



Jan/Feb 2019 Volume 17 Issue 1

# the Sweet Life

City of Sugar Hill

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



*E Center Community Gym*

## E Center Community Gym Opens January 2nd

Ring in the new year with a commitment to health at the new E Center gym! Beginning January 2nd, the community will have access to the brand new recreation area and gym including:

- A court striped for basketball, volleyball, and pickleball
- Fitness classes including yoga, dance, and karate
- Indoor walking track
- Fitness equipment including a strength training machine, ellipticals, and treadmills
- New community space for rent

Residents of Sugar Hill will have free access to the gym facilities and other community members can enjoy amenities for an annual fee of \$35.

To register for access to the gym, join a fitness class or league, or rent space in the facility, create an account online at [cityofsugarhill.com/recreation](http://cityofsugarhill.com/recreation) and edit your profile information by completing and signing a waiver.

On your first visit to the gym, stop by the reception desk with proof of residency (such as a bill for gas service with the City of Sugar Hill) and have your access card created. Non-residents can process payment with cash, check, or credit card.

For more information about programming, sports leagues, or activities call 770-945-6716 or visit

[www.cityofsugarhill.com/parks-and-recreation/](http://www.cityofsugarhill.com/parks-and-recreation/)



*Sugar Hill Pickleball Club testing the new floor and courts*



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## Sweet Sounds: Broad St. Concert Band



Broad St. Concert Band of Sugar Hill

The Broad St. Concert Band of Sugar Hill provides sweet melodies at a variety of community programs throughout the year, including Sugar Rush and annual holiday celebrations. Adding to the creative culture in downtown Sugar Hill, the band is enthusiastic about involving new members and planning for the 2019 season.

If you or someone you know is interested in becoming part of the Broad St. Concert Band, swing by a rehearsal in the brand new Eagle Theatre. The group meets every month on the first and third Tuesday in the Eagle Theatre from 7:00 p.m. to 9:00 p.m.

For more information, contact Allen Jorgensen at 404-271-5526 or [allen@sugarhilldentist.com](mailto:allen@sugarhilldentist.com), or visit the Broad St. Concert Band of Sugar Hill Facebook page.



## Downtown Clean Ups with the DDA

Members of the Sugar Hill Downtown Development Authority (DDA), Historic Preservation Society, Youth Council, and community braved cold temperatures on December 16th to collect nearly 50 pounds of debris at the final downtown clean-up of 2018. The DDA organizes quarterly clean-ups, with the next planned for Saturday, February 23rd. The February clean-up was requested by 10-year-old Girl Scout Kinley Davis and will be a service project for her Girl Scout Troop. Come join Troop #19426 on February 23rd from 2 pm until 5 pm and lend a hand to their litter patrol! All supplies will be provided. Volunteers should meet in front of City Hall.



## Ready to dig?

We'll help you do it safely! Call 811 at least a few days before you start any digging project. Whether you are planning to do it yourself or hire a professional, smart digging means calling 811 before each job.





*The Players Guild at Sugar Hill*

## Players Guild @ Sugar Hill

The Players Guild at Sugar Hill began their 2018-2019 season in the Eagle Theatre with an incredible production of *The Importance of Being Earnest* in November. Directed by Jimmy Spearman, the three week run was regarded highly in a sequence of esteemed applause, local media highlights, and a feature on Good Day Atlanta. January brings a different genre of show directed by Ane Mulligan. *The Odd Couple*, a Neil Simon comedy, will run Jan. 11 through 26.

Auditions for the June show, *Never Too Late*, directed by Alan Hyma will be held Feb. 10-11, 2019 from 7:00 p.m. to 8:30 p.m. at the Eagle Theatre.

The Players Guild at Sugar Hill has been performing together since 2014 with Chairman Ane Mulligan and Vice Chairman Alan Hyma at the helm. Serving the community as a non-profit organization, the Players Guild focuses on the art of theatre.

For more information about the group and ways to be involved, call 770-713-7295 or visit [pgatsh.com](http://pgatsh.com)



*The Players Guild at Sugar Hill's performance of The Importance of Being Earnest at The Eagle Theater*



*Players Guild at Sugar Hill rehearses The Odd Couple*

**Get Tickets Now: [www.eagleatsugarhill.com](http://www.eagleatsugarhill.com)**



# The Odd Couple

Presented by  
The City of Sugar Hill  
&  
Players Guild @ Sugar Hill

**JAN 11 - 26**



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## Men's Fitness Coaching

Men's Fitness Coaching in the E Center focuses on improving strength, endurance, and mobility with low impact interval 50 minute sessions. All levels of mobility are welcome.

Time: Tuesdays - 11:00 am

Dates: January 8 - April 30 (no class 4/2)

Cost: \$25 a month

The trainer is an experienced Certified Group Fitness Instructor and Personal Training Coach. The class is especially designed for men over 55 with a focus on cardio, strength, flexibility and agility.

Contact Julie at mindandbody101@gmail.com, if you may be eligible for free classes with Silver Sneakers.

## Life Line Screening Event at the Sugar Hill E Center

Learn more about your health risks and gain valuable information at the Life Line Screening event on Tuesday, February 12th in the community classroom at the E Center.

Five screenings will be offered that scan for potential health problems through painless and non-invasive ultrasound. The screenings evaluate the carotid arteries for the buildup of plaque, which is the leading cause of stroke.

In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441, or visit [www.lifelinescreening.com/](http://www.lifelinescreening.com/) communitycircle, or text the word "circle" to 797979.

## Volunteer and Community Champion of the Year

Sugar Hill celebrated members of 14 active community groups at the annual volunteer recognition event on November 28th. Sugar Hill Mayor and Council recognized the 2018 Community Champion of the Year, Mike Reilly, and the 2018 Volunteer of the Year, Kerry Murphy. Mike was recognized for his work in the community as STEM instructor at Lanier High School as well as Community Outreach and Innovation Coach at Gwinnett County Public Schools. Kerry serves on the Sugar Hill Arts Commission and was awarded the honor of Volunteer of the Year for her work to incorporate public art into various projects and events in Sugar Hill including the juried art show of Sugar Rush.



Get Tickets Now: [www.eagleatsugarhill.com](http://www.eagleatsugarhill.com)



### JANUARY

Jan 1		City Hall Closed
Jan 7	7:00 PM	Council Work Session
Jan 10	5:30 PM	Sugar Hill Business Alliance
Jan 11	— Jan 26	The Odd Couple @ Eagle Theatre
Jan 14	7:30 PM	Council Meeting
Jan 15	6:00 PM	Arts Commission Meeting
Jan 16	7:00 PM	Historic Preservation Society
Jan 18	1:00 PM	Municipal Court
Jan 21		City Hall Closed for MLK Day
Jan 21	7:00 PM	Planning Commission Meeting
Jan 29	6:30 PM	Downtown Development Authority
*Wednesdays		12:00 PM Toastmasters, 5:30 PM Youth Council Meeting

### FEBRUARY

Feb 4	7:00 PM	Council Work Session
Feb 11	7:30 PM	Council Meeting
Feb 14	5:30 PM	Sugar Hill Business Alliance
Feb 15	1:00 PM	Municipal Court
Feb 15	— Mar 15	Kiwanis Exhibition
Feb 18	7:00 PM	Planning Commission Meeting
Feb 19	6:00 PM	Arts Commission Meeting
Feb 20	7:00 PM	Historic Preservation Society
Feb 26	6:30 PM	Downtown Development Authority
*Wednesdays		12:00 PM Toastmasters, 5:30 PM Youth Council Meeting

