

CENTER INFORMATION

Mission

Empowering adults 50+ for personal independence, healthy aging, social connection, and life-long learning in the Lowcountry.

Published by:

Waring Senior Center
2001 Henry Tecklenburg Drive,
Charleston, SC 29412
Phone: (843) 843-402-1990
waringseiorcenter@rsfh.com
www.waringseiorcenter.com

Hours of Operation

Mondays–Thursdays: 7 am - 7 pm
Fridays: 7 am - 4 pm
Saturdays: 8 am - 1 pm

Waring Senior Center Staff

Elizabeth Bernat, MHA
Executive Director, Waring Senior Center
Director of Senior Services, Roper St. Francis
elizabeth.bernat@rsfh.com

Aleshia Parrish, MPHE
Wellness Manager
aleshia.parrish@rsfh.com

Peggy Chausse, MA, CHES
Program Manager
peggy.chausse@rsfh.com

Ron White
Fitness Center Coordinator
kendall.white@rsfh.com

Takila Frazier
Administrative Assistant
takila.frazier@rsfh.com

Managed by Roper St. Francis

SOCIAL – OUT & ABOUT

Kayak

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. No experience needed. Registration required at least one week in advance. Single or tandem kayaks are available; please indicate which at registration. *48-hour Cancellation Policy-please see LSC website for specific details.*

Members \$38 / Guests \$42 per tour

\$22 per tour if you bring your own kayak/SUP and life-jacket.

Wednesday, March 27, 1 pm

Thursday, April 11, 5:30 pm & Wednesday, April 24, 12 pm

Lunch Bunch

Enjoy a lunch out with other wonderful ladies! Everyone meets at the restaurant and pays separately. Pre-registration at least one day in advance is very important. **Members Only**

Wednesday, March 13, 1 pm

O'Charley's: 2126 Henry Tecklenburg Dr.,
Charleston

Wednesday, April 10, 1 pm

Angel Oak: 3669 Savannah Hwy., Johns
Island

Wednesday, March 27, 1 pm

Athens: 1939 Maybank Hwy., James Island

Wednesday, April 24, 1 pm

California Dreaming: 1 Ashley Point Dr.,
Charleston

VOLUNTEER AT THE CENTER

Volunteer Information Session

Have you been thinking about volunteering at the center, but are unsure what is needed? Join us on the 3rd Thursday of the month learn more about the different opportunities we have available. If you can't make it to one of the sessions email peggy.chausse@rsfh.com or call (843) 843-402-1649 to learn more.

Thursday, March 21, 3 – 4 pm or Thursday, April 18, 3 – 4 pm

Available Opportunities:

- Front Desk
- Fitness Center Desk
- Fitness Instructors
- Music Instructors
- Game Leaders
- Arthritis Exercise Leaders
- Matter of Balance Leaders

Our volunteers are affiliated with the Roper St. Francis Volunteer Program.

Register for programs in advance online at www.waringseniorcenter.com or at the center's front desk.

EXERCISE

Member Cost Per Month / Guest Cost Per Month.

Per class rate is \$8 for members and guests if fees apply unless otherwise noted.

Mon	Tues	Wed	Thu	Fri	Sat
*9-10am Enhance Fitness Level 3 FREE/\$20	10-11am Strength Training with Resistance Bands March \$15/\$30 April \$25/\$35	9-10am Enhance Fitness Level 3 FREE/\$20	9-10am Enhance Fitness Level 3 FREE/\$20	10-11am Strength Training with Resistance Bands March \$20/\$30 April \$15/\$25	11:30am- 12:45pm Chair Volleyball FREE Members only
*10-10:45am Tai Chi \$20/\$30	12:45-1:45pm Sit & Fit FREE/\$20	12:30-1:30pm Chair Yoga FREE/\$20	10-11am Gentle Yoga \$20/\$30	12:45-1:45pm Sit & Fit FREE/\$20	
*1-1:45pm 45 min Xpress \$20/\$30		1-1:45pm 45 min Xpress \$20/\$30	11am-12pm Stretch and Flex \$20/\$30	1-1:45pm Synergy Group Training \$5 per session Members only	
*2-3pm Move for Parkinson's FREE	12-1pm Beginner Line Dance FREE/\$20	2-4pm Chair Volleyball FREE Members only	12:45-1:45pm Sit & Fit Free/Guests \$20	2-3pm Enhance Fitness Level 2 FREE/\$20	
*4:30-5:30pm BASE Training \$20/\$30	1-2pm Intermediate Line Dance FREE/\$20	3-4pm Synergy Group Training \$5 per session Members only	2-3pm Enhance Fitness Level 2 FREE/\$20		
*5:30-6:30pm Yoga for Back Pain \$20/\$30	2-3pm Enhance Fitness Level 2 FREE/\$20	5:30-6:30pm Yoga Level 2 \$20/\$30	5:30-6:30pm Tae Bo \$20/\$30		
	5:30-6:30pm Yoga Level 1 March \$15/\$30 April \$25/\$35				
	5:30-6:30pm Tae Bo March \$20/\$30				
<p>*Classes start Monday, March 4.</p> <p>No Classes</p> <p>Tuesday, March 5th (Ribbon Cutting Ceremony)</p> <p>Friday, April 19 Saturday, April 20 (Easter Weekend)</p>					

Register for programs in advance online at www.waringseniorcenter.com at the center's front desk

EXERCISE

BASE Training: Balance, Agility, Strength, Enrichment Program is designed to train and develop your muscles to make it easier and safer to perform everyday activities.

