

Note from the Director

Change is in the air! With Halloween decorations in the stores, cooler fall weather must be coming soon (knock-on-wood). A most welcome change! We too have some big changes happening at the centers this fall.

We are excited to announce that the senior centers will transition to a new registration and attendance system in September. The new system will improve the class registration process on the website. Each member will have their own account where you can track your class registrations, membership status, and payments. Plus, the centers will have their own app! Look for more information coming soon.

With participation growing at the centers, changes are needed to our class schedules to keep the centers running smoothly. Waring Senior Center will see two new Sit & Fit classes, while Lowcountry Senior Center will see time changes for some classes.

We are also planning to break ground on the new pickleball courts at Lowcountry Senior Center this fall. Our plan is to have the pickleball courts completed by year's end.

Thank you for your patience and understanding as we navigate these changes together. I look forward to seeing you at the centers this fall!

Elizabeth Bernat, MHA, Director



Full Body Blast at LSC brought the energy in their morning workout.



The Quilting with Kindness Sewing Group at WSC continues to make an impact on families in the Bon Secours St. Francis Hospital Special Care Nursery.



Tiles clicking and smiles all around for Mah Jongg at LSC.

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, Sep 24, 8:45-9:45 am [register here](#)

Waring Senior Center

Mon, Sep 28, 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

Paisano's Spirit Night

Help support Friends of the Lowcountry Senior Center by ordering from Paisano's on James Island. A portion of the proceeds for the entire day go



to the center. Dine In, Carry Out and Delivery. (843) 762-1135

Mon, Sep 28, 11 am-Midnight

Paisano's Pizza Grill, 1246 Camp Rd

Holiday Hours

Fri, Sep 4: 7:30 am-3:30 pm

Closed Sat, Sep 5 - Mon, Sep 7



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.

Advance Ordering Required:

Meals must be ordered at least two days in advance and can be purchased online or at the center's front desk.

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

Great food, great value, and no cooking required—reserve your meals today!

Lifelong Learning

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

ABCs of Probate

Join Probate Judge Irv Condon for a workshop on estate administration and navigating the probate process. This is helpful for anyone planning ahead or currently managing a probate matter.

Lowcountry Senior Center

Tues, Oct 20, 1-2:30 pm [register here](#)

Waring Senior Center

Mon, Oct 26, 2-3:30 pm [register here](#)

Charleston County Resource Fair

Charleston County residents have access to a variety of valuable incentives and programs. Drop in and learn more about the benefits available to you and speak directly with representatives from the Auditor's Office, Probate Court, and Voter Registration.

Lowcountry Senior Center

Wed, Sep 30, 10 am-1 pm

Waring Senior Center

Tues, Sep 29, 10 am-1 pm

Medicare Update

If Medicare open enrollment feels overwhelming, join Angela Edwards from the Trident Area on Aging to learn what's new this year and the resources available to help you enroll.

Lowcountry Senior Center

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

Waring Senior Center

Fri, Oct 9, 11:30 am-12:30 pm [register here](#)

South Carolina History is

American History at LSC

Join Elizabeth Chew, CEO of the South Carolina Historical Society, for a dynamic exploration of how South Carolina's story has shaped the nation—from the 16th century through the American Revolution. This program is sponsored in part by the South Carolina American Revolution Sestercentennial Commission and South Carolina Humanities.

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

The Art of Storytelling at LSC

Storytelling is one of the oldest art forms—long before spoken language; people shared their experiences through images on cave walls. Join us for an hour of engaging stories as McIver Watson and Cerantha Corley share a selection of their favorites. Settle in, relax, and let the stories carry you away.

Wed, Sep 9, 2-3 pm [register here](#)

The Piper and the Prophecy -

Meet the Authors

Join local authors Jacquelyn Belcher Crosby and Lissa Belcher Murray as they discuss *The Piper and the Prophecy*, a historical fiction novel that connects families across generations through history, circumstance, and legacy. Books available for purchase.

Lowcountry Senior Center

Wed, Sep 16, 2-3 pm [register here](#)

Waring Senior Center

Mon, Sep 21, 2-3pm [register here](#)

Lifelong Learning

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

Author Talk: Carl P. Borick at WSC

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

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

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

James Island History: Other Forts on James Island - Part 1 at LSC

Baxter-Patrick librarian Mike Corbo has previously explored Fort Johnson and Fort Lamar. In this first talk of a two-part series, he introduces additional forts and batteries that once stood on James Island.

