



# 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	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	*No Class 2/11	*No Class 2/5	10:00 am - Aqua Fit 2
10:00 am - Aqua Fit 2	Pickleball	10:00 am - Beginner's	9:00 am - Chair Dancing	11:00 am - Pickleball
10:00 am – Beginner's	1:00 pm – Zumba Gold	Pickleball	10:00 am – Balance,	Meet Up
Pickleball	1:00 pm - 2:45 pm- Int. Pickleball Meet Up	10:00 am – Chess	Stretch, & Flow	12:00 pm - Breathe
11:30 am - Int. Pickleball	2:00 pm – Line Dance w/ Dancing Blair	11:30 am - Line Dance	11:15 am - Salsa Dance	& Stretch Fun Fitness
12:00 pm - Breathe & Stretch Fun Fitness	3:00 pm – Senior Step	Moves	1:00 pm - 2:45 pm - Int. Pickleball Meet Up	*No Class 2/20
*No Class 2/16	3:30 pm – Happy Feet	12:00 pm -Defiant Wolf	1:00 pm – Zumba Toning	12:00 pm - 2:00 pm- Silver Fox Fitness
1:45 pm - Aqua Zumba & Toning	Line Dance	Boxing & Self-Defense	2:00 pm - Yoga Stretch	1:00 pm - 3:30 pm- Int. Pickleball
2:00 pm – Pickleball	*We are open until 7pm	2:00 pm – Pickleball	3:00 pm - Aqua Zumba &	Meet Up
Meet up	Every Tuesday	Meet Up	Toning	3:00 pm - Silver in Motion

2	3	4	5	6
Pickleball Tournament 8:30 am -1:00 pm *Registration Full	Pound Class 9:30 am 	Cricut Class 9:00 am – 11:00 am  Made with Love Cookie Decorating w/ Georgia Leadership 11:00 am	Gohan Trip 9:30 am *Registration Required	Love Through Kindness w/ Kairos Voices Ministry 10:00 am
Technology Presentation w/ Humana 10:00 am	Quarter Bingo w/ LSSC 11:30 am	Mexican Train Dominos 1:00 pm - 3:00 pm	Self-Care w/ US Public Health 11:30 am	Canasta 12:00 pm
Pen & Paper Echo Writers' Club 11:30 am – 1:00 pm			Bid Whist 1:30 pm - 4:00 pm 	Mexican Train Dominos 1:00 pm - 3:00 pm
Bridge 1:30 pm	Needle Works for a Cause 2:00 pm - 3:30 pm 			Leather Craft 1:30 pm
Bold Beaders Meet-Up *Bring your own Beads 2:00 pm - 3:00 pm				 
9	10	11	12	13
Instructional Pickleball 10:00 am - Beginners 11:30 am – Intermediate	Pound Class 9:30 am 	Pancakes & Poetry 10:30 am  Mobile Library 10:30 am	Trivia w/ LSSC 10:30 am	Valentine BINGO & info w/ Gentiva Hospice 10:45 am
Pen & Paper Echo Writers' Club 11:30 am – 1:00 pm	Craft w/ LSSC Bird Feeders 11:00 am	Bible Study 12:30 pm 	Bid Whist 1:30 pm - 4:00 pm 	Canasta 12:00 pm
Bridge 1:30 pm	Digital Literacy 11:00 am -1:00 pm *Registration Required	Mexican Train Dominos 1:00 pm - 3:00 pm		Mexican Train Dominos 1:00 pm - 3:00 pm
Bold Beaders Meet-Up *Bring your own Beads 2:00 pm - 3:00 pm	Needle Works for a Cause 2:00 pm - 3:30 pm 			Leather Craft 1:30 pm
				Cinema Day 1:30 pm "Swan Song" "The Roses"

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.

<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>This is Love, John &amp; Abigail Adams Seminar</b> w/ Dr. Holdzkom, KSU 11:00 am</p> <p><b>Pen &amp; Paper Echo Writers' Club</b> 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> Felted Hearts 2:00 pm</p>	<p><b>Empowering Voices &amp; Golden Freedom</b> Celebrating Black History Month &amp; Senior Independence Month w/ DanObe Foundation, Inc.</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>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<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> Honey 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</p> <p><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.