

November/December 2024

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Happy fall! The change in weather has been refreshing after the heat and humidity of the summer! The weather is not the only change around the senior centers.

One big area of change is in our fitness class schedule. We are excited to introduce a new fitness class designed specifically for those with Parkinson's Disease and other movement disorders as research has proven exercise can help control the symptoms of Parkinson's.

We also have several new fitness instructors and are introducing new classes. As a result, there are changes to times and rooms for many ongoing classes.

Another big change is with our pickleball program. The popularity of pickleball has exploded nationwide, including at Waring Senior Center! We have created even more options for Open Play, which is a fun and social way to both learn and enjoy the sport. Please check our new calendar!

We will have even more changes and new opportunities in 2025. So, as we head into the holiday season and New Year, please adopt a spirit of grace and patience as we navigate these changing times together!

Elizabeth Bernat, MHA, Director



Members meeting up for a fun happy hour at Minero.



Joe McGill, Director of The Slave Dwelling Project and Herb Frazier, Special Projects Editor at Charleston City Paper, signing books at the *Sleeping with the Ancestors* Talk sponsored by SC Humanities.

Holiday Schedule

Nov 27: Centers close at 12 pm

Nov 28-30: Closed

Dec 6: Centers close at 11 am

Dec 16-19: Lowcountry closes at 5 pm

Dec 20: Centers close at 2 pm

Dec 23: Centers open 7:30 am-3:30 pm

Dec 24-26: Closed

Dec 27, 30: Centers open 7:30 am-3:30 pm

Dec 31: Centers close at 12 pm

Jan 1: Closed

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, Dec 12, 9-10 am [register here](#)

Waring Senior Center

Mon, Nov 18, 11 am-12 pm [register here](#)

Bake Sale Fundraiser

Cookies, cakes, pies, loaves, muffins, brownies, cupcakes, and more! Your skills are needed for the senior centers' bake sales on November 20 & 21. 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 centers' front desks by Nov 15. You can drop off your ready-to-sell baked goods on Tues, Nov 19, 8 am-12 pm at your center. *Please do not bring refrigerated items.*

Wed, Nov 20, 10 am-2 pm

Thur, Nov 21, 10 am-2 pm

Cards for Heroes

Tables will be set up in the lobby inviting everyone to write meaningful messages on provided cards to be delivered to active duty service members over the holidays.

Lowcountry Senior Center

Mon, Nov 11-Thur, Nov 14

Waring Senior Center

Mon, Nov 11-Thur, Nov 14

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

Creative Art Show at WSC

Drop in to see an art gallery displaying the work of artists from classes offered at the senior centers.

Fri, Nov 8, 11 am-2 pm

Holiday Celebration at LSC

Get in the spirit of the holidays with an afternoon of festive carols. Enjoy a holiday concert featuring the Senior Center Chorus. Please bring your favorite table-ready holiday dessert or snack to share!

Members Free / Guests \$5

Wed, Dec 11, 3 pm [register here](#)

Holiday Pipes Concert

Olde Pipes Consort presents: The Sounds of the Season. Please join us for an afternoon of traditional carols and festive tunes, sure to fill your heart with holiday cheer. Please bring your favorite table-ready holiday dessert or snack to share!

Members Free / Guests \$5 per event

Lowcountry Senior Center

Fri, Dec 13, 1 pm [register here](#)

Waring Senior Center

Mon, Dec 2, 1:30 pm [register here](#)

Veterans Day Celebration at WSC

The Senior Center Chorus pays tribute to Veterans who have served in all branches of the military with a patriotic program that will have your toes tapping and you singing along. Members Free / Guests \$5

Mon, Nov 11, 1 pm [register here](#)

Lifelong Learning

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

Charleston County Resource Fair

Did you know that as a Charleston County Resident you have incentives and programs available for your use? Participating offices include Assessor's, Auditor's, Treasurer's, Veterans' Affairs, Voter's Registration, and Probate Court. Drop-in and learn about your resident benefits!

Lowcountry Senior Center

Wed, Nov 6, 10 am-1 pm

Waring Senior Center

Tues, Nov 12, 10 am-1 pm

Dutch and Dutch American

Genealogy at LSC

Come learn about tips and resources you can use to find more about your Dutch American and Dutch ancestors! Presented by Faith Walker, Baxter-Patrick James Island Library.

Thur, Dec 5, 11 am-12 pm [register here](#)

Estate Planning & Probate Answers

Join Charleston County Probate Judge Irv Condon to learn about estate planning for you and your family. Probate Court functions including probating an estate, adult guardianship, conservatorship, and getting help for a loved one with substance use disorder or mental illness will also be discussed.

