

January/February Programs

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Social interactions with friends and family play an important role in healthy aging but having variety in your social interactions is equally important.

A recent article by *Greater Good Magazine* highlights a new study showing those who had more diverse or different types of social interactions reported higher levels of happiness and satisfaction with life. Something as simple as speaking to a neighbor or to someone in the store can boost your happiness and overall well-being.

So how can you increase these types of interactions? Well, it's very easy to do at the senior centers!

The senior centers are filled with various activities with people coming and going all day. Smile and speak to people when walking around. Say hello to someone next to you on the treadmill. Join a class and chit-chat with the people around you.

Being social and friendly at the senior centers is a simple way to build your social network and elevate your sense of well-being and happiness!

Elizabeth Bernat, MHA, Director



Pickleball players gathering for social time on the porch at Waring Senior Center.



The Chorus performing holiday carols at Roper Hospital.



The Olde Pipes Consort posing before performing holiday music at Lowcountry Senior Center.

Lifelong Learning

Newsletter for Lowcountry & Waring Senior 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 and scheduling is available starting January 3. Separate appointments are necessary if not filing jointly.

Lowcountry Senior Center

Tues, Feb 7-Apr 18, 8 am-12 pm

To register, call (843) 990-5555.

Waring Senior Center

Thur, Feb 2-Apr 13, 8 am-12 pm

To register, call (843) 402-1990.

Tax Time Tips

Tax season is upon us! SC Department of Consumer Affairs discusses why you should file your taxes as soon as you get your W-2 to avoid scammers and what you can do to keep your information safe.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Feb 17, 12:30-1:30 pm [register here](#)

Waring Senior Center

Mon, Feb 6, 11 am-12 pm [register here](#)

Appraisals Event

Do you wonder what your antiques and collectibles are worth? Join us to have one of your favorite items appraised by our local expert, Jessica Ancrum, SC licensed auctioneer and Senior Real Estate Specialist. Jessica gives a brief discussion on value and appraisals and then your items will be appraised one by one for the group. You are welcome to leave after your item has been appraised but we love input from the crowd and hearing everyone's stories so if you are open to sharing, please know your voice is appreciated! Please do not bring furniture or jewelry, if you are in need a of jewelry appraisal, she will have contact information for you at the event.

Members Only. Free

Lowcountry Senior Center

Thur, Feb 16, 2:30 pm [register here](#)

Waring Senior Center

Mon, Feb 13, 10 am [register here](#)

Legare Farms Rolling Market

Featuring Fresh, Local Vegetables, Fruit, Baked Goods, Jams, Jellies, Honey, Eggs, Meat and More. Accepts Cash, Check and Credit Card.

Lowcountry Senior Center

Tuesdays, 12-1:30 pm

Waring Senior Center

Thursdays, 12-1:30 pm



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

Lifelong Learning

Newsletter for Lowcountry & Waring Senior Centers

Crash Course in Stand-up Comedy at WSC

Do you want to learn how to mine humor out of daily drudgery, to laugh at yourself, set up a joke, timing, deal with hecklers & conquer your fear of being laughed at? We'll look at comic styles and explore yours. Maybe we'll go to an open mic and do a set. No pressure.

Members \$20 / Guests \$30 per series

Thur, Feb 9-Mar 2, 1-3 pm [register here](#)

Medicare Q & A

Will you be turning 65 in the near future? Do you know when you can join, switch or drop the Medicare Advantage Plan? Do you know the difference between Original Medicare and Medicare Advantage? Sign-up for a 30-minute appointment with a trained unbiased SHIP (State Health Insurance Plan) volunteer and get your questions answered.

Lowcountry Senior Center

Fri, Jan 20 or Feb 10, 10-11 am

To register, call (843) 990-5555.

Waring Senior Center

Tues, Jan 17 or Feb 7, 10-11 am

To register, call (843) 402-1990.



