

January/February 2026

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Happy New Year! It's exciting to welcome a new year and the many opportunities it brings! It's a great time to try something new.

Exercise is often at the top of the list for new year's resolutions. Both centers are changing the fitness class schedules and introducing several new classes. Lowcountry Senior Center is adding a new HIIT Resolution class on Monday and Wednesday mornings and HIIT Fit on Thursday afternoons. Waring Senior Center is adding two new early morning classes, HIIT Circuit and Full Body Blast. All of these classes offer higher level intensity workouts.

Waring Senior Center is adding another Rock Steady Boxing for Parkinson's class for a total of three a week. This is a great evidence-based exercise class for those with Parkinson's or other movement disorders. We are proud to offer this program to our community.

Another common new year's resolution is around changing eating habit. We have several classes focusing on nutrition and healthy aging including Brain Food, CRAVE: Mastering the Art of Personalized Nutrition, and a new Healthy Aging series. (see page 8)

There's so much offered at the centers. Come check out our many wellness programs and start off 2026 with a wellness bang!

Elizabeth Bernat, MHA, Director



Ladies having fun at the Boogie & BBQ Party at LSC.



Members enjoying the Boogie & BBQ Party at LSC.



Members playing in the Mah Jongg Tournament at WSC.

Holiday Schedule

Jan 1: Closed for New Year's Day

Jan 2: Centers open 7:30 am-3:30 pm

Jan 19: Closed for Martin Luther King, Jr. Day

Volunteer Spotlight

Lori Dane-Alexander

Say hello to Lori, one of our warm and wonderfully eccentric volunteers who helps keep our admin team running smoothly!



Originally from St. Johnsbury, Vermont, Lori spent 30 years teaching everything from kindergarten to high school, though her heart always belonged to the little ones. After decades of cold winters, she packed up for Charleston in search of sunshine, humidity and all. She even says that she loves the humidity!

Outside the Center, Lori stays active gardening, running, and heading to the beach with a good book. While you may see her in a handful of familiar outfits here, she insists she owns a closet full of looks for every possible occasion.

Family means everything to Lori. She has two adult children still in Vermont and adores her grandchildren, her favorite “gifts,” as she calls them. Maine lobster tops her list of favorite foods, and she loves any Charleston restaurant with seating by the water. She also swears by General Hospital, a tradition she’s kept since college.

For Lori, the Center has become her social home base, a place she looks forward to each week and something she “will not give up.” It fills a space in her life she didn’t even realize was missing.

Jane Kaufman

Meet Jane, one of our all-around superstar volunteers whose energy, kindness, and commitment brighten every corner of the Center.



Originally from Pulaski, Tennessee, Jane landed in Charleston thanks to her husband Rob, whom she describes as lovely, kind, and deeply empathetic.

Jane often jokes that volunteering has become her “full-time job,” and it’s easy to see why. She mentors students and supports teachers at James Island Elementary, serves at the James Island Outreach food pantry, advocates for justice efforts in the community, and stays active in St. James Episcopal Church.

When she does take a break, Jane loves continuing her education, gardening, entertaining, and rowing a pilot gig on the Ashley River (a hobby gifted to her by Rob). She also enjoys traveling with him, exploring their family history, and visiting maritime and train museums.

Jane often says that the Center offers exceptional opportunities such as exercise, education, fun, and most importantly, community. To her, it’s a place where “you get more than you give,” and she feels fulfilled by the connections and purpose it brings to her life.

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, Jan 29, 9-10 am [register here](#)

Waring Senior Center

Mon, Jan 26, 10:30-11:30 am [register here](#)

Paisano's Spirit Night

Help support WSC by ordering from Paisano's in West Ashley. A portion of the proceeds for the entire day go to the center. Dine In, Carry Out and Delivery. To order (843) 818-4969 or visit <https://paisanoschas.com/>

Mon, Jan 12, 11 am-10 pm

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

Income Tax Assistance

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

Open to Members and Guests

Lowcountry Senior Center

Tues, Feb 3-Apr 14, 8:30 am-12:30 pm

To register, call (843) 990-5555.

Waring Senior Center

Thur, Feb 5-Apr 9, 8 am-12 pm

To register, call (843) 402-1990.

Mah Jongg Fundraising Tournament at WSC

Waring Senior Center's Mah Jongg Tournament on November 7, 2025 was a huge success! A special thank you to our many prize donors listed below:

- Anne Durant
- Brenda Williams Harewood
- Charleston Coffee Exchange
- Charleston County Park & Recreation Commission
- Daronne Patterson
- Eggs Up Grill
- Harris Teeter
- Joan Herring
- JoAnn Dabbs
- Julie Kelly
- Kahal Kadosh Beth Elohim
- Kickin' Chicken
- Lois Ruggiero
- Lowes Foods
- Luxury Nail & Spa
- Nails Inspiration
- Nancy Mattern
- Nancy Travis
- Pat Kotila
- Pink Polish
- Rick Dean
- Shadowmoss Golf & Country Club
- Southside 17
- Sue McCaffrey
- Swig & Swine
- Tiger Lily Florist
- Wendy's
- Win Del Pizzo



1st Place - Nancy Travis



2nd Place - Pat Gaylor

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

Lifelong Learning

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

Author Talk: Dr. Stephen Jarrett

Join Retired USN Submarine Captain and LSC member, Dr. Stephen Jarrett, to learn more about his autobiography *From the Mountain to the Sea*, which is a reflection of commanding a nuclear submarine during World War II. Books available for purchase.

Lowcountry Senior Center

Wed, Jan 21, 2-3 pm [register here](#)

Waring Senior Center

Tues, Jan 27, 2:30-3:30 pm [register here](#)

Building Raised Garden Beds

Join WSC member and plant enthusiast, Carl Greenberg, to learn how you can build an inexpensive raised garden bed that will provide a nice spot for vegetables and plants to grow.

