










# 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 – <b>Chair Dancing</b> 9:00 am – <b>Aqua Fit 1</b> 10:00 am – <b>Aqua Fit 2</b> 10:00 am – <b>Beginner's Pickleball</b> 11:30 am – <b>Int. Pickleball</b> 12:00 pm – <b>Breathe &amp; Stretch Fun Fitness</b> <b>*No Class 2/16</b> 1:45 pm – <b>Aqua Zumba &amp; Toning</b> 2:00 pm – <b>Pickleball Meet up</b>	8:30 am – <b>H2O Move</b> 12:00 pm – <b>Beginner's Pickleball</b> 1:00 pm – <b>Zumba Gold</b> 1:00 pm – 2:45 pm – <b>Int. Pickleball Meet Up</b> 2:00 pm – <b>Line Dance w/ Dancing Blair</b> 3:00 pm – <b>Senior Step</b> 3:30 pm – <b>Happy Feet Line Dance</b> <b>*We are open until 7pm Every Tuesday</b>	9:00 am – <b>Tai Chi</b> <b>*No Class 2/11</b> 10:00 am – <b>Beginner's Pickleball</b> 10:00 am – <b>Chess</b> 11:30 am – <b>Line Dance Moves</b> 12:00 pm – <b>Defiant Wolf Boxing &amp; Self-Defense</b> 2:00 pm – <b>Pickleball Meet Up</b>	8:30 am – <b>H2O Move</b> <b>*No Class 2/5</b> 9:00 am – <b>Chair Dancing</b> 10:00 am – <b>Balance, Stretch, &amp; Flow</b> 11:15 am – <b>Salsa Dance</b> 1:00 pm – 2:45 pm – <b>Int. Pickleball Meet Up</b> 1:00 pm – <b>Zumba Toning</b> 2:00 pm – <b>Yoga Stretch</b> 3:00 pm – <b>Aqua Zumba &amp; Toning</b> 3:00 pm – <b>Silver in Motion</b>	9:00 am – <b>Aqua Fit 1</b> 10:00 am – <b>Aqua Fit 2</b> 11:00 am – <b>Pickleball Meet Up</b> 12:00 pm – <b>Breathe &amp; Stretch Fun Fitness</b> <b>*No Class 2/20</b> 12:00 pm – 2:00 pm – <b>Silver Fox Fitness</b> 1:00 pm – 3:30 pm – <b>Int. Pickleball Meet Up</b>
2	3	4	5	6
<b>Pickleball Tournament</b> 8:30 am - 1:00 pm <b>*Registration Full</b>  <b>Technology Presentation w/ Humana</b> 10:00 am  <b>Pen &amp; Paper Echo Writers' Club</b> 11:30 am – 1:00 pm  <b>Bridge</b> 1:30 pm  <b>Bold Beaders Meet-Up</b> <b>*Bring your own Beads</b> 2:00 pm – 3:00 pm	<b>Pound Class</b> 9:30 am   <b>Quarter Bingo w/ LSSC</b> 11:30 am  <b>Needle Works for a Cause</b> 2:00 pm – 3:30 pm 	<b>Cricut Class</b> 9:00 am – 11:00 am  <b>Made with Love Cookie Decorating w/ Georgia Leadership</b> 11:00 am  <b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm	<b>Gohan Trip</b> 9:30 am <b>*Registration Required</b>  <b>Self-Care w/ US Public Health</b> 11:30 am  <b>Bid Whist</b> 1:30 pm - 4:00 pm 	<b>Love Through Kindness w/ Kairos Voices Ministry</b> 10:00 am  <b>Canasta</b> 12:00 pm  <b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm  <b>Leather Craft</b> 1:30 pm   
9	10	11	12	13
<b>Instructional Pickleball</b> 10:00 am - Beginners 11:30 am – Intermediate  <b>Pen &amp; Paper Echo Writers' Club</b> 11:30 am – 1:00 pm  <b>Bridge</b> 1:30 pm  <b>Bold Beaders Meet-Up</b> <b>*Bring your own Beads</b> 2:00 pm – 3:00 pm	<b>Pound Class</b> 9:30 am   <b>Craft w/ LSSC Bird Feeders</b> 11:00 am  <b>Digital Literacy</b> 11:00 am - 1:00 pm <b>*Registration Required</b>  <b>Needle Works for a Cause</b> 2:00 pm - 3:30 pm 	<b>Pancakes &amp; Poetry</b> 10:30 am  <b>Mobile Library</b> 10:30 am  <b>Bible Study</b> 12:30 pm   <b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm	<b>Trivia w/ LSSC</b> 10:30 am  <b>Bid Whist</b> 1:30 pm - 4:00 pm 	<b>Valentine BINGO &amp; info</b> <b>w/ Gentiva Hospice</b> 10:45 am  <b>Canasta</b> 12:00 pm  <b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm  <b>Leather Craft</b> 1:30 pm  <b>Cinema Day</b> 1:30 pm <b>"Swan Song"</b> <b>"The Roses"</b>

