Lowcountry & Waring
SENIOR CENTERS

Nov/Dec 2026

Note from the Director

Lowcountry and Waring Senior Centers are kicking off our most festive time of year! The coming months are filled with special events and musical performances.

We celebrate our Veterans in November. Waring Senior Center welcomes U.S. Army veteran and College of Charleston Assistant Professor of Jewish Studies, Chad S.A. Gibbs, Ph.D., who shares his journey after suffering an IED attack in Iraq. Lowcountry Senior Center celebrates with a patriotic performance by the Senior Center Chorus. (See page 2)

In December, we are thrilled to welcome the Charleston Symphony Youth Orchestra for a performance at Waring Senior Center. The Senior Center Chorus rings in the holidays at both centers. (See page 2)

The holidays can raise difficult emotions, especially when you have lost a loved one. I, too, know this firsthand. Hope for Grieving Hearts and Moving on After Change can help. (See page 9).

After nearly a year of planning, we are excited to announce our new app goes live by midday November 9th! This is part of a transition to a new registration, check-in, and membership management system. (See page 24)

Wishing everyone a peaceful holiday season!

Elizabeth Bernat, MHA, Director



Members enjoying a meal at Paisano's for LSC's Spirit Night Fundraiser.



Members had a tail-wagging good time turning photos of their beloved pets into colorful masterpieces at WSC! See page 14 for next class offered.

Holiday Schedule

Nov 20: Centers close at 12 pm
Nov 25: Centers close at 12 pm
Nov 26-28: Closed

Dec 14-17: Lowcountry closes at 5 pm
Dec 21, 22: Centers close at 4 pm
Dec 23: Centers close at Noon
Dec 24-26: Closed
Dec 28-30: Centers close at 4 pm
Dec 31: Centers close at 12 pm
Jan 1-2: Closed

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, Nov 19, 8:45-9:45 am

Waring Senior Center

Mon, Nov 16, 10:30-11:30 am

Bake Sale Fundraiser

Cookies, cakes, pies, loaves, muffins, brownies, cupcakes, and more! Your skills are needed for the senior centers' bake sales on November 18 & 19. We are asking for baked items to be labeled, packaged, and ready to sell. There will be a bake sale at each senior center with proceeds remaining with the respective centers. Please sign up in advance at centers' front desks by Nov 13. You can drop off your ready-to-sell baked goods on Tues, Nov 17, 9 am-12 pm at your center. Please do not bring refrigerated items.

Wed, Nov 18, 10 am-2 pm

Thur, Nov 19, 10 am-2 pm

Legare Farms Rolling Market at LSC

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

Wed, 10-11 am



Waring Café and Carryout Meals

Enjoy a delicious, hot, nutritionally balanced meal three days a week at Waring Senior Center Café for only $7!

Each meal includes:

- A hot entrée and fresh fruit
- 8-ounce bottle of water
- 8-ounce carton of skim milk
- Dessert (typically included)

Meals are served warm and may be enjoyed in the café or taken home as carryout.

Featured Entrées

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

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.

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

Happenings at the Centers

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

Charleston Symphony Youth Orchestra at WSC

Join us for a special holiday performance by select members of the Charleston Symphony Youth Orchestra. Enjoy festive music and holiday cheer as these talented young musicians share their favorite seasonal selections. Space is limited, and registration is required.

Sat, Dec 5, 12 pm

Chorus Holiday Concert at LSC

Celebrate the season with a festive performance by the Senior Center Chorus. Please bring a table-ready holiday dessert or snack to share.

Wed, Dec 9, 3 pm

Holiday Sing-Along at WSC

Get in the spirit of the holidays with an afternoon of festive carols. Sing your holiday favorites with the Senior Center Chorus. Please bring your favorite table-ready holiday dessert or snack to share!

Wed, Dec 16, 11:30 am

Olde Pipes Holiday Concert

Join the Olde Pipes Consort for A Tapestry of Holiday Memories, a festive program of historic winter music celebrating the magic and traditions of the season.

Lowcountry Senior Center

Fri, Dec 4, 1:30 pm

Waring Senior Center

Fri, Dec 11, 1:30 pm



Celebrating Our Heroes

Cards for Heroes

During the week of Veterans Day tables will be set up in the lobbies of LSC/WSC inviting everyone to write meaningful messages on provided cards to be delivered to active duty service members over the holidays.

Mon, Nov 9-Fri, Nov 13

From Iraq to the Classroom at WSC

Join U.S. Army veteran and College of Charleston Assistant Professor of Jewish Studies Chad S.A. Gibbs, Ph.D., as he shares his inspiring journey from surviving a life-changing IED attack in Iraq to a successful career in higher education. Dr. Gibbs will discuss resilience, perseverance, and the lasting impact of military service. This program is sponsored by SC Humanities.

Tues, Nov 10, 2 pm

Veterans Day Concert at LSC

The Senior Center Chorus pays tribute to Veterans who have served in all branches of the military with a patriotic program that will have your toes tapping and you singing along.

Wed, Nov 11, 3 pm

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

Lifelong Learning

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

A School for the Children of Maryville: From Deming to Wallace Consolidated School at WSC

Join local historian Diane Hamilton and discover the story of how residents of Maryville worked together from 1886 to 1936 to build a school for their children. Learn how community support, fundraising efforts, and assistance from the American Missionary Association turned a dream into reality. It truly took a village.

Mon, Dec 14, 2-3 pm

Buying and Selling Online at WSC

Join Claire White, Technology Librarian from the Keith Summey North Charleston Library to learn how to shop smart, sell safely, and make the most of today's online tools. We'll walk through the basics together, from shopping at big-name stores to posting your own items on sites like eBay or Facebook Marketplace. Learn tips for avoiding scams, setting fair prices, and getting items sold.

