

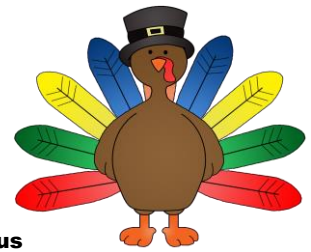
LITHIA SPRINGS SENIOR CENTER

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



	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
H2o Fit 9:15 am to 10:15 am	Aquafit 9:00 am-10:00 am	Tai Chi 9:00 am-10:00 am	Aquafit 9:00 am-10:00 am	H2o Fit 9:15 am to 10:15am
*Stepping to the Beat 10:30 am to 11:30 am	Bingocize 10:00 am-11:00 am	Beginners Pickleball 10:00 am-11:30 am	Bingocize 10:00 am-11:00 am	Self-Guided Chair Yoga 11:00 am 12:00 pm
Pound Class 12:15 pm to 1:15 pm	Library Book Mobile 10:00 am-11:00 am	UGA Extension- Building Your Calcium Bone Bank 11:00 am – 12:00 pm	*Stepping to the Beat 11:15 am to 12:15 pm	Spirit Day "Sport your favorite NFL Team Day"
Open Art 1:30 pm-3:00 pm	Needle Works for a Cause 1:30 pm-3:30 pm	Bingo Lunch w/Wyatt's 12:05 to 1:00 pm	Zumba Gold 3:00 pm-4:00 pm	Georgia Cares Ship *Need help with Medicare? Appointments are limited. Please reserve your time slot today!
Caption Call 3pm	Line Dance Moves 2:00 pm- 3:00 pm	Bible Study w/Pastor Lang 12:30 pm-1:30 pm	Georgia Cares Ship *Need help with Medicare? Appointments are limited. Please reserve your time slot today!	
8	9	10	11	12
H2o Fit 9:15 am to 10:15 am	Aquafit 9:00 am-10:00 am	Blood Pressure Checks 8:30 am-9:00 am *Café Lounge		H2o Fit 9:15 am to 10:15am
*Stepping to the Beat 10:30 am to 11:30 am	Bingocize 10:00 am-11:00 am	Tai Chi 9:00 am-10:00 am	Remember Our VETERANS	Kinetic Abundance Yoga w/Katrina 12:30 pm – 1:30 pm
Pound Class 12:15 pm to 1:15 pm	Thanksgiving Luncheon by AGAPE 12:00 pm (25 max)	Beginners Pickleball 10:00 am-11:30 am	Facility will be closed in observance of Veterans Day	Game Time 2:30 pm-3:30 pm
Fall Table Runner's Craft 1:30 pm-3:00 pm	Flu Shot with Walgreens 12:30 pm- 1:30 pm	Veterans Day Luncheon *Reservation Required 12 pm		Spirit Day "Sport your favorite College Team Day"
	Needle Works for a Cause 1:30 pm-3:00 pm	Bible Study - Rev. Franklin 2:00pm-3:00pm		
	Line Dance Moves 2:00 pm- 3:00 pm			
	Zumba Gold 3:00 pm-4:00 pm			

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

<p>15</p> <p>H2o Fit 9:15 am to 10:15 am</p> <p>*Stepping to the Beat Gobble Jog 10:30 am to 11:30 am</p> <p>Pound Class 12:15 pm to 1:15 pm</p> <p>Fall Craft 1:30 pm-3:00 pm</p>	<p>16</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00 am-11:00 am</p> <p>Library Book Mobile 10:00 am-11:00 am</p> <p>Senior Flex 11:30 am-12:15 pm</p> <p>Needle Works for a Cause 1:30 pm-3:00 pm</p> <p>Line Dance Moves 2:00 pm- 3:00 pm</p>	<p>17</p> <p>Tai Chi 9:00 am-10:00 am</p> <p>Beginners Pickleball 10:00 am-11:30 am</p> <p>Bible Study w/Pastor Lang 12:30 pm-1:30 pm</p>	<p>18</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00 am-11:00 am</p> <p>*Stepping to the Beat 11:15 am to 12:15 pm</p> <p>Birthday Celebration 2:00 pm- 3:00 pm</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p>19</p> <p>H2o Fit 9:15 am to 10:15am</p> <p>Kinetic Abundance Yoga w/Katrina 12:30 pm – 1:30 pm</p> <p>Game Time 2:30 pm-3:30 pm</p> <p>Spirit Day "Sport your favorite Hightschool Team Day"</p>
<p>22</p> <p>H2o Fit 9:15 am to 10:15 am</p> <p>*Stepping to the Beat 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-3:00 pm</p>	<p>23</p> <p>Bingocize 10:00 am-11:00 am</p> <p>Senior Flex 11:30 am-12:15 pm</p> <p>Medication Management W/Wyatt's Pharmacy 12:45 pm to 1:45 pm</p> <p>Needle Works for a Cause 2:00 pm to 3:30</p> <p>Line Dance Moves 2:00 pm- 3:00 pm</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p>24</p> <p>Tai Chi 9:00 am-10:00 am</p> <p>Beginners Pickleball 10:00 am-11:30 am</p> <p>Harvest Tea 11:45 am- 1:00 pm</p>	<p>25</p> <p>26</p>  <p>Happy Thanksgiving</p> <p>Facility will be closed in observance of the Thanksgiving Holiday</p>	
<p>29</p> <p>H2o Fit 9:15 am to 10:15 am</p> <p>*Stepping to the Beat 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-3:00 pm</p>	<p>30</p> <p>Aquafit 9:00 am-10:00 am</p> <p>Bingocize 10:00 am-11:00 am</p> <p>Senior Flex 11:30 am-12:15 pm</p> <p>Needle Works for a Cause 1:30 pm-3:00 pm</p> <p>Line Dance Moves 2:00 pm- 3:00 pm</p> <p>Zumba Gold 3:00 pm-4:00 pm</p>	<p>"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving."</p> <p>W. T. Purkiser</p>		

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