Storytelling Made Easy at WSC

Learn how to tell stories for any occasion: an audience of colleagues, to connect with your children and grandchildren, friends, wedding or eulogy. In four-weeks, you'll learn what makes a story compelling what doesn't, plus prepare a five-minute story to share.

Members \$20 / Guests \$30 per series

Thur, Jan 12-Feb 2, 1-3 pm [register here](#)

Duplicate Bridge and Bidding Conventions at LSC

For experienced (intermediate and above) bridge players to review basic bidding conventions along with duplicate bridge procedures.

Members \$5 /Guests \$10 per class

Thur, Jan 19, 10 am-12 pm [register here](#)

Thur, Feb 16, 10 am-12 pm [register here](#)

Volunteer at the Center!

Please consider sharing your time, talent and expertise in 2023.

Contact Blair Putman, LSC/WSC volunteer coordinator, for more information

email blair.putmanersfh.com or call (843) 402-1990.

Lifelong Learning

Ancestry 101 at LSC

Are you interested in exploring your family tree? Librarian Faith Walker teaches you how to use Ancestry to get started on your family tree.

Members Free / Guests \$5 per class

Fri, Feb 24, 1-2 pm [register here](#)

A History of Hampton Park

Join *A History of Hampton Park* author Kevin Eberle and learn about this beautiful hidden jewel. Books available for purchase.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Jan 17, 1-2 pm [register here](#)

Waring Senior Center

Tues, Feb 28, 2-3 pm [register here](#)

History of Poetry Society of SC

Founded in 1920, the oldest state poetry society in the United States has hosted famous poets such as Robert Frost, Carl Sandburg, Edna St. Vincent Millay, and hundreds more. Author James J. Lundy, Jr. talks about his book which tells us the story of the Society, the luminaries who have read before the membership, the scandals, suicides, and more. Books available for purchase.

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Waring Senior Center

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

The Do Not Call Registry

The Do Not Call Registry does not stop all telemarketing and robocalls. South Carolina Department of Consumer Affairs discusses the registry and other methods available to you to cut down the number of unwanted calls you may receive.

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Waring Senior Center

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

The History and Preservation of the Morris Island Lighthouse at LSC

Erosion has washed away the beach from under the historic Morris Island Lighthouse, leaving it vulnerable to a dynamic coastal environment. Join local nonprofit, Save the Light, and learn about the history and the preservation challenges faced by this iconic Charleston landmark.

Members Free / Guests \$5

Fri, Jan 13, 1-2 pm [register here](#)

Stories from the Underground: The Churchyards of Charleston

Join local author, Patrick Harwood and learn about the *Churchyards of Charleston*. Books available for purchase.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Jan 27, 12:30-1:30 pm [register here](#)

Waring Senior Center

Fri, Feb 10, 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.

Lifelong Learning

Book Club

Contemporary novels are read each month followed by stimulating group discussions.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Mon, Jan 23, 11 am-12:30 pm [register here](#)

Homegoing by Yaa Gyasi

Mon, Feb 27, 11 am-12:30 pm [register here](#)

Honor by Thrity Umrigar

Waring Senior Center

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

Thur, Feb 16, 1-2 pm [register here](#)

Books TBD, call (843) 402-1990 for more info.

Great Decisions

A balanced and nonpartisan foreign-policy discussion group. Advance reading materials are available at the front desks. *Jan topic is Energy Geopolitics. Feb topic is War Crimes.*

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Jan 24, 1-2:30 pm [register here](#)

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

Waring Senior Center

Tues, Jan 17, 1:30-3 pm [register here](#)

Tues, Feb 21, 1:30-3 pm [register here](#)

The People of Maryville at LSC

Local author Diane Hamilton is back to share additional Charleston history from her book, *Maryville: The Audacity of a People.*

Members Free / Guests \$5

Fri, Feb 10, 1-2 pm [register here](#)

History of James Island Series at Lowcountry Senior Center

Early Crops & Other Economic Resources

Librarian Mike Corbo discusses the struggles of the early English settlers in this area to find successful crops and other economic resources.

