

Note from the Director

Change is essential to healthy aging. It challenges our brains and sharpens our thinking as we learn new skills. Trying something different allows us to engage with new people, stimulate new conversations, and generate new connections.

Change can be as easy as trying a new class, such as the Indigo Dye Workshop (pg. 3) or Great Decisions, a foreign policy discussion group (pg. 4). There's a great lecture series about South Carolina's Revolutionary history as we celebrate the 250th anniversary of the American Revolution (pg. 6).

Try PURE Theatre's Senior and Seniors program that brings high school seniors and older adults together to watch a play and discuss it over lunch (pg. 22).

Change is coming for all our members as we move to a new registration and attendance system. Registering for classes online will look much different as well as checking in at the centers. And we are introducing an app for your phone! (More information coming soon.)

As we move into spring, I encourage you to embrace change and dive into the many opportunities to enrich your life at the centers!

Elizabeth Bernat, MHA, Director



Staying fit and fabulous at LSC.



Bus trip in December to Brookgreen Gardens.



Members proudly displaying their pressed flower art 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, Mar 26, 8:45-9:45 am [register here](#)

Waring Senior Center

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

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, Mar 3-Apr 14, 8:30 am-12:30 pm

To register, call (843) 990-5555.

Waring Senior Center

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

To register, call (843) 402-1990.

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

Spring Bake Sale Fundraiser at LSC

Cookies, cakes, pies, loaves, muffins, brownies, cupcakes, and more! Your skills are needed for the senior centers' bake sales on April 1 & 2. We are asking for baked items to be labeled, packaged, and ready to sell. Proceeds go to the Friends of the Lowcountry Senior Center. Please sign up in advance at the centers' front desks by Apr 11. You can drop off your ready-to-sell baked goods on Tues, Mar 31, 9 am-12 pm at your center. Please do not bring refrigerated items.

Wed, Apr 1, 10 am-2pm

Thur, Apr 2, 10 am-2pm

Coming Soon: New Online Class Registration & Mobile App

We are pleased to announce that the centers are introducing a new online class registration system on our website, along with a convenient mobile app. These updates will make signing up for programs faster, simpler, and more accessible. Stay tuned for rollout dates and step-by-step guides.



Center Closings

Friday, April 3 & Saturday, April 4 for Easter

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 Gold and Basic Members and \$5 for Fitness Members and Guests unless otherwise noted.

Advanced Planning Lunch & Learn

Join us for a complimentary lunch, and meet the team from McAlister-Smith to get information and advice about the financial and practical benefits of advance funeral planning.

Lowcountry Senior Center

Fri, Apr 24, 12:30-1:30 pm [register here](#)

Waring Senior Center

Fri, Apr 10, 12:30-1:30 pm [register here](#)

Charleston County Resource Fair

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

Lowcountry Senior Center

Wed, Mar 18, 10 am-1 pm

Waring Senior Center

Tues, Mar 24, 10 am-1 pm

Guardianships & Conservatorships

Judge Irv Condon discusses and answers questions on the legal process related to conservatorships and an adult guardianships, managing personal care and financial affairs of individuals who cannot manage for themselves, and how to avoid a conservatorship and an adult guardianship.

Lowcountry Senior Center

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

Waring Senior Center

Thur, Apr 30, 2-3 pm [register here](#)

Indigo Dye Workshop at LSC

Learn how to use indigo to make beautiful and magical patterns in this fun outdoor workshop! In addition to the cotton tea towel we provide, you may bring one white cotton item from home to dye, as long as it is no bigger than a t-shirt. Space is limited.

Gold and Basic Members \$10 / Guests and Fitness Members \$20

Wed, Apr 8, 1-3 pm [register here](#)

Introduction to Researching Your Family History

Have you always wanted to "find your roots," but were reluctant to start? Delores Walters introduces you to basic tools for launching your own journey into identifying your ancestors, including what kind of data to collect, available archival resources, popular genealogical databases, and the role of DNA. Her own family research serves as a model for resolving family mysteries, especially for African Americans, but for other ethnicities as well.

Lowcountry Senior Center

Wed, Apr 1, 2-3 pm [register here](#)

Waring Senior Center

Thur, Apr 2, 11 am-12 pm [register here](#)

Lifelong Learning

All Lifelong Learning programs are free for Gold and Basic Members and \$5 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, Mar 18, 2:15-3:15 pm [register here](#)

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

Exploring Charleston County Public Library's Digital Resources at WSC

Come learn about the library's digital content and streaming services that are offered FREE with your library card. Demo's of how to get started with Libby, Hoopla, Flipster and others will be given.

