

January/February 2025

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Happy New Year! We are so excited to be starting another new year! We have a fabulous line up of programs, trips, and fitness opportunities for 2025.

Feel like getting out of town and exploring? Check out our lineup of trips for the first half of 2025 (pg. 23). Our first trip is a Gullah Heritage tour of Hilton Head Island in February. Register now if you want to go! In April we are traveling up Highway 17 to Pawley's Island and Murrells Inlet for lunch and explore Brookgreen Gardens. How about a riverboat cruise along the Savannah River in May? Online registration is now available at our website!

We will celebrate Black History month in February with author and Citadel Professor Damon Fordham as he tells stories from his newly published book, *Black Folk Tales and Chronicles of South Carolina*. (pg. 4)

We are also introducing a new acting workshop! Acting taps into so many cognitive skills, such as memorization, planning, and adapting to changing situation. What a fun way to exercise your brain! (pg. 14)

These are just a few highlights! Check inside the newsletter for many more engaging and social activities. It's going to be a great 2025!

Elizabeth Bernat, MHA,
Director



Members enjoying the Creative Art Show at LSC.



Suzanne Abel, PhD, Charleston County Coroner's Office and members after a fascinating lecture on Forensic Anthropology at WSC. See pg. 3 for upcoming lecture at LSC.



Celebrating and saluting our Veterans at WSC

Holiday Schedule

Closed Wed, Jan 1 for New Year's Day and
Mon, Jan 20 for Martin Luther King, Jr Day

Around the Centers

Advisory Council Meeting

The Advisory Council meets to review operational performance and other topics. Everyone is welcome. Registration required. Meetings are subject to change.

Lowcountry Senior Center

Thur, Feb 27, 9-10 am [register here](#)

Waring Senior Center

Mon, Jan 27, 10:30-11:30 am [register here](#)

Income Tax Assistance

The Volunteer Income Tax Assistance (VITA) program offers free income tax preparation and electronic filing assistance from IRS-certified volunteers to those with low and moderate income. Appointments are required. If you are filing separate tax returns, or returns for more than one year, you need separate tax appointments.

Open to Members and Guests

Lowcountry Senior Center

Tues, Feb 4-Apr 15, 8:30 am-1 pm

To register, call (843) 990-5555.

Waring Senior Center

Thur, Feb 6-Apr 10, 8 am-12 pm

To register, call (843) 402-1990.

Paisano's Spirit Night

Help support Waring Senior Center by ordering from Paisano's in West Ashley. A portion of the proceeds for the entire day go to the center. Dine In, Carry Out and Delivery.

(843) 818-4969

<https://paisanoschas.com/>

Mon, Jan 27, 11 am - Midnight

Paisano's Pizza Grill

1798 Ashley River Rd, West Ashley



Legare Farms Rolling Market

Featuring Fresh Vegetables, Fruit, Baked Goods, Jellies, Honey, Meat and More.

Lowcountry Senior Center

Wednesdays, 10-11 am

Waring Senior Center

Thursdays, 10-11:30 am



Volunteers Needed at the Centers

Please consider sharing your time, talent, and expertise with us at Lowcountry or Waring Senior Center! Contact Blair Putman, Senior Center Coordinator, for more information at blair.putman@sfc.com or (843) 402-1650. Our volunteers are affiliated with the Roper St. Francis Volunteer Program.

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for guests unless otherwise noted.

Forensic Anthropology at LSC

Join Forensic Anthropologist Suzanne Abel, PhD, Charleston County Coroner's Office, to learn about the interesting science of applying knowledge of human skeletal variation to matters of the law.

Wed, Jan 29, 2-3 pm [register here](#)

Forensic Dentistry

Join Wolf D. Bueschgen, DMD from the Charleston County Coroner's Office to learn about the most fascinating sphere of police work. Genuine cases are used to illustrate how clinical dentistry is utilized in various forensic investigations. Topics include: recognizing dental evidence, personal identification, mass disasters, and bitemark analysis.

Lowcountry Senior Center

Fri, Jan 24, 1-2 pm [register here](#)

Waring Senior Center

Fri, Jan 31, 1-2 pm [register here](#)

History of Magnolia Plantation

Join Magnolia Plantation & Garden's Director of Interpretation, George H. McDaniel, as he dives deep into the history of the storied site along the banks of the Ashley River and discusses what is being done to tell this tale and conserve the natural landscape.

Lowcountry Senior Center

Fri, Jan 31, 1-2 pm [register here](#)

Waring Senior Center

Mon, Jan 27, 2-3 pm [register here](#)

Payne-ful Business: Charleston's Journey to Truth

Local Author Margaret Seidler talks about her new book, "Payne-ful" Business: Charleston's Journey to Truth, a book that follows her mission to learn and process her family's genealogical past. Using research and personal experience, Margaret discusses the realities of Charleston's racial history while highlighting the historians, journalists, and community members who work to reconcile those truths. Books available for purchase.

Lowcountry Senior Center

Thur, Feb 13, 11 am-12 pm [register here](#)

Waring Senior Center

Mon, Feb 3, 1-2 pm [register here](#)

Plan Ahead: Peace of Mind for You and Your Loved Ones

Pre-need planning allows you to make thoughtful decisions about your future, ensuring that your wishes are carried out exactly as you want. By arranging your final resting place and funeral/memorial service in advance, you can relieve your loved ones of the stress during an emotional time. It's a simple way to provide peace of mind for both you and your family. Presented by Christina Curran, Family Services Counselor, Live Oak Memorial Gardens.

Lowcountry Senior Center

Tues, Jan 14, 11 am-12 pm [register here](#)

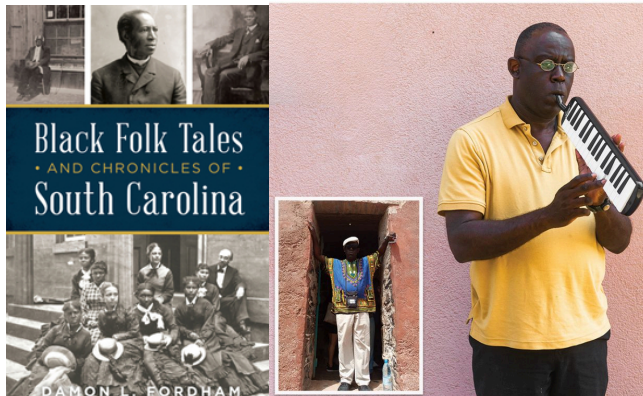
Waring Senior Center

Wed, Feb 26, 1-2 pm [register here](#)

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for guests unless otherwise noted.



Celebrating Black History Author Talk & Book Signing

Throughout history, African Americans passed along folk tales to ease burdens and make sense of experiences. Tracing back to West Africa, this storytelling tradition provided laughter, instruction and resilience. Join author and Citadel Professor Damon Fordham as he tells stories from his newly published book *Black Folk Tales and Chronicles of South Carolina* that is based on interviews and research, including his travels in Africa.

