

Lithia Springs Senior Center September 2021



Pickleball : 8:15am, 10:15am, 12:15pm, and 2:15pm

Exercise Room : 8:00am, 9:15am, 10:30am, 11:45 am, 1:00pm, 2:15pm, 3:30pm

Open Pool: 8 :15am, 10:30am, 11:45 am, 1:00pm, 2:15pm, 3:30pm

Must reserve time slots

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@co.douglas.ga.us

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sign Up Required for ALL Activities Due to Covid</p> <ul style="list-style-type: none"> Please note that all classes are <u>first come first serve</u>. Please note during scheduled classes the pool may be closed. 				
<p>6</p> <p>Closed</p>	<p>7</p> <p>Line Dance Moves 10:15 am to 11:15 am</p> <p>Library Book Mobile 10:30am-11:30am</p> <p>Bible Trivia w/Tamara 2:30pm-3:30pm</p>	<p>8</p> <p>Tai Chi 9:00 am to 10:00 am</p> <p>Beginner's Pickleball 10:15 am to 12:00 pm</p> <p>Arts W/Talyn 11:00 am to 12:30 pm</p>	<p>9</p> <p>Stepping to the Beat 10:30 am to 11:00 am</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p>10</p> <p>Fall Free Friday w/ DPH Virtual Presentation Kick-Off & Tai Chi Demo (Banquet Hall) 10:00 am to 11:00 am</p> <p>Labor Day Craft (Flag Door Hanger) 11:00 am-12:00 pm</p> <p>Bunco 2:00 pm to 4:00 pm</p>
<p>13</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>Stepping to the Beat 10:30 am to 11:00 am</p> <p>Pound Class 12:15 pm to 1:15 pm</p>	<p>14</p> <p>Kristy's Water Aerobics 9:00 am-10:00 am</p> <p>Line Dance Moves 10:15 am to 11:15 am</p> <p>Bracelet Making w/Mrs. Vicki 12:30 pm to 1:30 pm</p>	<p>15</p> <p>Tai Chi 9:00 am to 10:00 am</p> <p>Beginner's Pickleball 10:15 am to 12:00 pm</p> <p>Wind down Wednesday w/Humana 1:00 pm</p>	<p>16</p> <p>Kristy's Water Aerobics 9:00 am-10:00 am</p> <p>Stepping to the Beat 10:30 am to 11:00 am</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p>17</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>UGA Extension Presents Food Safety w/Susan 11:00 am</p> <p>Game Time 2:00 pm to 4:00 pm</p>
<p>20</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>Stepping to the Beat 10:30 am to 11:00 am</p> <p>Pound Class 12:15 pm to 1:15 pm</p>	<p>21</p> <p>Line Dance Moves 10:15 am to 11:15 am</p> <p>Library Book Mobile 10:30am-11:30am</p> <p>Needle Works for a Cause 12:00 pm to 2:00 pm See Supply List</p>	<p>22</p> <p>Tai Chi 9:00 am to 10:00 am</p> <p>Beginner's Pickleball 10:15 am to 12:00 pm</p> <p>Bible Study w/Rev. Franklin 2:00 pm-3:00 pm</p>	<p>23</p> <p>Stepping to the Beat 10:30 am to 11:00 am</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p>24</p> <p>Fall Free Friday w/ DPH Virtual Presentation Music Therapy 10:00 am to 11:00 am (Banquet Hall)</p> <p>Senior Flex 11:30 am-12:15pm</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>Bingo 3:00 pm to 4:30 pm</p>
<p>27</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>Stepping to the Beat 10:30 am to 11:00 am</p> <p>Pound Class 12:15 pm to 1:15 pm</p>	<p>28</p> <p>Kristy's Water Aerobics 9:00 am-10:00 am</p> <p>Line Dance Moves 10:15 am to 11:15 am</p> <p>Medicare 101 w/Cheryl 11:00 am</p>	<p>29</p> <p>Tai Chi 9:00 am to 10:00 am</p> <p>Beginner's Pickleball 10:15 am to 12:00 pm</p> <p>Arts W/Talyn 11:00 am to 12:30 pm</p>	<p>30</p> <p>Kristy's Water Aerobics 9:00 am-10:00 am</p> <p>Stepping to the Beat 10:30 am to 11:00 am</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	

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