Wed, Apr 8, 1-2 pm [register here](#)

Great Decisions at WSC

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

Mar Topic: Trump's Tariffs.

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

Apr Topic: U.S.-China Relations

Tues, Apr 14, 1-2:30 pm [register here](#)

James Island History: Charleston Area Hurricanes at LSC

Join Baxter-Patrick librarian Mike Corbo as he discusses the history of hurricanes that have impacted the Charleston area, spanning from the "Spanish Repulse" in 1686 to Hugo in 1989.

Wed, Apr 15, 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.

Gold and Basic Members Only.

Wed, Mar 18, 4-5:30 pm [register here](#)

Let's Talk Tudors! at LSC

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

This Wicked Instrument

Cromwell topples, Anne of Cleves gets a new title, and Henry gets lovey-dovey with young Catherine Howard.

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

A Perfect Jewel

Henry VIII marries his fifth wife, Catherine Howard, much to the surprise of everyone. But who is this teen queen, and what skeletons lurk in her closet?

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

Lifelong Learning

All Lifelong Learning programs are free for Gold and Basic Members and \$5 for Fitness Members and Guests, unless otherwise noted.

Fun with Flowers

Did you know flowers can help relieve stress? Learn how they can give you a sense of calm and wellbeing. Bring a small vase (no taller than 6 inches) and a pair of shears/scissors. Flowers included.

Gold and Basic Members \$10 / Fitness Members and Guests \$20 per class

Lowcountry Senior Center

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

Waring Senior Center

Mon, Mar 9, 12:30-1:30 pm [register here](#)

Mon, Apr 20, 12:30-1:30 pm [register here](#)

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.

Gold and Basic Members \$10 / Fitness Members and Guests \$20 per series

Fri, Mar 13-Apr 24, 10:30-12:30pm

[register here](#) No class Apr 3

Celebrating South Carolina's 250 Year Revolutionary History

Lecture Series with Dr. Kim Cliett Long, FRSM, FRPH, FRGS

The Revolutionary Work of Charleston's Market Women and the Feeding Freedom Opera

This lecture highlights the vital role of Charleston's market women during the Revolutionary era. Before independence, African and African-descended women sustained the city through food provisioning and trade, transcending race and class. Their labor supported revolutionary activities and influenced early American urban life. The *Feeding Freedom Opera* creative interpretation brings these stories to life through music, narrative and cultural memory.

Lowcountry Senior Center

Fri, Apr 10, 12:30-1:30 pm [register here](#)

Waring Senior Center

Wed, Apr 15, 11:30 am-12:30 pm [register here](#)

The American Revolution in the Lowcountry

This lecture explores the American Revolution in the Lowcountry, focusing on Charleston and nearby coastal areas. It covers loyalists, patriots, enslaved and free Africans, maritime warfare, and global aspects of the conflict. The role of coastal geography, port infrastructure, and African labor in shaping the war is emphasized, offering a narrative distinct from northern accounts.

Lowcountry Senior Center

Wed, Apr 29, 2-3 pm [register here](#)

Waring Senior Center

Wed, Apr 22, 11:30 am-12:30 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 Gold and Basic Members and \$5 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, May 13, 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, Mar 16, 11 am-12:15 pm [register here](#)

The Huntress by Kate Quinn

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

I Feel Bad About My Neck: And Other Thoughts on Being a Woman by Laura Ephron

Waring Senior Center

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

What We Can Know by Ian McEwan

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

The Book Club for Troublesome Women by Marie Bostwick



Post-gym selfie in the lobby at LSC.

Conversational Spanish: Beyond the Fundamentals at LSC

For those who already have a basic knowledge of Spanish pronunciation and conversation skills. Continue to learn the language to communicate in various settings and situations. Gold and Basic Members Only. \$65 per 6-week series.

Tues, Mar 10-Apr 14, 3:30-4:30 pm

[register here](#)

Tues, Apr 21-Jun 2, 3:30-4:30 pm

No class May 19 [register here](#)

Four Pillars of Retirement at LSC

Abby Capasso, CFP, CRPC, Financial Advisor, provides an in-depth look at the four pillars of health, family, purpose and finances. You'll have an opportunity to think through your own circumstances, goals, and challenges so you can take action today that can impact your quality of life in retirement.