Lowcountry Senior Center

Fri, Mar 14, 1-2 pm [register here](#)

Waring Senior Center

Fri, Feb 7, 1-2 pm [register here](#)

Current Events Discussion Group

Discussion of current events - global, state or local brought in by group members.

Members Only. Free

Lowcountry Senior Center

Thur, 10-11:30 am

Waring Senior Center

Tues, 1-2 pm

Kombucha 101 at WSC

Come learn how to make this fermented black tea. Bring a clean, wide mouth jar to class. Members \$5 / Guests \$10

Tues, Jan 21, 1-3 pm [register here](#)

Mah Jongg Lessons at WSC

Learn to play Mah Jongg and then stay for open play. Members Free/ Guests \$5

Thur, Jan 9-30, 12-1 pm [register here](#)

Thur, Feb 6-27, 12-1 pm [register here](#)

Pest, Termite, and Moisture Control in South Carolina

Don't let termites and moisture damage your home! Come learn how to protect your property and save thousands in potential repairs.

Lowcountry Senior Center

Thur, Jan 16, 11 am-12 pm [register here](#)

Waring Senior Center

Tues, Jan 14, 2-3 pm [register here](#)

Scam Update

Learn how to keep your money safe! This workshop highlights what scams are out there today, how you can avoid being a victim and tips for safe money management. Presented by the City of Charleston.

Lowcountry Senior Center

Wed, Jan 8, 2-3 pm [register here](#)

Waring Senior Center

Thur, Jan 9, 2-3 pm [register here](#)

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for guests unless otherwise noted.

The Gardens at Boone Hall Plantation at WSC

Join Katie Dickson, Boone Hall Plantation's Director of Horticulture, and learn about the history and care of these beautiful gardens.

Wed, Feb 5, 1-2 pm [register here](#)

The Great Comeback of Bald Eagles in SC at LSC

Recently retired SCDNR protected species biologist, Charlotte Hope, talks about how bald eagles have made a valiant comeback in South Carolina. Learn about the annual Bald Eagle aerial surveys that she continues to do for the state.

Tues, Jan 14, 1-2 pm [register here](#)

Great Decisions at WSC

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. Feb Topic: American Foreign Policy at a Crossroads.

Tues, Feb 11, 1:30-3 pm [register here](#)

James Island History: The 54th Massachusetts Regiment at LSC

Join Baxter-Patrick James Island librarian Mike Corbo as he discusses a historic event or place on James Island. This month, he focuses on The 54th Massachusetts Regiment's significant time in South Carolina, including their time on James Island.

Wed, Feb 26, 2-3 pm [register here](#)

Let's Talk Tudors! at LSC

Travel back in time to the Tudor court. In "The King's Great Matter," Henry and Katherine battle it out in divorce court, Anne becomes queen, and Cardinal Wolsey has a misstep. Join us, and let's talk Tudors!

Mon, Feb 3, 10-11 am [register here](#)

Lowcountry Investment Club at LSC

Club members are members of LSC or WSC and have an equity share in the club's portfolio of stocks selected by the group. Members invest \$50 monthly. Members Only.

Wed, Jan 8, 4:15-5:45 pm [register here](#)

Community Connections

Join other Senior Center members to learn about community resources. Space is limited. Members Only. Free. Registration is required Jan 13.

Lowcountry Land Trust at Angel Oak Tree

Let's visit the famous Angel Oak Tree on Johns Island. Samantha Siegel, Angel Oak Preserve Director, gives a guided tour of the tree and shares what the Lowcountry Land Trust is doing to preserve this area and beloved tree. Transportation is not provided. Carpooling is encouraged. Meet at 3688 Angel Oak Rd, Johns Island, SC 29455.

Fri, Jan 17, 11:30 am [register here](#)

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for guests unless otherwise noted.

AARP Smart Driver Course

This refresher is designed to keep you and others safe on the road. Please bring a check payable to AARP or exact cash.

AARP Members \$20 / Nonmembers \$25

Lowcountry Senior Center

Wed, Feb 12, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Jan 17, 9 am-1 pm

Call (843) 402-1990 to register.

Bluebirds of South Carolina

Join David Slaunwhite, PhD of the South Carolina Bluebird Society to learn about the history of Bluebirds and what we all can do to help keep this beautiful bird population healthy and strong.

Lowcountry Senior Center

Thurs, Jan 30, 11 am-12 pm [register here](#)

Waring Senior Center

Thurs, Jan 30, 2-3 pm [register here](#)

Census Records at LSC

Learn about one of the most frequently used resources for genealogical research – the U.S. census. Learn why the census is such an important resource, the history of American census forms, and how to find census records. Presented by Baxter-Patrick James Island librarian Faith Walker.

Thur, Feb 6, 11 am-12 pm [register here](#)

Financial Education Series

Leave It, Move It, Roll It, Take It

Learn how to handle your 401(k), pension or other employer-sponsored retirement plans.

Lowcountry Senior Center

Mon, Jan 27, 10-11 am [register here](#)

Waring Senior Center

Wed, Jan 22, 11 am-12 pm [register here](#)

The Four Pillars of the New Retirement

Come learn how to create a purposeful retirement. Session focus is pre-retirees and recent retirees.

Lowcountry Senior Center

Mon, Feb 24, 10-11 am [register here](#)

Waring Senior Center

Wed, Feb 12, 5:30-6:30 pm [register here](#)

When Our Music Ruled the World

Bring your music memories from 50's and 60's and join us for this interactive talk that will highlight how two major performances from Elvis and the Beatles changed everything.

Lowcountry Senior Center

Wed, Feb 5, 2-3:30 pm [register here](#)

Waring Senior Center

Thur, Feb 6, 2-3:30 pm [register here](#)

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for guests unless otherwise noted.

Basic Spanish at WSC

This class will start out as review of the beginner classes offered in 2024 and then new material will be presented. Participants must purchase *Basic Spanish by Dorothy Richmond, Premium Third Edition* prior to class. Space is limited. Registration for the 8-week series is required.

Members \$10 / Guests \$20 per series

Fri, Jan 10-Feb 28, 9:30-10:30am

[register here](#)

Book Club

Lowcountry Senior Center

Mon, Jan 27, 11 am-12:30 pm [register here](#)

East of Eden by John Steinbeck

Mon, Feb 24, 11 am-12:30 pm [register here](#)

The Librarianist by Patrick deWitt

Waring Senior Center

Thur, Jan 16, 1-2 pm [register here](#)

Horse by Geraldine Brooks

Thur, Feb 20, 1-2 pm [register here](#)

America's First Daughter by Stephanie Dray

Digital Drop-in at WSC

Do you need help with your new laptop, phone, or tablet? Drop in and visit with a librarian from the Charleston County Public Library, Hurd/St. Andrews branch for assistance with your device.

Wed, Jan 15, 2-3 pm [register here](#)

Wed, Feb 19, 2-3 pm [register here](#)

Conversational Spanish

For those who want to practice their Spanish speaking skills. Participants should be able to speak Spanish. Members Only. Free

Lowcountry Senior Center

Wed, 10:15-11:15 am

Waring Senior Center

Wed, 1-2 pm

German Conversation at LSC

Intermediate level German class for those wanting to practice speaking in German.

