

gwinnettcountry

parks & recreation

Gwinnett Senior Center  
at Bethesda Park

225 Bethesda Church Rd  
Lawrenceville, GA 30044

gwinnettparks.com

# Open Door

# Gwinnett Senior Center

play\*live\*learn

## Gwinnett Senior Recreation Center Newsletter July, August, & September

### Inside this issue

Club Information:  
Pages 2-3

SeniorNet Information:  
Page 4

Upcoming Trips:  
Page 5

Calendar of Events:  
Pages 6-8

Bethesda Aquatics  
Information:  
Page 9

Spring Classes:  
Pages 10

General Information  
Pages 11-12

### **Fall Class Registration:**

Registration for Fall classes begins on Monday, August 24. There are several ways to register for classes! Of course, in person at any Gwinnett County Parks & Recreation facility, over the phone with a credit card, [www.gwinnettparks.com](http://www.gwinnettparks.com)

### **Ice Cream Social:**

The annual Gwinnett Senior Center Ice Cream Social will be held on Friday, July 24th from 1:00. We will have a variety of Ice Cream flavors and we will be playing Ice Cream BINGO. Pre-Register by Wednesday July 22nd. Cost is \$2.00

### **Team Trivia Tournament:**

Come and test your knowledge of history, current events, pop culture and more! Sign up as an individual or as a team, no more than 4 per team please. Wednesday, August 19th, 1:00pm Pre-Register by Friday, August 14th. Cost is \$2.00

**Fun Day Picnic:** This years event will be held at the Gwinnett Senior Center on Friday, September 18, 2009 at 11:00am. Cost is Free We will provide hot dogs and hamburgers. Please bring a side dish: A-K Dessert, L-O vegetable, P-Z Salad. RSVP to your club president, recreation staff or call 770.564.4680 before September 16th.



## SENIOR RECREATIONAL CLUBS

**Calling All Seniors!** Gwinnett County Parks & Recreation sponsors ten senior clubs throughout the county. These clubs meet once a month and all Gwinnett County Seniors are invited! For more information regarding specific clubs, please call the phone number that is listed.

<b>Club</b>	<b>Telephone</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>
Best Friend	770.723.9516	2nd TH	11:30am	Lucky Shoals Comm. Rec. Center
Bogan Gold Wing	770.614..2060	2nd W	11:00am	Bogan Park Comm. Rec. Center
Dacula Rainbow	770..822.5414	1st TU	11:30 am	Dacula Park Activity Building
Shorty Howell Hi-Steppers	770.814.4914	1st TH	11:00 am	Shorty Howell Activity Building
Evergreen	770.564.3060	4th TU	11:30am	Mountain Park Activity Building
Get Up & Go	770.822.5414	2nd TU	11:30 am	Rhodes Jordan Comm. Rec. Center
Good Age	770.417..2200	1st TU	11:30 am	Pinckneyville Comm. Rec. Center
Lawrenceville Fun Time	770.564.4680	1st F	11:30am	Gwinnett Senior Rec. Center at Bethesda Park
Mountain Drifters	770.564.3060	2nd TH	11:30am	Mountain Park Activity Building
Suwanee Goodtimers	770.831.4173	2nd TU	11:00 am	George Pierce Prime Timers Point Center

## Senior Recreation Center Staff

**225 Bethesda Church Rd**

**Lawrenceville, GA 30044**

**770.564.4680**

Program Supervisor: Pam Hoffman      [pam.hoffman@gwinnettcountry.com](mailto:pam.hoffman@gwinnettcountry.com)

Program Leader: Beth Sokolowski      [elizabeth.sokolowski@gwinnettcountry.com](mailto:elizabeth.sokolowski@gwinnettcountry.com)

Facility Maintenance: Harold Hurst      [harold.hurst@gwinnettcountry.com](mailto:harold.hurst@gwinnettcountry.com)

Recreation Leader: Jackie Brackett      [gwinnettseniorcenter@gwinnettcountry.com](mailto:gwinnettseniorcenter@gwinnettcountry.com)

## Gwinnett Senior Center Club Meetings

**SeniorNet** volunteer meetings are held on the **Second Friday** of each month at 11:00am. The Senior Net Users' Group also meets the **second** Friday of the month at 1pm. Everyone is welcome. For more information call the Senior Net mailbox at 770.564.4699. **THERE WILL BE NO MEETINGS IN JULY AND AUGUST.** Check website for meeting locations [gsnpcug.gsnlc.com](http://gsnpcug.gsnlc.com) September 11th meeting will be at the Gwinnett Senior Center.