Wed, Dec 2, 1-2 pm

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

Historical Aerial Photographs from USC at LSC

Join Baxter-Patrick librarian Malcolm Hale for an overview of historic aerial images available through the University of South Carolina's Map Library, featuring photographs from 1939 to 1979. The session focuses on Charleston County and shows how these images illustrate the area's changing landscape.

Tues, Dec 8, 1:30-2:30 pm

James Island History: Other Forts on James Island - Part 2 at LSC

Baxter-Patrick librarian Mike Corbo has previously explored Fort Johnson and Fort Lamar. In this second talk of a two-part series, he highlights additional forts and batteries that once stood on James Island, offering a deeper look into the area's military past.

Wed, Dec 16, 2-3 pm



Members transformed real oyster shells into beautiful coastal wreaths inspired by Charleston's charm.

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

Lifelong Learning

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

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, Nov 18, 2:15-3:15 pm

Wed, Dec 16, 2:15-3:15 pm

Great Decisions at WSC

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

Nov Topic: The Future of Human Rights

Tues, Nov 17, 1-2:30 pm

Let's Talk Tudors! at LSC

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

A Nest of Heretics

Winter, 1547: Henry faces death, and a plot against Katherine surfaces.

Mon, Nov 2, 10-11 am

A Tudor Christmas

How did the Tudors celebrate Christmas? Come find out what they ate, drank and did to celebrate Yuletide. We'll have wassail and live music.

Wed, Dec 2, 2-3 pm

Waring Senior Center and the College of Charleston Center for Creative Retirement present

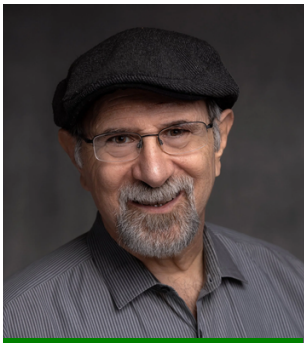
A New Stage of Life

Redefining Retirement

Our traditional ideas about retirement don't line up with the reality of longer post-career lives. Don Akchin, author of *The After Work: Finding Fulfilling Alternatives to Retirement*, shares perspectives on how to make longer lives satisfying and meaningful. Books will be available for purchase.



Moderator
Bill Sharpe
Retired News Anchor at Live 5 News WCSC-TV in Charleston, SC



Author / Keynote Speaker
Don Akchin

Friday, Nov 13, 10 am-12 pm at Waring Senior Center

Free for WSC/LSC Gold and Basic Members & COC Creative Retirement Members

WSC/LSC Fitness Members and Guests $10

Light refreshments provided. *Space is limited and registration is required.*

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

Lifelong Learning

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

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, Nov 18, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Nov 6, 9 am-1 pm

Fri, Dec 11, 9 am-1 pm

Call (843) 402-1990 to register.

Book Club

Lowcountry Senior Center

Mon, Nov 16, 11 am-12:15 pm

The Scarlet Letter by Nathaniel Hawthorne

Mon, Dec 21, 11 am-12:15 pm

End of year Review. No book.

Waring Senior Center

Thur, Nov 19, 1-2 pm

The Correspondent by Virginia Evans

Thur, Dec 17, 1-2 pm

The First Ladies Club by Marie Benedict and Victoria Christopher Murray

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, Nov 4, 4-5:30 pm

CARTA OnDemand Information

CARTA OnDemand is a partnership with Uber and Lyft for adults age 60+ and current CARTA Tel-A-Ride customers. Eligible trips must begin and end within the CARTA OnDemand service area, generally within ¾ mile of CARTA fixed-route bus service. Senior trips can cost as little as $5 each way. Stop by the lobby to learn more about the program and get help applying. Please bring your photo ID.

Lowcountry Senior Center

Wed, Dec 2, 9:30 am-12:30 pm

Waring Senior Center

Thur, Dec 3, 9:30 am-12:30 pm

Financial Education Series

Charitable Giving and Your Financial Strategy at LSC

Giving back looks different for everyone. Discover the charitable-giving approach that aligns with your financial strategy and life stage, and learn how to make meaningful contributions in a way that's right for you.

Mon, Nov 16, 10-11 am

Retirement: Making Your Money Last at LSC

Explore investment strategies to help your money last through retirement and learn how to prepare for inflation, health care expenses, and market volatility.

Mon, Dec 14, 10-11 am

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

Health & Wellness

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

Caregiving for the Holidays

Caregivers often experience added stress during the holidays. Venita Olson, Volunteer Community Educator, Alzheimer's Association, shares practical tips on holiday safety, self-care, and creating a more enjoyable season for everyone.

Lowcountry Senior Center

Thur, Dec 10, 1:30-2:30 pm

Waring Senior Center

Thur, Dec 17, 2-3 pm

Medicare One-On-One Sessions

If you are turning 65, do you know your Medicare options? Do you know when you can enroll, switch or disenroll in a Medicare Advantage Plan? Call the centers and sign-up for a 30-minute appointment with an unbiased SHIP (State Health Insurance Plan) volunteer and get your questions answered. Members and Guests Free

Lowcountry Senior Center

Tues, Nov 10, 10-11 am

Thur, Dec 3, 10-11 am

Call (843) 990-5555 to register.

Waring Senior Center

Tues, Nov 17, 10-11 am

Fri, Dec 4, 10-11am

Call (843) 402-1990 to register.

Neurobics: Exercises for Your Brain

Join Amy Hider, Speech-language Pathologist, Roper St. Francis Healthcare, for an engaging workshop on brain health and mental fitness. Learn simple Neurobics techniques that use everyday activities to break routines, stimulate your brain, and help you stay sharp, focused, and mentally energized.

