

# AUGUST PROGRAMS

Online Newsletter for Lowcountry & Waring Senior Centers



## Charleston Water System

### Two-Part Series - Online

Login and learn about the history and technological advances in water treatment and distribution that have made Charleston's drinking water some of the cleanest, safest water in the country.

#### Part 1 : The History of the Water System

Monday, August 3, 2-3 pm

#### Part 2 : What happens After You Flush?

Monday, August 10, 2-3 pm

**Members Free / Nonmembers \$5**

**To register, click here.**

## The Importance of Hydration - Online

As you age, the sense of thirst diminishes, so when your body needs to be replenished with more water you may not realize it and may become dehydrated. Learn more about the importance of staying hydrated, different drinks and foods to consume, and ways to build hydration into different parts of your day. Presented by Clinical Dietitian, Eric Campbell, RD, LD, Roper St. Francis Healthcare.

**Members Free / Nonmembers \$5**

**Tuesday, August 4, 1:30-2:30 pm**

**To register, click here.**

## Cooking for Wellness - Online

See firsthand how you can create healthy meals to maintain healthy blood sugar and energy levels. This four week series is for people with/at-risk-for diabetes, but is open to anyone.

- Quick and Easy Breakfasts
- Lite Lunch Ideas
- Quick Dinner Ideas
- Guiltless Desserts

**Free and open to the community**

**Mondays, August 3-24, 5:30-6:30 pm**

**To register, click here.**

**Wednesdays, August 5-26, 10-11 am**

**To register, click here.**

## Lost Charleston - Online

Author Leigh Handal discusses her book, Lost Charleston, which chronicles Charleston's markets, mansions, hotels, restaurants, and cherished businesses that time and progress have swept away from the city that once was.

**Members Free / Nonmembers \$5**

**Tuesday, August 11, 1:30-2:30 pm**

**To register, click here.**

## COVID-19 Survey

Please tell us how the pandemic is impacting you, how the senior center can support you, and if you plan to continue your senior center membership.

**Click here to take survey.**

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## **Aging in Place - Now more than ever! - Online**

Aging in Place doesn't happen by accident, it requires planning and access to resources. Join Barbara Franklin, local representative of the National Aging in Place Council, for a discussion on how to find your place for healthy aging and what it will take for you to do so successfully.

**Members Free / Nonmembers \$5**

**Wednesday, August 19, 10 am**

**To register, click here.**

## **Bees and Honey - Online**

Join Journeyman Beekeeper, Adrien Lussier and learn about bees and how honey is made.

**Members Free / Nonmembers \$5**

**Thursday, August 20, 1:30-2:30 pm**

**To register, click here.**

## **Great Decisions - Online**

Dr. Jack Porter, Department of Political Science, The Citadel, leads this popular balanced and nonpartisan foreign policy discussion group. Reading materials will be emailed to you prior to the class.

Topic: Panic at the border: U.S. relations with the Northern Triangle

**Members Free / Nonmembers \$5**

**Tuesday, August 25, 2-3 pm**

**To register, click here.**

## **Parkinson's Disease Support Group - Online**

For those living with Parkinson's Disease to learn, share and connect. Facilitated by Christina Ketron, DNP, APRN, PMHNP-BC.

**Free and open to the community**

**Wednesday, August 26, 3-4 pm**

**To register, click here.**

## LIBRARY APPOINTMENTS

We have opened the library to check out books. We have about 40 jigsaw puzzles that members may check out. Visits to the library are by appointment only. Visitors will be required to sanitize hands before and after visiting the library. Books and puzzles will sit for at least 72 hours before being returned to the library.

For appointment at Lowcountry Senior Center, please call the center at (843) 990-5555.

For appointment at Waring Senior Center, please call the center at (843) 402-1990.

# AUGUST PROGRAMS

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## **Blood Drive - On-site**

Donating blood saves local lives! The Blood Connection is the primary blood supplier to Roper St. Francis Healthcare. Donate blood and receive a special gift.

**Wednesday, August 12, 9 am - 2 pm**

Waring Senior Center

2001 Henry Tecklenburg Drive, Charleston

**To sign up for an appointment, click here.**

## **Ice Cream Social - Online!**

Grab your favorite ice cream, yogurt or some refreshing fruit and join us from the comfort of your own home for some fun, facts and trivia!