Lowcountry Senior Center

Tues, Dec 10, 11 am-12 pm [register here](#)

Waring Senior Center

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

Forensic Anthropology at WSC

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

Mon, Nov 4, 2-3 pm [register here](#)

Meet the Author of *Engel*

Meet Cynthia Andrews, author and illustrator of *Engel*, a children's storybook. Designed to be read aloud or alone, *Engel* transports you back to the Holy City in 1883, when a little angel ornament is thrown into Charleston harbor still attached to the Christmas tree. On her journey, *Engel* encounters a delightful and sometimes terrifying cast of Lowcountry wildlife characters inspired by local historical figures. Books available for purchase.

Lowcountry Senior Center

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

Waring Senior Center

Thur, Nov 7, 2-3 pm [register here](#)

The History of Frances Perkins

Author Ruth Monsell of James Island talks about her new book, *Frances Perkins, Champion of American Workers*, a biography of the first woman cabinet member. Books available for purchase.

Lowcountry Senior Center

Tues, Dec 3, 1-2 pm [register here](#)

Waring Senior Center

Tues, Dec 10, 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 nonmembers unless otherwise noted.

Community Connections Series

Join other Senior Center members to learn about community resources. Transportation is not provided to the sites. Space is limited. Members Only. Free. Registration is required.

Charleston Recycling Center

Meet at the Charleston County Materials Recovery Facility and learn about how to recycle the right way! View the recycling process and see tons of material get recycled each hour, using automated processes and robotics! Transportation is not provided. Carpooling is encouraged. Register by Nov 7. Meet at Charleston County Materials Recovery Facility, 8099 Palmetto Commerce Pkwy, North Charleston 29456 .

Tues, Nov 12, 10:30 am [register here](#)

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. Register by Dec 9. Meet at 3688 Angel Oak Rd, Johns Island, SC 29455.

Fri, Dec 13, 11:30 am [register here](#)

James Island History: Fort Johnson Part 2 at LSC

Join Baxter-Patrick James Island librarian Mike Corbo as he finishes the story behind Fort Johnson covering the mid 1700s to today.

Thur, Dec 19, 11 am-12 pm [register here](#)

Let's Talk Tudors! at LSC

Travel back to the Tudor court in this new series of talks. Explore the lives of Henry VIII, his six wives, and other Tudor characters. This month, we're talking about Henry's second wife in "The Rise of Anne Boleyn."

Mon, Dec 2, 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, Nov 20, 4:15-5:45 pm [register here](#)

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



Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for nonmembers 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

Fri, Nov 1, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Dec 13, 9 am-1 pm

Call (843) 402-1990 to register.

Ancestry Help

Get help using Ancestry or working on your family tree! Due to software availability, please meet at Baxter-Patrick James Island Library. Members Only. Free

Thur, Nov 14, 11 am-12 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, 1:30-3 pm

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, Dec 4, 2-3 pm [register here](#)

Financial Education Series

Charitable Giving and Your Financial Strategy

Giving back looks different for everyone. Like any financial strategy, charitable giving has several benefits and tradeoffs to consider. Find the appropriate charitable-giving path for your financial strategy and life stage.

Lowcountry Senior Center

Mon, Nov 18, 10-11 am [register here](#)

Waring Senior Center

Wed, Dec 4, 1-2 pm [register here](#)

The Markets Today

A timely market update related to current events.

Lowcountry Senior Center

Mon, Dec 9, 10-11 am [register here](#)

Waring Senior Center

Tues, Nov 19, 1-2 pm [register here](#)

Great Decisions

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. Nov topic: Pandemic preparation.

Lowcountry Senior Center

Wed, Nov 13, 1:30-3 pm [register here](#)

Waring Senior Center

Tues, Nov 19, 1:30-3 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 nonmembers unless otherwise noted.

Book Club

Lowcountry Senior Center

Mon, Nov 18, 11 am-12:30 pm [register here](#)

David Copperfield by Charles Dickens

Mon, Dec 16, 11 am-12:30 pm [register here](#)

Reader's Favorite Book

Waring Senior Center

Thur, Nov 21, 1-2 pm [register here](#)

Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid

Thur, Dec 19, 1-2 pm [register here](#)

The Little Liar by Mitch Albom

Explore CCPL Digital Resources at LSC

Join Jamie Nowell, Baxter-Patrick James Island Library, and learn how to navigate the digital world of books, movies, and more with platforms like Hoopla and Libby. What to bring with you: your device and your Apple ID if you have an iPhone. If possible, please bring your active CCPL Library Card and your 4-digit PIN number.