Lowcountry Senior Center

Wed, Nov 18, 2-3 pm

Waring Senior Center

Mon, Dec 7, 1-2 pm

Understanding Your OTC Medications & Supplements at LSC

Learn how to read over-the-counter medication labels, spot common drug interactions with prescriptions, and use supplements safely. Presented by the Rho Chi Honor Society at the MUSC College of Pharmacy. Light refreshments are provided.

Fri, Nov 13, 12:30-1:30 pm

Flu Shot Walk-In Clinic

Walk in and get your vaccines from a Dottie's Pharmacy pharmacist. Medicare is accepted. Please bring your insurance card with you. No appointment needed. Vaccines Available: Regular & High Dose Flu - COVID-19

Lowcountry Senior Center

Tues, Nov 10, 12:30-2:30 pm

Waring Senior Center

Wed, Nov 4, 10 am-12 pm

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

Health & Wellness

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

Blood Drive

THE BLOOD® CONNECTION Your Community Blood Center

Save Lives. Earn Rewards. Donate!

Lowcountry Senior Center

Fri, Nov 6, 10 am-1 pm

Waring Senior Center

Tues, Nov 3, 8:30am-11:30am

Blood Pressure & Stroke Screenings

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

Wed, Dec 9, 9:30 am-12:30 pm

Waring Senior Center

Thur, Dec 10, 9 am-12 pm

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



Fun with Flowers is always a hit, and the mindfulness discussion made it both meaningful and fun.

Mindfulness Matters

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

Lowcountry Senior Center

Mon, Nov 9, 10-11 am

Mon, Dec 7, 10-11 am

Waring Senior Center

Wed, Nov 4 & 11, 10:15-11:15 am

Wed, Dec 2 & 9, 10:15-11:15 am

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.

Returning in January

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, Nov 18, 10:15-11:15 am

Wed, Dec 16, 10:15-11:15 am

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

Support

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

Alzheimer's Caregiver Support Group at WSC

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

Sat, Nov 14, 10-11:30 am

Sat, Dec 12, 10-11:30 am

Hope for Grieving Hearts Grief Support Group

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

Lowcountry Senior Center

Wed, Nov 11, 2-3 pm

Wed, Dec 9, 2-3 pm

Waring Senior Center

Mon, Nov 2 & 16, 2-3 pm

Mon, Dec 7 & 21, 2-3 pm

Hope for the Holidays

The holiday season can be especially difficult when loved ones are far away or no longer with us. Join Dr. Andrea Coyle for a meaningful discussion exploring gratitude, connection, and ways to find joy, hope, and resilience throughout the season.

Lowcountry Senior Center

Tues, Dec 15, 1:30 pm

Waring Senior Center

Mon, Nov 9, 1:30 pm

Moving on After Change at LSC

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

Thur, Nov 12 & Dec 3, 9-10 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, Nov 13, 10-10:30 am

Fri, Dec 11, 10-10:30 am

Waring Senior Center

Fri, Nov 6, 10-10:30 am

Fri, Dec 4, 10-10:30 am

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Double Deck Pinochle 9 am-12 pm **Mah Jongg Open Play** 9:30 am-12 pm	**Duplicate Bridge** 9:30 am-12:30 pm	**Double Deck Pinochle** 9 am-12 pm **Hand, Knee, & Foot** 12:30-3 pm	**Mah Jongg Open Play** 12:30-3:30 pm	**Bridge for Fun All Levels** 9:30 am-12:30 pm

Waring Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bridge for Fun All Levels 12:30-3:30 pm	**Canasta** 12:45-3:45 pm **Cribbage** 12:45-3:45 pm	**Cancellation Hearts** 12-3 pm **Dominoes** 12-3 pm	**Intermediate Bridge** 1:15-4:15 pm **Mah Jongg Open Play** 1:15-4:15 pm	**Canasta** 12-3 pm **Dominoes** 12-3 pm	

Mah Jongg Lessons

Learn to play Mah Jongg. Must commit to attending both lessons in a series.
Class size is limited to 8. No repeats allowed.
Gold and Basic Members $35 / Guests and Fitness Members $55 per series

Lowcountry Senior Center

Mon, Nov 2 & 9, 1-3 pm

Mon, Dec 7 & 14, 1-3 pm

Waring Senior Center

Wed, Nov 11 & 18, 9:30-11:30 am

Wed, Dec 2 & 9, 9:30-11:30 am

Mah Jongg Guided Play with Expert

Guided play provides live coaching to practice, ask questions and gain confidence in real-time gameplay. Perfect for those looking to boost their strategy skills with expert guidance. This session is designed for anyone who has completed beginner lessons or has some game play experience.
Gold and Basic $20 / Guests and Fitness Members $40 per class