Lowcountry Senior Center

Thur, Jan 22, 12-1 pm [register here](#)

Waring Senior Center

Mon, Jan 12, 1-2 pm [register here](#)

Community Connections:

Be A Mentor

Come learn more about Be A Mentor's mission to enable youth to develop positive relationships with caring adults who empower them to reach their full potential through mentorship.

Lowcountry Senior Center

Tues, Jan 20, 1-2 pm [register here](#)

Waring Senior Center

Wed, Jan 21, 12-1 pm [register here](#)

Cybersecurity &

Artificial Intelligence Scams

Cybersecurity can be intimidating, especially with artificial intelligence in the mix. Ayah Favors, SC Dept of Consumer Affairs, discusses simple steps you can take to keep your digital devices safe and how you can take back control of your information while online.

Lowcountry Senior Center

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

Waring Senior Center

Wed, Jan 14, 12-1 pm [register here](#)

Raised Bed Vegetable Gardening

Carl is back to talk about how to get the best results when growing vegetables in a raised garden bed.

Lowcountry Senior Center

Wed, Feb 11, 2-3 pm [register here](#)

Waring Senior Center

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

Tax Time Tips

Tax season is nearly here, and scammers are plotting ways to steal your refund. Join Ayah Favors, SC Dept of Consumer Affairs and learn how to protect your personal information and the red flags to watch out for so you don't become the victim of tax fraud.

Lowcountry Senior Center

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

Waring Senior Center

Mon, Feb 9, 1-2 pm [register here](#)

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

Lifelong Learning

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

Current Events Discussion Group

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

Members Only. Free

Lowcountry Senior Center

Thur, 10-11:30 am

Waring Senior Center

Tues, 1-2:30 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, Jan 21, 2:15-3:15 pm [register here](#)

Wed, Feb 18, 2:15-3:15 pm [register here](#)

Great Decisions at WSC

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

Feb Topic and Date: TBD

Video Chat Basics at WSC

Learners with no prior knowledge will learn about video chat concepts and programs as well as how to place a video chat call.

Wed, Feb 11, 1:30-2:30 pm [register here](#)

James Island History: McLeod Plantation at LSC

No site on James Island has been a better representation of James Island's history than McLeod Plantation. Baxter-Patrick librarian Mike Corbo discusses the story and culture of this historic site.

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

Lowcountry Investment Club at LSC

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

Wed, Jan 7, 4:15-5:45 pm [register here](#)

Let's Talk Tudors! at LSC

Travel back in time to the Tudor court with this monthly series.

The Dating Game

Bachelor Henry searches for love, but the bachelorettes just aren't that into him. Meanwhile, Cromwell pushes a risky agenda.

Tues, Jan 13, 1-2 pm [register here](#)

Scenes from A Marriage

Henry and Anne of Cleves still aren't getting along, Cromwell backpedals, and Lady Elizabeth makes a friend.

Mon, Feb 2, 10-11 am [register here](#)

Lifelong Learning

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

AARP Smart Driver Course

This refresher is designed to keep you and others safe on the road. Please bring a check payable to AARP or exact cash.
AARP Members \$20 / Nonmembers \$25

Lowcountry Senior Center

Wed, Feb 11, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Mar 6, 9 am-1 pm

Call (843) 402-1990 to register.

Book Club

Lowcountry Senior Center

Mon, Jan 26, 11 am-12:15 pm [register here](#)

The Lost Girls of Paris by Pam Jenoff

Mon, Feb 23, 11 am-12:15 pm [register here](#)

Remarkably Bright Creatures by Shelby Van Pelt

Waring Senior Center

Thur, Jan 15, 1-2 pm [register here](#)

Mother Emanuel by Kevin Sack

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

The Lost Bookshop by Evie Woods

Financial Education Series

Five Money Questions for Women

Learn about the unique financial situation many women find themselves in and the actionable steps you can take to help meet your financial goals.

Lowcountry Senior Center

Mon, Feb 23, 10-11 am [register here](#)

Waring Senior Center

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

Retirement: Making Your Money Last

Learn investment strategies to help build a strategy to last throughout your retirement years. Inflation, health care expenses and market volatility are addressed.

Lowcountry Senior Center

Mon, Jan 26, 10-11 am [register here](#)

Waring Senior Center

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

Eating for One

Eating well shouldn't feel overwhelming, whether you dine alone or share meals with a partner.

Join clinical nutritionist Carla Johnston for this three-part series designed for older adults who want practical ways to make everyday meals easier, healthier, and more enjoyable. You'll learn how to stretch budget-friendly recipes, taste test delicious and healthy food and discover the role of nutrition and its importance in supporting healthy aging. Members \$5 / Guests \$10.

Lowcountry Senior Center

Thur, Mar 12-26, 12-1 pm [register here](#)

Waring Senior Center

Thur, Feb 12-26, 12-1 pm [register here](#)

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

Lifelong Learning

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

Memoir Writing Workshop at WSC

Remembering and telling good stories from our life is like collecting colorful patches which, when sewn together, create a memoir as interesting as a quilt. In this workshop led by local writer and retired pastor Bert Keller, each member writes a brief personal story each week. Stories are read aloud, receive questions and insights from the group, and explore the spirited craft of memoir writing.

Members \$10 / Guests \$20 per series

Fri, Jan 23-Feb 27, 10:30 am-12:30 pm

[register here](#)



Members enjoying holiday festivities at LSC.

