



# The Center Newsletter

January 2026



## Message from the staff:

Happy New Year to all our wonderful members! As we step into 2026, we are excited to embrace a fresh chapter filled with community, connection, and joy.

We look forward to another year of memorable activities, new opportunities, and shared experiences that strengthen our vibrant community.

Here's to a year of positivity, growth, and plenty of reasons to smile!

Welcome to 2026!

## Special Events

January 8th: Men's Den this is an opportunity for our men to gather together and discuss topics important to their mental wellness as well just being a man.

January 12<sup>th</sup>: Avoid Cyber Threats or A.C.T training. This is an easy to follow online training that will help seniors avoid cyber threats. MUST SIGN UP

January 15th: Free spinal screening. Noninvasive and painless. Quick 5 minute sessions with Dr. from The Chiro Place.

January 22nd: Wise Women meet up to discuss topics important to their health and wellness.

## BINGO Schedule

Friday, January 9th .....Bingo with Linda Ingleberg Medicare Rep

Friday, January 23<sup>rd</sup> .... Center Bingo

Friday, January 30<sup>th</sup> .... Bingo with Gentiva

## READY, SET, GO!

January 12<sup>th</sup>: In observance of Martin Luther King Jr. Day we will provide a day of service at a local assisted living facility. Must Sign Up

**Please register for activities by completing a mini calendar or by**

**calling 770-489-3106**

# Fairburn Road Senior Center

6287 Fairburn Road, Douglasville, GA 30134

**Phone: 770-489-3106**

frsc@douglascountyga.gov

# January 2026

Activities on the calendar followed by an "\*", have a fee to participate.

Activities listed below in **bold** please register to participate.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>2</b> 10:30 Coffee Social 10:30 Silver Fox Fitness 12:30 Lunch
<b>5</b> 10:30 Coffee Social 10:30 Bowling* <b>11:00 Craft</b> 12:30 Lunch	<b>6</b> 10:30 Coffee Social 10:30 Drama Club 11:30 Bands & Dance 12:30 Lunch	<b>7</b> <b>10:00 Rhyme &amp; Shine Poetry</b> 10:30 Coffee Social <b>11:00 Self-care Group</b> 12:30 Lunch	<b>8</b> 10:30 Coffee Social <b>10:00 Tech Literacy with NCOA @ Woodie Fite</b> <b>10:30 Men's Den</b> 12:00 Lunch 1:00 Kroger Shopping	<b>9</b> 10:30 Coffee Social 11:00 Motown Bingo with Linda Ingleberg 12:30 Lunch
<b>12</b> 10:30 Coffee Social <b>11:00 Day of Service</b> 11:00 A.C.T. Training 12:30 Lunch	<b>13</b> 10:30 Coffee Social 1030 Board Games 11:30 Breathe & Stretch 12:30 Lunch	<b>14</b> 10:30 Coffee Social 10:30 Bible Discussion 11:30 Brunch 12:00 Virtual Tools for Life Seminar	<b>15</b> 10:30 Coffee Social 11:00 Game Room Play <b>11:00 Spinal Screening</b> 12:30 Lunch	<b>16</b> 10:30 Coffee Social 10:30 Silver Fox Fitness 12:00 Lunch
 <u>Center Closed</u>	<b>20</b> 10:00 Coffee Social 10:30 Nutrition 11:30 Bands & Dance 12:30 Lunch	<b>21</b> 10:00 Coffee Social 10:30 Advisory 11:00 Wellness Wed. 11:30 Stitch Happens 12:00 Calendar Sign-up 12:30 Lunch	<b>22</b> 10:30 Coffee Social <b>10:30 Wise Women</b> 11:00 Junk Journaling 12:00 Lunch 1:00 Walmart Shopping	<b>23</b> 10:30 Coffee Social 11:00 Center Bingo 12:00 January Birthdays 12:30 Lunch
<b>26</b> 10:30 Coffee Social 11:00 Line Dance 12:30 Lunch	<b>27</b> 10:30 Coffee Social 11:30 Breathe & Stretch 12:30 Lunch	<b>28</b> 10:30 Coffee Social 10:30 Bible Discussion <b>11:00 International Lego Day: Lego Craft</b> 12:30 Lunch	<b>29</b> 10:30 Coffee Social 11:00 Movie day 12:30 Lunch	<b>30</b> 10:30 Coffee Social 11:30 Bingo with Gentiva 12:30 Lunch

