

Note from the Director

We are entering the dog days of summer. This is the hottest part of the summer, which starts in July and lasts into August. It's important to be aware of the heat and be proactive in protecting yourself.

As older adults, we are more susceptible to heat-related illness for a variety of reasons such as physical changes, medications, and some chronic health conditions. It's more difficult for our bodies to regulate temperature. We don't cool down well.

A few strategies to beat the heat include planning any outdoor activities, even running errands, during times when the heat is less intense. Hydrating is a strategy. You should drink water before you feel thirsty. Another strategy is staying in cooler, air-conditioned spaces. That's where the centers come in!

Lowcountry and Waring Senior Centers are great places to stay cool. Exercise in the gym instead of outside. Keep your house cooler by cutting back on cooking and ordering carryout meals from the Waring Café. See pg 24.

These pages are filled with great ways to pass a hot day in the cool. Come hang out with us during these dog days of summer!

Elizabeth Bernat, MHA, Director



Celebrating America through music at the chorus concert at LSC.



Smiles all around as our volunteers enjoy a well-deserved appreciation lunch at WSC.



Beautiful decoupage shells crafted by our talented members at LSC.

Lifelong Learning

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.

Author Talk:

Christopher Kinard at LSC

Local author Christopher Kinard—also known as Comfort Creatures—discusses his genre-bending sci-fi novel *The Cyberdelic Odyssey: Book I - Innocence*. Set on a reimagined Folly Beach, the story blends mystery, espionage, and reflections on identity and redemption. Kinard shares insights into his writing process, Lowcountry inspirations, and the spark that began at Bert's Market. Books available for purchase.

Tues, Aug 4, 1:30-2:30 pm [register here](#)

Declutter 101

Do you need to declutter but are not sure how to start this challenging process? Join Clutter Cleaner Specialists as they dive deeper into the topic of decluttering and provide tips to help you get started.

Lowcountry Senior Center

Thur, Jul 30, 1:30 pm [register here](#)

Waring Senior Center

Mon, Jul 20 1:30 pm [register here](#)

Frauds and Scams

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.

Lowcountry Senior Center

Thur, Aug 20, 2-3 pm [register here](#)

Waring Senior Center

Thur, Aug 27, 2-3 pm [register here](#)

How American Women

Won the Vote at LSC

Join Marjorie Spruill, Distinguished Professor of History, Emerita, University of South Carolina, on Women's Equality Day to explore the long and hard-fought battle for women's suffrage in the United States. Dr. Spruill highlights the campaign for the 19th Amendment, offering a look at how American women organized, persisted, and ultimately secured the right to vote.

Wed, Aug 26, 2-3 pm [register here](#)

James Island History: Importance to American Independence at LSC

In honor of USA 250, join Baxter-Patrick librarian Mike Corbo as he discusses the role James Island played in our fight for American Independence.

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

The International Impact of the Declaration of Independence at LSC

Learn about how the Declaration of Independence inspired independence movements around the world. Don H. Doyle, McCausland Professor of History, Emeritus, University of South Carolina, explores its global influence.

Wed, Jul 15, 2-3 pm [register here](#)

Lifelong Learning

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.

Author Talk: Carl P. Borick at WSC

In commemoration of the 250th anniversary of the American Revolution, Carl P. Borick, Director of The Charleston Museum, discusses his new book [Backcountry Resistance: South Carolina's Militia and the Fight for Independence](#), and explores how ordinary citizens came together to fight back against British forces. Books available for purchase.

Thur, Sep 24, 3-4 pm [register here](#)

The 2026 Housing Market Reset at LSC

Join local realtors, Carmen Cattles and Catherine Cattles, for an informative look at the key forces shaping real estate in 2026, including market stability, the impact of the NAR lawsuit, why verifying your home title matters, and the real trade-offs between downsizing and aging in place.

Tues, Aug 25, 1:30-2:30 pm [register here](#)

West Ashley History: Common Questions, Curiosities and Urban Legends at WSC

Drop back in time with the West Ashley Historians: Charlie Smith, Ina Bootle, Ken Marolda, Diane Hamilton, author of "Maryville: The Audacity of a People, and Donna Jacobs, author of "Byrnes Downs" and "West Ashley" as they discuss various topics of interest. Bring your questions, urban legend or story and let's chat!

Wed, Jul 15, 1-2 pm [register here](#)

Legal Preparedness Workshops with Charleston Pro Bono

Estate Planning 101

Learn the importance of establishing clear estate plans to provide care for yourself and your loved ones. Living wills, health care power of attorney, simple probate, and wills will be addressed as well.

Lowcountry Senior Center

Thur, Jul 23, 2-3 pm [register here](#)

Waring Senior Center

Thur, Jul 9, 2-3 pm [register here](#)

Free Wills Clinic

Charleston Pro Bono Legal Services prepares free basic wills for low-income Charleston County residents. Those attending will need to provide proof of income and residency (i.e. SCDL, lease, water bill). Appointments required. Call (843) 853-6456 to register.

Lowcountry Senior Center

Tues, Aug 4, 9 am-12:30 pm

Waring Senior Center

Fri, Jul 24, 9 am-12:30 pm



The West Ashley Historians speaking on 7/15 at WSC.

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

Lifelong Learning

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.

Current Events Discussion Group

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

Gold and Basic 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, Jul 15, 2:15-3:15 pm [register here](#)

Wed, Aug 19, 2:15-3:15 pm [register here](#)

Organizing Your Digital Life at WSC

Join Claire White, Technology Librarian from the Keith Summey North Charleston Library to learn simple tips and tools to tidy up your files, photos, emails, and online accounts. We'll explore ways to keep your digital spaces clutter-free and secure.