Mon, Mar 16, 10-11 am [register here](#)

Simplify Your Spending and Savings Strategies at LSC

Learn about setting personal financial goals, balancing saving, spending and borrowing to achieve goals, strategies for controlling debt and improving credit scores and practical savings options for now through retirement. Presented by Abby Capasso, CFP, CRPC, Financial Advisor.

Mon, Apr 13, 10-11 am [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 Gold and Basic Members and \$5 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. Gold and Basic Members Only.

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. Gold and Basic Members Only.

Mon, 10-11 am

German Refresher at LSC

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.

Gold and Basic Members \$10 / Guests and Fitness Members \$20 per series

Thur, Mar 5-Apr 30, 1:15-2:15 pm

No class Apr 9 [register here](#)

Italian Conversation at LSC

Intermediate level Italian class for those wanting to practice speaking in Italian. Participants should be able to speak Italian. Gold and Basic Members Only.

Thur, 3:45-4:45 pm No class Apr 9

Italian Refresher at LSC

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.

Gold and Basic Members Only.

Thur, 2:30-3:30 pm No class Apr 9

Spanish - Basic at WSC

For those who have attended at least 16 weeks of Basic Spanish. Participants must purchase Basic Spanish by Dorothy Richmond, Premium Third Edition prior to class. Gold and Basic Members \$10 / Guests and Fitness Members \$20 per series

Fri, Mar 13,-Apr 24, 9:30-10:30 am

No class Apr 3 [register here](#)

Spanish for Beginners at LSC

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 Only. \$65 per 6-week series

Thur, Mar 5-Apr 16, 12-1 pm No class Mar 19 [register here](#)

Thur, Apr 23-Jun 4, 12-1 pm No class May 21 [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, Mar 4-Apr 29, 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.

Health & Wellness

All Health & Wellness programs are free for Gold and Basic Members and \$5 for Fitness Members and Guests unless otherwise noted.

Back & Neck Pain Without Fear

Join Dr. Ann Cheri Foxx, Interventional Pain Specialist from Roper St. Francis Physician Partners as she discusses: Tell Your Back and Neck Pain to Kick Rocks!

Lowcountry Senior Center

Tues, Apr 28, 2-3 pm [register here](#)

Waring Senior Center

Tues, Apr 14, 2-3 pm [register here](#)

Burn Safety and Prevention

Join Rosalee Unwin, Outreach Education Coordinator from the South Carolina Burn Center at MUSC Health, to learn simple and practical ways to stay safe from burns. This talk explains common causes of burn injuries in older adults, easy steps you can take at home to reduce your risk, and what to do if a burn happens.

Lowcountry Senior Center

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

Waring Senior Center

Wed, Mar 18, 1-2 pm [register here](#)



Happily checking in for Photo Club at LSC.

Bra Fitting

Be fitted for your correct size by a Dillard's professional bra fitter. Register for an appointment at the center's front desk.

Lowcountry Senior Center

Fri, Apr 24, 9-11 am

Waring Senior Center

Tues, Apr 21, 9-11 am

Hands Only CPR

Learn lifesaving skills of adult and child hands-only CPR. Immediate CPR can double or even triple a person's chance of survival. This course is for those that DO NOT need a certificate but want to have the knowledge of performing CPR. Offered by the Charleston Fire Department.

Gold and Basic Members Only.

Lowcountry Senior Center

Fri, Mar 20, 1-3 pm [register here](#)

Waring Senior Center

Fri, Mar 13, 10 am-12 pm [register here](#)

Keys to Healthy Aging: Chronic Disease Management

Most adults 65 and older are living with at least one chronic disease, if not multiple. Gabi Kay, MUSC Occupational Therapy Doctorate Student discusses strategies for chronic disease management and lifestyle choices that are helpful when managing multiple chronic diseases.

Lowcountry Senior Center

Thur, Mar 5, 12-1 pm [register here](#)

Waring Senior Center

Wed, Mar 4, 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.

Health & Wellness

All Health & Wellness programs are free for Gold and Basic Members and \$5 for Fitness Members and Guests unless otherwise noted.