Members Free / Guests \$5

Thur, Jan 19, 11 am-12 pm [register here](#)

Fort Johnson

Librarian Mike Corbo discusses the many iterations of Fort Johnson over time, its significance, and the potential for the site in the future.

Members Free / Guests \$5

Thur, Feb 16, 11 am-12 pm [register here](#)

SALT: Seniors and Law Enforcement Together

Join the City of Charleston Police Department for fun monthly meetings to connect with officers in our community.

Members Free / Guests \$5 per meeting

Lowcountry Senior Center

Fri, Feb 17, 10-11 am [register here](#)

Waring Senior Center

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



Lifelong Learning

Coffee Talk French at LSC

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

Members Only. Free

Mon, 10-11 am

[Register for January here.](#)

[Register for February here.](#)



Conversational Spanish at LSC

For those who want to practice their Spanish speaking skills, or just want to keep up their fluency in Spanish. Participants should be able to speak Spanish.

Members Only. Free

Wed, 10:15-11:15 am

[Register for January here.](#)

[Register for February here.](#)

Smart Driver Class at WSC

This AARP classroom refresher is designed to keep you and others safe on the road. Please bring a check payable to AARP or exact cash. Call (843) 402-1990 to register.

AARP Members \$20 / Nonmembers \$25

Wed, Feb 3, 9 am-1 pm

German Conversation at LSC

Intermediate level German conversation class for those wanting to practice or brush up on speaking in German. Participants should be able to speak German.

Members Only. Free

Thur, 1:15-2:15 pm

[Register for January here.](#)

[Register for February here.](#)

Spanish 101 at WSC

Learn to introduce yourself and answer basic questions regarding your life. The Spanish alphabet, numbers and basic vocabulary will be addressed during this six-week class.

Members \$25 / Guests \$35 per series

Mon, Jan 23-Feb 27, 2-3 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 4, 4:15-5:45 pm [register here](#)

Wed, Feb 1, 4:15-5:45 pm [register here](#)

Spanish 102 at WSC

Intermediate six-week Spanish class for those wanting to continue to practice what was learned in Spanish 101.

Members \$25 / Guests \$35 per series

Fri, Jan 13-Feb 24, 10:30-11:30 am

(no class 2/10) [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

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 (All Levels) & Duplicate Bridge

Wed, 9:30 am-12:30 pm

Bridge For Fun (All Levels)

Sat, 9:30 am-12:30 pm

Bunco

The third Wed, 1-3 pm

Canasta

Fri, 12-3 pm

Chess

Thur, 11 am-1 pm

Hand, Knee & Foot

Thur, 12:30-3 pm

Mah Jongg

Tues, 9:30-11:30 am

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

Chess

Wed, 1-3 pm

Dominoes

Beginner Lesson - Wed, 11:30 am - 12 pm

Group Play, Wed, 12-4:30 pm, Fri, 12-3 pm

Intermediate Bridge

Thur, 1-4 pm

Mah Jongg

Beginner Lessons

Thur, Jan 12-Feb 2, 12-1 pm

Members Free / Guests \$15 [register here](#)

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

Health & Wellness

Goal Setting for Healthy Living at WSC

Are you frustrated by short-lived attempts to eat healthier, become more physically active, or manage stress in a more positive way? Let's create S.M.A.R.T. goals that will help you stay focused and motivated to make lasting, meaningful lifestyle changes.

