

# September/October 2024

Newsletter for Lowcountry & Waring Senior Centers



## Note from the Director

As September and October ushers in a new season, it's great time to dive into the many great happenings at the centers!

We are excited to welcome a new series exploring mindfulness in aging with Bert Keller, Professor Emeritus of Ethics and Humanities for MUSC College of Medicine. He is leading two workshops at Waring Senior Center leading up to Roper St. Francis Healthcare's Richard H. Fitzgerald Lecture in Pastoral Care. You may also know him from his Post & Courier column called "Aging for Amateurs." (See page 4)

Other fabulous programs include exploring South Carolina's Huguenot heritage, the history of James Island's Fort Johnson, the story of William and Ellen Craft's 1000 miles journey to freedom, and more. (See pages 5-6)

The fall also kicks off vaccination season. The centers are hosting six vaccination clinics in partnership with Publix Pharmacy and Trident Area Agency on Aging. (See page 10)

As always, we have a wide range of fitness and dance classes! New at Lowcountry Senior Center are Dance Fitness, Barre & Mobility, and Strength Training with Bands. At Waring Senior Center, our popular shag and pickleball lessons are returning for the fall. (See pages 16 and 25)

See you soon at the centers!  
Elizabeth Biggers Bernat, MHA



Chorus members enjoying a fun summer luncheon at O'Charley's.



Connecting to the Community.  
Members visit and tour CHS Fire Station 11

### Holiday Hours

Below are the hours and closures for upcoming events and holidays:

- Fri, Aug 30: 7:30 am-3:30 pm
- Sat, Aug 31-Mon, Sep 2: Closed for Labor Day weekend
- Thur, Oct 31: Close at 5 pm

# Around the Centers

## Advisory Council Meeting

The Advisory Councils meet to review operational performance of the centers and other topics. Members are welcome to observe. Registration required. Meetings are subject to change.

### Lowcountry Senior Center

**Thur, Oct 31, 9:30-10:30 am** [register here](#)

### Waring Senior Center

**Mon, Sep 30, 10:30-11:30 am** [register here](#)

## Creative Art Show

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

### Lowcountry Senior Center

**Tues, Oct 29, 11 am-2 pm**

### Waring Senior Center

**Fri, Nov 8, 11 am-2pm**

## Chipotle Fundraiser

Calling all burrito lovers! Foil your dinner plans and stop by Chipotle. We're raising money to support Lowcountry Senior Center's Outdoor Project. Dine in or Carry out! If you order [online](#), use code **3PK8JZ6** in the 'promo' field before checkout. If you dine in, show the flyer or mention the fundraiser at checkout and they'll donate 25% of sales to the cause! Remember, delivery orders or orders placed at a different time/location than the scheduled fundraiser do not count.

**Wed, Sep 18, 4-8 pm**

Chipotle, 975 Savannah Hwy, Ste 205

## Paisano's Spirit Night

Help support Friends of the Lowcountry Senior Center by ordering from Paisano's on James Island. A portion of the proceeds for the entire day go to the center. Dine In, Carry Out and Delivery.

(843) 762-1135

<https://paisanoschas.com/>

**Mon, Oct 14, 11 am-Midnight**

Paisano's Pizza Grill, 1246 Camp Rd



## Happy Hour with Shrimp City Slim at WSC

Mingle with friends as you enjoy live music from local blues legend, Shrimp City Slim. Bring snacks to share and your own beer or wine. Registration is required.

Members Free / Guests \$15 per event

**Wed, Oct 23, 4-6:30 pm** [register here](#)

## Wildflower Station Dance Party at LSC

Get your dancing shoes ready for a night of live music by Wildflower Station! Mingle with friends as you enjoy songs from 60s and 70s classic rock, country, blues, and soul. You may bring your own wine or beer and food to share. Members \$10 / Guests \$20

**Thur, Sep 19, 6-8:30 pm** [register here](#)

# Lifelong Learning

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

## Gardening with Native Plants

Join Caroline Wright from Roots and Shoots Nursery and learn how to best garden with native plants this fall.

### Lowcountry Senior Center

**Fri, Sep 20, 1-2 pm** [register here](#)

### Waring Senior Center

**Mon, Sep 9, 2-3 pm** [register here](#)

## History of the Ironclads

The Civil War ushered in an era of technological advances that brought all sorts of improvements in weapons. One of the most amazing advancements was that of the ironclad ships. Learn about the different designs and materials that were employed by both the Union and Confederate Navy's and a few decisive ironclad battles that drove both hopes and fears on both sides.

### Lowcountry Senior Center

**Tues, Sep 10, 1:30-2:30 pm** [register here](#)

### Waring Senior Center

**Thur, Sep 26, 2-3 pm** [register here](#)

## Is there Life on Mars?

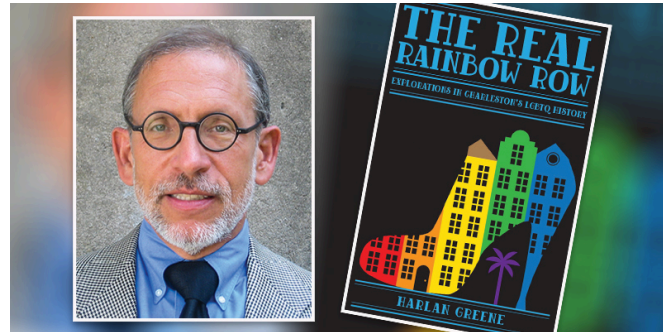
The possibility of life on other planets has long fascinated us! Join Solar System Ambassador Kelly Burbage and learn about NASA's latest mission to Mars.

