or call 770.985.4713 to register.

Personal Development for Teens (ages 13 – 15) • March 3 – March 24 (Saturdays)

12:30pm – 3:30pm. Learn about color analysis, skin care, make up, posture control and walking, nail and hair care, projecting self-confidence, and more. Cost: \$65. Pre-registration required. Call 770.985.4713 or send an e-mail to info@normajeansmodels.com.

eventcalendar

Personal Development (ages 16 – 18) • March 3 – March 24 (Saturdays)

4:00pm – 6:00pm. Learn the basics about make up, effective speech and voice projection, presence, public speaking, poise, posture, and more. Cost: \$65 for four weeks. Contact info@normajeansmodels.com for more information. Call 770.985.4713 to register.

MENTORING

Diamond in the Rough Clusters Mentoring Program • Thursdays

5:00pm – 6:30pm for middle school girls and 6:30pm – 8:00pm for high school girls. Youth development and leadership program to motivate, educate, inspire, and provide guidance to girls ages 10 – 18. Call Diamond in the Rough at 678.376.9676 or go to www.ditr.org.

MODELING

Beginning Modeling for Teens • March 31 – April 28 (Saturdays)

9:00am – noon. Four-week program prepares participants for modeling by teaching stances, pivots and turns, walking techniques, freestyle posing, overcoming stage fright, group and pair modeling, and the session ends with a fashion show. Cost: \$70. Pre-registration required. For more information, call 770.985.4713 or send an e-mail to info@normajeansmodels.com.

Advanced Modeling for Teens • May 5 – June 2 (Saturdays)

9:00am – noon. Four-week program teaches runway poise, posture, modeling techniques, photo movement for freestyle posing in groups and pairs, creating illusions with makeup, stage showmanship, and ends with a fashion show. Cost: \$70. Pre-registration required. Call 770.985.4713 or e-mail info@normajeansmodels.com.

MONEY

Do Not Lose Your Money Paying for Long-Term Personal Healthcare • June 19 – FREE!

10:00am – 11:00am. For senior adults. As we get older, healthcare becomes more important in our lives and more expensive, too. Learn some of the legal strategies to protect your health, money, and assets. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. Call 770.985.4713.

Fixed Income and How to Survive During Retirement • April 17 – FREE!

2:00pm – 3:00pm. For senior adults. Living on a fixed income can be tough. Learn some rules of the road that can make your life more financially comfortable. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. Call 770.985.4713.

Tax Mistakes Made During Retirement • June 19 – FREE!

2:00pm – 3:00pm. For senior adults. Taxes follow us all during our lives, even retirement. Taxes during retirement burden us even more, not allowing for the comfortable, peaceful retirement we seek. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. Call 770.985.4713.

How to be Sure You Have Legally Left Money for Your Grandchildren • May 15 – FREE!

10:00am – 11:00am. For senior adults. Many times we choose to leave money and other things to our children and grandchildren; however, what we leave does not always get to whom we choose. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. Call 770.985.4713.

Veteran and Widow Pension Benefits and How to Qualify – FREE!

April 17 from 10:00am – 11:00am. For senior adults. Veterans or widows of veterans over 64 years of age may qualify for monthly pension benefits of about \$700 to \$2,100. These benefits are granted by Congress and have been available for over 50 years, but most are not aware of them. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. Call 770.985.4713.

SCAMS! Protect Yourself and Identify Challenges of Life/Retirement • Tuesday – FREE!

May 15 from 2:00pm – 3:00pm. Come learn about scams, contracts, distribution of income, probate, wills, and trusts. Sponsored by Daniels and Associates and Seminars of the South. Registration is required to hold the seminar. Call 770.985.4713.

MUSIC

Milk and Cookies Concert • April 10, May 8, June 12, and July 17 – FREE!

11:30am – 12:15pm. Children ages 1 – 5. Includes interactive rhythm exploration. No registration required. Call 770.985.4713.