# What's the Buzz...

## OUTREACH

On January 12<sup>th</sup> Members will volunteer at a local assisted living facility to call bingo for the residents.

Location: TBD

## This Month in History:

- The first New Year's eve ball drop was in 1908.
- Alaska became the 49th state.
- Construction began on January 5<sup>th</sup> 1933 on the Golden Gate Bridge.
- Elvis Presley was born in Tupelo, Mississippi.
- In 1958 the Lego brick was patented.
- The Lone Ranger debuts on the radio.
- The Concorde made its first commercial flight.

## January Spotlight: Happy Birthday

- Catherine L. 1/2
- Valerie J. 1/2
- Lester T. 1/7
- Shaun G. 1/24
- Bessie W. 1/31



**MOVIE DAY**  
**THE LAST LAUGH**  
Stars: Chevy Chase, Richard Dreyfuss, Andie MacDowell

**Please register for activities by completing a mini calendar or by  
calling 770-489-3106**

# In other news...

Not quite 60 years of age and looking for fun and active programs, but don't know where to start? Below is a listing of other Douglas County centers. You can also view activity calendars by going to <https://www.douglascountyga.gov/304/Senior-Services>.

## Woodie Fite Senior Center

8750 Dorris Road  
Douglasville, Ga 30134  
678-626-5630

**Hours of Operation:**  
Monday-Friday  
8:00am-5:00pm

## Southern Lanes Bowling Alley

3931 Longview Drive  
Douglasville, Ga 30135  
678-403-2569  
Fee \$3.50

**Stitch Happens:** Come together to share crochet patterns and stitch more than just a crafty blanket, but stitch lasting friendships. **Every 3<sup>rd</sup> Wednesday of the month**

## New Mountain Top

7870 Smith Road  
Villa Rica, Ga 30180

## Center Staff:

Center Manager: Kim Smallwood  
Program Assistant: Marcole London  
Program Assistant: Su Bickham  
Wellness Coordinator: Diane George  
Secretary Specialist: Renea Wooten  
Culinary Manager: Vanessa Robinson

## Lithia Springs Senior Center

7301 Groovers Lake Road  
Lithia Springs, Ga 30122  
770-920-7575

**Hours of Operation:**  
Monday-Friday  
8:00am-5:00pm

**Self-care Group:** A supportive group therapy space where we explore a variety of meaningful topics each month—from coping with change and managing stress to relationships, self-care, and life transitions. Led by center member in a safe and confidential setting, this group encourages open discussion, shared experiences, and mutual support. Come connect, reflect, and grow—together. **MUST REGISTER**

**Please register for activities by completing a mini calendar or by calling**

**770-489-3106**

Name: \_\_\_\_\_

# January 2026

Phone: \_\_\_\_\_  
email: \_\_\_\_\_

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<b>12</b> 10:30 Coffee Social <b>11:00 Day of Service</b> 11:00 Word Search 12:30 Lunch	<b>13</b> 10:30 Coffee Social 1030 Board Games 11:30 Breathe & Stretch 12:30 Lunch	<b>14</b> 10:30 Coffee Social 10:30 Bible Discussion 12:30 Lunch	<b>8</b> 10:30 Coffee Social <b>10:00 Tech Literacy with NCOA @ Woodie Fite</b> <b>10:30 Men's Den</b> 12:00 Lunch 1:00 Kroger Shopping	<b>9</b> 10:30 Coffee Social 11:00 Motown Bingo with Linda Ingleberg 12:30 Lunch
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