



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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am- Chair Dancing 9:30 am - H2O Fit 10:30 am – Yoga w/Katrina *No class on 3/6 12:15 pm - Pound Class 1:30 pm -Healing Waters 2:00 pm – Pickleball Meet Up	8:30 am - H2O Move *No Class on 3/14 & 3/21 10:00am- Afro Beats 11:00am - Bizzylux Wellness 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 3/1 & 3/8 1:30 pm - H2O Fit 2:00 pm – Pickleball Meet Up	8:30 am - H2O Move *No Class on 3/16, & 3/23 9:00 am- Chair Dancing 11:00am - Afro Beats 12:00pm- Bizzylux Wellness 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
(March 6 th , 13 th , 20 th & 27 th)	(March 7 th , 14 th , 21 st & 28 th)	(March 1 st , 8 th , 15 th , 22 nd , & 29 th)	(March 2 nd , 9 th , 16 th , 23 rd & 30 th)	(March 3 rd , 10 th , 17 th , 24 th , & 31 st)

1	2	3
---	---	---



Mexican Train Dominos
2:00 pm - 3:30 pm

Bid Whist
2:00pm

Penny Bingo w/ LSSC
10:30am
*Bring your pennies!!

Caption Call Seminar
1:00pm
*Refreshments will be served

6	7	8	9	10
---	---	---	---	----

PICKLEBALL
Instructional Pickleball
10:00am - Beginners
11:30am - Intermediate

BRIDGE
1:30 pm

Pen & Paper
Echo Writers' Club
12:00 pm- 1:30 pm

Bracelet Making
2:00 pm - 3:30 pm

Senior Flex
11:30 am - 12:15 pm

Needle Works for a Cause
2:00 pm - 3:30 pm

Library Book Mobile
10:30 am - 11:30 am

Georgia Center For Deaf & The Hard of Hearing Presentation
11:30 am - 12:30 pm

Bible Study w/Pastor Lang
12:30 pm - 1:30 pm

St. Patrick's Day Craft
*LSSC
2:00pm

Balance, Stretch, & Flow
10:00 am - 11:00 am

Edward Financial Group Senior Financial Awareness 101
*Snacks Provided
10:00am
Bid Whist
2:00 pm - 4:00 pm

Bingo w/ WGSP
2:30pm






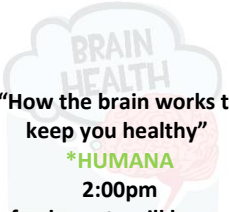















Nickel Bingo w/ LSSC
10:30am
*Bring your nickels!!

"Cinema Day"
12:30pm
Don't Forget to VOTE on one of the Movies Below:
Black Panther: Wakanda Forever
Shotgun Wedding
Twins

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

Brain Awareness Week

March 13th - 19th

13	14	15	16	17
 <p>Instructional Pickleball 10:00am - Beginners 11:30am – Intermediate</p>  <p>1:30 pm</p> <p>Pen & Paper Echo Writers' Club 12:00 pm- 1:30 pm</p> <p>St. Patrick's Day Bracelet Making 2:00 pm - 3:30 pm</p>	<p>Needle Works for a Cause 2:00 pm - 3:30pm</p>   <p>Bingo w/ Wyatt's 3:00 pm - 4:00 pm</p> 	<p>Bible Study w/Pastor Lang 12:30 pm - 1:30 pm</p>  <p>"How the brain works to keep you healthy" *HUMANA 2:00pm *Refreshments will be served</p>	<p>Balance, Stretch, & Flow 10:00 am - 11:00 am</p>  <p>Thrivent Financial Seminar 2:00 pm - 3:00 pm</p> <p>Bid Whist 2:00 pm - 4:00 pm</p> 	<p>Join us for St. Patrick's Day Nachos & Bingo! 12:00 pm</p> <p>Painting w/Deborah 2:00 pm - 4:00 pm *Please bring your own Canvas</p> <p>Rockin' Roxies: Decades of Dames 3:00pm -This high-energy production features two of Atlanta's best female singers and entertainers. Hear them harmonize those classic tunes made famous by debonair dames you know and love from 1940 all the way to 1970. *Event will be held at Woodie Fite Senior Center</p>
20	21	22	23	24
 <p>Instructional Pickleball 10:00am - Beginners 11:30am - Intermediate</p>  <p>1:30 pm</p> <p>Pen & Paper Echo Writers' Club 12:00 pm- 1:30 pm</p>	<p>Senior Flex 11:30 am - 12:15 pm</p> <p>Needle Works for a Cause 2:00 pm - 3:30 pm</p> 	<p>Library Book Mobile 10:30 am - 11:30 am</p> <p>Mexican Train Dominos 2:00 pm – 3:30 pm</p> 	<p>Bid Whist 2:00 pm - 4:00 pm</p> <p>AARP Driving Course 8:30am *Registration Required *Fee Required</p> <p>Sonder Health Plans Bingo 2:30pm</p> 	<p>Drive-Thru Food Distribution 10:00 am *While Supplies Last</p> <p>Read The Room Book Club March: Project Hail Mary By: Andy Weir 2:00 pm - 3:30 pm</p>
27	28	29	30	31
 <p>Instructional Pickleball 10:00am - Beginners 11:30am - Intermediate</p>  <p>1:30 pm</p> <p>Pen & Paper Echo Writers' Club 12:00 pm- 1:30 pm</p> <p>Bracelet Making 2:00 pm - 3:30 pm</p>	<p>Needle Works for a Cause 2:00 pm - 3:30 pm</p> 	<p>Bingo w/ LSSC 11:00am</p>  <p>Birthday Celebration * Oak Street Health 2:30pm</p> 	<p>Balance, Stretch, & Flow 10:00 am - 11:00 am</p>  <p>Bid Whist 2:00 pm - 4:00 pm</p> 	<p>Blood Pressure Checks & Bingo Sponsored By: Benton House 9:30am- BP Checks 10:15am- Bingo!!</p> 

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

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!