PARENTING

Nurturing Parents Program • Tuesdays (through April 24) – FREE!

6:00pm – 8:30pm. Learn to nurture communication strategies, how to recognize one another's needs, building self-esteem in children and adolescents, increasing empathy, non-violent discipline, peer pressure, drug and alcohol abuse, and more. Free childcare for ages 2 and up. Free meals, door prizes, and sessions for parents, adolescents, and children ages 10 – 16. Enrollment is limited to the first 15 families, so don't delay. Register today by calling Tamera Ferguson at 678.377.3771.

WORKSHOP

Digital Photography • First and Third Tuesdays – FREE!

April 3 – **Digital Photography Can be Fun.** Learn basic information about digital cameras, how they work, how to use them, and basic picture taking using various subjects. April 17 – **Digital Photography Tips.** Learn techniques to improve your pictures, including camera handling and working with various subjects. May 1 – **Vacation Photography.** Specific instruction to achieve more desirable results. May 15 – **Digital Photography Can be Fun.** June 5 – **Digital Photography Tips.** Learn techniques to improve your pictures. June 19 – **Vacation Photography.** Specific instruction to achieve more desirable results. Workshops are from 7:00pm – 8:00pm, encompassing instruction, picture taking, and critique. Requirements: Digital camera, memory card, and ability to print photos from home (no special photo printers needed). Come learn from Gene Daniels, a retired professional photographer. Pre-registration/commitment required to hold each class. For more information, call 770.985.4713.

Grant Writing Workshop • April 7, May 5, June 2

9:00am – 1:00pm. Learn how to incorporate your business, how to write a grant proposal, and more. Cost: \$25 per session. Pre-registration and payment required. Call 770.985.4713.

Learning Negotiation Skills • April 18 and May 16

6:30pm – 9:30pm. Sam Mendelow, former Central Florida Program Director for Florida Atlantic University, will be teaching this hands-on interactive course including role playing along with simulations and development exercises to negotiate a win-win situation for all parties involved. For adults and those in business, teens, college students, young adults, and seniors. Cost: \$30 for each session. Pre-registration and payment required. Call 770.985.4713.

Pinckneyville Writer's Group • First and Third Thursdays – FREE!

10:00am – noon. Critique format; all genres. No registration required. Call 770.985.4713.

Snellville Writer's Group • First and Third Thursdays – FREE!

7:00pm – 9:00pm. For those interested in writing novels. No registration required. Call 770.985.4713 for more information.

SUMMER CAMPS

Cheer and Tumbling Camp (ages 4 – 7) • June 4 – 8; July 23 – 27

9:00am – noon. Children will learn basic cheerleading skills: arm and leg positions, jumps, tumbling, and music-accompanied dance routines. They will also learn tumbling and movement skills: rolling, jumping, cartwheels, beam skills, and basic coordination. Cost: \$55 for one week. Pre-registration and payment required to hold spot. Contact maggie@studiodanceandfitness.com for class information, or call 770.985.4713.

Ballet, Tap, Jazz Dance Camp (ages 5 – 12) • June 11 – 15; July 16 – 20

9:00am – 1:00pm. Get ready to soar with a fun-filled week of dance. Wear comfortable clothing, and bring drinks and snacks for breaks. Cost: \$65 for one week. Pre-registration and payment required to reserve spot by calling 770.985.4713. E-mail saddlers@bellsouth.net or call 678.357.1164 for more information.

Doodlebug Art Camp • June 18 – June 22; July 16 – July 20

10:00am – 10:30am for ages 3 – 5; 11:00am – noon for ages 6 – 7. Children will develop skills by exploring different mediums and styles. Learn shape recognition, color relationships, and more through markers, drawing pencils, oils, soft pastels, and clay. Cost: \$60 for one week, all supplies included. Pre-registration and payment required. E-mail doodlebugae@yahoo.com for information, or call 770.255.8997.

FREE SUMMER ACTIVITIES

Pottery for Kids – FREE!