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

Gardening Questions & Answers

Ask a Master Gardener

Stop by the centers and Master Gardeners from the South Carolina Clemson Extension Program will be available to help you with your gardening questions. Soil samples will be accepted. Must bring at least two cups of soil. \$6 fee for processing and testing payable at time of service to Clemson Extension Program.

Lowcountry Senior Center

Wed, Sep 23, 10 am-1 pm

Thur, Sep 24, 10 am-1 pm

Waring Senior Center

Tues, Sep 15, 10am-1pm

Tuesday, Sep 22, 10am-1pm

Planting Fall Vegetables

Carl Greenberg is back, to talk about how to get the best results when planting vegetables this fall.

Lowcountry Senior Center

Wed, Sep 30, 2-3 pm [register here](#)

Waring Senior Center

Mon, Sep 14, 10:30-11:30 am [register here](#)

Lifelong Learning

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

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, Oct 14, 1-2 pm [register here](#)

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, Sep 16, 2:15-3:15 pm [register here](#)

Wed, Oct 21, 2:15-3:15 pm [register here](#)

Great Decisions at WSC

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

Sep Topic: Multilateral Institutions

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

Oct Topic: US Engagement of Africa

Tues, Oct 13, 1-2:30 pm [register here](#)

Let's Talk Tudors! at LSC

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

Lady Latimer

England goes to war, Henry takes his fifth wife, Cranmer is charged with heresy, and Elizabeth takes a stand.

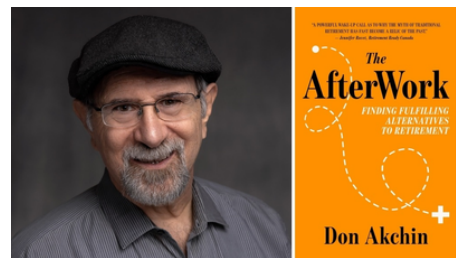
Mon, Sep 21, 10-11 am [register here](#)

A Monstrous Regiment of Women

Henry leaves Katherine in charge while he goes to war in France, and Mary and Elizabeth are back in the line of succession.

Mon, Oct 5, 10-11 am [register here](#)

SAVE THE DATE



The AfterWork: Finding Fulfilling Alternatives to Retirement

Fri, Nov 13, 10 am-12 pm
Waring Senior Center

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

Lifelong Learning

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

AARP Smart Driver Course

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

Lowcountry Senior Center

Wed, Nov 18, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Sep 18, 9 am-1 pm

Call (843) 402-1990 to register.

Book Club

Lowcountry Senior Center

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

The Women by Kristin Hannah

Mon, Oct 19, 11 am-12:15 pm [register here](#)

Empire of Pain: The Secret History of the Sackler Dynasty by Patrick Radden Keefe

Waring Senior Center

Thur, Sep 17, 1-2 pm [register here](#)

The Rosie Project by Graeme Simsion

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

The Calamity Club by Kathryn Stockett

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, Sep 2, 4-5:30 pm [register here](#)

Financial Education Series

Healthcare & Retirement at WSC

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

Wed, Sep 16, 1-2 pm [register here](#)

Leave It, Move It, Roll It, Take It at LSC

Learn how to handle your 401K, pension or other retirement plans.

Mon, Oct 19, 10-11 am

Social Security: Your Questions Answered at WSC

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

Wed, Oct 28, 1-2 pm [register here](#)

The Women of Middleton Place

Join Linda Lauter, Program Coordinator of Beyond the Fields Enslavement at Middleton Place, to explore the inspiring stories of the women who helped build, shape, and restore Middleton Place over the course of three centuries.

Lowcountry Senior Center

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

Waring Senior Center

Fri, Oct 16, 1:30-2:30 pm [register here](#)

Health & Wellness

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

Aging and Your Eyes at WSC

As the body ages, so do the eyes. Join Dr. Robert House from the Eye Center of Charleston to learn how to keep your eyes healthy and how to effectively deal with common age-related issues like cataracts and glaucoma.

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

Dream Sharing Circle at LSC

Experience the magic of dream sharing. Together we explore the wisdom of dreams, how they guide, heal, and reveal. You don't need to bring a dream to participate; listening is just as powerful. During this session, we select one dream from the group and take a deep dive into exploring its symbolism. Please bring a notebook and pen.

