

March/April 2025

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Spring is the perfect time to reassess your health and exercise routine. It is also a good time to focus on things that make you happy.

Move your body. Try something new. Get outdoors. There are plenty of opportunities to exercise and dance at both centers. Sign up to go on a behind the scenes tour of May Forest State Park (pg 3). Travel with us to Savannah or enjoy a boat ride around Folly with Charleston Outdoor Adventures (pg 22).

Take steps to refresh your mental health. Attend one of our many stress reduction programs (pgs 9-11). R.I.S.E. and shine with Dr. Andrea Coyle in an interactive learning session designed to help facilitate meaningful connections, embrace gratitude, and reconnect to purpose (pg 8).

Find your community. A senior center member recently told me they come to the center to "exercise then socialize." Regular social interactions can help combat anxiety and keep the mind sharp. We have groups that meet for lunch and happy hours at different restaurants around town (pg 23). Take advantage of these opportunities! Spring is known to be a season of growth, so lets apply that mindset to our overall health and wellness goals.

Elizabeth Bernat, MHA,
Director



Chatting before Cardio & Weights class at LSC.



Members after a fascinating lecture from the South Carolina Bluebird Society at WSC.



Socializing at LSC. Staying socially active can help older adults live longer, healthier lives.

Holiday Schedule

Closed Fri, Apr 18 – Mon, Apr 21 for Easter

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, Apr 24, 9-10 am [register here](#)

Waring Senior Center

Mon, Mar 31, 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, Mar 4-Apr 15, 8:30 am-12:30 pm

To register, call (843) 990-5555.

Waring Senior Center

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

To register, call (843) 402-1990.

Spring Bake Sale Fundraiser

Cookies, cakes, pies, loaves, muffins, brownies, cupcakes, and more! Your skills are needed for the senior centers' bake sales on April 16 & 17. We are asking for baked items to be labeled, packaged, and ready to sell. There will be a bake sale at each senior center with proceeds remaining with the respective centers. Please sign up in advance at the centers' front desks by Apr 11. You can drop off your ready-to-sell baked goods on Tues, Apr 15, 9 am-12 pm at your center. *Please do not bring refrigerated items.*

Wed, Apr 16, 10 am-2pm

Thur, Apr 17, 10 am-2pm

Save the Date

Hollywood to Broadway, starring the Olde Pipes Consort! at LSC

The Olde Pipes Consort presents a concert featuring a variety of songs from stage and screen. Members Free / Guests \$5

Fri, May 9, 1:30 pm [register here](#)



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@sfh.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.

Behind the Scenes at Charleston Coffee Exchange at WSC

Did you know Charleston Coffee Exchange has been making coffee in Charleston for over 19 years? Join owner Melissa Kelly and hear about how it all began back in 2006 and learn how coffee is selected and roasted. Even try a sample or two.

Tues, Mar 25, 2-3pm [register here](#)

Coastline Changes in South Carolina

Coastlines are constantly being shaped and changed under the impacts of tides, wind, and waves. Katie Luciano, P.G., Coastal Geologists, SCDNR, focuses on the evolution of the South Carolina coast, and discusses geology, historical records and trends as well as the physical processes that affect coastal geology dynamics.

Lowcountry Senior Center

Tues, Apr 8, 1-2 pm [register here](#)

Waring Senior Center

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

Indigo Dye Workshop at LSC

Learn how to use indigo to make beautiful and magical patterns in this fun outdoor workshop! In addition to the cotton tea towel we provide, you may bring one white cotton item from home to dye, as long as it is no bigger than a t-shirt. Space is limited.

Members \$10 / Guests \$20

Tues, Apr 22, 11 am-12:30 pm [register here](#)

Sacred Spaces: The Journey of May Forest

History of May Forest State Park

Learn about the history of May Forest State Park, located on James Island. Candra Workman, Park Ranger, South Carolina Department of Parks, Recreation & Tourism, discuss its previous owners, the Sisters of Charity of Our Lady of Mercy, and what is to come for the future of this property.

