

# JULY

# Lithia Springs Senior Center

**WE ARE A RENEW ACTIVE FACILITY**

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)

## Monday

9:00 am- Chair Dancing  
 10:00 am - H2O Fit  
 10:30 am – Yoga w/Katrina  
 12:15 pm - Pound Class  
 \*No Class on 7/3  
 1:30 pm -Healing Waters  
 \*No Class on 7/3  
 2:00 pm – Pickleball Meet Up

(July 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & 31<sup>st</sup>)

## Tuesday

8:30 am - H2O Move  
 10:00am- Afro Beats  
 11:00am - Bizzylux Wellness  
 1:00 pm – Zumba Gold  
 1:00pm - 2:45 pm  
 Int. Pickleball Meet-Up  
 2:00 pm – Line Dance w/  
 Dancing Blair  
 3:00 pm – Senior Step

(July 11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup>)

## Wednesday

9:00 am- Tai Chi  
 10:00 am- Beginner's  
 Pickleball  
 11:30 am- Line Dance Moves  
 12:30 pm – Yoga w/Katrina  
 1:30 pm - H2O Fit  
 2:00 pm – Pickleball Meet Up

(July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>)

## Thursday

8:30 am - H2O Move  
 \*No Class on 7/6  
 9:00 am- Chair Dancing  
 11:00am - Afro Beats  
 12:00pm- Bizzylux  
 Wellness  
 1:00pm - 2:45 pm  
 Int. Pickleball Meet-Up  
 2:00 pm – Zumba Toning  
 3:00 pm – Silver in Motion  
 3:00 pm- Aqua Toning  
 \*No class 7/13

(July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup>)

## Friday

10:00 am - H2O Fit  
 11:00 am – 1:00 pm  
 Pickleball Meet Up  
 12:00 pm - 2:00 pm-Silver  
 Fox Fitness  
 2:00 pm - Aqua Zumba

(July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>)

3



**Instructional Pickleball**  
 10:00am - Beginners  
 11:30am - Intermediate



1:30 pm

Facility will be  
 CLOSED in  
 observance of  
 Independence Day



5

**BINGO**  
 w/Sonder Health Plans  
 2:30pm



**Mexican Train Dominos**  
 2:00 pm - 3:30 pm



6

**Bid Whist**  
 2:00pm



**“Walking to the Beat”**  
 10:30 am - 11:30 am

**Print Making**  
 2:00pm



7

**Quarter Bingo w/ LSSC**  
 1:00pm

\*Bring your Quarters!!



**Painting w/Deborah**  
 2:00 pm - 4:00 pm  
 \*Please bring your own Canvas

10



**Instructional Pickleball**  
 10:00am - Beginners  
 11:30am - Intermediate



1:30 pm

**Pen & Paper**  
 Echo Writers' Club  
 12:00 pm- 1:30 pm

**Jewelry Making**  
 \*Instructor Lead Class  
 2:00 pm - 3:30 pm

11

**Senior Flex w/ Danja**  
 \*Bidez Financial  
 11:30 am - 12:15 pm

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



**Penny Bingo w/ LSSC**  
 10:30am  
 \*Bring your pennies!!



12

**Library Book Mobile**  
 10:30 am - 11:30 am

**Mexican Train Dominos**  
 2:00 pm - 3:30 pm



**Bingo w/ Wyatt's**  
 3:00pm



13

**Bid Whist**  
 2:00 pm - 4:00 pm



**Craft w/LSSC**  
 2:00 pm



14

**“Cinema Day”**




















2:00pm

Don't Forget to VOTE on one of the Movies Below:

**CREED III**  
**FOREVER MY GIRL**  
**A MAN CALLED OTTO**

**Nature Works w/Deborah**  
 2:00 pm

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

17	18	19	20	21
<p><b>Instructional Pickleball</b> 10:00am - Beginners 11:30am – Intermediate</p>  <p>1:30 pm</p> <p>Pen &amp; Paper Echo Writers' Club 12:00 pm- 1:30 pm</p> <p>Community Education (CE) via Zoom 11:00am</p> <p>* Topic of discussion will be Last Will and Testament, Power of Attorney and Advance Directive for Health Care</p>	<p>Fall Prevention &amp; Pokeno 1:00 pm</p>  <p>Needle Works for a Cause 2:00 pm - 3:30pm</p> 	<p>Library Book Mobile 10:30 am - 11:30 am</p> <p>Birthday Celebration w/Sonder Health Plans 2:30pm</p>  <p>Mexican Train Dominos 2:00 pm - 3:30 pm</p> 	<p>10 Warning Signs of Alzheimer's 10:30am *Light Refreshments</p> <p>Bid Whist 2:00 pm - 4:00 pm</p>  <p>"Walking to the Beat" 10:30 am - 11:30 am</p>	<p>Bingo &amp; Information w/Gentiva Hospice 10:30am</p>  <p>Fire Extinguisher Training w/Reese 1:00pm</p> 
24	25	26	27	28
 <p><b>Instructional Pickleball</b> 10:00am - Beginners 11:30am – Intermediate</p> <p>Georgia Health Leadership Foundation Cooking Demo 11:00am – 1:00pm</p> <p>Pen &amp; Paper Echo Writers' Club 12:00 pm- 1:30 pm</p>	<p>Senior Flex w/ Danja *Bidez Financial 11:30 am - 12:15 pm</p> <p>Fall Prevention &amp; Pokeno 1:00pm</p>  <p>Needle Works for a Cause 2:00 pm - 3:30 pm</p> 	<p>Ice Cream Party *Bidez Financial 1:15pm</p>  <p>*Registration Required</p> <p>Mexican Train Dominos 2:00 pm - 3:30 pm</p> 	<p>Balance, Stretch, &amp; Flow 10:00 am - 11:00 am</p>  <p>Bid Whist 2:00 pm - 4:00 pm</p> 	<p>Drive-Thru Food Distribution 10:00 am *While Supplies Last</p>  <p>Read The Room Book Club JULY: <i>Walking in My Joy</i> By: Jennifer Lewis 2:00 pm - 3:30 pm</p> 
31				

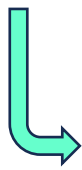
  
**Instructional Pickleball**  
10:00am - Beginners  
11:30am - Intermediate

  
1:30 pm


Pen & Paper  
Echo Writers' Club  
12:00 pm- 1:30 pm


Bold Beaders Bracelet  
MeetUp  
\*Bring your own Materials  
2:00 pm - 3:30 pm

## Did you know?



**Come and visit us on Saturday, July 22<sup>nd</sup>, 2023 from 9:00am- 12:00pm.**



- Aqua Zumba – 9:00am 
- Chair Dancing- 10:00am

- We are now open until **7:00pm on Tuesdays** starting July 11<sup>th</sup>, 2023.