Blood Drive

Lowcountry Senior Center

Thur, Mar 5, 10 am-1 pm [register here](#)

Waring Senior Center

Wed, Mar 4, 8:30 - 11:30am [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 *no class Mar 5 or 26*

Mindfulness Matters

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

Lowcountry Senior Center

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

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

Waring Senior Center

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

Wed, Apr 1, 8, 22, 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, Mar 25 and Wed, Apr 22

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.



Healthy Aging Fair

MUSC Physical Therapy Students are back to provide members with education and FREE screenings!

Screenings Provided

- Blood Pressure
- Height/Weight
- Heart Rate
- Balance
- Strength
- Fall Risk Assessment

Screening process will take 20-30 minutes. Once complete you will receive the results and have an opportunity to get more health info on nutrition, physical activity, stress management, sleep and more. Registrations preferred but not required.

Lowcountry Senior Center

Wed, Mar 25, 1:30-3:30 pm

Call (843) 990-5555 to schedule.

Waring Senior Center

Wed, Apr 8, 1:30-3:30 pm

Call (843) 402-1990 to schedule.

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 Gold and Basic Members and \$5 for Fitness Members and Guests unless otherwise noted.

Hearing Screenings

Concerned about your hearing? Get your hearing checked by Charleston ENT & Allergy. Screening takes approximately 15 minutes. Register at the front desk. Members Only. Space is limited

Lowcountry Senior Center

Fri, Apr 17, 9 am-12 pm

Waring Senior Center

Fri, Apr 24, 9 am-12 pm



Words of wisdom from our fabulous fitness coordinator.

March is National Nutrition Month®

Discover the Power of Nutrition

with Carla Johnston, DCN, MA, MS, CNS, LDN

Eating for One Series at LSC

Learn practical ways to make everyday meals easier, healthier, and more enjoyable. 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.

Gold and Basic Members \$5 / Fitness Members and Guests \$10 per series

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

The Power of Five at WSC

Learn how to create powerful, simple meals with nourishing ingredients and five or less.

Designed for ease, these recipes support vibrant aging with whole, nutrient-dense foods that are satisfying, approachable, enjoyable, and delicious! Join us to discover how small, simple choices can have a meaningful impact on your health.

Gold and Basic Members Free / Fitness Members and Guests \$5

Mon, Mar 30, 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.

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, Mar 14 & 28, 10-11:30 am

Sat, Apr 11 & 25, 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, Mar 2 & 16, 2-3 pm

Mon, Apr 6 & 20, 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, Mar 5, 9-10 am

Thur, Apr 2, 9-10 am

Stress Less at WSC

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

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

Wed, Apr 15, 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, Mar 13, 10-10:30 am [register here](#)

Wed, Apr 8, 10-10:30 am [register here](#)

Waring Senior Center

Fri, Mar 6, 10-10:30am [register here](#)

Fri, Apr 24, 10-10:30 am [register here](#)



Members spreading Valentine's Day cheer 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

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 \$45 per series

Lowcountry Senior Center

Mon, Mar 2 & 9, 1-3 pm [register here](#)

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

Waring Senior Center

Wed, Mar 11 & 18, 9:30-11:30 am [register here](#)

Wed, Apr 1 & 8, 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 \$30 per class

Lowcountry Senior Center

Mon, Mar 23, 1-3 pm [register here](#)

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

Waring Senior Center

Wed, Mar 25, 9:30-11:30 am [register here](#)

Wed, Apr 29, 9:30-11:30 am [register here](#)

Creative Arts & Music

Advanced Quilters Group at WSC

For experienced and advanced quilters who work independently. Class size is limited to 10 people. Must preregister.

Gold and Basic Members Only. Free

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

Fri, Apr 10 & 24, 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.

Gold and Basic Members Only.

\$70 per 8-week series

Mon, Mar 2-Apr 27, 7:45-9:15 am

No class Mar 23 [register here](#)

Art Hub

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

Gold and Basic Members Only. Free

Lowcountry Senior Center

Fri, 1-3 pm

Waring Senior Center

Mon, 10 am-12 pm



Strength and smiles from Sit & Fit for Valentine's Day at LSC.

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

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.

Gold and Basic Members Free / Guests and Fitness Members \$5 per class

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

Wed, Apr 15, 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.

Gold and Basic Members Only. Free

Lowcountry Senior Center

2nd & 4th Wed, 1-4 pm

Waring Senior Center

Tues, 1:30-4:30 pm



WSC Sew Much Fun group donating quilts to the Newborn Intensive Care Unit at Bon Secours St. Francis Hospital.

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.

