

January/February 2024

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Happy New Year! The new year is the perfect time to try something new. Research shows that trying new things is beneficial to our health. It challenges our brains, improves memory and mood, helps us to learn new things, and often meet new people. Anything that is new to you counts!

Wondering where to start? Just turn the page!

Learn about Native American medicine, the old forts on James Island, historic shell rings, or the mammals and sea turtles in our local waters (pages 3-6). Want to try something creative? We have pencil drawing, watercolors, Zentangle, writing, singing, piano, and other artistic pursuits (pages 11-13).

In celebrating Black History Month in February, we are featuring two films with Gullah Geechee Specialty Artisans and two fascinating programs, "Resisting Jim Crow" and "The Legacy of Margaret Garner: Inspiration for Toni Morrison's Beloved" (page 4).

Feeling like getting outside? Try our kayaking or golfing groups (pages 21-22) or join us on trips to explore Columbia and Beaufort (page 23).

There's so much offered at the centers! I promise that you can find something new to try!

Elizabeth Bernat, MHA, Director



Members gathering at the Charleston Muni for Meet Up Golf.



WSC Volleyball Players wearing their best blue shirts in support of Veterans.



Seniors and Law Enforcement (SALT) City of Charleston Police Officers visiting Balance & Mobility at WSC.

Around the Centers

Income Tax Assistance

The Volunteer Income Tax Assistance (VITA) program offers free income tax preparation and electronic filing assistance from IRS-certified volunteers to those with low and moderate income. Appointments are required. If you are filing separate tax returns, or returns for more than one year, you need separate tax appointments.

Open to Members and Guests

Lowcountry Senior Center

Tues, Feb 6-Apr 16, 8:30 am-1 pm

To register, call (843) 990-5555.

Waring Senior Center

Thur, Feb 1-Apr 11, 8 am-12 pm

To register, call (843) 402-1990.

Viva Las Vegas Dance Party at WSC

Let's kick off the new year with some Vegas fun! Costumes are encouraged or come as you are! Led by Dancing DJ Carol Wiggins. Bring snacks to share and your own beer or wine. Donations are accepted at the door. Member Free / Guests \$10

Thur, Jan 25, 4-6:30 pm [register here](#)

Save the Date!

St. Patrick's Day Dance Party at LSC

Happy St. Patrick's Day! Costumes are encouraged or come as you are! Led by Dancing DJ Carol Wiggins. Bring snacks to share and your own beer or wine. Donations are accepted at the door.

Members Free / Guests \$10

Thur, Mar 14, 4-6:30 pm [register here](#)

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

Comedy Hour

Do you like to laugh and have a good time? If yes, come to this fully improvised comedy hour lead by the Viola Question, Yale University's premier improv comedy group. Member \$5 / Guests \$10 per class

Lowcountry Senior Center

Tues, Jan 9, 1 pm [registration opens Jan 2](#)

Waring Senior Center

Wed, Jan 10, 1 pm [registration opens Jan 2](#)

Legare Farms Rolling Market

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

Lowcountry Senior Center

Wednesdays, 10-11 am

Waring Senior Center

Thursdays, 10-11:30 am - NEW TIME



The Senior Center Chorus singing carols at Roper Hospital.



The Olde Pipes Consort performing holiday music at WSC.

Lifelong Learning

All About Our Local Marine Mammals

Join Lowcountry Marine Mammal Network to learn all about our local marine mammals, some of the amazing feeding behaviors they have, the complex relationships they make, and some of the adaptations that make them incredible top predators in the Lowcountry. Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Jan 16, 11 am-12 pm [register here](#)

Waring Senior Center

Mon, Feb 5, 1:30-2:30 pm [register here](#)

Carta OnDemand

CARTA OnDemand is a partnership with Uber and Lyft that serves seniors and Tel-A-Ride paratransit customers throughout the designated CARTA fixed-route service area. Trips can cost as little as \$4 each way. Courtney Cherry, CARTA, talks about how you can register for this service and how it makes traveling easier for those who need transportation. Members and Guests Free

Lowcountry Senior Center

Fri, Jan 19, 12:30-1:30 pm [register here](#)

Waring Senior Center

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

Polish American Heritage at LSC

Learn some tips and resources for finding your Polish and Polish American ancestry. Presented by Baxter-Patrick James Island librarian Faith Walker.

Members Free / Guests \$5

Thur, Feb 1, 11 am-12 pm [register here](#)

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

Sea Turtles in South Carolina

Did you know the SCDNR Marine Turtle Conservation Program is responsible for protecting sea turtles in South Carolina and providing training for more than 1,100 volunteers who document and protect nests and respond to stranded sea turtles that wash ashore? SCDNR biologist Jeffrey Schwenter discusses his role with the program and highlights 40 years of sea turtle conservation in our state.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Wed, Jan 31, 2-3 pm [register here](#)

Waring Senior Center

Thur, Jan 18, 1:30-2:30 pm [register here](#)

The Role of the Coroner

The Coroner's Office conducts independent investigations of deaths in Charleston County, serving as a representative of the deceased and survivors. Charleston County Coroner, Bobbi Jo O'Neal, talks about the role of the Coroner and the Coroner's office.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Jan 23, 1-2 pm [register here](#)

Waring Senior Center

Mon, Feb 19, 1-2 pm [register here](#)

West Ashley Historians Q&A at WSC

Bring your question, urban legend or story and let's chat! Members Free / Guests \$5

Wed, Feb 7, 1:30-2:30 pm [register here](#)

Lifelong Learning

Resisting Jim Crow

Pharmacist Dr. John A. McFall was among the first generation born in freedom and witnessed the crippling of economic and political strides made by citizens of African descent in Charleston. Lahnice Hollister, his grandniece, discusses the details of how Dr. McFall and many experienced the transition to Jim Crow and navigated the color-line in Charleston, which is vividly told in *Resisting Jim Crow: The Autobiography of Dr. John A. McFall*. Books available for purchase.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Jan 12, 1-2 pm [register here](#)

Waring Senior Center

Mon, Jan 8, 1-2 pm [register here](#)

The Legacy of Margaret Garner: Inspiration for Toni Morrison's *Beloved*

In 1856, Margaret Garner, an enslaved black woman, killed her daughter rather than see her returned to slavery after a brave escape attempt. Largely forgotten until Toni Morrison's novel *Beloved*, Garner's story, though tragic, continues to inspire and empower us. Dr. Delores Walters discusses her story, its revival in an opera, featuring various music genres and her co-edited, award-winning book, *Gendered Resistance: Women, Slavery and the Legacy of Margaret Garner*. Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Waring Senior Center

Thur, Feb 29, 11:30am-12:30 pm [register here](#)

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



Black History Movie Nights

with Gullah Geechee Specialty Artisans

Ebony Pearls at WSC

This documentary movie highlights Denmark Vesey's planned 1882 slave insurrection, Mother Emanuel AME, Sweetgrass and Charleston's 19-20th century street vendors.

