

### Note from the Director

We are celebrating our amazing country's 250th anniversary! On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence and formally severed ties with Great Britain. In honor of the founding of our nation, we are offering several special speakers and events over the coming months.

On May 13, we welcome Elizabeth Chew, CEO of the South Carolina Historical Society, for her presentation "South Carolina History is American History" at Waring Senior Center.

American historian and author, Don H. Doyle is speaking at Lowcountry Senior Center on June 9 about the role Tom Paine played in the break from Britain with his publication *Common Sense*. Professor Doyle returns in July to explore worldwide effects of the Declaration of Independence.

Carl P. Borick, Director of the Charleston Museum, discusses his new book, *Backcountry Resistance: South Carolina's Militia and the Fight for Independence*.

The Lowcountry Senior Center Chorus celebrates with a special performance "From Sea to Shining Sea: a 250-Year Celebration in Song" on May 20.

Happy 250<sup>th</sup> birthday, USA!

Elizabeth Bernat, MHA, Director



Creativity bloomed at our Indigo Dye Workshop as members experimented with natural indigo and beautiful pattern-making at LSC.



Friends of the Lowcountry Senior Center hard at work and having fun at the bake sale fundraiser at LSC.



A great day connecting with the community! Thanks to our amazing team at the MUSC Senior Expo.

# 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, May 21, 8:45-9:45 am** [register here](#)

### Waring Senior Center

**Mon, May 18, 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**

## Senior Farmers' Market Vouchers

The Trident Area Agency on Aging and the SC Department of Social Services are issuing vouchers to qualifying individuals age 60 and older. The vouchers may be used to purchase fresh produce at local participating farmers' markets. Vouchers are available on a first come, first served basis the day of the event. See flyer at centers for detailed information on requirements to receive vouchers. For more information, please call (843) 554-2275.

### Lowcountry Senior Center

**Fri, Jun 12, 9-11 am**

### Waring Senior Center

**Wed, Jun 17, 9-11 am**

## New Online Registration System & Mobile App Launching in Late May

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. As we transition to this new system, June fitness class registration will open later in May. Please stay tuned for rollout dates and step-by-step guides.



## Olde Pipes Consort Presents: Medieval to Modern

Join the Olde Pipes Consort for a concert featuring a variety of music from the 13th through the 20th Century.

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

### Lowcountry Senior Center

**Fri, May 15, 1:30 pm** [register here](#)

### Waring Senior Center

**Fri, May 29, 1:30 pm** [register here](#)

## Holiday Hours

Fri, May 22: 7:30 am-3:30 pm

Closed Sat, May 23-Mon, May 25

Closed Fri, Jul 3-Sat, Jul 4

# Celebrating America's 250<sup>th</sup>

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

## **Author Talk: Carl P. Borick**

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.

### **Lowcountry Senior Center**

**Thur, Jun 18, 3-4 pm** [register here](#)

### **Waring Senior Center**

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

## **From Sea to Shining Sea: A 250-Year Celebration in Song at LSC**

Lowcountry Senior Center Chorus presents a special musical program in honor of the 250th anniversary of our nation. Representing voices from the North, South, East, and West, our members join together to celebrate—through song—the unity and diversity that define America.

**Wed, May 20, 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](#)

## **Tom Paine and the American Revolution at LSC**

Discover how Tom Paine, an English immigrant with bold ideas, helped spark America's break from Britain. In January 1776, Paine published *Common Sense*, a sensational book that transformed a tax dispute into a full-fledged revolution, urging Americans that "we have it in our power to make the world anew." Don H. Doyle, McCausland Professor of History, Emeritus, University of South Carolina, highlights Paine's influence on the nation's founding and why his words still resonate today.

**Tues, Jun 9, 1:30-2:30 pm** [register here](#)

## **South Carolina History is American History at WSC**

Join Elizabeth Chew, Chief Executive Officer of the South Carolina Historical Society, for an engaging discussion on how South Carolina's narrative has profoundly influenced the history of the United States. Through numerous examples from the 16th century onwards, this lecture illustrates how the actions of South Carolinians and key events in the state contributed to the success of British colonies in North America, the colonial rebellion and the patriot victory in the American Revolution. This program is sponsored in part by the South Carolina American Revolution Sestercentennial Commission and South Carolina Humanities.

**Wed, May 13, 1-2 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.

## **Adventures in Iceland at WSC**

Join world traveler Julie Garrett as she shares stunning photos, helpful travel tips, and stories from her recent journey to Iceland.

**Mon, Jun 22, 1-2 pm** [register here](#)

## **Camino de Santiago: Northern Spain on Foot at LSC**

If you've ever thought about walking the Camino, Julie Garrett proves it's possible at any age. At 68, she completed a 500-mile trek from France to Spain. See her photos, learn what the journey involves, and get your questions answered.