Gold and Basic Gold Members Free / Fitness Members and Guests \$5 per day payable at the front desk

Lowcountry Senior Center

Tues, 3-5:30 pm

Waring Senior Center

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

No class on Apr 4

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.

Gold and Basic Members Only.

Mon, 3:30-4:30 pm *No class Mar 2*

Chorus at LSC

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

Gold and Basic Members Only. Free

Thur, 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 \$70 / Fitness Members and Guests \$80 per series

Mon, Mar 9-Apr 27, 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 \$70 / Fitness Members and Guests \$80 per series

Mon, Mar 9-Apr 27, 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.

Gold and Basic Members Only. Free

Mon, 1:30-3:30 pm *No class Mar 2*

The Piperinos at LSC

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

Gold and Basic Members Only. Free

Mon, 12:30-1:30 pm *No class Mar 2*

Creative Arts & Music



Creating Floating Flower Bouquets

In this hands-on workshop, learn about how nature-based activities can help with social well-being, manage stress, create a deeper connection to self, and create more calm. And then we'll put it into practice by making floating flower bouquets together!

Gold and Basic Members \$35 / Fitness Members and Guests \$45

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

Drawing with Colored Pencils at LSC

Colored pencil class helps you start on your practice of this great portable medium. Going beyond coloring with pencils, we explore this medium together. Drawing experience is helpful but not necessary. Supply list available at the front desk.

Gold and Basic Members \$40 / Fitness Members and Guests \$50 per 4-week series
Fri, Apr 10-May 1, 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 is available at the front desk. Gold and Basic Members \$40 / Fitness Members and Guests \$50 per 4-week series
Mon, Mar 9-30, 3:30-5:30 pm [register here](#)
Mon, Apr 6-27, 3:30-5:30 pm [register here](#)
Sat, Apr 11-May 2, 10 am-12 pm [register here](#)



Wildlife Photography

Join professional photographer Colin Hocking as he shares tips, tools, and thoughts of how to elevate your photography from that of a casual 'shooter' to one that makes every push of the shutter release button count! As a nature and wildlife photographer specializing in bird photography, Colin provides information on how you can capture the image you want to achieve. This is a general session about photography. Cameras not necessary. Just bring your love of birds and wildlife and interest in photography. Gold and Basic Members Free / Fitness Members and Guests \$5

Lowcountry Senior Center

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

Waring Senior Center

Mon, Mar 16, 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 & Music



Clay Workshop at WSC

Come enter the world of clay where you will learn how to do the ancient technique of Hand building! You will not need a kiln to make these objects so you will be able to continue this method at home! We will explore making a round vase using the coil method, then we will make a square box with lid using the slab method and lastly we will make a woven basket! Supply list available at the front desk.

Gold and Basic Members \$40 / Fitness Members and Guests \$50 per series

Thur, Mar 5-26, 10 am-12 pm [register here](#)

Meditative Power of Flowers: Freestyle Ikebana & Artistic Self Expression at LSC

What is ikebana and what does it have to do with self-expression? LSC member Victor Crouch describes freestyle Ikebana and how he uses flowers to express art, creativity and imagination.

Gold and Basic Members Free / Fitness Members and Guests \$5

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



Print Making at WSC

Explore a fun and exciting new way to make images using the Printmaking Method. We will be using various household objects to make prints. The sky is the limit! Supply list available at front desk.

Gold and Basic Members \$40/ Fitness Members and Guests \$50 per series

Tues, Mar 10-31, 11:15 am-1:15 pm
[register here](#)

Writing Circle

A fun and relaxing writing group led by members to support writing at all levels Gold and Basic Members Free / Guests and Fitness Members \$5 per day payable at the front desk.

Lowcountry Senior Center

1st and 3rd Wed, 1-3 pm

Waring Senior Center

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

Creative Arts & Music

Decoupage Shell Workshop

Transform oyster shells into beautiful decorative pieces using a little creativity. No experience needed. Materials provided but you may bring one shell from home in addition to the one shell provided.

Gold and Basic Members \$35 / Fitness Members and Guests \$45 per class

Lowcountry Senior Center

Tues, Apr 21, 11 am-12:15 pm [register here](#)

Waring Senior Center

Thur, May 7, 11 am-12:15 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.

Gold and Basic Members \$20 / Fitness Members and Guests \$30 per series

Lowcountry Senior Center

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

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

Waring Senior Center

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

Wed, Apr 8-29, 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.

