



December 2018

## ***Lowcountry Senior Center programs offered at Bees Landing Recreation Center in West Ashley***

*The City of Charleston Recreation Department and Lowcountry Senior Center have teamed up to bring senior center programming to West Ashley. Programs are offered at Bees Landing Recreation Center located at 1580 Ashley Gardens Boulevard, in the Grand Oaks subdivision. Register in person at Bees Landing Recreation Center or by calling (843) 402-4571. Please register for programs in advance.*

### **Waring Senior Center**

Construction on the new Waring Senior Center continues to move forward. We still do not have a firm date for completion, but it's looking more like early January now. Please check our website and Facebook page for more information. For those receiving this newsletter by mail, we will also mail you information about the opening. The Waring Senior Center remains an active construction site with many hazards. We know that you are excited about seeing the new center, but please do not visit the site. It is not open to the public.

In preparation for our opening, we are beginning to plan programs and classes and want to hear from you! We have a survey on our website at [www.WaringSeniorCenter.com](http://www.WaringSeniorCenter.com). We are also accepting Waring Senior Center membership applications. You can download and print an application from our website.

If you would like someone to speak about the Waring Senior Center to your community group or church, contact Elizabeth Bernat, Director of Senior Services, Roper St. Francis, at [elizabeth.bernat@rsfh.com](mailto:elizabeth.bernat@rsfh.com).

We look forward to welcoming you to the Waring Senior Center! See you soon!

### **Book Club**

Join our book club led by Hurd/ St. Andrews Regional Library librarian Laura Gramling, Charleston County Public Library. A limited amount of books are available at the Hurd/ St. Andrews Regional Library. **Book club meets at Bees Landing Recreation Center.**

- **Monday, December 3, 1-2:30 pm:**  
*The 100 Year Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson
- **Monday, January 7, 1-2:30 pm:**  
*Everything I Never Told You* by Celeste Ng

### **Directions to Bees Landing Rec Center**

**From Hwy 61 N/Glenn McConnell Pkwy:** Turn left onto Bees Ferry Road. At the second traffic light, turn right onto Grand Oaks Blvd. Turn left onto Ashley Gardens Blvd. At the traffic circle, take the first right to Bees Landing Recreation.

**From Ravenel, Hwy 17/Savannah Hwy:** Turn left on Bees Ferry Road. Drive about 8 miles and turn left onto Grand Oaks Blvd. Turn left onto Ashley Gardens Boulevard. At the traffic circle, take the first right to Bees Landing Recreation.

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**Acoustic Music Group**

Join a fun jam session with other musicians and vocalists. All levels are encouraged to attend and play. Free.

**Thursdays, 10:30 am-12:30 pm**

**Bridge**

Enjoy a game of bridge. Please call Barbara Halloran at (843) 367-0505 to make a reservation to play. Not for beginners.

**Wednesdays, 9:30 am-12 pm**

**Canasta**

A card game of the Rummy, join in on the fun! Free.

**Fridays starting December 14, 11 am-3 pm**

**Lunch Bunch**

Everyone meets at the restaurant and pays separately. **Advance reservations are very important and required.** Please call Bees Landing Rec Center at (843) 402-4571 by the Monday before the outing to sign up.

- **Wednesday, December 12, 1 pm:**  
Bluerose Café: 652 St. Andrews Blvd
  
- **Wednesday, December 26, 1 pm:** Famous Toastery: 1319 Sam Rittenberg Blvd Suite 109

**Holiday Closings**

Bees Landing Recreation Center is closed:

- **Monday, December 24**
- **Tuesday, December 25**
- **Monday, December 31**
- **Tuesday, January 1**

**Pickleball**

Pickleball is a racquet sport, which combines elements of badminton, tennis, and table tennis. Games are fun and social and are not played at a competitive level. Free.

**Mondays, Wednesdays and Fridays,  
10:30 am-12:30 pm**

**Pickleball Lessons for Beginners**

Pickleball is both fun and good exercise. The rules are simple and easy to learn. Please wear comfortable tennis shoes and clothing. Advanced registration is important. Free.

**Wednesdays, 9:30-10:30 am**

**Movie Matinee**

Enjoy an afternoon movie with popcorn! Free. Please register in advance.

- **Thursday, December 13, 3 pm:** *Won't You Be My Neighbor?* (PG-13) Documentary on Fred Rogers
  
- **Thursday, December 27, 3 pm:** *Jurassic World-Fallen Kingdom* (PG-13) Starring Chris Pratt, Bryce Dallas Howard and Toby Jones



**Mailing List**

If you would like to receive this newsletter, please call Bees Landing Recreation Center at (843) 402-4571 and ask to have your name and/or email address added to the mailing list.

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**Mah Jongg**

Mah Jongg is a game of skill, strategy, and calculation. Not for beginners. Free.

**Tuesdays, 1-3 pm**

**Learn to Play Mah Jongg**

Learn how to play the game of Mah Jongg. Advanced registration is required. This class is a 4-week session that meets once a week. You are not able to join mid-lessons. Free.

**Tuesdays, December 4-18, 3:30-4:30 pm**

**Fitness Classes Schedule**

**Enhance Fitness:** A low-intensity, non-impact exercise class which includes basic aerobic and toning exercises. **Free.**

**Tuesdays, Thursdays & Fridays, 2-3 pm**

**Sit & Fit:** Exercise in a chair. Recommended for those who are unsteady, use assistive devices to walk, lose balance during exercise, or had a recent fall. **Free.**

**Tuesdays and Thursdays, 12:45-1:45 pm**

**Pilates:** Improve flexibility, build strength, and develop control and endurance in the whole body. Places emphasis on alignment, breathing, and improving coordination and balance. \$5 per class.

**Tuesdays, 6:30 pm**

**Gentle Yoga:** Designed to gently work the body to relax and increase flexibility and strength, as well as calming the mind and increasing the ability to focus. \$5 per class.

**Tuesdays and Thursdays, 9 am**

**Kripalu Yoga:** A form of Hatha Yoga. Inner focus, meditation and standard yoga poses. \$5 per class.

**Mondays, 6 pm and Saturdays, 10 am**

**Zumba Fitness:** Fusion of Latin and International music that creates a dynamic and exciting fitness. \$5 per class.

**Mondays, 6 pm, Wednesdays, 6:30 pm and Saturdays, 9 am**

**Bees Landing Recreation Center**

Sam Weatherford  
Bees Landing Facility Manager  
Office (843) 556-3574  
weatherfords@charleston-sc.gov

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