Lowcountry Senior Center

Thur, Apr 10, 11 am-12 pm [register here](#)

Waring Senior Center

Wed, Mar 19, 1-2 pm [register here](#)

Behind the Scenes Tour of May Forest State Park

Join us on a special behind the scenes tour around South Carolina's newest state park, May Forest State Park. While on our walk, we discuss the some of the history associated with the site as well as take in the natural beauty of the park. Feel free to bring water, binoculars, bug spray, and a camera. Please wear comfortable walking shoes. Transportation is not provided. Meet at 424 Fort Johnson Road. Registration is required. Members Only. Free

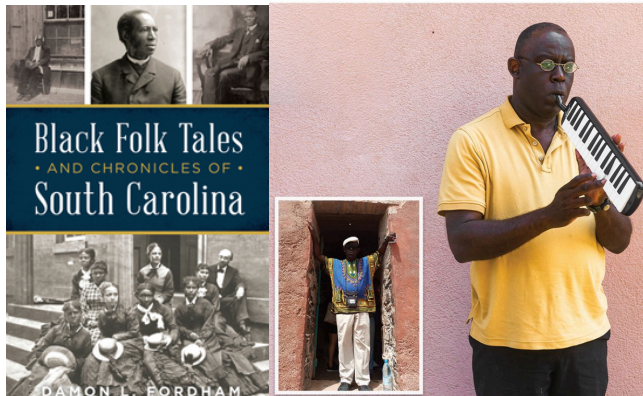
Wed, Apr 30, 10-11:30 am [register here](#)



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.



Black Folk Tales and Chronicles of South Carolina at LSC

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.

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

Ask a Master Gardener

Stop by the centers and Master Gardeners from the South Carolina Clemson Extension Program will be available to help you with your lawn and gardening questions. Soil samples will be accepted. \$7 fee for processing and testing payable at time of service to Clemson Extension Program.

Lowcountry Senior Center

Wed, Mar 12, 10 am-1 pm

Waring Senior Center

Tues, Apr 8, 10 am-1 pm

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

Mah Jongg Lessons

Learn to play Mah Jongg. Must commit to attending all four lessons.

Members Free/ Guests \$15 per series

Lowcountry Senior Center

Mon, Mar 24-Apr 14, 2:30-3:30 pm [register here](#)

Waring Senior Center

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

Thur, Apr 3-24, 12-1 pm [register here](#)

Unlocking the Power of Personality: A Guide to Understanding Yourself and Others at WSC

Come learn more about the different types of personality by utilizing an assessment measure that focuses on your preferences for dealing with and relating to people, processing information, making decisions, and organizing your life. Understand how your personality can have influence on your behavior.

Tues, Apr 29, 2-3 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.

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

Wed, Apr 16, 2-3 pm [register here](#)

Forensic Dentistry at LSC

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, and bitemark analysis.

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

Great Decisions at WSC

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk.

Mar Topic: U.S. Changing Leadership of the World Economy.

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

Apr Topic: U.S.-China Relations

Tues, Apr 8, 1:30-3 pm [register here](#)

James Island History: Fort Lamar and the Battle of Secessionville at LSC

Join Baxter-Patrick James Island librarian Mike Corbo as he discusses a unique feature from distinct phases of James Island's history. This month he discusses Fort Lamar and the Battle of Secessionville.

Thur, Apr 17, 11 am-12 pm [register here](#)

Let's Talk Tudors! at LSC

Travel back in time to the Tudor court. In "The Most Happy," Ann becomes queen and gives birth to Elizabeth. Meanwhile, Henry looks for an alliance. Join us, and let's talk Tudors!

Mon, Apr 7, 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, Mar 5, 4:15-5:45 pm [register here](#)

POW Camps in St. Andrew's Parish at WSC

Donna Jacobs, author of Byrnes Downs and West Ashley, will explore the history of the POW camps and share stories.

Thur, Apr 17, 1:30-2:30 [register here](#)

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, May 14, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Apr 4, 9 am-1pm

Call (843) 402-1990 to register.

Birth Records at LSC

Come learn how birth records have changed over time, what information is available on birth records, and how you can find them. Presented by Baxter-Patrick James Island librarian Faith Walker.

Thur, Apr 3, 11 am-12 pm [register here](#)

Financial Education Series

Outsmart the Scammers

Incidents of fraud are on the rise and scammers' tactics are becoming more complex. Learn how to spot red flags and what resources are available to help.