**The Book Club** The club meets every **third** Tuesday at 2:00pm at the Gwinnett Senior Recreation Center. Everyone is welcome to join the club, check with the Senior Recreation Center for the book of the month.

**Gwinnett Senior Golden Games** Join us on the **third** Monday of each month at 10:00am at the Gwinnett Senior Recreation Center for our monthly meeting. For more information visit our website at: [www.gwinnettseniorolympics.org](http://www.gwinnettseniorolympics.org) There will be no meetings in July and August.

**Sit-n-Stitch** Join our lively group and work on the craft of your choice. There is help available for knitting, crocheting, quilting etc. The group meets every other Thursday from 10:00am-1:00pm.

**Gwinnett Senior Recreational Council** will meet on Monday, August, 17th at 9:30 refreshments, 10am meeting at **Mountain Park Activity Building**. Club Presidents, please bring information from your club. For more information call the Gwinnett Senior Recreation Center.

**Gwinnett Council for Seniors "Seniors Helping Seniors"** invites seniors to meet with them at the Gwinnett Senior Recreation Center on the third Thursday at 1:30pm. There will be no meeting in July or August, meetings will resume in September 17th at 1:30pm.. For general information please call the Brown building at 770.822.5147

**Gwinnett Senior Recreation Center Garden Club** Come out and share your gardening experience and knowledge with other gardeners. The club meets the third Friday of each month at 10:30am at the Gwinnett Senior Recreation Center. All senior men and women are welcome to join the club. For more information call the Senior Recreation Center.

**Gwinnett County TRIAD/ S.A.L.T Council Seniors & Law Enforcement Together.** For more information regarding upcoming meetings please call Kelly, at 770.923.3100 for date, time or more information. Come early, 9:30am for refreshments and fellowship. TRIAD is a national community initiative where law enforcement professionals, seniors, and community groups partner to meet the crime-safety needs of seniors.

**NOTHIC:** This club is designed for seniors who are interested in the investment and financial world. Meetings are held on the **Second Thursday of the month at 10am.**

# Senior Net Computer Learning

Senior Net is an all volunteer organization of people age 50 and over teaching others over 50 computer skills. Full courses include using Windows XP and Vista, Microsoft Office programs for both versions 2003 and 2007, Digital Imaging and email are also offered along with a wide variety of single session workshops of special interest. Classes are offered Fall, Winter and Spring.

Volunteers are needed to teach or coach. Or you can schedule a guest speaker from Senior Net for your organization. For more information or if you are interested in volunteering please call **770.564.4699** for more details.

For more information about Senior Net please visit our website at:

**[www.gsnpcug.gsnlc.com](http://www.gsnpcug.gsnlc.com)**

**Fall Registration will be**

**September 15 at Gwinnett Senior Rec. Center**

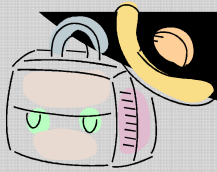
**September 16th at George Pierce Comm. Rec. Center**

**Monthly Meetings:**

**No Meeting July and August**

**September 11th: at Gwinnett Senior Center.:**

**Volunteer Meeting at 11:00am, User Group at 1:00pm**



# 2009 Trips



**July 2, 2009**

**Chick-Fil-A**

**Cost: \$15.00, lunch included**

**Pick-up: George Pierce 9:00am, Senior Center 9:30am**

Take a self-guided tour of one of Georgia's prominent businesses, understand the concept behind "closing on Sundays." Bring spending money and enjoy lunch compliments of Chick-Fil-A.

