

**August 6, 2019** 

#### Greetings!

Gwinnett County Government hosts many events, classes, and workshops for its residents. See these great events and more at <a href="https://www.gwinnettcountyevents.com">www.gwinnettcountyevents.com</a>.

## This Week

### Senior Coffee Club | FREE!

August 9 from 9:30am to 10:30am. Come and meet your neighbors for a free cup of joe and breakfast treats. Enjoy snacks, chatting, crafts, and games. Join us every second Friday of every month for different topics. For ages 50 and up. Call 678.277.0875 for more information. Lilburn Activity Building, 788 Hillcrest Road, Lilburn.

## Walk the Talk: Breastfeeding Month | FREE!

August 10 from 9:00am to 10:00am. August is National Breastfeeding Month. Join Children's Healthcare of Atlanta's Strong4Life on a free, informative walk at an easy pace. Leaders will talk about the importance of breastfeeding and how it benefits infants. For all ages. Wear comfortable walking shoes and bring a bottle of water. Call 770.814.4920 for more information. McDaniel Farm Park, 3251 McDaniel Farm Road, Duluth.

#### **Just Two Sneakers | FREE!**

August 10 at 8:30am. Join Gwinnett County Transit for a walking tour of downtown Norcross and see how easy it is to catch the Route 10 bus that connects Norcross, Lawrenceville, and Duluth. Then, join us at the Norcross Community Market from 9:00am to 1:00pm. We will providing transit information and free giveaways. We will offer an additional walk during the farmers' market based on request. Preregister <a href="here">here</a>, and find more event information <a href="here">here</a>. Lillian Webb Park, 5 College Street, Norcross.

#### Coffee with a Cop | FREE!

August 12 from 9:00am to 11:00am. Get to know your law enforcement officers at the next Coffee with a Cop. Ask questions and voice concerns. Sweet Point Bakery & Café, 5385 Five Forks Trickum Road, Lilburn.

# **Next Week**

## **Toddler Treks: Scampering with Squirrels**

August 13 from 10:30am to 11:30am. These furry friends are very busy at McDaniel Farm this time of the year. Join us as we explore their habitat, home, and favorite foods through stories, songs, and interactive nature based play. Cost: \$5 per person; one adult free with each paid child. For ages 18 months to 3 years. <a href="Perequister">Perequister</a> with code MFP34503. Call 770.814.4920 for more information. McDaniel Farm Park, 3251 McDaniel Road, Duluth.

#### **AARP Defensive Smart Driver Course**

August 13 from 10:30am to 5:00pm. Learn defensive driving techniques and how to compensate for age- related changes in vision, hearing, and reaction time. Cost: \$15 per AARP member (don't forget to bring your card). \$20 for non-members. Cash or check only. Please bring a drink and a lunch. Call 770.978.5154 for more information or email <a href="mailto:events@gwinnettpl.org">events@gwinnettpl.org</a>. Suwanee Branch of the Gwinnett County Public Library, 361 Main Street, Suwanee.

#### Park'nership Work Day

August 17 from 2:00pm to 6:00pm. Join the Gwinnett Parks Foundation at Collins Hill Park for a rewarding opportunity to help other volunteers clean up and beautify the park. Rain-or-shine event.

Bring gloves, sturdy shoes, and a bottle of water. For more information, call 770.822.8869. Register here. Collins Hills Park, 2225 Collins Hill Road, Lawrenceville.

## Fix-A-Leak Workshop | FREE!

August 17 from 11:00am to noon. Learn how to test your home for leaks, how to find them, and how to do the repairs yourself. Attendees will receive a water conservation kit for either indoor or outdoor fixtures. Preregister <a href="here">here</a>. Call 678.376.7193 for more information. Five Forks Branch of the Gwinnett County Public Library, 2780 Five Forks Trickum Road, Lawrenceville.

## Wheels in the Wind Bike Ride | FREE!

August 17 from 9:00am to 12:00pm. Join Gwinnett County Transit and bring your bicycle to Rhodes Jordan Park to learn how buses and bikes can create new commuting options. Pedal around the park with others and receive free giveaways, light refreshments, and incentives for changing your commute. Discover how easy it is to load your bike on the bus. Rhodes Jordan Park, 100 East Crogan Street, Lawrenceville.

#### **Future Events**

### Fall Vegetable Gardening

August 19 from noon to 1:00pm. Join UGA Extension and learn which veggies prefer the cooler weather and the minimal maintenance they need for a successful yield. You can enjoy fresh dishes and more during the fall and winter. For ages 18 and up. Preregister <a href="here">here</a> with code ANX34506. Call 678.377.4010. UGA Extension Gwinnett conference room, second floor, 750 South Perry Street, Lawrenceville.

## Composting for Water Quality | FREE!

August 20 from 1:00pm to 2:30pm. Learn about the benefits of keeping a compost pile and how to do it successfully in this hands-on workshop. Preregister <a href="here">here</a>. Call 678.376.7193 for more information. You may qualify for a 5 percent stormwater utility fee credit. Alegre Farm, 2225 Givens Road, Dacula.

### **National Senior Citizens Day Bingo Bash**

August 21 from 1:00pm to 2:30pm. Let's celebrate with a fun round of bingo and light lunch. Cost: \$6 per person. For ages 50 and up. Preregister by August 19 with code BEP31907 or call 678.277.0910. Bethesda Park Senior Center, 225 Bethesda Church Road, Lawrenceville.

## Adopt-a-Stream Workshop | FREE!

August 22 from 5:30pm to 8:30pm. Join Gwinnett Clean and Beautiful and the Department of Water Resources to learn how to monitor the condition of a portion of a creek or stream. Receive free supplies, training, and certifications in chemical, bacterial, and macroinvertebrate testing. Find more information or sign up for the workshop <a href="here">here</a>. George Pierce Park, 55 Buford Hwy NE, Suwanee.

#### Dino-Mite 3K Glow Run/Walk

August 24 at 8:00pm. Light up the night sky like a comet at this prehistoric Dino-Mite 3k Run/Walk. All proceeds benefit the Gwinnett Parks Foundation's Health and Wellness Scholarship Fund. For more information about this race and to register, click <a href="here">here</a>. Gwinnett Environmental and Heritage Center, 2020 Clean Water Drive, Buford.

#### **Canvas Mocktails**

August 31 from 10:00am to noon. Spend the morning out with your friends. Enjoy morning mocktails and light brunch refreshments while following along with guided instructions to paint your canvas masterpiece. For ages 15 and up. Cost: \$15 per person. <a href="Peregister">Preregister</a> with code PVP31435 or call 678.277.0920. Pinckneyville Park Community Recreation Center, 4650 Peachtree Industrial Boulevard, Berkeley Lake.

### Yoga in the Park at Vines Park | FREE!

September 1, 8, 15, and 22 from 7:00am to 8:00am. Celebrate National Yoga Month with Live Healthy Gwinnett. Connect with nature all month long and practice yoga with certified instructors. No prerequisites needed. Bring a mat, towel, water bottle, and a friend! Call 770.822.3197 for more information. To view the full month's schedule, click <a href="here">here</a>. Vines Park, 3500 Oak Grove Road, Loganville.



Communications Division 770.822.7180 www.gwinnettcounty.com