Wed, Aug 12, 1-2 pm [register here](#)

Great Decisions at WSC

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

Sep Topic: Multilateral Institutions

Tues, Sep 8, 1-2:30 pm [register here](#)

Let's Talk Tudors! at LSC

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

All Souls

Catherine and Thomas Culpeper play with fire, Archbishop Cranmer is faced with a difficult decision, and someone leaves an explosive letter for Henry.

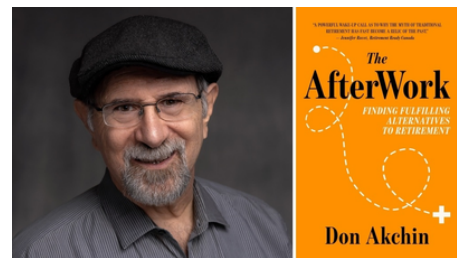
Mon, Jul 20, 10-11 am [register here](#)

Under These Restless Skies

Catherine pays a steep price for her folly, everyone throws shade at Lady Rochford, and an enraged Henry shows no mercy.

Mon, Aug 3, 10-11 am [register here](#)

SAVE THE DATE



The AfterWork: Finding Fulfilling Alternatives to Retirement

Fri, Nov 13

Waring Senior Center

We're excited to be partnering with the College of Charleston Center for Creative Retirement to bring Don Akchin, Author of *The AfterWork* to Waring this Fall. More details coming soon. Stay tuned!

Lifelong Learning

Programs are free for Gold and Basic Members and \$10 for Fitness Members and 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, Aug 12, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Sep 18, 9 am-1 pm

Call (843) 402-1990 to register.

Book Club

Lowcountry Senior Center

Mon, Jul 20, 11 am-12:15 pm [register here](#)

Theodore Roosevelt's History of the United States: His Own Words by Daniel Ruddy

Mon, Aug 17, 11 am-12:15 pm [register here](#)

Stranger in the Woods by Michael Finkel

Waring Senior Center

Thur, Jul 16, 1-2 pm [register here](#)

Flesh: A Novel by David Szalay

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

Play the Game by Tim Routch

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.
Gold and Basic Members Only.

Wed, Jul 22, 4-5:30 pm [register here](#)

Financial Education Series

Family Estate Planning 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.

Wed, Aug 26, 11:30 am-1 pm [register here](#)

Healthcare & Retirement at LSC

Learn how to plan for future health care expenses so your retirement savings stay strong and sustainable.

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

Social Security: Your Questions Answered at LSC

Come hear about ways to maximize Social Security benefit amounts for you and/or your spouse based on age, life expectancy, employment and need.

Mon, Jul 27, 10-11 am [register here](#)

The Markets Today at WSC

A timely market update related to current events.

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

Health & Wellness

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.

Caring for You While Caring for Them

Gain tools to maintain your well-being while supporting an aging loved one. Andrea Coyle, DNP, MHA, NE-BC, introduces practical strategies for self-care, setting boundaries, managing stress, and accessing support so caregivers can provide care sustainably without losing themselves in the process.

Lowcountry Senior Center

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

Waring Senior Center

Thur, Aug 6, 10-11 am [register here](#)

Dealing with Daily Dementia Caregiving Challenges

Join Respite Care Charleston for a hands-on session focused on the daily challenges of caring for someone living with dementia. Learn practical strategies for toileting, bathing, wandering, mobility, and home safety, guided by a dementia care specialist.

Lowcountry Senior Center

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

Waring Senior Center

Thur, Aug 20, 12:30-1:30 pm [register here](#)

Fall Prevention and Safe Mobility

Join Roper St. Francis Physical Therapists powered by ATI to discuss falls prevention techniques, balance exercises, and correct use of assistive devices. Learn practice tips for improving stability and maintaining independence. This session is perfect for anyone looking to build confidence, stay active, and support overall wellness.

Lowcountry Senior Center

Fri, Aug 14, 12-1 pm [register here](#)

Waring Senior Center

Fri, Jul 17, 12-1 pm [register here](#)

Memory Matters: The Neuron Dance

Join Amy Hider, Speech-Language Pathologist, Roper St. Francis Healthcare to better understand the inner workings of your brain and how to keep it sharp!

Lowcountry Senior Center

Wed, Aug 5, 2-3 pm [register here](#)

Waring Senior Center

Mon, Aug 10, 1:30-2:30 pm [register here](#)



ROPER ST. FRANCIS HEALTHCARE

Lunch & Learn at WSC Bladder Control Issues in Women

Are you tired of frequent trips to the bathroom?

Join Dr. Bernard Taylor from Roper St. Francis Physician Partners Urogynecology and Pelvic Surgery Department and learn the difference between urinary incontinence and having an overactive bladder and what treatments are available to help.

Wed, Aug 19, 12:30-1:30 pm [Register by Aug 14](#)

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

Health & Wellness

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.



Blood Drive

Save Lives. Earn Rewards. Donate!

Lowcountry Senior Center

Thur, Aug 6, 10 am-1 pm [register here](#)

Waring Senior Center

Wed, Aug 5, 8:30-11 am [register here](#)

In Our DNA

In Our DNA SC aims to enroll 100,000 participants in genetic testing at no cost to you. Make your 15-minute appointment to learn more and have your saliva sample collected at the center! Members and Guests Free. Call the respective centers to register.

Lowcountry Senior Center

Wed, Jul 29, 10 am-1 pm

Waring Senior Center

Thur, Jul 30, 10 am-1pm

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 *No class Jul 2 & 9*

Mindfulness Matters

Come learn stress management techniques and mindfulness skills taught by staff from South Carolina Safe Seniors.