Sea Turtle Painting

Waring Senior Center

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

Gold and Basic Members \$65 / Fitness Members and Guests \$75 [register here](#)



Egret Painting

Lowcountry Senior Center

Sat, Apr 25, 10 am-12:00 pm

Gold and Basic Members \$65 / Fitness Members and Guests \$75 [register here](#)



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 <u>Mar \$25/\$35</u> <u>Apr \$25/\$35</u>	8:30-9:30 am Full Body Blast <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	8-8:45 am HIIT-Box M/W <u>Mar \$25/\$35</u> <u>Apr \$25/\$35</u>	8:30-9:30 am Functional Strength <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	8-9 am Circuit Training <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	
9-10 am Fit & Firm Free/\$10 per class		9-10 am Fit & Firm Free/\$10 per class	9-9:45 am Tai Chi <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>	9:15-10:15 am Dance Conditioning <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	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 <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>		10:15-11:00 am Balance <u>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>	10-11 am Arthritis Exercise <u>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>	10:15-11:15 am Mat/Chair Yoga <u>Mar \$20/\$30</u> <u>Apr \$15/\$25</u>	
11:15 am-12:15 pm ◆ Sit & Fit Free/\$10 per class	11 am-12 pm Qigong <u>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>	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 <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>			12:30-1:30 pm Gentle Yoga <u>Mar \$20/\$30</u> <u>Apr \$15/\$25</u>	
1-2 pm Strength & Balance Free/\$10 per class	1:15-2:15 pm Yoga Stretch & Restore <u>Mar \$25/\$35</u> <u>Apr \$20/\$30</u>	1-2 pm Strength & Balance Free/\$10 per class		<p>Calendar Key:</p> <p>Free for members & no registration required</p> <p>◆ Class at Lowcountry and available online</p> <p>Click on the class title to join the live stream class online.</p> <p>Click on the month to register for classes and pay, if fees apply.</p> <p>Want to try an exercise class one time? Per class rate is \$8 for members and \$10 for nonmembers for classes with fees.</p>	
2:15-3 pm Core & Stretch <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>			2-3 pm Pilates Mat <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>		
		3-4:30 pm Chair Volleyball Members Only Free	3:30-4:30 pm Circuit Training <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>		
4-5 pm 40/20 Dance Mix <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	4-5 pm Circuit Training <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	4:45-5:45 pm Relax & Repair Yoga <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>			

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
9-10 am Fit & Firm Free/\$10 per class	8:30-9:30 am HIIT Circuit <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	9-10 am Fit & Firm Free/\$10 per class	8:30-9:30 am Full Body Blast <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	8:30-9:30 am Fit & Firm Free/\$10 per class	9:15 -10:15 pm 40/20 Dance Mix <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>
	10-11 am Rock Steady Boxing for Parkinson's T/TH/F <u>Mar \$100/\$250</u> <u>Apr \$100/\$250</u>		10-11 am Rock Steady Boxing for Parkinson's T/TH/F <u>Mar \$100/\$250</u> <u>Apr \$100/\$250</u>	10-11 am Rock Steady Boxing for Parkinson's T/TH/F <u>Mar \$100/\$250</u> <u>Apr \$100/\$250</u>	10:30-11:30 am Cardio & Weights Free/\$10 per class
	10-10:45 am Tai Chi <u>Mar \$25/\$35</u> <u>Apr \$20/\$30</u>	10:15-11:15 am Functional Strength <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	10-11 am Gentle Yoga <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>		10:30 am - 12 pm Chair Volleyball Members Only Free
11 am-12 pm Chair Dance <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	11:30 am-12:30 pm ◆ <u>Sit & Fit</u> Free/\$10 per class	11:30 am-12:30 pm Chair Yoga Free/\$10 per class	11:30 am-12:30 pm ◆ <u>Sit & Fit</u> Free/\$10 per class	11:15 am-12:15 pm Balance <u>Mar \$10/\$20</u> <u>Apr \$10/\$20</u>	
◆ 12-1 pm <u>Cardio & Weights</u> Free/\$10 per class	11:30 am-12:30 pm Strength Training with Bands <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>		11:15 am-12 pm Cardio Drumming <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	12:15-1:15 pm Dance Conditioning <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	
	11:30 am-12:30 pm Gentle Yoga <u>Mar \$25/\$35</u> <u>Apr \$20/\$30</u>	1-2 pm 40/20 Dance Mix <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	12:15-1 pm Core & Stretch <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	<p>Calendar Key:</p> <p>Free for members & no registration required</p> <p>◆ Class at Waring and available online</p> <p>Click on the class title to join the live stream class online.</p> <p>Click on the month to register for classes and pay, if fees apply.</p> <p>Want to try an exercise class one time? Per class rate is \$8 for members and \$10 for nonmembers for classes with fees.</p>	
1:30-2:30 pm Yoga for Back Health <u>Mar \$25/\$35</u> <u>Apr \$20/\$30</u>	12:45-1:45 pm Strength & Balance Free/\$10 per class		12:45-1:45 pm Strength & Balance Free/\$10 per class		
2-3 pm Sit, Stand and Strong - M/TH <u>Mar \$20/\$30</u> <u>Apr \$20/\$30</u>	2-3 pm Cardio Power Hour <u>Mar \$15/\$25</u> <u>Apr \$15/\$25</u>	2:15 - 3:15 pm Strength & Balance Free/\$10 per class	2-3 pm Sit, Stand and Strong - M/TH <u>Mar \$20/\$30</u> <u>Apr \$20/\$30</u>		
		4:45-5:45 pm Evening Yoga <u>Mar \$20/\$30</u> <u>Apr \$25/\$35</u>			