**Wed, Jun 10, 2-3 pm** [register here](#)

## **Flight Tracking Basics at LSC**

Join Baxter-Patrick librarian Malcolm Hales for an overview of the popular flight tracking websites FlightRadar24 and FlightAware. Learn the basics of tracking various aircraft using these popular sites.

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

## **Home Energy Check-Up with Dominion Energy**

As summer's heat approaches, join Dominion Energy to discover more about the sources of your electricity. Learn how to reduce your monthly bill and explore additional money-saving programs available to consumers.

**Lowcountry Senior Center**

**Thur, Jun 4, 2-3 pm** [register here](#)

**Waring Senior Center**

**Mon, May 11, 2-3 pm** [register here](#)

## **Getting Your Affairs in Order Series with Cockrill Estate Law Firm**

### **Estate Planning: Wills vs Trust**

Knowing you have a plan in place gives you and your family peace of mind. Kathryn M. Cockrill provides an overview of the benefits of a Last Will and Testament versus a Revocable Living Trust to help guide you in understanding which of these estate planning tools suits you and your family's needs.

**Lowcountry Senior Center**

**Thur, Jun 11, 2-3 pm** [register here](#)

**Waring Senior Center**

**Wed, Jun 24, 1-2 pm** [register here](#)

### **Understanding Powers of Attorney: General vs Health Care**

Individuals often overlook the importance of having Powers of Attorney in place when considering their estate planning needs. Jessica L. Duffy offers an explanation of the differences between a General Durable Power of Attorney and a Health Care Power of Attorney, as well as the importance of having these documents in place during your lifetime.

**Lowcountry Senior Center**

**Wed, May 27, 2-3 pm** [register here](#)

**Waring Senior Center**

**Thur, Jun 18, 1:30-2:30 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, May 20, 2:15-3:15 pm** [register here](#)

**Wed, Jun 17, 2:15-3:15 pm** [register here](#)

## 20 Tips for AI at WSC

Join Claire White, Technology Librarian from the Keith Summey North Charleston Library for a discussion of AI (Artificial Intelligence), including what it is, how to use it, and some of the ethical concerns surrounding it.

**Wed, Jun 10, 1-2 pm** [register here](#)

## Great Decisions at WSC

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

May Topic: Today's Nuclear Age

**Tues, May 12, 1-2:30 pm** [register here](#)

Jun Topic: Ukraine and Europe Security

**Tues, Jun 9, 1-2:30 pm** [register here](#)

## James Island History: The Swamp Angel at LSC

Join Baxter-Patrick librarian Mike Corbo as he discusses the Swamp Angel, a unique piece of Civil War artillery that once was nestled in a marsh between James and Morris Islands.

**Wed, Jun 17, 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, May 6, 4-5:30 pm** [register here](#)

**SAVE THE DATE**

### Upcoming Day Trip Jonathan Green Maritime Cultural Center Museum

**Thursday, June 18**

We're excited to share that our next day trip takes us to Beaufort for a guided visit and tour of the brand-new Jonathan Green Maritime Cultural Center Museum.

This beautiful new space highlights Lowcountry history, culture, and the artistry of Jonathan Green. More details including pricing, transportation, and lunch plans will be available soon.

Stay tuned!

# Lifelong Learning

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

## Carta OnDemand Registration

CARTA OnDemand is a partnership with Uber and Lyft that serves seniors and Tel-A-Ride paratransit customers throughout the designated CARTA fixed-route service area. Drop by the lobby to learn how you can register for this service. Please bring your ID with you. Members and Guests Free

### Lowcountry Senior Center

**Thur, May 21, 10 am-1 pm**

### Waring Senior Center

**Tues, May 19, 10 am-1 pm**

## iPhone Photo Tips at LSC

Learn how to take great photos with your iPhone! Join Tiffany Greenwood, Technology Librarian from Baxter-Patrick James Island Library, as she shares some tips on how to capture clearer, brighter, more beautiful photos with the phone you already use every day.

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

## Navigating the Senior Living Maze

Learn about the different levels of senior living and what each one costs. Jamie Roper, City of Charleston Office on Aging Coordinator, guides you through the "fine print" of Medicare, Medicaid, long-term care insurance and private pay options as they relate to senior living.

### Lowcountry Senior Center

**Tues, May 12, 1:30-2:30 pm** [register here](#)

### Waring Senior Center

**Thur, Jun 11, 2-3 pm** [register here](#)

## Let's Talk Tudors! at LSC

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

### The Queen's Household

Catherine and Anne of Cleves make nice, Francis Derehem looks for a place in the Queen's household, and everybody hates Henry.

**Mon, May 4, 10-11 am** [register here](#)

### The King of Scotland

Henry leads a progress North to meet James V, Catherine and Lady Rochford play a dangerous game, and Francis Dereham makes an unwelcome appearance.