Celebrating Lowcountry History

Dr. Kim Cliett Long, FRSM, FRPH, FRGS

Project Administrator, Jonathan Green Maritime Cultural Center

Introducing the Jonathan Green Maritime Cultural Center

Discover the new Jonathan Green Maritime Cultural Center at the University of South Carolina Beaufort—the first museum devoted to the art, history, and culture of Africans and African Americans in global port cities. Explore how Jonathan Green's work brought Gullah Geechee culture to the forefront and learn about the Center's mission, exhibits, programs, and the Weedman Research Library as it prepares for a March 2026 opening.

Lowcountry Senior Center

Fri, Jan 30, 11:30 am-1 pm [register here](#)

Waring Senior Center

Fri, Jan 16, 11:30 am-1 pm [register here](#)

Charleston as a Glittering British American Port City

Take a closer look at Charleston's growth as an international port shaped by global trade and the skilled contributions of African and African descended communities. This session highlights the city's mixed populations, merchant families, active waterfront, and the creativity that grew from its ocean-spanning connections.

Lowcountry Senior Center

Fri, Feb 27, 11:30 am-1 pm [register here](#)

Waring Senior Center

Fri, Feb 20, 11:30 am-1 pm [register here](#)

Lifelong Learning

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

Basic Spanish at WSC

This class is for those who have attended at least 16 weeks of Basic Spanish or have a general knowledge of the language.

Participants must purchase *Basic Spanish by Dorothy Richmond, Premium Third Edition* prior to class. Registration is required.

Members \$10 / Guests \$20 per series

Fri, Jan 9-Feb 27, 9:30-10:30 am
[register here](#)

Conversational Spanish at LSC

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

Wed, 10:15-11:15 am

Intermediate Spanish at WSC

Class is taught primarily in Spanish. This class will assist in brushing up on your Spanish and improve your conversational skills. Space is limited. Registration is required.

Members Only. Free

Wed, Jan 7-Feb 25, 1-2 pm [register here](#)

Spanish for Beginners at LSC

Join us as we begin to learn basic Spanish vocabulary and phrases to enjoy conversation with other Spanish speakers. Get ready to learn about Spanish and Latin American culture!

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

Thur, Jan 15-Feb 19, 12-1 pm [register here](#)

German Refresher at LSC

This German 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 German again.

Registration is required.

Members \$10 / Guests \$20 per series

Thur, Jan 8-Feb 26, 1:15-2:15 pm [register here](#)

Intermediate French at LSC

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

Participants should be able to read and understand French. Members Only. Free

Mon, 10-11 am

Italian Conversation at LSC

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

Participants should be able to speak Italian.

Members Only. Free

Thur, 3:45-4:45 pm

Italian Refresher at LSC

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

Members Only. Free

Thur, 2:30-3:30 pm

Health & Wellness

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

Keys to Healthy Aging

Join Gabi Kay, MUSC Occupational Therapy Doctorate Student as she shares helpful health tips about topics senior center members requested.

Strength Training: Knowledge is Power

Strength training is proven to counteract muscle mass decline, yet most older adults don't do it. Learn more about how you can incorporate it into everyday activities.

LSC: Thur, Feb 5, 12-1 pm [register here](#)

WSC: Wed, Feb 4, 12-1 pm [register here](#)

Nutrition: Moderation is the Key

Dive deeper into nutritional needs specific to older adults and how you can include these into your diet.

LSC: Thur, Feb 12, 12-1 pm [register here](#)

WSC: Wed, Feb 11, 12-1 pm [register here](#)

Mental Health: You Can't Tell by Looking

Often overlooked, mental health directly impacts physical health and quality of life. Learn simple things you can do to support your mental health and well-being.

LSC: Thur, Feb 19, 12-1 pm [register here](#)

WSC: Wed, Feb 18, 12-1 pm [register here](#)

Fall Prevention: Motion is Lotion

Falls can happen at any time or place. Learn some simple steps you can take to reduce the risk and maximize your safety.

LSC: Thur, Feb 26, 12-1 pm [register here](#)

WSC: Wed, Feb 25, 12-1 pm [register here](#)

Brain Food

Please join Amy Hider for a discussion on foods to nourish our brains and improve our cognitive abilities now and as we age.

Lowcountry Senior Center

Wed, Jan 28, 2-3 pm [register here](#)

Waring Senior Center

Mon, Jan 26, 1-2 pm [register here](#)

CRAVE: Mastering Art of Personalized Nutrition

Learn how to create a nutrition plan tailored to your unique needs. Carla Johnston, DCN, MA, MS, CNS, Roper St. Francis Healthcare, gives practical tips, delicious recipes, and joyful habits that will transform your approach to nourishment and dynamic aging.

Lowcountry Senior Center

Fri, Jan 23, 1-2 pm [register here](#)

Waring Senior Center

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

Medication Safety



Stop by the lobby and visit with Charleston Center staff to pick up Narcan (an opioid overdose reversal medication), Detera bags for safely disposing of expired or unused prescription medications at home, and safe Rx storage units to help keep your medications secure.

Lowcountry Senior Center

Thur, Jan 29, 9:30 am-12:30 pm

Waring Senior Center

Tues, Jan 27, 9:30 am-1:30 pm

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

Health & Wellness

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

Chronic Pain Management

Join Dr. Ann Cheri Foxx, Interventional Pain Specialist from Roper St. Francis Physician Partners to learn why your Golden Years don't have to hurt so much.

Lowcountry Senior Center

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

Waring Senior Center

Tues, Jan 13, 2-3 pm [register here](#)

Joy of Meditation at LSC

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

Thur, 2:30-3:30 pm

Legare Farms Rolling Market at LSC

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

Accepts cash and card

Wed, 10-11 am

Let's Talk Heart Health at WSC

Atrial fibrillation (AFib) is the most common irregular heartbeat. Join MUSC College of Pharmacy students and learn what Atrial fibrillation (AFib) is, its symptoms, risk factors, and treatment options, as well as tips for supporting heart health.