June 6, June 27, July 11, and July 25 from 1:00pm – 2:30pm. Select your favorite pottery and paint to your heart's desire. Available for ages 5 – 12. Limited class sizes, so reserve your spot today. Pre-registration required; call 770.985.4713.

Bead Bracelet for Kids – FREE!

June 8, June 22, July 30 from 10:00am – 11:30am. Have fun making your own bracelet or necklace to remember your summer by. Available for ages 5 – 12. Limited class sizes, so reserve your spot today. Pre-registration required; call 770.985.4713.

Doodlebug Art Education – FREE!

June 4 from 1:00pm – 2:00pm; June 13 from 10:00am – 11:00am; June 29 from 1:00pm – 2:00pm; July 13 from 1:00pm – 2:00pm for ages 5 – 12. Children will enjoy developing a craft such as mosaics, paper lanterns, masks, and more. Space is limited, so don't delay. Must pre-register by calling 770.985.4713.

Milk and Cookies Concert - FREE!

June 12, July 17 from 11:30am – 12:15pm. Children ages 1 – 5 will enjoy interactive rhythm exploration. No registration required. Call 770.985.4713.

Instructors Needed!

Send an e-mail to
vivian.gather@gwinnettcounty.com
for more information.

eventcalendar and news

calendar

Gamblers Anonymous

Gamblers Anonymous is held every Wednesday from 6:30pm – 8:30pm. The program is free for adults. Call the Buford Human Services Center at 770.614.2526 for more information.

Mentoring for Girls

H.O.P.E. – Helping Others Pursue Excellence Mentoring Program will meet every Tuesday through May 8 from 6:30pm – 7:45pm at the Buford Human Services Center. Girls ages 10 – 19 are welcome to attend. Advanced registration is required. Contact I AM BEAUTIFUL at 404.545.9051 or visit the web at www.iambeautiful.org.

New Vaccines available at Public Health Clinics

Advancements in medical science are wonderful and they are happening more frequently. New preventive immunizations are now available. Articles about several new vaccines have been prominently featured recently.

The vaccine Gardasil™ is now offered at Gwinnett's public health centers for genital human papillomavirus (HPV). HPV is the most common sexually transmitted virus in the United States. Every year, about 10,000 American women get cervical cancer from HPV and 3,700 die from it. This vaccine is routinely recommended for girls 11 to 12 years of age and is given as a three-dose series.

An immunization against Herpes Zoster (Zostavax™), or shingles, is on the market. Shingles is a painful skin rash often accompanied by blisters. It is far more common in people 60 and older than in younger people. A single dose of shingles vaccine is needed for adults 60 and older.

A new trivalent vaccine for tetanus, diphtheria, and pertussis (whooping cough) is also available to the public. Boostrix™ is for adolescents from 10 to 18 years old and Adacel™ is available for both adolescents and adults from 11 to 64 years old.

Finally, RotaTeq™ is a new vaccine for rotavirus, which causes severe diarrhea, mostly in babies and young children. Children should get three doses of the vaccine between two and six months of age.

We hope you'll take advantage of these new vaccines at the public health clinics in the Buford and Norcross health and human services facilities. The public health clinics operate Monday to Friday from 8:00am to 5:00pm and on Saturdays from 8:00am until noon.

For the cost of vaccinations or for more information, call Buford health clinic at 770.614.2401 or Norcross health clinic at 770.638.5700.

Visit the website
www.gwinnetthealth.com.

Reading to the younger generation

The Buford seniors are very excited about a new reading program at Buford Elementary School. Twelve senior citizens have been paired with 24 kindergarten students to practice the children's reading skills and vocabulary words. Through this program, the children benefit not just by learning to read but also by learning to socialize.



BSC client Dolores Glisson enjoys reading to her student at Buford Elementary School.

Mary Harley, Elementary Media Specialist, explained how important it is for the children to learn how to socialize and communicate with new people. Many of the children were very shy at first but did not take long to warm up to the senior citizens.