Lowcountry Senior Center

Mon, Nov 16, 1-3 pm

Waring Senior Center

Thur, Nov 19, 9:30-11:30 am

Wed, Dec 16, 9:30-11:30 am

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

Creative Arts & Languages

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

Coffee Talk French at LSC

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

Mon, 11:15 am-12:15 pm

French - Intermediate at LSC

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

Mon, 10-11 am

German at LSC

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

Fri, 12:30-1:30 pm *No class Nov 20*

Italian Conversation & Culture at LSC

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

Fri, 11:15 am-12:15 pm

Italian - Intermediate at LSC

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

Fri, 10-11 am

Conversational Spanish at WSC

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

Fri, Nov 13-Dec 18, 10:30 am-11:30 pm

Spanish - Building on the Basics at LSC

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

Tues, Nov 3-Dec 15, 11 am-12 pm

No class Dec 1

Spanish for Beginners at WSC

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

Fri, Nov 13-Dec 18, 9-10:15 am *No class Nov 27*

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, Nov 4-Dec 16, 1-2 pm

No class on Nov 11 & 25

Creative Arts & Languges

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

Advanced Quilters Group at WSC

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

Fri, Nov 6 & 20, 9 am-12 pm

Fri, Dec 4 & 18, 9 am-12 pm

Art Hub

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

Lowcountry Senior Center

Fri, 1-3 pm *No class Nov 20*

Waring Senior Center

Mon, 10 am-12 pm

Holiday Quilling at WSC

Add a handmade touch to your holiday greetings with the art of paper quilling! Learn to roll and shape colorful strips of paper into beautiful designs to create unique holiday cards that are sure to delight their recipients. All experience levels welcome. Gold and Basic Members $15 / Fitness Members and Guests $35

Tues, Nov 10, 11 am-1 pm

Knitting & Threads

Get together and work on your own knitting, needlepoint and crocheting projects. Gold and Basic Members Only. Free

Lowcountry Senior Center

Thur, 10 am-12 pm

Waring Senior Center

Wed, 2-4pm

Oyster Shell Wreath Class at WSC

Create a beautiful coastal wreath inspired by Charleston's charm in this relaxed, beginner-friendly class. Come arrange real oyster shells into a unique decorative wreath perfect for your home, porch, or as a thoughtful gift. Gold and Basic Members $35/ Fitness Members and Guests $55

Tues, Dec 8, 10:30 am-1 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.

Returns in January

Sew Much Fun at WSC

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

Tues, 1:30-4:30 pm

Writing Circle

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

Lowcountry Senior Center

1st and 3rd Wed, 1-3 pm

Waring Senior Center

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

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

Creative Arts & Languages

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

Mon, Dec 7, 2-3 pm

Waring Senior Center

Thur, Nov 19, 10-11 am

Fun with Flowers

Learn how flowers 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, Dec 14, 11:30 am-12:30 pm

Waring Senior Center

Mon, Nov 16, 11:30 am-12:30 pm

Introduction to Oil Pastels at LSC

Learn the basics of oil pastels, a smooth, creamy medium distinct from chalk pastels. Explore simple blending and layering techniques to create colorful beginner-friendly artwork. Supply list available at the front desk. Gold and Basic Members $45 / Fitness Members and Guests $65 per series

Thur, Nov 12, 19, Dec 3, 10, 1:30-3:30 pm

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. Supply list available at front desk. Gold and Basic Members $35 / Fitness Members and Guests $55 per series

Sat, Nov 7-21, 10 am-12 pm

Sat, Dec 5-19, 10 am-12 pm

Macrame Ornaments at WSC

Add a handmade touch to your holiday décor with a fun ornament-making class! Create either a charming Christmas tree or a jolly Santa ornament while you unwind and get creative. All supplies included. No experience necessary—just bring your holiday spirit! Gold and Basic Members $20 / Fitness Members and Guests $40

Tues, Dec 1, 11 am-1 pm

Watercolor Lessons

Suited for those who have experience with painting. Learn about tools, materials, color theory, composition and the Golden Mean. We also learn alternate techniques and some art history. Supply list available at the front desk. Gold and Basic Members $15 / Fitness Members and Guests $35 per series

Lowcountry Senior Center

Tues, Nov 3-17, 1-3 pm

Waring Senior Center

Wed, Nov 4-18, 10 am-12 pm

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

Creative Arts & Languages

Gel Printing Workshop at LSC

Explore the calming, creative process of gel printing—a form of mono-printing used to produce richly textured, colorful papers for collage and other art projects. Participants will experiment with Gel plates and acrylic paint to create a variety of unique prints and take home numerous finished pieces. All materials are provided.
Gold and Basic Members $35 / Fitness Members and Guests $55 per class
Tues, Dec 1, 1-3 pm register by 11/30

Collage Card Making Workshop at LSC

Create a set of festive abstract notecards using a playful mixed-media process that incorporates coffee, tea, watercolor, drawing, and collage. Participants will be guided through each step with plenty of room for creativity, and the finished cards make a fun and thoughtful gift. All materials are provided. Gold and Basic Members $35 / Fitness Members and Guests $55 per class
Tues, Dec 8, 1-3 pm register by 12/7

Zentangle at WSC



Intro to Zentangle® at WSC

This holiday themed 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 $20 / Fitness Members and Guests $40
Sat, Dec 5, 10 am-12 pm



Holiday Paint My Pet Portrait at WSC

Turn your favorite pet photo into a work of art! Register for class and submit your pet photo by 11/13, and we'll have a custom sketch ready on your canvas when you arrive. With step-by-step instruction and no drawing experience required, you'll create a 12" x 12" keepsake portrait to cherish. Supplies are included. Space is limited.
Gold and Basic Members $45 / Fitness Members and Guests $65
Tues, Nov 17, 10 am-12:30 pm

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

Creative Arts & Languages

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

Acoustic Jam Sessions

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

Lowcountry Senior Center

Tues, 3-5:30 pm *No jam Dec 15, 22, 29*

Waring Senior Center

2nd Sat, 10 am-12 pm

Beginner Recorder Lessons at LSC

Interested in learning the recorder? Note reading experience is necessary. Stop by the front desk or call (843) 990-5555 and we'll contact you about getting started.

Mon, 3:30-4:30 pm *No practice in Dec*

Chorus at LSC

Singing is great for your health. This choral group welcomes new and experienced singers. Directed by Paula Carl.

Thur, 1:30-2:45 pm *No practice Dec 10-31*

The Olde Pipes Consort at LSC

For intermediate and advanced recorder players who have experience playing and can read sheet music. Directed by Jean Williams.