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

Make-Up Tips

Tanya Eldredge, Bellame artist and local salon owner and stylist, shares simple tips and techniques for mature skin to enhance your natural beauty using products that nourish while they perfect. Discover how to find your glow from within – and let it shine!

Lowcountry Senior Center

Thur, Jan 29, 12-1 pm [register here](#)

Waring Senior Center

Wed, Jan 28, 12:30-1:30 pm [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 Only. \$20 per session.

Wed, Jan 28 and Wed, Feb 25

Appointments available 10 am-2 pm

Call (843) 990-5555 to schedule. *Due to high demand, registration is limited to one session per person per newsletter cycle.*

Mindfulness Matters

Start feeling less overwhelmed and more relaxed by practicing the tricks, techniques and mindfulness skills taught by staff from South Carolina Safe Seniors.

Lowcountry Senior Center

Mon, Jan 26, 1-2 pm [register here](#)

Mon, Feb 23, 1-2 pm [register here](#)

Waring Senior Center

Wed, Jan 7, 14, 28, 10:15-11:15 am [register here](#)

Wed, Feb 4, 11, 25, 10:15-11:15 am [register here](#)

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

Support

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

Alzheimer's Caregiver Support Group at WSC

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

Sat, Jan 10 & 24, 10-11:30 am

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

Hope for Grieving Hearts Grief Support Group at WSC

In partnership with the Roper St. Francis Healthcare Pastoral Care Department, we are offering a grief support group for people who have experienced the death of a loved one. Meetings are typically held on the 1st and 3rd Monday of each month throughout the year with the exception of holiday weeks. Registration is not required.

Mon, Jan 5 & 26, 2-3 pm

Mon, Feb 2 & 16, 2-3 pm

Moving on After Change at LSC

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

Thur, Feb 5, 9-10 am

Stress Less at WSC

Peer led group that meets on the 3rd Wednesday of the month and shares fellowship and explores different ways to manage stress.

Wed, Jan 21, 10:15-11:15 am

Wed, Feb 18, 10:15-11:15 am

Taking Off Pounds Sensibly (TOPS) at WSC

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

Tues, 10 am

MyChart Activation Sessions

MyChart is your secure, personalized patient portal. Learn the benefits of your Roper St. Francis Healthcare MyChart portal as we walk you through the activation process step by step. What to bring with you: your device, your email and email password and your Apple ID if you have an iPhone. Space is limited. Registration is required.

Lowcountry Senior Center

Fri, Jan 16, 10-10:30 am [register here](#)

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

Waring Senior Center

Fri, Jan 9, 10-11 am [register here](#)

Fri, Feb 27, 1-2 pm [register here](#)



Members enjoying holiday music and treats at WSC.

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

Games at the Centers

Members Free / Guests \$10 per day. Members may play at either center.

Lowcountry Senior Center

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Double Deck Pinochle 9 am-12 pm	Duplicate Bridge 9:30 am-12:30 pm	Double Deck Pinochle 9 am-12 pm	Mah Jongg Open Play 12:30-3:30 pm	Bridge for Fun All Levels 9:30 am - 12:30 pm
	Mah Jongg Open Play 9:30 am-12 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 1:15-4:15 pm	Canasta 12-3 pm	
	Cribbage 12:45-3:45 pm	Dominoes 12-3 pm	Mah Jongg Open Play 1:15-4:15 pm	Dominoes 12-3 pm	
	Euchre 2-3:45 pm				

Mah Jongg Lessons

Learn to play Mah Jongg. Must commit to attending both lessons in a series.
Class size is limited to 8. No repeats allowed.
Members \$35 / Guests \$45 per series

Lowcountry Senior Center

Mon, Jan 5 & 12, 1-3 pm [register here](#)

Mon, Feb 9 & 16, 1-3 pm [register here](#)

Waring Senior Center

Wed, Jan 7 & 14, 9:30-11:30 am [register here](#)

Wed, Feb 4 & 11, 9:30-11:30 am [register here](#)

Mah Jongg Guided Play with Expert

Guided play provides live coaching to practice, ask questions and gain confidence in real-time gameplay. Perfect for those looking to boost their strategy skills with expert guidance. This session is designed for anyone who has completed beginner lessons or has some game play experience.
Members \$20 / Guests \$30 per class

Lowcountry Senior Center

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

Waring Senior Center

Wed, Jan 28, 9:30-11:30 am [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, Jan 16 & 30, 9 am-12 pm [register here](#)

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

Advanced Pencil Drawing at LSC

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

Members Only. \$70 per 8-week series

Tues, Jan 6-Feb 24, 7:45-9:15 am

[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



Quilting with Kindness: WSC Members donated 90 baby quilts to the new Special Care Nursery at Bon Secours St. Francis Hospital.

Knitting & Threads at LSC

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

Members Only. Free

Thur, 10 am-12 pm

Photography Club at LSC

Meet with others who have an interest in photography. Watch a 30-minute lecture and take turns sharing photos during the meeting.

Group photo shoots are also planned throughout the year. All levels welcome.

Members Free / Guests \$5 per class

Wed, Jan 21, 10-11 am [register here](#)

Wed, Feb 18, 10-11 am [register here](#)

Sew Much Fun

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

Members Only. Free

Lowcountry Senior Center

2nd & 4th Wed, 1-4 pm

Waring Senior Center

Tues, 1:30-4:30 pm

Writing Circle

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

Lowcountry Senior Center

1st and 3rd Wed, 1-3 pm

Waring Senior Center

2nd and 4th Thur, 10 am-12 pm

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

Creative Arts & Music

Acoustic Jam Sessions

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

Lowcountry Senior Center

Tues, 3-5:30 pm

Waring Senior Center

2nd and 4th Sat, 10 am-12 pm

Beginner Recorder Lessons at LSC

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

Mon, 3:30-4:30 pm

Chorus at LSC

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

Members Only. Free

Thur, 1:30-2:45 pm



Olde Pipes Consort recorder players being festive at WSC Holiday Concert.