Tues, Dec 10, 1 pm [register here](#)

Mah Jongg Lessons at WSC

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

Thur, Nov 7-21, 12-1 pm [register here](#)

Thur, Dec 5-19, 12-1 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

Fri, Nov 1, 10:30-11:30

This class resumes Jan 2025.

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

Blood Pressure Screenings

Stop by and get a free blood pressure screening courtesy of Roper St. Francis Stroke Center of Excellence and pick up information about stroke prevention. Registration is not required.

Lowcountry Senior Center

Tues, Nov 12, 9:30 am-12:30 pm

Waring Senior Center

Mon, Nov 4, 9:30 am-12:30 pm

Bone Health Strategies for the Holidays

Jana Davis MS, RDN is back to discuss bone health nutrition strategies to use during the holidays. Healthy recipes provided.

Lowcountry Senior Center

Thur, Nov 14, 11 am-12 pm [register here](#)

Waring Senior Center

Fri, Nov 8, 10-11 am [register here](#)

The Power of Gratitude at LSC

Gratitude is good for our bodies, our minds and our relationships. Come listen to Cerantha Corley, senior center member, share some wisdom on the value of gratitude in her own life and others too. She also brings her Native American Flute to play some music. Members Free / Guests \$5

Tues, Dec 3, 11 am-12 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. Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, 2:30-3:30 pm

Waring Senior Center

Wed, Nov 6-20, 10:15-11:15 am

Wed, Dec 4-18, 10:15-11:15 am

Meditation Garden & Labyrinth Tour

Join other members and be inspired by the majestic oaks and labyrinth gracing the meditation garden at Bon Secours St. Francis Hospital. Rosemary Maree, Mission Specialist at Roper St. Francis Healthcare, gives a brief history while you explore and learn about this tranquil spot. Transportation is not provided.

Weather date: Fri, Nov 22, 10:30-11:30 am

Wed, Nov 13, 10:30-11:30am [register here](#)

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, Nov 13 and Dec 11

Appointments available 10 am-2 pm

Call (843) 990-5555 to schedule.

Health & Wellness

Boosting Brain Health

Join Amy Hider, Speech-Language Pathologist, Roper St. Francis Healthcare to learn about recent research that offers hope and addresses the important lifestyle elements to maintain good brain health and cognitive functioning to keep your neurons dancing.

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Waring Senior Center

Wed, Nov 20, 1-2 pm [register here](#)

In Our Own Voice

Learn about mental health conditions and listen to an open and honest perspective on this highly misunderstood topic. Presented in coordination with the National Alliance on Mental Illness.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Nov 19, 11 am-12 pm [register here](#)

Waring Senior Center

Wed, Nov 6, 2-3 pm [register here](#)

Varicose Veins & Leg Pain

Lunch & Learn

Join doctors from Coastal Vascular & Vein Center and learn about varicose veins, treatment options and get your questions answered. Box lunches provided.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Nov 19, 1-2 pm [register here](#)

Waring Senior Center

Thur, Nov 21, 12:30-1:30 pm [register here](#)

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

Medicare Q & A Sessions

If you are turning 65, do you know your Medicare options? Do you know when you can enroll, switch or disenroll in a Medicare Advantage Plan? Call the centers and sign-up for a 30-minute appointment with an unbiased SHIP (State Health Insurance Plan) volunteer and get your questions answered.

Members and Guests Free

Lowcountry Senior Center

Tues, Nov 19 and Dec 3, 10-11 am

Waring Senior Center

Fri, Nov 15 and Dec 6, 10-11 am

Your Heart Matters at WSC

Join Jeffrey M. Akhtar, DO & Don Hurley, DO, FAAFP, DABFM to learn what it takes to keep your heart healthy and strong. Light refreshments will be provided.

Members and Guests Free

Thur, Nov 21, 5:30-6:30 pm [register here](#)

Vaccination Clinics

Walk in and get your vaccines from a Publix Pharmacy pharmacist. Medicare is accepted, please bring your insurance card with you. No appointment needed.

Vaccines Available:

Regular & High Dose Flu - COVID-19 Booster
Shingles - Pneumonia - RSV - Tdap

Lowcountry Senior Center

Fri, Nov 8, 10 am-12 pm

Waring Senior Center

Mon, Nov 4, 1-3 pm

Support

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. Members and Guests Free

Sat, Nov 9 & 23, 10-11:30 am

Sat, Dec 14 & 28, 10-11:30 am

Community Resource Info at WSC

Join a representative from Trident United Way to learn about helpful community resources like 211 and Carta OnDemand.

