

LITHIA SPRINGS SENIOR CENTER

Pickleball, Exercise Room, Open Pool

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
<h1>OCTOBER</h1> <p>Registration Required for All Activities due to Covid Restrictions.</p> <p>You may register for classes each Friday for the upcoming week.</p> <p>Ask about our "Tech Help Tuesdays"!</p>				<p>1</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>Come Celebrate National Coffee Day! Coffee Social 10:30 am-11:30 am</p> <p>Game Time 2:00 pm-3:30 pm</p>
<p>4</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>*Stepping to the Beat "Pink Out" 10:30 am to 11:30 am</p> <p>Pound Class 12:15 pm to 1:15 pm</p> <p>Open Art 1:30 pm-3:30 pm</p>	<p>5</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00 am-11:00am</p> <p>Library Book Mobile 10:30 am-11:30 am</p> <p>Line Dance Moves 10:15 am to 11:15 am</p> <p>Senior Flex 11:30 am-12:15 pm</p> <p>Needle Works for a Cause 1:30 pm-3:30 pm</p>	<p>6</p> <p>Blood Pressure Checks 8:30 am-9:00 am *Café Lounge</p> <p>Tai Chi 9:00 am-10:00 am</p> <p>Beginners Pickleball 10:15 am-12:00 pm</p> <p>Bible Study w/Pastor Lang 12:30 pm-1:30 pm</p>	<p>7</p> <p>Men's Coffee & Conversation 8:30 am-9:30 am</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00 am-11:00 am</p> <p>*Stepping to the Beat "Pink Out" 11:15 am to 12:15 pm</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p>8</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>Self-Guided Chair Yoga 11:00 AM 12:00 PM</p> <p>Pumpkin Painting 2:00 pm-3:00 pm</p> 
<p>11</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>*Stepping to the Beat "Pink Out" 10:30 am to 11:30 am</p> <p>Arts w/Talyn 11:00 am to 12:30 pm</p> <p>Pound Class 12:15 pm to 1:15 pm</p> <p>Open Art 1:30 pm-3:30 pm</p>	<p>12</p> <p>Line Dance Moves 10:15 am to 11:15 am</p> <p>UGA: Garden Grow Bag 10:00 am to 11:00 am</p> <p>Senior Flex 11:30 am-12:15 pm</p> <p>Bracelet Making w/Vicki 1:30 pm-3:30 pm</p>	<p>13</p> <p>Tai Chi 9:00 am-10:00 am</p> <p>Beginners Pickleball 10:15 am-12:00 pm</p> <p>CAC-Crochet Pumpkins 1:00 pm- 3:00 pm</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p>14</p> <p>Men's Coffee & Conversation 8:30 am-9:30 am</p> <p>Bingocize 10:00 am-11:00 am</p> <p>*Stepping to the Beat "Pink Out" 11:15 am to 12:15 pm</p> <p>Bingo W/Wyatt's Pharmacy 2:00 pm to 3:00 pm</p>	<p>15</p> <p>H2O Fit 9:15 am to 10:15am</p> <p>Self-Guided Chair Yoga 11:00 AM - 12:00 PM</p> <p>Caption Call Virtual Informational Meeting 11:00 am to 12:30</p> <p>Fall Candle Holder Craft 1:00 pm-2:15 pm</p> <p>Game Time 2:30 pm-4:00 pm</p>

Please turn page to see remainder of scheduled events for October. 

<p style="text-align: right;">18</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>*Stepping to the Beat "Pink Out" 10:30am to 11:00 am</p> <p>Pound Class 12:15 pm to 1:15 pm</p> <p>Bingo W/Legacy Ridge 2:00 pm to 3:00 pm</p>	<p style="text-align: right;">19</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00 am-11:00 am</p> <p>Library Book Mobile 10:15 am-11:15 am</p> <p>Senior Flex 11:30 am-12:15 pm</p> <p>Needle Works for a Cause 1:30 pm-3:30 pm</p>	<p style="text-align: right;">20</p> <p>Tai Chi 9:00 am-10:00 am</p> <p>Beginners Pickleball 10:15 am-12:00 pm</p> <p>UGA Extension Food Talk: Power up with Protein 11:00 am- 12:00 pm</p> <p>Bible Study - Rev. Franklin 2:00 pm-3:00 pm</p>	<p style="text-align: right;">21</p> <p>Men's Coffee & Conversation 8:30 am-9:30 am</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00 am-11:00 am</p> <p>*Stepping to the Beat "Pink Out" 11:15 am to 12:15 pm</p> <p>August, September, and October Birthday Celebration 2:00 pm- 3:00 pm</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p style="text-align: right;">22</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>Self-Guided Chair Yoga 11:00 AM 12:00PM</p> <p>Costume Party – Humana 1:00 pm-3:00 pm</p>
<p style="text-align: right;">25</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>*Stepping to the Beat "Pink Out" 10:30 am to 11:00 am</p> <p>Pound Class 12:15 pm to 1:15 pm</p> <p>Open Art 1:30 pm-3:30 pm</p>	<p style="text-align: right;">26</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00am-11:00am</p> <p>The Breast Cancer Speaker (Evelyn G. Hunter) 11:30 am-12:30 pm</p> <p>Needle Works for a Cause 1:30 pm-3:30 pm</p>	<p style="text-align: right;">27</p> <p>Tai Chi 9:00 am-10:00 am</p> <p>Beginners Pickleball 10:15 am-12:00 pm</p> <p>Arts w/Talyn 1:30 pm-3:00 pm</p> <p>Senior Flex 11:30 am-12:15 pm</p> <p>Bible Study w/Pastor Lang 12:30 pm-1:30 pm</p>	<p style="text-align: right;">28</p> <p>Men's Coffee & Conversation 8:30 am-9:30 am</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00 am-11:00 am</p> <p>*Stepping to the Beat "Pink Out" 11:15 am to 12:15 pm</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p style="text-align: right;">29</p> <p>H2O Fit 9:15 am to 10:15 am</p> <p>Self-Guided Chair Yoga 11:00 AM 12:00 PM</p> <p>"Maskerade" How creative can you get with your mask? Come Join in on the fun! 2:00 pm-3:30 pm</p>

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