Lowcountry Senior Center

Mon, Jul 13, 10-11 am [register here](#)

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

Waring Senior Center

Wed, Jul 1, 8, 22, 10:15-11:15 am [register here](#)

Wed, Aug 5, 12, 26, 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. Gold and Basic Members Only. \$20 per session.

Wed, Jul 29 and Wed, Aug 19

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.



Members finding balance and calm during yoga at WSC.

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

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

Sat, Jul 11 & 25, 10-11:30 am

Sat, Aug 8 & 22, 10-11:30 am

Hope for Grieving Hearts Grief Support Group

Offered in partnership with the Roper St. Francis Healthcare Pastoral Care Department and Hospice. Open to anyone who has experienced the death of a loved one.

Lowcountry Senior Center

Wed, Jul 8 & 22, 2-3 pm

Wed, Aug 12 & 26, 2-3 pm

Waring Senior Center

Mon, Jul 6 & 20, 2-3 pm

Mon, Aug 3 & 17, 2-3 pm

Moving on After Change at LSC

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

Returns Thur, Sept 3, 9-10 am

Powerful Tools for Caregivers at WSC

Learn strategies to help better handle the unique challenges of caregiving. Topics include ways to reduce personal stress and how to use community resources. A minimum number of participants is required.

Fri, Sep 18-Oct 23, 10-11:30 am

Stress Less at WSC

Peer-led group that meets on the 3rd Wednesday each month to share fellowship and stress-management tools.

Gold and Basic Members Only.

Wed, Jul 15, 10:15-11:15 am

Wed, Aug 19, 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, Jul 10, 10-10:30 am [register here](#)

Fri, Aug 14, 10-10:30 am [register here](#)

Waring Senior Center

Fri, Jul 17, 10-10:30 am [register here](#)

Fri, Aug 21, 10-10:30 am [register here](#)

Games at the Centers

Gold and Basic Members Free / Fitness Members and 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	

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. Gold and Basic Members \$35 / Guests and Fitness Members \$55 per series

Lowcountry Senior Center

Mon, Jul 13 & 20, 1-3 pm [register here](#)

Mon, Aug 3 & 10, 1-3 pm [register here](#)

Waring Senior Center

Wed, Jul 15 & 22, 9:30-11:30 am [register here](#)

Wed, Aug 5 & 12, 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. Gold and Basic \$20 / Guests and Fitness Members \$40 per class

Lowcountry Senior Center

Mon, Jul 27, 1-3 pm [register here](#)

Mon, Aug 17, 1-3 pm [register here](#)

Waring Senior Center

Wed, Jul 8, 9:30-11:30 am [register here](#)

Wed, Aug 19, 9:30-11:30 am [register here](#)

Creative Arts & Languages

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.

Coffee Talk French at LSC

An opportunity to socialize while practicing French speaking skills in an informal setting. Participants should be able to speak French.

Mon, 11:15 am-12:15 pm

French - Intermediate at LSC

For those with prior French experience, this non-beginner class builds grammar, vocabulary, reading, and listening skills through guided practice and discussion.

Mon, 10-11 am

German at LSC

For advanced learners, the first half is basic grammar review while the second half shifts to advanced conversation practice and discussion.

Thur, 1:15-2:15 pm *No class Jul 2*

Italian Conversation & Culture at LSC

An intermediate Italian class for those who can already speak Italian and want to practice Italian through guided conversation and cultural topics, from history and traditions to today's news.

Thur, 3:45-4:45 pm *No class Jul 2*

Italian - Intermediate at LSC

Strengthen grammar and build confidence through structured lessons and conversation practice.

Thur, 2:30-3:30 pm *No class Jul 2*

Conversational Spanish at WSC

Formerly Spanish-Basic. This class is designed for individuals with prior Spanish experience, this non-beginner class focuses on expanding vocabulary, and improving reading and listening skills. Gold and Basic \$10 / Fitness Members and Guests \$30 per series

Fri, Jul 24-Aug 28, 10:15-11:15 am

Spanish for Beginners

Learn about Spanish and Latin American culture and learn basic Spanish vocabulary and phrases to enjoy conversation with other Spanish speakers. Gold and Basic Members \$65 / Fitness Members and Guests \$85 per series

Lowcountry Senior Center

Tues, Jul 14-Aug 25, 3:30-4:30 pm

No class Aug 11 [register here](#)

Waring Senior Center

Fri, Jul 24-Aug 28, 9-10 am [register here](#)

Spanish - Building on the Basics at LSC

For those who already have a basic knowledge of Spanish pronunciation and conversation. Continue expanding your skills to communicate confidently in a variety of everyday settings and situations. Gold and Basic Members \$65 / Fitness Members and Guests \$85 per series

Thur, Jul 23-Sep 3, 12-1 pm *no class Aug 13*
[register here](#)

Spanish - Intermediate at WSC

Class is taught primarily in Spanish. This class will assist in brushing up on your Spanish and improve your conversational skills. Gold and Basic Members only.

Wed, Jul 1-Aug 26, 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.

Creative Arts & Languages

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.

Advanced Quilters Group at WSC

For experienced and advanced quilters who work independently. Class size is limited to 10. Gold and Basic Members Only. Free

Fri, Jul 17 & 31, 9 am-12 pm [register here](#)

Fri, Aug 7 & 21, 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.

Returns in September

Art Hub

Get together and work on your own art. Bring your own supplies.

Lowcountry Senior Center

Fri, 1-3 pm

Waring Senior Center

Mon, 10 am-12 pm

Drawing with Zentangle® at WSC

This session is for those familiar with the Zentangle® method or newcomers. It covers the method's history, eight steps, and involves creating a "tile" using simple, repeated patterns with a black pen. Supplies included.