Mon, 1:30-3:30 pm *No practice in Dec*

The Piperinos at LSC

For those with prior recorder experience. Led by Jean Williams and Betty Clayton, this group rehearses ensemble pieces and performs offsite as part of our community outreach efforts.

Mon, 12:30-1:30 pm *No practice in Dec*

Beginner Ukulele at WSC

Come join the fun and make music with others in our beginner ukulele class! In this beginner class you will learn the basics in a relaxed, enjoyable setting. No pressure-just music, laughter, and learning together! Bring your own ukulele or use one of our loaners in class. Gold and Basic Members $40 / Fitness Members and Guests $60 per series

Thur, Nov 12-Dec 10, 11:15 am-12-15 pm

No class on Nov 26

Intermediate Ukulele at WSC

Ready to take your ukulele skills to the next level? This class is designed for players who are comfortable with basic chords and strumming patterns and want to expand their abilities. Come learn new chords, strumming techniques, picking patterns, and songs while building confidence and musicality in a fun, supportive environment. Bring your ukulele and enjoy making music with others! Gold and Basic Members $40 / Fitness Members and Guests $60 per series

Thur, Nov 12-Dec 10, 10-11 am

No class on Nov 26



WSC Group Ukulele Lessons led by Donald Whitley aka Noodle McDoodle of the V-Tones of Charleston.

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

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

Arthritis Foundation Exercise Program (AFEP) at LSC

Gentle exercises with a brief health education segment, plus stretching, strengthening, endurance, and relaxation. Members $20 / Guests $40 per series
Thur, Nov 5-Dec 17, 1:30-2:30 pm
No class Nov 26

Personal Training

Training sessions are 45 minutes for one person. Fee is payable at the time of your appointment to the center's front desk. Schedule a free consult with a trainer before your first training session.
$45/person for Gold and Fitness Members

Lowcountry Senior Center
Diane Betz, Certified Personal Trainer
Call the front desk to schedule an appointment.
(843) 990-5555
Laura Kier, Certified Personal Trainer
Call, text or email to schedule an appointment.
(843) 310-0948 or Laura4Life.LLC@gmail.com

Waring Senior Center
Ron White, Certified Personal Trainer
Call the front desk to schedule an appointment.
(843) 402-1990

Holiday Shag Workshop at WSC

Give yourself the gift of dance this holiday season! Grab your friends and join us for a fun introduction to the Carolina Shag. Perfect for beginners or anyone wanting a refresher. No partner needed. Members $20 / Guests $40
Mon, Nov 16, 3-5 pm

Social Dancing: Waltz at WSC

Get ready for the holiday season by learning the basics of the Waltz! This fun 4-week class helps you build confidence on the dance floor while improving balance, coordination, and memory. No partner needed, and all skill levels are welcome. Members $20 / Guests $40
Tues, Nov 3-Dec 1, 2-3 pm *No class on Nov 24*

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

November Fitness at Lowcountry

Current Rates: *Gold, Basic and Fitness Member Cost Per Month / Guest Cost Per Month Unless Noted*
Try an exercise class one time - per class rate is $8 for members and $10 for nonmembers for fee-based classes.

Important: Upcoming Changes to Fitness Class Registration & Pricing
All fitness classes will be registered by individual class date once our new online registration system launches. Monthly fitness registration will be phased out as part of this transition. Please note that the pricing currently shown on the fitness calendar **will change** when the new system goes live. See fitness class pricing structure below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lowcountry SENIOR CENTER				**7:30 am** Walking Club at JICP Members Only	
8-8:45 am HIIT-Box M/W *Diane B.* $25/$35	**8:30-9:30 am** Full Body Blast *Erin C.* $15/$25	**8-8:45 am** HIIT-Box M/W *Diane B.* $25/$35	**8:30-9:30 am** Functional Strength *Lillie S.* $15/$25	**8-9 am** Circuit Training *Lillie S.* $15/$25	
9-10 am Fit & Firm *Aleshia P.* Free/$10 per class		**9-10 am** Fit & Firm *Aleshia P.* Free/$10 per class	**9-9:45 am** Tai Chi *Reggie W.* $15/$25	**9:15-10:15 am** Dance Conditioning *Tanya C.* $15/$25	**9:30-10:30 am** Power Hour *Lillie S.* Free/$10 per class
10:15-11 am Pilates Mat *Diane B.* $25/$35	**10-10:45 am** Dance Fitness *Diane B.* $15/$25	**10:15-11 am** Balance *Aleshia P.* $10/$20	**10-10:45 am** Drum Beat Fusion *Diane B.* $15/$25	**10:15-11:15 am** Mat/Chair Yoga *Cathy B.* $15/$25	
11:15 am-12:15 pm ✦ Sit & Fit *Laura K.* Free/$10 per class	**11 am-12 pm** Qigong *Nisha M.* $10/$20	**11:15 am-12:15 pm** ✦ Sit & Fit *Laura K.* Free/$10 per class	**11 am-12 pm** Cardio & Weights *Gerrie D.* Free/$10 per class	**11:15 am-12:15 pm** ✦ Sit & Fit *Laura K.* Free/$10 per class	**11:30 am-12:45 pm** Chair Volleyball Members Only Free
	12:30-1:15 pm Chair Yoga *Diane B.* Free/$10 per class		**12:30-1:15 pm** Chair Yoga *Cathy B.* Free/$10 per class	**12:30-1:30 pm** Gentle Yoga *Ursel H.* $10/$20	
1-2 pm Strength & Balance *Aleshia P.* Free/$10 per class	**1:30-2:30 pm** Yoga Stretch & Restore *Cathy B.* $20/$30	**1-2 pm** Strength & Balance *Aleshia P.* Free/$10 per class			
2:15-3 pm Core & Stretch *Laura K.* $15/$25	**2:45-3:45 pm** Line Dancing *Frances B.* $20/$40		**2:45-3:45 pm** Pilates Mat *James J.* $15/$25		
		3-4:30 pm Chair Volleyball Members Only Free			
4-5 pm 40/20 Dance Mix *James J.* $15/$25	**4-5 pm** Circuit Training *Lillie S.* $15/$25	**4:45-5:45 pm** Relax & Repair Yoga *Ursel H.* $15/$25	**4-5 pm** Circuit Training *James J.* $15/$25		

Calendar Key:

Free for members

✦ Class at Lowcountry and available online. Click on the class title to join the live stream class online.

