



# Lithia Springs Senior Center














**WE ARE A RENEW ACTIVE FACILITY**



**Mask Required**

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@douglascountyga.gov](mailto:lssc@douglascountyga.gov)

















Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am- Chair Dancing 9:30 am - H2O Fit 10:30 am – Yoga w/Katrina *No class on 2/13, 2/20, 2/27 12:15 pm - Pound Class 1:30 pm -Healing Waters 2:00 pm – Pickleball Meet Up	8:30 am - H2O Move 10:00am- Afro Beats *No class on 2/21 & 2/28 11:00am - Bizzylux Wellness *No class on 2/21 & 2/28 1:00 pm – Zumba Gold 1:00pm - 2:45 pm Int. Pickleball Meet-Up 2:00 pm – Line Dance w/ Dancing Blair 3:00 pm – Senior Step	9:00 am- Tai Chi 10:00 am- Beginner’s Pickleball 11:30 am- Line Dance Moves 12:30 pm – Yoga w/Katrina *No class on 2/23 1:30 pm - H2O Fit 2:00 pm – Pickleball Meet Up	8:30 am - H2O Move 9:00 am- Chair Dancing 11:00am - Afro Beats *No class on 2/23 12:00pm- Bizzylux Wellness *No class on 2/23 1:00pm - 2:45 pm Int. Pickleball Meet-Up 2:00 pm – Zumba Toning 3:00 pm – Silver in Motion	9:30 am - H2O Fit 11:00 am – 1:00 pm Pickleball Meet Up 12:00 pm - 2:00 pm-Silver Fox Fitness 2:00 pm – Aqua Zumba
(February 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>h</sup> )	(February 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , & 28 <sup>th</sup> )	(February 1 <sup>st</sup> , 8 <sup>th</sup> 15 <sup>th</sup> , & 22 <sup>nd</sup> )	(February 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , & 23 <sup>rd</sup> )	(February 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , & 24 <sup>th</sup> )

<b>7 Steps to Preventing Heart Disease</b> Exercise Regularly. Get a minimum of 30 minutes of exercise every day. Even brisk walking or simple stretches at home will be better than none. Stop Smoking. Have a Healthy, Balanced Diet. Regular Checkups with Your Doctor. Early prevention is the key to a long and happy life. Cut Back on Alcohol. Find healthy outlets to manage stress levels and lower your risk of heart disease risk.		<b>1</b> <b>Bingo w/Sonder Health Plans</b> 2:00pm  <b>Mexican Train Dominos</b> 3:00 pm - 4:15 pm 	<b>2</b> <b>Balance, Stretch, &amp; Flow</b> 10:00 am - 11:00 am  <b>Bid Whist</b> 2:00pm 	<b>3</b> <b>Penny Bingo w/ LSSC</b> 10:30am *Bring your pennies!!  <b>Painting w/Deborah</b> 2:00 pm *Canvas will be provided  <b>National Bubble Gum Day</b> *Stop by the front desk for your piece of bubble gum
<b>6</b> <b>Instructional Pickleball</b> 10:00am - Beginners 11:30am - Intermediate  <b>Vision Board Activity w/Katrina</b> 1:15 pm - 3:30 pm  <b>Bridge 1:30 pm</b>  <b>Bracelet Making</b> 2:00 pm - 3:30 pm	<b>7</b> <b>Senior Flex</b> 11:30 am - 12:15 pm  <b>Needle Works for a Cause</b> 2:00 pm - 3:30 pm 	<b>8</b> <b>Library Book Mobile</b> 10:30 am - 11:30 am  <b>Bible Study w/Pastor Lang</b> 12:30 pm - 1:30 pm  <b>Bingo w/WGSP</b> 2:30pm 	<b>9</b> <b>Bid Whist</b> 2:00 pm - 4:00 pm   <b>Bingo w/Wyatt’s</b> 2:30pm  *Wyatt’s will serve Pizza in honor of National Pizza Day!!	<b>10</b> <b>Nickel Bingo w/ LSSC</b> 10:30am *Bring your nickels!!   <b>Cinema Day”</b>  <b>12:00 pm - 2:00 pm</b> Don’t Forget to VOTE on one of the Movies Below: <b>If Beale Street Could Talk</b> <b>Something From Tiffany’s</b> <b>Failure To Launch</b>

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



February 3<sup>rd</sup>

13	14	15	16	17
<b>Instructional Pickleball</b> 10:00am - Beginners 11:30am - Intermediate  Valentine's Day Craft w/LSSC 10:30am    Valentine's Day Senior Ball w/ Oakstreet Health 12:00pm    <b>Bridge 1:30 pm</b>  <b>Bracelet Making</b> 2:00 pm - 3:30 pm	<b>Valentine's Day Bingo</b> *LSSC 12:30pm    <b>Needle Works for a Cause</b> 2:00 pm - 3:30pm  	<b>Stretch your grocery dollars!</b> *HUMANA 10:30am    <b>Library Book Mobile</b> 10:30 am - 11:30 am  <b>Bible Study w/Pastor Lang</b> 12:30 pm - 1:30 pm	<b>Balance, Stretch, &amp; Flow</b> 10:00 am - 11:00 am    <b>Thrivent Financial Seminar</b> 2:00 pm - 3:00 pm  <b>Bid Whist</b> 2:00 pm - 4:00 pm  	<b>Painting w/Deborah</b> 2:00 pm - 4:00 pm *Please bring your own <b>Canvas</b>  
20	21	22	23	24
<b>Instructional Pickleball</b> 10:00am - Beginners 11:30am - Intermediate  <b>Pancakes &amp; Poetry</b> *Black History Month Edition 10:30am    <b>Bridge 1:30 pm</b>  <b>Dime Bingo w/ LSSC</b> 3:00pm *Bring your dimes!!  	<b>Needle Works for a Cause</b> 2:00 pm - 3:30 pm  	<b>Dollar General Couponing</b> 10:30  <b>Library Book Mobile</b> 10:30 am-11:30 am  <b>National Margarita Day</b> Come have a "Mockarita" w/Us! 12:00pm  	<b>Balance, Stretch, &amp; Flow</b> 10:00 am - 11:00 am    <b>Bid Whist</b> 2:00 pm - 4:00 pm  <b>February Birthday            Celebration</b> 2:30pm  	<b>Read The Room Book Club</b> <b>February:</b> <b>Vanishing Half</b> <b>By: Brit Bennett</b> 2:00 pm - 3:30 pm  <b>Drive-Thru Food            Distribution</b> 10:00 am *While Supplies Last  
27	28	<div style="border: 2px solid yellow; padding: 10px; margin: 10px auto; width: 80%;"> <p><b>"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." – Harriet Tubman</b></p> </div>		
<b>Library Book Mobile</b> 10:30 am-11:30 am  <b>Instructional Pickleball</b> 10:00am - Beginners 11:30am - Intermediate  <b>Bridge 1:30 pm</b>  <b>Bracelet Making</b> 2:00 pm - 3:30 pm	<b>Heart Health Talk</b> Wyatt's Pharmacy 1:30pm *Refreshments will be served  <b>Needle Works for a Cause</b> 2:00 pm - 3:30 pm  			

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Currently, Douglas County's COVID-19 Community level is in the **LOW** range. Therefore, please continue to help us as we try to mitigate the spread of COVID-19. We are asking all Members to wear a mask in the building and as you participate in your classes.

We will stay abreast of recommendations from Cobb and Douglas Public Health and will update requirements based on best practices. As always, thank you for helping us make the Lithia Springs Senior Center a fun and safe place to play and work!