### Lowcountry Senior Center

**Tues, Sep 17, 1-2 pm** [register here](#)

### Waring Senior Center

**Thur, Oct 10, 2-3 pm** [register here](#)



## The Real Rainbow Row: Explorations in Charleston's LGBTQ History at WSC

Join award winning author of fiction and nonfiction, and historian, Harlan Greene to hear about his latest novel The Real Rainbow Row.

**Wed, Oct 9, 2-3 pm** [register here](#)

## The West Direction of the Medicine Wheel at LSC

The West Direction of the Medicine Wheel deals with making order out of chaos. It teaches about connecting to our inner power and wisdom. Senior Center member Cerantha Corley shares her experiences with The West and plays her Native American Style Flute.

**Tues, Oct 22, 11 am-12 pm** [register here](#)

## Spanish and Spanish American Genealogy at LSC

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

**Thur, Oct 3, 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.

# Lifelong Learning

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

## **Mindful Aging with Bert Keller at WSC**

Join retired pastor and teacher Bert Keller for this two-part series which focuses on ways to be more mindful as you age. Space is limited. Registration is required.

## **Memoir Writing & Conscious Aging**

We all come to life in the stories we tell! Come recall, write, and share (for feedback) some of your life stories. This tool is a great way to find meaning, feel gratitude, and deepen your relationships with others.

**Fri, Sep 27, 10-11 am** [register here](#)

## **Aging As A Spiritual Journey**

Spirituality has less to do with what "beliefs" we have, and more to do with the quality of consciousness we possess of our purpose, our relationships and our world. Come explore insights on some of life's most interesting and thought provoking questions.

**Fri, Oct 4, 10-11 am** [register here](#)



Members enjoying a night out with friends at Wildflower Station.

## **12th Annual Richard H. Fitzgerald Lecture in Pastoral Care at WSC**

### **Aging for Amateurs: A Journey in Consciousness & Authenticity**

**Fri, Oct 18, 9:30 am-12:30 pm**

#### **Keynote Speaker**

Bert Keller, a retired pastor and teacher, is Professor Emeritus of Ethics and the Humanities in the College of Medicine at MUSC, where he was on the faculty from 1971 to 2005. Ordained as a teaching elder in the Presbyterian Church USA, Keller served as senior pastor of Circular Congregational Church, UCC, from 1973 until retirement in 2010. Since then, he and his wife, Lucille, worked with United Reformed Churches in the UK for two years, and he writes a bi-weekly column for the Post & Courier called "Aging for Amateurs."

#### **Agenda**

9:30-10 am - Registration & Coffee

10-10:45 am - Session I

10:45-11 am - Break

11-11:45 am - Session II

11:45 am - Noon Q & A

Noon - Lunch

Lunch will be provided.

Members and Guests Free

**Space is limited and registration is required. [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.

## **Avoiding Scams Workshop at WSC**

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

**Thur, Sep 5, 2-3 pm** [register here](#)

## **Community Connections:**

### **JIPSD Fire Station 1**

Join us as we visit and learn more about James Island Fire Department Station 1. Members Only. Free. Registration is required. 1108 Folly Road, James Island

**Tues, Sep 24, 1 pm** [register here](#)

### **James Island History: Fort Johnson Part 1 at LSC**

Join Baxter-Patrick James Island librarian Mike Corbo as he discusses the story behind the creation of Fort Johnson and its early uses. This is the first program in a two-part series.

**Thur, Oct 17, 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. Let's start with the first wife, Katherine of Aragon, "The Spanish Princess."

**Mon, Oct 7, 10-11:30 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, Sep 4, 4:15-5:45 pm** [register here](#)

## **Post and Courier Workshop - Part 2: Digging Into Writing a Letter at LSC**

Join Post and Courier Letters Editor Angie Blackburn and Editorial Writer Robert Behre for a critical writing session on crafting letters to the editor. Participants are asked to write a draft of a letter to the editor or come with ideas for one. Bring your device you want to use for writing. Be prepared to share with the group. Supportive and constructive criticism will be offered.

**Wed, Sep 11, 2-3:30 pm** [register here](#)

## **South Carolina's Huguenot Heritage at LSC**

Learn about the South Carolina Huguenots, who were French Protestants who fled France seeking religious freedom in the 17th century. Their hard work and resourcefulness helped lay the groundwork for South Carolina's success as a colony. Presented by Renée LaHue Marshall, Director of Research & Genealogy for the Huguenot Society of South Carolina.

**Tues, Oct 1, 1-2 pm** [register here](#)

# Lifelong Learning

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

## **A Thousand Miles to Freedom**

Local historian, Diane Hamilton, is back to share the miraculous story of William and Ellen Craft's 1000-mile journey to freedom.