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

Food for Brain Health

Join Amy Hider, Speech-Language Pathologist, Roper St. Francis Healthcare, for an engaging discussion on how the foods we eat can support and enhance brain health. Learn practical ways to nourish your mind, boost cognitive function, and promote long-term brain wellness at every stage of life.

Lowcountry Senior Center

Wed, Oct 7, 2-3 pm [register here](#)

Waring Senior Center

Thur, Oct 1, 2-3 pm [register here](#)

Healthy Vision: What You Need to Know About Aging Eyes at LSC

Dr. Lowrey King of Carolina Eyecare Physicians shares the latest advancements in treating macular degeneration, explains outpatient procedures that can improve vision affected by vitreous degeneration, and offers practical guidance for maintaining healthy eyes as you age.

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

Hip and Knee Arthritis: What You Need to Know at LSC

Learn how hip and knee arthritis develop and what you can do to manage symptoms. Jonathan Szuchy, PA-C, RSFPP Orthopaedics, shares practical tips for staying mobile and reviews treatment and clinic options that may benefit you.

Wed, Sep 23, 2-3 pm [register here](#)

Understanding Hand Pain: Causes and Treatments

Join Sawyer Langston, PAC, RSFPP Orthopaedics, for an informative session on hand pain. Learn about common conditions such as arthritis and carpal tunnel syndrome, their causes, symptoms, and the latest treatment advancements.

Lowcountry Senior Center

Tues, Sep 29, 1:30-2:30 pm [register here](#)

Waring Senior Center

Thur, Sep 17, 2-3 pm [register here](#)

Health & Wellness

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

Balance Screenings

Concerned about your balance or fall risk? Join us for Balance Screenings provided by Roper St. Francis Physical Therapists powered by ATI.

Lowcountry Senior Center

Fri, Oct 16, 12-1 pm [register here](#)

Waring Senior Center

Fri, Oct 30, 12-1 pm [register here](#)

Blood Drive

Save Lives. Earn Rewards. Donate!

Lowcountry Senior Center

Fri, Nov 6, 10 am-1 pm [register here](#)

Waring Senior Center

Tues, Nov 3, 8:30am-11:30am [register here](#)

Joy of Meditation at LSC

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

Thur, 2:30-3:30 pm

Medication Safety

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

Lowcountry Senior Center

Thur, Oct 1, 9:30 am-12:30 pm

Waring Senior Center

Thur, Oct 8, 10 am-1 pm

Mindfulness Matters

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

Lowcountry Senior Center

Mon, Sep 28, 10-11 am [register here](#)

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

Waring Senior Center

Wed, Sep 2, 9, 23, 10:15-11:15 am [register here](#)

Wed, Oct 7, 14, 28, 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, Sep 23 and Wed, Oct 14

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.

Stroke Awareness & Prevention

Join Carla Kessinger BSN, RN-BC, Stroke Program Coordinator, Roper St. Francis Healthcare in learning about how to recognize a stroke, how you can decrease your risk and what to do if someone is experiencing a stroke emergency.

Lowcountry Senior Center

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

Waring Senior Center

Thur, Sep 10, 12:30-1:30 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

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

Connecting with Crafts:

Mixed Media Mandala

Create a unique mandala using paint, paper, markers, and decorative materials. This relaxing activity encourages creativity, mindfulness, and self-expression while providing an enjoyable opportunity to share ideas and inspiration with others. Supplies included. Space is limited. Registration is required. Gold and Basic Members \$10 / Fitness Members and Guests \$20 per class

Lowcountry Senior Center

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

Waring Senior Center

Wed, Sep 30, 10:15-11:15 am [register here](#)

Herbs, Supplements & Whole Foods:

Separating Science from Sales

Join Carla Johnston, DCN, MA, MS, CNS as she cuts through the noise and simplifies the world of supplements, herbs, and whole foods. In this two-part series you'll learn how to choose high-quality supplements by understanding labels, third-party certifications, safety considerations, and the differences between good, better, and best options. Gold and Basic Members Free / Fitness Members and Guests \$20 per series.

Lowcountry Senior Center

Tues, Oct 6-13, 1:30-2:30 pm [register here](#)

Waring Senior Center

Thurs, Oct 15-22, 2-3 pm [register here](#)

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, Oct 6, 10-11 am

Call (843) 990-5555 to register.

Waring Senior Center

Tues, Oct 13, 10-11 am

Call (843) 402-1990 to register.