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 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

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

Evening Yoga

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

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-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.

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

Fitness Class Descriptions

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 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.

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

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

Open to members at both LSC & WSC

Tues, Thur and Fri, 10-11 am



Warming up the smiles before 40/20 Dance Mix at WSC.

Fitness

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. 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.

Enhance®Fitness Level II is offered at two locations outside the centers. Classes are free for adults age 50 and older.

Rollins Edwards Community Center
301 N Hickory St, Summerville
Mondays & Wednesdays, 9-10 am

Moncks Corner Baptist Church
496 East Main Street, Moncks Corner
Mondays, Wednesdays, & Fridays, 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 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

Synergy at WSC

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

Mar

10-10:45 am **M/W, Mar 2-30**, \$45 [register here](#)

1-1:45 pm **M, Mar 2-30**, \$25 [register here](#)

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

Apr

10-10:45 am **M/W, Apr 1-29**, \$45 [register here](#)

1-1:45 pm **M, Apr 6-27**, \$20 [register here](#)

1-1:45 pm **W/F, Apr 1-29**, \$40 [register here](#)

Dance

Line Dancing

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

Lowcountry Senior Center

Gold and Basic Members \$25 / Fitness Members and Guests \$35 per month

Tues, Mar 3-31, 2:30-3:30 pm [register here](#)

Gold and Basic Members \$20 / Fitness Members and Guests \$30 per month

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

Waring Senior Center

Gold and Basic Members \$20 / Fitness Members and Guests \$30 per month

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

Gold and Basic Members \$25 / Fitness Members and Guests \$35 per month

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

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. Gold and Basic Members \$50/ Fitness Members and Guests \$60 per six-week session.

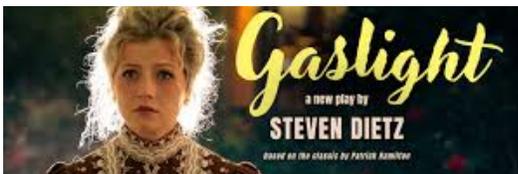
Mon, Mar 2-Apr 6, 4:45-5:45 pm [register here](#)

Mon, Apr 13-May 18, 4:45-5:45 pm [register here](#)

Volunteers Needed at the Centers

Please consider sharing your time, talent, and expertise with us at Lowcountry or Waring Senior Center! Contact the senior center front desks.

Social - Out & About



PURE THEATER

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.

Featured Play - Gaslight

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

Wed, Mar 18, 10:30 am-2:30 pm [register here](#)

Register by 3/6. Nonrefundable after 3/6.

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

Social - Out & About

Dolphin Eco Tour

See and learn about wild Atlantic bottlenose dolphins! Board Charleston Outdoor Adventure's boat and explore Folly's inlets, creeks and marshes in search of dolphins and be entertained with stories about our ecosystems, marine wildlife and waterways.