**Mon, Jun 1, 10-11 am** [register here](#)



*Mah jongg, laughter, and great company at LSC.*

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, Jun 5, 9 am-1 pm**

Call (843) 402-1990 to register.

## Book Club

### Lowcountry Senior Center

**Mon, May 18, 11 am-12:15 pm** [register here](#)

*Gilead* by Marilynne Robinson

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

*Moo* by Jane Smiley

### Waring Senior Center

**Thur, May 21, 1-2 pm** [register here](#)

*Long Island* by Colm Tóibín

**Thur, Jun 18, 1-2 pm** [register here](#)

*How to Read a Book* by Monica Wood



Terrific work from the Sea Turtle Watercolor Workshop at WSC. This class will be offered again at LSC on Tues, Jun 23, 1-3 pm. More info on pg. 17.

## 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. Free

**Mon, 11:15 am-12:15 pm**

## Financial Education Series

### Four Pillars of Retirement

Edward Jones Financial Advisors, provide 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.

### Lowcountry Senior Center

**Mon, May 18, 10-11 am** [register here](#)

### Waring Senior Center

**Wed, May 6, 11 am-12 pm** [register here](#)

### Social Security: Your Questions Answered

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

### Lowcountry Senior Center

**Mon, Jun 15, 10-11 am** [register here](#)

### Waring Senior Center

**Wed, Jun 10, 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.

## **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. Free

**Mon, 10-11 am**

## **German at LSC**

For those with a strong foundation in the language, the first half of the class focuses on grammar, while the second half is devoted to advanced conversation practice—giving you the opportunity to ask questions and engage in more advanced discussions with others. Gold and Basic Members Only. Free

**Thur, 1:15-2:15 pm**

## **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. Free

**Thur, 3:45-4:45 pm**

## **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. Free

**Thur, 2:30-3:30 pm**

## **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. *This class will take a summer break and return in August – stay tuned!*

## **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

**Tues, Jun 9-Jul 14, 3:30-4:30 pm** [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 Only. \$65 per 6-week series.

**Thur, Jun 4-Jul 9, 12-1 pm** [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. Free

**Wed, May 6-Jun 24, 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.

## **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**

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

### **Waring Senior Center**

**Thur, Jun 25, 10-11 am** [register here](#)

## **Healthy Legs, Healthy Life: Vascular Health at LSC**

Are leg pain or "heavy" limbs keeping you from the activities you love? Join Dr. William Ashwander, a board-certified vascular surgeon with Roper St. Francis Physician Partners, and learn about on Peripheral Artery Disease (PAD) and common vascular conditions. Come prepared with your questions and learn how to keep your circulation—and your life—moving forward.

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

## **Hernia 101: Symptoms, Causes, Types, and Treatment**

Join physicians from Roper St. Francis Physician Partners General Surgery Department to explore the various types of hernias. Discover what leads to their occurrence, the symptoms to watch for, and how the latest treatment options can provide relief.

### **Lowcountry Senior Center**

**Wed, May 13, 2-3 pm** [register here](#)

### **Waring Senior Center**

**Wed, May 20, 1-2 pm** [register here](#)

## **Strategies to Improve Brain Health**

Join Amy Hider, Speech-Language Pathologist at Roper St. Francis Healthcare, for an interactive class focused on understanding the mechanics of memory and techniques to enhance it. Discover various exercises and game suggestions designed to keep your memory sharp.

### **Lowcountry Senior Center**

**Tues, Jun 16, 1:30-2:30 pm** [register here](#)

### **Waring Senior Center**

**Mon, Jun 8, 1:30-2:30 pm** [register here](#)

## **The Power of Five at LSC**

Learn how to create powerful, delicious meals with just five ingredients or less. Carla Johnston, DCN, MA, MS, CNS, LDN shares simple, satisfying recipes that support vibrant aging and making healthy eating easy and enjoyable.

**Thur, May 21, 1:30-2:30 pm** [register here](#)

# 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, May 7, 10 am-1 pm** [register here](#)

### Waring Senior Center

**Wed, May 6, 8:30 - 11:30am** [register here](#)

## Blood Pressure Checks

Stop by and get a free blood pressure screening courtesy of Roper St. Francis Stroke Center of Excellence, and pick up information about stroke prevention. Registration not required.