Members Free / Guests \$5

Tues, Feb 6, 5:30-7 pm [register here](#)

When Rice Was King at LSC

The history of growing "Carolina Gold" which at one time was considered the world's best rice will be showcased in this film along with an explanation of the Civil War's impact on rice-growing and what happened to many of the original rice plantations in South Carolina.

Members Free / Guests \$5

Thurs, Feb 22, 5:30-7 pm [register here](#)

Raising Revolutionaries at LSC

Faye Jensen, South Carolina Historical Society, is back to talk about how Eliza Lucas Pinckney raised her two sons, Charles Cotesworth Pinckney, who was a signer of the Constitution and Thomas Pinckney who was Governor of South Carolina and the first U.S. Minister to the Court of St. James.

Members Free / Guests \$5

Fri, Feb 23, 2-3 pm [register here](#)

Lifelong Learning

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 per class

Lowcountry Senior Center

Fri, Jan 19, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Jan 12, 9 am-1 pm

Fri, Feb 16, 9 am-1 pm

Call (843) 402-1990 to register.

Current Events Discussion Group

Discussion of current events - global, state or local brought in by group members.

Members Only. Free

Lowcountry Senior Center

Thur, Jan 4-25, 9:30-11 am

Thur, Feb 1-29, 9:30-11 am

Waring Senior Center

Tues, Jan 2, 9, 23, 30, 1:30-3 pm

Tues, Feb 6, 13, 27, 1:30-3 pm

Gardening with Native Plants at WSC

Ecologist and habitat gardener Sharleen Johnson provides an introduction to gardening with native plants to support pollinators, birds, and other wildlife.

Members Free / Guests \$5

Tues, Jan 9, 10-11 am [register here](#)

Financial Education Series

Members Free / Guests \$5 per class

What Happens After the Paychecks Stop? at WSC

Examine how to budget for retirement expenses, potential sources of retirement income, and potential risks such as Long-Term Care and health care costs. Presented by Financial Advisor Brad Worsham, CFP, CRPC

Wed, Jan 24, 5:30-6:30 pm [register here](#)

Social Security: Your Questions Answered at LSC

Abigail Capasso, CRPC, Financial Advisor, discusses ways to maximize Social Security benefit amounts for your and/or your spouse based on age, life expectancy, employment and need.

Fri, Jan 26, 10-11 am [register here](#)

Script Your Family's Future: Why You Need an Estate Plan at WSC

Financial Advisor Brad Worsham, CFP, CRPC and Justin Tapp, JD from Tapp Law Firm discuss asset transfer, incapacity protection, charitable intent and/or tax control.

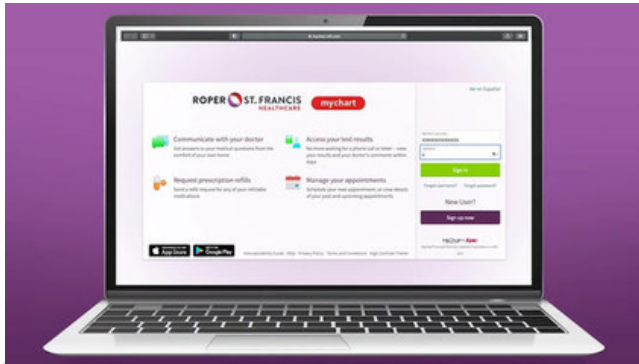
Wed, Feb 28, 5:30-6:30 pm [register here](#)

Leave it, Move it, Roll it, Take it at LSC

Learn how to handle your 401K, pension or other retirement plans with Abigail Capasso, CRPC, Financial Advisor.

Fri, Feb 16, 10-11 am [register here](#)

Lifelong Learning



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. By the end of the session, you'll have the ability to message your provider directly, review your test results, and manage your appointments.

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.
Members and Guests Free

Lowcountry Senior Center

iPhone Users: Tues, Jan 23, 11 am-12 pm
[register here](#)

Android Users: Wed, Feb 28, 2-3 pm
[register here](#)

Waring Senior Center

iPhone Users: Wed, Jan 17, 11 am-12 pm
[register here](#)

Android Users: Fri, Feb 23, 1-2 pm
[register here](#)

James Island History Series at Lowcountry Senior Center

Presented by Mike Corbo, Baxter-Patrick James Island Library

Lesser Discussed Batteries and Forts from James Island's Past

Join librarian Mike Corbo as he discusses some of the batteries and forts from James Island's past that don't often share the same spotlight of Forts Johnson and Lamar. Members Free / Guests \$5

Thur, Jan 18, 11 am-12 pm [register here](#)

The Lighthouse Point Shell Ring

Join librarian Mike Corbo as he discusses The Lighthouse Point Shell Ring and what it can tell us about the early indigenous people of James Island.

Members Free / Guests \$5

Thur, Feb 15, 11 am-12 pm [register here](#)

The Native American Medicine Wheel at LSC

The Native American Medicine Wheel is a sacred and ancient tool used in many cultures. Senior Center Member Cerantha Corley shares with you her journey to learn about, and how she uses the medicine wheel knowledge in her own life. She also plays her Native American Style Flute too.

Members Free / Guests \$5

Thur, Feb 8, 11 am-12 pm [register here](#)

Lifelong Learning

Ancestry Help

Come get help using Ancestry or working on your family tree! Due to software availability, please meet at Baxter-Patrick James Island Library, located at 1858 S Grimball Road on James Island. Members Only. Free

Thur, Jan 11, 11 am-12 pm [register here](#)

Book Club

Members Free / Guests \$5 per class

Lowcountry Senior Center

Mon, Jan 22, 11 am-12:30 pm [register here](#)

The Handmaid's Tale by Margaret Atwood

Mon, Feb 26, 11 am-12:30 pm [register here](#)

The Color of Water by James McBride

Waring Senior Center

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

Heaven & Earth Grocery Store by James McBride

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

Children of the Stars by Mario Escobar

Coffee Talk French at LSC

Intermediate-level French class for those interested in studying French.

Members Only. Free

Mon, 10-11 am

Conversational Spanish

For those who want to practice their Spanish speaking skills. Participants should be able to speak Spanish. Members Only. Free

Lowcountry Senior Center

Wed, 10:15-11:15 am

Waring Senior Center

Fri, 10-11:30 am

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

German Conversation at LSC

Intermediate level German class for those wanting to practice speaking in German.

Participants should be able to speak German.

