



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

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



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	6	7	8	9
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	Bath Safety w/ DCFD 11:00 am Beans & Greens Cookoff 11:30 am Needle Works for a Cause 2:00 pm - 3:30 pm 	Bundle Up & Bingo w/ Odd Jobs Bob 1:00 pm Mexican Train Dominos 1:00 pm - 3:00 pm 	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 	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  Craft w/ Deborah 2:00 pm "Wood Clipboards"
19	20	21	22	23
	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.