Thurs, Nov 14, 10 am - 1 pm

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 the group at any time. Registration is not required.

Members and Guests Free



Mon, Nov 4-Nov 25, 2-3 pm

Medication Take Back Day at LSC

Stop by to drop off old or unused prescriptions.

Thur, Dec 12, 10 am-1 pm

Moving on After Change at LSC

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

Members and Guests Free

Thur, Nov 7 & Dec 5, 9-10 am

Parkinson's Disease Support Group at LSC

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

Members and Guests Free

Wed, Jan 29, 2025, 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.

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.

Members and Guests Free

Lowcountry Senior Center

Thur, Nov 7, 11 am-12 pm [register here](#)

Thur, Dec 12, 1:30-2:30 pm [register here](#)

Waring Senior Center

Mon, Nov 18, 1 pm [register here](#)

Tues, Dec 3, 11 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

Lowcountry Senior Center

Fri, Nov 15, 10-11 am [register here](#)

Fri, Dec 20, 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



Member prepping for WSC Creative Art Show, Fri, Nov 8, 11 am-2 pm. See page 2 for more info.

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

Creative Arts & Music



WSC Members having fun with flowers. Next class at LSC on Mon, Nov 4. See pg. 13 for more info.

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, Nov 9 & 23, 10 am-12 pm

Sat, Dec 14 & 28, 10 am-12 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

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

Group Beginner Piano

Learn how to play the basics of piano including note reading, rhythm, chords, and technique. No experience necessary.

Members \$40 / Guests \$80 per 6-week series

Lowcountry Senior Center

Mon, Nov 4-Dec 16, 10-11:30 am

No class Nov 25 [register here](#)

Waring Senior Center

Wed, Nov 6-Dec 18, 9:30-11 am

No class Nov 27 [register here](#)

Group Intermediate Piano

Must have general knowledge of music and understanding of note reading and chords.

Members \$40 / Guests \$80 per 6-week series

Lowcountry Senior Center

Mon, Nov 4-Dec 16, 12-1:30 pm

No class Nov 25 [register here](#)

Waring Senior Center

Wed, Nov 6-Dec 18, 11 am-12:30pm

No class Nov 27 [register here](#)

Creative Arts & Music

Holiday Bow Making Class at WSC

Come see a demonstration of bow making and learn how to make one yourself. Supply list available at the front desk.

Members \$5 / Guests \$10

Thur, Nov 14, 10-11 am [register here](#)

Drawing Basics at LSC

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

Mon, Nov 4-Dec 16, 12-2 pm

No class Nov 25 [register here](#)

Watercolor Lessons

Suitable for both beginners and advanced students. Supply list is available at the front desk. Members \$15 / Guests \$25 per series

Lowcountry Senior Center

Tues, Nov 5-19, 1-3 pm [register here](#)

Waring Senior Center

Wed, Nov 6-20, 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

Line & Wash: Card Making at LSC

Combine light loose drawing in pen with watercolor washes to create beautiful holiday cards for friends and family.

Perfect for those that want a portable art technique. Some drawing skills helpful but not necessary. Supply list is available at the front desk.

Members \$15 / Guests \$25 per class

Fri, Nov 8, 10 am-12 pm [register here](#)

Fri, Nov 15, 10 am-12 pm [register here](#)

Fri, Dec 13, 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, Nov 1 & 15, 9 am-12 pm [register here](#)

Fri, Dec 13, 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

Fun with Flowers at LSC

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 per class

Mon, Nov 4, 10-11 am [register here](#)

Knitting & Threads at LSC

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

Members Only. Free

Thur, 10 am-12 pm



Zentangle Classes

Participants are encouraged to have attended at least one Zentangle program; however it is not requirement. All class supplies are included.

Members \$15 / Guests \$25 per class

Snowflake Mandala

This class is based on the fun “cut out paper snowflakes” we used to make as a child. Join us for a fun filled couple of hours, exploring possibilities using patterns inspired from the Zentangle Method where, “Anything is possible one stroke at a time.”®

Lowcountry Senior Center

Wed, Nov 20, 10 am-12 pm [register here](#)

Waring Senior Center

Fri, Nov 15, 12:30-2:30 pm [register here](#)

Dance

Line Dancing - Beginner at LSC

For beginners or those wanting to brush up their line dancing skills. No partner required. Members \$15 / Guests \$25 per month

Tues, Nov 5-19, 2:30-3:20 pm [register here](#)

Tues, Dec 3-17, 2:30-3:20 pm [register here](#)

Line Dancing - Intermediate at LSC

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

Members \$15/ Guests \$25 per month

Tues, Nov 5-19, 3:25-4:15 pm [register here](#)

Tues, Dec 3-17, 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 \$15/ Guests \$25 per month

Wed, Nov 6-20, 3-4 pm [register here](#)

Wed, Dec 4-18, 3-4 pm [register here](#)



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



Members having a great time dancing to the groovy tunes of Wildflower Station at WSC.