Gold and Basic Members \$15 / Fitness Members and Guests \$35

Sat, Jul 18, 10 am-12 pm [register here](#)

Knitting & Threads at LSC

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

Gold and Basic Members Only. Free

Thur, 10 am-12 pm

Photo Club at LSC

Capture and share your favorite moments each month as we explore a new photography theme together. All skill levels and all types of cameras—smartphones included—are welcome. July's theme is video showcasing a Sandhill, NC Photo Club's photo competition 'themed 'color, color, everywhere' and August's theme is Landscapes.

Wed, Jul 15, 10-11 am [register here](#)

Wed, Aug 19, 10-11 am [register here](#)

Sew Much Fun at WSC

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

Tues, 1:30-4:30 pm

Zentangle Method: Beyond the Basics at WSC

Come learn new tangles to add to your repertoire. Beginners welcome, but previous exposure to Zentangle® method is helpful. All materials will be provided. Supplies included. Gold and Basic Members \$15 / Fitness Members and Guests \$35

Sat, Aug 15, 10 am-12 pm [register here](#)

Creative Arts & Languages

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.

Acoustic Jam Sessions

Bring your instrument and jam with us, share a song, or just listen.

Lowcountry Senior Center

Tues, 3-5:30 pm [register here](#)

Waring Senior Center

2nd and 4th Sat, 10 am-12 pm [register here](#)

Beginner Recorder Lessons at LSC

Interested in learning how to play the recorder? Note reading experience is necessary. 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



LSC & WSC members enjoying lunch and a special



LSC & WSC members enjoying lunch and a special

Chorus at LSC

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

Returns Thur, Sep 10, 1:30-2:45 pm

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. Gold and Basic Members \$55 / Fitness Members and Guests \$75 per series

Mon, Jul 27-Aug 31, 10-11:30 am [register here](#)

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. Gold and Basic Members \$55 / Fitness Members and Guests \$75 per series

Mon, Jul 27-Aug 31, 12-1:30 pm [register here](#)

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.

Mon, 1:30-3:30 pm

The Piperinos at LSC

For people who have had some experience playing the recorder. Led by Jean Williams and Betty Clayton.

Mon, 12:30-1:30 pm

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

Creative Arts & Languages



Group Ukulele Lessons at WSC

Come join the fun and make music with others in our beginner-friendly ukulele class! Instructor Noodle McDoodle (Don Whitley) from the V-Tones of Charleston will guide you step-by-step as you learn the basics in a relaxed, enjoyable setting. All skill levels welcome. No pressure—just music, laughter, and learning together! Please bring your own instrument. Gold and Basic Members \$40 / Fitness Members and Guests \$60 per series **Thur, Jul 16-Aug 6, 10-11 am** [register here](#)

Watercolor Lessons

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 available at the front desk. Gold and Basic Members \$20 / Fitness Members and Guests \$40 per series

Lowcountry Senior Center

Tues, Jul 7-28, 1-3 pm [register here](#)

Tues, Aug 4-25, 1-3 pm [register here](#)

Waring Senior Center

Wed, Jul 8-29, 10 am-12 pm [register here](#)

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

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.

Dock Painting

Waring Senior Center

Sat, Sep 12, 10 am-12:00 pm

Gold and Basic Members \$65

Fitness Members and Guests \$85



Pelican Painting

Lowcountry Senior Center

Sat, Aug 22, 10 am-12 pm

Gold and Basic Members \$65

Fitness Members and Guests \$85



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

Creative Arts & Languages

Programs are free for Gold and Basic Members and \$10 for Fitness Members and Guests unless otherwise noted.

Crochet - Beginners/Refresher

Come learn basic crochet skills to get started on a fun, simple project. Learn how to read a yarn label and simple pattern instructions. No experience is necessary. Yarn, hook and pattern included.

Gold and Basic Members \$60 / Fitness Members and Guests \$80 per series

Lowcountry Senior Center

Tues, Aug 11, 18 & 25, 10-11:30 am

[register here](#)

Waring Senior Center

Wed, Aug 12, 19 & 26 1-2:30 pm

[register here](#)

Crochet - Beyond the Basics

Take your crochet skills to the next level. This intermediate workshop is designed for those who are comfortable with basic stitches and ready to expand their techniques. Continue to explore new stitch combinations and begin working on a slightly more advanced project. Yarn, hook, and pattern are included.

Gold and Basic Members \$60 / Fitness Members and Guests \$80 per series

Lowcountry Senior Center

Wed, Jul 22, 29 & Aug 5, 10-11:30 am

[register here](#)

Waring Senior Center

Wed Jul 15, 22, 29, 1-2:30 pm

[register here](#)

Drawing Fundamentals at LSC

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 available at front desk.

Gold and Basic Members \$40 / Fitness Members and Guests \$60 per series

Fri, Aug 7-28, 10 am-12 pm [register here](#)

The Joys of Acrylic Painting at LSC

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 available at front desk.

Gold and Basic Members \$40 / Fitness Members and Guests \$60 per series

Mon, Jul 6-27, 3:30-5:30 pm [register here](#)

Sat, Jul 11-Aug 1, 10 am-12 pm [register here](#)

Mon, Aug 3-24, 3:30-5:30 pm [register here](#)

Sat, Aug 8-29, 10 am-12 pm [register here](#)

Writing Circle

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

Lowcountry Senior Center

1st and 3rd Wed, 1-3 pm

Waring Senior Center

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

Creative Arts & Languages



Creating Coasters at WSC

Create beautiful, modern coasters using simple cord and a small embroidery hoop. In this relaxed class, you'll follow clear, step-by-step instructions to weave your own unique set. Come for the crafting, and leave with coasters you'll be proud to use or gift. Supplies included
Gold and Basic Members \$15/ Fitness Members and Guests \$35 per class
Wed, Aug 5, 1-3 pm [register here](#)

