

# OLDER AMERICANS MONTH

Connect, Create, Contribute  
May 2019



## Proclamation

May 7 | 2:00pm – 3:00pm  
Gwinnett Board of Commissioners Meeting  
Gwinnett Justice and Administration Center  
75 Langley Drive | Lawrenceville



## Ribbon Cutting

May 8 | 12:00pm – 2:00pm  
Join us for the Grand Re-Opening  
of the newly renovated Norcross  
Senior Center.

## Nutrition & Fitness

Walk-a-Weigh (\$10)  
Bethesda Park Senior Center  
May 1 – May 23  
10:00am – 11:00am

Become an Eggs-Pert (Free)  
Lawrenceville Senior Center  
May 13 | 10:00am – 12:00pm  
OneStop Buford  
May 28 | 10:00am – 11:00am

## Community Health Fair

George Pierce Park  
Community Recreation Center  
May 11 | 10:00am – 1:00pm

## Social Events

Cutting up with Cards  
(\$4/Person & \$2 Supply Fee)  
Bethesda Park Senior Center  
May 2 | 1:00pm – 2:00pm  
Register: 678.277.0179

Movin' & Groovin' Line Dance  
Party (\$8 in Advance)  
Bethesda Park Senior Center  
May 10 | 6:00pm – 8:00pm  
Register: 678.277.0179

Connect, Create,  
Contribute (\$2)  
Bethesda Park Senior Center  
May 20 | 2:00pm – 4:00pm  
Register: 678.277.0179

Hawaiian Luau Luncheon  
(\$12) Prime Timers Pointe  
at George Pierce Park  
May 17 | 11:00am – 1:00pm  
Register: 678.277.0910

## Tai Chi

Chair Tai Chi (\$10)  
OneStop Centerville  
Fridays | May 3 – May 31  
1:30pm – 2:30pm

Osteoporosis Tai Chi (\$20)  
OneStop Centerville  
Thursdays | May 2 – May 23  
10:00am – 11:00am

## Smart Driver Classes

OneStop Centerville (\$20)  
May 8 – May 9  
5:00pm – 8:00pm

OneStop Norcross (\$20)  
May 23 | 9:30am – 4:00pm

For class registration and information: [www.GwinnettHumanServices.com](http://www.GwinnettHumanServices.com)