### Lowcountry Senior Center

**Tues, May 19, 9:30 am-12:30 pm**

### Waring Senior Center

**Tues, May 12, 9:30 am-12:30 pm**

## Fun with Flowers at LSC

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

**Mon, May 4, 11:15 am-12:15 pm** [register here](#)

## Joy of Meditation at LSC

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

**Thur, 2:30-3:30 pm** No class Jun 25

## Mindfulness Matters

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

### Lowcountry Senior Center

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

**Mon, Jun 22, 1-2 pm** [register here](#)

### Waring Senior Center

**Wed, May 6, 13, 27, 10:15-11:15 am** [register here](#)

**Wed, Jun 3, 10, 24, 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, May 27 and Wed, Jun 24**

**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 working hard in Synergy Class at WSC.

# 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, May 9, 10-11:30 am**

**Sat, Jun 13 & 27, 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. Registration is not required.

### Lowcountry Senior Center

**Wed, Jun 24, 2-3 pm**

### Waring Senior Center

**Mon, May 4 & 18, 2-3 pm**

**Mon, Jun 1 & 15, 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, May 7, 9-10 am**

**Thur, Jun 4, 9-10 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, May 20, 10:15-11:15 am**

**Wed, Jun 17, 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, May 8, 10-10:30 am** [register here](#)

**Wed, Jun 10, 10-10:30 am** [register here](#)

### Waring Senior Center

**Fri, May 15, 10-10:30 am** [register here](#)

**Fri, Jun 19, 10-10:30 am** [register here](#)



Members moving with the beat in Drum Beat Fusion at LSC.

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>
	<b>Double Deck Pinochle</b> 9 am-12 pm	<b>Duplicate Bridge</b> 9:30 am-12:30 pm	<b>Double Deck Pinochle</b> 9 am-12 pm	<b>Mah Jongg Open Play</b> 12:30-3:30 pm	<b>Bridge for Fun All Levels</b> 9:30 am-12:30 pm
	<b>Mah Jongg Open Play</b> 9:30 am-12 pm		<b>Hand, Knee, &amp; Foot</b> 12:30-3 pm		

## Waring Senior Center

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Bridge for Fun All Levels</b> 12:30-3:30 pm	<b>Canasta</b> 12:45-3:45 pm	<b>Cancellation Hearts</b> 12-3 pm	<b>Intermediate Bridge</b> 1:15-4:15 pm	<b>Canasta</b> 12-3 pm	
	<b>Cribbage</b> 12:45-3:45 pm	<b>Dominoes</b> 12-3 pm	<b>Mah Jongg Open Play</b> 1:15-4:15 pm	<b>Dominoes</b> 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, May 4 & 11, 1-3 pm** [register here](#)

**Mon, Jun 1 & 8, 1-3 pm** [register here](#)

#### **Waring Senior Center**

**Wed, May 13 & 20, 9:30-11:30 am** [register here](#)

**Wed, Jun 10 & 17, 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**

**Tues, May 26, 12:30-2:30 pm** [register here](#)

**Mon, Jun 15, 1-3 pm** [register here](#)

#### **Waring Senior Center**

**Wed, May 27, 9:30-11:30 am** [register here](#)

**Wed, Jun 24, 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. Gold and Basic Members Only. Free  
**Fri, May 1 & 15, 9 am-12 pm** [register here](#)  
**Fri, Jun 12 & 26, 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.  
\$62 per 7-week series  
**Mon, May 11-Jun 29, 7:45-9:15 am**  
*No class May 25* [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**

## 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 \$25  
**Sat, May 16, 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. May's theme is Emerging Gardens and June's theme is Travel.  
Gold and Basic Members Free / Fitness Members and Guests \$5 per class  
**Wed, May 20, 10-11 am** [register here](#)  
**Wed, Jun 17, 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.  
Gold and Basic Members Only. Free  
**Tues, 1:30-4:30 pm**

## Ukulele 101 at WSC

Did you know learning an instrument like the ukulele improves cognitive function, boosts memory, and reduces stress? Join Noodle McDoodle (Don Whitley) from the V-Tones of Charleston for this introductory class that will show you the basics.  
Gold and Basic Members Free / Fitness Members and Guests \$5  
**Thur, Jun 4, 10-11 am** [register here](#)

# 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

**2<sup>nd</sup> and 4<sup>th</sup> Sat, 10 am-12 pm**

*No class May 23*

## 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 May 25 & Jun 1*

## 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** *No practice May 21 or in June, July, August*

## 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 \$62 / Fitness Members and Guests \$72 per series

**Mon, May 11-Jun 29, 10-11:30 am** [register here](#)

*No class May 25*

## 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 \$62 / Fitness Members and Guests \$72 per series

**Mon, May 11-Jun 29, 12-1:30 pm** [register here](#)

*No class May 25*

## 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 May 25 & Jun 1*

## 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 May 25 & Jun 1*

# Creative Arts & Music

## **Crochet for 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 \$70 per 3-week series

### **Lowcountry Senior Center**

**Tues, May 12, 19, 26, 10:30 am-12 pm**

[register here](#)

**Tues, Jun 9, 16, 23, 10:30 am-12 pm**

[register here](#)

### **Waring Senior Center**

**Wed, June 10, 17, 24, 10-11:30 am**

[register here](#)

## **Drawing with Colored Pencils**

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 front desk.