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

Fri, Sep 25, 12-2 pm

Mon, Oct 12, 10 am-12 pm

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

Waring Senior Center

Mon, Sep 28, 12-2 pm

Fri, Oct 16, 10 am-12 pm

Wed, Nov 4, 10 am-12 pm

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, Sep 12 & 26, 10-11:30 am

Sat, Oct 10 & 24, 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, Sep 9 & 23, 2-3 pm

Wed, Oct 14 & 28, 2-3 pm

Waring Senior Center

Mon, Sep 21 & 28, 2-3 pm

Mon, Oct 5 & 19, 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, Sep 3 & Oct 1, 9-10 am

Powerful Tools for Caregivers at WSC

This free six-week workshop is designed for those caring for a parent, spouse, partner, relative, or friend with a chronic illness. Whether your loved one lives at home, in a care facility, or across the country, this class can help you reduce stress, and better manage the challenges of caregiving.

Fri, Sep 18-Oct 23, 10-11:30 am [register here](#)

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, Sep 16, 10:15-11:15 am

Wed, Oct 21, 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, Sep 11, 10-10:30 am [register here](#)

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

Waring Senior Center

Fri, Sep 11, 10-10:30 am [register here](#)

Fri, Oct 2, 10-10:30 am [register here](#)

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

Games at the Centers

Gold and Basic Members Free / Fitness Members and Guests \$10 per day. Members may play at either center.

Lowcountry Senior Center

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

Waring Senior Center

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

Mah Jongg Lessons

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

Lowcountry Senior Center

Mon, Sep 14 & 21, 1-3 pm [register here](#)

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

Waring Senior Center

Thur, Sep 10 & 17, 9:30-11:30 am [register here](#)

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

Mah Jongg Guided Play with Expert

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

Lowcountry Senior Center

Mon, Sep 28, 1-3 pm [register here](#)

Mon, Oct 19, 1-3 pm [register here](#)

Waring Senior Center

Thur, Sep 24, 9:30-11:30 am [register here](#)

Thur, Oct 29, 9:30-11:30 am [register here](#)

Creative Arts & Languages

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

Coffee Talk French at LSC

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

Mon, 11:15 am-12:15 pm

French - Intermediate at LSC

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

Mon, 10-11 am

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 no class 9/4 & 9/11

Italian - Intermediate at LSC

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

Fri, 10-11 am no class 9/4 & 9/11

Conversational Spanish at WSC

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

Fri, Sep 18-Oct 30, 10:15-11:15 am

No class Oct 16 [register here](#)

Spanish - Building on the Basics at LSC

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

Thur, Sep 3-Oct 8, 12-1 pm [register here](#)

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 per series.

Fri, Sep 18-Oct 30, 9-10 am No class Oct 16 [register here](#)

Spanish - Intermediate at WSC

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

Gold and Basic Members only.

Wed, Sep 2-Oct 28, 1-2 pm [register here](#)

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

Creative Arts & Languages

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

Advanced Quilters Group at WSC

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

Fri, Sep 4 & 18, 9 am-12 pm [register here](#)

Fri, Oct 2 & 16, 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 \$45 / Fitness Members and Guests \$65 per series

Mon, Oct 5, 19, 26 & Nov 9, 7:45-9:15 am
[register here](#) *no class Oct 12 or Nov 2*

Art Hub

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

Lowcountry Senior Center

Fri, 1-3 pm

Waring Senior Center

Mon, 10 am-12 pm

Fall & Halloween Quilling at WSC

Celebrate the season with this fun workshop featuring fall colors and Halloween-inspired designs. Learn to roll and shape paper strips into pumpkins, leaves, acorns, black cats, and friendly ghosts. Leave with a finished piece perfect for framing, gifting, or decorating for autumn. Gold and Basic Members \$15 / Fitness Members and Guests \$35

Fri, Oct 23, 1-3 pm [register here](#)

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

Fri, Oct 2, 1-3 pm [register here](#)

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.

Wed, Sep 23, 12:30-1:30 pm [register here](#)

Wed, Oct 28, 12:30-1:30 pm [register here](#)

Sew Much Fun at WSC

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

Tues, 1:30-4:30 pm

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

Creative Arts & Languages

Color, Create, Calm:

Adult Coloring Books at LSC

Explore adult coloring as a creative and meditative practice designed to support relaxation and focus. Learn how to choose materials, apply basic color theory, use shading and blending techniques, develop personal color palettes, and incorporate coloring into a mindful, restorative routine. Ideal for both beginners and experienced colorists. No drawing skills required. Supply list available at the front desk.