Members Only. Free

Thur, 1:15-2:15 pm

Great Decisions

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. *Jan Topic: Mideast Realignment. Feb Topic: Climate technology and competition.*

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Tues, Feb 27, 3:15-4:45 pm [register here](#)

Waring Senior Center

Tues, Jan 16, 1:30-3 pm [register here](#)

Tues, Feb 20, 1:30-3 pm [register here](#)

Hidden Gems - Tech Help & Free Resource Information at WSC

Join CCPL's Hurd/St. Andrews Library staff for an overview of the library's print and digital resources, followed by a digital drop-in.

Members Only. Free

Mon, Jan 8, 11:30 am-12:30 pm [register here](#)

Mon, Feb 26, 11:30 am-12:30 pm [register here](#)

Lowcountry Investment Club at LSC

Club members are members of LSC or WSC and have an equity share in the club's portfolio of stocks selected by the group. Members invest \$50 monthly. Members Only. Free

Wed, Jan 3, 4:15-5:45 pm [register here](#)

Health & Wellness

Acupuncture

Learn about all the different ways acupuncture can help you. Meredith Crum, Owner and Licensed Acupuncturist, Balanced Earth Acupuncture, discusses the history of acupuncture and how it works.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Wed, Jan 24, 2-3 pm [register here](#)

Waring Senior Center

Wed, Jan 31, 2-3 pm [register here](#)

Boosting Your Immune System

Learn what foods boost the immune system and what foods deplete it. Kiersten Ahlm, Integrative Nutrition, also talks about external stressors that can leave us vulnerable to common illnesses.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, Jan 11, 11 am-12 pm [register here](#)

Waring Senior Center

Tues, Jan 9, 2-3 pm [register here](#)

Busting Nutrition and Cancer Myths at WSC

Does sugar feed cancer? Will eating soy increase my chances of cancer? Does juicing fight cancer? Wrong ideas about cancer can lead us to needless worry, hinder good nutrition prevention, and making appropriate treatment decisions. Let's talk about science-based information to bust common nutrition-related cancer myths and misconceptions.

Members Free / Guests \$5

Thur, Jan 25, 2-3 pm [register here](#)

Healthy Living for Your Brain and Body

Join the Alzheimer's Association, SC Chapter to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Jan 16, 1-2 pm [register here](#)

Waring Senior Center

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

Joy of Meditation at LSC

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

Members Free / Guests \$20 per month

Thur, Jan 4-25, 2:30-3:30 pm [register here](#)

Thur, Feb 1-29, 2:30-3:30 pm [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.

Members 1st Session Free; \$10 per session after / Guests \$20 per session

Wed, Jan 17 and Feb 21

Appointments available 10 am-1 pm

Call (843) 990-5555 to schedule.

Health & Wellness

Ask a Professional - Alzheimer's

Join Sara Perry, Certified Dementia Practitioner and Executive Director of Respite Care Charleston, to learn more about memory loss and what resources are available to help. Members Only. Free.

Lowcountry Senior Center

Thur, Feb 1, 3-4 pm [register here](#)

Waring Senior Center

Tues, Jan 16, 2-3 pm [register here](#)

Hope for Healing Hearts at WSC

In partnership with the Roper St. Francis Pastoral Care Department we are offering a FREE twelve-week discussion group for people who have experienced the death of a loved one. You may join at any time, and you do not have to attend every session. Registration is not required.

Members and Guests Free

Mon, Feb 5-April 22, 2-3 pm

Medicare Q&A

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? Need assistance setting up your Medicare account? Sign-up at the front desk 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

Fri, Feb 9, 10-11 am

Waring Senior Center

Tues, Feb 13, 10-11 am

Mind Diet at WSC

Did you know the MIND diet is a hybrid of the Mediterranean and DASH diets with its goal to reduce dementia and the decline in brain health that usually occurs as we age? Learn about the science and specifics behind this popular eating plan and tackle your questions about diet and aging.

Members Free / Guests \$5

Fri, Jan 19, 1-2 pm [register here](#)

The 10 Early Signs of Parkinson's

It can be hard to tell if you or a loved one has Parkinson's disease (PD). Deborah Vanadia-Mims, Volunteer Ambassador, Karson Terry, Development Manager, and Cindy Karr, Mission & Outreach Chair, Parkinson's Foundation Carolinas Chapter, discuss the 10 early signs that you might have the disease, when you should consider making an appointment to talk to your doctor and free resources available to you and your care-partner. Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, Feb 8, 3-4 pm [register here](#)

Waring Senior Center

Tues, Jan 30, 3-4 pm [register here](#)

Health & Wellness

Blood Pressure Screenings

Drop by and get a free blood pressure screening and pick up information about stroke prevention and more.

Members and Guests Free

Lowcountry Senior Center

Tues, Feb 13, 9:30 am-12:30 pm

Waring Senior Center

Thurs, Feb 22, 9:30 am -12:30 pm

Hearing Screenings

Concerned about your hearing? Get your hearing checked by Charleston ENT & Allergy. Screening approximately takes 15 minutes. Members Only. Free

Lowcountry Senior Center

Fri, Feb 2, 9 am-12 pm

Call (843) 990-5555 to schedule.

Waring Senior Center

Fri, Feb 16, 9 am-12 pm

Call (843) 402-1990 to schedule.

In Our DNA SC

In Our DNA SC aims to enroll 100,000 participants in genetic testing at no cost to you. This project looks at how your DNA affects your health. Make your 15-minute appointment to learn more and have your saliva sample collected at the center!

Members and Guests Free

Lowcountry Senior Center

Wed, Feb 14, 10 am-1 pm

To register, call (843) 990-5555.

Waring Senior Center

Tues, Feb 13, 10 am-1 pm

To register, call (843) 402-1990.

Memory Screenings

Free screening for those age 55 and older concerned about their memory. Conducted by South Carolina Institute for Brain Health.

Members Only. Free

Lowcountry Senior Center

Wed, Jan 17, 9:30 am-2 pm

To register, call (843) 990-5555.

Waring Senior Center

Wed, Feb 21, 9:30 am-2 pm

To register, call (843) 402-1990.

Nutrition & Stroke Prevention

Join Lori Schrecker, Stroke Program Coordinator from Roper St. Francis Healthcare and learn what simple steps you can take to prevent a stroke.

Members and Guests Free

Lowcountry Senior Center

Thurs, Feb 29, 11 am-12 pm [register here](#)

Waring Senior Center

Wed, Feb 28, 1:30-2:30 pm [register here](#)

Physical Therapy for Knee Pain

Sarah Coleman, PT, DPT, ATI Physical Therapy talks about exercises and activity modifications for knee pain.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, Feb 22, 11 am-12 pm [register here](#)

Waring Senior Center

Mon, Feb 26, 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.

Support

Alzheimer's Caregiver Support Group at WSC

Presented in partnership with Respite Care Charleston, this support group offers caregivers a safe and confidential place to share, learn, and prepare for the journey ahead. Members and Guests Free

Sat, Jan 13 & 27 10-11:30 am

Sat, Feb 10 & 24, 10-11:30 am

Moving on After Change at LSC

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

Members and Guests Free

Thur, Jan 4 & Feb 1, 9-10 am

Parkinson's Disease Support Group at LSC

For those living with Parkinson's Disease to learn, share and connect.