Participants should be able to speak German.

Members Only. Free

Thur, 1:10-2:10 pm resumes Jan 9

Intermediate French at LSC

Class is taught primarily in French, with readings and discussion in French and weekly homework assignments in French. This class is full. Please give your name to the front desk to be added to the waitlist.

Members Only. Free

Mon, 10-11 am

Italian for Beginners-Refresher at LSC

This Italian language refresher course is for those who already have a basic knowledge of the language. Dive back into the basics while also practicing conversational skills, ask questions and practice Italian again.

Members Only. Free

Thur, 2:15-3:15 pm resumes Jan 9

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Health & Wellness

All Health & Wellness programs are free for members and \$5 for guests unless otherwise noted.



Stop by the lobby and learn about how the Charleston Center provides free resources and information around safe prescription drug disposal and storage.

Lowcountry Senior Center

Tues, Jan 14, 10:30 am-1:30 pm

Waring Senior Center

Wed, Jan 15, 12-3 pm

Gut Health - Microbiome Matters at WSC

Join registered dietitian Lexye Hill, RD to learn how bacteria and other microbes in your gut help you digest food, and support immunity, heart, and brain health.

Wed, Jan 29, 1-2 pm [register here](#)

The Mediterranean Diet at LSC

The Mediterranean diet is a great way to include balanced, delicious meals into your life. It's not only tasty, but it is also full of healthy fats, vitamins, minerals, and lean protein. Join Addison Carraway, Dietetic Intern, MUSC and learn about the diet and how it promotes health and wellness and prevents many different diseases. In other words, it's not just another fad diet, it actually works!

Fri, Feb 7, 1-2 pm [register here](#)

Skin Care and Aging

Join healthcare professionals from Epiphany Dermatology for a friendly and relaxed discussion about the effects of aging on hair, skin, and nails and what can be done about it!

Lowcountry Senior Center

Tues, Jan 28, 11 am-12 pm [register here](#)

Waring Senior Center

Tues, Feb 18th, 2-3pm [register here](#)

Taking Charge of Bladder Health - Solutions for Women

If trips to the bathroom take over your days, you're not alone. Millions of people worldwide suffer from overactive bladder. Our speaker, local urogynecologist at Roper St. Francis, Dr. Bernard Taylor discusses the disease state and all of the treatment options available. Light refreshments provided. Registration required.

Lowcountry Senior Center

Fri, Jan 17, 1-2 pm [register here](#)

Waring Senior Center

Tues, Feb 25, 1-2 pm [register here](#)

The Power of Love at LSC

Please come celebrate the power of love as we approach Valentine's Day. Love shows up in many ways in our lives. Let's explore giving and receiving this powerful energy in our daily lives. Senior Center member Cerantha Corley also shares her Native American Flute playing with us.

Mon, Feb 10, 10-11 am [register here](#)

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Health & Wellness

All Health & Wellness programs are free for members and \$5 for guests unless otherwise noted.

Hope, Harmony & Balance: How to Set Goals & Live Your Best Life in 2025! at WSC

Join WSC member, author & personal growth consultant, Dr. Nesha Jenkins-Tate as she guides you through a toolkit for living your best life, while also showing you how to set and achieve your goals in seven key areas that promote hope, harmony and balance in your life.

Mon, Jan 13, 12:30-2 pm [register here](#)

Joy of Meditation

Learn the basics of mindfulness and how to establish a simple daily practice, then enjoy a guided group meditation. Guests pay at front desk.

Lowcountry Senior Center

Thur, 2:30-3:30 pm

Waring Senior Center

Wed, Feb 5 & 19, 10:15-11:15 am

Meets on the 1st and 3rd Wed of month

Reiki for Stress Reduction at LSC

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Sessions can last up to 30 minutes. Payment due upon registration. Members 1st Session Free; \$10 per session after / Guests \$20 per session

Wed, Jan 22 and Feb 26

Appointments available 10 am-2 pm

Call (843) 990-5555 to schedule.

Stress Less at LSC

Learn how to “stress less” with these fun interactive classes provided by South Carolina Safe Seniors. Start feeling less overwhelmed and more relaxed by practicing the tricks, techniques and mindfulness skills taught in each class. Join this on-going series any time to find more peace in your day to day living.

Wed, Feb 5 & 19, 12-1 pm [register here](#)

Meets on the 1st and 3rd Wed of month



Retired Pastor Bert Keller and friends at the 12th Annual Richard H. Fitzgerald Lecture in Pastoral Care at WSC.



Members chair dancing to a stress relieving beat at WSC. New LSC class starting in Jan. See pg. 17 for more info.

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Health & Wellness

All Health & Wellness programs are free for members and \$5 for guests unless otherwise noted.

Caring for Your Loved One

Join local experts from Respite Care of CHS, Barron Care Management, McLeod Home Care and Carolina One for a discussion on aging, navigating the system, senior housing and memory loss. Each presenter talks about their expertise and then we open up the discussion for questions and answers.

Lowcountry Senior Center

Fri, Jan 10, 1-2 pm [register here](#)

Waring Senior Center

Thur, Jan 23, 2-3 pm [register here](#)

Hearing Screenings

Concerned about your hearing? Get your hearing checked by Charleston ENT & Allergy. Screening takes approximately 15 minutes.

Register at the front desk.

Members Only. Space is limited

Lowcountry Senior Center

Fri, Feb 7, 9 am-12 pm

Waring Senior Center

Fri, Feb 21, 9 am-12 pm

Matter of Balance at WSC

Set realistic goals to increase activity, make changes to reduce fall risks, fall-proof your home and do simple exercises to increase strength and balance. Registration is required. Members and Guests Free

Mon, Feb 24-Apr 14, 10 am-12 pm

[register here](#)

Navigating the Senior Living Maze

Learn your options for senior living and the cost for each level of senior living. Read the "fine print" of Medicare, Medicaid, long-term care insurance and private pay, when it comes to senior living.

Lowcountry Senior Center

Wed, Jan 22, 2-3 pm [register here](#)

Waring Senior Center

Thur, Jan 16, 2-3 pm [register here](#)



WSC Sew Much Fun group made handmade diaper bags for the Lowcountry Pregnancy Center! Diapers donated by fitness and meditation classes at Waring.



Members and guests enjoying the Holiday Celebration at LSC.

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Support

All Support programs are free for members and guests unless otherwise noted.

Alzheimer's Caregiver Support Group at WSC

Presented in partnership with Respite Care Charleston, this support group offers caregivers a safe and confidential place to share and learn.

Sat, Jan 11 & 25, 10-11:30 am

Sat, Feb 8 & 22, 10-11:30 am

Association for the Blind and Visually Impaired SC

Drop by the lobby to learn more about the helpful resources ABVI provides to enrich the quality of life of the blind and visually impaired.