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

Tues, Sep 15-Oct 6, 10 am-12 pm [register here](#)

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, Oct 5, 11:30am-12:30pm [register here](#)

Waring Senior Center

Mon, Oct 19, 11:30 am-12:30 pm [register here](#)



Watercolor classes at both WSC and LSC are always filled with learning and fun.

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

Watercolor Deep Dive at LSC

Strengthen your watercolor skills as you explore materials, color mixing and essential techniques—ending with a bright, fruit-filled still life. Supplies included; participants may bring their own fruits. Gold and Basic Members \$75 / Fitness Members and Guests \$95 per series

Wed, Sep 9-30, 10-11:30 am [register here](#)

Watercolor Lessons

Suited for those who have experience with painting. Learn about tools, materials, color theory, composition and the Golden Mean. We also learn alternate techniques and some art history. Supply list available at the front desk. Gold and Basic Members \$20 / Fitness Members and Guests \$40 per series

Lowcountry Senior Center

Tues, Sep 8-29, 1-3 pm [register here](#)

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

Waring Senior Center

Wed, Sep 9-30, 10 am-12 pm [register here](#)

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

Yes, You Can Draw at LSC

Boost your drawing skills from observation as you learn essential techniques, from gesture and contour work to creating a finished still-life or photo-based drawing. Supplies included; bring a still-life object or photo for the final two classes. Gold and Basic Members \$65/ Fitness Members and Guests \$85 per series

Tues, Sep 22-Oct 13, 3:30-5 pm [register here](#)

Creative Arts & Languages

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

Acrylic Painting at LSC

Learn the fundamentals of working with acrylics in this guided, step-by-step class. Explore techniques such as shading, backgrounds, spacing, and brushwork while creating a painting from start to finish. Choose a coastal theme or select a fall-inspired subject. Please bring a simple photo or image you'd like to paint, as class time is limited. Participants should already have basic drawing skills. Supply list available at the front desk. Gold and Basic Members \$45 / Fitness Members and Guests \$65 per series

Wed, Oct 7-28, 10-11:30 am [register here](#)

Drawing Fundamentals at LSC

Boost your drawing skills and learn core drawing fundamentals. Topics such as still life, 1/2 point perspective, portraiture, landscape and hands/feet are covered. Beginners are welcome. Supply list available at the front desk. Gold and Basic Members \$45 / Fitness Members and Guests \$65 per series

Thur, Sep 10-Oct 1, 1:30-3:30 pm
[register here](#)

Thur, Oct 8-29, 1:30-3:30 pm [register here](#)



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 10/6, 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

Fri, Oct 9, 12:30-3pm [register here](#)

Zentangle at WSC

Intro to Zentangle®

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 \$20 / Fitness Members and Guests \$40

Sat, Sep 19, 8:30-10:30 am [register here](#)

Beyond the Basics

Come learn new tangles to add to your repertoire. Beginners welcome, but previous exposure to Zentangle® method is helpful. Supplies included. Gold and Basic Members \$20 / Fitness Members and Guests \$40 per class

Sep - Complex Look, Simple Steps

Sat, Sep 19, 10:45 am-12:45 pm
[register here](#)

Oct - Spooky Tile

Sat, Oct 17, 10 am-12 pm
[register here](#)

Creative Arts & Languages

Introduction to Drawing at WSC

Discover the fundamentals of drawing in this engaging four-week introductory course. Come explore a variety of traditional drawing media and subject matter while developing essential observational and artistic skills. Topics include line, shape, value, form, perspective, composition, and proportion. Through hands-on studio projects, demonstrations, and group critiques, build technical proficiency, strengthen visual problem-solving abilities, and cultivate your own creative expression. No prior drawing experience is required. All supplies will be available for use during class. Gold and Basic Members \$70 / Fitness Members and Guests \$90 per series
Tues, Sep 29-Oct 20, 11 am-1 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 \$45 / Fitness Members and Guests \$65 per series
Sat, Sep 12-Oct 3, 10 am-12 pm [register here](#)
Sat, Oct 10-31, 10 am-12 pm [register here](#)