Group Piano - Refresher at LSC

Continue to play the basics of piano including note reading, rhythm, chords, and technique. Note reading experience is necessary.

Participants must purchase a book once in the class. Members \$62 / Guests \$72 per series

Mon, Jan 5-Feb 23, 10-11:30 am [register here](#)

No class Jan 19

Group Piano for Intermediate/Advanced at LSC

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

Participants must purchase a book once in the class. Members \$62 / Guests \$72 per series

Mon, Jan 5-Feb 23, 12-1:30 pm [register here](#)

No class Jan 19

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

Creative Arts & Music

Drawing Fundamentals at WSC

Boost your drawing skills and learn core drawing fundamentals. Topics such as still life, 1/2 point perspective, portraiture, landscape and hands/feet are covered. Beginners are welcome. Supply list is available at the front desk.

Members \$55 / Guests \$65 per series

Tues, Jan 6-Feb 10, 9 am-11 pm

[register here](#)

The Joys of Acrylic Painting

Have you ever wanted to take an art class that is fun and easy using bright colors that you paint on a canvas? Come learn the joy of painting with acrylic paint while getting guidance as you work on a painting you get to pick yourself! All experience levels welcome from beginners to advanced. Supply list is available at the front desk.

Members \$55 / Guests \$65 per series

Lowcountry Senior Center

Sat, Jan 10-Feb 14, 10 am-12 pm [register here](#)

Sat, Feb 21-Mar 28, 10 am-12 pm

[register here](#)

Waring Senior Center

Tues, Jan 6-Feb 10, 11:15 am-1:15 pm

[register here](#)

Tues, Feb 17-Mar 24, 11:15 am-1:15 pm

[register here](#)

Making Pressed Flower Art

Get creative in this hands-on workshop, you arrange flowers to be pressed and then walk away with your own pressed flower art. You also learn how working with flowers and nature can make you feel more calm.

Supplies included.

Members \$65 / Guests \$75 per class

Lowcountry Senior Center

Wed, Feb 25, 10-11:30 am [register here](#)

Waring Senior Center

Sat, Feb 7, 10-11:30 am [register here](#)

Perspective Drawing at LSC

Come learn how to draw the interior of buildings. Learn how to draw various rooms in your house using different types of perspective. Think of the possibilities! Supply list is available at the front desk.

Members \$55 / Guests \$65 per series

Fri, Jan 9-Feb 13, 10 am-12 pm [register here](#)

Portraiture: Further Studies at LSC

Come dive deeper into the study of portraiture. We explore eyes, noses, ears at various angles as well as do various tonal variations using shading techniques such as crosshatching and contour drawing. We also delve into gestures and emotions and the role they play in your art. Supply list is available at the front desk.

Members \$55 / Guests \$65 per series

Fri, Feb 20-Mar 27, 10 am-12 pm

[register here](#)

Creative Arts & Music

Watercolor Lessons:

Beginners at LSC

Suited for everyone especially true beginners. Learn about tools, materials, color theory, composition and various techniques. Supply list is available at the front desk.

Members \$20 / Guests \$30 per series

Tues, Jan 6-27, 10 am-12 pm [register here](#)

Watercolor Lessons: Intermediate

Suited for those who have experience with painting. Learn about tools, materials, color theory, composition and the Golden Mean. We also learn alternate techniques and some art history. Supply list is available at the front desk.

Members \$20 / Guests \$30 per series

Lowcountry Senior Center

Tues, Jan 6-27, 1-3 pm [register here](#)

Tues, Feb 3-24, 1-3 pm [register here](#)

Waring Senior Center

Wed, Jan 7-28, 10 am-12 pm [register here](#)

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



Beautiful succulent holiday wreaths made at WSC.

Watercolor Workshops

This is a project-based watercolor class where everyone takes home a beautiful painting. Perfect for beginners and experienced artists alike. No drawing skills required. Learn new techniques, blend colors and unleash your creativity. Supplies included.

Sea Oats - Blue Skies Painting

Waring Senior Center

Sat, Jan 24, 10 am-12:00 pm

Members \$65 / Guests \$75 [register here](#)



The Bridge Painting

Lowcountry Senior Center

Sat, Feb 21, 10 am-12:00 pm

Members \$65 / Guests \$75 [register here](#)



Dance

Dance Conditioning

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

Members \$15 / Guests \$25 per month

Lowcountry Senior Center

Fri, Jan 9-30, 9:15-10:15 am [register here](#)

Fri, Feb 6-27, 9:15-10:15 am [register here](#)

Waring Senior Center

Fri, Jan 9-30, 12:15-1:15 pm [register here](#)

Fri, Feb 6-27, 12:15-1:15 pm [register here](#)

Dance Fitness

This dance based cardio class incorporates numerous styles of dance. For all levels.

Members \$15 / Guests \$25 per month

Lowcountry Senior Center

Tues, Jan 6-27, 12:15-1 pm [register here](#)

Tues, Feb 3-24, 12:15-1 pm [register here](#)

Waring Senior Center

Sat, Jan 10-31, 9:15-10:15 am [register here](#)

Sat, Feb 7-28, 9:15-10:15 am [register here](#)

Line Dancing

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

Members \$20/ Guests \$30 per month

Lowcountry Senior Center

Tues, Jan 6-27, 2:30-3:30 pm [register here](#)

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

Waring Senior Center

Wed, Jan 7-28, 3-4 pm [register here](#)

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

Intro to Carolina Shag at WSC

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

Members \$50 / Guests \$60 per series

Mon, Jan 12-Feb 23, 4-4:45 pm [register here](#)

No class Jan 19

Intermediate Shag at WSC

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

Members \$50 / Guests \$60 per series

Mon, Jan 12-Feb 23, 5-5:45 pm [register here](#)

No class Jan 19



Dance Fitness showing off their dance moves the Boogie & BBQ Party at LSC.



