



# SNELLVILLE SENIOR CENTER SPOTLIGHT

September  
October  
2016

**Please note that sign-ups for trips, and classes in this newsletter edition begin on Thursday, September 1st.**

## Snellville Parks and Recreation Q & A Wednesday, September 7 10:00am

The Senior Center is apart of our Parks and Recreation Department. Come hear about our future plans.



## THANK YOU TO OUR 2016 SPONSORS

Alternative Home Care for Seniors  
CarePlus Inc.  
Chris Behrndt, Estate Planning Attorney  
Embracing Hearts at Home, LLC  
Home Instead Senior Care  
J & J Security  
JR Trans-Care LLC  
Senior Assistant  
Senior Helpers

We sincerely appreciate your support of the Snellville Senior Center, the Seniors, programs and activities.

## The Senior Center Closed



Monday, September 5th in Observance of Labor Day

## Discover the Secrets of Good Nutrition Made Clear Wednesday, September 21 10:00-12:00 FREE

You will not want to miss Ann Hallewell, CNHP, HHP, CN as she helps us understand why we eat what we do and discuss the concepts, practices, and science behind good nutrition. Come learn about de-mystifying food labels, dietary approaches to weight management, understanding sugars role in your health, organic or conventional, metabolic syndrome and type 2 diabetes, just to name a few. Enjoy a healthy snack while we learn to live a healthy, happy and successful life. Please sign-up at the front desk in order that we can plan for the class.



## FALL FESTIVAL ARTS, CRAFTS, AND FLEA MARKET Saturday, October 22 Noon-5:00pm

We will have Arts, Crafts and Flea Market inside the Senior Center from Noon - 5:00pm. The Fall Festival is 2:00pm - 7:00pm followed by The Ghostly Tours.  
(visit [www.snellvilletourism.com](http://www.snellvilletourism.com) for details)

## BOOTH SPACE AVAILABILTY

SENIOR CENTER MEMBERS - \$25  
NON-SENIOR CENTER MEMBERS - \$50

Please contact us at 770-985-3580.

# CLASSES

**INTRO TO COMPUTERS**  
**Monday, Wednesday, and Friday**  
**September 19 - October 7**  
**2:00 - 3:30**  
**\$50/9 classes**

Come learn basic computer skills utilizing Microsoft Windows operating system. Pertinent information will be taught about hardware, software, using a mouse, accessing and navigating the internet, and creating and



accessing email. Please sign-up at the front desk as there is limited space available. Jim Hamersly will be the instructor for this class and you may pay him directly.

**IPHONE/SMARTPHONE CLASS**  
**Tuesday, Wednesday and Friday**  
**September 20 - October 7**  
**9:30 - 11:00**  
**\$50/9 classes**

Do you have an Iphone or Smartphone? Do you want to learn more about what you can do with it? Come learn about accessories, setting up basic email, touch screens, buttons, features, contacts, apps, texting and compatibility. Please sign-up at the front desk and indicate the type of phone that you will bring to class. Space is limited. Christina Watts will be the instructor and you may pay her directly at the first class.



**IPAD/TABLET CLASS**  
**Tuesday, Wednesday and Friday**  
**September 20 - October 7**  
**11:00 - 12:30**  
**\$50/9 classes**

Do you have a tablet or Ipad and want to know more? Bring your device to class and learn the features, icons, how to use Siri, Messenger, email, music, Ibooks, and much much more. Please sign-up at the front desk and indicated the type of device that you will bring to class. Christina Watts will be the instructor and you may pay her directly at the first class meeting.



***SIPS, DIPS, AND DABS***  
**Friday, October 14**  
**1:00-3:30**  
**\$35**

Come join in the fun as Lynn instructs us on making our own holiday masterpiece. No experience necessary. And YES, anyone can paint!! You will be so surprised by your work of art. So come see how really talented you are. You will be amazed at how each person has their own style even though you are painting the same picture. Sign-up at front desk. Payments should be made to **Lynn Ulmer** at time of sign-up as supplies will need to be purchased prior to the class. Refreshments will be provided.



**AARP DRIVING CLASS**  
**Wednesday, October 19**  
**9:30-3:30**

\$15 for AARP Members; \$20 for Non-Members  
Please sign-up at the front desk. Payment made on the day of class.