Lowcountry Senior Center

Mon, Mar 17, 10-11 am [register here](#)

Waring Senior Center

Mon, Apr 7, 2-3 [register here](#)

Rules of the Road: Top considerations of investing in retirement

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

Lowcountry Senior Center

Mon, Apr 14, 10-11 am [register here](#)

Waring Senior Center

Mon, Mar 10, 2-3 pm [register here](#)

Attention Grandparents

Leaving a Legacy: The Adventures of Nana Banana Pants

Join author Priscilla Shumway as she shares how she made her book come to life with the help of artificial intelligence, illustrated by an online gig-artist and published on Amazon. Books available for purchase.

Lowcountry Senior Center

Fri, Apr 11, 1-2 pm

[register here](#)

Waring Senior Center

Mon, Apr 14, 2-3 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.

Basic Spanish at WSC

This class is for those who have attended at least 16 weeks of Basic Spanish or have a general working knowledge of the language. 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. No class on 4/18.

Members \$10 / Guests \$20 per series

Fri, Mar 7-Apr 25, 9:30-10:30am

[register here](#)

Intermediate Spanish at WSC

Class is taught primarily in Spanish, with readings and discussion in Spanish. Participants must purchase *Intermediate Spanish Grammar by Gilda Nissenberg, Premium Third Edition* prior to class. Space is limited. Registration is required.

Members Only. Free

Wed, Mar 5-Apr 30, 1-2 pm [register here](#)

Book Club

Lowcountry Senior Center

Mon, Mar 17, 11 am-12:30 pm [register here](#)

Say Nothing by Patrick Radden Keefe

Mon, Apr 28, 11 am-12:30 pm [register here](#)

Demon Copperhead by Barbara Kingsolver

Waring Senior Center

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

TBD, call the center for details

Thur, Apr 17, 1-2 pm [register here](#)

TBD, call the center for details

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

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

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.

Acupuncture for Arthritis

Treyor W. Smith, Licensed Acupuncturist and owner of Johns Island Acupuncture, explains the methods he uses within his scope of practice to treat chronic pain conditions and arthritis. He discusses how these conditions form, how acupuncture can help combat the conditions from getting worse, and how the practice of acupuncture can increase overall quality of life.

Lowcountry Senior Center

Fri, Mar 21, 1-2 pm [register here](#)

Waring Senior Center

Mon, Mar 17, 1-2 pm [register here](#)

Brain Basics: Preventing Stroke

Join Kaitlyn Hall, Stroke Program Coordinator from Roper Rehabilitation Hospital and learn about your risk factors and what simple steps you can take to prevent a stroke.

Lowcountry Senior Center

Tues, Apr 29, 11 am-12 pm [register here](#)

Waring Senior Center

Wed, Apr 23, 1-2 pm [register here](#)

R.I.S.E. and Shine

Please join Dr. Andrea Coyle in an interactive learning session designed to help facilitate meaningful connections, embrace gratitude, and reconnect to purpose.

Lowcountry Senior Center

Wed, Apr 9, 2-3:15 pm [register here](#)

Waring Senior Center

Thur, Apr 24, 1-2:15pm [register here](#)

Embrace Your Wobbles

Priscilla Shumway, senior center member and author of *Embrace Your Wobbles: Wisdom from the Yoga Mat*, talks about types of wobbles, whether they be physical, mental, emotional or spiritual. As we age, wobbles are more common so how do we embrace them as a source of wisdom to help us grow and live a safer and more satisfying life? Books available for purchase.

Lowcountry Senior Center

Wed, Mar 12, 2-3 pm [register here](#)

Waring Senior Center

Wed, Mar 12, 11:30 am-12:30 pm [register here](#)

Lunch & Learn: Peripheral Vascular Disease (PVD)

Peripheral vascular disease (PVD) is a slow and progressive disorder of the blood vessels. Narrowing, blockage, or spasms in a blood vessel can cause PVD. PVD may affect any blood vessel outside of the heart. This includes the arteries, veins, or lymphatic vessels. Doctors from Coastal Vascular and Vein Center, discuss the causes, symptoms, and treatment options available.

Lowcountry Senior Center

Thur, Mar 27, 11:30 am-12:30 pm
[register by 3/24](#)

Waring Senior Center

Thur, Mar 13, 11:30 am-12:30 pm
[register by 3/10](#)

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.

Joy of Meditation

Learn the basics of mindfulness and how to establish a simple daily practice, then enjoy a guided group meditation. Members Free. Guests pay \$5 at front desk.

Lowcountry Senior Center

Thur, 2:30-3:30 pm *No class Mar 6*

Waring Senior Center

Wed, 10:15-11:15 am

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, Mar 19 and Apr 16

Appointments available 10 am-2 pm

Call (843) 990-5555 to schedule.