**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.**

16	17	18	19	20
<p><b>This is Love, John &amp; Abigail</b> Adams Seminar w/ Dr. Holdzkom, KSU 11:00 am</p> <p><b>Pen &amp; Paper</b> Echo Writers' Club 11:30 am – 1:00 pm</p> <p><b>Bridge</b> 1:30 pm</p> <p><b>Jewelry Making</b> <b>*Instructor Lead Class</b> 2:00 pm - 3:00 pm</p>	<p><b>Mardi Gras Celebration</b> 11:00 am</p>  <p><b>Needle Works for a Cause</b> 2:00 pm - 3:30 pm</p> 	<p><b>Bingo</b> w/ LSSC 10:30 am</p> <p><b>Bible Study</b> 12:30 pm</p>  <p><b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm</p>	<p><b>Bid Whist</b> 1:30 pm - 4:00 pm</p>  <p><b>Crafting w/ Deborah</b> <b>Felted Hearts</b> 2:00 pm</p>	<p><b>Empowering Voices &amp; Golden Freedom</b> Celebrating Black History Month &amp; Senior Independence Month w/ DanObe Foundation, Inc. 12:00 pm</p> <p><b>Canasta</b> 12:00 pm</p> <p><b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm</p> <p><b>Leather Craft</b> 1:30 pm</p>
23	24	25	26	27
<p><b>Instructional Pickleball</b> 10:00 am - Beginners 11:30 am – Intermediate</p> <p><b>Self-Care</b> w/ UGA Extension 10:30 am -11:30 am</p> <p><b>Pen &amp; Paper</b> Echo Writers' Club 11:30 am – 1:00 pm</p> <p><b>Bridge</b> 1:30 pm</p> <p><b>Bold Beaders Meet-Up</b> <b>*Bring your own Beads</b> 2:00 pm - 3:00 pm</p>	<p><b>Heart Healthy</b> w/ American Heart Association 10:00 am</p> <p><b>Birthday Celebration Bingo</b> w/ WellCare 11:30 am</p> <p><b>Needle Works for a Cause</b> 2:00 pm - 3:30 pm</p> 	<p><b>Mobile Library</b> 10:30 am</p> <p><b>Hearts</b> w/ Odd Jobs Bob 1:00 pm</p> <p><b>Mexican Train Dominos</b> 1:00 pm - 3:00 pm</p> <p><b>NatureWorks w/ Deborah</b> <b>Honey</b> 2:00 pm</p>	<p><b>National Chili Day</b></p>  <p><b>Bid Whist</b> 1:30 pm - 4:00 pm</p> 	<p><b>Drive-Thru Food Distribution</b> 10:00 am <b>*While Supplies Last</b> <b>*Registration not required</b></p>  <p><b>Canasta</b> 12:00 pm</p> <p><b>Leather Craft</b> 1:30 pm</p> 



**February 14<sup>th</sup>**  
9:00 am -12:00 pm  
Chair Dance  
10:00 am – 11:00 am  
Open Pool  
Open Gym  
Open Pickleball



\*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, masks are strongly encouraged, but not mandatory. Please continue to help us mitigate the spread of COVID-19 & other illnesses.