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July 28, 2015

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Mark your calendar!

Gwinnett County Government hosts many events, classes, and workshops for its residents. See these great events and more at www.gwinnettcountryevents.com.

This Week

Tai Chi for Parkinson's Disease Patients and Caregivers

July 31 from 1:30pm to 2:30pm. Research suggests that exercise has a positive effect on people with Parkinson's disease and may even slow the progression of the disease. Join Yellow River Center, a member of the PD Gladiators Metro Atlanta Fitness Network, for this specially designed workshop series. Cost: \$5 per class. Register with the instructor at class or online at <http://www.pdgladiators.org/>. For more information, please call 770.450.0792. Centerville Community Center, 3025 Bethany Church Road in Snellville.

Canasta and Rummikub | FREE

July 29 from 1:30pm to 4:00pm. Come make new friends while learning to play Canasta and Rummikub. Rummikub contest held every Monday morning. For more information, call the Buford Senior Center at 678.225.5369. Buford Human Services Center, 2755 Sawnee Avenue in Buford.

Out-of-School Time Expo | FREE

August 1 from 8:00am to 4:00pm. Calling all out-of-school time providers! Join us as we explore educational sessions, certifications, networking opportunities, and exhibits. Bring your kids ages 5 and up for a free Kids' Zone while you're learning. Breakfast will be provided and food trucks will be available for lunch. For more information, call 770.822.8869. Bogan Park Community Recreation Center, 2723 North Bogan Road in Buford.

Night Treks at the EHC

August 1 from 8:00pm to 9:30pm. As summer slowly draws to an end and kids are heading back to school, come join us for a relaxing, fun evening trek along the trails of the Gwinnett Environmental and Heritage Center. Roast a marshmallow or two around a campfire and share warm weather memories. Meet outside in front of the main entrance of the center for this great hike. Online pre-registration is required; [click here](#) to register. GEHC members are free; Non-members: \$6 child, \$8 adult, \$20 family. Gwinnett Environmental and Heritage Center, 2020 Clean Water Drive in Buford.

Next Week

Food Talk Nutrition Class | FREE

August 7 from 10:00am to noon. Want tips for healthy eating on a budget? Join us for an eight-week course that covers smart shopping, eating well on the go, reducing mealtime stress, and more. Class facilitator speaks English and Spanish. Class provided by the Gwinnett County Extension Service. For more information or to register for the class, please call 678.225.5400. Norcross Human Services Center, 5030 Georgia Belle Court in Norcross.

Asian-inspired Garden at Vines | FREE

August 8 from 10:00am to 11:00am. Take a peaceful stroll around the Asian-inspired garden at Vines

with one of our master gardener volunteers and learn more about the plants there. Meet at the parking lot entrance. Rain date: Saturday, August 15. All ages; call 770.554.0661 for more information. Vines Park, 3500 Oak Grove Road in Loganville.

Future Events

Monday Movie Matinee

August 10 from 2:00pm to 4:00pm. Bring a friend and enjoy a bargain movie with popcorn and a drink included. The cost to attend is \$2/person. Call 678.277.0179 to pre-register and hear movie selections. Bethesda Park Senior Center, 225 Bethesda Church Road in Lawrenceville.

Coffee with a Cop

August 12 from 9:00am to 11:00am. Meet the men and women behind the badge for coffee with a cop. Pull up a seat, ask questions, or share concerns and enjoy a great cup of coffee with your local Gwinnett County police. Free regular-drip coffee will be provided for the first 10 customers. Grayson Coffee House, 502 Grayson Parkway in Grayson.

Brown Bag Concert | FREE

August 14 from 11:00am to 1:00pm. Pick up lunch on the square and enjoy the warm days of summer while Havana Son performs. Lawn games, face painting, and crafts will complete the fun. For more information, call 770.822.5450. Gwinnett Historic Courthouse, 185 West Crogan Street in Lawrenceville.

5-Alarm 5K Run/Walk

August 29 at 8:00am. Join us for Gwinnett Fire Employee Benevolent Fund's annual 5-Alarm 5K Run/Walk. Registration begins at 7:00am at the Lawrenceville Lawn. Please [click here](#) for additional information and registration. All race proceeds will benefit the Gwinnett Fire Employee Benevolent Fund, a nonprofit 501(c)(3) charitable organization whose mission is to help Gwinnett Fire employees and their families in times of crisis. Lawrenceville Lawn, 147 Luckie Street in Lawrenceville.

www.gwinnettcouyevents.com

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