Mixed Media Art

Create your own unique artwork using the mediums you enjoy—acrylic, collage, colored pencil, oil pastels, and more. Work at your own pace with guidance from an experienced instructor. Participants must bring their own materials, trash bags to cover the work area, and a jar with a lid if water is needed for painted projects.
Gold and Basic Members \$40 / Fitness Members and Guests \$60 per series

Lowcountry Senior Center

Fri, Jul 10-31, 10 am-12 pm [register here](#)

Waring Senior Center

Tues, Jul 7-28, 1:30-3:30 pm [register here](#)

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

Portrait Drawing at WSC

Have you ever wanted to be able to draw people? Join Susan Pidgeon, MFA for a fun and welcoming class where you'll learn the Loomis Method—a simple, step-by-step approach that makes portrait drawing easy and enjoyable. Whether you're brand new or looking to build on your skills, you'll leave feeling more confident and inspired. Supply list available at the front desk.

Gold and Basic Members \$50 / Fitness Members and Guests \$70 per series

Tues, Jul 7-28, 11:15 am-1:15 pm [register here](#)



Members displaying their lovely arrangements after a creative Fun with Flowers session at WSC.



Honoring the volunteers who make everything we do possible with a special appreciation luncheon at LSC.

Fitness & Dance

Enhance®Fitness Outreach Sites

Enhance®Fitness are evidence-based group exercise classes that include low-intensity, non-impact aerobic, strength, balance, and stretching exercises. Primarily standing with chair options. Free for Adults Age 60 and Older

Lowcountry Senior Center at Moncks Corner Baptist Church
496 East Main Street
Moncks Corner, SC 29461

Enhance Fitness Level II
Mondays, Wednesdays & Fridays
9-10 am

Enhance Fitness Level I
Mondays & Wednesdays, 10:15-11:15 am

Lowcountry Senior Center at Rollins Edwards Community Center
301 N Hickory Street
Summerville, SC 29483

Enhance Fitness Level II
Mondays & Wednesdays, 9-10 am

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 Fitness Members

Lowcountry Senior Center

Diane Betz, Certified Personal Trainer

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

Laura Kier, Certified Personal Trainer

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

Waring Senior Center

Ron White, Certified Personal Trainer

Currently unavailable; returning soon

Line Dancing

Lowcountry Senior Center

Members \$20 / Guests \$30 per month

Members \$8 / Guests \$10 per drop-in

Tues, Jul 7-28, 2:30-3:30 pm [register here](#)

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

Waring Senior Center

Members \$25 / Guests \$35 per month

Members \$8 / Guests \$10 per drop-in

Wed, Jul 1-29, 3-4 pm [register here](#)

Members \$20 / Guests \$30 per month

Members \$8 / Guests \$10 per drop-in


Wed, Aug 5-26, 3-4 pm [register here](#)



Finding their groove in Drum Beat Fusion at LSC.

July 2026 Fitness at Lowcountry

Gold, Basic and Fitness 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-Box M/W Diane B. \$25/\$35 No class 7/6	8:30-9:30 am Full Body Blast Erin C. \$15/\$25	8-8:45 am HIIT-Box M/W Diane B. \$25/\$35	8:30-9:30 am Functional Strength Lillie S. \$15/\$25	8-9 am Circuit Training Lillie S. \$15/\$25	
9-10 am Fit & Firm Aleshia P. Free/\$10 per class		9-10 am Fit & Firm Aleshia P. Free/\$10 per class	9-9:45 am Tai Chi Reggie W. \$20/\$30 No class 7/9	9:15-10:15 am Dance Conditioning Tanya C. \$15/\$25	9:30-10:30 am Cardio & Weights Gerrie D. Free/\$10 per class
	10-10:45 am Chair Yoga Diane B. Free/\$10 per class		10-10:45 am Chair Yoga Cathy B. Free/\$10 per class		
10:15-11 am Pilates Mat Diane B. \$15/\$25 No class 7/6		10:15-11:00 am Balance Aleshia P. \$10/\$20	10-11 am Arthritis Foundation Exercise Program Diane B. \$10/\$20 No class 7/2	10:15-11:15 am Mat/Chair Yoga Cathy B. \$20/\$30	
11:15 am-12:15 pm ◆ <u>Sit & Fit</u> Laura K. Free/\$10 per class	11 am-12 pm Qigong Nisha M. \$10/\$20 No class 7/7 & 7/14	11:15 am-12:15 pm ◆ <u>Sit & Fit</u> Laura K. Free/\$10 per class	11 am-12 pm Strength & Balance Gerrie D. Free/\$10 per class	11:15 am-12:15 pm ◆ <u>Sit & Fit</u> Laura K. Free/\$10 per class	11:30 am-12:45 pm Chair Volleyball Members Only Free
	12:15-1 pm Dance Fitness Diane B. \$15/\$25		12:30-1:30 pm Drum Beat Fusion Diane B. \$15/\$25 No class 7/2	12:30-1:30 pm Gentle Yoga Ursel H. \$20/\$30	
1-2 pm Strength & Balance Aleshia P. Free/\$10 per class	1:15-2:15 pm Yoga Stretch & Restore Cathy B. \$25/\$35	1-2 pm Strength & Balance Aleshia P. Free/\$10 per class		<p>Calendar Key:</p> <p>Free for members</p> <p>◆ Class at Lowcountry and available online</p> <p>Click on the class title to join the live stream class online.</p> <p>Want to try an exercise class one time? Per class rate is \$8 for members and \$10 for nonmembers for fee-based classes.</p> <p>Please note: Prices may change once the new online registration system goes live.</p>	
2:15-3 pm Core & Stretch Laura K. \$15/\$25			2-3 pm Pilates Mat James J. \$25/\$35		
		3-4:30 pm Chair Volleyball Members Only Free	3:30-4:30 pm Circuit Training James J. \$15/\$25		
4-5 pm 40/20 Dance Mix James J. \$15/\$25	4-5 pm Circuit Training Lillie S. \$15/\$25	4:45-5:45 pm Relax & Repair Yoga Ursel H. \$25/\$35			

All classes and instructors are subject to change due to instructor availability.