Dolores Glisson, a senior in the program, explained how important spending time with the children is to her. She loves how the children make her laugh and how much energy they have. She still enjoys reading children's books. She explains to her student, "Reading lets you have a lot of imagination and makes you feel you can do anything in the world."

Emily Lee, who has been a foster mom to several children over the years, has found it her calling to help children. "You can teach children things but you also can learn something from them," she says. After each visit at the school, the Buford seniors excitedly share their experiences with other seniors.

"It's always good to help others and keep your mind busy," says Lilly Asis. Mary Harrison, Buford Senior Center Specialist, said one teacher commented on how her student had improved his reading skills since the inception of the program. She asked if someone at home was helping him. His response was, "No, my grandma at the library helps me to read."

Every Thursday, the seniors anxiously wait to tutor their eager students. For information on the Buford Senior Center, please call 770.614.2527.

Digital Mammography on GMC's Care-a-Van

The Gwinnett Medical Center's Care-a-Van has resumed its regular schedule in the community providing low-cost mammography services. The mobile mammography van has converted from analog/film to digital mammography, funded by the Gwinnett Medical Center Foundation's *Time Matters in the Fight against Breast Cancer* campaign.

This upgrade in technology is considered better for cancer detection. Digital mammography delivers lower radiation, higher sensitivity to abnormalities, and allows the radiologist to manipulate the images using a computer. A digital mammogram is similar to a traditional film-based screening. Both of these methods use compression and X-rays to create clear images of the inside of the breast.

The Care-a-Van has performed over 19,298 mammograms since 1994 at local churches, schools, senior centers, libraries, corporations, doctors' offices, drug stores, grocery stores, and other locations. Gwinnett Medical Center continues its tradition by providing professional and courteous service to the community. It now offers the latest technology in the field of mammography.

Breast cancer is the most common cancer among women, other than skin cancer. It is the second leading cause of cancer death in women after lung cancer. About 178,480 women in the United States will be found to have invasive breast cancer in 2007. About 40,460 women will die from the disease. There are just over two million women living in the United States who have been treated for breast cancer.

The chance of a woman having invasive breast cancer some time during her life is about one in eight. The chance of dying from breast cancer is about one in 33. Breast cancer death rates are decreasing. The decline is

probably a result of finding the cancer earlier and improved treatment. (Source: American Cancer Society, www.cancer.org.)

The Gwinnett Medical Center has made that first step possible. The Care-A-Van will be at the Buford Human Services Center, 2755 Sawnee Avenue in Buford, on March 14 and June 20, 2007. You may call HealthLine at 678.442.5000 for additional information and to make an appointment 24 hours a day, 7 days a week. For further scheduled dates or locations, look in *The Atlanta Journal-Constitution* Gwinnett Section on the third Thursday of each month.

Tips for Breast Self-Examination

Breast self-examinations should be done at the end of your menstrual cycle or at the same time once a month if you no longer have periods. Feel for a hard lump, thickening, or any change in your breast tissue.

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to examine your right breast
- Press using light, medium, and firm pressure in a circular motion
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit area
- Repeat on your left breast using your right hand

eventcalendar and news

computer classes

Computer instruction in Korean • Thursdays and Fridays

10:00am – noon. This program is provided by the Asian American Resource Center (AARC) and the cost is \$100 for a three-month period. Call the Norcross Human Services Center to register 770.638.5661.

Computación en Español • Martes y Jueves

6:30pm – 8:30pm. \$100 por cinco semanas y una inscripción de \$25 por año. Mínimo de ocho estudiantes por clase. Programa presentado por Futuro. Llame al Centro de Servicios Humanos de Norcross para inscribirse al 770.638.5661.

dance

Costa Rican Folkloric • Thursdays – FREE!

5:30pm – 7:30pm. Adults and children are welcome to learn this enriching dance. Call 770.638.5661 to register.