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



Strategies to Improve Memory

Join Amy Hider, Speech-Language Pathologist, Roper St. Francis Healthcare for an engaging class to understand the mechanics of memory, techniques to improve it. Learn some exercises and game recommendations to keep it sharp.

Lowcountry Senior Center

Fri, Mar 28, 1-2 pm [register here](#)

Waring Senior Center

Mon, Mar 24, 2-3 pm [register here](#)

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. This class meets on the 1st and 3rd Wed of month.

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

Wed, Apr 2 & 16, 12-1 pm [register here](#)



Meeting other members for Happy Hour at El Pollo Guapo.

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 at WSC

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.

Thur, Mar 6, 2-3 pm [register here](#)

Filling Our Spiritual Toolbox at LSC

Wouldn't it be great to have an arsenal of tools we carry around with us to deal with troubling situations, challenging times and awkward moments? Recognizing how to be ready for challenges is so helpful. Please come to add to your awareness of the tools that are available. Join Cerantha Corley for her talk and some uplifting Native American Flute music.

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

Taking Charge of Bladder Health - Solutions for Women at WSC

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.

Wed, Apr 30, 1-2 pm [register here](#)



Health & Balance Screenings

MUSC Physical Therapy Students are back to provide members FREE screenings!

Screenings Provided

- Blood Pressure
- Height/Weight
- Heart Rate
- Balance
- Strength
- Fall Risk Assessment

Screening process will take 20-30 minutes. Once complete you will receive the results and have an opportunity to get more health info on nutrition, physical activity, stress management, sleep and more.

Lowcountry Senior Center

Wed, Apr 2, 1:30 to 3:30 pm

Call (843) 990-5555 to schedule.

Waring Senior Center

Wed, Apr 16, 1:30 to 3:30 pm

Call (843) 402-1990 to schedule.

Registrations preferred. Walk-ins are accepted

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, Mar 8 & 22, 10-11:30 am

Sat, Apr 12 & 26, 10-11:30 am

Hope for Grieving Hearts at WSC

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

Registration is not required.



Mon, Mar 3-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, Mar 6 & Apr 3, 9-10 am

Path to Peace: Mental Wellness Toolkit

Join Hunter Lambert, MUSC OT Student Intern and learn how to recognize signs of stress and practice relaxation techniques. Walk away with practical tools for stress relief and a list of mental health resources to support your well-being.

Lowcountry Senior Center

Fri, Mar 28, 10-11 am [register here](#)

Waring Senior Center

Thur, Mar 20, 11:30-12:30 pm [register here](#)

Parkinson's Disease Support Group at LSC

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

Wed, Apr 23, 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, Mar 13, 11-11:30 am [register here](#)

Wed, Apr 23, 2-2:30 pm [register here](#)

Waring Senior Center

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

Fri, Apr 11, 11 am-12 pm [register here](#)

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

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>
	Double Deck Pinochle 9 am-12 pm	Duplicate Bridge 9:30 am-12:30 pm	Double Deck 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		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, Mar 21, 10-11 am [register here](#)

Fri, Apr 11, 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



LSC members working on their own art while socializing in Art Hub.

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, Mar 8 & 22, 10 am-12 pm

Sat, Apr 12 & 26, 10 am-12 pm

Beginner Recorder Lessons

Interested in learning how to play the recorder? Please stop by the front desk, call (843) 990-5555 or email us at lowcountryseniorcenter@rsfh.com. Someone will contact you about getting started.

Mon, 3:30-4:30 pm

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

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

Group Intermediate Piano at LSC

Learn how to play the basics of piano including note reading, rhythm, chords, and technique. Some note reading experience necessary. Participants must purchase a book once in the class.

Members \$50 / Guests \$60 per 6-week series

Mon, Mar 10-Apr 14, 10-11:30 am register here

Group Advanced Piano at LSC

Must have general knowledge of music and understanding of note reading and chords. Participants must purchase a book once in the class.

Members \$50 / Guests \$60 per 6-week series

Mon, Mar 10-Apr 14, 12-1:30 pm register here



Members exploring their creativity during the Tile Coaster class at WSC.

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, Mar 18-May 6, 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. No experience needed. Supply list is available at front desk.