Writing Circle

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

Lowcountry Senior Center

1st and 3rd Wed, 1-3 pm

Waring Senior Center

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

Paint & Sip

Grab your friends and join us for a fun painting party! Bring your favorite beverage and snacks to share. This workshop lead by local artist Beth Melton-Seabrook includes all supplies and you go home with a finished piece ready to hang or give as a special holiday gift. Gold and Basic Members \$80 / Fitness Members and Guests \$100 per class

Lowcountry Senior Center - Pineapple Party

Thur, Oct 15, 3:30-5:30 pm [register here](#)

Waring Senior Center - Turtle Time

Thur, Oct 29, 3:30-5:30 pm [register here](#)



Creative Arts & Languages

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

Acoustic Jam Sessions

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

Lowcountry Senior Center

Tues, 3-5:30 pm

Waring Senior Center

2nd and 4th 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

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 9/3*

The Olde Pipes Consort at LSC

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

Mon, 1:30-3:30 pm

The Piperinos at LSC

For 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

Group Ukulele Lessons at WSC

Come join the fun and make music with others in our beginner-friendly ukulele class!

Instructor Noodle McDoodle (Don Whitley) from the V-Tones of Charleston will guide you step-by-step as you learn the basics in a relaxed, enjoyable setting. All skill levels welcome. No pressure—just music, laughter, and learning together! Please bring your own instrument. Gold and Basic Members \$40 / Fitness Members and Guests \$60 per series

Thur, Sep 10-Oct 1, 10-11 am [register here](#)

Thur, Oct 8-29, 10-11 am [register here](#)

Watercolor Workshops

Create and take home a beautiful watercolor painting. No experience or drawing skills needed. Supplies included.

Dock Painting



Lowcountry Senior Center

Sat, Oct 10, 10 am-12 pm

Waring Senior Center

Sat, Sep 12, 10 am-12 pm

Gold and Basic Members \$65 per class
Fitness Members and Guests \$85 per class

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

Line Dancing

Lowcountry Senior Center

Members \$25 / Guests \$45 per month

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

Tues, Sep 1-29, 2:45-3:45 pm [register here](#)

Members \$20 / Guests \$40 per month

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

Tues, Oct 6-27, 2:45-3:45 pm [register here](#)

Waring Senior Center

Members \$25 / Guests \$45 per month

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

Wed, Sep 2-30, 3-4 pm [register here](#)

Members \$20 / Guests \$40 per month

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

Wed, Oct 7-28, 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

Waring Senior Center

Ron White, Certified Personal Trainer

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

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 \$70 per series

Mon, Sep 14-Oct 26, 4:45-5:45 pm [register here](#)

No class on 9/28

Social Latin Dancing at WSC

Learn the basics of the Rumba, one of the most popular Latin dances, in this fun 4-week class. Originating in Cuba, the Rumba's slower tempo pairs well with both Latin and modern music. No partner is needed. All skill levels are welcome! Members \$20 / Guests \$40

Tues, Sep 15-Oct 6, 2-3 pm [register here](#)

September Fitness at Lowcountry

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:30 am Walking Club at JICP Members Only	
8-8:45 am HIIT-Box M/W Diane B. \$25/\$35	8:30-9:30 am Full Body Blast Erin C. \$15/\$25	8-8:45 am HIIT-Box M/W Diane B. \$25/\$35	8:30-9:30 am Functional Strength Lillie S. \$15/\$25	8-9 am Circuit Training Lillie S. \$15/\$25	
9-10 am Fit & Firm Aleshia P. Free/\$10 per class		9-10 am Fit & Firm Aleshia P. Free/\$10 per class	9-9:45 am Tai Chi Reggie W. \$20/\$30	9:15-10:15 am Dance Conditioning Tanya C. \$15/\$25	9:30-10:30 am Cardio & Weights Gerrie D. Free/\$10 per class
10:15-11 am Pilates Mat Diane B. \$15/\$25	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. \$20/\$30	
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. \$20/\$30	
1-2 pm Strength & Balance Aleshia P. Free/\$10 per class	1:30-2:30 pm Yoga Stretch & Restore Cathy B. \$25/\$35	1-2 pm Strength & Balance Aleshia P. Free/\$10 per class	1:30-2:30 pm Arthritis Foundation Exercise Program Diane B. \$10/\$20	Calendar Key: Free for members ◆ Class at Lowcountry and available online Click on the class title to join the live stream class online. Want to try an exercise class one time? Per class rate is \$8 for members and \$10 for nonmembers for fee-based classes. Please note: Prices may change once the new online registration system goes live.	
2:15-3 pm Core & Stretch Laura K. \$15/\$25			2:45-3:45 pm Pilates Mat James J. \$20/\$30		
		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. \$25/\$35	4-5 pm Circuit Training James J. \$15/\$25		

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

LSC Fitness Class Descriptions

40/20 Dance Mix

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

Arthritis Foundation Exercise Program (AFEP)

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

Balance

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

Chair Volleyball

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

Chair Yoga

Increase flexibility with seated gentle yoga.