Salsa and Merengue • Thursdays – FREE!

8:00pm – 9:00pm. Learn the basic steps and advance to become a great dancer. For more information and to register, call 770.638.5661.

education

Camps • Mondays and Fridays

June 4 – August 3 from 8:30am – 6:00pm. Cost is \$65 per week for ages six – 10 with a \$25 registration fee. Camp themes include sports, photography, puppet making, science, gardening, sewing, pottery, creative writing, and more. Call NHSC at 770.638.5661 to register.

Math Tutoring • Tuesdays, Wednesdays, and Thursdays

3:30pm – 6:30pm. Cost: \$25 for twice a week or \$35 for three times a week (one hour sessions). Those who attend Lilburn, Summerour, Sweetwater Middle, and Meadowcreek High Schools may be eligible for free tutoring. Space is limited. Provided by One 2 One Educational Support, Inc., 678.230.4027. To register, call NHSC at 770.638.5661.

Math tutoring enhances learning through small-group sessions

An after-school math tutoring program is being offered by **One 2 One Educational Support, Inc.**, a nonprofit organization whose mission is to enhance academic achievement through small-group and individualized tutoring in math and literacy.

Eligible students will receive individualized instruction using a comprehensive, computer software program to allow students to advance at their own pace. Each student will be assessed to determine his/her level. Lessons will then be customized to the student's ability with the support and guidance of certified teachers and professionals. The program will track the student's progress and provide reports to teachers and parents. In addition to math tutoring, students will receive homework assistance with reading and writing skills.

Children who attend Lilburn Middle, Sweetwater Middle, Summerour Middle, or Meadowcreek High School may be eligible for free tutoring and educational support after completing the program. As an incentive, students

health and nutrition

Diabetes Self Management Program • TBA

Topics include: What is diabetes, living with diabetes, exercise, monitoring, medications, low blood sugar, meal planning, sick day care, long-term complications, personal health habits, behavior change, and community resources. Call for fee as most Medicare and insurance plans are accepted. Initial assessment is by appointment only. Provided by Diabetes Association of Atlanta and Gwinnett Extension Service. For more information and to make an appointment call 404.527.7150.

language

English Literacy/Civics (English Class) Level One • Tuesdays and Thursdays

6:30pm – 8:30pm. This program is for adults who want to learn English. There is a one-time \$20 registration fee. Call 770.638.5661 to register. The program is provided by the Asian American Resource Center (AARC). *Class also offered Tuesdays and Wednesdays 10:00am – noon.*

English Literacy/Civics (English Class) Level Two • Mondays and Wednesdays

6:30pm – 8:30pm. This program is perfect for adults who want to advance their knowledge of the English language. There is a one-time \$20 registration fee. Call 770.638.5661 to register. The program is provided by the Asian American Resource Center (AARC).

Spanish for adults • Tuesdays, Thursdays, and Saturdays – NEW!

6:00pm – 8:15pm. The cost is \$60 for four weeks. No registration fee. Minimum of five students per class is required. Call the Norcross Human Services Center at 770.638.5661 to register.

multicultural

Citizenship • Wednesdays

7:00pm – 8:00pm. This program is for adults who want to become U.S. citizens. Call 770.638.5661 to register. The program is provided by the Asian American Resource Center (AARC). For more information about the AARC, call 770.270.0663.

source Center (AARC). For more information about the AARC, call 770.270.0663.

Girl Scouts • Wednesdays

Troop meetings are held on Wednesdays from 6:30pm – 8:30pm. To join a troop or for more information about Girl Scouts, call 404.527.7500.

support groups

Asian American Resource Center • Tuesdays and Thursdays

9:00am – 4:30pm. Free information on resources and programs for the Asian community. Services offered in English, Spanish, Chinese, and Korean. Located in the first floor staff office.

Gamblers Anonymous • Mondays

6:30pm – 8:30pm. Gamblers Anonymous is free for adults. Call 678.234.5648 for additional information.