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

Lowcountry Senior Center

Fri, Mar 21-May 2, 10 am-12 pm

No class Apr 18 [register here](#)

Waring Senior Center

Thur, Mar 20-May 1, 9:30-11:30 am

No class Apr 17 [register here](#)

Drawing 2: Beyond the Basics

Join us to elevate your drawing skills to the next level and explore some new drawing materials. 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

Lowcountry Senior Center

Mon, Mar 24-May 5, 12-2 pm

No class Apr 21 [register here](#)

Waring Senior Center

Tues, Mar 25-Apr 29, 9:30-11:30am

[register here](#)

Fun with Flowers

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

Lowcountry Senior Center

Mon, Mar 31, 10-11 am [register here](#)

Waring Senior Center

Mon, Apr 14, 12:30-1:30 pm [register here](#)

Introduction to Zentangle

The Zentangle Method is an easy-to-learn, relaxing, and fun way to draw beautiful, structured patterns. This class provides beginners with the history and basic steps of Zentangle. Supplies Included.

Members \$20 / Guests \$30 per class

Lowcountry Senior Center

Wed, Apr 23, 10 am-12 pm [register here](#)

Waring Senior Center

Fri, Apr 25, 12:30-2:30 pm [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, Mar 4-25, 1-3 pm [register here](#)

Tues, Apr 1-22, 1-3 pm [register here](#)

Waring Senior Center

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

Wed, Apr 2-23, 10 am-12 pm [register here](#)

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

Fri, Apr 4 & 25, 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

Golden Stage: Acting Workshop

This acting class offers a supportive environment to explore performance. Through a blend of improvisation, monologue work, and scene study, participants will build confidence 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 performance. Must commit to 6-weeks. No refunds after first class.

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

Lowcountry Senior Center

Try for FREE - Thur, Mar 13, 3-4:30 pm

Thur, Mar 20-Apr 24, 3-4:30 pm

[register here](#)

Waring Senior Center

Try for FREE - Wed, Mar 12, 10-11:30 am

Wed, Mar 19-Apr 23, 10-11:30 am

[register here](#)



Show Choir Celebrating Life Through Song and Community at WSC

This new group is a dynamic way to showcase the energy, talent, and joy of members through music, song, and dance. Instructor Kirk Pfeiffer's (Broadway veteran) mission is to uplift and inspire, sharing his love for classic tunes and popular hits.

Try for FREE - Wed, March 12, 11:30 am - 1 pm

6-week session begins

Wed, Mar 19-Apr 23, 11:30 am - 1 pm

Members \$65 / Guests \$75 [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. Must commit to 6-weeks. No refunds. No drop-ins.

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

Lowcountry Senior Center

Thur, Mar 20-Apr 24, 5-6 pm [register here](#)

Waring Senior Center

Tues, Mar 18-Apr 22, 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, Mar 10-Apr 28, 6-6:45 pm [register here](#)

No class Apr 21

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, Mar 10-Apr 28, 5:15-6 pm [register here](#)

No class Apr 21

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, Mar 10-Apr 28, 4:15-5:15 pm

[register here](#) *No class Apr 21*

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

Members \$25 / Guests \$35 per month

Tues, Apr 1-29, 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, Mar 4-25, 3:25-4:15 pm [register here](#)

Members \$25 / Guests \$35 per month

Tues, Apr 1-29, 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, Mar 5-26, 3-4 pm [register here](#)

Members \$25 / Guests \$35 per month

Wed, Apr 2-30, 3-4 pm [register here](#)



Smiling faces waiting for Chair Volleyball to begin 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>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>		8:30-9:30 am Functional Strength <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</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>Mar \$20/\$30</u> <u>Apr \$20/\$30</u>	9-10 am Dance Conditioning <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	9:30-10:30 am Cardio & Weights Free/\$2 per class
10:15-11:00 am Strength Training w/Bands <u>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>	10-10:45 am Chair Yoga <u>Mar Free/\$20</u> <u>Apr Free/\$20</u>	10:15-11:00 am Balance <u>Mar Free/\$20</u> <u>Apr Free/\$20</u>	10-10:45 am Chair Yoga <u>Mar Free/\$20</u> <u>Apr Free/\$20</u>		
11:15 am-12:15 pm ◆ Sit & Fit Free/\$2 per class	11 am-12 pm Qigong <u>Mar \$5/\$20</u> <u>Apr \$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>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>			12:30-1:30 pm Yoga <u>Mar \$20/\$30</u> <u>Apr \$15/\$25</u>	
1-2 pm Strength & Balance Free/\$2 per class	1:15-2:15 pm Yoga Stretch & Restore <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</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>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	2:30-3:20 pm Line Dancing Beg <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>		2-3 pm Pilates Mat <u>Mar \$20/\$30</u> <u>Apr \$20/\$30</u>		
	3:25-4:15 pm Line Dancing Int <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>	3-4:30 pm Chair Volleyball Members Only Free	3:30-4:30 pm Circuit Training <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>		
4-5 pm 40/20 Mix <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>					
		5-6 pm Relax & Repair Yoga <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>	5-6 pm Ballroom Dancing <u>Mar 20-Apr 24</u> \$65/\$75		