Having fun and getting a workout done at WSC.

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
				7:30 am Walking Club at JICP Members Only	
8-8:45 am HIIT Resolution M/W, Jan 12-Feb 25 <u>\$45/\$55</u>	8:30-9:30 am Full Body Blast Jan \$15/\$25 Feb \$15/\$25	8-8:45 am HIIT Resolution Jan 7 Free M/W, Jan 12-Feb 25 <u>\$45/\$55</u>	8:30-9:30 am Functional Strength Jan \$15/\$25 Feb \$15/\$25	8-9 am Strength Training Jan \$15/\$25 Feb \$15/\$25	
9-10 am Fit & Firm Free/\$10 per class		9-10 am Fit & Firm Free/\$10 per class	9-9:45 am Tai Chi Jan \$20/\$30 Feb \$20/\$30	9:15-10:15 am Dance Conditioning Jan \$15/\$25 Feb \$15/\$25	9:30-10:30 am Cardio & Weights Free/\$10 per class
	10-10:45 am Chair Yoga Free/\$10 per class		10-10:45 am Chair Yoga Free/\$10 per class		
10:15-11 am Core Essentials Jan \$15/\$25 Feb \$15/\$25		10:15-11:00 am Balance Jan \$10/\$20 Feb \$10/\$20	10-11 am Arthritis Exercise Jan \$10/\$20 Feb \$10/\$20	10:15-11:15 am Mat/Chair Yoga Jan \$20/\$30 Feb \$20/\$30	
11:15 am-12:15 pm ◆ Sit & Fit Free/\$10 per class	11 am-12 pm Qigong Jan \$10/\$20 Feb \$10/\$20	11:15 am-12:15 pm ◆ Sit & Fit Free/\$10 per class	11 am-12 pm Strength & Balance Free/\$10 per class	11:15 am-12:15 pm ◆ Sit & Fit Free/\$10 per class	11:30 am-12:45 pm Chair Volleyball Members Only Free
	12:15-1 pm Dance Fitness Jan \$15/\$25 Feb \$15/\$25		12:30-1:30 pm FIT HIIT Jan \$15/\$25 Feb \$15/\$25	12:30-1:30 pm Gentle Yoga Jan \$20/\$30 Feb \$20/\$30	
1-2 pm Strength & Balance Free/\$10 per class	1:15-2:15 pm Yoga Stretch & Restore Jan \$20/\$30 Feb \$20/\$30	1-2 pm Strength & Balance Free/\$10 per class		Calendar Key: <div>Free for members & no registration required</div> <div>◆ Class at Lowcountry and available online</div> 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 \$10 for nonmembers for classes with fees.	
2:15-3 pm Core & Stretch Jan \$15/\$25 Feb \$15/\$25	2:30-3:30 pm Line Dancing Jan \$20/\$30 Feb \$20/\$30		2-3 pm Pilates Mat Jan \$20/\$30 Feb \$20/\$30		
		3-4:30 pm Chair Volleyball Members Only Free	3:30-4:30 pm Circuit Training Jan \$15/\$25 Feb \$15/\$25		
4-5 pm 40/20 Mix Jan \$15/\$25 Feb \$15/\$25	4-5 pm Circuit Training Jan \$15/\$25 Feb \$15/\$25	4:45-5:45 pm Relax & Repair Yoga Jan \$20/\$30 Feb \$20/\$30			

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/\$10 per class	8:30-9:30 am HIIT Circuit <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	9-10 am Fit & Firm Free/\$10 per class	8:30-9:30 am Full Body Blast <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	8:30-9:30 am Fit & Firm Free/\$10 per class	9:15-10:15 am Dance Fitness <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>
	10-11 am Rock Steady Boxing for Parkinson's T/TH/F <u>Jan \$100/\$250</u> <u>Feb \$100/\$250</u>		10-11 am Rock Steady Boxing for Parkinson's T/TH/F <u>Jan \$100/\$250</u> <u>Feb \$100/\$250</u>	10-11 am Rock Steady Boxing for Parkinson's T/TH/F <u>Jan \$100/\$250</u> <u>Feb \$100/\$250</u>	
	10-10:45 am Tai Chi <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>	10:15-11:15 am Functional Strength <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	10-11 am Gentle Yoga <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>		10:30 am - 12 pm Chair Volleyball Members Only Free
11 am-12 pm Chair Dance <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	11:30 am-12:30 pm ◆ Sit & Fit Free/\$10 per class	11:30 am-12:30 pm Chair Yoga Free/\$10 per class	11:30 am-12:30 pm ◆ Sit & Fit Free/\$10 per class	11:15 am-12:15 pm Balance <u>Jan \$10/\$20</u> <u>Feb \$10/\$20</u>	
◆ 12-1 pm Cardio & Weights Free/\$10 per class	11:30 am-12:30 pm Strength Training with Bands <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>		11:15 am-12 pm Cardio Drumming <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	12:15-1:15 pm Dance Conditioning <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	
	11:30 am-12:30 pm Gentle Yoga <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>		12:15-1 pm Core & Stretch <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	Calendar Key: <div>Free for members & no registration required</div> ◆ 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 \$10 for nonmembers for classes with fees.	
1:30-2:30 pm Yoga for Back Health <u>Jan \$15/\$25</u> <u>Feb \$20/\$30</u>	12:45-1:45 pm Strength & Balance Free/\$10 per class	1-2 pm 40/20 Mix <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	12:45-1:45 pm Strength & Balance Free/\$10 per class		
4-4:45 pm Intro to Carolina Shag <u>Jan 12-Feb 23</u> <u>\$50/\$60</u>	2-3 pm Cardio Power Hour <u>Jan \$15/\$25</u> <u>Feb \$15/\$25</u>	3-4 pm Line Dancing <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>			
5-5:45 pm Intermediate Shag <u>Jan 12-Feb 23</u> <u>\$50/\$60</u>		4:45-5:45 pm Evening Yoga <u>Jan \$20/\$30</u> <u>Feb \$20/\$30</u>			

Fitness Class Descriptions

40/20 Mix

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

Arthritis Exercise

Arthritis Exercise covers gentle exercises, strengthening, stretching, endurance and relaxation techniques.