Clases de Crianza • Martes

6:30pm – 8:30pm. Información en español. Series de ocho secciones las cuales enseñan con el método STEP (Paso), los métodos de crianza. Para más información y para información comuníquese con el Children's Shelter al 678.546.8770

Parents Night Out

6:30pm – 10:30pm. Eggs and Bunnies Night on April 13; Career Day Play Night on May 11; All Sports Night on June 8. The cost is \$10 per child. Children ages four to 14 can participate in planned activities including arts, crafts, and movies. Snack and drink are included. This program is provided by Sparks and sponsored by the Norcross Human Services Center. Register early to reserve a space, call 770.638.5661.

Noche Libre para Padres

Noche de Conejos y Huevos, Abril 13; Noche de Juego de Profesiones, Mayo 11; Noche de Deportes, Junio 8; 6:30pm – 10:30pm. Diferente temas cada mes; información organizadas que incluyen manualidades, arte y película. Merienda y bebida incluida. Regístrese en avanzado para reservar su cupo – \$10 por niño de cuatro a 14 años. Programa suministrado por Sparks y auspiciado por El Centro de Recursos Humano de Norcross. Para inscribirse o más información, llame al 770.638.5661.

workshops

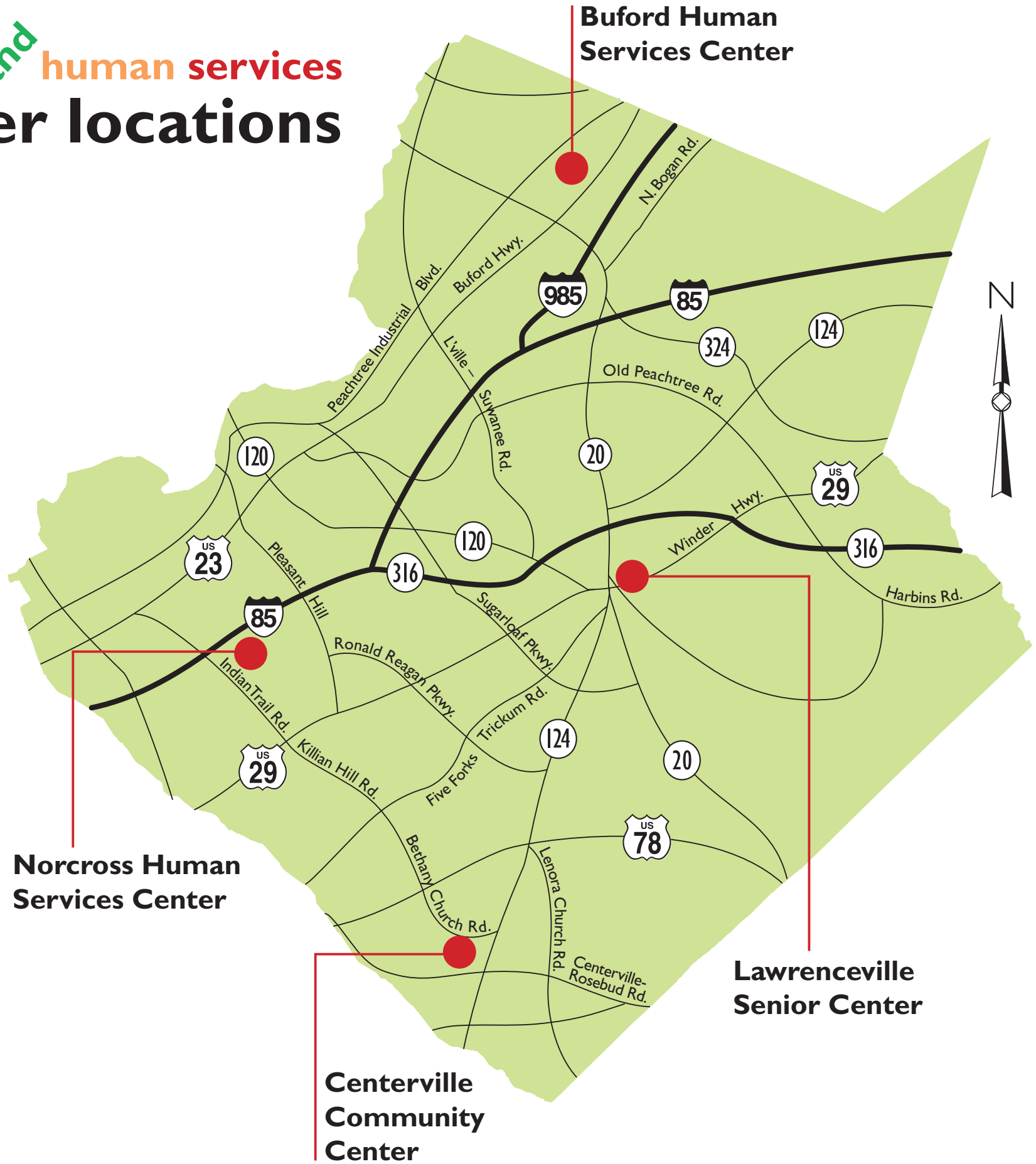
Health, Finance, and Community Awareness