**August 17, 2009**

**Gwinnett Braves vs. Pawtucket Red Sox**

**Cost: \$20.00, plus money for lunch**

**Pick-up: Senior Center 12:30pm, George Pierce 1:00pm**

Watch as the Gwinnett Braves take on the Pawtucket Red Sox at the new Gwinnett Stadium.

**September 10, 2009**

**Yellow Daisy Festival**

**Cost: \$10.00, plus money for lunch**

**Pick-up: George Pierce 9:00am, Senior Center 9:30am**

Voted the #1 Arts & Craft show six years in a row. Enjoy more than 500 artists and crafters from 38 states and 2 countries. Daily live entertainment, clogging and demonstrations, as well as fabulous festival food.

**YOU MUST BE A SENIOR CITIZEN & A GWINNETT COUNTY RESIDENT TO PARTICIPATE**

All trips register on first come, first serve basis. Maximum of participants will vary with each trip. NO REFUNDS on trips unless cancelled by the county. You may register yourself and one other person. Please make checks payable to **GCPR**. The County reserves the right to change locations, restaurants and dates whenever it deems necessary.

**Begin registering August 24, 2009**

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Please select the trip(s) you are registering for and your pick-up location:

- |                              |  |  |
|------------------------------|--|--|
| _____ <b>Chick-fil-A</b>     | <input type="checkbox"/> Senior Center pick-up | <input type="checkbox"/> George Pierce pick-up |
| _____ <b>Gwinnett Braves</b> | <input type="checkbox"/> Senior Center pick-up | <input type="checkbox"/> George Pierce pick-up |
| _____ <b>Yellow Daisy</b>    | <input type="checkbox"/> Senior Center pick-up | <input type="checkbox"/> George Pierce pick-up |

**Emergency contact:**

**Name/relation:** \_\_\_\_\_ **Phone#:** \_\_\_\_\_

\*\* If signing up more than 1 person, please have each person fill out this form\*\*

# July 2009

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

			1 Bridge 10am	2 Trip 9am Bridge 10am Hi-Steppers 11am	3 Exercise 9:30am Dance 7:30pm	4
5	6 Exercise 9:30am Wii bowling 10am	7 Exercise 9:30am Bridge 10am Dacula Rainbow 11:30am Goodage 11:30am	8 Bridge 10am Gold Wing 11am	9 Bridge 10am NOTHIC 10am Sit-n-Stictch 10am Best Friend 11:30am Mtn Drifters 11:30am	10 Exercise 9:30am	11 Square Dance Club 7pm
12	13 Exercise 9:30am Wii bowling 10am	14 Exercise 9:30am Bridge 10am Get Up & Go 11:30am Goodtimers 11am	15 Bridge 10am	16 Bridge 10am	17 Exercise 9:30am Garden Club 10:30am Potluck 12pm Dance 7:30pm	18
19	20 Exercise 9:30am Wii bowling 10am Master Gardeners 6:30pm	21 Exercise 9:30am Bridge 10am Book Club 2pm	22 Bridge 10am	23 Bridge 10am Sit-n-Stitch 10am	24 Exercise 9:30am Dance 7:30pm	25 Square Dance Club 7pm
26	27 Exercise 9:30am Wii bowling 10am	28 Exercise 9:30am Bridge 10am Evergreen 11:30am	29 Bridge 10am	30 Bridge 10am	31 Exercise 9:30am Dance 7:30pm	