Members and Guests Free

Thur, Feb 2, 11 am-12 pm [register here](#)

The Power of Flowers

Flowers and floral arranging help stress levels and create a sense of wellbeing. Bring a vase from home. Flowers included. Preference given to those who have not previously taken the course. Members \$2 / Guests \$5 per class

Lowcountry Senior Center

Mon, Feb 20, 4-5 pm [register here](#)

Waring Senior Center

Mon, Feb 27, 2-3 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

Healthy Living for Your Brain and Body

Join the Alzheimer's Association and learn the latest research about the mind/body connection and get hands-on tools to incorporate these recommendations into your own personal plan.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, Feb 23, 11 am-12 pm [register here](#)

Waring Senior Center

Thur, Feb 9, 1:30-2:30 pm [register here](#)

Understanding Alzheimer's and Dementia

Learn the differences between Alzheimer's and Dementia, stages of Alzheimer's, risk factors and more. Presented by Venita Olson, Volunteer Community Educator - Alzheimer's Association, SC Chapter.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Jan 24, 11 am-12 pm [register here](#)

Waring Senior Center

Thur, Jan 19, 1:30-2:30 pm [register here](#)

Memory Screenings at WSC

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

Wed, Jan 18, 9:30 am-2 pm

Call (843) 402-1990 to schedule.



Diabetes Prevention Program Information Session at LSC

If you have prediabetes or are at risk for type 2 diabetes, this program can give you tools to stay healthy and prevent disease. The Diabetes Prevention Program provides you with a wealth of FREE information and access to a lifestyle coach who can help you reach your health goals. Join us and see if this year long program is for you!

Members and Guests Free

Thur, Jan 19, 2:30-3:30 pm [register here](#)

Diabetes Prevention Program at LSC

Did you know one out of three American adults has prediabetes, and most of them do not know it? This proven year long program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. The group meets for 16 weekly sessions with a trained lifestyle coach and then moves to monthly meetings for the remainder of the year.

Members and Guests Free

Thursdays starting January 26 2:30-3:30 pm [register here](#)

Health & Wellness



Blood Pressure & Stroke Screenings

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

Registration is not required.

Lowcountry Senior Center

Tues, Feb 7, 9:30 am-12:30 pm

Waring Senior Center

Tues, Feb 21, 9:30 am-12:30 pm

Health & Balance Screenings

Concerned about Staying Strong and Independent? If yes, attend this two-part program led by MUSC Physical Therapy Students. Part 1 is a fitness checkup that includes vital sign screenings, height/weight check and functional testing such as balance, strength, endurance, posture and flexibility. Part 2: you receive your results of the fitness checkup and individualized recommendations. Members Only. Free

Lowcountry Senior Center

Wed, Feb 8 & 15, 2-3 pm

Call (843) 990-5555 to schedule.

Waring Senior Center

Wed, Jan 25 & Feb 1, 2-3 pm

Call (843) 402-1990 to schedule.

Parkinson's Enhance Wellness Program

Our Parkinson's Enhance Wellness Program provides those newly diagnosed or experiencing symptoms of Parkinson's with support, including:

- Wellness Coach (by phone or socially distanced)
- Wellness Screening (by phone or socially distanced)
- Personalized Action Plan and Goals
- Living Well with Parkinson's and Other Chronic Conditions, A Self-Management Workshop
- Health and education classes

If you would like to participate in the program, please call either Lowcountry or Waring for more information.

Hearing Screenings

Concerned about your hearing? Get your hearing checked by Charleston ENT. Screening approximately takes 15 minutes.

Members Only. Free

Lowcountry Senior Center

Fri, Jan 20, 9 am-12 pm

Fri, Jan 27, 9 am-12 pm

Call (843) 990-5555 to schedule.

Waring Senior Center

Fri, Feb 10, 9 am-12 pm

Fri, Feb 17, 9 am-12 pm

Call (843) 402-1990 to schedule.

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. Registration is encouraged, but not required. Members and Guests Free

Sat, Jan 14 & 28, 10-11:30 am

Sat, Feb 11 & 25, 10-11:30 am

Hope for Grieving Hearts at WSC

In partnership with the Roper St. Francis Healthcare Pastoral Care Department, we are offering a 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, Jan 23-April 10, 2-3 pm



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 5, 9-10 am [register here](#)

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

Parkinson's Disease Support Group at LSC

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

Members and Guests Free

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

Wed, Feb 22, 3-4:30 pm [register here](#)

Creative Arts & Music

Art Journaling - "Try Me" at WSC

Whether you're already a seasoned artist - or even if you've never touched a paintbrush in your whole entire life - you can learn how to start an art journal! Join us for this one day "Try Me" class to discover the endless possibilities of art journaling.