# DAY TRIPS AND OVERNIGHT TRIPS

## DAY TRIP ATLANTA HOT GLASS

Tuesday, October 25

9:00-4:00

**\$49 plus lunch on your own**



We will venture out to Decatur to Atlanta Hot Glass, where you will have your choice of making your very own paper weight or glass ornament. Many really enjoyed this activity on our trip to Chattanooga last year. You will also have an opportunity to visit some of the other artist's studios close by, while others are making their glass creations. We will then enjoy lunch and shopping in downtown Decatur.

If we are not at capacity by October 3rd, we will open the remaining seats on the bus for those who wish to "go along for the ride" to enjoy lunch and shopping on your own. The cost will be \$10. Please sign-up at the front desk. Payments must be received within 3 days of sign-up.



## Welcome to our New Employees!

We want to welcome Tracey Mason Glass and Karen Ott to our staff here at the Snellville Senior Center. We are excited to have them on our team as we continue to strive to make a difference in the lives of our seniors. Tracey joined us in May and will welcome you as you enter our facility during the morning hours. Karen joined us in August and will be here to welcome you during the afternoon hours.

## TWO IN ONE DAYTRIP AND GARLAND MAKING CLASS

Wednesday, October 5, 10am - 2:30pm

Tuesday, December 6, 10am - 12:00pm

**\$5.00 at sign-up**

### PART 1

On Wednesday, October 5, we will meet at the senior center at 10:00am go to Hobby Lobby to shop for the materials and fillers needed for your garland. (A sample will be displayed at the senior center and a suggested list provided prior to Oct. 5). We will have lunch at the Olive Garden and then proceed to the At Home store to look for additional materials.

**Lunch and Supplies purchased on your own.**

### PART 2

On Tuesday, December 6, you will be instructed in creating your very own garland with the supplies and colors you have picked out to beautifully display in your own homes.

Come join in the fun and festivities as we prepare for the holidays.



*If you are not able to go on the shopping portion of this activity, we will provide you with a list of materials and optional supplies you will need the day of the actual class. Please sign-up at the front desk. Space is Limited to 20 people. If you have questions, you may contact Leslie at the senior center.*

## TRIPS - PLEASE REMEMBER

**A Waiting List in the order of sign-up will be used first to fill any cancellations for trips and activities. If there is NO Waiting List then YOU will be responsible for finding a replacement in order to receive full reimbursement of any funds. In emergency situations, please discuss with staff.**



# SNELLVILLE SENIOR CENTER

2350 Oak Road  
Snellville, GA 30078

Phone: 770-985-3580

Fax: 770-985-3583

Website: [www.snellville.org](http://www.snellville.org)

### Director:

*Kathi Gargiulo*

[kgargiulo@snellville.org](mailto:kgargiulo@snellville.org)

### Sr. Programs Assistant

*Leslie Pender*

[lpender@snellville.org](mailto:lpender@snellville.org)

### Program Assistants

*Tracey Glass*

[tglass@snellville.org](mailto:tglass@snellville.org)

*Karen Ott*

[kott@snellville.org](mailto:kott@snellville.org)



## HOW TO BUY AND SELL YOUR HOUSE

Friday  
September 16  
11:00am



<b><u>TRAVEL CLUB</u></b> 11:30 am Monday, October 3	<b><u>ADVISORY BOARD</u></b> 2:00 pm Tuesday, Nov 15
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## Membership

Annual Memberships run January-December.

<u>Full Year Rate</u>		<u>Partial Year Rate</u>
<u>January-June</u>		<u>July-December</u>
\$15	City Resident	\$ 9
\$25	County Resident	\$15
\$30	Non County Resident	\$18

NEW Members may join November 1st for the 2017 calendar year at the full year rate.

**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.**

<u>GROUP</u>	<u>MEETING DAY</u>	<u>TIME</u>	<u>CONTACT</u>	<u>CONTACT #</u>
AT&T PIONEERS	3rd Tuesday	10:30am	Tom McDugald	(770) 938-6075
BRIDGE	Thursdays	12:00-4:00	Janet Wolcott	(678) 639-1544
CANASTA	Mondays	12:00-4:00	Mickey Connerat	(770) 979-0281
DESIGNING GRANDMOTHERS	2nd Monday	10:30am	Louise Kirkpatrick	(678) 985-0281
EASTSIDE AUXILLARY	May 13, Sept. 16, Dec. 9	9:00-4:00	Susan Holland	(770) 985-4053
GOOD FRIENDS (Pinochle)	2nd & 4th Tuesdays	9:30am-3:30pm	Randy McMillen	(770)554-1343
H2U, HEALTH TO YOU	Aug. 24, Oct. 12, Dec. 7	Varying	Laura Hannah	(770) 982-2359
KEENAGERS - BOWLING	Mondays	10:00am	Joanne Fuller	(770) 962-2567
KEENAGERS BREAKFAST	Tuesdays at Krystals	8:00am	Joanne Fuller	(770) 962-2567
QUILTERS	Wednesdays	10am-4pm	Nancey Martin	contact center