Free workshop series provided in English and translated in different languages. Languages available are Spanish, Korean, Portuguese, Bosnian, Vietnamese, Liberian, Sudanese, Russian, Arabic/Kurdish, and Somalian. Programs provided through the coordination of various partners including the Asian American Resource Center, Refugee Family Services, World Financial Group, and International Medical Clinics. For more information and to be placed on a waiting list for the workshops, please call the Norcross Human Services Center at 770.638.5661.

Salud, Finanzas, y Accesoria Comunitaria

Series de talleres gratis en inglés y traducidos en varios idiomas. Los lenguajes en que estarán disponibles son español, coreano, portugués, bosnio, vietnamés, liberiano, sudán, ruso, árabe/kurdos, y somalí. Estos programas son proporcionados gracias a la coordinación de varios Agencias Asociadas como Centro Americano Asiático de Recursos (AARC por sus ciclos en inglés), Servicios de la Familia para Refugiados (Refugee Family Services), el Grupo Mundo Financiero (World Financial Group) y Clínica Médica Internacional (International Medical Clinics). Para más información y para inscribirse en una lista de espera para uno o varios talleres, llame por favor el Centro de Servicios Humanos de Norcross al 770.638.5661.

health *and* human services center locations



Centerville Community Center

3025 Bethany Church Road
 Snellville, GA 30039
 770.985.4713
www.centervillecommunitycenter.com

Activities housed in the center include:

- After school tutoring/academic prep courses
- Art/dance/drama/exercise classes
- Teen forums and summer camps
- Available rental space for special occasions and events
- Social events, arts and crafts for seniors
- Preschool reading programs
- Programs focusing on health, relationships, self-improvement, career, personal development, and more

Norcross Human Services Center

5030 Georgia Belle Court
 Norcross, GA 30093
 770.638.5660
www.gwinnettnhsc.com

Agencies housed in the center include:

- Norcross Public Health Clinic
- Norcross Senior Center
- Gwinnett/Rockdale/Newton Community Service Board (Mental Health)
- Head Start/Pre-K, Ninth District Opportunity
- Department of Family and Children Services (DFCS)
- Gwinnett County Department of Motor Vehicles (Tag Office)
- A one-stop integrated health and human services center

Buford Human Services Center

2755 Sawnee Avenue
 Buford, GA 30518
 770.614.2400
www.gwinnettbhsc.com

Agencies housed in the center include:

- Buford Public Health Clinic
- Buford Senior Center
- Department of Family and Children Services (DFCS)
- Partners with other governmental and non-profit agencies to bring programs that benefit the community as well as clients of the service agencies
- A one-stop integrated health and human services center