Boxing for Parkinson's at WSC

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

Class Starts Fri, Nov 1

Tuesdays and Fridays, 10-11 am

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 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>Nov \$10/\$20</u> <u>Dec \$10/\$20</u> | | 8-9 am Functional Strength Nov 7-Dec 19 <u>\$25/\$35</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 Nov <u>\$15/\$25</u> Dec <u>\$10/\$20</u> | 9-10 am Dance Conditioning Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 9:30-10:30 am Cardio & Weights Free/\$2 per class |
| 10:15-11:00 am Strength Training w/Bands Nov <u>\$10/\$20</u> Dec <u>\$10/\$20</u> | 10-10:45 am Chair Yoga Nov <u>Free/\$20</u> Dec <u>Free/\$15</u> | 10:15-11:00 am Balance Nov <u>Free/\$20</u> Dec <u>Free/\$15</u> | 10-10:45 am Chair Yoga Nov <u>Free/\$15</u> Dec <u>Free/\$15</u> | | |
| 11:15 am-12:15 pm ◆ <u>Sit & Fit</u> Free/\$2 per class | 11 am-12 pm Qigong Nov <u>\$5/\$20</u> Dec <u>\$5/\$10</u> | 11:15 am-12:15 pm ◆ <u>Sit & Fit</u> Free/\$2 per class | 11 am-12 pm Strength & Balance Free/\$2 per class | 11:15 am-12:15 pm ◆ <u>Sit & Fit</u> Free/\$2 per class | 11:30 am-12:45 pm Chair Volleyball Members Only Free |
| | 12:15-1 pm Barre & Mobility Nov <u>\$10/\$20</u> Dec <u>\$10/\$20</u> | 12:25-12:45 pm Hula Hooping Nov 20 <u>Free/\$2</u> Dec 18 <u>Free /\$2</u> | 12:15-1 pm Dance Fitness Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 12:30-1:30 pm Yoga Nov <u>\$20/\$30</u> Dec <u>\$10/\$20</u> | |
| 1-2 pm Strength & Balance Free/\$2 per class | 1:15-2:15 pm Yoga Stretch & Restore Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</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 Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 2:30-3:20 pm Line Dancing Beg Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | | 2-3 pm Pilates Mat Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | | |
| | 3:25-4:15 pm Line Dancing Int Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 3-4:30 pm Chair Volleyball Members Only Free | 3:30-4:30 pm Circuit Training Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | | |
| 4-5 pm 40/20 Mix Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | | | | | |
| 5:15-6:15 pm Yoga Flex Nov <u>\$15/\$25</u> Dec <u>\$10/\$20</u> | | 5-6 pm Relax & Repair Yoga Nov <u>\$15/\$25</u> Dec <u>\$10/\$20</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 | 9-10 am Dance w/James Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> |
| | 10-11 am Boxing for Parkinson's Nov <u>\$100/\$250</u> Dec <u>\$100/\$250</u> | 10-11 am Functional Strength Nov 6-Dec 18 <u>\$25/\$35</u> | 10-11 am Gentle Yoga Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 10-11 am Boxing for Parkinson's Nov <u>\$100/\$250</u> Dec <u>\$100/\$250</u> | 10:15-11:45 am Chair Volleyball Members Only Free |
| 11 am-12 pm Chair Dance Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 10-10:45 am Tai Chi Nov <u>\$15/\$25</u> Dec <u>\$10/\$20</u> | 11:30 am-12:30 pm Chair Yoga Nov <u>Free/\$20</u> Dec <u>Free/\$20</u> | 10-10:45 am Cardio Drumming Nov <u>\$10/\$20</u> Dec <u>\$10/\$20</u> | 11:15 am-12:15 pm Balance Nov <u>Free/\$20</u> Dec <u>Free/\$20</u> | |
| 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 Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 11 am-12 pm ◆ <u>Sit & Fit</u> Free/\$2 per class | 12:15-1:15 pm Dance Conditioning Nov <u>\$15/\$25</u> Dec <u>\$10/\$20</u> | |
| 1:30-2:30 pm Yoga for Back Health Nov <u>\$25/\$25</u> Dec <u>\$15/\$25</u> | 11:30am-12:30 pm Strength Training with Bands Nov <u>\$10/\$20</u> Dec <u>\$10/\$20</u> | 3-4 pm Line Dancing Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 12:15-1:15 pm Strength & Balance Free/\$2 per class | Calendar Key: Free for members & no registration required ◆ Class at Waring and available online Click on the class title to join the live stream class online. Click on the month to register for classes and pay, if fees apply. Want to try an exercise class one time? Per class rate is \$8 for members and guests, if fees apply. | |
| | 11:30 am-12:30 pm Gentle Yoga Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | 3:30-4:30 pm ◆ <u>Cardio & Weights</u> Free/\$2 per class | 1:30-2:15 pm Core & Stretch Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</u> | | |
| | 12:45-1:45 pm Strength & Balance Free/\$2 per class | 5:30 - 6:30 pm Yoga after 5 Nov <u>\$15/\$25</u> Dec <u>\$15/\$25</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 Flex