Lowcountry Senior Center

Wed, Feb 12, 9:30-11:30 am

Waring Senior Center

Thurs, Feb 13, 9:30-11:30 am

Hope for Grieving Hearts at WSC

In partnership with the Roper St. Francis Healthcare Pastoral Care Department, we are offering a twelve-week program for people who have experienced the death of a loved one. You may join the group at any time.

Registration is not required.

Mon, Jan 27-Apr 14, 2-3 pm



Moving on After Change at LSC

Receive peer support and education so you can start feeling better after a life change.

Thur, Jan 9 & Feb 6, 9-10 am

Parkinson's Disease Support Group at LSC

For those living with Parkinson's Disease to learn, share and connect.

Wed, Jan 29, 3-4 pm [register here](#)

Taking Off Pounds Sensibly (TOPS) at WSC

Taking and keeping weight off doesn't need to be so hard. Come learn about this weight management support group offered at WSC. Open to members and guests. Fees apply.

Tues, 10 am

MyChart Activation Sessions

MyChart is your secure, personalized patient portal. Learn the benefits of your Roper St. Francis Healthcare MyChart portal as we walk you through the activation process step by step.

What to bring with you: your device, your email and email password and your Apple ID if you have an iPhone. Space is limited. Registration is required.

Lowcountry Senior Center

Thur, Jan 23, 11-11:30 am [register here](#)

Wed, Feb 12, 2-2:30 pm [register here](#)

Waring Senior Center

Tues, Jan 7, 2-2:30 pm [register here](#)

Tues, Feb 4, 11-11:30 am [register here](#)

Games at the Centers

Members Free / Guests \$5 per day. Members may play at either center.

Lowcountry Senior Center

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Advanced Pinochle 9 am-12 pm	Duplicate Bridge 9:30 am-12:30 pm	Advanced Pinochle 9 am-12 pm	Mexican Train Dominoes 10 am-1 pm	Bridge for Fun All Levels 9:30 am - 12:30 pm
	Mah Jongg 9:30-11:30 am	Bunco 3rd Wed of the month, 1-3 pm	Hand, Knee, & Foot 12:30-3 pm		

Waring Senior Center

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Bridge for Fun All Levels 12:30-3:30 pm	Canasta 12:45-3:45 pm	Cancellation Hearts 12-3 pm	Intermediate Bridge 1-4 pm	Canasta 12-3 pm	
	Cribbage 12:45-3:45 pm	Dominoes 12-3 pm	Mah Jongg Open Play 1-3:30 pm	Dominoes 12-3 pm	

Creative Arts & Music

Photography Club at LSC

The club compares photos and watches a photography lecture each meeting. All levels welcome.

Members Free / Guests \$5 per class

Fri, Jan 17, 10-11 am [register here](#)

Fri, Feb 21, 10-11 am [register here](#)

Sew Much Fun at WSC

Do you have sewing projects you need to complete? If yes, join us and bring your sewing machine and materials.

Members Only. Free

Tues, 1-4 pm

Writing Circle at LSC

A fun and relaxing writing group led by members to support writing at all levels.

Guests pay at the front desk.

Members Free / Guests \$5 per day

1st and 3rd Wed, 1-3 pm



Pencil Drawing participants celebrating a birthday at LSC.

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Creative Arts & Music

Acoustic Jam Sessions

Bring your instrument and jam with us, share a song, or just listen. Guests pay at front desk. Members Free / Guests \$5 per day

Lowcountry Senior Center

Tues, 3-6 pm

Waring Senior Center

Sat, Jan 11 & 25, 10 am-12 pm

Sat, Feb 8 & 22, 10 am-12 pm

Ceramic Tile Coasters at WSC

Learn one technique and several design ideas to make two original coasters in class. All materials supplied.

Members \$15 / Guests \$25

Thur, Jan 16, 10 am-12pm [register here](#)

Chorus at LSC

Singing is good for your health! This choral group is open to new or experienced singers from LSC and WSC. Directed by Paula Carl.

Members Only. Free

Thur, 1:30-2:45 pm

Resumes Jan 9

The Olde Pipes Consort at LSC

For intermediate and advanced recorder players who have experience playing and can read sheet music. Directed by Jean Williams. Members Only. Free

Mon, 1:30-3:30 pm

The Pipers at LSC

For people who have had some experience playing the recorder. Led by Jean Williams and Betty Clayton. Members Only. Free

Mon, 12:30-1:30 pm



The Olde Pipes Consort playing holiday music at the Gadsden Glen. Every year, the pipes bring so much joy to the community



Members playing Bunco at LSC. Bunco is held on the third Wed, 1-3 pm every month, unless noted.

Creative Arts & Music

Advanced Pencil Drawing at LSC

Build on the basics, continue learning different techniques for drawing, taught and demonstrated by the instructor. Supply list is available at the front desk.

Members Only. \$70 per 8-week series

Tues, Jan 7-Feb 25, 7:45-9:15 am

[register here](#)

Drawing 1: Basics

Join us to begin your drawing journey or brush up on skills you may have. This is a classical approach to drawing with the terms and techniques that will carry you forward in drawing and painting. No experience needed. Supply list is available at front desk.

Members \$55/ Guests \$65 per 6-week series

Lowcountry Senior Center

Fri, Jan 24-Feb 28, 10 am-12 pm

[register here](#)

Waring Senior Center

Thur, Jan 23-Feb 27, 9:30-11:30am

[register here](#)

Drawing 2: Beyond the Basics at LSC

Join us to elevate your drawing skills to the next level and explore some new drawing materials. We explore basic perspective, shading, rendering fur and basic composition. We create drawings using pen & ink, scratchboard, charcoal and colored pencil. Supply list is available at front desk.

Members \$55/ Guests \$65 per 6-week series

Mon, Jan 27-Mar 3, 12-2 pm [register here](#)

Fun with Flowers at WSC

Did you know flowers can help relieve stress? Learn how they can give you a sense of calm and wellbeing. Bring a small vase (no taller than 6 inches) and a pair of shears/scissors. Flowers included.

Members \$10 / Guests \$20

Mon, Feb, 24, 12:30-1:30 [register here](#)

Watercolor Lessons

Suitable for both beginners and advanced students. Supply list is available at the front desk. Members \$20 / Guests \$30 per series

Lowcountry Senior Center

Tues, Jan 7-28, 1-3 pm [register here](#)

Tues, Feb 4-25, 1-3 pm [register here](#)

Waring Senior Center

Wed, Jan 8-29, 10 am-12 pm [register here](#)

Wed, Feb 5-26, 10 am-12 pm [register here](#)

Weekend Watercolor at WSC

Multi-level watercolor enthusiasts gather to enhance skills through self-practice and sharing of work. Bring your own supplies.

Members Only. Free

Sat, 10:30 am-12:30 pm



Member enjoying watercolor class at WSC.