# August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Exercise 9:30am Wii bowling 10am	4 Exercise 9:30am Bridge 10am Dacula Rainbow 11:30am Goodage 11:30am	5 Bridge 10am	6 Bridge 10am Sit-n-Stitch 10am Hi-Steppers 11am	7 Exercise 9:30am Fun Time Club 11:30am Dance 7:30pm	8
9	10 Exercise 9:30am Wii bowling 10am	11 Exercise 9:30am Bridge 10am Get Up & Go 11:30am Goodtimers 11am	12 Bridge 10am Gold Wing 11am	13 Bridge 10am NOTHIC 10am Best Friend 11:30am Mtn Drifters 11:30am	14 Exercise 9:30am	15 Square Dance Club 7pm
16	17 Exercise 9:30am Rec. Council 10am Wii bowling 10am Master Gardeners 6:30pm Trip: 1pm	18 Exercise 9:30am Bridge 10am Book Club 2pm	19 Bridge 10am Team Trivia 1:00pm	20 Bridge 10am Sit-n-Stitch 10am	21 Exercise 9:30am Garden Club 10:30am Potluck 12pm Dance 7:30pm	22
23	24 Exercise 9:30am Wii bowling 10am	25 Exercise 9:30am Bridge 10am Evergreen 11:30am	26 Bridge 10am	27 Bridge 10am	28 Exercise 9:30am Dance 7:30pm	29 Square Dance Club 7pm
30	31 Exercise 9:30am Wii bowling 10am					

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Exercise 9:30am Bridge 10am Dacula Rainbow 11:30am Goodage 11:30am	2 Bridge 10am	3 Bridge 10am Sit-n-Stitch 10am Hi-Steppers 11am	4 Exercise 9:30am Fun Time Club 11:30am Dance 7:30pm	5
6	7 CLOSED	8 Exercise 9:30am Bridge 10am Get Up & Go 11:30am Goodtimers 11am	9 Bridge 10am Gold Wing 11am	10 Trip: 9am Bridge 10am NOTHIC 10am Best Friend 11:30am Mtn Drifters 11:30am	11 Exercise 9:30am	12 Square Dance Club 7pm
13	14 Exercise 9:30am	15 Exercise 9:30am Bridge 10am Book Club 2pm	16 Bridge 10am	17 Bridge 10am Sit-n-Stitch 10am	18 Exercise 9:30am Garden Club 10:30am Potluck 12pm Fun Day Picnic 11:30am Dance 7:30pm	19
20	21 Exercise 9:30am Wii bowling 10am Golden Games 10am Master Gardeners 6:30pm	22 Exercise 9:30am Bridge 10am Evergreen 11:30am	23 Bridge 10am	24 Bridge 10am	25 Exercise 9:30am Dance 7:30pm	26 Square Dance Club 7pm
27	28 Exercise 9:30am	29 Exercise 9:30am Bridge 10am	30			

## **Bethesda Park Aquatic Center**

Indoor leisure pool with zero-depth entry, giant waterslide tat exits and then re-enters the building, river channel, hydrotherapy benches, water play structures, vortex, ceiling spray and a four-lane instructional pool and wet classroom. Senior drop-in water aerobics! **Cost is \$2.00 per visit**

**678.924.6334**

**Summer 2009**

### **SENIOR WATER AEROBICS**

#### **Monday:**

AM: 8:00-8:50am	Senior Drop-in
11:10am-noon	Senior Drop-in
12:10-1:00pm	Senior Drop-in

#### **Tuesday:**

AM: 9:00-9:50am	Senior Drop-in
11:10am-noon	Senior Drop-in
12:10-1:00pm	Senior Drop-in

#### **Wednesday:**

AM: 8:00-8:50am	Senior Drop-in
11:10am-noon	Senior Drop-in
12:10-1:00pm	Senior Drop-in

#### **Thursday:**

AM: 8:00-8:50am	Senior Drop-in
11:10am-noon	Senior Drop-in
12:10-1:00pm	Senior Drop-in

#### **Friday:**

AM: 8:00-8:50am	Senior Drop-in
11:10am noon	Senior Drop-in
12:10-1:00pm	Senior Drop-in

#### **Saturday:**

AM: 9:00-9:50am	Senior Drop-in
10:00-10:50am	Senior Drop-in

**Classes offered at the Gwinnett Senior Center for Spring 2009**  
**Registration Begins August 24th, 2009 (\*Classes begin after registration date)**