Improve flexibility, balance, strength and mobility through yoga. 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.

Mon, Nov 4-18, 10-10:45 am, \$15 [register here](#)

Mon, Dec 2-16, 10-10:45 am, \$15 [register here](#)

Synergy at WSC

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

November

1-1:45 pm Mon, Nov 4-25, \$20 [register here](#)

10-10:45 am Wed/Fri, Nov 1-22, \$35 [register here](#)

1-1:45 pm Wed/Fri, Nov 1-22, \$35 [register here](#)

10-10:45 am Sat, Nov 2-23, \$20 [register here](#)

December

1-1:45 pm Mon, Dec 2-16, \$15 [register here](#)

10-10:45 am Wed/Fri, Dec 4-20, \$25 [register here](#)

1-1:45 pm Wed/Fri, Dec 4-20, \$25 [register here](#)

10-10:45 am Sat, Dec 7-21 \$15 [register here](#)



Warming up for circuit training class at LSC.



WSC Yoga after 5 doing the Tree pose (Symbol of strength and grace of a tree that connects individual to their roots.)

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.

Fitness Checks for EF Classes

Fitness checks are taking place at both centers for participants who take an EnhanceFitness (EF) class such as Sit & Fit, Cardio & Weights, Strength & Balance and Fit & Firm. A fitness check includes completing required paperwork and doing a series of physical fitness tests. Each test takes approximately two minutes.

Mon, Nov 4-Fri, Nov 15



Members working hard during Synergy at WSC

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, Nov 15, 10:15 am [register by 11/11](#)

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
Tues, Dec 10, 10 am [register by 12/6](#)

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, Nov 20, 2:30 pm [register by 11/6](#)

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, Nov 14, 5-6:45 pm [register here](#)

Featuring Refund Night

Thur, Dec 12, 5-6:45 pm [register here](#)

Featuring Sparkling Wine

Wine Tasting at LSC & WSC

Rick Dean of Strong Coffee to Red Wine hosts an informative and entertaining wine tasting of six wines. Snacks included. Members \$30 / Guests \$40 per class

Wines for Thanksgiving

The best wine pairings for your Thanksgiving dinner can really elevate your meal. Nothing too heavy or rich as the classic Thanksgiving foods have that in spades. Discover what works best with turkey, stuffing, mashed potatoes with turkey gravy, and cranberries.

Lowcountry Senior Center

Thur, Nov 7, 4:30-6:30 pm [register here](#)

Holiday Wines

December is chock full of holidays and wine certainly has a place at the party and at the dinner table. Since holiday meals vary, this tasting focuses on tasting wines that are memorable and celebratory while still affordable.

Waring Senior Center

Thur, Dec 5, 4:30-6:30 pm [register here](#)

Social - Out & About

Dining Out

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

Tues, Nov 12, 5 pm [register by 11/5](#)

Martin's BBQ, 1622 Highland Ave

Tues, Nov 26, 5 pm [register by 11/19](#)

TBonz Gill & Grill, 1668 Old Towne Rd

Tues, Dec 10, 5 pm [register by 12/3](#)

Lowdown Oven & Bar, 967 Folly Rd

Happy Hour

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

Thur, Dec 5, 4 pm [register by 12/2](#)

The James, 1939A Maybank Hwy

Lunch Bunch

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

Fri, Nov 8, 11:30 am [register by 11/5](#)

Kickin' Chicken, 1179 Sam Rittenburg Blvd

Fri, Dec 6, 11:30 am [register by 12/3](#)

El Pollo Guapo, 1130 Folly Rd



Members making memories at Mah Jongg event.