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	
	10-11 am Boxing for Parkinson's <u>Mar \$100/\$250</u> <u>Apr \$100/\$250</u>	10:15-11:15 am Functional Strength <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	10-10:45 am Cardio Drumming <u>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>	10-11 am Boxing for Parkinson's <u>Mar \$100/\$250</u> <u>Apr \$100/\$250</u>	9:15-10:15 am Dance w/James <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>
11 am-12 pm Chair Dance <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	10-10:45 am Tai Chi <u>March \$20/\$30</u> <u>Apr \$25/\$35</u>	11:30 am-12:30 pm Chair Yoga <u>Mar Free/\$20</u> <u>Apr Free/\$20</u>	10-11 am Gentle Yoga <u>Mar \$20/\$30</u> <u>Apr \$20/\$30</u>	11:15 am-12:15 pm Balance <u>Mar Free/\$20</u> <u>Apr 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 <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	11 am-12 pm ◆ <u>Sit & Fit</u> Free/\$2 per class	12:15-1:15 pm Dance Conditioning <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	
1:30-2:30 pm Yoga for Back Health <u>Mar \$25/\$35</u> <u>Apr \$15/\$25</u>	11:30am-12:30 pm Strength Training with Bands <u>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>	3-4 pm Line Dancing <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</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 <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>	3:30-4:30 pm ◆ <u>Cardio & Weights</u> Free/\$2 per class	1:30-2:15 pm Core & Stretch <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>		
	12:45-1:45 pm Strength & Balance Free/\$2 per class	5:30-6:30 pm Yoga after 5 <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>	2:15-2:30 pm 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.

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 4/21

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

Mon, Apr, 7-28, 10-10:45 am, \$15 [register here](#)

Synergy at WSC

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

No classes on 4/18 - 4/25

March

1-1:45 pm Mon, Mar 3-31, \$25 [register here](#)

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

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

10:15-11 am Sat, Mar 1-29, \$25 [register here](#)

April

1-1:45 pm Mon, Apr 7-28, \$15 [register here](#)

10-10:45 am Wed/Fri, Apr 2-30, \$30 [register here](#)

1-1:45 pm Wed/Fri, Apr 2-30, \$30 [register here](#)

10:15-11 am Sat, Apr 5-26, \$15 [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.



Members and staff showing strength and smiles in the Boxing for Parkinsons Class at WSC.



Members are doing some ab work in Strength & Balance class at LSC.

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

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, Mar 21, 11:30 am [register by 3/17](#)
Tues, Apr 22, 12:30 pm [register by 4/18](#)

Kayak Tour

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. Please see website for refund/cancellation policy. Members \$45 / Guests \$55 per tour \$35 per tour if you bring your own kayak/SUP and life-jacket
Fri, Apr 4, 12 pm [register by 3/31](#)

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, Mar 26, 12:15 pm [register by 3/12](#)
Thur, May 1, 2:15 pm [register by 4/17](#)

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, Mar 27, 5-6:45 pm [register here](#)
Featuring Trader Joe's
Thur, Apr 24, 5-6:45 pm [register here](#)
Featuring Chile

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 2/28 - non-refundable after this date. Online registration now available.
Members \$290 / Guests \$320
Tues, May 13, 8 am-6 pm [register here](#)



Members eating dinner at Bowens Island for Dining Out.