Gold and Basic Members \$40 / Fitness Members and Guests \$50 per 4-week series

### **Lowcountry Senior Center**

**Fri, May 8-29, 10 am-12 pm**

[register here](#)

### **Waring Senior Center**

**Tue, May 5-26, 1:30 am-3:30 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 \$50 per 4-week series

**Mon, May 4-Jun 1, 3:30-5:30 pm**

[register here](#) *no class May 25*

**Mon, Jun 8-29, 3:30-5:30 pm** [register here](#)

**Sat, Jun 6-27, 10 am-12 pm** [register here](#)

Gold and Basic Members \$30 / Fitness

Members and Guests \$40 per 3-week series

**Sat, May 9-30, 10 am-12 pm** [register here](#)

*no class May 23*

## **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 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



## Mandala Dot Painting at WSC

Explore the soothing art of mandala dot painting as you create a vibrant, patterned design on your choice of canvas, river rock, or a cement doorstep. Perfect for beginners or anyone looking for a mindful art break, you'll leave with a unique, display-ready piece. Supplies included  
Gold and Basic Members \$15 / Fitness Members and Guests \$25 per class

**Wed, Jun 3, 10 am-12 pm** [register here](#)



*Making beautiful drawings out of ordinary objects in the Still Life Drawing Class. This four-week class is offered at both LSC & WSC in May and June. See course description to the right.*



## Quilling Cards at WSC

Come learn the elegant craft of quilling. The century-old art of rolling and shaping paper into delicate designs. Perfect for beginners and seasoned makers alike, this workshop blends creativity, relaxation and meaning. Supplies included. Gold and Basic Members \$15 / Fitness Members and Guests \$25 per class

### Mother's Day

**Wed, May 6, 10 am-12 pm** [register here](#)

### Celebrations: Graduations & Birthday

**Wed, May 13, 10 am-12 pm** [register here](#)

## Still Life Drawing

Discover the traditional method of learning how to draw. In this class, explore key concepts such as composition, positive and negative space, tonal variation, shading, and more. Beginners are welcome. Supply list available at front desk. Gold and Basic Members \$40 / Fitness Members and Guests \$50 per series

### Lowcountry Senior Center

**Fri, Jun 5-26, 10 am-12 pm** [register here](#)

### Waring Senior Center

**Tues, May 5-26, 11:15am-1:15 pm** [register here](#)

# 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, Jun 16, 1-2:15 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 available at the front desk.

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

### Lowcountry Senior Center

**Tues, May 5-26, 1-3 pm** [register here](#)

### Waring Senior Center

**Wed, May 6-27, 10 am-12 pm** [register here](#)



Wonderful pieces painted in Watercolor Workshop. Flowers & Turtles will be painted in May & June.

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

## 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.

### Sunflower Painting

#### Waring Senior Center

**Sat, May 9, 10 am-12:00 pm**

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



### Sea Turtle Painting

#### Lowcountry Senior Center

**Tues, Jun 23, 1-3 pm**

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



# 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**

## Line Dancing

### Lowcountry Senior Center

Members \$20 / Guests \$30 per month

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

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

Members \$25 / Guests \$35 per month

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

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

### Waring Senior Center

Members \$20 / Guests \$30 per month

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

**Wed, May 6-27, 3-4 pm** [register here](#)

**Wed, Jun 3-24, 3-4 pm** [register here](#)

## 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](mailto:Laura4Life.LLC@gmail.com)

### Waring Senior Center

#### Ron White, Certified Personal Trainer

*Currently unavailable; returning soon*

## Intermediate Shag at WSC

For those who've completed at least 10-12 weeks of previous Shag lessons and want to continue further! Members \$50/ Guests \$60 per series

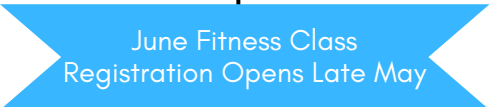
**Mon, Jun 8-Jul 13, 4:45-5:45 pm** [register here](#)