Members and Guests Free

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

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.

Tues, 10 am

Creative Arts & Music

Galentine Cookie Decorating Class

Grab your "Gal" friends and a beverage of choice for this fun and delicious class! Over the course of two hours, you will decorate six cookies with the help of professional instruction. All supplies included and you will leave with printed instructions, tips and tricks of the trade, as well as a beautiful set of cookies.

Members \$50 / Guests \$60 per class

Lowcountry Senior Center

Fri, Feb 9, 1:30-3:30 pm [register by 1/19](#)

Waring Senior Center

Mon, Feb 5, 4-6 pm [register by 1/19](#)

Creating Art with Alcohol Inks at LSC

Come and try this popular trend sweeping the art community. This vibrant and fluid medium is unlike any other you have used in the past. This class is easy and fun. No experience necessary.

Members \$15 / Guests \$25 per class

Thur, Jan 25, 11 am-12 pm [register here](#)

Thur, Feb 15, 11 am-12 pm [register here](#)

Writing Circle at LSC

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

Members Free / Guests \$5 per class

Wed, Jan 17, 3-5 pm [register here](#)

Wed, Feb 21, 3-5 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 & Music

Advanced Drawing at WSC

This course continues with drawing techniques learned in beginning drawing and introduces various drawing materials including color and mixed media. Supply list at the front desk.

Members \$30 / Guests \$40 per series

Mon, Feb 5-26, 1-3 pm [register here](#)

Advanced Pencil Drawing at LSC

Continue with your journey mastering your skills, and applying them into new artistic projects. Supply list at the front desk.

Members Only. \$70 per 8-week series

Wed, Jan 10-Feb 28, 1-3 pm [register here](#)

Beginner Pencil Drawing at LSC

Learn the basics in drawing with techniques taught and demonstrated by the instructor. Supply list at the front desk.

Members Only. \$62 per 7-week series

Mon, Jan 8-Feb 26, 4:15-6:15 pm

No Class Jan 15 [register here](#)

Intermediate Pencil Drawing at LSC

Build on the basics, continue learning different techniques for drawing, taught and demonstrated by the instructor. Supply list at the front desk.

Members Only. \$62 per 7-week series

Mon, Jan 8-Feb 26, 2-4 pm

No Class Jan 15 [register here](#)

Introduction to Drawing at WSC

An introduction to the basic principles of drawing that encompasses techniques in sketching, shading, blending and cross hatching. Supply list at the front desk.

Members \$30 / Guests \$40 per series

Tues, Feb 6-27, 10 am-12 pm [register here](#)

Photography Club at LSC

The club compares photos and watches a photography lecture each meeting. All levels welcome. Members Free / Guests \$5 per class

Fri, Jan 19, 10-11 am [register here](#)

Fri, Feb 16, 10-11 am [register here](#)

Photography Club at WSC - Interest Meeting

Would you like to have photography club at Waring? Come discuss the possibility of learning about photography, sharing photos and taking group field trips. Members Only.

Thurs, Feb 22, 1:30 pm [register here](#)

Watercolor Lessons

Suitable for both beginners and advanced students. Supply list at the front desk.

Members \$20 / Guests \$30 per series

Lowcountry Senior Center

Tues, Jan 9-30, 1-3 pm [register here](#)

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

Waring Senior Center

Wed, Jan 10-31, 10 am-12 pm [register here](#)

Wed, Feb 7-29, 10 am-12 pm [register here](#)

Creative Arts & Music

Art Hub

Get together and work on your own art. Bring your own supplies. Members Only. Free

Lowcountry Senior Center, Fri, 1-3 pm

Waring Senior Center, Mon, 10 am-12 pm

Intermediate Quilting Class at WSC

Quilters come build on your basic skills.

Project to be determined at first class.

Members Only. Free

Wed, Jan 17-Feb 28, 1-4 pm [register here](#)

Knitting & Threads at LSC

Get together and work on your own knitting, needlepoint and crocheting projects.

Members Only. Free

Thur, 10 am-12 pm

Murderous Yarns at LSC

Knit, crochet, sew and listen to true crime podcasts about historical mysteries in the South while we work. This is not strictly a needlecraft event. Adult coloring pages, pencils and puzzles are available. Bring a project if you have one or just come for the crime. Members Free / Guests \$5 per class

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

Wed, Feb 7, 2-3:30 pm [register here](#)

Quilters Group at WSC

This is a time for socializing and helping each other with projects as needed.

Members Only. Free

Tues, Jan 9 & 23, 1-4 pm

Tues, Feb 13 & 27, 1-4 pm

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.

Members Only. Free

Tues, Jan 2 & Feb 6, 1-4 pm

Zentangle Inspired Classes

Open to all levels. You do not need to have taken Intro to Zentangle to participate in classes. Supplies Included.

Members \$15 / Guests \$25 per class

Introduction to Zentangle

The Zentangle Method is an easy-to-learn, relaxing, and fun way to draw beautiful, structured patterns. Learn the history and basic steps of Zentangle.

Lowcountry Senior Center

Wed, Jan 17, 10 am-12 pm [register here](#)

Waring Senior Center

Fri, Jan 26, 12:30-2:30 pm [register here](#)

Zentangle Shading Basics

Learn tangles that have unique shading options and see how simple shading techniques can transform your work and can produce not just one color, but many "shades of gray."

Lowcountry Senior Center

Wed, Feb 21, 10 am-12 pm [register here](#)

Waring Senior Center

Fri, Feb 23, 12:30-2:30 pm [register here](#)

Creative Arts & Music

Acoustic Jam Sessions

Bring your instrument and jam with us, share a song, or just listen. Guests pay at front desk. Members Free / Guests \$5 per day

Lowcountry Senior Center

Tues, 4-6 pm

Waring Senior Center

Sat, Jan 13 & 27, 10 am-12 pm

Sat, Feb 10 & 24, 10 am-12 pm

Beginner Recorders Information Session at LSC

Interested in playing the recorder? Learn about joining the beginner's class, which is for those with any or no music experience. We have a few recorders that may be borrowed while you try the class. The beginners class will meet on Mondays, 3:30-4:30 pm starting Mon, Mar 11. Led by Jean Williams and Betty Clayton.

Members Only. Free

Mon, Mar 4, 3:30-4:30 pm [register here](#)

Chorus at LSC

Singing is good for your health! This choral group is open to new or experienced singers from LSC and WSC. Directed by Paula Carl.

Members Only. Free

Thur, 1:30-2:45 pm *No class Jan 4*

Group Beginner Piano

Learn how to play the basics of piano including note reading, rhythm, chords, and technique. No experience necessary.