Circuit Training

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

Core & Stretch

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

Dance Conditioning

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

Dance Fitness

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

Drum Beat Fusion

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

Full Body Blast

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

Functional Strength

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

Gentle Yoga

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

HIIT-Box

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

Mat/Chair Yoga

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

Pilates Mat

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

Qigong

Gentle movement, deep breathing and focusing the mind on being calm and relaxed.

Relax & Repair Yoga

A combination of breath work, slow gentle movements and some restorative yoga. Props are encouraged. Bring a mat.

Tai Chi

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

Yoga Stretch & Restore

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

Enhance@Fitness Classes (EF)

Enhance@Fitness are evidence-based group exercise classes designed for older adults at all levels of fitness.

Sit & Fit - EF Level I

For beginners or those less stable on their feet. Cardio, strength, balance, and stretching exercises done in a chair.

Cardio & Weights - EF Level II

Improve muscular strength, overall toning and balance. Primarily standing with chair options.

Strength & Balance - EF Level II

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

Fit & Firm - EF Level III

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

September Fitness at Waring

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:30 am Circuit Training <i>Lillie S.</i> \$15/\$25			8:30-9:30 am Fit & Firm <i>Aleshia P.</i> Free/\$10 per class	
9-10 am Fit & Firm <i>Lillie S.</i> Free/\$10 per class	9-9:45 am Chair Tai Chi <i>Reggie W.</i> \$25/\$35	9-10 am Fit & Firm <i>Lillie S.</i> Free/\$10 per class			9:15-10:15 am 40/20 Dance Mix <i>James J.</i> \$15/\$25
10-10:45 am Synergy <i>Lillie S.</i> WSC Gold & Fitness Members Only \$20	10-11 am Rock Steady Boxing for Parkinson's T/TH/F \$100/\$250		10-11 am Rock Steady Boxing for Parkinson's T/TH/F \$100/\$250	10-11 am Rock Steady Boxing for Parkinson's T/TH/F \$100/\$250	10:30-11:30 am Cardio & Weights <i>James J.</i> Free/\$10 per class
	10-10:45 am Tai Chi <i>Reggie W.</i> \$25/\$35	10:15-11:15 am Functional Strength <i>Lillie S.</i> \$15/\$25	10-11 am Gentle Yoga <i>Michele W.</i> \$20/\$30		10:30 am-12 pm Chair Volleyball Members Only Free
11 am-12 pm Chair Dance <i>James J.</i> \$15/\$25	11:30 am-12:30 pm ★ <u>Sit & Fit</u> <i>Jennifaye B.</i> Free/\$10 per class	11:30 am-12:30 pm Chair Yoga <i>Michele W.</i> Free/\$10 per class	11:30 am-12:30 pm ★ <u>Sit & Fit</u> <i>Jennifaye B.</i> Free/\$10 per class	12:15-1:15 pm Dance Conditioning <i>Tanya C.</i> \$15/\$25	
12-1 pm <u>Cardio & Weights</u> ★ <i>James J.</i> Free/\$10 per class	11:30 am-12:30 pm Strength Training with Bands <i>Ron W.</i> \$15/\$25		11:30 am-12:30 pm Strength Training with Bands <i>Lillie S.</i> \$15/\$25	2-3 pm Sit & Fit <i>Ron W.</i> Free/\$10 per class	
	11:30 am-12:30 pm Gentle Yoga <i>Michele W.</i> \$25/\$35			Calendar Key: Free for members ★ Class at Waring and available online Click on the class title to join the live stream class online. Want to try an exercise class one time? Per class rate is \$8 for members and \$10 for nonmembers for fee-based classes. Please note: Prices may change once the new online registration system goes live.	
	12:45-1:45 pm Strength & Balance <i>Jennifaye B.</i> Free/\$10 per class		12:45-1:45 pm Strength & Balance <i>Jennifaye B.</i> Free/\$10 per class		
1:30-2:30 pm Yoga for Back Health <i>Barbara H.</i> \$15/\$25		1-2 pm 40/20 Dance Mix <i>James J.</i> \$15/\$25			
2-3 pm Sit & Fit <i>Ron W.</i> Free/\$10 per class		2:15 - 3:15 pm Strength & Balance <i>Jennifaye B.</i> Free/\$10 per class			
		4:45-5:45 pm Move Well Yoga <i>Genise D.</i> \$25/\$35			

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.