*Gentle movements in Mat/Chair Yoga class at LSC.*

# May 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
				<b>7:30 am</b> Walking Club at JICP Members Only	
<b>8-8:45 am</b> HIIT-Box M/W May \$25/\$35	<b>8:30-9:30 am</b> Full Body Blast May \$15/\$25	<b>8-8:45 am</b> HIIT-Box M/W May \$25/\$35	<b>8:30-9:30 am</b> Functional Strength May \$15/\$25	<b>8-9 am</b> Circuit Training May \$15/\$25	
<b>9-10 am</b> Fit & Firm Free/\$10 per class		<b>9-10 am</b> Fit & Firm Free/\$10 per class	<b>9-9:45 am</b> Tai Chi May \$20/\$30	<b>9:15-10:15 am</b> Dance Conditioning May \$15/\$25	<b>9:30-10:30 am</b> Cardio & Weights Free/\$10 per class
	<b>10-10:45 am</b> Chair Yoga Free/\$10 per class		<b>10-10:45 am</b> Chair Yoga Free/\$10 per class		
<b>10:15-11 am</b> Core Essentials May \$15/\$25		<b>10:15-11:00 am</b> Balance May \$10/\$20	<b>10-11 am</b> Arthritis Foundation Exercise Program May \$10/\$20	<b>10:15-11:15 am</b> Mat/Chair Yoga May \$25/\$35	
<b>11:15 am-12:15 pm</b> ◆ Sit & Fit Free/\$10 per class	<b>11 am-12 pm</b> Qigong May \$10/\$20	<b>11:15 am-12:15 pm</b> ◆ Sit & Fit Free/\$10 per class	<b>11 am-12 pm</b> Strength & Balance Free/\$10 per class	<b>11:15 am-12:15 pm</b> ◆ Sit & Fit Free/\$10 per class	<b>11:30 am-12:45 pm</b> Chair Volleyball Members Only Free
	<b>12:15-1 pm</b> Dance Fitness May \$15/\$25		<b>12:30-1:30 pm</b> Drum Beat Fusion May \$15/\$25	<b>12:30-1:30 pm</b> Gentle Yoga May \$25/\$35	
<b>1-2 pm</b> Strength & Balance Free/\$10 per class	<b>1:15-2:15 pm</b> Yoga Stretch & Restore May \$20/\$30	<b>1-2 pm</b> Strength & Balance Free/\$10 per class		<b>Calendar Key:</b>  <div style="background-color: #ffffcc; padding: 5px; margin-bottom: 10px;">Free for members &amp; no registration required</div> ◆ Class at Lowcountry and available online  <b>Click on the class title</b> to join the live stream class online.  <b>Click on the month</b> to register for classes and pay, if fees apply.  Want to try an exercise class one time? Per class rate is \$8 for members and \$10 for guests for classes with fees.	
<b>2:15-3 pm</b> Core & Stretch May \$15/\$25			<b>2-3 pm</b> Pilates Mat May \$20/\$30		
		<b>3-4:30 pm</b> Chair Volleyball Members Only Free	<b>3:30-4:30 pm</b> Circuit Training May \$15/\$25		
<b>4-5 pm</b> 40/20 Dance Mix May \$15/\$25	<b>4-5 pm</b> Circuit Training May \$15/\$25	<b>4:45-5:45 pm</b> Relax & Repair Yoga May \$20/\$30			

# 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 Essentials**

Improve functional strength, control, and coordination with standing, seated, and floor exercises. 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.

## **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.

# May 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
	<b>8:30-9:30 am</b> HIIT Circuit <u>May \$15/\$25</u>		<b>8:30-9:30 am</b> Circuit Training <u>May \$15/\$25</u>	<b>8:30-9:30 am</b> Fit & Firm Free/\$10 per class	
<b>9-10 am</b> Fit & Firm Free/\$10 per class		<b>9-10 am</b> Fit & Firm Free/\$10 per class			<b>9:15-10:15 am</b> 40/20 Dance Mix <u>May \$15/\$25</u>
<b>10-10:45 am</b> Synergy <u>May \$15</u> WSC Gold & Fitness Members Only	<b>10-11 am</b> Rock Steady Boxing for Parkinson's T/TH/F <u>May \$100/\$250</u>		<b>10-11 am</b> Rock Steady Boxing for Parkinson's T/TH/F <u>May \$100/\$250</u>	<b>10-11 am</b> Rock Steady Boxing for Parkinson's T/TH/F <u>May \$100/\$250</u>	<b>10:30-11:30 am</b> Cardio & Weights Free/\$10 per class
	<b>10-10:45 am</b> Tai Chi <u>May \$20/\$30</u>	<b>10:15-11:15 am</b> Functional Strength <u>May \$15/\$25</u>	<b>10-11 am</b> Gentle Yoga <u>May \$20/\$30</u>		<b>10:30 am-12 pm</b> Chair Volleyball Members Only Free
<b>11 am-12 pm</b> Chair Dance <u>May \$15/\$25</u>	<b>11:30 am-12:30 pm</b> ◆ <u>Sit &amp; Fit</u> Free/\$10 per class	<b>11:30 am-12:30 pm</b> Chair Yoga Free/\$10 per class	<b>11:30 am-12:30 pm</b> ◆ <u>Sit &amp; Fit</u> Free/\$10 per class		
◆ <b>12-1 pm</b> <u>Cardio &amp; Weights</u> Free/\$10 per class	<b>11:30 am-12:30 pm</b> Strength Training with Bands <u>May \$15/\$25</u>		<b>11:30 am-12:30 pm</b> Strength Training with Bands <u>May \$15/\$25</u>	<b>12:15-1:15 pm</b> Dance Conditioning <u>May \$15/\$25</u>	
<b>1-1:45 pm</b> Synergy <u>May \$15</u> WSC Gold & Fitness Members Only	<b>11:30 am-12:30 pm</b> Gentle Yoga <u>May \$20/\$30</u>	<b>1-2 pm</b> 40/20 Dance Mix <u>May \$15/\$25</u>		<p><b>Calendar Key:</b></p> <p>Free for members &amp; no registration required</p> <p>◆ Class at Waring and available online</p> <p><b>Click on the class title</b> to join the live stream class online.</p> <p><b>Click on the month</b> 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>	
<b>1:30-2:30 pm</b> Yoga for Back Health <u>May \$15/25</u>	<b>12:45-1:45 pm</b> Strength & Balance Free/\$10 per class		<b>12:45-1:45 pm</b> Strength & Balance Free/\$10 per class		
<b>2-3 pm</b> Body Built Strong M/TH <u>May \$20/\$30</u>	<b>2-3 pm</b> Cardio Power Hour <u>May \$15/\$25</u>	<b>2:15 - 3:15 pm</b> Strength & Balance Free/\$10 per class	<b>2-3 pm</b> Body Built Strong M/TH <u>May \$20/\$30</u>		
<p>June Fitness Class Registration Opens Late May</p>		<b>4:45-5:45 pm</b> Evening Yoga <u>May \$20/\$30</u>			