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 November and December

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 12/20](#)

Non-refundable after 12/20

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

Travel

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 before the bridge connection to the mainland 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. Call the center to register or stop by front desk.

Members \$275 / Guests \$305

Tues, Feb 25, 2025, 8 am-6:30 pm

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. Call the center to register or stop by front desk.

Members \$275 / Guests \$305

Tues, Apr 8, 2025, 8 am-6 pm

Travel Preview for 2025

Ready for an adventure? Travel with Lowcountry and Waring Senior Centers and Capitol Tours. Come hear about what trips we have planned in 2025. You can also tell us your ideas for future trips.

Members and Guests Free

Lowcountry Senior Center

Fri, Nov 1, 10-11 am [register here](#)

Waring Senior Center

Fri, Nov 1, 1-2 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

Pickleball at Waring

Beginner Pickleball Lesson

Lesson focus is on explaining the equipment, basic rules of play, instructions on a proper serve and playing the game. Participants should come dressed to play and wear tennis shoes. Bring a hat and/or sunglasses and water. Paddles & balls provided. Class size limited to 8. One repeat allowed.

Members \$5/ Guests \$10 per lesson

Tues, Nov 5, 8:45-10 am [register here](#)

Tues, Nov 12, 8:45-10 am [register here](#)

Tues, Nov 19, 8:45-10 am [register here](#)

Tues, Nov 26, 8:45-10 am [register here](#)

Intermediate Pickleball Skills & Drills

This three-week series is for players with a minimum of six months playing experience, knowledge of rules and ability to accurately serve. Participants need to be able to attend all three weeks due to limited space. Space is limited to 8.

Lessons begin promptly at 8:45 am

Week 1 - Dink and positioning

Week 2 - Serve and return

Week 3 - 3rd Shot drop and transitioning

Week 4 - Inclement weather makeup day

Tues, Nov 5-26, 8:45-10 am [register here](#)

Gold and Silver Members \$10 / Guests \$20

Open Play

Waring Senior Center has several options for playing with others in our Open Play. Please check our Open Play Calendar for days and times. Open Play options are available for beginner, intermediate, and advanced players. Please self-select your level of play. If in doubt, start with the beginners! Registration is not required; simply show-up and play. Volunteers will be available to assist with coordinating play.

Pickleball Court Reservations

Waring Senior Center has four outdoor pickleball courts available to Gold and Silver Members. Reservations are required to play. One person may reserve one court at a time. 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 per day to play, and sign a pickleball waiver form at front desk prior to play. To reserve a court, please call (843) 402-1990.



Playing for Pink. Members showing support on the courts for Breast Cancer Awareness.

Pickleball Open Play Schedule November / December 2024

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.



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---|---|---|---|---|---|
| 7 am | 7:15-8:45 Available for a reservation | 7:15-8:45 Available for a reservation | 7:15-8:45 Available for a reservation | 7:15-8:45 Available for a reservation | 7:15-8:45 Available for a reservation | 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 | 8:45-9 am Set-up | |
| 9 am | 9 am-11 am Intermediate Open Play | 8:45-10 am Lessons (Nov Only) | 9 am-11 am Intermediate Open Play | 9 am -11 am Advanced Open Play | 9 am-11 am Intermediate Open Play | <i>8:15 am – 12:45 pm</i> <i>Saturdays are</i> <i>Reservations Only</i> |
| 10 am | | 10:00 am-12 pm Beginners Open Play | | | | |
| 11 am | | 11:15 am – 1:15 pm Advanced Open Play | | | | |
| 12 pm | | | 11:15 am – 1:15 pm Advanced Open Play | 11:15 am – 1:15 pm Intermediate Open Play | | |
| 1 pm | | | | | | Closed |
| 2 pm | | | | | | |
| 3 pm | 3-5 pm Intermediate Open Play | | | | | |
| 4 pm | | | | | Closed | |
| 5 pm | | | | | | |
| 6 pm | | | | | | |

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: \$70 per year

Gold Membership: \$105 per year at Lowcountry / \$125 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.