Social - Out & About

Dining Out

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

Wed, Mar 12, 5 pm [register by 3/5](#)

Aji Asian Bistro, 1011 Harbor View Rd

Tues, Mar 25, 5 pm [register by 3/18](#)

Konnichiwa Japanese Restaurant

975 Savannah Hwy

Tues, Apr 8, 5 pm [register by 4/1](#)

Maybank Public House, 1970 Maybank Hwy

Tues, Apr 22, 5 pm [register by 4/15](#)

Southern Roots, 2544 Savannah Hwy

Happy Hour

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

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

Ichiban Steak House, 1716 Old Towne Rd

Lunch Bunch

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

Thur, Mar 6, 11:30 am [register by 3/3](#)

Kickin' Chicken, 1184 Bees Ferry Rd., Ste 101

Fri, Mar 14, 11:30 am [register by 3/11](#)

Paisano's Pizza Grill, 1246 Camp Rd

Thur, Apr 10, 11:30 am [register by 4/7](#)

Rio Chico - West Ashley, 975 Magwood Dr

Fri, Apr 11, 11:30 am [register by 4/8](#)

Athens, 1739 Maybank Hwy, Suite G

Meet Up Golf

Play golf with other members at the City of Charleston Municipal Golf Course. \$17 Green Fees; \$22 Riding Cart (\$12 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 Mar and Apr**

PURE Theater - Seniors & Seniors

This popular cross-generational program brings high school seniors and older adults together to share in life-changing theatrical experiences.

Ms. Holmes & Ms. Watson-Apt, 2B

by Kate Hamill

This show is about Oddball female roommates Sherlock Holmes & Joan Watson who join forces to emerge from pandemic fog as a quasi-dysfunctional adventure duo—solving mysteries until they come face to face with a villain who seems to have all of the answers.

Price includes the show and a buffet lunch.

Transportation is not provided.

Members \$50 / Guests \$55

Wed, Mar 19, 10 am [registration due by 3/7](#)

Non-refundable after 3/7

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.

MAR/APR 2025 Pickleball Open Play Schedule: 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 Advanced 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	8:30 am-12:30 pm Open Play All Levels
10 am		10:00 am-12 pm Beginners Open Play				
11 am	11:15 am-1:15 pm Intermediate Open Play	12:30-1:30 pm Pickleball 101 Lessons \$45 Members/\$55 Guests (Mar 11-Apr 1) FMI or to register call 843-402-1990	11:15 am-1:15 pm Advanced Open Play	11:15 am-1:15 pm Intermediate Open Play	11:15 am-1:15 pm Advanced Open Play	
12 pm						
1 pm	1:15-2:45 pm Available for reservations	1:45-2:45 pm Pickleball 102 Lessons \$45 Members/\$55 Guests (Mar 11-Apr 1) FMI or to register call 843-402-1990	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	1:15-3:45 pm Available for reservations	
2 pm	2:45-3 pm Set-up					
3 pm	3-5 pm Intermediate Open Play				Close at 4 pm	
4 pm						
5 pm	5-6:45 pm (or dusk, whichever comes first) Available for reservations	3-6:45 pm (or dusk, whichever comes first) Available for reservations				
6 pm						

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.

Waring Café Hot Lunch Menu (No Curbside) March 2025



Hot Lunch Served with Water, Skim Milk, and Fresh Fruit.

Café Hours: Tuesdays, Wednesdays, and Fridays, 11 am-2 pm for Hot Lunch; and 8 am-3 pm for All Other Items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mar 3	Mar 4 Chicken Pot Pie, Southern Style Green Beans, Sugar Cookie <i>Deadline to order 3/2 at 11 am</i>	Mar 5 Pot Roast with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Brownie Crinkle Cookie <i>Deadline to order 3/3 at 11 am</i>	Mar 6	Mar 7 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Cookies and Cream Mousse <i>Deadline to order 3/5 at 11 am</i>
Mar 10	Mar 11 Turkey Bolognese, Side Salad with Ranch Dressing, Sugar Cookie <i>Deadline to order 3/9 at 11 am</i>	Mar 12 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Grapes, Banana Pudding Parfait <i>Deadline to order 3/10 at 11 am</i>	Mar 13	Mar 14 Black Magic Salmon, Carolina Slaw, Savannah Red Rice, Crinkle Brownie Cookie <i>Deadline to order 3/12 at 11 am</i>
Mar 17	Mar 18 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Banana Pudding Parfait <i>Deadline to order 3/16 at 11 am</i>	Mar 19 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Sugar Cookie <i>Deadline to order 3/17 at 11 am</i>	Mar 20	Mar 21 Black Magic Salmon, Carolina Slaw, Savannah Red Rice, Crinkle Brownie Cookie <i>Deadline to order 3/19 at 11 am</i>
Mar 24	Mar 25 Chicken Pot Pie, Southern Style Green Beans, Sugar Cookie <i>Deadline to order 3/23 at 11 am</i>	Mar 26 Pot Roast with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Brownie Crinkle Cookie <i>Deadline to order 3/24 at 11 am</i>	Mar 27	Mar 28 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Cookies and Cream Mousse <i>Deadline to order 3/26 at 11 am</i>