# 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.

## **Body Built Strong**

This class is a versatile class featuring intermittent movements at varying intensities, focusing on arms, trunk, and legs. The goal is to use body weight as resistance in different postures, enhancing strength, flexibility, and functional abilities for independent living.

## **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. 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.

## **HIIT Circuit**

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

## **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

## Community Connections

### Tri-County Biological Science Center Tour

Join Tom Van Koughnett, Forensic Laboratory Director, as he takes members on a guided tour of the state-of-the-art facility designed to reduce evidence backlogs and speed up DNA and drug testing for law enforcement agencies across the tri-county area. Transportation is not provided. Meet at 3765 Leeds Ave in North Charleston. Space is limited. Gold and Basic Members Only. Free

**Fri, Jun 5, 11 am** [register by 6/2](#)



## Walking Tours at May Forest State Park

### Lowcountry Stroll

Enjoy a ranger-led walk through May Forest State Park, a property still in its planning and development phase, but already rich with natural beauty. This gentle 0.6-mile loop is ideal for an easy stroll, offering opportunities to discover the area's unique flora and fauna that surrounds us. Along the way, learn about the history of this serene landscape and its place in the Lowcountry. Meet at the Visitor Center, located at 424 Fort Johnson Road on James Island. Please wear comfortable walking shoes.

Transportation is not provided. Space is limited. Registration required.

Gold and Basic Members Only. Free

**Thu, May 21, 10-11 am** [register by 5/15](#)

### May the Forest Be With You

Join us on a Padawan Plant Pursuit for invasive Sith plant species throughout May Forest State Park. During this ranger-guided walk, learn about the diverse flora and fauna that call this developing park home. By the end of the program, you'll be ready to use the Force of Plant Identification across South Carolina's Lowcountry. Meet at the Visitor Center, located at 424 Fort Johnson Road on James Island. Please wear comfortable walking shoes. Transportation is not provided. Space is limited. Registration required.

Gold and Basic Members Only. Free

**Thur, Jun 4, 10-11 am** [register by 5/29](#)

# 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, May 20, 12 pm** [register by 5/16](#)

**Tues, Jun 16, 6:45 pm** [register by 6/12](#)

## **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

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

**Fri, Jun 19, 9 am** [register by 6/15](#)

## **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

**Thur, May 28, 12:15 pm** [register by 5/14](#)

**Mon, Jun 29, 10:45 am** [register by 6/11](#)

## **Shark Tooth & Fossil Hunting Tour**

Board Charleston Outdoor Adventure's boat and cruise through tidal creeks and marshes out to the uninhabited Morris Island. Once you get to the beach, a naturalist leads you on a guided 3 hour, multiple-mile beach walk to a remote location where you are likely to find shark teeth and prehistoric fossils. As you walk, your guide discusses fossils, why fossils are found in this area, and what type of fossils you can expect to find. The naturalist will also identify any fossils you find. Wear comfortable walking shoes. Gold and Basic Members \$85 / Fitness Members and Guests \$95 per tour

**Thur, Jun 25, 9 am** [register by 5/25](#)

## **Sip into Summer: Red & White Edition**

Kick off summer with a special tasting of Red and White Blends, perfectly suited for the season. Rick Dean of *Strong Coffee to Red Wine* leads a tasting of five unique wines. Light snacks are included to complement the tasting experience.