### **Lowcountry Senior Center**

**Fri, Oct 18, 1-2 pm** [register here](#)

### **Waring Senior Center**

**Wed, Oct 30, 2-3 pm** [register here](#)

## **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, Sep 6, 9 am-1 pm**

Call (843) 990-5555 to register.

### **Waring Senior Center**

**Fri, Oct 11, 9 am-1 pm**

Call (843) 402-1990 to register.

## **Current Events Discussion Group**

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

Members Only. Free

### **Lowcountry Senior Center**

**Thur, 9:30-11 am**

### **Waring Senior Center**

**Tues, 1:30-3 pm**

## **Great Decisions**

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. Sep Topic: Understanding Indonesia. Oct Topic: High Seas Treaty.

### **Lowcountry Senior Center**

**Wed, Sep 25 1:30-3 pm** [register here](#)

**Wed, Oct 23, 1:30-3 pm** [register here](#)

### **Waring Senior Center**

**Tues, Sep 17, 1:30-3 pm** [register here](#)

**Tues, Oct 15, 1:30-3 pm** [register here](#)

## **History of the "New Bridges" Across the Ashley River at WSC**

In 1808, the Charleston Bridge Company received a charter to build the first bridge across the Ashley River. Join Donna Jacobs, author of Byrnes Downs and West Ashley to learn the history of the nine bridges that at one time or another gave access to St. Andrew's Parish West Ashley.

**Tues, Sep 24, 2-3 pm** [register here](#)

## **Script Your Family's Future: Why You Need an Estate Plan at WSC**

Financial Advisor Brad Worsham, CFP, CRPC and Justin Tapp, JD from Tapp Law Firm discuss asset transfer, incapacity protection, charitable intent and/or tax control.

**Thur, Oct 17, 5:30-7 pm** [register here](#)

# Lifelong Learning

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

## Ancestry Help

Come 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, Sep 12, 11 am-12 pm** [register here](#)

## Beginner Spanish-Part 2 at WSC

Participants must purchase a copy of *Basic Spanish-Practice Makes Perfect*. Members need to have taken at least 12 weeks of Beginner Spanish to participate. Space is limited. Registration for the series is required, Members Only. Free

**Fri, Sep 6-Oct 25, 9:30-10:20am**

[register here](#)

## Book Club

### Lowcountry Senior Center

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

*Crying in H Mart* by Michelle Zauner

**Mon, Oct 21, 11 am-12:30 pm** [register here](#)

*Surprised by Joy* by C.S. Lewis

### Waring Senior Center

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

*Boys in the Boat* by Daniel James Brown

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

*The Demon of Unrest* by Erik Larson

## Mah Jongg Lessons at WSC

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

**Thur, Sep 5-26, 12-1 pm** [register here](#)

**Thur, Oct 3-24, 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, 10:30-11:30 am**

## 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.

**Mon, Sep 9-30, 10-11 am** [register here](#)

**Mon, Oct 7-28, 10-11 am** [register here](#)

## 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. Space is limited. You must reserve your spot on a monthly basis. Members Only. Free

**Thur, Sep 5-26, 2:15-3:15 pm** [register here](#)

**Thur, Oct 3-31, 2:15-3:15 pm** [register here](#)

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

# Health & Wellness

## Balance Screenings for Fall Prevention

Concerned about balance? Physical Therapists from Roper St. Francis Physical Therapy, Powered by ATI will be onsite to provide balance screenings and information on how to prevent falls. Members Only. Free

### Lowcountry Senior Center

**Tues, Sep 24, 11 am-1 pm**

### Waring Senior Center

**Mon, Sep 23, 1-3 pm**

## Blood Drive

Save a local life! Donate blood at one of the centers and receive a special gift. Open to the community.

### Lowcountry Senior Center

**Thur, Nov 14, 8 am - 1 pm**

### Waring Senior Center

**Thur, Sept 5, 8:30 am-12 pm**

## Blood Pressure Blueprint: Charting a Course to a Healthy Heart at LSC

Join MUSC College of Pharmacy students and learn how to take your blood pressure at home, signs and symptoms of high blood pressure and the long lasting effects to your body if blood pressure is not controlled. Find out ways to incorporate a healthy diet to reduce blood pressure and risk of stroke and heart attack. Light snacks and refreshments provided. Members Free / Guests \$5

**Thur, Oct 10, 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.

Members Free / Guests \$20 per month

### Lowcountry Senior Center

**Thur, Sep 5-26, 2:30-3:30 pm** [register here](#)

**Thur, Oct 3-31, 2:30-3:30 pm** *No class Oct 24*  
[register here](#)

### Waring Senior Center

**Wed, Sep 4-25, 10:15-11:15 am** *No class Sep 11*  
[register here](#)

**Wed, Oct 2-30, 10:15-11:15 am** [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, Sep 25 and Oct 23**

**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**





# Health & Wellness



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

## **Lowcountry Senior Center**

**Wed, Sep 11, 9:30 am-12:30 pm**

## **Waring Senior Center**

**Thur, Sep 12, 9:30 am-12:30 pm**

## **Matter of Balance at WSC**

Set realistic goals to increase activity, make changes to reduce fall risks, fall-proof your home and do simple exercises to increase strength and balance. New participants are not allowed to join the eight week series after week 2 has started. Registration is required. Members and Guests Free

**Thur, Sep 26-Nov 14, 10 am-12 pm**

[register here](#)

