



# Lithia Springs Senior Center

If you have questions or would like to register for a class, please contact us at [770-920-7575](tel:770-920-7575)








or via email at [lssc@douglascountyga.gov](mailto:lssc@douglascountyga.gov)

You can also register online at [www.myactivecenter.com](http://www.myactivecenter.com)

**\*Registration is required for ALL activities unless indicated otherwise.**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – Chair Dancing <b>*No Class 12/15 &amp; 29</b> 9:00 am – Aqua Fit 1 10:00 am – Aqua Fit 2 10:00 am – Beginner's Pickleball 11:30 am – Int. Pickleball 12:00 pm – Breathe & Stretch Fun Fitness 1:15 pm – Ping Pong 1:45 pm – Aqua Zumba & Toning 2:00 pm – Pickleball Meet up	8:30 am – H2O Move <b>*No Class 12/23 &amp; 12/30</b> 9:00 am – 10:30 am – Pickleball Drills 12:00 pm – Beginner's Pickleball 1:00 pm – Zumba Gold 1:00 pm – 2:45 pm – Int. Pickleball Meet Up 2:00 pm – Line Dance w/ Dancing Blair 3:00 pm – Senior Step 3:30 pm – Happy Feet Line Dance <b>*We are open until 7pm Every Tuesday</b>	9:00 am – Tai Chi <b>*No Class 12/31</b> 10:00 am – Beginner's Pickleball 10:00 am – Chess <b>10:15 am – Chair Yoga w/ Nikki</b> <b>11:30 am – Line Dance Moves</b> 12:00 pm – Defiant Wolf Boxing 12:30 pm – Stretch & Meditate 2:00 pm – Pickleball Meet Up	8:30 am – H2O Move 9:00 am – Chair Dancing <b>*No Class 12/18</b> 10:00 am – Balance, Stretch, & Flow 11:15 am – Salsa Dance 1:00 pm – 2:45 pm – Int. Pickleball Meet Up 1:00 pm – Zumba Toning 2:00 pm – Yoga Stretch 3:00 pm – Aqua Zumba & Toning 3:00 pm – Silver in motion	9:00 am – Aqua Fit 1 10:00 am – Aqua Fit 2 11:00 am – Pickleball Meet Up 12:00 pm – Breathe & Stretch Fun Fitness <b>*No Class 12/19</b> 12:00 pm – 2:00 pm – Silver Fox Fitness 1:00 pm – 3:30 pm – Int. Pickleball Meet Up 1:30 pm – Leather Craft
1	2	3	4	5
<b>*Instructor Lead Pickleball</b> 10:00 am – Beginners 11:30 am – Intermediate  Pen & Paper Echo Writers' Club 11:30 am- 1:00 pm  Bridge 1:30 pm  Jewelry Making 2:00 pm – 3:30 pm	Holiday Trivia w/ LSSC 11:00 am  Needle Works for a Cause 2:00 pm – 3:30 pm   Elf vs. Santa Wear Red or Green 	Mexican Train Dominos 1:00 pm – 3:00 pm   Nature Works w/ Deborah All about Turmeric 2:00 pm  Candy Cane Lane Wear Red & White 	Cricut Craft w/ LSSC 11:00 am -1:00 pm  Bid Whist 1:30 pm – 4:00 pm   Holiday Headgear Wear your Holiday Hats 	Kindness Series w/ Kairos Voices International Ministry 10:00 am  Canasta 12:00 pm  Mexican Train Dominos 1:00 pm – 3:00 pm  Flannel Friday Wear your favorite flannel or plaid 
8	9	10	11	12
Pen & Paper Echo Writers' Club 11:30 am- 1:00 pm  Bridge 1:30 pm  Bold Beaders Meet-Up <b>*Bring your own Beads</b> 2:00 pm – 3:30 pm  Toasty Toes Wear your coziest socks 	Quarter Bingo w/ LSSC 10:30 am  Needle Works for a Cause 2:00 pm – 3:30 pm   Grinch It Up! Wear green, dress like the Grinch or like you're from Whoville 	Mobile Library 10:00 am  Bible Study w/ Pastor Lang 12:30 pm  Mexican Train Dominos 1:00 pm – 3:00 pm   Mele Kalikimaka – Hawaiian Holiday Wear your floral shirts 	Crafting w/ Deborah Holiday Yarn Craft 2:00 pm  Bid Whist 1:30 pm – 4:00 pm   Holiday Explosion Wear ALL of your Holiday Favorites 	 <b>See you at Golden Corral            8:00 am – 10:00 am            Registration Required            Center Closed</b>

Currently, Douglas County's COVID-19 Community level is in the **MEDIUM** range. Therefore, mask is strongly encouraged, but not mandatory. Please continue to help us mitigate the spread of COVID-19 & other illnesses.

15	16	17	18	19
<p><b>*Instructor Lead Pickleball</b> 10:00 am - Beginners 11:30 am – Intermediate</p> <p>Pen &amp; Paper Echo Writers' Club 11:30 am- 1:00 pm</p> <p>Bridge 1:30 pm</p> <p>Bold Beaders Meet-Up *Bring your own Beads 2:00 pm - 3:30 pm</p>	<p>LSSC Present Wrapping 11:30 am -1:00 pm <b>*See Flyer for more details</b></p>  <p>Coffee &amp; Convo w/ SR Law Group 9:30 am</p> <p>Needle Works for a Cause 2:00 pm - 3:30 pm</p> 	<p>Bingo w/ LSSC 10:00 am</p> <p>Bible Study w/ Pastor Lang 12:30 pm</p> <p>Mexican Train Dominos 1:00 pm - 3:00 pm</p> 	<p>Ugly Sweater Day Wear your Most Festive or Ugliest Sweater</p>  <p>Bid Whist 1:30 pm - 4:00 pm</p> 	<p>Cocoa, Cookies &amp; Karaoke w/ Special Guest: LSHS Chorus 9:30 am</p>  <p>Canasta 12:00 pm</p> <p>Mexican Train Dominos 1:00 pm - 3:00 pm</p> 
22	23	24	25	26
<p>Household Bingo w/LSSC 10:30 am</p> <p>Pen &amp; Paper Echo Writers' Club 11:30 am- 1:00 pm</p> <p>Bridge 1:30 pm</p> <p>Bold Beaders Meet-Up *Bring your own Beads 2:00 pm - 3:30 pm</p>	<p>Holiday Craft w/ LSSC 10:30 am</p>			<p>Movie Matinee 10:00 am "Our Little Secret" "Meet Me Next Christmas" "Finding Joy"</p>  <p>Canasta 12:00 pm</p>
29	30	31		
<p><b>*Instructor Lead Pickleball</b> 10:00 am - Beginners 11:30 am - Intermediate</p> <p>Pen &amp; Paper Echo Writers' Club 11:30 am- 1:00 pm</p> <p>Bridge 1:30 pm</p> <p>Bold Beaders Meet-Up *Bring your own Beads 2:00 pm - 3:30 pm</p>	<p>Bingo w/ LSSC 10:30 am</p> <p>Birthday Celebration 1:00 pm</p> <p>Needle Works for a Cause 2:00 pm - 3:30 pm</p> 	<p>New Year's Eve Crafting w/ LSSC 10:00 am</p> <p>Mexican Train Dominos 1:00 pm - 3:00 pm</p> 		

\*Activities are subject to change at any time due to rescheduling, conflicts, and weather conditions.