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

## **Lowcountry Senior Center**

**Thur, May 21, 4-5:45 pm** [register by 5/11](#)

## **Waring Senior Center**

**Thur, Jun 4, 4-5:45 pm** [register by 5/22](#)

# Social - Out & About

## Dining Out

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

**Wed, May 13, 5 pm** [register by 5/6](#)

Aji Asian Bistro, 1011 Harbor View Rd

**Tues, May 26, 5 pm** [register by 5/19](#)

Triangle Char & Bar, 828 Savannah Hwy

**Tues, Jun 9, 5 pm** [register by 6/2](#)

Rio Chico Mexican Restaurant, 520 Folly Rd

**Tues, Jun 23, 5 pm** [register by 6/16](#)

Ms. Rose's Fine Food and Cocktails

1090 Sam Rittenberg Blvd

## Lunch Bunch

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

**Thur, May 7, 11:30 am** [register by 5/4](#)

Mazal, 1901 Ashley River Rd

**Wed, May 20, 11:30 am** [register by 5/17](#)

Melvin's BBQ, 538 Folly Rd

**Thur, Jun 4, 11:30 am** [register by 6/1](#)

Los Reyes, 1119 Wappoo Rd Unit Q

**Wed, Jun 17, 11:30 am** [register by 6/14](#)

Fam's Brewing Co., 1291 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, Jun 4, 4 pm** [register by 6/1](#)

Salty Mike's, 9 Lockwood Dr

## 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 May and June**

## 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, May 28, 4-5:45 pm** [register here](#)

Featuring White Wines

**Thur, Jun 25, 4-5:45 pm** [register here](#)

Featuring Chile



*Members enjoying a night out at The James.*

# 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, May 5-26, 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, May 5-26, 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

We continue to meet with potential contractors and waiting on our permit from City of Charleston. Although it's slow, there is progress. We are looking forward to breaking ground on our three outdoor pickleball courts and know that the wait will be well worth it!



*Pickleball players enjoying the warmer temps at WSC.*

# Center Information



## Lowcountry Senior Center

865 Riverland Drive  
Charleston, SC 29412  
Phone: (843) 990-5555  
[lowcountryseniorcenter.com](http://lowcountryseniorcenter.com)

### Hours of Operation

Mondays–Thursdays, 7:30 am–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](http://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](http://lowcountryseniorcenter.com) or at the center. After a monthly class starts, you must register directly with the center. Advance registration is required for all classes unless noted. Fees are due at time of registration. Cash, check and credit card are accepted.

### Refunds and Cancellation Policy

Programs may be cancelled and refunded if minimum participation is not met. You may receive a refund for a paid class if you cancel with the center one week in advance of the class/session start date. There are no refunds or credits for classes you personally missed. For trips, refund and cancellation policies vary. Memberships and gift certificates to the center are non refundable.

### Waring Senior Center Café

The café is open Tuesdays, Wednesdays, and Fridays serving a hot lunch (11am–2pm). 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.

# May 2026 - Pickleball Schedule

Registration is not required for Open Play. Just show up and play! Volunteers will be onsite to coordinate play. Starting in June, the morning open play will start one hour earlier. Calendar is subject to change. Please check the newsletter for dates and times of lessons.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7 am</b>	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	<b>Closed / Open at 8 am</b>
<b>8 am</b>	<b>8:45-9 am Set-up</b>	<b>9:45-9 am Set-up</b>	<b>8:45-9 am Set-up</b>	<b>8:45-9 am Set-up</b>	<b>8:45-9 am Set-up</b>	<b>8:30 am-12:30 pm Open Play All Levels</b>
<b>9 am</b>	<b>9 am-12 pm Open Play All Levels</b>	<b>9 am-11 am Beginners Open Play</b>	<b>9 am-12 pm Open Play All Levels</b>	<b>9 am-12 pm Open Play All Levels</b>	<b>9 am-12 pm Open Play All Levels</b>	
<b>10 am</b>						
<b>11 am</b>		11:15 am -2:45 pm Available for reservations, unless lessons are scheduled.				
<b>12 pm</b>	12:15-5:45 pm Available for reservations, unless lessons are scheduled.		12:15-5:45 pm Available for reservations, unless lessons are scheduled.	12:15-5:45 pm Available for reservations, unless lessons are scheduled.	11:15-3:45 pm Available for reservations, unless lessons are scheduled.	<b>Center Closes at 1 pm</b>
<b>1 pm</b>						
<b>2 pm</b>		<b>2:45-3 pm Set-up</b>				
<b>3 pm</b>		<b>3-5 pm Open Play All Levels</b>				
<b>4 pm</b>					<b>Center Closes at 4 pm</b>	
<b>5 pm</b>		5:15-5:45 pm Available for reservations				

**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 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.