Members \$45 / Guests \$85 per series

Lowcountry Senior Center

Mon, Jan 8-Feb 26, 10-11:30 am

No class Jan 15 [register here](#)

Waring Senior Center

Wed, Jan 10-Feb 28, 9:30-11 am

No class Jan 17 [register here](#)

Group Intermediate Piano

Must have general knowledge of music and understanding of note reading and chords.

Members \$45 / Guests \$85 per series

Lowcountry Senior Center

Mon, Jan 8-Feb 26, 12-1:30 pm

No class Jan 15 [register here](#)

Waring Senior Center

Wed, Jan 10-Feb 21, 11 am-12:30 pm

No class Jan 17 [register here](#)

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.

Members Only. Free

Mon, 1:30-3:30 pm

The Pipers at LSC

For people who have have some experience playing the recorder. Led by Jean Williams and Betty Clayton. Members Only. Free

Mon, 12:30-1:30 pm

Dance

Dance Conditioning

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

Lowcountry Senior Center

Members \$10 / Guests \$20 per month

Fri, Jan 12-26, 9-10 am [register here](#)

Members \$15 / Guests \$25 per month

Fri, Feb 2-23, 9-10 am [register here](#)

Waring Senior Center - NEW

Coming Soon. Check at the front desk for more information.

Line Dancing - Beginner

No partner required.

Lowcountry Senior Center

Members \$20 / Guests \$30 per month

Tues, Jan 9-30, 2:30-3:20 pm [register here](#)

Tues, Feb 6-27, 2:30-3:20 pm [register here](#)

Waring Senior Center

Members \$20 / Guests \$30 per month

Wed, Jan 10-31, 3-4 pm [register here](#)

Wed, Feb 7-28, 3-4 pm [register here](#)

Line Dancing - Intermediate at LSC

Advanced dances. No partner required.

Members \$20 / Guests \$30 per month

Tues, Jan 9-30, 3:25-4:15 pm [register here](#)

Tues, Feb 6-27, 3:25-4:15 pm [register here](#)

Shag - Level 1 at WSC

For the Beginner! No partner required.

Members \$40 / Guests \$50 per series

Mon, Jan 22-Mar 4, 6:05-6:50 pm

[register here](#)

Shag - Level 2 at WSC

For those who have taken at least 8-12 weeks of Shag 1 and want to continue further!

Members \$40 / Guests \$50 per series

Mon, Jan 22-Mar 4, 5:20-6:05 pm

[register here](#)

Shag - Level 3 at WSC

For those who know all the basic steps and are ready for more advanced dancing.

Members \$45 / Guests \$55 per series

Mon, Jan 22-Mar 4, 4:20-5:20 pm

[register here](#)



Members dancing and having fun in Dance Conditioning at LSC.

Fitness at Lowcountry January & February

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

Monday

9-10 am
Fit and Firm
Free/\$2 per class

● **11 am-12 pm**
Sit and Fit
Free/\$2 per class

● **12-1 pm**
Cardio & Weights w/ Ron
Free/\$2 per class

1-2 pm
Strength & Balance
Free/\$2 per class

2:15-3 pm
Core & Stretch
Jan \$15/\$25
Feb \$15/\$25

4-5 pm
Gentle Yoga
Jan \$15/\$25
Feb \$20/\$30

Tuesday

8:30-9:30 am
Interval Training
Jan \$10/\$20
Feb \$10/\$20

● **9-10 am**
Cardio & Weights w/ Ron
Free/\$2 per class

10-10:45 am
Chair Yoga
Jan Free/\$20
Feb Free/\$20

11 am-12 pm
Qigong
Jan \$5/\$20
Feb \$5/\$20

● **11 am-12 pm**
Sit and Fit
Free/\$2 per class

12:15-1 pm
Zumba Gold
Jan \$25/\$35
Feb \$25/\$35

2:30-3:20 pm
Line Dancing Beg
Jan \$20/\$30
Feb \$20/\$30

3:25-4:15 pm
Line Dancing Int
Jan \$20/\$30
Feb \$20/\$30

4:30-5:30 pm
Strength & Stretch
Jan \$20/\$30
Feb \$20/\$30

Wednesday

9-10 am
Fit and Firm
Free/\$2 per class

10:10-10:50 am
Balance & Mobility
Jan Free/\$20
Feb Free/\$20

● **11 am-12 pm**
Sit and Fit
Free/\$2 per class

12:10-12:30 pm
Hula Hooping
Jan 17 Free/\$2
Feb 21 Free/\$2

1-2 pm
Strength & Balance
Free/\$2 per class

3-4:30 pm
Chair Volleyball
Members only
Free

5:45-6:45 pm
Relax and Repair Yoga
Jan \$20/\$30
Feb \$20/\$30

Thursday

8-8:50 am
Get Up & Flow
Jan \$15/\$25
Feb \$25/\$35

9-9:45 am
Tai Chi
Jan \$15/\$25
Feb \$25/\$35

10-10:45 am
Chair Yoga
Jan Free/\$20
Feb Free/\$20

● **11 am-12 pm**
Sit and Fit
Free/\$2 per class

11 am-12 pm
Strength & Balance
Free/\$2 per class

12:15-1 pm
Zumba Gold
Jan \$25/\$35
Feb \$25/\$35

Friday

7:30 am
Walking Club at JICP
Members Only

● **9-10 am**
Cardio & Weights w/ Ron
Free/\$2 per class

9-10 am
Dance Conditioning
Jan \$10/\$20
Feb \$15/\$25

● **11 am-12 pm**
Sit and Fit
Free/\$2 per class

12:30-1:30 pm
Yoga Fridays
Jan \$15/\$25
Feb \$20/\$30

Saturday

10-11 am
Cardio & Weights
Free/\$2 per class

11:30 am-12:45 pm
Chair Volleyball
Members only
Free

Click on the class title
to join the live stream
class online.

Click on the month
to register for classes and
pay, if fees apply.

Calendar Key

- Class online only when available
- Class at Lowcountry and available online

Want to try an exercise class one time? Per class rate is \$8 for members and guests, if fees apply.