Waring Senior Center Café: Hot Lunch Menu (No Curbside Pick-up)

- A hot lunch is served three days per week 11 am – 2 pm inside the café and must be ordered in advance.
- Curbside pick-up has been discontinued. Take-out is available.
- Meals are \$7 each or \$2 for those in the discount program. The discount program is currently full. No refunds after deadlines or for no-shows.
- Sandwiches, salads, and other pick-up items are also available without an advance order. Café is open 8 am – 3 pm for pick-up items.
- Orders and payments must be received by 11 am two days prior with exceptions for holidays. Please note the deadlines printed in the calendar.
- Place an order online at www.waringseiorcenter.com in “Classes & Events” or call 843-402-1990.

Waring Café Hot Lunch Menu – April 2025

Hot Lunch Served with Water, Skim Milk, and Fresh Fruit.

Café Hours: Tuesdays, Wednesdays, and Fridays, 11 am-2 pm for Hot Lunch; and 8 am-3 pm for All Other Items



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mar 31	Apr 1 Turkey Bolognese, Side Salad with Ranch Dressing, Sugar Cookie <i>Deadline to order 3/30 at 11 am</i>	Apr 2 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Grapes, Banana Pudding Parfait <i>Deadline to order 3/31 at 11 am</i>	Apr 3	Apr 4 Black Magic Salmon, Carolina Slaw, Savannah Red Rice, Crinkle Brownie Cookie <i>Deadline to order 4/2 at 11 am</i>
Apr 7	Apr 8 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Banana Pudding Parfait <i>Deadline to order 4/6 at 11 am</i>	Apr 9 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Sugar Cookie <i>Deadline to order 4/7 at 11 am</i>	Apr 10	Apr 11 Black Magic Salmon, Carolina Slaw, Savannah Red Rice, Crinkle Brownie Cookie <i>Deadline to order 4/9 at 11 am</i>
Apr 14	Apr 15 Chicken Pot Pie, Southern Style Green Beans, Sugar Cookie <i>Deadline to order 4/13 at 11 am</i>	Apr 16 Pot Roast with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Brownie Crinkle Cookie <i>Deadline to order 4/14 at 11 am</i>	Apr 17	Apr 18 Center Closed for Holiday
Apr 21 Center Closed for Holiday	Apr 22 Turkey Bolognese, Side Salad with Ranch Dressing, Sugar Cookie <i>Deadline to order 4/20 at 11 am</i>	Apr 23 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Grapes, Banana Pudding Parfait <i>Deadline to order 4/21 at 11 am</i>	Apr 24	Apr 25 Black Magic Salmon, Carolina Slaw, Savannah Red Rice, Crinkle Brownie Cookie <i>Deadline to order 4/23 at 11 am</i>
Apr 28	Apr 29 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Banana Pudding Parfait <i>Deadline to order 4/27 at 11 am</i>	Apr 30 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Sugar Cookie <i>Deadline to order 4/28 at 11 am</i>	May 1	May 2 Black Magic Salmon, Carolina Slaw, Savannah Red Rice, Crinkle Brownie Cookie <i>Deadline to order 4/30 at 11 am</i>

Waring Senior Center Café: Hot Lunch Menu

- A hot lunch is served three days per week 11 am – 2 pm inside the café and must be ordered in advance.
- Curbside pick-up has been discontinued. Take-out is available.
- Meals are \$7 each or \$2 for those in the discount program. The discount program is currently full. No refunds after deadlines or for no-shows.
- Sandwiches, salads, and other pick-up items are also available without an advance order. Café is open 8 am – 3 pm for pick-up items.
- Orders and payments must be received by 11 am two days prior with exceptions for holidays. Please note the deadlines printed in the calendar.
- Place an order online at www.waringseiniorcenter.com in “Classes & Events” or call 843-402-1990.