## **Medicare One-On-One 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**

**Fri, Sep 20 & Oct 18, 10-11 am**

## **Waring Senior Center**

**Tue, Sep 24 & Oct 22, 10-11 am**

## **Stress Less Series 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 these tricks, techniques and skills taught in class. Members Free / Guests \$5 per class

- **Creativity**

**Wed, Sep 25, 12-1 pm** [register here](#)

- **Music**

**Wed, Oct 9, 12-1 pm** [register here](#)

- **Movement**

**Wed, Oct 23, 12-1 pm** [register here](#)

- **Mindfulness**

**Wed, Oct 30, 12-1 pm** [register here](#)

## **The Power of Hope at LSC**

Even in these trying times, the power of hope can help us make our way. Senior Center member Cerantha Corley shares how hopeful thinking and actions have served her in her life. She also brings her Native American Flute to play some music.

Members Free / Guests \$5

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

## **Understanding the Causes of Hearing Loss at WSC**

Join audiologist Emily Ross, AuD from Charleston ENT & Allergy to learn about the many potential causes of hearing loss and what resources are available to help.

Members Free / Guests \$5

**Fri, Sep 13, 10:15-11:15 am** [register here](#)

# Health & Wellness

## Autism Awareness at LSC

Grandparents may want to connect with their grandchildren who are on the autism spectrum but are unsure on how to interact or how to help their family members. Join autism advocate and senior center member Rose O'Neal along with her colleague, Erin Pruitt, to learn more about the neurological and developmental disorder and what community resources are available to help. Members Free / Guests \$5

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

## Healthy Eating on a Budget at LSC

While grocery prices may seem like they just continue to rise, coming up with a plan before you head to the store can help make a difference in your spending. Join Roper St. Francis Healthcare Nutritionist, Leah Cassella, RD, LD, and learn some tips and strategies to save money while avoiding food waste. Members Free / Guests \$5

**Thur, Sep 26, 11 am-12 pm** [register here](#)



The South Carolina Equipment Distribution Program (SCEDP) serves South Carolina residents who have a hearing or speech challenge. Come learn about the five easy steps to apply for communications equipment through SCEDP. Equipment is provided at no cost to those who qualify.

### Lowcountry Senior Center

**Tues, Sep 24, 1-2 pm** [register here](#)

### Waring Senior Center

**Tues, Oct 15, 1-2 pm** [register here](#)

## Eat to Beat Inflammation at WSC

Learn how food affects the body's inflammatory response, for better or for worse. Lexye Hill RD, also discusses what foods are highly inflammatory and what foods help reduce inflammation.

Members Free / Guests \$5

**Thur, Oct 3, 1-2 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

**Wed, Sep 25, 1-3 pm**

**Tues, Oct 15, 10 am-12 pm**

**Fri, Nov 8, 10 am-12 pm**

### Waring Senior Center

**Thur, Sep 26, 10-12 pm**

**Fri, Oct 11, 10-12 pm**

**Mon, Nov 4, 1-3 pm**

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

# 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, Sep 14 & 28, 10-11:30 am**

**Sat, Oct 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 12-week program for people who have experienced the death of a loved one.

You may join the group at any time.

Registration is not required.

**Members and Guests Free**

**Mon, Sep 9-Nov 25, 2-3 pm**

## Medication Take Back Day at WSC

Stop by to drop off old or unused prescriptions.



**Thur, Oct 17, 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, Sep 5 & Oct 3, 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, Oct 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.

**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

**Fri, Sep 13, 10-11 am** [register here](#)

**Fri, Oct 11, 10-11 am** [register here](#)

### Waring Senior Center

**Fri, Sep 13, 2-3 pm** [register here](#)

**Fri, Oct 11, 2-3 pm** [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>  |
|---------------|--|--|---|---|--|
|               | <b>Advanced Pinochle</b><br>9 am-12 pm | <b>Duplicate Bridge</b><br>9:30 am-12:30 pm  | <b>Advanced Pinochle</b><br>9 am-12 pm      | <b>Mexican Train Dominoes</b><br>10 am-1 pm | <b>Bridge for Fun All Levels</b><br>9:30 am - 12:30 pm |
|               | <b>Mah Jongg</b><br>9:30-11:30 am      | <b>Bunco</b><br>3rd Wed of the month, 1-3 pm | <b>Hand, Knee, &amp; Foot</b><br>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> |
|---|----------------------------|--|---|----------------------------|-----------------|
| <b>Bridge for Fun All Levels</b><br>12:30-3:30 pm | <b>Canasta</b><br>12-3 pm  | <b>Cancellation Hearts</b><br>12-3:30 pm | <b>Intermediate Bridge</b><br>1-4 pm    | <b>Canasta</b><br>12-3 pm  |                 |
|   | <b>Cribbage</b><br>12-3 pm | <b>Dominoes</b><br>12-4 pm               | <b>Mah Jongg Open Play</b><br>1-3:30 pm | <b>Dominoes</b><br>12-3 pm |                 |

# Creative Arts & Music

## Photography Club

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

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Fri, Sep 20, 10-11 am** [register here](#)

**Fri, Oct 18, 10-11 am** [register here](#)

### Waring Senior Center

**Thur, Sep 19, 1:30-2:30 pm** [register here](#)

**Thur, Oct 17, 1:30-2:30 pm** [register here](#)

## Storytelling Made Easy at WSC

We are our stories. Your story is unique! Join Ruby Cooper International Storyteller with The Moth MainStage who has performed at festivals and venues throughout the US & Europe and learn how to tell stories for any occasion during this four week class.

