

Lithia Springs Senior Center

JANUARY

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 JSSC@douglascountyga.gov

You can also register online at www.myactivecenter.com

***Registration is required for ALL activities unless indicated**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - Chair Dancing	8:30 am - H2O Move	9:00 am - Tai Chi	8:30 am - H2O Move	9:00 am - Aqua Fit 1
9:00 am - Aqua Fit 1	12:00 pm - Beginner's	10:00 am - Beginner's	9:00 am - Chair Dancing	10:00 am - Aqua Fit 2
10:00 am - Aqua Fit 2	Pickleball	Pickleball	10:00 am - Balance, Stretch, & Flow	11:00 am - Pickleball
10:00 am - Beginner's	1:00 pm - Zumba Gold	10:00 am - Chess	*No Class 1/22	Meet Up
Pickleball	1:00 pm - 2:45 pm- Int. Pickleball Meet Up	10:15 am - Chair Yoga w/ Nikki	11:15 am - Salsa Dance	12:00 pm - Breathe & Stretch Fun Fitness
11:30 am - Int. Pickleball	2:00 pm - Line Dance w/ Dancing Blair	*No Class 1/7	*No Class 1/29	12:00 pm - 2:00 pm- Silver Fox Fitness
12:00 pm - Breathe & Stretch Fun Fitness	3:00 pm - Senior Step	11:30 am - Line Dance Moves	1:00 pm - 2:45 pm - Int. Pickleball Meet Up	1:00 pm - 3:30 pm- Int. Pickleball
1:45 pm - Aqua Zumba & Toning	3:30 pm - Happy Feet	12:00 pm -Defiant Wolf Boxing	1:00 pm - Zumba Toning	Meet Up
2:00 pm - Pickleball	Line Dance	2:00 pm - Pickleball Meet Up	2:00 pm - Yoga Stretch	1:30 pm- Leather Craft
Meet up	*We are open until 7pm Every Tuesday		3:00 pm - Aqua Zumba & Toning	
			3:00 pm - Silver in motion	



Cheers to the New Year!
Join us for a New Year's

Toast
11:30 am

Canasta
12:00 pm

Mexican Train Dominos
1:00 pm - 3:00 pm



5

Spinal Assessment w/ The Chiro Place
10:00 am - 2:00 pm

National Trivia Day
10:30 am

Pen & Paper Echo Writers' Club
11:30 am- 1:00 pm

Bridge
1:30 pm

Bold Beaders Meet-Up
*Bring your own Beads
2:00 pm - 3:30 pm

6

Bath Safety w/ DCFD
11:00 am

Beans & Greens Cookoff
11:30 am

Needle Works for a Cause
2:00 pm - 3:30 pm



7

Bundle Up & Bingo w/ Odd Jobs Bob
1:00 pm

Mexican Train Dominos
1:00 pm - 3:00 pm



8

Digital Literacy Class @ Woodie Fite Senior Center
10:00 am

*Registration Required

Cricut Class
11:00 am

Bid Whist
2:00 pm - 4:00 pm



9

Bingo & Info w/ Gentiva Hospice
10:45 am



Canasta
12:00 pm

Mexican Train Dominos
1:00 pm - 3:00 pm



To help ensure fairness, availability, and to be fiscally responsible for all, participants who registered for TWO events and did not attend will not be able to register for the next THREE events.

12	13	14	15	16
*Instructor Lead Pickleball 10:00 am - Beginners 11:30 am - Intermediate Pen & Paper Echo Writers' Club 11:30 am- 1:00 pm Bridge 1:30 pm Bold Beaders Meet-Up *Bring your own Beads 2:00 pm - 3:30 pm	Bingo w/ Oak Street Health 11:30 am Needle Works for a Cause 2:00 pm - 3:30 pm 	Bible Study w/ Pastor Lang 12:30 pm Mexican Train Dominos 1:00 pm - 3:00 pm 	Bagels w/ A Broker Tina Brady 11:15 am Bid Whist 2:00 pm - 4:00 pm 	Kindness Series w/ Kairos Voices Ministry 10:00 am Canasta 12:00 pm Mexican Train Dominos 1:00 pm - 3:00 pm 
19	20	21	22	23
 We WILL Be Closed on MARTIN LUTHER KING DAY 	Needle Works for a Cause 2:00 pm - 3:30 pm 	Bible Study w/ Pastor Lang 12:30 pm Mexican Train Dominos 1:00 pm - 3:00 pm  Birthday Celebration 1:00 pm	Lunch & Bingo w/ Community Links Home Care 11:30 am Bid Whist 2:00 pm - 4:00 pm  Natureworks w/ Deborah 2:00 pm "Oregano"	Canasta 12:00 pm Cinema Day 1:30 pm "Our Little Secret" "Finding Joy" "Wicked Little Letters" Mexican Train Dominos 1:00 pm - 3:00 pm 
26	27	28	29	30
*Instructor Lead Pickleball 10:00 am - Beginners 11:30 am – Intermediate Household Bingo 10:30 am Pen & Paper Echo Writers' Club 11:30 am- 1:00 pm Bridge 1:30 pm Bold Beaders Meet-Up *Bring your own Beads 2:00 pm - 3:30 pm	Craft w/ LSSC Oatmeal Scrub 11:00 am Needle Works for a Cause 2:00 pm - 3:30 pm 	Card Sharks w/ Odd Jobs Bob 1:00 pm Mexican Train Dominos 1:00 pm - 3:00 pm 	Lunch & Learn w/ Jones-Wynn Funeral Home 11:30 am Bid Whist 2:00 pm - 4:00 pm 	Canasta 12:00 pm Mexican Train Dominos 1:00 pm - 3:00 pm 

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

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