**Free for Members only**

**Wednesday, August 12, 12:30-1 pm**

**To register, click here.**

## **Stress Management - Online Discussion Group**

During these uncertain times, many of us are dealing with feelings of uncertainty and isolation. MUSC Elder Abuse Training and Treatment Program invites you to join an open discussion group tailored for those over 50. This group is facilitated by a licensed mental health provider and is intended to be supportive in nature. Space is limited.

Potential Topics Covered:

- Strategies for combating isolation
- Questions or concerns about COVID-19
- Staying active while social distancing
- Education about reactions to stress and trauma

**Free and open to the community**

**Thursdays, August 6-27, 3-4 pm**

**To register, click here.**

## **SENIOR CENTER GYMS OPEN BY APPOINTMENT ONLY FOR GOLD AND SILVER SNEAKERS MEMBERS**

All members visiting the center are to be screened for symptoms of the virus and have their temperatures taken. Anyone with a temperature of 100.4 or indicating "yes" to the questions kindly will be asked to return home. Members are required to wear a face mask at all times.

For appointment at Lowcountry Senior Center, [please click here](#) or call the center at (843) 990-5555.

For appointment at Waring Senior Center, please call the center at (843) 402-1990.

# AUGUST VIRTUAL EXERCISE

## Member Cost Per Month / Nonmember Cost Per Month

For classes that have fees, please register at least one day prior to class starting.  
Participants will be sent a class link once payment is received.

### Monday

**9-9:45 am**

**Fit & Firm**

**Free**

[Click here to attend class.](#)

**10-10:45 am**

**Tai Chi**

**\$20/\$30**

*(No class 8/10)*

[Click here to register and pay.](#)

**11 am-12 pm**

**Sit & Fit**

**Free**

[Click here to attend class.](#)

**12:30-1 pm**

**Weights with**

**Ron**

**Free**

[Click here to attend class.](#)

**1:30-2:30 pm**

**Yoga for Back Health**

**\$25/\$35**

[Click here to register and pay.](#)

### Tuesday

**9-9:30 am**

**Weights with**

**Ron**

**Free**

[Click here to attend class.](#)

**10-10:45 am**

**Strength**

**Training with**

**Bands**

**\$20/\$30**

[Click here to register and pay.](#)

**11 am-12 pm**

**Sit & Fit**

**Free**

[Click here to attend class.](#)

**12:15 -1 pm**

**Zumba Gold**

**T/TH**

**\$25/\$35**

*(8 classes)*

[Click here to register and pay.](#)

### Wednesday

**9-9:45 am**

**Fit & Firm**

**Free**

[Click here to attend class.](#)

**11 am-12 pm**

**Sit & Fit**

**Free**

[Click here to attend class.](#)

**12:30-1:30 pm**

**Gentle Yoga**

**\$20/\$30**

[Click here to register and pay.](#)

**2-2:45 pm**

**Weights with**

**Ron**

**Free**

[Click here to attend class.](#)

### Thursday

**9-9:45 am**

**Tai Chi**

**\$15/\$25**

*(No class 8/13)*

[Click here to register and pay.](#)

**10-10:45 am**

**Chair Yoga**

**Free/\$15**

[Click here to attend class.](#)

**11 am-12 pm**

**Sit & Fit**

**Free**

[Click here to attend class.](#)

**12:15-1 pm**

**Zumba Gold**

**T/TH**

**\$25/\$35**

*(8 classes)*

[Click here to register and pay.](#)

### Friday

**9-9:30 am**

**Weights with**

**Ron**

**Free**

[Click here to attend class.](#)

**10-10:45 am**

**Strength**

**Training with**

**Bands**

**\$20/\$30**

[Click here to register and pay.](#)

**11 am-12 pm**

**Sit & Fit**

**Free**

[Click here to attend class.](#)

**12:30-1:30 pm**

**Gentle Yoga**

**\$20/\$30**

[Click here to register and pay.](#)

**REGISTER FOR PROGRAMS IN ADVANCE AT  
[WWW.LOWCOUNTRYSENIORCENTER.COM](http://WWW.LOWCOUNTRYSENIORCENTER.COM) OR  
[WWW.WARINGSENIORCENTER.COM](http://WWW.WARINGSENIORCENTER.COM)**

**Lowcountry Senior Center (843) 990-5555**

**Waring Senior Center (843) 402-1990**