



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 9:00 am- Chair Dancing 10:00 am - H2O Fit 10:30 am – Yoga w/Katrina *No Class on 7/31 & 8/28 12:15 pm - Pound Class *No Class on 8/7 & 8/14 1:30 pm -Healing Waters *No Class on 8/7 & 8/14 1:30 pm - Bridge 2:00 pm – Pickleball Meet Up | 8:30 am - H2O Move 10:00 am- 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 *We are open until 7:00 pm | 9:00 am- Tai Chi 10:00 am- Beginner’s Pickleball 11:15 am- Line Dance Moves 12:45 pm – Yoga w/Katrina *No Class on 8/2 1:30 pm - H2O Fit 2:00 pm – Pickleball Meet Up | 8:30 am - H2O Move 9:00 am- Chair Dancing 11:00am - Afro Beats 12:00 pm- 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 | 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 |
| (August 7 th , 14 th , 21 st , & 28 th) | (August 1 st , 8 th , 15 th , 22 nd & 29 th) | (August 2 nd , 9 th , 16 th , 23 rd & 30 th) | (August 3 rd , 10 th , 17 th , 24 th & 31 st) | (August 4 th , 11 th , 18 th , & 25 th) |

| July 31 st | 1 | 2 | 3 | 4 |
|---|---|---|--|---|
|  Instructional Pickleball 10:00 am - Beginners 11:30 am – Intermediate Pen & Paper Echo Writers’ Club 12:00 pm- 1:30 pm | Needle Works for a Cause 2:00 pm - 3:30 pm  Discussion w/ Dr. Konala 1:00 pm  | Mexican Train Dominos 2:00 pm - 3:30 pm  Balance, Stretch, & Flow 10:00 am - 11:00 am  “Walking to the Beat” 10:30 am - 11:30 am National Watermelon Day 1:00 pm  Bid Whist 2:00 pm – 4:00 pm Print Making 2:00 pm  | Penny Bingo w/ LSSC 10:30am *Bring your pennies!! *On the Patio  | |

| 7 | 8 | 9 | 10 | 11 |
|--|---|---|--|--|
|  Instructional Pickleball 10:00 am - Beginners 11:30 am - Intermediate Pen & Paper Echo Writers’ Club 12:00 pm- 1:30 pm Jewelry Making *Instructor Lead Class 2:00 pm - 3:30 pm | Senior Flex w/ Danja *Bidez Financial 11:30 am - 12:15 pm Fire Extinguisher Training w/Reese 1:30pm  Needle Works for a Cause 2:00 pm - 3:30 pm  | Mexican Train Dominos 2:00 pm - 3:30 pm  WGRS Book Mobile Come Check out the New Truck and Huge Selection of Books! 10:30 am-11:30 am  | Bid Whist 2:00 pm - 4:00 pm  Craft w/LSSC Suncatcher 2:00 pm  | Quarter Bingo w/ LSSC 1:00pm *Bring your Quarters!!  “Cinema Day”  2:00pm Don’t Forget to VOTE on one of the Movies Below: Dog Gone Murder Mystery 2 The Woman King Painting w/Deborah  2:00 pm *Please bring your own Canvas |

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































Come and visit us on August 19th, 2023 from 9:00am- 12:00pm.

* 9:00am - Aqua Zumba * 10:00am – Silver Fox Fitness

* 10am - 11:30am - Bold Bracelet Making Meetup



| 14 | 15 | 16 | 17 | 18 |
|---|--|--|--|--|
|  Instructional Pickleball 10:00 am - Beginners 11:30 am – Intermediate 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 | Dime Bingo w/ LSSC 10:30 am *Bring your dimes!!  Needle Works for a Cause 2:00 pm - 3:30 pm  Self-Care Workshop GA Health Leadership 11:00 am  | Bible Study w/ Pastor Lang 12:30 pm  Mexican Train Dominos 2:00 pm - 3:30 pm  Nature Workshop w/ Deborah Elderberry 2:00 pm Bingo w/ Wyatt's 3:00pm | Balance, Stretch, & Flow 10:00 am - 11:00 am  "Walking to the Beat" 10:30 am - 11:30 am Bid Whist 2:00 pm - 4:00 pm  | Wills Clinic 10:00 am-3:30pm  Bingo & Information w/Gentiva Hospice 10:30 am   Summer Cookout 12:00 - 3:00 pm *Registration Required |
| 21 | 22 | 23 | 24 | 25 |
|  Instructional Pickleball 10:00 am - Beginners 11:30 am – Intermediate Silver Decade Trivia 11:00 am  Pen & Paper Echo Writers' Club 12:00 pm- 1:30 pm  Pudding Bar 1:30pm – 2:30pm *While Supplies Last | Lunch & Learn w/ Sonder Health Plans 1:00 pm  | Library Book Mobile 10:30 am-11:30 am Bible Study w/ Pastor Lang 12:30 pm  Mexican Train Dominos 2:00 pm - 3:30 pm  | AARP 8:30 am-3:30 pm *register at front desk Needle Works for a Cause 2:00 pm - 3:30 pm  Bid Whist 2:00 pm - 4:00 pm  | Drive-Thru Food Distribution 10:00 am *While Supplies Last  Read The Room Book Club AUGUST: Blink By: Malcolm Gladwell 2:00 pm - 3:30 pm  |
| 28 | 29 | 30 | 31 | |
|  Instructional Pickleball 10:00 am - Beginners 11:30 am - Intermediate 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 | Senior Flex w/ Danja *Bidez Financial 11:30 am - 12:15 pm Needle Works for a Cause 2:00 pm - 3:30 pm   Murder Mystery 11:00 am-12:00p *Reservation required | Mexican Train Dominos 2:00 pm - 3:30 pm  Birthday Celebration w/WellCare 2:30 pm  | Balance, Stretch, & Flow 10:00 am - 11:00 am  Bid Whist 2:00 pm - 4:00 pm  | |

Currently, Douglas County's COVID-19 Community level is in the *LOW* range. Therefore, masks are strongly encouraged, but not mandatory.

Please continue to help us as we try to mitigate the spread of COVID-19 & other illnesses.