Fitness at Waring January & February

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

Monday

9-10 am **Fit & Firm**

Free/\$2 per class

10-10:45 am **Intro to Synergy**

Gold/Sliver Members Only
Jan \$15
Feb \$15

11 am-12 pm **Sit and Fit**

Free/\$2 per class

● 12-1 pm **Cardio & Weights**

Free/\$2 per class

● 1-1:45 pm **Monday Synergy PM**

Gold/Sliver Members Only
Jan \$15
Feb \$20

1:30-2:30 pm **Yoga for Back Health**

Jan \$15/\$25
Feb \$20/\$30

Tuesday

● 9-10 am **Cardio & Weights**

Free/\$2 per class

10-10:45 am **Tai Chi**

Jan \$20/\$30
Feb \$20/\$30

● 11 am-12 pm **Sit and Fit**

Free/\$2 per class

11:30 am-12:30 pm **Gentle Yoga**

Jan \$20/\$30
Feb \$20/\$30

12:15-1:15 pm **Strength & Balance**

Free/\$2 per class

Wednesday

9-10 am **Fit & Firm**

Free/\$2 per class

10-10:45am **Wed/Fri Synergy AM**

Gold/Silver Members Only
Jan \$35
Feb \$40

● 11 am-12 pm **Sit and Fit**

Free/\$2 per class

11:30am-12:30pm **Chair Yoga**

Jan Free/\$20
Feb Free/\$20

1-1:45 pm **Wed/Fri Synergy PM**

Gold/Silver Members Only
Jan \$35
Feb \$40

2-3 pm **Zumba Gold**

Jan \$20/\$30
Feb \$20/\$30

3-4 pm **Line Dancing**

Jan \$20/\$30
Feb \$20/\$30

5:30-6:30 pm **Yoga After 5**

Jan \$20/\$30
Feb \$20/\$30

Thursday

9-10 am **Fit & Firm**

Free/\$2 per class

10-11 am **Gentle Yoga**

Jan \$15/\$25
Feb \$25/\$35

10-10:45 am **Drums Alive**

Jan \$10/\$20
Feb \$10/\$20

● 11 am-12 pm **Sit and Fit**

Free/\$2 per class

12:15-1:15 pm **Strength & Balance**

Free/\$2 per class

1:30-2:15 pm **Core & Stretch**

Jan \$15/\$25
Feb \$15/\$25

Friday

● 9-10 am **Cardio & Weights**

Free/\$2 per class

10-10:45am **Wed/Fri Synergy AM**

Gold/Sliver Members Only
Jan \$35
Feb \$40

● 11 am-12 pm **Sit and Fit**

Free/\$2 per class

11-11:45 am **Balance & Mobility**

Jan Free/\$20
Feb Free/\$20

1-1:45 pm **Wed/Fri Synergy PM**

Gold/Sliver Members Only
Jan \$35
Feb \$40

Saturday

10-11:30 am **Chair Volleyball**

Members Only
Free

Click on the class title
to join the live stream class online.

Click on the month
to register for classes and pay, if fees apply.

Calendar Key

● Class online only when available

● Class at Waring and available online

Want to try an exercise class one time? Per class rate is \$8 for members and guests, if fees apply.

Fitness & Personal Training

Intro to Synergy at WSC

This three week class is an orientation to the Synergy 360 Machine. Open only to Gold & Silver WSC members who have not previously taken Synergy. No repeats allowed.

Mon, Jan 8-29, 10-10:45 am, \$15 [register here](#)

No class Jan 15

Mon, Feb 5-19, 10-10:45 am, \$15 [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. \$40/person for Gold and Silver Members.

Lowcountry Senior Center

Call, text or email Laura Kier, Certified Personal Trainer, to schedule an appointment. (843) 310-0948 or Laura4Life.LLC@gmail.com

Waring Senior Center

Call or email Ron White, Certified Personal Trainer, to schedule an appointment. (843) 402-1652 or kendall.white@rsfh.com

Synergy at WSC

Small group circuit training. Space is limited. Gold & Silver WSC members only. *No class Jan 15*

January

1-1:45 Mon, Jan 8-29, \$15 [register here](#)

W/F January classes start on Wed, Jan 10th

10-10:45 Wed/Fri, Jan 10-31, \$35 [register here](#)

1-1:45 Wed/Fri, Jan 10-31, \$35 [register here](#)

February

1-1:45 Mon, Feb 5-26, \$20 [register here](#)

10-10:45 Wed/Fri, Feb 2-28, \$40 [register here](#)

1-1:45 Wed/Fri, Feb 2-28, \$40 [register here](#)



Members observing breast cancer awareness month with a "Pink Day of Play".



Members using weights in Strength & Balance class at LSC.

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

Fitness Class Descriptions

Balance & Mobility

Decrease risk of falls and increase balance and mobility. 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.

Chair Zumba

Incorporates movements from Latin dances to improve core stability.

Core & Stretch

Gentle stretching and core strengthening on the floor

Drums Alive

Full body workout using drumsticks and exercise balls. Participants may stand or sit.

EnhanceFitness (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. All levels welcome.

Strength & Balance - EF Level II

Low-intensity, non-impact aerobic, strength, balance, and stretching exercises. Participants may stand or sit during the class.

Fit & Firm - EF Level III

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

Gentle Yoga

A gentle paced stretching and relaxation class. Bring your own mat.

Get Up & Flow

Connect dynamic movement with mindful breathing to create a flowing practice. This class offers a well-rounded balance for strength and flexibility. Bring your own mat.

Hula Hooping

Hula hooping is fun and builds core strength. Bring a hula hoop if you have one. No experience necessary.

Interval Training

Cardiovascular, strength and stretch exercises. Floor work is incorporated.

Qigong

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

Roll & Restore

Foam rolling (self massage) on the floor relieves muscle tightness. Bring a foam roller.

Strength & Stretch

Full body strengthening with yoga-inspired moves for improving core, upper and lower body and flexibility.

Tai Chi

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

Yoga After 5

No previous yoga experience required. Class taught on the floor. Bring a yoga mat.

Yoga for Back Health

Improve spine support and flexibility. Modifications offered, but class taught on floor. Bring a yoga mat.

Yoga - Evening Flow

Gentle mindful movement class to bring a close to the day and quiet your body and mind. For all levels.

Zumba Gold

A modified Zumba class at a lower intensity.

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

Games at the Centers

Members Free / Guests \$5 per day
Please check-in at front desk upon arrival. Members may play at either center.

Lowcountry Senior Center

Advanced Pinochle

Mon & Wed, 10 am-12 pm

Bridge For Fun (All Levels)

Sat, 9:30 am-12:30 pm

Bunco

The third Wed, 1-3 pm

Chess

Wed, 12-2 pm

Duplicate Bridge

Wed, 9:30 am-12:30 pm

Hand, Knee & Foot

Thur, 12:30-3 pm

Mah Jongg

Tues, 9:30-11:30 am

Mexican Train Dominoes

Fri, 10 am-1 pm

Waring Senior Center

Bridge For Fun (All Levels)

Mon, 12:30-3:30 pm

Canasta (Hand & Foot)

Tues, 12-3 pm & Fri, 12-3:30 pm

Cancellation Hearts

Wed, 12-3:30 pm

Cribbage

Tues, 12-3 pm

Dominoes

Wed, 12-4 pm & Fri, 12-3 pm

Intermediate Bridge

Thur, 1-4 pm

Mah Jongg

Beginner Lessons

Thur, Jan 4-25, 12-1 pm [register here](#)

Thur, Feb 1-22, 12-1 pm [register here](#)

Mah Jongg Open Play, Thur, 1-3:30 pm



Members playing Bridge at LSC.