Members Free / Guests \$5

Tues, Jan 31, 10-11:30 am [register here](#)

Art Journaling Workshop at WSC

In this four-week workshop, create art from your travels, personal journeys, thoughts, feelings, and philosophies as expressed through visual media and creative writing. Supply list available at front desk.

Members \$20 / Guests \$30 per series

Tues, Feb 7-28, 10-11:30 am [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

Acoustic Jam Sessions

Come to listen and/or play with others during these fun jam sessions. Guests pay at front desk.

Members Free / Guests \$5 per day

Lowcountry Senior Center

Tues, 5-6:45 pm

Waring Senior Center

Sat, Jan 14, 10 am-12 pm

Sat, Feb 11, 10 am-12 pm

Art Hub

Get together with other members and work on your art. Bring your own supplies.

Members Only. Free

Lowcountry Senior Center

Fri, 1-3 pm

Waring Senior Center

Mon, 10 am-12 pm

Chalk Paste Decor Crafts at LSC

Chalk, talk and create decor designs for your table or mantle. Supplies included. *Jan craft is Candy Gift Bags & Tags. Feb craft is a double sided 5x7" blackboard coffee themed design. See flyer for more details.*

Members \$15 / Guests \$25 per class

Tues, Jan 31, 1-2 pm [register here](#)

Wed, Feb 22, 1:30-2:30 pm [register here](#)

Knitting & Threads at LSC

Get together with center friends and work on your own needlepoint, knitting and crocheting projects. Members Only. Free

Thur, 10 am-12 pm

Knitting 101 at WSC

During this 6-week class, learn knitting basics like how to do the knit and purl stitch, what is casting on and binding off and how to pick the right needle and kind of yarn weight for future projects. Supplies included.

Members \$25 / Guests \$35 per series

Tues, Jan 24-Feb 28, 11 am-12 pm

[register by 1/18](#)

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 20, 10-11 am [register here](#)

Fri, Feb 17, 10-11 am [register here](#)

Watercolor Lessons

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

Members \$20 / Guests \$30 per month

Lowcountry Senior Center

Tues, Jan 10-31, 1-3 pm [register here](#)

Tues, Feb 7-28, 1-3 pm [register here](#)

Waring Senior Center

Wed, Jan 11-Feb 1, 10 am-12 pm [register here](#)

Wed, Feb 8-Mar 1, 10 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 \$10 per class

Wed, Jan 18, 2-4 pm [register here](#)

Wed, Feb 15, 2-4 pm [register here](#)

Creative Arts & Music

Chorus at LSC

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

Members Only. Free

Thur, 1:30-2:30 pm

One-on-One Piano Lessons

Weekly, private one-on-one 30-minute lessons are available at LSC & WSC. To register, call or visit the front desk.

Members \$110/Guests \$130 per 4-wk series

The Olde Pipes Consort at LSC

For intermediate and advanced recorder players who have experience playing and can read sheet music.

Members Only. Free

Mon, 1:30-3:30 pm

Sew Much Fun at WSC

Do you have sewing projects you need encouragement and help to complete? If yes, bring your sewing machine and materials to Waring and join the sewing fun.

Members Only. Free

Tues, Feb 7, 1-4 pm



Group Beginner Piano

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

Lowcountry Senior Center

Members \$15 / Guests \$30 per series

Mon, Jan 9, 23 & 30, 10-11:30 am [register here](#)

Members \$20 / Guests \$40 per series

Mon, Feb 6-27, 10-11:30 am [register here](#)

Waring Senior Center

Members \$15 / Guests \$30 per series

Wed, Jan 11-25, 9:30-11 am [register here](#)

Members \$20 / Guests \$40 per series

Wed, Feb 1-22, 9:30-11 am [register here](#)

Group Intermediate Piano

Must have an understanding of note reading, chords and have taken Group Piano I to attend this class. Space is limited.