See website for refund and cancellation policy. Gold and Basic Members \$40 / Fitness Members and Guests \$50 per tour

Wed, Mar 25, 12:30 pm [register by 3/21](#)

Tues, Apr 21, 11:45 am [register by 4/17](#)

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 \$55 per tour \$35 per tour if you bring your own kayak/SUP and life-jacket

Thur, Mar 19, 9:30 am [register by 3/15](#)

Fri, May 1, 10 am [register by 4/27](#)

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 \$60 per tour

Tues, Mar 31, 2 pm [register by 3/17](#)

Wed, Apr 29, 12:30 pm [register by 4/15](#)

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, Mar 26, 4-5:45 pm [register here](#)

Featuring Trader Joes

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

Featuring Silly label

Wine Tasting at LSC & WSC

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

Approachable Burgundy and Bordeaux

Burgundy - home to Pinot Noir and Chardonnay and Bordeaux - home to Cabernet Sauvignon, Merlot and Sauvignon Blanc, make some of the most expensive wines in the world but they also make very affordable, delicious wines as well. Let's sample the gambit of affordability in these two regions.

Waring Senior Center

Wed, Apr 1, 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. Gold and Basic Members Only.

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

Swig & Swine, 1217 Savannah Hwy

Tues, Mar 24, 5 pm [register by 3/17](#)

Kickin Chicken, 118 Bees Ferry Rd

Tues, Apr 14, 5 pm [register by 4/7](#)

Home Team BBQ, 1205 Ashley River Rd

Tues, Apr 28, 5 pm [register by 4/21](#)

Frothy Beard, 1401 Sam Rittenberg Blvd

Lunch Bunch

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

Wed, Mar 11, 11:30 am [register by 3/6](#)

California Tortilla, 1405 Folly Rd

Thur, Mar 12, 11:30 am [register by 3/9](#)

Ye Ole Fashioned, 474 Savannah Hwy

Wed, Apr 8, 11:30 am [register by 4/3](#)

El Pollo Guapo, 1130 Folly Rd

Thurs, Apr 9, 11:30 am [register by 4/6](#)

Stono Market & Tomato Shed Cafe, 842 Main 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, Apr 23, 4 pm [register by 4/20](#)

The Garden at Charles Towne Fermentory, 1331 Ashley River Rd

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 Mar and Apr



Members enjoying lunch at Paisano's WSC Spirit Day.



Celebrating Dottie's birthday with other members at Social Hour in February.

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.

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, Mar 31-Apr 21, 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, Mar 31-Apr 21, 1:45-2:45 pm

[register here](#)

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 \$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 Fitness Members, Free

LSC Outdoor Project Update

The construction bids were significantly higher than anticipated, so we are working to secure additional funding and continue fundraising. We are also still waiting to hear more from City of Charleston about the status of our project under the new stormwater regulations and our permit applications.



Warmer weather pickleball fun 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
waringcenter.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.

Mar/Apr 2026 - Pickleball Schedule

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. Calendar is subject to change. Please check the newsletter for dates and times of lessons in March/April.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am	7:15-8:45 am Available for reservations	7:15-9:45 am Available for reservations	7:15-8:45 am Available for reservations	7:15-8:45 am Available for reservations	7:15-8:45 am Available for reservations	Closed / Open at 8 am
8 am	8:45-9 am Set-up	9:45-9 am Set-up	8:45-9 am Set-up	8:45-9 am Set-up	8:45-9 am Set-up	8:30 am-12:30 pm Open Play All Levels
9 am	9 am-11 am Advanced Open Play	9 am-11 am Beginner Open Play	9 am-11 am Intermediate Open Play	9 am -11 am Advanced Open Play	9 am-11 am Intermediate Open Play	
10 am						
11 am	11:15 am-1:15 pm Intermediate Open Play	11:15-2:45 pm Available for reservations, unless lessons are scheduled. Check newsletter for dates and times for lessons.	11:15 am-1:15 pm Advanced Open Play	11:15 am-1:15 pm Intermediate Open Play	11:15 am-1:15 pm Advanced Open Play	
12 pm						Center Closes at 1 pm
1 pm	1:15-6:45 pm Available for reservations	2:45-3 pm Set-up	1:15-6:45 pm Available for reservations	1:15-6:45 pm Available for reservations	1:15-3:45 pm Available for reservations	
2 pm						
3 pm		3-5 pm Intermediate Open Play				
4 pm					Center Closes at 4 pm	
5 pm		5:15-6:45 pm Available for reservations				
6 pm						

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 and balls. It's highly encouraged to bring a 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.