Members playing Cribbage at WSC.

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

Social - Out & About

Bird Walking Tour

Join us for a custom guided birding program led by experienced naturalists from your Charleston County Parks. This tour requires a good amount of walking. Transportation not provided.

Members \$15 / Guests \$30

Thur, Feb 29, 9-10:30 am [register by 2/15](#)

Dining Out

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

Tues, Jan 9, 5 pm [register by 1/2](#)

Bowens Island Restaurant,
1870 Bowens Island Rd

Tues, Jan 23, 5 pm [register by 1/16](#)

Bella Roma Italian Food,
2970 Sam Rittenberg Blvd

Tues, Feb 13, 5 pm [register by 2/6](#)

Home Team BBQ, 1205 Ashley River Rd

Tues, Feb 27, 5 pm [register by 2/20](#)

Kickin' Chicken, 1179 Sam Rittenberg Blvd

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.

Members \$50 / Guests \$60 per tour

Wed, Jan 31, 2:30 pm [register by 1/17](#)

Meet Up Golf

Play golf with other members at the City of Charleston Municipal Golf Course. \$17 Green Fees; \$20 Riding Cart (\$10 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. Members Only.

Thursdays in January and February

PURE Theater Trip Caroline, or Change

Pure Theater brings high school seniors and senior citizens together to share in life-changing theatrical experiences. This program cultivates community and inclusion by engaging these two groups in cross-generational conversations about the world we all live in. Participants will attend a matinee performance of Caroline, or Change followed by a discussion about the play over lunch which is provided by Destiny's Community Cafe. Space is limited. Transportation not included.

Members \$50 / Guests \$60

Wed, April 17, 10:30 am [register by 3/1/24](#)

Pure Theater, 134 Cannon Street

Social - Out & About

Happy Hour

Mingle while you enjoy drinks and light snacks. Everyone meets at the location and pays separately. Registration required. Members Only.

Thur, Jan 4, 4 pm [register by 1/2](#)

My Father's Moustache, 1739 Maybank Hwy

Thur, Jan 18, 4 pm [register by 1/15](#)

Hunley's Neighborhood Grill

1750 Savannah Hwy

Wed, Feb 7, 4 pm [register by 2/4](#)

Southern Roots, 2544 Savannah Hwy

Thur, Feb 15, 4 pm [register by 2/12](#)

Locals Sushi & Sports Pub-West Ashley

1680 Old Towne Rd

Taste Primary Burgundy Varieties at WSC

Burgundy is the mecca for lovers of Pinot Noir and Chardonna. 51% of vineyards in Burgundy are dedicated to Chardonnay and 40% to Pinot Noir. Tasting includes three white wines and three reds. Snacks included.

Members \$30 / Guests \$40

Tues, Feb 13, 4:30-6:30 pm [register by 2/6](#)

Taste Rhone Valley Varieties at LSC

Rhône Valley wines are divided into two areas: the Northern Rhône and the Southern Rhône. Northern Rhône wines are primarily limited to two varieties - Syrah (red) and Viognier (white). The Southern Rhône is known for blending several varieties to make both red and white wines. Snacks included.

Members \$30 / Guests \$40

Thur, Feb 15, 4:30-6:30 pm [register by 2/8](#)

Kayak 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.

Members \$45 / Guests \$55 per tour

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

Fri, Feb 23, 11 am [register by 2/19](#)

Lunch Bunch

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

Fri, Jan 12, 12:30 pm [register by 1/7](#)

Maybank Public House, 1970 Maybank Hwy

Fri, Jan 26, 12:30 pm [register by 1/23](#)

Bear E Patch Cafe West, 1980 Ashley River Rd

Fri, Feb 9, 12:30 pm [register by 2/6](#)

Maple Street Biscuit Company,
1739 Maybank Hwy, Suite U

Fri, Feb 23, 12:30 pm [register by 2/20](#)

Toast! All Day, 2026 Savannah Hwy

Wine Tasters at LSC

Enjoy tasting different wines each month. Participants take turns purchasing the wines as well as snacks to share. Members Only.

Thur, Jan 25, 5-6:45 pm [register here](#)

Featuring Refund Night

Thur, Feb 29, 5-6:45 pm [register here](#)

Featuring Favorite Red

Travel

The Governor's Mansion and State Museum - Columbia, SC

Travel with us to Columbia, SC! First, we go to the Governor's Mansion in the heart of Columbia for a guided tour of this historic residence. The mansion survived the burning of Columbia when Sherman's forces came through in February 1868. Next, we enjoy lunch at a Columbia favorite, Seawell's Restaurant. Following lunch, we travel to The State Museum for a self-guided tour of the four-floor museum (elevator available). The State Museum is housed in the former Columbia Mills Building on the Congaree River and is listed on the National Register of Historic Places. The museum represents four distinct sections of SC history: art, cultural, science & technology, and natural history. Registration and payment due by February 8 2024 - non-refundable after this date.

Members \$255 / Guests \$285

Tues, Mar 26, 7:15 am-6:00 pm

Call the center to register or stop by front desk.



Travelers visited Hobcaw Barony in Georgetown, SC in 2023.

Beaufort and St. Helena Island Beaufort, SC

Let's take a day trip to Beaufort, SC! First, we meet our guide, Bill Reynolds, for a fascinating 2.5 hour tour of St. Helena Island. You will see and hear about Gullah history, see Darrah Hall (National Park Service Museum of the New Reconstruction Era National Park), on the grounds of the Penn Center, and a local Gullah Art Gallery, and so much more! Following our tour, we enjoy time along Bay St for lunch on your own, shopping at some of the unique shops or time along the Waterfront Park. We've included an ice cream scoop from Southern Sweets Ice Cream and Sandwich Shop on Bay St. to enjoy this afternoon! Registration and payment due by March 24, 2024 - non-refundable after this date.

Members \$239 / Guests \$269

Tues, May 21, 7:15 am-5:30 pm

Call the center to register or stop by front desk.



Travelers visited the Carter & Holmes Orchids in Newberry, SC in 2023.

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

Pickleball at Waring

Beginner Pickleball Lesson

Lesson focus is on explaining the equipment, basic rules of play, instructions on a proper serve and playing the game. Participants should come dressed to play and wear tennis shoes. Bring a hat and/or sunglasses and water. Paddles & balls provided. Class size limited to 8. One repeat allowed.