Please Note:

NEW Fitness Class Pricing Structure (Effective When System Launches)

Members
Single Class: $8
5-Class Fit Pass: $25 per location

Non-Members
Single Class: $10

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

LSC Fitness Class Descriptions

40/20 Dance Mix
40 minutes of dance fitness combined with Hi-Lo cardio, followed by a mix of conditioning exercises.

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

Chair Volleyball
Improve upper body mobility and hand-eye coordination during seated games.

Chair Yoga
Increase flexibility with seated gentle yoga.

Circuit Training
Timed intervals with a mix of strength & conditioning. Floorwork incorporated. Bring a mat.

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

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

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

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

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

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

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

HIIT-Box
Fast paced, yet low impact interval class! This full body workout includes kickboxing and strength intervals. Bring a mat.

Line Dancing
Get moving with your favorite line dances. Some line dancing experience is recommended, and no partner is required.

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.

Power Hour - EF Level III
A full-body strength class that builds power through controlled, low-impact movements with high-impact results. Improve strength, refine movement, and boost functional performance.

November Fitness at Waring

Current Rates: *Gold, Basic and Fitness Member Cost Per Month / Guest Cost Per Month Unless Noted*
Try an exercise class one time - per class rate is $8 for members and $10 for nonmembers for fee-based classes.

Important: Upcoming Changes to Fitness Class Registration & Pricing
All fitness classes will be registered by individual class date once our new online registration system launches. Monthly fitness registration will be phased out as part of this transition. Please note that the pricing currently shown on the fitness calendar **will change** when the new system goes live. See fitness class pricing structure below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Waring SENIOR CENTER	**8:30-9:30 am** Circuit Training *Lillie S.* $15/$25			**8:30-9:30 am** Fit & Firm *Aleshia P.* Free/$10 per class	
9-10 am Fit & Firm *Lillie S.* Free/$10 per class	**9-9:45 am** Chair Tai Chi *Reggie W.* $20/$30	**9-10 am** Fit & Firm *Lillie S.* Free/$10 per class			**9:15-10:15 am** 40/20 Dance Mix *James J.* $15/$25
10-10:45 am Synergy *Ron W.* WSC Gold & Fitness Members Only $25	**10-11 am** Rock Steady Boxing for Parkinson's T/TH/F $100/$250		**10-11 am** Rock Steady Boxing for Parkinson's T/TH/F $100/$250	**10-11 am** Rock Steady Boxing for Parkinson's T/TH/F $100/$250	**10:30-11:30 am** Cardio & Weights *James J.* Free/$10 per class
	10-10:45 am Tai Chi *Reggie W.* $20/$30	**10:15-11:15 am** Functional Strength *Lillie S.* $15/$25	**10-11 am** Gentle Yoga *Michele W.* $15/$25	**11:15 am - 12:15 pm** Pilates Mat *Lillie S.* $15/$25	**10:30 am-12 pm** Chair Volleyball Members Only Free
11 am-12 pm Chair Dance *James J.* $15/$25	**11:30 am-12:30 pm** ✦ Sit & Fit *Jennifaye B.* Free/$10 per class	**11:30 am-12:30 pm** Chair Yoga *Michele W.* Free/$10 per class	**11:30 am-12:30 pm** ✦ Sit & Fit *Jennifaye B.* Free/$10 per class	**12:30-1:30 pm** Dance Conditioning *Tanya C.* $15/$25	
✦ **12-1 pm** Cardio & Weights *Ron W.* Free/$10 per class	**11:30 am-12:30 pm** Strength Training with Bands *Ron W.* $15/$25	**1-1:45 am** Synergy *Ron W.* WSC Gold & Fitness Members Only $15	**11:30 am-12:30 pm** Strength Training with Bands *Lillie S.* $15/$25	**2-3 pm** Sit & Fit *Ron W.* Free/$10 per class	
	11:30 am-12:30 pm Gentle Yoga *Michele W.* $20/$30	**1-2 pm** 40/20 Dance Mix *James J.* $15/$25			
	12:45-1:45 pm Strength & Balance *Jennifaye B.* Free/$10 per class	**2:15 - 3:15 pm** Strength & Balance *Jennifaye B.* Free/$10 per class	**12:45-1:45 pm** Strength & Balance *Jennifaye B.* Free/$10 per class		
1:30-2:30 pm Yoga for Back Health *Barbara H.* $25/$35		**3-4 pm** Line Dancing *Frances B.* $15/$35			
2-3 pm Sit & Fit *Ron W.* Free/$10 per class		**4:45-5:45 pm** Move Well Yoga *Genise D.* $15/$25			

Calendar Key:

Free for members

✦ Class at Waring and available online. Click on the class title to join the live stream class online.