Members \$10 / Guests \$20 per series

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

## Writing Circle at LSC

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

Members Free / Guests \$5 per day

**1st and 3rd Wed, 1-3 pm**

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

# Creative Arts & Music

## Crochet for Beginners at WSC

Have you always wanted to learn how to crochet or do you just need a refresher? Come learn the basics during this two session class. Supply list is available at the front desk.

Members Free/ Guests \$10 per series

**Mon, Sep 30-Oct 7, 1-2:30 pm** [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 \$35 / Guests \$45 per series

**Mon, Sep 9-30, 12-2 pm** [register here](#)

**Mon, Oct 7-28, 12-2 pm** [register here](#)

## Ink & Watercolor Wash at LSC

Combine light loose drawing in pen with watercolor washes to create lively creative images. 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 \$20 / Guests \$30 per series

**Fri, Oct 4 & 11, 10 am-12 pm** [register here](#)

## Intermediate 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. \$55 per 6-week series

**Tues, Sep 24-Oct 29, 7:45-9:15 am**

[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, Sep 3-24, 1-3 pm** [register here](#)

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

### Waring Senior Center

**Wed, Sep 4-25, 10 am-12 pm** [register here](#)

**Wed, Oct 2-23, 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**



*Arts in Medicine at BSSF featuring both centers' art work from Watercolors & Zentangle classes.*

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

# 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, Sep 6 & 20, 9 am-12 pm** [register here](#)

**Fri, Oct 4 & 18, 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

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

### Lowcountry Senior Center

**Mon, Sep 30, 10-11 am** [register here](#)

### Waring Senior Center

**Mon, Oct 14, 12:30-1:30 pm** [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**

## 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**

## Zentangle Classes

All class supplies are included.

Members \$15 / Guests \$25 per class

## Basic Patterning for Mosaic Fun

Join us for a fun filled couple of hours, exploring possibilities using patterns inspired from the Zentangle Method.

### Lowcountry Senior Center

**Wed, Sep 18, 10 am-12 pm** [register here](#)

### Waring Senior Center

**Fri, Sep 20, 12:30-2:30 pm** [register here](#)

## Basic Patterning on Paper Pumpkin

Come explore easy and fun patterning techniques with a whimsical outcome. We will begin with a very simple pattern adding steps to create a very intricate looking finished design on a pumpkin stenciled paper.

### Lowcountry Senior Center

**Wed, Oct 16, 10 am-12 pm** [register here](#)

### Waring Senior Center

**Fri, Oct 25, 12:30-2:30 pm** [register here](#)



# 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, Sep 14 & 28, 10 am-12 pm**

**Sat, Oct 12 & 26, 10 am-12 pm**

## Beginner Recorders at LSC

Interested in playing the recorder? Learn about joining the beginner's class, which is for those with any or no music experience.

We have a few recorders that may be borrowed while you try the class. Led by Jean Williams and Betty Clayton.

Members Only. Free

**Mon, Sep 9, 3:30-4:30 pm** [register here](#)

## Chorus at LSC

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

Members Only. Free

**Thur, 1:30-2:45 pm**

## 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 \$45 / Guests \$90 per 7-week series

### Lowcountry Senior Center

**Mon, Sep 16-Oct 28, 10-11:30 am**

[register here](#)

### Waring Senior Center

**Wed, Sep 18-Oct 30, 9:30-11 am** [register here](#)

## Group Intermediate Piano

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

Members \$45 / Guests \$90 per 7-week series

### Lowcountry Senior Center

**Mon, Sep 16-Oct 28, 12-1:30 pm** [register here](#)

### Waring Senior Center

**Wed, Sep 18-Oct 30, 11 am-12:30pm** [register here](#)



*The wonderful Senior Center Chorus practicing at LSC.*

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

# Dance

## Line Dancing - Beginner

For beginners or those wanting to brush up their line dancing skills. No partner required.

### Lowcountry Senior Center

Members \$20 / Guests \$30 per month

**Tues, Sep 3-24, 2:30-3:20 pm** [register here](#)

Members \$25 / Guests \$35 per month

**Tues, Oct 1-29, 2:30-3:20 pm** [register here](#)

### Waring Senior Center

Members \$20 / Guests \$30 per month

**Wed, Sep 4-25, 3-4 pm** [register here](#)

Members \$25 / Guests \$35 per month

**Wed, Oct 2-30, 3-4 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, Sep 3-24, 3:25-4:15 pm** [register here](#)

Members \$25 / Guests \$35 per month

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



Members practicing their dance routine in Dance Conditioning class at LSC.

## Shag for Beginners at WSC

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

Members \$40 / Guests \$50 per series

**Mon, Sep 23-Nov 4, 6-7 pm** [register here](#)

## Shag - Level 1 at WSC

For those who have taken at least 7 weeks of Shag for Beginners and want to continue further! No partner required.

