



# 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)

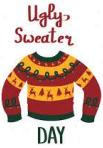
\*Registration is required for ALL activities unless indicated otherwise.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – Chair Dancing <b>*No Class 12/15 &amp; 29</b>	8:30 am – H2O Move <b>*No Class 12/23 &amp; 12/30</b>	9:00 am - Tai Chi <b>*No Class 12/31</b>	8:30 am – H2O Move	9:00 am - Aqua Fit 1
9:00 am - Aqua Fit 1	9:00 am – 10:30 am – Pickleball Drills	10:00 am - Beginner's Pickleball	9:00 am - Chair Dancing <b>*No Class 12/18</b>	10:00 am - Aqua Fit 2
10:00 am - Aqua Fit 2	12:00 pm – Beginner's Pickleball	10:00 am – Chess	10:00 am – Balance, Stretch, & Flow	11:00 am - Pickleball Meet Up
10:00 am – Beginner's Pickleball	1:00 pm – Zumba Gold	10:15 am – Chair Yoga w/ Nikki	11:15 am - Salsa Dance	12:00 pm - Breathe & Stretch Fun Fitness
11:30 am - Int. Pickleball	1:00 pm - 2:45 pm- Int. Pickleball Meet Up	11:30 am – Line Dance Moves	1:00 pm - 2:45 pm - Int. Pickleball Meet Up	<b>*No Class 12/19</b>
12:00 pm - Breathe & Stretch Fun Fitness	2:00 pm – Line Dance w/ Dancing Blair	12:00 pm -Defiant Wolf Boxing	1:00 pm – Zumba Toning	12:00 pm - 2:00 pm- Silver Fox Fitness
1:15 pm - Ping Pong	3:00 pm – Senior Step	12:30 pm – Stretch & Meditate	2:00 pm - Yoga Stretch	1:00 pm - 3:30 pm- Int. Pickleball Meet Up
1:45 pm - Aqua Zumba & Toning	3:30 pm – Happy Feet Line Dance	2:00 pm – Pickleball Meet Up	3:00 pm - Aqua Zumba & Toning	
2:00 pm – Pickleball Meet up	<b>*We are open until 7pm Every Tuesday</b>			

1	2	3	4	5
<b>*Instructor Lead Pickleball</b> 10:00 am - Beginners 11:30 am - Intermediate	Holiday Trivia w/ LSSC 11:00 am	Mexican Train Dominos 1:00 pm - 3:00 pm	Cricut Craft w/ LSSC 11:00 am -1:00 pm	Kindness Series w/ Kairos Voices International Ministry 10:00 am
Pen & Paper Echo Writers' Club 11:30 am- 1:00 pm	Needle Works for a Cause 2:00 pm - 3:30 pm			Canasta 12:00 pm
Bridge 1:30 pm		Nature Works w/ Deborah All about Turmeric 2:00 pm	Holiday Headgear Wear your Holiday Hats	Mexican Train Dominos 1:00 pm - 3:00 pm
Jewelry Making 2:00 pm - 3:30 pm	Elf vs. Santa Wear Red or Green 	Candy Cane Lane Wear Red & White 		Flannel Friday Wear your favorite flannel or plaid 

8	9	10	11	12
Pen & Paper Echo Writers' Club 11:30 am- 1:00 pm	Quarter Bingo w/ LSSC 10:30 am	Mobile Library 10:00 am	Crafting w/ Deborah Holiday Yarn Craft 2:00 pm	
Bridge 1:30 pm	Needle Works for a Cause 2:00 pm - 3:30 pm	Bible Study w/ Pastor Lang 12:30 pm		
Bold Beaders Meet-Up <b>*Bring your own Beads</b> 2:00 pm - 3:30 pm		Mexican Train Dominos 1:00 pm - 3:00 pm		See you at Golden Corral 8:00 am – 10:00 am Registration Required
Toasty Toes Wear your coziest socks 	Grinch It Up! Wear green, dress like the Grinch or like you're from Whoville 	Mele Kalikimaka – Hawaiian Holiday Wear your floral shirts 	Holiday Explosion Wear ALL of your Holiday Favorites 	<b>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><b>Bold Beaders Meet-Up</b> *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></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></p>	<p>Bingo w/ LSSC 10:00 am</p> <p>Bible Study w/ Pastor Lang 12:30 pm</p> <p><b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm</p> <p></p>	<p><b>Ugly Sweater Day</b> Wear your Most Festive or Ugliest Sweater</p> <p></p> <p><b>Bid Whist</b> 1:30 pm - 4:00 pm</p> <p></p>	<p>Cocoa, Cookies &amp; Karaoke w/ Special Guest: LSHS Chorus 9:30 am</p> <p></p> <p>Canasta 12:00 pm</p> <p><b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm</p> <p></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><b>Bold Beaders Meet-Up</b> *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></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><b>Bold Beaders Meet-Up</b> *Bring your own Beads 2:00 pm - 3:30 pm</p>	<p>Bingo w/ LSSC 10:30 am</p> <p><b>Birthday Celebration</b> 1:00 pm</p> <p>Needle Works for a Cause 2:00 pm - 3:30 pm</p> <p></p>	<p>New Year's Eve Crafting w/ LSSC 10:00 am</p> <p><b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm</p> <p></p>	<p><b>HOLIDAY SAFETY TIPS</b></p> <p></p> <ul style="list-style-type: none"> <li>• DON'T LEAVE SHOPPING BAGS OR OTHER VALUABLES IN PLAIN SIGHT.</li> <li>• CHECK YOUR BANK STATEMENTS REGULARLY.</li> <li>• BUY GIFT CARDS FROM A CREDIBLE ESTABLISHMENT, NOT A RESELLER.</li> <li>• CHECK ALL HOLIDAY LIGHT CORDS TO MAKE SURE THEY AREN'T FRAYED OR BROKEN.</li> <li>• BE ALERT AND AWARE OF YOUR SURROUNDINGS.</li> <li>• DON'T LEAVE PACKAGES UNATTENDED.</li> </ul> <p></p>	

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