<b>Art</b>						
GCSC04300	Drawing & Painting	M	9/14-10/19	10:00am-noon	\$60	Thompson*
GCSC04301	Drawing & Painting	M	9/14-10/19	1:00-3:00pm	\$60	Thompson*
GCSC04305	ArtWorkshop-Beg/Int	W	9/2-9/23	10:00am-3:00pm	\$60	Frantz*
GCSC04210	Watercolor-Int	TH	7/30-8/27	10:00am-noon	\$60	Shepherd
GCSC04310	Watercolor-Int	TH	9/1-10/6	10:00am-noon	\$60	Shepherd*
<b>Dance</b>						
GCSC05202	Line Dancing-Beg	TU	7/28-9/1	noon-1:00pm	\$35	Champion
GCSC05302	Line Dancing-Beg	TU	9/15-10/20	noon-1:00pm	\$35	Champion*
GCSC05203	Line Dancing-Int	TU	7/28-9/1	1:00-2:00pm	\$35	Champion
GCSC05303	Line Dancing-Int	TU	9/15-10/20	1:00-2:00pm	\$35	Champion*
GCSC05220	Tap-Beg	M	7/13-8/17	noon-1:00pm	\$30	McGhee
GCSC05319	Tap-Beg	M	8/24-9/21	noon-1:00pm	\$30	McGhee*
GCSC05220	Tap-Beg	TU	7/28-9/1	3:00-4:00pm	\$35	Champion
GCSC05315	Tap-Beg	TU	9/15-10/20	3:00-4:00pm	\$35	Champion*
GCSC05212	Tap-Int	M	7/13-8/17	1:15-2:15pm	\$30	McGhee
GCSC05339	Tap-Int	M	8/24-9/21	1:15-2:15pm	\$30	McGhee*
GCSC05217	Tap-Int	TU	7/28-9/1	2:00-3:00pm	\$35	Champion
GCSC05314	Tap-Int	TU	9/15-10/20	2:00-3:00pm	\$35	Champion*
GCSC05211	Tap-Adv	M	7/13-8/17	11:00am-noon	\$30	McGhee
GCSC05309	Tap-Adv	M	8/24-9/21	11:00am-noon	\$30	McGhee*
GCSC05216	Tap-Adv	TU	7/28-9/1	10:30-noon	\$35	Champion
GCSC05313	Tap-Adv	TU	9/15-10/20	10:30-noon	\$35	Champion*
GCSC05242	Western Square-Beg	M	7/6-8/24	7:00-8:00pm	\$50/\$90	Grooms
GCSC05340	Western Square-Beg	M	8/31-10/19	7:00-8:00pm	\$50/\$90	Grooms*
GCSC05243	Western Square-Int	M	7/6-8/24	8:00-9:00pm	\$50/\$90	Grooms
GCSC05342	Western Square-Int	M	8/31-10/19	8:00-9:00pm	\$50/\$90	Grooms*
<b>Fitness &amp; Wellness</b>						
GCSC06209	Yoga	M	7/6-8/24	11:00am-noon	\$64	Galfas
GCSC06301	Yoga	M	8/31-10-19	11:00am-noon	\$64	Galfas*
GCSC06211	Yoga	TH	7/9-8/27	2:00-3:00pm	\$64	Galfas
GCSC06302	Yoga	TH	9/3-10/22	2:00-3:00pm	\$64	Galfas*
<b>Self Help &amp; Education</b>						
GCSC13204	Spanish-Beg	W	7/15-8/19	10:15-11:15am	\$60	Rodriguez
GCSC13301	Spanish-Beg	W	8/26-9/30	10:15-11:15am	\$60	Rodriguez*
GCSC13206	Spanish-Beg/Int	W	7/15-8/19	1:00-2:00pm	\$60	Rodriguez
GCSC13303	Spanish-Beg/Int	W	8/26-9/30	1:00-2:00pm	\$60	Rodriguez*
GCSC13205	Spanish-Int/Adv	W	7/15-8/19	11:30am-12:30pm	\$60	Rodriguez
GCSC13302	Spanish-Int/Adv	W	8/26-9/30	11:30am-12:30pm	\$60	Rodriguez*
GCSC02001	Spanish Camp-Beg	M-F	8/3-8/7	1:30-2:30pm	\$50	Rodriguez
<b>Special Interest</b>						
GCSC15274	Jump Start Your Life History Project	TU	7/21-8/25	1:00-3:00pm	\$60	Grigg
GCSC17311	Jump Start Your Life History Project	TU	9/13-11/17	1:00-3:00pm	\$60	Grigg
GCSC15202	Bridge-Beg	M	7/21-8/25	10:00-11:30am	\$50	Ingle
GCSC17301	Bridge-Beg	M	9/7-10/12	10:00-11:30am	\$50	Ingle
GCSC15203	Bridge-Adv	M	7/21-8/25	11:45am-1:15pm	\$50	Ingle
GCSC17305	Bridge-Adv	M	9/7-10/12	11:45am-1:15pm	\$50	Ingle
GCSC17305	Memory Celebration	W	9/2	10:30am-noon	Free	Mylic**
GCSC17321	Photo Fun Crop	W	9/9	10:30am-2:30pm	\$5*	Mylic**