Creative Arts & Music

Advanced Quilters Group at WSC

This is a group for experienced and advanced quilters who work independently. Class size is limited to 10 people. Must preregister. Members Only. Free

Fri, Jan 3 & 17, 9 am-12 pm [register here](#)

Fri, Feb 7 & 21, 9 am-12 pm [register here](#)

Art Hub

Get together and work on your own art. Bring your own supplies. Members Only. Free

Lowcountry Senior Center

Fri, 1-3 pm

Waring Senior Center

Mon, 10 am-12 pm

Knitting & Threads at LSC

Get together and work on your own knitting, needlepoint and crocheting projects.

Members Only. Free

Thur, 10 am-12 pm



LSC Member, Betty McMichael, showing off her beautiful drawing of "Lexi" at the Creative Art Show.

Golden Stage: Acting Workshop

This acting class offers a supportive environment to explore the art of performance. Through a blend of improvisation, monologue work, and scene study, participants will build confidence, express creativity, and connect with others. Designed to be accessible for all experience levels, with a focus on storytelling, memory enhancement, and social interaction. At the end of the workshop, participants showcase their skills in a fun and exciting community performance.

Members \$65 / Guests \$75 per 6-week series

Lowcountry Senior Center

Thur, Jan 16-Feb 27, 3-4 pm [register here](#)

No class Feb 20

Waring Senior Center

Tues, Jan 14-Feb 18, 4:30-5:30 pm

[register here](#)

Memoir Writing Made Easy at WSC

Telling good stories from our life experience is like collecting interesting patches which, when sewn together, make a memoir as beautiful as a quilt. In this six-week workshop led by local writer and retired pastor Bert Keller, each person is asked to write a brief vignette or personal story each week. We will read the stories aloud and receive responses from the group and reflect on the art of memoir writing.

Members \$10 / Guests \$20 per 6-week series

Fri, Jan 24-Feb 28, 10:30am-12:30 pm

[register here](#)

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Dance

Ballroom Dancing

Learn the various American and Latin styles of ballroom including Swing, Foxtrot, Waltz, Cha-Cha. No partner or experience necessary. No new registration after 2nd class. No drop-ins. Members \$65 / Guests \$75 per 6-week series

Lowcountry Senior Center

Thur, Jan 16-Feb 27, 5-6 pm [register here](#)

No class Feb 20

Waring Senior Center

Tues, Jan 14-Feb 18, 5:30-6:30 pm

[register here](#)

Shag for Beginners at WSC

For the Beginner! Or, if it's been many years since you tried! No partner required.

Members \$35 / Guests \$45 per series

Mon, Jan 6-Feb 24, 6-6:45 pm [register here](#)

No class Jan 20

Shag - Beginner Level 2 at WSC

For those who have taken at least 10-12 weeks of previous Shag lessons and want to continue further! No partner required.

Members \$35 / Guests \$45 per series

Mon, Jan 6-Feb 24, 5:15-6 pm [register here](#)

No class Jan 20

Shag - Level 2/3 at WSC

For those dancers who have mastered all the basic steps and are ready to take their dancing to the next level.

Members \$40 / Guests \$50 per series

Mon, Jan 6-Feb 24, 4:15-5:15 pm [register here](#)

No class Jan 20

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Line Dancing - Beginner at LSC

For beginners or those wanting to brush up their line dancing skills. No partner required. Members \$20 / Guests \$30 per month

Tues, Jan 7-28, 2:30-3:20 pm [register here](#)

Tues, Feb 4-25, 2:30-3:20 pm [register here](#)

Line Dancing - Intermediate at LSC

This class is for the more experienced dancer. No partner required.

Members \$20/ Guests \$30 per month

Tues, Jan 7-28, 3:25-4:15 pm [register here](#)

Tues, Feb 4-25, 3:25-4:15 pm [register here](#)

Line Dancing at WSC

Come enjoy your favorite line dances. Some line dancing experience is necessary. No partner required.

Members \$20/ Guests \$30 per month

Wed, Jan 8-29, 3-4 pm [register here](#)

Wed, Feb 5-26, 3-4 pm [register here](#)



Line Dancing participants learning a new dance in Line Dancing Beginner at LSC.

Fitness at Lowcountry

Member Cost Per Month / Guest Cost Per Month Unless Noted
For classes with fees, please register at least one day in advance.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:15-9:15 am Interval Training <u>Jan \$10/\$20</u> <u>Feb \$10/\$20</u>			7:30 am Walking Club at JICP Members Only	
9-10 am Fit & Firm Free/\$2 per class		9-10 am Fit & Firm Free/\$2 per class	9-9:45 am Tai Chi <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>	9-10 am Dance Conditioning <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	9:30-10:30 am Cardio & Weights Free/\$2 per class
10:15-11:00 am Strength Training w/Bands <u>Jan \$10/\$20</u> <u>Feb \$10/\$20</u>	10-10:45 am Chair Yoga <u>Jan Free/\$20</u> <u>Feb Free/\$20</u>	10:15-11:00 am Balance <u>Jan Free/\$20</u> <u>Feb Free/\$20</u>	10-10:45 am Chair Yoga <u>Jan Free/\$20</u> <u>Feb Free/\$20</u>		
11:15 am-12:15 pm ◆ Sit & Fit Free/\$2 per class	11 am-12 pm Qigong <u>Jan \$5/\$20</u> <u>Feb \$5/\$20</u>	11:15 am-12:15 pm ◆ Sit & Fit Free/\$2 per class	11 am-12 pm Strength & Balance Free/\$2 per class	11:15 am-12:15 pm ◆ Sit & Fit Free/\$2 per class	11:30 am-12:45 pm Chair Volleyball Members Only Free
	12:15-1 pm Barre & Mobility <u>Jan \$10/\$20</u> <u>Feb \$10/\$20</u>		12:15-1 pm Dance Fitness <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	12:30-1:30 pm Yoga <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>	
1-2 pm Strength & Balance Free/\$2 per class	1:15-2:15 pm Yoga Stretch & Restore <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>	1-2 pm Strength & Balance Free/\$2 per class		<p>Calendar Key:</p> <p>Free for members & no registration required</p> <p>◆ Class at Lowcountry and available online</p> <p>Click on the class title to join the live stream class online.</p> <p>Click on the month to register for classes and pay, if fees apply.</p> <p>Want to try an exercise class one time? Per class rate is \$8 for members and guests, if fees apply.</p>	
2:15-3 pm Core & Stretch <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	2:30-3:20 pm Line Dancing Beg <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>		2-3 pm Pilates Mat <u>Jan \$20/\$30</u> <u>Feb \$15/\$25</u>		
	3:25-4:15 pm Line Dancing Int <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>	3-4:30 pm Chair Volleyball Members Only Free	3:30-4:30 pm Circuit Training <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>		
4-5 pm 40/20 Mix <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>					
5:15-6:15 pm Chair Dance <u>Jan 6 Free</u> <u>Jan \$10/\$20</u> <u>Feb \$15/\$25</u>		5-6 pm Relax & Repair Yoga <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>	5-6 pm Ballroom Dancing <u>Jan 16-Feb 27</u> <u>\$65/\$75</u>		