# ENERGIZE THE MIND AND SOUL

## CARD MAKING CLASS by Jeanne



Monday, September 12  
 Monday, October 17  
 Monday, November 14  
 Monday, December 12  
 1:00 pm - 3:00 pm  
 \$5 per class

Enjoy the fun and fellowship while learning the art of

## AARP DEFENSIVE DRIVING CLASS

1 FULL DAY CLASS  
 Wednesday, October 19  
 9:30 am - 3:45 pm



Cost is \$15 for AARP members and \$20 for non-members.

## ESTABLISHED SPANISH CLASSES

**Mondays & Thursdays**  
 Instructor: Jane Moore  
 9:00am - Intermediate  
 11:15am - Advanced  
**Tuesdays**  
 10:15am Beginner  
 \$5 per class



These classes are for existing students or those who have had some Spanish and are able to start right in with the class.

**\*\*NEW\*\***

**Beginner Spanish**  
 Mondays  
 Starting August 1st  
 10:15am  
 \$5.00 per class

This class started August 1st, however if you have had some Spanish, you may be able to jump right in. Call for more information.

## PAINTING CLASS

Thursdays  
 1:00 pm - 3:00 pm



\$25.00/4 classes  
 Additional \$25.00  
 if supplies are needed  
 Instructor: Lynne Ulmer

## CROCHET & KNITTING

Tuesdays, 12:00pm  
 FREE



Volunteer Coordinator: Delrose Johnson

Come join in the fun and fellowship while you learn to knit or crochet. All levels are welcome to come join us as each one works on their own project while enjoying each others company.



## SENIOR CENTER BINGO

Friday, September 2 and Friday, October 7  
 1:00 pm

Bring a snack to share and join the fun!

## LIFE APPLICATION-STUDY OF GOD'S WORD

Wednesday's starting September 7th  
 1:00pm

Join Roy Prendergrast as he leads discussions and teachings from the scriptures on daily living. Please sign-up at the front desk so we can determine the space needed.



# EXERCISE THE BODY

## AEROBICS

Mondays & Thursdays

9:15 am

Instructor: Staci Dye

10:15 am

Instructor: Jane Moore



## “GET MOVIN”

Tuesdays at 11:00 am

\$5.00

FIRST CLASS FREE

Come get movin' and groovin. Staci and Jane will instruct a variety of aerobic type exercise, fitness and dance each Tuesday. Come join the fun!!

## PILATES/YOGA

Tuesdays & Fridays  
10:00 am

Instructor: Staci Dye  
\$ 3.00 per class



## “SOLE BUSTERS”

WALKING GROUP

Mondays and Wednesdays  
10:15 am

Come join us as we begin our new walking group “Sole Busters” We will meet at the senior center and walk the sidewalk perimeter of the City Center complex. **Please sign-up at the desk.**



## WEIGHT ROOM TRAINING

Members must be trained on the equipment prior to utilizing.

Training Class will be at  
1:00pm

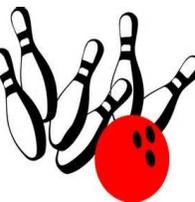
Wednesday, September 14 &  
Thursday, October 13



## KEENAGER BOWLING

Monday's at 10am  
Stars and Strikes Bowling Lanes  
770-554-6262

479 Brightwell Court (On Hwy 78)  
Loganville, GA



Call Joanne Fuller for more information at  
770-962-2567

## BILLIARDS / POOL ROOM

All equipment is available for use by all senior center members. Come and Enjoy.



## VOLUNTEERS NEEDED

Laundry Angel - Wash dish towels (Monthly)

Display Cabinet Angel - Dust and organize display (Monthly)

Help Staff Member Organize Storage Supply Closet

Please contact the front desk and let us know if you are interested in helping.