Mondays, 4:30-5:30 pm, (\$20 members/\$30 guests)

Chair Yoga: is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. It is beneficial for people with limited mobility.

Wednesdays, 12:30-1:30 pm, (Free for members/\$20 guests)

Chair Volleyball: improve upper body mobility, hand-eye coordination, and a lot of laughter.

Wednesdays, 2 pm-4 pm and Saturdays, 11:30-12:45 pm, (Members Only)

Enhance Fitness 2: Enhance Fitness is a highly adaptable exercise program offering levels that are challenging enough for active older adults. Can be performed seated or standing. This one-hour group class includes stretching, flexibility, balance, low-impact aerobics, and strength training.

Tuesdays, Thursdays, and Fridays, 2 pm -3 pm, (Free for members/\$20 guests)

**Starts Thursday, March 7th*

Enhance Fitness 3: A higher intensity low impact cardiovascular class including; dynamic/static balance work, strength training and stretching.

Mondays, Wednesdays, and Thursdays, 9 am -10 am, (Free for members/\$20 guests)

45 minutes X press: This is a fun and vigorous cardiovascular Tabata (One of the most common HIIT workout styles, which consists of eight rounds of 20 seconds of work, followed by 10 seconds or rest) style workout with a conditioning and strength component that last for 40 minutes.

Mondays. 1 pm -1:45 pm or Wednesdays, 1 pm -1:45, (\$20 members/\$30 guests)

Gentle Yoga: For all types of students who are looking to support their mental, physical, and spiritual needs. Gentle yoga seeks to provide therapeutic modifications to common yoga poses. Bring your own yoga mat! **Thursdays, 10 am - 11 am, (\$20 members/\$30 guests)**

Move for Parkinson's- Improve balance, posture, and range of motion with an engaging class based on techniques of contemporary movement improvisation. Not just for those with PD. Fully adaptable for mobility devices and chairs. Caregivers are welcome.

Mondays, 2:00 pm - 3:00 pm, (Free for members/guests)

EXERCISE

Sit and Fit: Great for beginners or those who are less stable on their feet. Cardio, strength, balance and stretching exercises can be done sitting or standing.

Tuesdays, Thursdays and Fridays, 12:45 pm - 1:45 pm, (Free for members/\$20 guests)

**Starts Thursday, March 7th*

Strength Training with Resistance Bands - Tuesdays: An intermediate class. This class is a circuit-based strength training and cardio class using mainly body weight and resistance bands. The class is designed to improve balance, stability, strength and movement.

Tuesdays, 10 am - 11 am, (March \$15 members/\$25 guests, April \$25 members/\$35 guests)

**Starts Tuesday, March 12th*

Strength Training with Resistance Bands - Fridays: An intermediate class. This class is a circuit-based strength training and cardio class using mainly body weight and resistance bands. The class is designed to improve balance, stability, strength and movement.

Friday 10 am - 11 am, (March \$20 members/\$25 guests, April \$20 members/\$30 guests)

Stretch and Flex: Increase flexibility and range of movement. For all levels. Bring a mat.

Thursdays, 11 pm - 12 pm, (\$20 members/\$30 guests)

Synergy Group Training: Small group training is done on the Synergy functional trainer located in the gym which allows an innovative and highly effective complete workout solution that combines various total body exercises into a single station. Fast pace workout that challenges muscular strength and endurance. **Wednesdays, 3 pm - 4 pm or Friday, 1 pm - 1:45 pm, (\$5 per group Training Session)**

Tai Chi: A graceful and low-impact form of exercise that focuses on balance and reducing stress.

Mondays, 10 am -10:45 am, (\$20 members/\$30 guests)

Tae Bo - Tuesdays: The high-intensity workout is intended to increase cardiovascular fitness, strength muscular endurance and flexibility. **Tuesdays, 5:30 pm – 6:30 pm, (\$20 members/\$30 guests)**

**Starts Tuesday, March 12th*

Tae Bo - Thursdays: The high-intensity workout is intended to increase cardiovascular fitness, strength muscular endurance and flexibility. **Thursday 5:30 pm – 6:30 pm, (\$20 members/\$30 guests)**

EXERCISE

Yoga for Back Pain: This gentle class focuses on building and maintaining a stronger spine.

Mondays, 5:30 pm – 6:30 pm, (\$20 members/\$30 guests)

Yoga Level 1 Beginner: Level 1 classes are designed for those who have had no previous exposure to yoga but are eager to learn and start experiencing the amazing benefits of a yoga practice.

Tuesdays, 5:30 pm – 6:30 pm, (\$20 members/\$30 guests)

**Starts Tuesday, March 12th*

Yoga Level 2 Experience Beginner: Level 2 classes are designed for those who have had some exposure to yoga, including an introduction to basic yoga poses and proper alignment.

Wednesdays, 5:30 pm – 6:30 pm, (\$20 members/\$30 guests)

DANCE

Line Dancing Beginner

Choreographed dances with a repeated sequence of steps. For beginners or those wanting to brush up their line dancing skills. No partners required. **Tuesdays, 12 – 1 pm, (Free for members/\$20 guests)**

**Starts Tuesday, March 12th*

Line Dancing Intermediate

A variety of music and more advanced steps and dances. This class is for the more experienced dancer. No partner required. **Tuesdays, 1 – 2 pm, (Free for members/\$20 guests)**

**Starts Tuesday, March 12th*