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

Wed, Sep 30, 11 am register by 9/26

Fri, Oct 16, 1:15 pm register by 10/12

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 \$65 per tour \$35 per tour if you bring your own kayak/SUP and life-jacket

Tues, Sep 22, 9 am register by 9/18

Thur, Oct 29, 1 pm register by 10/25

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

Fri, Sep 25, 9 am register by 9/11

Tues, Oct 20, 10 am register by 10/6

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 September and October

Dill Sanctuary Walking Tour

Join Chief Curator Jennifer McCormick and Curator of Natural History Matthew Gibson for an in-depth tour of Fort (Battery) Pringle. Discover birds that call the Dill Sanctuary home and learn why the Sanctuary is a key stop along migration routes. This walking tour is approximately 1.5 miles in "off-road" conditions with steep inclines and unprepared terrain. Closed-toed shoes are required; walking shoes or boots are recommended. Binoculars are also recommended. The tour lasts 60 to 90 minutes. Payment is due 10 days prior to the tour date and is non-refundable after Oct 19. Transportation is not provided. Meet at 1163 Riverland Drive on James Island. Gold and Basic Members \$30 / Fitness Members and Guests \$50

Thur, Oct 29, 10 am register by 10/19

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 required. Members Only.

Tues, Sep 15, 5 pm [register by 9/8](#)

Swig & Swine BBQ, 1217 Savannah Hwy

Tues, Sep 22, 5 pm [register by 9/15](#)

Ireland's Own, 2035 Ashley Town Center Dr

Tues, Oct 13, 5 pm [register by 10/6](#)

Martin's BBQ, 1622 Highland Ave

Tues, Oct 27, 5 pm [register by 10/20](#)

Gilligan's Seafood Restaurant, 160 Main Rd

Lunch Bunch

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

Thur, Sep 3, 11:30 am [register by 8/31](#)

Agaves Cantina, 3871 West Ashley Circle

Mon, Sep 28, 11:30 am [register by 9/25](#)

Paisano's Pizza Grill, 1246 Camp Rd

Thur, Oct 1, 11:30 am [register by 9/28](#)

Taste of Thai, 874 Orleans 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, Oct 1, 5 pm [register by 9/28](#)

Bar George, 1956 Maybank Hwy, Unit E

Social Hour with the Palmetto Rose Band at WSC

Grab your friends and come sip and sing-along to music that brings back wonderful memories with the Palmetto Rose Band. We'll provide the music, and you bring your favorite drinks and snacks. Join us for an afternoon of fun, laughter, and great tunes!

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

Fri, Oct 2, 2-3:30 pm

The Life of Pinot Wines at WSC

Pinot Blanc, Pinot Grigio, Pinot Gris, Pinot Noir and a Pinot Noir Rosé. The original Pinot was a red grape but over the centuries it has mutated and now there is a family of Pinot styles and there is so much wine to try! Gold and Basic Members \$35 / Fitness Members and Guests \$55

Thur, Sep 24, 4-5:45 pm [register here](#)

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, Sep 24, 4-5:45 pm [register here](#)

Featuring Trader Joe Wine

Thur, Oct 29, 4-5:45 pm [register here](#)

Featuring Orange Wine

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.

- All Levels: Mon, Wed, Thu, Fri, 8-11 am and Sat, 8:15-11 am
- Intermediates: Tues, 4-5:45 pm
- Beginners Only: Tues, 8 am

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.



Active mornings and lively games on the courts.

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, Sep 22-Oct 13, 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 Sep 22-Oct 13, 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, Oct 7-28, 11am-12:30pm

Gold and Fitness Members \$35 per series

Basic Members and Guests \$55 per series

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

Register for classes online at lowcountryseniorcenter.com or at the center. After a monthly class starts, you must register directly with the center. Advance registration is required for all classes unless noted. Fees are due at time of registration. Cash, check and credit card are accepted.

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.

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.