Lowcountry Senior Center

Members \$15 / Guests \$30 per series

Mon, Jan 9, 23 & 30, 12-1:30 pm [register here](#)

Members \$20 / Guests \$40 per series

Mon, Feb 6-27, 12-1:30 pm [register here](#)

Waring Senior Center

Members \$15 / Guests \$30 per series

Wed, Jan 11-25, 11 am-12:30 pm [register here](#)

Members \$20 / Guests \$40 per series

Wed, Feb 1-22, 11 am-12:30 pm [register here](#)

Waring Quilters Group at WSC

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

Members Only. Free

Tues, Jan 10, 24 & Feb 14, 28, 1-4 pm

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

12:00-1 pm
Cardio & Weights w/ Ron
Free/\$2 per class

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

2:15-2:45 pm
Core & Stretch
1/30 Free/\$5
Feb \$10/\$20

2:50-3:20 pm
Roll & Restore
1/30 Free/\$5
Feb \$10/\$20

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

11-11:45 am
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 Beginner
Jan \$20/\$30
Feb \$20/\$30

3:25-4:15 pm
Line Dancing Intermediate
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
PWR! Moves
Jan Free/\$20
Feb Free/\$20

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

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

Thursday

9-9:45 am
Tai Chi
Jan \$15/\$25
Feb \$20/\$30

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

11 am-12 pm
Sit and Fit
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 \$10/\$20



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

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

Calendar Key

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

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.

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
For classes with fees, please register at least one day in advance.

Monday

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

11 am-12 pm
Chair Zumba
Jan \$15/\$25
Feb \$20/\$30

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


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

1-1:45 pm
Synergy PM
Gold & Silver Only
Jan \$15
Feb \$20


1:30-2:30 pm
Yoga for Back Health
Jan \$15/\$25
Feb \$20/\$30

5:00-6:00 pm
Evening Flow Yoga
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

10-10:45 am
Synergy AM
Gold & Silver Only
Jan \$20
Feb \$20

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

11:30 am-12:30 pm
Chair Yoga
Jan Free/\$20
Feb Free/\$20

1-1:45 pm
Synergy PM
Gold & Silver Only
Jan \$20
Feb \$20

2-2:45 pm
Move for Better Health
Jan \$10/\$20
Feb \$10/\$20

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


5:30-6:30 pm
Yoga After 5
Jan \$15/\$25
Feb \$20/\$30

Thursday

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

10-11 am
Gentle Yoga
Jan \$15/\$25
Feb \$20/\$30

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 pm
Core & Stretch
1/26 Free/\$5
Feb \$10/\$20

2:05-2:35 pm
Roll & Restore
1/26 Free/\$5
Feb \$10/\$20

Friday

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

10-10:45 am
Synergy AM
Gold & Silver Only
Jan \$20
Feb \$20

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

1-1:45 pm
Synergy PM
Gold & Silver Only
Jan \$20
Feb \$20


Saturday


11:15 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 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 Class Descriptions

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.

Gentle Yoga

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

Interval Training

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

Move for Better Health

Improve balance and range of motion. Open to anyone with balance, walking or instability impairment. Great for those with PD and Arthritis.

PWR! Moves

Parkinson's Wellness Recovery (PWR!) is an evidence-based exercise program designed for all stages of PD.

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.

Synergy

Small-group training on the Synergy functional trainer. Gold and Silver Members only.

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.

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.

Dance

Dance Conditioning at LSC

A great dance workout that includes cardio and stretching.

Members \$10 / Guests \$20 per month

Fri, Jan 13-27, 9-10 am [register here](#)

Fri, Feb 3-24, 9-10 am [register here](#)

DanceFit! at WSC

Dance and get fit to music. All levels welcome.

Members \$15 / Guests \$25 per month

Wed, Jan 11-25, 1-2 pm [register here](#)

Wed, Feb 1-22, 1-2 pm [register here](#)

Line Dancing - Beginner

No partner required.