Fitness at Waring

Member Cost Per Month / Guest Cost Per Month Unless Noted
For classes with fees, please register at least one day in advance.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10 am Fit & Firm Free/\$2 per class	8:30-9:30 am ◆ <u>Cardio & Weights</u> Free/\$2 per class	9-10 am Fit & Firm Free/\$2 per class	9-10 am ◆ <u>Cardio & Weights</u> Free/\$2 per class	8:30-9:30 am Fit & Firm Free/\$2 per class	8:15-9:15 am Functional Strength Jan <u>\$15/\$25</u> Feb <u>\$15/\$25</u>
	10-11 am Boxing for Parkinson's Jan <u>\$100/\$250</u> Feb <u>\$100/\$250</u>		10-11 am Gentle Yoga Jan <u>\$20/\$30</u> Feb <u>\$20/\$30</u>	10-11 am Boxing for Parkinson's Jan <u>\$100/\$250</u> Feb <u>\$100/\$250</u>	9:15-10:15 am Dance w/James Jan <u>\$15/\$25</u> Feb <u>\$15/\$25</u>
11 am-12 pm Chair Dance Jan <u>\$15/\$25</u> Feb <u>\$15/\$25</u>	10-10:45 am Tai Chi Jan <u>\$20/\$30</u> Feb <u>\$20/\$30</u>	11:30 am-12:30 pm Chair Yoga Jan <u>Free/\$20</u> Feb <u>Free/\$20</u>	10 am-10:45 pm Cardio Drumming Jan <u>\$10/\$20</u> Feb <u>\$10/\$20</u>	11:15 am-12:15 pm Balance Jan <u>Free/\$20</u> Feb <u>Free/\$20</u>	10:30 am - 12 pm Chair Volleyball Members Only Free
12-1 pm ◆ <u>Cardio & Weights</u> Free/\$2 per class	11:30 am-12:30 pm ◆ <u>Sit & Fit</u> Free/\$2 per class	1-2 pm 40/20 Mix Jan <u>\$15/\$25</u> Feb <u>\$15/\$25</u>	11 am-12 pm ◆ <u>Sit & Fit</u> Free/\$2 per class	12:15-1:15 pm Dance Conditioning Jan <u>\$15/\$25</u> Feb <u>\$15/\$25</u>	
1:30-2:30 pm Yoga for Back Health Jan <u>\$15/\$25</u> Feb <u>\$20/\$30</u>	11:30am-12:30 pm Strength Training with Bands Jan <u>\$10/\$20</u> Feb <u>\$10/\$20</u>	3-4 pm Line Dancing Jan <u>\$20/\$30</u> Feb <u>\$20/\$30</u>	12:15-1:15 pm Strength & Balance Free/\$2 per class	<p>Calendar Key:</p> <p>Free for members & no registration required</p> <p>◆ Class at Waring and available online</p> <p>Click on the class title to join the live stream class online.</p> <p>Click on the month to register for classes and pay, if fees apply.</p> <p>Want to try an exercise class one time? Per class rate is \$8 for members and guests, if fees apply.</p>	
	11:30 am-12:30 pm Gentle Yoga Jan <u>\$20/\$30</u> Feb <u>\$20/\$30</u>	3:30-4:30 pm ◆ <u>Cardio & Weights</u> Free/\$2 per class	1:30-2:15 pm Core & Stretch Jan <u>\$15/\$25</u> Feb <u>\$15/\$25</u>		
	12:45-1:45 pm Strength & Balance Free/\$2 per class	5:30 - 6:30 pm Yoga after 5 Jan <u>\$20/\$30</u> Feb <u>\$20/\$30</u>	2:15-2:30 Foam Rolling Free/\$2 per class		

Fitness Class Descriptions

40/20 Mix

40 minutes of dance fitness combined with Hi-Lo cardio, followed by a mix of conditioning exercises.

Balance

Decrease risk of falls and increase balance
Good for those who have balance concerns.

Barre & Mobility

Far from being only a dancer's workout, this class offers an artful blend of low impact ballet, strength training and mobility movements. Mat is optional.

Cardio Drumming

Full body workout using drumsticks and exercise balls. Participants may stand or sit.

Chair Dancing

This easy-to-follow class focuses on balance, range of motion and coordination.

Chair Volleyball

Improve upper body mobility and hand-eye coordination during seated games.

Chair Yoga

Increase flexibility with seated gentle yoga.

Circuit Training

Timed intervals with a mix of strength & conditioning. Floorwork incorporated.

Core & Stretch

Gentle stretching and core strengthening on the floor. Bring a mat.

Dance Conditioning

A great upbeat dance workout that includes cardio, stretching and conditioning.

Dance Fitness

Easy-to-follow dance fitness moves with an international flare! No dance experience required.

Foam Rolling

Foam rolling (self massage) on the floor relieves muscle tightness. Bring a foam roller.

Functional Strength

Higher intensity class with medium to heavy weight lifting, periods of sustained elevated heart rates and floor based conditioning exercises. Bring a mat.

Gentle Yoga

A gentle paced stretching and relaxation class. Bring a mat.

Hula Hooping

Builds core strength. Bring a hula hoop if you have one. No experience necessary.

Interval Training

Cardiovascular, strength and stretch exercises. Floor work is incorporated. Bring a mat.

Pilates Mat

Low-impact exercise on the floor that builds strength, improves posture, and supports a mind-body connection. Bring a mat.

Qigong

Gentle movement, deep breathing and focusing the mind on being calm and relaxed.

Relax & Repair Yoga

A combination of breath work, slow gentle movements and some restorative yoga. Bring a mat. Props are encouraged.

Fitness Class Descriptions

Strength Training with Bands

Improve your strength, flexibility, range of motion, and balance using resistance bands. Bands available or bring your own.

Tai Chi

Low-impact exercise that focuses on balance and gentle movements.

Yoga After 5

No previous yoga experience required. Class taught on the floor. Bring a mat.

Yoga for Back Health

Improve spine support and flexibility. Modifications offered, but class taught on floor. Bring a mat.

Yoga Stretch & Restore

A total body stretch class comprised of passive postures held for a time, to facilitate the health of connective tissue (tendons, ligaments, and fascia). Bring a mat.

Intro to Synergy at WSC

This three week class is an orientation to the Synergy 360 Machine. Open only to Gold & Silver WSC members who have not previously taken Synergy. No repeats allowed. No classes on 1/20.

Mon, Jan 6-27, 10-10:45 am, \$15 [register here](#)

Mon, Feb, 3-17, 10-10:45 am, \$15 [register here](#)

Synergy at WSC

Small group circuit training. Space is limited. Gold & Silver WSC members only.

January

1-1:45 pm Mon, Jan 6-27, \$15 [register here](#)

10-10:45 am Wed/Fri, Jan 8-31, \$40 [register here](#)

1-1:45 pm Wed/Fri, Jan 8-31, \$40 [register here](#)

10:15-11 am Sat, Jan 11-25, \$15 [register here](#)

February

1-1:45 pm Mon, Feb 3-24, \$20 [register here](#)

10-10:45 am Wed/Fri, Feb 5-28, \$40 [register here](#)

1-1:45 pm Wed/Fri, Feb 5-28, \$40 [register here](#)

10:15-11 am Sat, Feb 1-22, \$20 [register here](#)

Boxing for Parkinson's

This new class is designed for those diagnosed with Parkinson's. It delivers an increased intensity workout to improve cardiovascular conditioning, core strength, and flexibility. This class takes place at Waring Senior Center but is open to Gold Members from both centers.