Balance

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

Cardio Drumming

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

Cardio Power Hour

Functional training class that utilizes stationary and dynamic 3-D movement patterns and drills to improve cardio conditioning.

Chair Dance

This easy-to-follow class incorporates dance movements from the chair.

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 Essentials

Improve functional ability, control, power and coordination. This class involves exercises performed in standing, seating and lying positions. Bring a mat.

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

This dance based cardio class incorporates numerous styles of dance. For all levels.

Evening Yoga

For those who have had some Yoga experience and want to build flexibility and strength. Bring a yoga mat.

FIT HIIT

Functional Interval Training is a full body workout that improves strength and endurance while reducing injury risk by incorporating short energy burst intervals. All levels are welcome.

Full Body Blast

This HIIT-style class combines cardio, strength training and core engagement for an effective full body workout that elevates your heart rate and builds muscle.

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.

HIIT Circuit

An intense faster paced class designed to increase cardio efficiency, burn fat and improve strength.

Fitness Class Descriptions

HIIT Resolution

HIIT your resolution goals this year with High Intensity Interval Training! This full body workout improves strength and endurance while reducing injury risk by incorporating short energy burst intervals. All levels are welcome as progressions and modifications are given for all exercises. Bring a mat.

Mat/Chair Yoga

Access balance and strength in chair and floor-based poses. Learn to transition from seated to standing to reclining on the mat using the chair as a tool. 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. Props are encouraged. Bring a mat.

Strength Training

Improve muscular strength and endurance through progressive resistance exercise. Floorwork incorporated.

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 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 with seated and standing poses. Emphasis on floor postures to promote mobility. Props are encouraged. Bring a mat.

EnhanceFitness Classes (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

Rock Steady - Boxing for Parkinson's at WSC



This class is designed for those diagnosed with Parkinson's. It delivers an increased intensity workout to improve cardiovascular conditioning, core strength, and flexibility.

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

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

Tues, Thur and Fri, 10-11 am

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

Open to members at both LSC & WSC

Synergy at WSC

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

Jan

10-10:45 am M/W, Jan 5-28, \$35 [register here](#)

1-1:45 pm M, Jan 5-26, \$15 [register here](#)

1-1:45 pm W/F, Jan 7-30, \$40 [register here](#)

Feb

10-10:45 am M/W, Feb 2-25, \$40 [register here](#)

1-1:45 pm M, Feb 2-23, \$20 [register here](#)

1-1:45 pm W/F, Feb 4-27, \$40 [register here](#)

Volunteers Needed at the Centers

Please consider sharing your time, talent, and expertise with us at Lowcountry or Waring Senior Center! Contact Blair Putman, Senior Center Coordinator, for more information at (843) 402-1650 or blair.putman@rsfh.com.

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. Schedule a free consult with a trainer before your first training session.
\$45/person for Gold and Silver Members

Diane Betz, Certified Personal Trainer

Lowcountry Senior Center

Call the front desk to schedule an appointment.
(843) 990-5555

Laura Kier, Certified Personal Trainer

Lowcountry Senior Center

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

Ron White, Certified Personal Trainer

Waring Senior Center

Call the front desk to schedule an appointment.
(843) 402-1990

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, Jan 23, 12:30 pm [register by 1/19](#)

Marsh Kayak Eco Tour

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. Please see website for refund/cancellation policy. Members \$45 / Guests \$55 per tour \$35 per tour if you bring your own kayak/SUP and life-jacket
Fri, Feb 20, 11 am [register by 2/16](#)

Morris Island Lighthouse Eco Tour

Board Charleston Outdoor Adventures' boat and cruise through the creeks out to Morris Island where you are able to get out and explore the beach for about 45 minutes. Payment due 14 days prior to tour date. See website for refund and cancellation policy. Members \$50 / Guests \$60 per tour
Wed, Jan 28, 11 am [register by 1/14](#)

Wine Tasters at LSC

Enjoy tasting different wines each month. Participants take turns purchasing the wines as well as snacks to share. Members Only.
Thur, Jan 29, 4-5:45 pm [register here](#)
Featuring South Africa
Thur, Feb 26, 4-5:45 pm [register here](#)
Featuring Favorite Red

Wine Tasting at LSC & WSC

Rick Dean of Strong Coffee to Red Wine hosts an informative and entertaining wine tasting of five wines. Snacks included. Members \$35 / Guests \$45 per class

Wines of Portugal

The wines of Portugal are having a moment, and for good reason. They offer bold flavors, rare grape varieties, and some of the best value you'll find anywhere in the wine world.

Waring Senior Center

Wed, Feb 11, 4-5:45 pm [register here](#)

Exploring Northern Italy's Popular Regions

The world's best Pinot Grigio comes from Alto Adige, Veneto is Valpolicella, and Piedmont is Nebbiolo, Arneis and Gavi. Come explore some of these cool climate Italian wonders of wine.