Please Note:

NEW Fitness Class Pricing Structure (Effective When System Launches)

Members
Single Class: $8
5-Class Fit Pass: $25 per location

Non-Members
Single Class: $10

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

WSC Fitness Class Descriptions

40/20 Dance Mix
40 minutes of dance fitness combined with Hi-Lo cardio, followed by a mix of conditioning exercises.

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

Chair Tai Chi
A seated low-impact exercise that focuses gentle movements.

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.

Move Well Yoga
For those who 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.

Line Dancing
Get moving with your favorite line dances. Some line dancing experience is recommended, and no partner is required.

Pilates Mat
Low-impact exercise on the floor that builds strength, improves posture, and supports a mind-body connection. Bring a mat.

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

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

Synergy
Small group circuit training.

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

Yoga for Back Health
Improve spine support and flexibility. Modifications offered, but class taught on floor. Bring a mat.

Enhance®Fitness Classes (EF)
Enhance®Fitness are evidence-based group exercise classes designed specifically for older adults at all levels of fitness.

Sit & Fit - EF Level I
For beginners or those less stable on their feet. Cardio, strength, balance, and stretching exercises done in a chair.

Cardio & Weights - EF Level II
Improve muscular strength, overall toning and balance. Primarily standing with chair options.

Strength & Balance - EF Level II
Low-intensity, non-impact aerobic, strength, balance, and stretching exercises. Primarily standing with chair options.

Fit & Firm - EF Level III
A higher-intensity exercise class with cardio, strength, balance, and stretching.

Social - Out & About

Dolphin Eco Tour

See and learn about wild Atlantic bottlenose dolphins! Board Charleston Outdoor Adventure's boat and explore Folly's inlets, creeks and marshes in search of dolphins and be entertained with stories about our ecosystems, marine wildlife and waterways. See website for refund and cancellation policy. Gold and Basic Members $40 / Fitness Members and Guests $60 per tour
Fri, Nov 20, 1:30 pm register by 11/16
Fri, Dec 11, 11:30 am register by 12/6

Marsh Kayak Eco Tour

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. Please see website for refund/cancellation policy. Gold and Basic Members $45 / Fitness Members and Guests $65 per tour
$35 per tour if you bring your own kayak/SUP and life-jacket
Wed, Nov 18, 11 am register by 11/4
Tues, Dec 29, 3 pm register by 12/22

Morris Island Lighthouse Eco Tour

Board Charleston Outdoor Adventures' boat and cruise through the creeks out to Morris Island where you are able to get out and explore the beach for about 45 minutes. Payment due 14 days prior to tour date. See website for refund and cancellation policy. Gold and Basic Members $50 / Fitness Members and Guests $70 per tour
Mon, Nov 23, 11:30 am register by 11/9
Fri, Dec 18, 10 am register by 12/4

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 up to 30 days in advance from 6 am. Because Meet-Up Golf is offered only on Thursdays, you can register for any Thursday session that falls within the next 30 days. First come, first serve. Reserve your spot in advance on the app or website by Friday the week before you want to play. If registration is full, add your name to the wait list. Tee times vary and are emailed a few days in advance.
Gold and Basic Members Only.
Thur, Nov 5, 12, 19, Dec 3, 10, 17, 31

PURE Theater - Seniors & Seniors

This popular program brings high school seniors and older adults together to share in theatrical experiences.
Featured Play: *The Antiquities* by Jordan Harrison
At the Museum of Late Human Antiquities, curators work to reconstruct a vanished civilization from the fragments it left behind. Funny, haunting, and unexpectedly moving, *The Antiquities* invites us to see ourselves from a distance and consider what future generations might make of the story we're telling today. Price includes the show and a buffet lunch. Transportation is not provided. Meet at Cannon Street Art Center. Gold and Basic Members $50/ Fitness Members and Guests $55
Wed, Nov 4, 10 am registration due by 11/2
Non-refundable after 11/2.

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

Social - Out & About

Dining Out

Enjoy dinner out! Everyone meets at the restaurant and pays separately. Registration is required 7 days in advance.
Members Only.

Tues, Nov 10, 5 pm
Maybank Public House, 1970 Maybank Hwy

Tues, Nov 17, 5 pm
Outback, 1890 Sam Rittenberg Blvd

Tues, Dec 8, 5 pm
Low Down Oven and Bar, 967 Folly Road

Tues, Dec 15, 5 pm
Swig & Swine BBQ, 1217 Savannah Hwy

Lunch Bunch

Enjoy lunch out! Everyone meets at the location and pays separately. Registration is required 4 days in advance. Members Only.

Thur, Nov 5, 11:30 am
Tomato Shed Cafe, 843 Main Rd

Wed, Nov 18, 11:30 am
Ladles Soups, 1175 Folly Rd, Ste A

Thur, Dec 3, 11:30 am
Senor Tequila, 1836 Ashely River Rd

Wed, Dec 16, 11:30 am
Alvin Ord's Sandwich Shop, 1921 Folly Rd #119

Social Hour

Mingle while you enjoy food and drinks at happy hour prices. Everyone meets at the location and pays separately. Registration is required 4 days in advance.
Gold and Basic Members Only.

Thur, Dec 3, 4 pm
The Edison, 1014 Fort Johnson Rd

Holiday Wine Favorites at WSC

Whether you're serving a festive feast, attending a holiday gathering, or searching for the perfect gift, come learn about Holiday Wine Favorites: The Big Four + Sparkler. Explore the versatility of Chardonnay, Pinot Noir, Sauvignon Blanc, and Cabernet Sauvignon, plus a festive Sparkling Rosé.
Gold and Basic Members $35 / Fitness Members and Guests $55

Thur, Nov 12, 4-5:45 pm

Wine Tasters at LSC

Enjoy sampling a new selection of wines each month. Participants take turns providing the featured wines and light snacks to share.
Gold and Basic Members Only.