Members \$20 / Guests \$30 per month

Lowcountry Senior Center

Tues, Jan 10-31, 2:30-3:20 pm [register here](#)

Tues, Feb 7-28, 2:30-3:20 pm [register here](#)

Waring Senior Center

Members \$15 / Guests \$25 per month

Wed, Jan 11-25, 3-4 pm [register here](#)

Members \$20 / Guests \$30 per month

Wed, Feb 1-22, 3-4 pm [register here](#)

Line Dancing - Intermediate at LSC

Advanced dances. No partner required.

Members \$20 / Guests \$30 per month

Tues, Jan 10-31, 3:25-4:15 pm [register here](#)

Tues, Feb 7-28, 3:25-4:15 pm [register here](#)

Shag - Level 1 at WSC

For the Beginner! Or, if it's been many years since you tried! No partner required.

Members \$35 / Guests \$45 per series

Mon, Jan 23-Feb 27, 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 \$35 / Guests \$45 per series

Mon, Jan 23-Feb 27, 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 steps & patterns during this hour class.

Members \$45 / Guests \$55 per series

Mon, Jan 23-Feb 27, 4:20-5:20 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.

Lowcountry Senior Center

Call, text or email Laura Kier, Certified Personal Trainer, to schedule an appointment.

(843) 310-0948 or Laura4Life@gmail.com

Waring Senior Center

Call Ron White, Certified Personal Trainer, to schedule an appointment.

(843) 402-1652

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. Space is limited. Members Only.

Tues, Jan 10, 5 pm [register by 1/3](#)

Bowens Island Restaurant, 1870 Bowens Isl Rd

Tues, Jan 24, 5 pm [register by 1/17](#)

Kickin' Chicken, 1179 Sam Rittenberg Blvd

Tues, Feb 14, 5 pm [register by 2/7](#)

Martin's Bar-B-Que, 1622 Highland Ave

Tues, Feb 28, 5 pm [register by 2/21](#)

Ruby Tuesday, 1953 Savannah Hwy

Dolphin Tours

Board Charleston Outdoor Adventures' boat and explore inlets, creeks and marshes in search of dolphins. 24-hour Cancellation Policy-please see website for specific details. Members \$37 / Guests \$42 per tour

Thur, Jan 26, 12 pm [register here](#)

Fri, Feb 24, 10 am [register here](#)

Happy Hour

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

Thur, Jan 19, 4 pm [register by 1/16](#)

Bar George, 1956 Maybank Hwy, Unit E

Thur, Feb 2, 4 pm [register by 1/30](#)

The Garden by Charles Towne Fermentory
1331 Ashley River Rd, Charleston

Thur, Feb 16, 4 pm [register by 2/13](#)

Charleston Distillery Co., 3548 Meek's Farm Rd, Johns Island

Bird Walking Tours

Join us for a custom guided birding program led by experienced naturalists from your Charleston County Parks. The focus is birds, but there is opportunity to discuss the habitats we walk through, and the variety of plants and animals found within. Please bring binoculars if you have them and wear comfortable walking shoes as this tour requires a good amount of walking.

Transportation not provided.

Members \$15 / Guests \$30 per tour

Thur, Jan 19, 10-11:30 am [register by 1/10](#)

Caw Caw Interpretive Center

5200 Savannah Hwy, Ravenel, SC 29470

Thur, Feb 23, 10-11:30 am [register by 2/10](#)

Palmetto Islands County Park

444 Needlerush Pkwy

Mt Pleasant, SC 29464

Wine Tasters at LSC

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

Thur, Jan 26, 5-6:45 pm [register here](#)

Featuring Australian Wine

Thur, Feb 23, 5-6:45 pm [register here](#)

Featuring Favorite Red Wine

Wine Tasters at WSC

Coming Soon!