Gold Members \$100 / Guests \$250 per month

Tues and Fri, 10-11 am [register here](#)

In order to join this class, complete the following documents:

- **Member Information Form**
- **Physician Medical Release**
- **PDQ-39 Questionnaire**

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Fitness Class Descriptions

EnhanceFitness (EF)

Enhance Fitness are evidence-based group exercise classes designed specifically for older adults at all levels of fitness.

Sit & Fit - EF Level I

For beginners or those less stable on their feet. Cardio, strength, balance and stretching exercises done in a chair.

Cardio & Weights - EF Level II

Improve muscular strength, overall toning and balance. All levels welcome.

Strength & Balance - EF Level II

Low-intensity, non-impact aerobic, strength, balance, and stretching exercises. Participants may stand or sit during the class.

Fit & Firm - EF Level III

A higher-intensity exercise class with cardio, strength, balance, and stretching.



Working up a sweat in Strength & Balance class at LSC.



Core strengthening helps you go about your day-to-day. Sign up for a strength or core class at either center.

Personal Training

Training sessions are 45 minutes for one person. Fee is payable at the time of your appointment to the center's front desk. \$40/person for Gold and Silver Members.

Laura Kier, Certified Personal Trainer

Lowcountry Senior Center

Call, text or email to schedule an appointment. (843) 310-0948 or Laura4Life.LLC@gmail.com

James Johnson, Certified Personal Trainer

Lowcountry or Waring Senior Center

Call, text or email to schedule an appointment. (843) 906-7667 or j2athletics@gmail.com

Ron White, Certified Personal Trainer

Waring Senior Center

Call or email to schedule an appointment. (843) 402-1652 or kendall.white@rsfh.com

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Social - Out & About



Members Judy and Charles Kaiser enjoying Happy Hour with Shrimp City Slim at WSC.

Dolphin Eco Tour

See and learn about wild Atlantic bottlenose dolphins! Board Charleston Outdoor Adventure's boat and explore Folly's inlets, creeks and marshes in search of dolphins and be entertained with stories about our ecosystems, marine wildlife and waterways. See website for refund and cancellation policy. Members \$40 / Guests \$50 per tour
Fri, Jan 31, 11:45 am [register by 1/27](#)

Morris Island Lighthouse Eco Tour

Board Charleston Outdoor Adventures' boat and cruise through the creeks out to Morris Island where you are able to get out and explore the beach for about 45 minutes. Payment due 14 days prior to tour date. See website for refund and cancellation policy. Members \$50 / Guests \$60 per tour
Wed, Jan 29, 1 pm [register by 1/15](#)

Wine Tasters at LSC

Enjoy tasting different wines each month. Participants take turns purchasing the wines as well as snacks to share. Members Only.

Thur, Jan 30, 5-6:45 pm [register here](#)

Featuring White Blend

Thur, Feb 27, 5-6:45 pm [register here](#)

Featuring Favorite Red

Transition to Freedom Tour at McLeod Plantation

Join us for a guided walking tour of McLeod Plantation, a sea island cotton plantation, that reveals the story of a place and where people transformed. War, emancipation, and the struggle for civil rights moved McLeod Plantation, and America, in "fits and starts," toward a more equal and just place. Explore how this transition to freedom played out in the lives of the plantation's inhabitants.

Transportation is not provided. Meet at 325 Country Club Drive. Advanced registration through the center is required.

Members \$15 / Guests \$25

Wed, Feb 19, 11 am [register by 1/30](#)



Members meeting up at Paisano's James Island for lunch.

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Social - Out & About

Dining Out

Enjoy dinner out! Everyone meets at the restaurant and pays separately. Registration required. Members Only.

Tues, Jan 14, 5 pm [register by 1/7](#)

Bowens Island Restaurant, 1870 Bowens Island Rd

Tues, Jan 28, 5 pm [register by 1/21](#)

Home Team BBQ, 1205 Ashley River Rd

Tues, Feb 11, 5 pm [register by 2/4](#)

Fam's Brewing Co., 1291 Folly Rd

Tues, Feb 25, 5 pm [register by 2/18](#)

Metro Diner, 1808 Sam Rittenberg Blvd in the Barnes & Noble shopping center

Happy Hour

Mingle while you enjoy drinks and light snacks. Everyone meets at the location and pays separately. Registration required. Members Only.

Thur, Jan 9, 4 pm [register by 1/6](#)

El Pollo Guapo, 1130 Folly Rd

Thur, Feb 6, 4 pm [register by 2/3](#)

The Natural, 3297 Maybank Hwy, Ste 301

Lunch Bunch

Enjoy lunch out! Everyone meets at the location and pays separately. Registration required. Members Only.

Fri, Jan 10, 11:30 am [register by 1/8](#)

Maybank Public House, 1970 Maybank Hwy

Mon, Jan 27, 11:30 am [register by 1/24](#)

Paisano's Pizza Grill, 1798 Ashley River Rd, West Ashley

Fri, Feb 7, 11:30 am [register by 2/5](#)

Bohemian Bull, 1531 Folly Rd

Meet Up Golf

Play golf with other members at the City of Charleston Municipal Golf Course. \$17 Green Fees; \$20 Riding Cart (\$10 for 9 holes). Pay at the golf course. Online registration for weekly golf is available for one month at a time. Golf dates are posted on the third Wednesday of the month for the following month. First come, first serve. Register in advance on the website by 12 pm on Friday the week before you want to play. When registration is full for the week you want to play, call (843) 990-5555 to get your name added to the wait list. Tee times vary and are emailed a few days in advance. Members Only.

Thursdays in January and February

PURE Theater - Seniors & Seniors

This popular program brings high school seniors and older adults together to share in life-changing theatrical experiences. It cultivates community and inclusion by engaging these two groups in cross-generational conversations.

Featured Play - *The Shark is Broken* by Ian Shaw & Joseph Nixon is a moving comedy-drama that is inspired by Robert Shaw's experience on JAWS and peeks at the choppy waters behind Hollywood's first blockbuster.

Price includes the show and a buffet lunch. Transportation is not provided. Members \$50 / Guests \$55

Wed, Jan 29, 10 am [registration due by 1/6](#)

Non-refundable after 1/6

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Travel

Brookgreen Gardens - Murrells Inlet, SC

Let's visit Brookgreen Gardens in the springtime! First, we head to Pawley's Island Raw Bar for lunch. Following lunch, we drive to Brookgreen Gardens in Murrells Inlet where we go on a 1-hour walking tour of Huntington Sculpture Gardens giving you a great overview of the history, horticulture and art of the gardens. After, your tour docent takes you to the boat dock to hop on Brookgreen's 48-foot pontoon boat to begin your Creek Excursion with an experienced interpreter as you pass historic rice fields and learn about significant history of the colonial rice plantations. Registration and payment due by Feb 12, 2025 - non-refundable after this date. Online registration now available.

