

September

Lithia Springs Senior Center

If you have any questions or would like to register for a class, please contact us at 770.920.7575

Or via email at lssc@douglascountyga.gov

*Registration is required for ALL activities unless indicated otherwise

MONDAY ACTIVITIES (September 11 th , 18 th , 25 th)	TIME	NOTES/DATES
Chair Dancing	9:00 am	
H2O Fit	10:00 am	
Instructional Pickleball (Beginners)	10:00 am	
Yoga w/ Katrina	10:30 am	*No Class 9/18
Instructional Pickleball (Intermediate)	11:30 am	
Pen & Paper Echo Writers' Club	12:00 pm	
Pound Class	12:15 pm	
Bridge	1:30 pm	
Healing Waters	1:30 pm	
Pickleball Meetup	2:00 pm	
Jewelry Making (Instructor Lead)	2:00 pm	9/18
Bold Beaders Bracelet Meetup	2:00 pm-3:30 pm	*Bring your own Beads

TUESDAY ACTIVITIES *Open Until 7 pm* (September 5 th , 12 th , 19 th , 26 th)	TIME	NOTES/DATES
H2O Move	8:30 am	
Afro Beats	10:00 am	*No Class 9/12
Bizzylux Wellness	11:00 am	*No Class 9/12
<i>Staying Safe & Healthy at Home -ComforCare</i>	11:00 am	9/12
Senior Flex w/ Danja	11:30 am	9/5 & 9/19
Zumba Gold	1:00 pm	
Int. Pickleball Meetup	1:00 pm	
Line Dancing w/ Blair	2:00 pm	
Needle Works for a Cause	2:00 pm	
Senior Step	3:00 pm	

WEDNESDAY ACTIVITIES (September 6 th , 13 th , 20 th , 27 th)	TIME	NOTES/DATES
Tai Chi	9:00 am	
Beginner's Pickleball	10:00 am	
Library Book Mobile	10:30 am	9/6 & 9/20
<i>Fall Into Good Health- GA Health Leadership</i>	11:00 am	9/13
Silver Decade Trivia	10:00 am	9/13
Bingo / Wyatt's Pharmacy	3:00 pm	9/13
Line Dance Moves	11:15 am	
Bible Study w/ Pastor Lang	12:30 pm	9/13 & 9/20
Yoga w/ Katrina	12:45 pm	*No class 9/20
H2O Fit	1:30 pm	
Pickleball Meetup	2:00 pm	
Mexican Train Dominos	2:00 pm	
Print Making w/ Deborah	2:00 pm	9/20
Birthday Celebration	2:30 pm	9/27

We Will Be Closed

Monday
September
4th




Never Forget
September 11



SEPTEMBER
SENIOR CENTER MONTH

We are open
Saturday
September 16th
from 9:00 am-
12:00 pm

Aqua Zumba
9:00 am

Chair Dancing
10:00 am

Bold Beaders
Bracelet
Making
Meetup
10:00 am-
11:30am

*Bring your
own material

Open Pool
10:00 am

Gym &
Pickleball
Available

For your safety, **masks** are strongly encouraged.



THURSDAY ACTIVITIES (September 7 th , 14 th , 21 st , 28 th)		TIME	NOTES/DATES
H2O Move		8:30 am	
Chair Dancing		9:00 am	
Balance, Stretch, & Flow		10:00 am	*No Class 9/28
Craft w/ LSSC -Wood Wreaths		2:00 pm	9/7
Walking to the Beat		10:30 am	9/14 & 9/28
<i>10 Warning Signs of Alzheimer's-Dementia Conversations</i>		10:30 am	9/21
Afro Beats		11:00 am	
Bizzylux Wellness		12:00 pm	
Int. Pickleball Meet-Up		1:00 pm	
Zumba Toning		2:00 pm	
Bid Whist		2:00 pm	
<i>The Benefits of Honey-Nature Works w/ Deborah</i>		2:00 pm	9/21
Bingo w/ WGSP		2:00 pm	9/28
Silver in Motion		3:00 pm	
Aqua Toning		3:00 pm	

*September is
National
Honey
Month!*



*Center
Closed
Friday
September
22nd.*

*Come see us
at the Health
& Wellness
Festival*

*Deer Lick
Park*

*2105 Mack
RD*

*Douglasville,
GA 30135*

FRIDAY ACTIVITIES (September 1 st , 8 th , 15 th , 22 nd , 29 th)		TIME	NOTES/DATES
H2O Fit		10:00 am	
Pickleball Meet-Up		11:00-1:00 pm	
Silver Fox Fitness		12:00-2:00 pm	
Aqua Zumba		2:00 pm	
Quarter Bingo		11:00 am	*Bring your quarters- 9/1
Painting w/ Deborah		2:00 pm	9/1
Happy Grandparent's Day! Grandparents Day Luncheon		12:00 pm	9/8
Bingo & Information-Gentiva Hospice		11:00 am	9/15
Cinema Day		2:00 pm	9/15
Health & Wellness Festival *Registration Not Required		10:00 am-2:00 pm	9/22 @ Deer Lick Park
Drive-Thru Food Distribution		10:00 am	9/29 *While Supplies Last
Read the Room Book Club <i>BearTown</i>		2:00 pm	9/29
MONDAY-FRIDAY ACTIVITIES		TIME	NOTES/DATES
Gym		8:00 am -5:00 pm	*When there's no class in session.
Open Pool		8:00 am -5:00 pm	*When there's no class in session.
Grandparent's Day Mini Photo Session Saturday, September 9 th		9:00 am-12:00 pm	*See flyer for more details. Registration Required


*Don't forget to
vote for your
favorite movie:*

Poms

Dog Gone

Happiness for
Beginners

**Open Until
7:00 pm Every
Tuesday
*Registration
Required**

For your safety, **masks** are strongly encouraged. 

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