Members \$40 / Guests \$50 per series

**Mon, Sep 23-Nov 4, 5-6 pm** [register here](#)

## 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, Sep 23-Nov 4, 4-5 pm** [register here](#)



LSC & WSC Members smiling after their dance performance at the US Aerial Federation National World Qualifying Championship



# Fitness at Lowcountry September & October

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

## Monday

**9-10 am**  
**Fit and Firm**  
Free/\$2 per class

**10:10-10:55 am**  
**NEW!**  
**Strength Training with Bands**  
Sep \$10/\$20  
Oct \$10/\$20

● **11 am-12 pm**  
**Sit and Fit**  
Free/\$2 per class

**1-2 pm**  
**Strength & Balance**  
Free/\$2 per class

**2:15-3 pm**  
**Core & Stretch**  
Sep \$15/\$25  
Oct \$15/\$25

**4-5 pm**  
**40/20 Mix**  
Sep \$15/\$25  
Oct \$15/\$25

**5:15-6:15 pm**  
**Yoga Flex**  
Sep \$20/\$30  
Oct \$20/\$30

## Tuesday

**8:30-9:30 am**  
**Interval Training**  
Sep \$10/\$20  
Oct \$10/\$20

**10-10:45 am**  
**Chair Yoga**  
Sep Free/\$20  
Oct Free/\$20

**11 am-12 pm**  
**Qigong**  
Sep \$5/\$20  
Oct \$5/\$20

**12:15-1 pm**  
**NEW!**  
**Barre & Mobility**  
Sep \$10/\$20  
Oct \$10/\$20

**1:15-2:15 pm**  
**NEW!**  
**Gentle Yoga**  
Sep \$20/\$30  
Oct \$25/\$35

**2:30-3:20 pm**  
**Line Dancing Beg**  
Sep \$20/\$30  
Oct \$25/\$35

**3:25-4:15 pm**  
**Line Dancing Int**  
Sep \$20/\$30  
Oct \$25/\$35

## Wednesday

**9-10 am**  
**Fit and Firm**  
Free/\$2 per class

**10:10-10:50 am**  
**Balance**  
Sep Free/\$20  
Oct Free/\$20

**11 am-12 pm**  
● **Sit and Fit**  
Free/\$2 per class

**12:10-12:30 pm**  
**Hula Hooping**  
Sep 18 Free/\$2  
Oct 16 Free/\$2

**1-2 pm**  
**Strength & Balance**  
Free/\$2 per class

**3-4:30 pm**  
**Chair Volleyball**  
Members only  
Free

**5:00-6:00 pm**  
**Relax and Repair Yoga**  
Sep \$20/\$30  
Oct \$25/\$35

## Thursday

**9-9:45 am**  
**Tai Chi**  
Sep \$20/\$30  
Oct \$25/\$35

**10-10:45 am**  
**Chair Yoga**  
Sep Free/\$20  
Oct Free/\$20

**11 am-12 pm**  
**Strength & Balance**  
Free/\$2 per class

**12:15-1 pm**  
**NEW!**  
**Dance Fitness**  
Sep \$15/\$25  
Oct \$15/\$25

**2-3 pm**  
**Pilates Mat**  
Sep \$20/\$30  
Oct \$25/\$35

**3:30-4:30 pm**  
**Circuit Training**  
Sep \$15/\$25  
Oct \$15/\$25

## Friday

**7:30 am**  
**Walking Club at JICP**  
Members Only

**9-10 am**  
**Dance Conditioning**  
Sep \$15/\$25  
Oct \$15/\$25

● **11 am-12 pm**  
**Sit and Fit**  
Free/\$2 per class

**12:30-1:30 pm**  
**Yoga**  
Sep \$20/\$30  
Oct \$20/\$30

## Saturday

**9:30-10:30 am**  
**Cardio & Weights**  
Free/\$2 per class

**11:30 am-12:45 pm**  
**Chair Volleyball**  
Members only  
Free

**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.

### Calendar Key

● Class at Lowcountry and available online

Want to try an exercise class one time? Per class rate is \$8 for members and guests, if fees apply.