Members \$275 / Guests \$305

Tues, Apr 8, 8 am-6 pm [register here](#)

Upcoming Trips

Gullah Heritage, Hilton Head, SC

Feb 25, 2025

Brookgreen Gardens, Murrells Inlet, SC

Apr 8, 2025

Cruise the Savannah River, Savannah, GA

May 13, 2025

Hobcaw Barony, Georgetown, SC

Jun 20, 2025



Capitol Tours

Gullah Heritage - Hilton Head, SC

Let's travel to Hilton Head, SC. First, we head to Bluffton Seafood House for lunch. Following lunch, we travel to the Coastal Discovery Center to meet our guide for a 2.5 hour tour. The Gullah Heritage Trail guides are all of Gullah heritage, were born and raised on Hilton Head Island and share their expertise to provide the most accurate and engaging cultural experience. See sights such as the Gullah Family Compounds, Old Debarkation Point, Old one-room schoolhouse, Plantation Tabby Ruins and more. Registration and payment due by Jan 3, 2025 - non-refundable after this date. Online registration now available.

Members \$275 / Guests \$305

Tues, Feb 25, 8 am-6:30 pm [register here](#)

Savannah Riverboat Cruise

Enjoy a relaxing cruise down Savannah's beautiful waterfront! The luncheon cruise sails at 1 pm. Come ready to relax and feast on a delicious southern style buffet all while cruising along the Savannah River listening to the captain's intriguing tales and historic facts. After the cruise, time to make your way along River Street. There is so much to see and so many shops to check out. But if you need a rest, you can sit along the riverfront and just enjoy the view. Registration and payment due by Feb 28, 2025 - non-refundable after this date. Online registration now available.

Members \$290 / Guests \$320

Tues, May 13, 8 am-6 pm [register here](#)

Register online or by calling Waring Senior Center at (843) 402-1990 or Lowcountry Senior Center at (843) 990-5555.

Center Information



Lowcountry Senior Center

865 Riverland Drive
Charleston, SC 29412

Phone: (843) 990-5555

lowcountryseniorcenter.com

Hours of Operation

Mondays–Thursdays, 7:30 am–7 pm

Fridays, 7:30 am–4 pm

Saturdays, 8 am–1 pm



Waring Senior Center

2001 Henry Tecklenburg Drive
Charleston, SC 29414

Phone: (843) 402-1990

waringseniorcenter.com

Hours of Operation

Mondays–Thursdays, 7 am–7 pm

Fridays, 7 am–4 pm

Saturdays, 8 am–1 pm

Membership

Membership is open to those age 50+. Applications are available at the centers and on our website. Scholarships are available. Guests are welcome; fees apply.

Basic Membership: \$100 per year

Gold Membership: \$140 per year at Lowcountry / \$160 per year at Waring

- Gold membership includes the Basic membership plus access to the gym.
- Both centers participate with Silver Sneakers and Renew Active.
- Nonresidents of Charleston County pay an additional \$10 membership fee.
- Temporary memberships are available by the month.

Class Registration

Register for classes online at lowcountryseniorcenter.com or at the center. After a monthly class starts, you must register directly with the center. Advance registration is required for all classes unless noted. Fees are due at time of registration. Cash, check and credit card are accepted.

Refunds and Cancellation Policy

Programs may be cancelled and refunded if minimum participation is not met. You may receive a refund for a paid class if you cancel with the center one week in advance of the class/session start date. There are no refunds or credits for classes you personally missed. For trips, refund and cancellation policies vary. Memberships and gift certificates to the center are non-refundable.

Waring Senior Center Café

The café is open Tuesdays, Wednesdays, and Fridays serving a hot lunch (11am–2pm) and pick-up items such as sandwiches, salads, muffins, etc. on Tues, Wed, Thurs, (8am–3pm), Fri (8am–2pm).

The curbside pick-up service has been discontinued. Meals must be ordered at least two days in advance via our website or by calling or visiting the center.

Pickleball Open Play Schedule: January & February 2025

Registration is not required for Open Play. Volunteers will be onsite to coordinate play. Just show up and play!
Please observe the level of play as beginner, intermediate, and advanced and choose your level of play. Calendar is subject to change. Pickleball classes may be added, which would change availability of courts for reservations.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
7 am	7:15-8:45 am Available for reservations	7:15-9:45 am Available for reservations	7:15-8:45 am Available for reservations	7:15-8:45 am Available for reservations	7:15-8:45 am Available for reservations	Closed / Open at 8 am		
8 am	8:45-9 am Set-up		8:45-9 am Set-up	8:45-9 am Set-up	8:45-9 am Set-up			
9 am	9 am-11 am Intermediate Open Play	9:45-10 am Set-up	9 am-11 am Intermediate Open Play	9 am -11 am Advanced Open Play	9 am-11 am Intermediate Open Play	Saturdays are reservations only. Reservation times are: 8:15-9:45 am 9:45- 11:15 am 11:15 am-12:45 pm		
10 am		10:00 am-12 pm Beginners Open Play						
11 am	11:15 am-1:15 pm Advanced Open Play	12-6:45 pm (or dusk, whichever comes first) Available for reservations	11:15 am-1:15 pm Advanced Open Play	11:15 am-1:15 pm Intermediate Open Play	11 am-3:45 pm Available for reservations			
12 pm								
1 pm	1:15-2:45 pm Available for reservations	12-6:45 pm (or dusk, whichever comes first) Available for reservations	1:15-6:45 pm (or dusk, whichever comes first) Available for reservations	1:15-6:45 pm (or dusk, whichever comes first) Available for reservations	11 am-3:45 pm Available for reservations	Closed		
2 pm	2:45-3 pm Set-up							
3 pm	3-5 pm Intermediate Open Play	12-6:45 pm (or dusk, whichever comes first) Available for reservations	1:15-6:45 pm (or dusk, whichever comes first) Available for reservations	1:15-6:45 pm (or dusk, whichever comes first) Available for reservations	11 am-3:45 pm Available for reservations			
4 pm							Closed	
5 pm	5-6:45 pm (or dusk, whichever comes first) Available for reservations				12-6:45 pm (or dusk, whichever comes first) Available for reservations	1:15-6:45 pm (or dusk, whichever comes first) Available for reservations	1:15-6:45 pm (or dusk, whichever comes first) Available for reservations	11 am-3:45 pm Available for reservations
6 pm	reservations							

Pickleball Court Reservations: Four outdoor pickleball courts are available to Gold and Silver members by reservation. One person may reserve one court per day. Reservations are available up to five days in advance. Play is limited to 1.5 hours. You must bring your own paddles and balls. Guests must be 50+, accompanied by a member, pay \$5/day, and sign a pickleball waiver form at front desk prior to play. To reserve a court, please call (843) 402-1990.