Thur, Nov 19, 4-5:45 pm
Featuring Oregon Wines

Thur, Dec 10, 4-5:45 pm
Featuring Sparkling Wines



Beautiful weather, great company, and a wonderful day exploring the Lowcountry on the Dolphin Eco Tour. See pg 21 for future trips.

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

Pickleball

Pickleball Open Play

Open Play is a round-robin style, where players rotate in and out of play. It's a social, fun way to enjoy pickleball. It's offered daily and open to Gold and Fitness members. A calendar is available at the center.

Times will change in October once the weather cools. Morning start-times will shift to 9 am and Tuesday afternoon to 3 pm.

Basic Members and Guests (who must be 50+ and accompanied by a member) pay $10/day and sign a pickleball waiver. Registration is not required. Just show up and play! Volunteers will be onsite to assist. Times are subject to change.

Pickleball Court Reservations

Four pickleball courts are available to Gold and Fitness Members by reservation. To reserve a court or more information, call (843) 402-1990.



Pickleball lessons in full swing! New lessons coming in November. Check out the upcoming session details to the right.

Pickleball Lessons at WSC

Beginner Pickleball

During this four-week series 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.
Gold and Fitness Members $45 per series
Basic Members and Guests $65 per series.
Tues, Nov 10-Dec 1, 12:30-1:30 pm

Pickleball - Beyond the Basics

Players should already understand the rules and basic strategy. This four-week series is designed to meet you at your skill level and help you improve your strokes, dinks, serves, and play. Class size limited to 8.
Gold and Fitness Members $45 per series
Basic Members and Guests $65 per series.
Tues, Nov 10-Dec 1, 1:45-2:45 pm

Intermediate Pickleball Skills & Drills

This three-week series is for players with a minimum of six months playing experience, knowledge of rules and ability to accurately serve. Space is limited to 16.
Lessons begin promptly at 7:45 am
Week 1 - Dink and positioning
Week 2 - Serve and return
Week 3 - 3rd Shot drop and transitioning
Week 4 - Inclement weather makeup day
Wed, Nov 4-Dec 2, 1-2:30 pm
No class on 11/23
Gold and Fitness Members $35 per series
Basic Members and Guests $55 per series

WHAT'S CHANGING

A New Way to Connect With Your Senior Center

Starting Monday, November 9th by midday, Lowcountry and Waring Senior Centers are launching a new system for registrations, payment, check in, and membership management. You can access the new system directly through our website or our brand-new app.

Virtual Hub

Think of this as your virtual hub to the senior centers. With the new system, you can:

- View our daily schedule
- Sign up for classes
- View your class registrations
- Check in when you arrive for class
- Auto renew your membership

Senior Center App

We are excited to introduce our new app! The app is the easiest way to interact with our new virtual hub. Although we are going live midday on November 9th, it is available now for download via the App Store (for iPhones) and Google Play (for Androids).

Activating Your Account

To get started you need to download the app "Lowcountry & Waring Senior Centers" and activate your account with the email on file with the senior centers.

No Smart Phone, No Problem

If you do not have a computer, smart phone, tablet, or email address, you will be able to register for classes at the front desk.

5 Class Fit Pass

We are excited to introduce a new **5 Class Fit Pass**. Members can now purchase the pass for $25, valid for any paid fitness class. The pass must be used to register for fitness classes with fees. Individual drop-in classes remain available to members at $8 per class.

5 Class Fit Pass prices all fitness classes at $5 each. While this is a $1.25 to $2.50 increase for some classes, this member-requested change ensures you only pay for the exact classes you choose to attend—giving you full control over your schedule when you are traveling or have appointments.

The **5 Class Fit Pass** starts November 9th and will be in effect for December classes.

Information Sessions for the Virtual Hub

We will provide step-by-step guidelines, informational and help sessions, and have volunteer and staff available to help. Help Sessions dates to be announced. Below are information sessions.

Lowcountry Senior Center

Friday, October 30, 1 pm
Monday, November 2, 11:15 am
Wednesday, November 4, 2 pm
Thursday, November 5, 11 am

Waring Senior Center

Friday, October 30, 10:30 am
Monday, November 2, 9:30 am
Wednesday, November 4, 8:30 am
Thursday, November 5, 12 pm

Center Information

Lowcountry Senior Center
865 Riverland Drive
Charleston, SC 29412
Phone: (843) 990-5555
lowcountryseniorcenter.com

Hours of Operation
Mondays-Thursdays, 7:30 am-6 pm
Fridays, 7:30 am-4 pm
Saturdays, 8 am-1 pm

Waring Senior Center
2001 Henry Tecklenburg Drive
Charleston, SC 29414
Phone: (843) 402-1990
waringseniorcenter.com

Hours of Operation
Mondays-Thursdays, 7 am-6 pm
Fridays, 7 am-4 pm
Saturdays, 8 am-1 pm

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

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

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

- **Basic Membership: $100 per year**
- **Gold Membership: $140 per year at Lowcountry / $160 per year at Waring**
  - Gold membership includes the Basic membership plus access to the gym.

Class Registration
Beginning November 9, members can register for classes through our new virtual hub on the app or at lowcountryseniorcenter.com. If you do not have access to a computer, smartphone, tablet, or email address, you may register at the front desk; however, wait times may be longer than before.

Endorsements
The centers do not endorse any products, services, businesses, or viewpoints presented in our programs. Solicitation is not permitted at the centers.

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.

Getting the app is easy
Search "Lowcountry & Waring Sr. Center" in your app store, or scan the code to go straight there.

Scan to download

Download on the App Store GET IT ON Google Play