# Fitness at Waring September & October

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

## Monday

**9-10 am**  
**Fit & Firm**  
Free/\$2 per class

**10-10:45 am**  
**Intro to Synergy**  
Gold/Sliver Members Only  
Sep \$15  
Oct \$15

**11am-12pm**  
**Chair Dance**  
Sep \$15/\$25  
Oct \$15/\$25

● **12:05-1 pm**  
**Cardio & Weights**  
Free/\$2 per class

**1-1:45 pm**  
**Monday Synergy PM**  
Gold/Sliver Members Only  
Sep \$20  
Oct \$20

**1:30-2:30 pm**  
**Yoga for Back Health**  
Sep \$20/\$30  
Oct \$20/\$30

## Tuesday

● **9-10 am**  
**Cardio & Weights**  
Free/\$2 per class

**10-10:45 am**  
**Tai Chi**  
Sep \$20/\$30  
Oct \$25/\$35

● **11 am-12 pm**  
**Sit and Fit**  
Free/\$2 per class

**11:30 am-12:30 pm**  
**Gentle Yoga**  
Sep \$20/\$30  
Oct \$25/\$35

**12:15-1:15 pm**  
**Strength & Balance**  
Free/\$2 per class

**2-3 pm**  
**Strength Training with Bands**  
Sep \$10/\$20  
Oct \$10/\$20

## Wednesday

**9-10 am**  
**Fit & Firm**  
Free/\$2 per class

**10-10:45am**  
**Wed/Fri Synergy AM**  
Gold/Silver Members Only  
Sep \$40  
Oct \$45

**11:30am-12:30pm**  
**Chair Yoga**  
Sep Free/\$20  
Oct Free/\$20

**1-1:45 pm**  
**Wed/Fri Synergy PM**  
Gold/Silver Members Only  
Sep \$40  
Oct \$45

**1-2 pm**  
**40/20 Mix**  
Sep \$15/\$25  
Oct \$15/\$25

**3-4 pm**  
**Line Dancing**  
Sep \$20/\$30  
Oct \$25/\$35

● **4:05-5 pm**  
**Cardio & Weights**  
Free/\$2 per class

**5:30-6:30 pm**  
**Yoga After 5**  
Sep \$20/\$30  
Oct \$25/\$35

## Thursday

● **9-10 am**  
**Cardio & Weights**  
Free/\$2 per class

**10-11 am**  
**Gentle Yoga**  
Sep \$20/\$30  
Oct \$25/\$35

**10-10:45 am**  
**Cardio Drumming**  
Sep \$10/\$20  
Oct \$10/\$20

● **11 am-12 pm**  
**Sit and Fit**  
Free/\$2 per class

**12:15-1:15 pm**  
**Strength & Balance**  
Free/\$2 per class

**1:30-2:15 pm**  
**Core & Stretch**  
Sep \$15/\$25  
Oct \$15/\$25

**2:15-2:30**  
**Foam Rolling**  
Free/\$2 per class

## Friday

**9-10 am**  
**Fit & Firm**  
Free/\$2 per class

**10-10:45am**  
**Wed/Fri Synergy AM**  
Gold/Sliver Members Only  
Sep \$40  
Oct \$45

**11-11:45 am**  
**Balance**  
Sep Free/\$20  
Oct Free/\$20

**12-1 pm**  
**Dance Conditioning**  
Sep \$15/\$25  
Oct \$15/\$25

**1-1:45 pm**  
**Wed/Fri Synergy PM**  
Gold/Sliver Members Only  
Sep \$40  
Oct \$45

## Saturday

**9-10 am**  
**Dance with James**  
Sep \$15/\$25  
Oct \$15/\$25

**10-10:45 am**  
**Saturdays Synergy with Lillie**  
Gold/Silver Members Only  
Sep \$20  
Oct \$20

**10:15-11:45 am**  
**Chair Volleyball**  
Members Only  
Free

## **Calendar Key**

● 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.

# Fitness Class Descriptions

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## **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**

Fusing the best of pilates, yoga and elements of the strengthening exercises dancers do, you will increase flexibility, mobility, alignment and strength. 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.

## **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.

## **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.

## **Strength Training with Bands**

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

# Fitness Class Descriptions

## 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.



*Fit & Firm class at LSC warming up with high knees to increase heart rate and burn calories.*



*Strength & Balance class at WSC using weights to improve upper body and core strength.*

## 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, Sep 9-23, 10-10:45 am, \$20 [register here](#)

Mon, Oct 7-21, 10-10:45 am, \$20 [register here](#)

## Synergy at WSC

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

### September

**1-1:45 pm** Mon, Sep 9-30, \$20 [register here](#)

**10-10:45 am** Wed/Fri, Sep 4-27, \$40 [register here](#)

**1-1:45 pm** Wed/Fri, Sep 4-27, \$40 [register here](#)

**10-10:45 am** Sat, Sep 7-28, \$20 [register here](#)

### October

**1-1:45 pm** Mon, Oct 7-28, \$20 [register here](#)

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

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

**10-10:45 am** Sat, Oct 5-26, \$20 [register here](#)

## Self Defense Refresher

Being able to protect yourself in all situations is empowering. Join 7th Degree Black Belt, Master Reggie Westbrook for this interactive class that will arm you with tools to help you stay safe.

Members \$5 / Guests \$10 per class

### Lowcountry Senior Center

**Thur, Oct 24, 10-10:45 am** [register here](#)

### Waring Senior Center

**Tues, Oct 22, 9-9:45 am** [register here](#)

# 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 Coming to EF Classes in Fall 2024 and Early 2025**

### **What is a Fitness Check?**

- Determines an individual's current level of physical or functional fitness. Functional fitness is defined as having the physical capacity to perform normal everyday activities safely and independently without undue fatigue.

### **What is Measured?**

- An individual's current functional fitness or physical ability.

### **Benefits of Fitness Checks**

- Fitness checks evaluate the success of the program at both the level of the individual participant and the program as a whole.
- The information is of value to everyone involved, from instructors to program managers, but especially to participants who can see the improvement they make in their own fitness and can in turn set personal fitness goals.