Waring Café Hot Lunch Menu - November 2024

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 |
|---------------|---|--|--|--|
| | | | | Nov 1 Ho-Lotta Grilled Chicken Thigh, Braised Collard Greens, Yellow Rice, Apple Sauce <i>Deadline to order 10/30 at 11 am</i> |
| Nov 4 | Nov 5 Beef Pot Roast with Demi Glaze, Peas & Carrots, Garlic & Herb Roasted Potatoes, Crinkle Brownie Cookie <i>Deadline to order 11/3 at 11 am</i> | Nov 6 Lowcountry Gullah Pork Loin, Braised Collard Greens, Sweet Potatoes, Classic Banana Pudding Parfait <i>Deadline to order 11/4 at 11 am</i> | Nov 7 | Nov 8 Blackened Salmon, Carolina Cole Slaw, Savannah Red Rice, Applesauce <i>Deadline to order 11/6 at 11 am</i> |
| Nov 11 | Nov 12 Ho-Lotta Grilled Chicken Thigh, Braised Collard Greens, Yellow Rice, Apple Sauce <i>Deadline to order 11/10 at 11 am</i> | Nov 13 Savannah Meatloaf, Country Style Green Beans, Mashed Potatoes, Crinkle Brownie Cookie <i>Deadline to order 11/11 at 11 am</i> | Nov 14 | Nov 15 Blackened Salmon, Carolina Cole Slaw, Savannah Red Rice, Applesauce <i>Deadline to order 11/13 at 11 am</i> |
| Nov 18 | Nov 19 Beef Pot Roast with Demi Glaze, Peas & Carrots, Garlic & Herb Roasted Potatoes, Crinkle Brownie Cookie <i>Deadline to order 11/17 at 11 am</i> | Nov 20 Chicken Breast with Marsala Mushroom Sauce, Broccoli, Mashed Potatoes, Mandarin Orange Sections <i>Deadline to order 11/18 at 11 am</i> | Nov 21 | Nov 22 Ho-Lotta Grilled Chicken Thigh, Braised Collard Greens, Yellow Rice, Apple Sauce <i>Deadline to order 11/20 at 11 am</i> |
| Nov 25 | Nov 26 Beef Pot Roast with Demi Glaze, Peas & Carrots, Garlic & Herb Roasted Potatoes, Crinkle Brownie Cookie <i>Deadline to order 11/24 at 11 am</i> | Nov 27 Center Closes at Noon | Nov 28 Center Closed due to Holiday | Nov 29 Center Closed due to Holiday |

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.waringseiorcenter.com in “Classes & Events” or call 843-402-1990.

Waring Café Hot Lunch Menu - December 2024

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 |
|---------------|---|--|--|--|
| Dec 2 | Dec 3 Ho-Lotta Grilled Chicken Thigh, Braised Collard Greens, Yellow Rice, Apple Sauce <i>Deadline to order 12/1 at 11 am</i> | Dec 4 Savannah Meatloaf, Country Style Green Beans, Mashed Potatoes, Crinkle Brownie Cookie <i>Deadline to order 12/2 at 11 am</i> | Dec 5 | Dec 6 Center Closes at 11am |
| Dec 9 | Dec 10 Beef Pot Roast with Demi Glaze, Peas & Carrots, Garlic & Herb Roasted Potatoes, Crinkle Brownie Cookie <i>Deadline to order 12/8 at 11 am</i> | Dec 11 Chicken Breast with Marsala Mushroom Sauce, Broccoli, Mashed Potatoes, Mandarin Orange Sections <i>Deadline to order 12/9 at 11 am</i> | Dec 12 | Dec 13 Ho-Lotta Grilled Chicken Thigh, Braised Collard Greens, Yellow Rice, Apple Sauce <i>Deadline to order 12/11 at 11 am</i> |
| Dec 16 | Dec 17 Beef Pot Roast with Demi Glaze, Peas & Carrots, Garlic & Herb Roasted Potatoes, Crinkle Brownie Cookie <i>Deadline to order 12/15 at 11 am</i> | Dec 18 Lowcountry Gullah Pork Loin, Braised Collard Greens, Sweet Potatoes, Classic Banana Pudding Parfait <i>Deadline to order 12/16 at 11 am</i> | Dec 19 | Dec 20 Blackened Salmon, Carolina Cole Slaw, Savannah Red Rice, Applesauce <i>Deadline to order 12/18 at 11 am</i> |
| Dec 23 | Dec 24 Center Closed due to Holiday | Dec 25 Center Closed due to Holiday | Dec 26 Center Closed due to Holiday | Dec 27 Blackened Salmon, Carolina Cole Slaw, Savannah Red Rice, Applesauce <i>Deadline to order 12/25 at 11 am</i> |
| Dec 30 | Dec 31 Center Closes at Noon | Jan 1 Center Closed due to Holiday | Jan 2 | Jan 3 Ho-Lotta Grilled Chicken Thigh, Braised Collard Greens, Yellow Rice, Apple Sauce <i>Deadline to order 1/1 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.