

# THE SNELLVILLE SPOTLIGHT

July August 2021

The first day to sign up for programs/events from this newsletter Is after 9am on Tuesday, July 6th.

# FLUID ART CLASS

Wed, Aug 11 at 1 PM



Cost: \$15 for 8x11 \$20 for 12x16 New Techniques Limited Space

## Civilian Response to Active Shooters



Date: Monday, July 19th 1-3 pm Speaker: Lt. Rob Pendleton

Snellville Police

Tips and Tools on how to prepare yourself and family in Case you are involved in an active attack event and how to aid someone who is hurt in that event! (Sign up & Bring a snack)

## Gentle Flow Yoga On the Towne Green Free 45 Minute Class (8 am)

Geared for those new to yoga or those interested in a gentle practice. Incorporates simple flowing sequences to warm up the body and slower paced movements focusing on alignment, strength, balance and flexibility.

**Dates:** M-W 7/12-14; M-W 7/19-21; M-T 7/26 & 27 **Call to Sign-Up** 

\*\*For those going on the trip to\*\*

The Ark Encounter in September Please join us for an important meeting! Wednesday, Aug 18th at 1:00pm Date: Tues, Aug 10th at 11am Cost: \$5 Chick-fil-A lunch box

At the Senior Center and Hosted by Sunrise Senior Living at Five Forks

If you have ever wondered, when is it time to consider Assisted Living for a loved one, a friend or even yourself, then this seminar is right for you! Space will be limited.

# \*\*\*<u>Volunteers</u>\*\*\*

Needed to help assemble the newsletter bi-monthly. Call the front desk to sign up!



# <u>Virtual Spanish</u> <u>Classes (Zoom)</u>

Cost: \$5 per class

Beginner's Schedule (2x/week)

Tues-10:45am-11:15am; Thurs-10:15am-10:45am

## Spanish One (2x/week)

Tues-11:30am-12:00pm; Thurs-11:00am-11:30am

Call Isabel De Sousa-770-900-1065 for details

## **Tennis Lessons at Briscoe Park**

Learn new or improve your tennis skills!

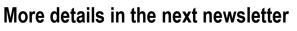
Contact Coach Anthony at 470-417-4547 or email: aetennis.com

To get a Summer schedule and cost for lessons.

Bring a tennis racket, towel and water. Come enjoy the fun and exercise!







Open computer classes for beginners, intermediate and advance students who need technical support or just need to know A-Z about

computers. All interested please sign up at front desk.

*To all who will celebrate a birthday in July and August Enjoy YOUR special Day!* 



# **EXERCISE THE MIND, BODY & SOUL**



### "Outdoor Fitness Classes"

(Free with membership)

#### Mondays & Thursdays

#### 8:30am until further notice

Instructors: Jane, Staci & Peg Briscoe Park, 2500 Sawyer Parkway

## "Indoor Fitness Class"

10:00am Mondays only-Jane Call first time to sign up-limited space!

## "Outdoor Twist and Tone"

\$30 (10 weeks)

#### Wednesdays at 8:30am-Jane

Tone up and dance away in this fun packed class!

#### <u>"SOLE BUSTERS"</u> WALKING GROUP Resuming in Sept 2021



"Zumba Classes" Coming in the Fall! Sign up at the front desk!





## **"EXERCISE ROOM TRAINING"**

**Members must** be trained on the equipment prior to utilizing.

Training Class will be at 12:15pm Wed, July 21th & Wed, Aug 18th

## Call for an appointment.

## BILLIARDS / POOL ROOM

All equipment is available for members. Please call for an Appointment



## "PILATES/YOGA"

Fridays at Center 10:00 am First Class Free

Instructor: Staci \$3.00 per class

## "Blood Pressure Checks"



Starting back in the Fall

## **"KEENAGER BOWLING"**

Monday's at 10am Cost: \$9 Stars and Strikes Bowling Lanes <u>Bowlers Needed!</u>

Come out and enjoy the fun and socialization! Call Joanne Fuller for more Info at 770-962-2567



**EXPLORE MORE.... FUN EVENTS** 

## What's Happening At Briscoe Park



**\*Pool Hours\*** (Call for cost) Mon-Thurs 12-6pm Fri-Sun 12-7pm July 4th hours 12-8pm

## \*Kids Lego Camp\* 8:30am-3:30pm

M-F, July 19th-23rd...Cost \$295/child...ages 5-10 Register at www.play-well-registration.com/registration/new/90125

### The park offers a variety of programs for all Ages

Soccer, Flag Football, Swim lessons, Women's kickball, Men's and Co-ed adult softball, Tennis, mentorship, walking trails and much more!

## Share Info with Family and Friends

Call the park office at 770-985-3535 for more info and for Senior Center and park room/pavilion rentals!

## WHAT'S HAPPENING ON

<u>"THE TOWNE GREEN"</u> www.SnellvilleEvents.com

Check the above website for details & other cool events!



## <u>Snellville</u> <u>Farmer's Market</u>





Every Sat starting with Jun 6th-Sept



2350 Oak Road Snellville, GA 30078

Phone: 770-985-3580 Fax: 770-985-3583 Website: www.snellville.org

Director: Kathi Gargiulo kgargiulo@snellville.org

Activity Coordinator

Tracey Mason Glass tglass@snellville.org

Program Assistants II Allison Marti amarti@snellville.org Sondra Gordon sgordon@snellville.org

2022 CENTER MEMBERSHIPStarts on October 30, 2021Annual Membership runs January-DecemberAges 55 and up. We take Cash & Checks only.Full Year RateJanuary-DecemberJanuary-December\$15City Limit Resident\$9\$25Gwinnett County Resident\$18	Travel Club Meeting Mon, Aug 16 11:30am Advisory Board Mtg Tues, July 6th 2pm Meeting Meeting	WELCOME BACK! We truly missed you!
AARP DRIVING COURSE Sept 8th and Nov 10th 9:30am-3:30pm \$20 for AARP Members \$26 for Non-AARP Mem Sign-up or call the center.	Candy Donations are Always Appreciated	on the list so that you can be reimbursed. However, if you cancel and no one's on the list, you're responsible for finding someone to fill your space in order to receive reimbursement. Please know that you are only able to sign yourself up for upcoming trips. The only exceptions are spouses/caregivers. <u>Payments due within 3 days of calling or signing up. After the 3rd day, your name will be placed on the waiting list and replaced by the next person on the waiting list.</u>

These groups pay a group membership fee to utilize the senior center facility. If you are interested in any of these groups, please contact the individual listed below for more information.

GROUP	MEETING DAY	TIME	<u>CONTACT</u>	CONTACT #
AT&T PIONEERS	3rd Tuesday	10:30am	Thomas McDugald	(770) 938-6075
BRIDGE	Thursdays	12:00-4:00	Glen Williamson	(314) 686-3584
CANASTA	Mondays	12:00-4:00	Debbie Parrish	(404) 372-7406
COFFEE TALK	Tuesdays at Bojangles'	8:30am	Joanne Fuller	(770) 962-2567
GOOD FRIENDS (Ladies Only)	2nd & 4thTuesdays	10:00am-3:30	Sherry Hall	(678) 546-5424
KEENAGERS - BOWLING	Mondays	10:00am	Joanne Fuller	(770) 962-2567
ANYTIME STITCHIN'	Wednesdays	10am-4pm	Nancy Martin	Contact Center