## **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](mailto: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](mailto: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](mailto: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  
**Thur, Sep 19, 10:15 am** [register by 9/15](#)

## 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  
**Mon, Sep 23, 9:30 am** [register by 9/19](#)  
**Wed, Oct 16, 9:30 am** [register by 10/12](#)

## 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  
**Fri, Sep 27, 11 am** [register by 9/13](#)

## 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, Sep 26, 5-6:45 pm** [register here](#)

Featuring Trader Joes

**Thur, Oct 24, 5-6:45 pm** [register here](#)

Featuring Portugal

## 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.

**Wed, Sep 11, 5 pm** [register by 9/4](#)

Aji Asian Bistro, 1011 Harbor View Rd

**Tues, Sep 24, 5 pm** [register by 9/17](#)

Santi's, 1660 Savannah Hwy

**Tues, Oct 8, 5 pm** [register by 10/1](#)

Home Team BBQ, 1205 Ashley River Rd

**Tues, Oct 22, 5 pm** [register by 10/15](#)

Ichiban, 1716 Old Towne Rd

## Happy Hour

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

**Thur, Sep 5, 4 pm** [register by 9/2](#)

Minero Mexican Grill & Cantina, 3140

Maybank Hwy

**Mon, Oct 14, 4 pm** [register by 10/11](#)

Paisano's Pizza Grill, 1246 Camp Rd

## Lunch Bunch

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

**Fri, Sep 6, 11:30 am** [register by 9/3](#)

Maple Street Biscuit Company,

1739 Maybank Hwy, Ste U

**Fri, Oct 4, 11:30 am** [register by 10/1](#)

Ti-Ney Bangkok, 1175 Folly Rd, Ste J & K

## 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 September and October

## 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.

The featured play in November is *The Last Five Years* by Jason Robert Brown. It shows heartache, and the passage of time are woven together with music in a mesmerizing journey—from the meet-cute to the breakup and then somehow right back to the start again. Price includes the show and a buffet lunch. Transportation is not provided. Members \$50/Guests \$55

**Wed, Nov 20, 10am** registration due by 10/11

# Travel

## Carolina Opry - Myrtle Beach, SC

Let's take a day trip to Myrtle Beach, SC. First, we head to Bubba's Fish Camp & Smokehouse for lunch. Following lunch, we make our way to the Carolina Opry for The Christmas Show of the South. In its 39th season, the Carolina Opry Christmas Special brings the warm, wonderful, and fun spirit of Christmas to life with music, comedy and dance. The theater is transformed into a winter wonderland with over 35 Christmas trees, 75 wreaths, 5 miles of tree lighting wire, countless tree ornaments, and mounds of Christmas snow, all presided over by the stunning 30-foot tree with more than 25,000 lights. Registration and payment due by October 11, 2024 - non-refundable after this date. Call the center to register or stop by front desk.

Members \$275 / Guests \$305

**Tues, Dec 3, 7 am-6:30 pm**



*Ladies enjoying the beautiful scenery at Hopsewee Plantation in Georgetown, SC.*

## 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

### Hilton Head

**Feb 2025**

### Springtime at Brookgreen Gardens

**Apr 2025**

### Cruising the Savannah River

**May 2025**

### Hobcaw Barony

**Jun 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. Online registration opens on Tue, Sep 3rd.

Members \$5/ Guests \$10 per lesson

**Tues, Sep 10, 7:45-9 am**

**Tues, Sep 17, 7:45-9am**

**Tues, Sep 24, 7:45-9am**

**Tues, Oct 15, 7:45-9am**

**Tues, Oct 22, 7:45-9am**

**Tues, Oct 29, 7:45-9am**

## 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 7:45 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, Oct 1-22, 7:45-9 am**

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

Online registration opens on Fri, Sep 20th for October lessons.

## NEW Open Play Schedule for September & October

- **Mon, Wed, Fri - 8 am-12 pm**
- **Mon Afternoons - 9/9, 9/23, 10/7, 10/21 - 3-5 pm**
- **Tues & Thur - 8-10 am** (One hour later start time on Tues lesson days)
- **Thur - 10:30 am-12:30 pm - BEGINNERS ONLY PLAY**  
Must have at least 1 lesson prior to playing. This is strictly beginners playing - no instruction.
- **Sat - 8:30-11:30 am**

WSC & LSC Gold, Silver Members - Free

Guests must be 50+ and accompanied by a Gold or Silver Member, pay \$5 per day to play and sign pickleball waiver forms at front desk.

\*Please be aware that when a heat advisory is issued, the pickleball courts will be closed. To learn more about the signs and symptoms of heat-related illnesses and how to treat them, [click here](#).

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

# Pickleball at Waring



*Members having fun off and on the Pickleball courts.*



## TeamReach®

ALL OF YOUR PICKLEBALL NEEDS IN ONE APP

Visit [TEAMREACH.COM](https://TEAMREACH.COM) and download the Team Reach App.  
Use the group code *WARING* to see what's happening at the center.

### **Pickleball Court Reservations**

Waring Senior Center has outdoor pickleball courts available to Gold and Silver Members. Guests must be 50+ and accompanied by a Member, pay \$5 per day to play, and sign pickleball waiver forms at front desk prior to play.

To reserve a court, please call (843) 402-1990.

Free for LSC & WSC Gold and Silver Members

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

# Center Information



## Lowcountry Senior Center

865 Riverland Drive

Charleston, SC 29412

Phone: (843) 990-5555

[lowcountryseniorcenter.com](http://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](http://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](http://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.