All trips for the rest of this year have either been cancelled or rescheduled due to the Coronavirus.

**The Ark Encounter/Creation Museum**

*This trip has been rescheduled for next year 2021! Payments/Sign up will not start until further notice.*

You can tentatively mark your 2021 calendar for:

- **Date:** Mon-Fri, May 24-28, 2021
- **Cost:** $560pp-double, $739pp-single
- **Meeting Time:** TBD at later date

Even though you were on the list for 2020, you must sign up again for 2021 when it starts!

Call Tracey at 770-985-3580 with any questions!

**Outdoor Exercise Program at “Briscoe Park”**

Effective Mon, June 15th, we started outdoors aerobics and walking classes. Due to the overwhelming response, for both, you must call the center, prior to attending classes, so that we get an accurate count.

Everyone is required to sign a waiver, sign in and wear a mask. We will adhere to social distancing and the rules of COVID-19.

- Aerobics classes will begin at 8:15 am on Mondays & Thursdays.
- The Sole Busters walking group will meet on Wednesdays and Fridays at 8:15 am.

If you have any questions, please feel free to call the office Mon-Fri from 9am-4pm at 770-985-3580.

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**Attention:**

Our center remains closed at this time; however, since we are unsure when we will be allowed to reopen, we are still sending out the newsletter to keep you updated on what is planned. As soon as we are given a date to reopen the facility, we will contact each member. Until then, we hope everyone stays healthy, safe and at home. Staff are still working so feel free to call us at 770-985-3580.

Take Care,

Kathi, Tracey, Allison & Karen

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**DID YOU KNOW**:  
*That unless food is mixed with saliva you can’t taste it!*  
*That only 11% of people are left handed!*  
*That the average person falls asleep in 7 minutes!*  
*That lemons contain more sugar than strawberries! Wow!*  
*That 8% of people have an extra rib!*  
*That 85% of plant life is found in the ocean!*  
*That your daily water consumption, in ounces, is half of your weight! Example: 140lbs=70ozs=9 (8oz) glasses!*  
*That up to 60% of human adult’s body is water on the avg!*  
*That the brain & heart are composed of 73% water!*  
*That lungs are about 83% water!*  
*That skin contains 64% water!*  
*That even the bones are watery at 31%!*  
So, drink your water! The body needs it!

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**Important Safety Tips:**

*Continue to wash your hands thoroughly*  
*Continue to cover your cough/sneeze*  
*Continue to stay at home when sick*  
*Clean/disinfect frequently touched items*  
*When going out and coming home, always examine your surroundings before getting in/out of your car.*  
*Always remember safety first in all you do.*

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**NO OUTDOOR EXERCISE AT TW BRISCOE PARK ON FRIDAY, JULY 3RD DUE TO JULY 4TH HOLIDAY**
## Classes, Activities & More Once We Open

### Card Making Class
- 2 classes/month - same class
- Mon, Aug 10 & 24 if cntr opens
- 1:00 pm - 3:00 pm
- $5 per class includes materials.
- Sign up for only 1 class per month!

### Red Hatters-1pm
- 1st Weds, once we open.
- This social group enjoys living life to the fullest!
- Come find out what it’s all about!

### Crochet + Knitting Class
- (Free) Tuesdays at Noon
- Come join the fun once center opens!
- All levels are welcome and help is available.
- Drop in for a little socialization!

### Painting Class
- Thursdays
- 1pm - 3pm
- $28.00
- 4 classes
- Instructor: Lynne Ulmer
- No prior painting necessary. Learn how to paint and enjoy creating your own work of art. Supplies not included.