\*\* Pay the instructor the day of the class.

# Fun, New Activities!

## **Wellness Classes: Let's Talk Nutrition**

This very popular lecture series will cover a wide variety of nutrition related topics. Topics discussed will be general nutrition, metabolic types, healing foods, body cleanse, nutrition supplements, and much more.

Please bring ideas and questions to the sessions, along with a notebook and pen.

**Tuesdays at the Gwinnett Senior Center**

**Time: 10:30-11:30**

**Cost: FREE**

## **“The Rules of Investing: Building a Strong Financial Foundation”**

**Presented by Scott Phelan of Edward Jones**

**July 23rd, August 20th, & September 24th**

**10:00am-noon Cost is free**

Getting started with anything can be difficult, but getting started with investing can be overwhelming when you don't have help, the kind of help you'll find at our seminars. This easy to understand program will help you make sense of investing. You'll learn basics about saving along with time proven strategies for helping you reach your investing goals.

## **Grandparents Raising Grandchildren Support Group**

**Monday, August 17th, 4-6pm Cost is Free**

This new support group is an 8 week seminar that explores the topic of Grandparents raising their grandchildren and the trials and tribulations that come along with that.

**Space is limited and is first come first serve. Please call the Senior Center to reserve your spot; 770.564.4680**

**Deadline to register is August 14th.**

## **AARP Defensive Driving Class**

Date: July 29th & 30th, Sept 30th & Oct 1st

Time: 9:30am-1:30pm

Cost: \$12 for AARP members with card; \$14 for non members to the instructor the day of the class. This class will refresh you on the basic of Defensive Driving and will help lower your auto insurance rates.

**gwinnettcounty**

parks & recreation

Gwinnett Senior Recreation Center

at Bethesda Park

225 Bethesda Church Rd

Lawrenceville, GA 30044

**gwinnettparks.com**

770.564.4680



**WE'RE ON THE WEB**

[www.gwinnettparks.com](http://www.gwinnettparks.com)

[www.geocities.com/heartland/park/3133/index.html](http://www.geocities.com/heartland/park/3133/index.html)



## **PIZZA & GAME NIGHT HAS BEEN CANCELLED**

**Pizza and game night has been cancelled due to low participation.**

### **Senior Activities at the Senior Center**

There are a variety of different activities at the Senior Center that are not programs of Gwinnett County but are offered to seniors.

**BINGO: BINGO is on the 3rd Wednesday of every month from 2:00-3:00pm  
THERE WILL BE NO BINGO JUNE, JULY OR AUGUST!**

**Mahjong: Tuesday, Wednesday & Friday, 10am**

**Bridge: Tuesdays; 10:00am, Shirley Woodruff 770.963.4599**

**Wednesdays; 10:00am, Betty Snavely, 770.921.3154**

**Thursdays; 10:00am, Rill Rowell, 770.860.8338**

**Friday Night Dances: Laigh Langley 1st & 4th Friday night from 7:30-10:30, JR Stallworth 770.995.9163. Cost \$12.00**

**The Junction Band, 3rd & 5th Friday, Bill Puckett 770.339.7121 Cost \$10.00**

**Square Dances: Silver Stars, Jon Martin 770.736.0810. 2nd & 4th Saturdays of the month; 7:00-10:00pm**