Lowcountry Senior Center

Thur, Mar 12, 4-5:45 pm [register here](#)

Social - Out & About

Dining Out

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

Tues, Jan 13, 5 pm register by 1/6

Bowens Island, 1870 Bowens Island Rd

Tues, Jan 27, 5 pm register by 1/20

Underground Chuck's, 2126 Henry Tecklenburg Dr

Tues, Feb 10, 5 pm register by 2/3

Martin's BBQ, 1622 Highland Ave

Tues, Feb 24, 5 pm register by 2/17

Southside 17, 3632 Savannah Hwy

Lunch Bunch

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

Mon, Jan 12, 11:30 am register by 1/9

Pisano's Pizza Grill, 1798 Ashley River Rd

Wed, Jan 14, 11:30 am register by 1/11

Melvin's BBQ, 538 Folly Rd

Wed, Feb 11, 11:30 am register by 2/8

Crust Wood Fired Pizza, 1956 Maybank Hwy

Thurs, Feb 19, 11:30 am register by 2/16

Outback Steakhouse, 1890 Sam Rittenberg Blvd

Social Hour

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

Thur, Feb 5, 4 pm register by 2/2

Blue Smoke Pit, 1804 Crowne Commons Way

Meet Up Golf

Play golf with other members at the City of Charleston Municipal Golf Course. \$17 Green Fees; \$22 Riding Cart (\$12 for 9 holes). Pay at the golf course. Online registration for weekly golf is available for one month at a time. Golf dates are posted on the third Wednesday of the month for the following month. First come, first serve. Register in advance on the website by 12 pm on Friday the week before you want to play. When registration is full for the week you want to play, call (843) 990-5555 to get your name added to the wait list. Tee times vary and are emailed a few days in advance. Basic, Gold and Silver Plus Members Only.

Thursdays in Jan and Feb



Members enjoying Social Hour at The James.



The Olde Pipes Quartet participated in the Tudor Christmas program at the Baxter-Patrick James Island Library.

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

Social - Out & About

PURE THEATRE

Seniors and Seniors

This popular program brings high school seniors and older adults together to watch a play and discuss it over lunch. Transportation is not provided. Meet at Cannon Street Art Center, 134 Cannon Street.

MCNEAL

Good writers borrow, great writers steal. Jacob McNeal is a great writer, one of our greatest, and a perpetual candidate for the Nobel Prize in Literature. But he also has an estranged son, a new novel, old axes to grind, and an unhealthy fascination with Artificial Intelligence.

This play from Pulitzer Prize-winner Ayad Akhtar, McNeal is a startling and wickedly smart examination of the inescapable humanity—and increasing inhumanity—of the stories we tell.

Members \$50 / Guests \$55 per show

Wed, Feb 4, 10:30 am-2:30 pm

Register by 1/12. Nonrefundable after 1/12.

GASLIGHT

Why is the attic door locked? Whose footsteps wander the halls at night? And is that gaslight flickering... or not? In this turn-of-the-century Victorian thriller, strange things start to happen to the newlyweds Bella and Jack as their seemingly perfect marriage devolves into something sinister. Bella's reality is twisted, forcing her to question both the truth and her husband's intentions in this haunting thriller based on the acclaimed play and classic film that gave rise to 2022's word of the year: "gaslight."

Members \$50 / Guests \$55 per show

Wed, Mar 18, 10:30 am-2:30 pm

Register by 2/12. Nonrefundable after 2/12.



Members having fun at Holiday Sing-Along at WSC.



Beautiful floral arrangements made in the Fun with Flowers class at LSC.

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

Pickleball

Pickleball at WSC

There are two options for playing pickleball. One, you can participate in one of the many Open Play groups or you may reserve a court. Please see the Pickleball Calendar at the end of the newsletter for days and times.

Registration is not required for Open Play. Just show up and play! Volunteers will be onsite to coordinate play. Please observe the level of play as beginner, intermediate, and advanced and choose your level of play.

PLEASE NOTE: Pickleball calendar is subject to change. In the event of inclement weather the courts are closed, and open play is canceled.

Pickleball Lessons at WSC

Pickleball 101

During this 4-week session lessons will focus on learning the rules, basic paddle and stroke instructions, and serving and scoring. Paddles and balls provided. Class size limited to 8.

Members \$45/ Guests \$55 per series

Tues, Jan 13-Feb 3, 12:30-1:30 pm [register here](#)

Tues, Feb 24-Mar 17, 12:30-1:30 pm [register here](#)

Pickleball 102

Players should already understand the rules and basic strategy. This 4-week session is designed to meet you at your skill level and help you improve your strokes, dinks, serves, and play. Class size limited to 8.

Members \$45/ Guests \$55 per series

Tues, Jan 13-Feb 3, 1:45-2:45 pm [register here](#)

Tues, Feb 24-Mar 17, 1:45-2:45 pm [register here](#)

Pickleball Court Reservations

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

LSC/WSC Gold and Silver Members, Free

LSC Outdoor Project Update

The bids were higher than anticipated and there's significant work related to stormwater mitigation as required by the City's stormwater regulations. The City changed their stormwater regulations recently. We are reviewing our project under the new regulations in hopes that we can lower the construction costs.



All dressed for cooler temps and pickleball at WSC.

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-6 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-6 pm
Fridays, 7 am-4 pm
Saturdays, 8 am-1 pm

The senior centers are smoke-free campuses. Smoking is not allowed anywhere on the grounds.

Membership

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

Basic Membership: \$100 per year

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

- Gold membership includes the Basic membership plus access to the gym.
- Both centers participate with Silver Sneakers and Renew Active.
- 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). Pick-up items such as sandwiches, salads, muffins, etc. are available on Tuesdays-Thursdays (8am-3pm) and Fridays (8am-2pm). The hot lunch must be ordered at least two days in advance via our website or by calling or visiting the center. See the Cafe Menu calendar for more information.