### Bingo
- Fri, Aug 7th if we open!
- At 1pm
- Bring a snack to share!

### Card Sharks & More!
- Spades, Hearts, Dominos
- Bid Wiz, Trivia & More
- 1pm
- Friday, Aug 14th if center opens!

### Spanish Classes
- ($5 per class to instructor)
- Mondays
- 9:00-10:00  Advance Class**-Mon only
- Tuesdays & Thursdays
- 9:00-10:00 Jane’s Class**-Thurs only
- 10:15-11:15-Isabel’s Level 1** -Both Days
- 11:20-12:20 -Beginning Spanish-Both days
- Always Check front desk for any Changes
- **These classes require prior Spanish**

### Quilting Class
- Ongoing Classes at $9/Class
- Fridays, 12:30-3:30pm
- Classes are open to beginners, intermediate and advance quilters!
- Enjoy quilting & a little socialization!
- Interested members sign up at desk once we open!

### Piano Lessons
- $5/class
- Wednesday classes only
- Beginners, Intermediate and Advance members are welcome once we open!
- Classes are full right now but we are seeking a second teacher!

### Self Defense for Seniors
- Coming back soon!
- All interested sign up once we open!

### Sewing Classes are Back
- Fridays from 12:30-2:30 (sign up needed)
- Beginners: 4 weeks for $25 (Kit included)
- Other supplies/Fabrics additional fee. You must have a good working machine.

### Computer Classes are Back! $5 per class
- Classes will be ongoing Mondays at 11:15am
- 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 once center opens

### Happy Birthday!
- To all who will celebrate a birthday in July & August
- Enjoy YOUR special Day!
EXERCISE THE MIND, BODY & SOUL

“Outdoor Fitness Classes”
(Free with membership)
Mondays & Thursdays
8:15 am
Instructors: Jane Moore & Staci Dye
Until further notice, classes will be at
Briscoe Park, 2500 Sawyer Parkway.
Call 770-985-3580 for changes/questions!

“Get Movin’ / Line Dancing”
This class is cancelled until further notice! I am presently seeking another
teacher for this class! If you know of
anyone who teaches Zumba or Line
dancing, please have them to contact
Tracey Glass at 770-985-3580.

“Twist and Tone” $3/class
Fridays at 9:00am with Jane
Tone up and get ready for the
summer in this fun packed class!
(Once center opens)

“EXERCISE ROOM TRAINING”
Members must be trained
on the equipment prior to utilizing.
Training Class will be at 12:15pm
Wed, Aug 19th
(If Center is open in August)
See front desk if you can’t make this date.

“PILATES/YOGA”
Tuesdays & Fridays
10:00 am
First Class Free
(Once center opens)
Instructor: Staci Dye
$3.00 per class

“Blood Pressure Checks”
Twice per month
Mondays at 10AM
Check your blood pressure.
It could save your life!
Stress can strain your heart.
See the front desk for dates once we open.

“SOLE BUSTERS”
Outdoors WALKING GROUP
Wed and Fri 8:15 am
Come join our walking group!
Presently, we meet at
Briscoe Park.
Call 770-985-3580 for details.

BILLIARDS / POOL ROOM
All equipment is available for use
by
Senior Center members.
Come and enjoy!

KEENAGER BOWLING
Monday’s at 10am Cost: $9
Stars and Strikes
Bowling Lanes-Loganville
Call Joanne Fuller for more
Info at 770-962-2567 once center opens

EXPLORE MORE…. FUN EVENTS

What’s Happening At Briscoe Park

Pool Hours/COVID-19 Rules
Facebook.com/SnellvilleParks
(Pool reopened for everyday use starting
on Thursday, June 18th & ends Sept 7th)

Briscoe Park offers an array of activities such as
Senior Adult Exercise Classes, Youth Soccer, Youth flag
football, Conditioning for Youth Football & Cheer-
leading, Adult Kickball, Adult Softball and more!

Check out the park’s website at Snellville.org or
Facebook page at Facebook.com/Snellville Parks

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

What’s At
“The Towne Green”
www.SnellvilleEvents.com
Check the above website
for details & other cool events!

Snellville
Farmer’s Market
Every Sat starting with Jun 6th-
Sept 26th (8:30-12:30)
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.

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