LSC Fitness Class Descriptions

40/20 Dance Mix

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

Arthritis Foundation Exercise Program (AFEP)

Gentle exercises with a brief health education segment, plus stretching, strengthening, endurance, and relaxation.

Balance

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

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. Bring a mat.

Core & Stretch

Gentle, floor-based class to ease low-back and hip pain while building core strength to improve balance. Chair is optional. Bring a mat.

Dance Conditioning

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

Dance Fitness

A fun, high-energy, full-body workout that blends easy-to-follow dance moves with aerobic & toning exercises to each song.

Drum Beat Fusion

High-energy, low-impact workout that focuses on choreographed dance fitness to the rhythm of the beat.

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, elevated heart rates and floor conditioning. Bring a mat.

Gentle Yoga

Slower paced class that relaxes and restores your body to balance as you reduce stress and tension. Bring a mat.

HIIT-Box

Fast paced, yet low impact interval class! This full body workout includes kickboxing and strength intervals. 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.

Tai Chi

Low-impact exercise that focuses on balance and gentle movements.

Yoga Stretch & Restore

A full-body stretch using seated, standing, and floor poses to support mobility. Bring a mat; props encouraged.

Enhance@Fitness Classes (EF)

Enhance@Fitness are evidence-based group exercise classes designed 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. Primarily standing with chair options.

Strength & Balance - EF Level II


Low-intensity, non-impact aerobic, strength, balance, and stretching exercises. Primarily standing with chair options.

Fit & Firm - EF Level III

A higher-intensity exercise class with cardio, strength, balance, and stretching.

July 2026 Fitness at Waring

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:30 am Circuit Training <i>Lillie S.</i> \$15/\$25			8:30-9:30 am Fit & Firm <i>Aleshia P.</i> Free/\$10 per class	
9-10 am Fit & Firm <i>Lillie S.</i> Free/\$10 per class		9-10 am Fit & Firm <i>Lillie S.</i> Free/\$10 per class			9:15-10:15 am 40/20 Dance Mix <i>James J.</i> \$15/\$25
10-10:45 am Synergy <i>Lillie S.</i> WSC Gold & Fitness Members Only \$20	10-11 am Rock Steady Boxing for Parkinson's T/TH/F \$100/\$250		10-11 am Rock Steady Boxing for Parkinson's T/TH/F \$100/\$250	10-11 am Rock Steady Boxing for Parkinson's T/TH/F \$100/\$250	10:30-11:30 am Cardio & Weights <i>James J.</i> Free/\$10 per class
	10-10:45 am Tai Chi <i>Reggie W.</i> \$15/\$25 No class 7/7	10:15-11:15 am Functional Strength <i>Lillie S.</i> \$15/\$25	10-11 am Gentle Yoga <i>Michele W.</i> \$25/\$35		10:30 am-12 pm Chair Volleyball Members Only Free
11 am-12 pm Chair Dance <i>James J.</i> \$15/\$25	11:30 am-12:30 pm <u>Sit & Fit</u> <i>Jennifaye B.</i> Free/\$10 per class	11:30 am-12:30 pm Chair Yoga <i>Michele W.</i> Free/\$10 per class	11:30 am-12:30 pm <u>Sit & Fit</u> <i>Jennifaye B.</i> Free/\$10 per class		
12-1 pm <u>Cardio & Weights</u> <i>James J.</i> Free/\$10 per class	11:30 am-12:30 pm Strength Training with Bands <i>Lucy F.</i> \$15/\$25		11:30 am-12:30 pm Strength Training with Bands <i>Lillie S.</i> \$15/\$25	12:15-1:15 pm Dance Conditioning <i>Tanya C.</i> \$15/\$25	
	11:30 am-12:30 pm Gentle Yoga <i>Michele W.</i> \$20/\$30			<p>Calendar Key:</p> <p>Free for members</p> <p>◆ Class at Waring and available online</p> <p>Click on the class title to join the live stream class online.</p> <p>Want to try an exercise class one time? Per class rate is \$8 for members and \$10 for nonmembers for fee-based classes.</p> <p>Please note: Prices may change once the new online registration system goes live.</p>	
	12:45-1:45 pm Strength & Balance <i>Jennifaye B.</i> Free/\$10 per class	1-2 pm 40/20 Dance Mix <i>James J.</i> \$15/\$25	12:45-1:45 pm Strength & Balance <i>Jennifaye B.</i> Free/\$10 per class		
1:30-2:30 pm Yoga for Back Health <i>Barbara H.</i> \$20/\$30		2:15 - 3:15 pm Strength & Balance <i>Jennifaye B.</i> Free/\$10 per class			
		4:45-5:45 pm Evening Yoga <i>Starts back Aug 19</i>			

All classes and instructors are subject to change due to instructor availability.

WSC Fitness Class Descriptions

40/20 Dance Mix

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

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. Bring a mat.

Dance Conditioning

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

Evening Yoga

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

Functional Strength

Higher-intensity class with medium to heavy weight lifting, elevated heart rates and floor conditioning. Bring a mat.

Gentle Yoga

Slower paced class that relaxes and restores your body to balance as you reduce stress and tension. Bring a mat.

Rock Steady Boxing for Parkinson's

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

Strength Training with Bands

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

Synergy

Small group circuit training.

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.