Members \$5/ Guests \$10 per lesson

Tues, Jan 9, 8:45-10 am [register here](#)

Tues, Jan 23, 8:45-10 am [register here](#)

Tues, Feb 6, 8:45-10 am [register here](#)

Tues, Feb 20, 8:45-10 am [register here](#)

Beginners Only Open Play - NEW

All Thursdays in Jan and Feb

11:30 am-1:30 pm

Players must have completed at least 1 lesson from someone. The purpose of this open play is to encourage new players to play with their skill level. Volunteers will observe play by offering coaching, drills and also be available to answer questions. Member badges must be visible to enter court.

WSC Gold, Silver Members - Free

LSC Gold, Silver Members - \$1 per day

Nonmembers must be 50+ and accompanied by a Gold or Silver Member, pay \$5 per day to play and sign pickleball waiver forms at front desk.



Members Paddling for Pink in observance of Breast Cancer Awareness Month.



Members celebrating Veterans during a day of play at WSC.



A view from above. Outdoor play at WSC.



**ALL OF YOUR PICKLEBALL
NEEDS IN ONE APP**

Visit TEAMREACH.COM and download the Team Reach App. Use the group code **WARING** to see what's happening at the center.

Pickleball at Waring



Intermediate Pickleball Skills & Drills

This three-week series is for players with a minimum of 6 months playing experience, knowledge of rules and ability to accurately serve. Participants need to be able to attend all 3 weeks due to limited space. Those who have not taken this before may sign-up for the class. Space is limited to 8.

Warm-up and stretching at 8:45 am.
Lessons begin promptly at 9 am.

Week 1 - Dink and positioning

Week 2 - Serve and return

Week 3 - 3rd Shot drop and transitioning

Week 4 - Inclement weather makeup day

Tues, Jan 9-30, 8:45-10 am

Tues, Feb 6-27, 8:45-10 am

Gold and Silver Members \$10 / Guests \$20
Online registration for these sessions opens on Tues, Jan 2.

Pickleball is Coming to LSC!

We are very excited to bring pickleball to Lowcountry Senior Center! Many thanks to our Pickleball Ambassadors and Friends of LSC Board who helped to fundraise and advocate for this exciting addition to the center. We are very thankful for the support of Senator Sandy Senn and House Representative Spencer Wetmore who secured \$60,000 in state funding for the project. More information coming soon!

Open Play Pickleball

Member badges must be visible to enter court. Nonmembers must be 50+ and accompanied by a Gold or Silver Member, pay \$5 per day to play and sign pickleball waiver forms at front desk.

WSC Gold, Silver Members - Free

LSC Gold, Silver Members - \$1 per day

JANUARY & FEBRUARY

Mon, Wed, Thurs, Fri, Sat, 9-11 am

Tues, 10 am-12 pm

Pickleball Court Reservations

Waring Senior Center has outdoor pickleball courts available to Gold and Silver Members. Guests must be 50+ and accompanied by a Member, pay \$5 per day to play, and sign pickleball waiver forms at front desk prior to play.

To reserve a court, please call
(843) 402-1990.

WSC Gold and Silver Members, Free
LSC Gold and Silver Members, \$1 per day

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–7 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–7 pm
Fridays, 7 am–4 pm
Saturdays, 8 am–1 pm

Closed Mon, Jan 1 for New Year's Day and Mon, Jan 15 for Martin Luther King, Jr Day

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: \$70 per year

Gold Membership: \$105 per year at Lowcountry / \$125 per year at Waring

- Gold membership includes the Basic membership plus access to the gym.
- Both centers participate with Silver Sneakers, Renew Active and Silver & Fit.
- Nonresidents of Charleston County pay an additional \$10 membership fee.
- Temporary memberships are available by the month.

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.

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) and pick-up items such as sandwiches, salads, muffins, etc. on Tues, Wed, Thurs, (8am–3pm), Fri (8am–2pm). The curbside pick-up service has been discontinued. Meals must be ordered at least two days in advance via our website or by calling or visiting the center. See pages 27 & 28 for current menus.

Waring Café Hot Lunch Menu (No Curbside) January 2024

Hot Lunch Served with Water, Skim Milk, and Fresh Fruit.

Café Hours: Tuesdays, Wednesdays, and Fridays, 11 am-2 pm for Hot Lunch; and 8 am-3 pm for All Other Items



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Jan 2 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 12/30 at 11 am</i>	Jan 3 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 1/1 at 11 am</i>	Jan 4	Jan 5 Roasted Pork Loin with Gravy Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 1/3 at 11 am</i>
Jan 8	Jan 9 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 1/7 at 11 am</i>	Jan 10 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 1/8 at 11 am</i>	Jan 11	Jan 12 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 1/10 at 11 am</i>
Jan 15	Jan 16 Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 1/14 at 11 am</i>	Jan 17 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 1/15 at 11 am</i>	Jan 18	Jan 19 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 1/17 at 11 am</i>
Jan 22	Jan 23 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 1/21 at 11 am</i>	Jan 24 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 1/22 at 11 am</i>	Jan 25	Jan 26 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 1/24 at 11 am</i>
Jan 29	Jan 30 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 1/28 at 11 am</i>	Jan 31 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 1/29 at 11 am</i>		

Waring Senior Center Café: Hot Lunch Menu (No Curbside Pick-up)

- A hot lunch is served three days per week 11 am – 2 pm inside the café and must be ordered in advance.
- Curbside pick-up has been discontinued. Take-out is available.
- Meals are \$7 each or \$2 for those in the discount program. The discount program is currently full. No refunds after deadlines or for no-shows.
- Sandwiches, salads, and other pick-up items are also available without an advance order. Café is open 8 am – 3 pm for pick-up items.
- Orders and payments must be received by 11 am two days prior with exceptions for holidays. Please note the deadlines printed in the calendar.
- Place an order online at www.waringseiorcenter.com in “Classes & Events” or call 843-402-1990.

Waring Café Hot Lunch Menu (No Curbside) February 2024



Hot Lunch Served with Water, Skim Milk, and Fresh Fruit.

Café Hours: Tuesdays, Wednesdays, and Fridays, 11 am-2 pm for Hot Lunch; and 8 am-3 pm for All Other Items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Feb 1	Feb 2 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 1/31 at 11 am</i>
Feb 5	Feb 6 Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 2/4 at 11 am</i>	Feb 7 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 2/5 at 11 am</i>	Feb 8	Feb 9 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 2/7 at 11 am</i>
Feb 12	Feb 13 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 2/11 at 11 am</i>	Feb 14 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 2/12 at 11 am</i>	Feb 15	Feb 16 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 2/14 at 11 am</i>
Feb 19	Feb 20 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 2/18 at 11 am</i>	Feb 21 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 2/19 at 11 am</i>	Feb 22	Feb 23 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 2/21 at 11 am</i>
Feb 26	Feb 27 Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 2/25 at 11 am</i>	Feb 28 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 2/26 at 11 am</i>	Feb 29	Mar 1 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 2/28 at 11 am</i>

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