

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 or via email at lssc@co.douglas.ga.us



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Tai Chi 9:00 am-10:00 am Beginners Pickleball 10:00 am-11:30 am Line Dance Moves 11:30 am to 12:30 pm Bible Study w/Pastor Lang 12:30 pm-1:30 pm Kinetic Abundance Yoga w/Katrina 2:00 pm- 3:00 pm	Aquafit 9:00 am-10:00 am Bingocize 10:00 am-11:00 am *Stepping to the Beat 11:15 am to 12:15 pm Zumba Gold 3:00 pm-4:00 pm "Jingle Jam" 5:30pm- 7:30pm	H2o Fit 9:15 am to 10:15 am Self-Guided Chair Yoga 11:00 am - 12:00 pm Silver Fox Fitness 12:00 pm-2:00 pm Table Tennis Play 2:00 pm-3:30 pm
6	7	8	9	10
H2o Fit 9:15 am to 10:15 am *Stepping to the Beat 10:30 am to 11:30 am Pound Class 12:15 pm to 1:15 pm Open Art 1:30 pm-3:00 pm Table Tennis Play 2:00 pm-3:30 pm 	Aquafit 9:00 am-10:00 am Bingocize 10:00 am-11:00 am Health Talk w/Emijay's Cosmetics 12:00 pm - 1:00 pm Christmas Arts - Deborah 1:00 pm- 2:00pm Needle Works for a Cause 2:00 pm-3:00 pm	Tai Chi 9:00 am-10:00 am Beginners Pickleball 10:00 am-11:30 am Line Dance Moves 11:30 am to 12:30 pm Kinetic Abundance Yoga w/Katrina 12:30 pm- 1:30 pm Christmas Craft 2:00 pm-3:00 pm	Aquafit 9:00 am-10:00 am Bingocize 10:00 am-11:00 am *Stepping to the Beat 11:15 am to 12:15 pm Cookies, Cocoa, & Mental Health with AGAPE 12:00 pm Zumba Gold 3:00 pm-4:00 pm	H2o Fit 9:15 am to 10:15 am Self-Guided Chair Yoga 11:00 am - 12:00 pm Silver Fox Fitness 12:00 pm-2:00 pm Bingo w/ Wyatt's 2:30 pm-3:30 pm
13	14	15	16	17
H2o Fit 9:15 am to 10:15 am *Stepping to the Beat 10:30 am to 11:30 am Pound Class 12:15 pm to 1:15 pm Open Art 1:30 pm-3:00 pm Table Tennis Play 2:00 pm-3:30 pm 	Aquafit 9:00 am-10:00 am Bingocize 10:00 am-11:00 am Library Book Mobile 10:00 am-11:00 am Senior Flex 11:30 am-12:15 pm Needle Works for a Cause 1:30 pm-3:00 pm	Tai Chi 9:00 am-10:00 am Chicken Biscuits & Christmas Carols 9:30 am-10:30 am Beginners Pickleball 10:00 am-11:30 am Kinetic Abundance Yoga w/Katrina 11:30 am – 12:30 pm Bible Study w/Pastor Lang 12:30 pm-1:30 pm	Aquafit 9:00 am-10:00 am Bingocize 10:00 am-11:00 am *Stepping to the Beat 11:15 am to 12:15 pm Ornament Making 1:30 pm- 2:30 pm Birthday Celebration 2:30 pm- 3:30 pm Zumba Gold 3:00 pm-4:00 pm	Blood Pressure Checks w/Legacy Ridge 8:30 am-9:00 am *Café Lounge H2o Fit 9:15 am to 10:15 am Self-Guided Chair Yoga 11:00 am - 12:00 pm Silver Fox Fitness 12:00 pm-2:00 pm "Secret Santa" \$5.00 Gift Limit 2:30 pm-3:30 pm

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

<p style="text-align: right;">20</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 style="text-align: right;">21</p> <p>Aquafit 9:00 am-10:00 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>Table Tennis Play 2:00 pm-3:30 pm</p> 	<p style="text-align: right;">22</p> <p>Tai Chi 9:00 am-10:00 am</p> <p>Beginners Pickleball 10:00 am-11:30 am</p> <p>Line Dance Moves 11:30 am to 12:30 pm</p> <p>Bracelet Making 12:30 pm- 2:00 pm</p>	<p style="text-align: right;">23</p> <p style="text-align: right;">24</p>  <p style="text-align: center;">Facility will be closed in observance of the Christmas Holiday</p>	
<p style="text-align: right;">27</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 style="text-align: right;">28</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>Table Tennis Play 2:00 pm-3:30 pm</p> 	<p style="text-align: right;">29</p> <p>Tai Chi 9:00 am-10:00 am</p> <p>Beginners Pickleball 10:00 am-11:30 am</p> <p>Line Dance Moves 11:30 am to 12:30 pm</p> <p>Table Tennis Play 12:30 pm-2:30 pm</p> 	<p style="text-align: right;">30</p> <p>*Stepping to the Beat 11:15 am to 12:15 pm</p> <p>Pound Class 12:30 pm to 1:30 pm</p> <p>Table Tennis Play 12:30 pm-2:30 pm</p> 	<p style="text-align: right;">31</p> <p style="text-align: center;">Closed in observance of the New Year's Holiday</p> 

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