Enhance®Fitness 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. Primarily standing with chair options.

Strength & Balance - EF Level II

Low-intensity, non-impact aerobic, strength, balance, and stretching exercises. Primarily standing with chair options.

Fit & Firm - EF Level III

A higher-intensity exercise class with cardio, strength, balance, and stretching.

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. Gold and Basic Members \$40 / Fitness Members and Guests \$60 per tour

Thur, Jul 16, 10:45 am [register by 7/12](#)

Tues, Aug 18, 11:15 am [register by 8/14](#)

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.

Gold and Basic Members \$45 / Fitness Members and Guests \$65 per tour \$35 per tour if you bring your own kayak/SUP and life-jacket

Tues, Jul 21, 9 am [register by 7/17](#)

Thur, Aug 13, 6 pm [register by 8/9](#)

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.

Gold and Basic Members \$50 / Fitness Members and Guests \$70 per tour

Tues, Jul 28, 10:15 am [register by 7/14](#)

Wed, Aug 26, 9:45 am [register by 8/12](#)

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

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. Gold and Basic Members Only.

Thursdays in July and August



Members exploring the waterways on a Dolphin Eco Tour with Charleston Outdoor Adventures.



Members enjoying the sites at the Jonathan Green Maritime Cultural Center.

Social - Out & About

Dining Out

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

Tues, Jul 14, 5 pm [register by 7/7](#)

Fam's Brewing Co., 1291 Folly Rd

Tues, Jul 28, 5 pm [register by 7/21](#)

Taste of Thai, 874 Orleans Rd #6

Tues, Aug 11, 5 pm [register by 8/4](#)

Lost Isle, 3338 Maybank Hwy, Johns Island

Tues, Aug 25, 5 pm [register by 8/18](#)

Angel Oak Restaurant, 3669 Savannah Hwy

Lunch Bunch

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

Thur, Jul 2, 11:30 am [register by 6/29](#)

Taste of India, 1280 Sam Rittenberg Blvd

Wed, Jul 15, 11:30 am [register by 7/12](#)

Athens Restaurant, 1739 Maybank Hwy, Ste G

Thur, Aug 6, 11:30 am [register by 8/3](#)

Home Team BBQ, 1205 Ashley River Rd

Wed, Aug 19, 11:30 am [register by 8/16](#)

American Legion Post 147, 968 Folly Rd

Social Hour

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

Thur, Aug 6, 4 pm [register by 8/3](#)

Fratello's Italian Tavern, 520 Folly Rd

Wine Tasters at LSC

Enjoy tasting different wines each month. Participants take turns purchasing the wines as well as snacks to share. Gold and Basic Members Only.

Thur, Jul 30, 4-5:45 pm [register here](#)

Featuring Red, White & Blue

Thur, Aug 27, 4-5:45 pm [register here](#)

Featuring Argentina



A great evening for members gathering at The Garden for Social Hour.



A beautiful view and great conversation for members at Social Hour at Salty Mike's.

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.

The pickleball calendar is subject to change. In the event of inclement weather and heat advisories and warnings, the courts are closed and Open Play may be cancelled or end earlier than scheduled.

Pickleball Lessons at WSC

Resumes in late September. Stay tuned!

Pickleball Court Reservations

Four outdoor pickleball courts are available to Gold and Fitness 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 \$10/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 Fitness Members, Free

LSC Outdoor Project Update

We have selected a contractor and starting our internal approval processes required for a construction project. As soon as we have a date for breaking ground, we will communicate that to our members. We are looking forward to opening our three outdoor pickleball courts later this year!



Pickleball players enjoying ice cream and the warmer temps at WSC.

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, Jul 23, 8:45-9:45 am [register here](#)

Waring Senior Center

Mon, Jul 27, 10:30-11:30 am [register here](#)

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 *no market on Jul 1*

Save the Date

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

Mon, Sep 28, 11 am-Midnight

Paisano's Pizza Grill, 1246 Camp Rd



Holiday Hours for 4th of July

Thur, Jul 2: 7:30 am-3:30 pm

Closed Fri, Jul 3-Sat, Jul 4



The Waring Cafe and Carryout Meals

One of the better kept secrets within the senior centers is the Waring Cafe. The cafe is located inside Waring Senior Center and offers a hot, nutritionally balanced meal three days a week for only \$7. That's a bargain price, especially for what you receive.

Each meal includes the day's entree, a piece of fruit, an 8-ounce bottled water, an 8-ounce carton of milk, and usually a dessert. The meals are served warm and may be eaten in the cafe or take it home.

The meals must be ordered at least two days in advance and may be purchased on our website or at the front desk of the center. See pgs 27 & 28 for July/Aug menus.

Meals offered

- Braised Beef with Demi Glaze
- Cajun Salmon
- Carolina BBQ Pork Roast
- Chicken Marsala
- Chicken Pot Pie
- Ho-Lotta Gullah Grilled Chicken
- Roast Turkey
- Savannah Meatloaf
- Turkey Bolognese Rigatoni

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.

Mission

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

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, Renew Active and Silver and Fit.

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.

Waring Senior Center

Jul/Aug 2026 - Summer Pickleball Schedule

*Volunteers will be onsite to coordinate play. Calendar is subject to change.
In the event of a heat advisory, the courts are closed, and open play is canceled.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
7 am	7:45-8 am Set-up	7:45-8 am Set-up	7:45-8 am Set-up	7:45-8 am Set-up	7:45-8 am Set-up	Closed			
8 am	8 am-11 am Open Play All Levels	8 am-10 am Beginners Open Play	8 am-11 am Open Play All Levels	8 am-11 am Open Play All Levels	8 am-11 am Open Play All Levels	8:15-8:30 am Set-up			
9 am		10:15-3:45 pm Available for reservations				12:15-5:45 pm Available for reservations	12:15-5:45 pm Available for reservations	12:15-3:45 pm Available for reservations	8:30-11:30 am Open Play All Levels
10 am									12:15-5:45 pm Available for reservations
11 am	3:45 pm – 4pm Set-up	4-5:45 pm Intermediate Open Play	Close at 4 pm						
12 pm									
1 pm									
2 pm									
3 pm									
4 pm									
5 pm									

Pickleball Court Reservations: Four outdoor pickleball courts are available to Gold, and Fitness Only members by reservation. One person may reserve one court per day. Reservations are available up to five days in advance. Play is limited to 1.5 hours. You must bring your own paddles and balls. It's highly encouraged to bring a water bottle. Guests must be 50+, accompanied by a member, pay \$10/day, and sign a pickleball waiver form at front desk prior to play. To reserve a court, please call (843) 402-1990.

Waring Café Hot Lunch Menu - July 2026

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

Place an order online at www.waringseniorcenter.com in “Classes & Events” or call 843-402-1990.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Jul 1 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 6/29 at 11 am</i>	Jul 2	Jul 3 Holiday Closed
Jul 6	Jul 7 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 7/2 at 11 am</i>	Jul 8 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Red Seedless Grapes, Sugar Cookie <i>Deadline to order 7/6 at 11 am</i>	Jul 9	Jul 10 Cajun Salmon, Savannah Red Rice, Carolina Cole Slaw, Gala Apple, Crinkle Brownie Cookie <i>Deadline to order 7/8 at 11 am</i>
Jul 13	Jul 14 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 7/12 at 11 am</i>	Jul 15 Braised Beef with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Orange, Brownie Crinkle Cookie <i>Deadline to order 7/13 at 11 am</i>	Jul 16	Jul 17 Carolina Barbecue Pork Roast, Macaroni & Cheese, Shredded Cabbage Slaw, Cornbread, Apple, Cookie & Cream Mousse <i>Deadline to order 7/15 at 11 am</i>
Jul 20	Jul 21 Turkey Bolognese Rigatoni, Spring Mix & Radish Side Salad with Ranch Dressing, Orange, Sugar Cookie <i>Deadline to order 7/19 at 11 am</i>	Jul 22 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 7/20 at 11 am</i>	Jul 23	Jul 24 Roast Turkey, Mashed Potatoes, Chopped Seasoned Green Beans, Turkey Gravy, Gala Apple, Crinkle Brownie Cookies <i>Deadline to order 7/22 at 11 am</i>
Jul 27	Jul 28 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 7/26 at 11 am</i>	Jul 29 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Red Seedless Grapes, Sugar Cookie <i>Deadline to order 7/27 at 11 am</i>	Jul 30	Jul 31 Cajun Salmon, Savannah Red Rice, Carolina Cole Slaw, Gala Apple, Crinkle Brownie Cookie <i>Deadline to order 7/29 at 11 am</i>

- A hot lunch is served three days per week 11 am – 2 pm inside the café and must be ordered in advance.
- Curbside pick-up has been discontinued. Take-out is available.
- Meals are \$7 each or \$2 for those in the discount program. The discount program is currently full. No refunds after deadlines or for no-shows.
- Orders and payments must be received by 11 am two days prior with exceptions for holidays. Please note the deadlines printed in the calendar.

Waring Café Hot Lunch Menu - August 2026

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

Place an order online at www.waringseniorcenter.com in “Classes & Events” or call 843-402-1990.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 3	Aug 4 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 8/2 at 11 am</i>	Aug 5 Braised Beef with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Orange, Brownie Crinkle Cookie <i>Deadline to order 8/3 at 11 am</i>	Aug 6	Aug 7 Carolina Barbecue Pork Roast, Macaroni & Cheese, Shredded Cabbage Slaw, Cornbread, Apple, Cookie & Cream Mousse <i>Deadline to order 8/5 at 11 am</i>
Aug 10	Aug 11 Turkey Bolognese Rigatoni, Spring Mix & Radish Side Salad with Ranch Dressing, Orange, Sugar Cookie <i>Deadline to order 8/9 at 11 am</i>	Aug 12 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 8/10 at 11 am</i>	Aug 13	Aug 14 Roast Turkey, Mashed Potatoes, Chopped Seasoned Green Beans, Turkey Gravy, Gala Apple, Crinkle Brownie Cookies <i>Deadline to order 8/12 at 11 am</i>
Aug 17	Aug 18 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 8/16 at 11 am</i>	Aug 19 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Red Seedless Grapes, Sugar Cookie <i>Deadline to order 8/17 at 11 am</i>	Aug 20	Aug 21 Cajun Salmon, Savannah Red Rice, Carolina Cole Slaw, Gala Apple, Crinkle Brownie Cookie <i>Deadline to order 8/19 at 11 am</i>
Aug 24	Aug 25 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 8/23 at 11 am</i>	Aug 26 Braised Beef with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Orange, Brownie Crinkle Cookie <i>Deadline to order 8/24 at 11 am</i>	Jul 27	Aug 28 Carolina Barbecue Pork Roast, Macaroni & Cheese, Shredded Cabbage Slaw, Cornbread, Apple, Cookie & Cream Mousse <i>Deadline to order 8/26 at 11 am</i>
Aug 31				

- A hot lunch is served three days per week 11 am – 2 pm inside the café and must be ordered in advance.
- Curbside pick-up has been discontinued. Take-out is available.
- Meals are \$7 each or \$2 for those in the discount program. The discount program is currently full. No refunds after deadlines or for no-shows.
- Orders and payments must be received by 11 am two days prior with exceptions for holidays. Please note the deadlines printed in the calendar.