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

Social - Out & About



Geek Out Over Greece Wines at WSC

Greece is one of the oldest wine-producing regions in the world. Join us and taste the varieties of Greek wine. Rick Dean of Strong Coffee to Red Wine hosts an informative and entertaining wine tasting of six wines. Snacks included.

Members \$30 / Guests \$40

Tues, Feb 7, 5-6:30 pm [register by 1/28](#)

Let's Taste Spain at LSC

Taste the obscure varieties and styles of Spain. Rick Dean of Strong Coffee to Red Wine hosts an informative and entertaining wine tasting of six wines that are available to purchase at the end of the event. Snacks included.

Members \$30 / Guests \$40

Thur, Feb 9, 5-6:30 pm [register by 1/28](#)

Lunch Bunch

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

Fri, Jan 20, 12:30 pm [register by 1/17](#)

Martin's Bar-B-Que, 1622 Highland Ave

Fri, Feb 3, 12:30 pm [register by 1/27](#)

S&S Cafeteria, 1104 Sam Rittenberg Blvd

Fri, Feb 17, 12:30 pm [register by 2/14](#)

Cabana Burger & Shakes, 1802 Crowne Commons Way, Suite B1, Johns Island

Golf Lessons

Boykin Powers, PGA Master Instructor, teaches this five-week Get Golf Ready hands-on program at the City of Charleston Municipal Golf Course. Lessons are tailored to fit your specific needs and ability. Use of golf clubs included in price. Fee is payable with the center one week in advance of lesson start date. Space is limited to six participants per series.

Members \$100 / Guests \$120 per series

Wed, Jan 25-Feb 22, 10-11 am [register here](#)

Wed, Jan 25-Feb 22, 11:30 am-12:30 pm

[register here](#)

Meet Up Golf

Play golf with other center members at the City of Charleston Municipal Golf Course. \$17 Green Fees; \$20 Riding Cart (\$10 for 9 holes). Pay at the golf course. Register in advance by 12 pm on Monday of the week you want to play. When registration is full, call (843) 990-5555 to get your name on the wait list. Tee times vary and are emailed a few days in advance. Members Only.

Thur, Jan 5 [register by 1/2](#)

Thur, Jan 12 [register by 1/9](#)

Thur, Jan 19 [register by 1/16](#)

Thur, Jan 26 [register by 1/30](#)

Thur, Feb 2 [register by 1/30](#)

Thur, Feb 9 [register by 2/6](#)

Thur, Feb 16 [register by 2/13](#)

Thur, Feb 23 [register by 2/20](#)

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

Social - Out & About

Orchids & The Opera House Newberry, SC

Travel with us to Newberry, SC! We spend time learning and shopping at Carter & Homes Orchids, a premier producer of orchids in the United States. Next, we enjoy lunch at the Figaro The Dining Room then we head to the Newberry Opera House for a backstage tour. Lastly, we visit the Newberry Museum before heading home. This trip requires considerable walking. All times are estimated. *Registration and payment due by January 12, 2023 - non-refundable after this date.*

Members \$225 / Guests \$255

Wed, March 1, 2023, 6:30 am-7 pm

Day Trip to Savannah, GA

Let's explore Savannah, GA. First, we'll eat lunch at River House Seafood Restaurant, located on the Savannah River. After lunch, you can enjoy walking along River Street before we meet our step-on guide for a 3-hour guided tour of the Historic District of Savannah. We'll have stops at Forsyth Park, Byrd Cookie Company and enjoy a tour of The Cathedral & Basilica of Saint John the Baptist. At 4 pm, we make our way back to Charleston. *Registration and payment due by March 24, 2023-non-refundable after this date.*

Members \$215 / Guests \$245

Tues, May 16, 2023, 7:30 am-6:30 pm

Kayak Tour

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. No experience needed. 24-hour Cancellation Policy-please see website details. Members \$42 / Guests \$47 per tour \$25 per tour if you bring your own kayak/SUP and life-jacket.

Wed, Jan 25, 11 am [register here](#)

Tues, Feb 21, 11 am [register here](#)

Biltmore in Asheville, NC

Come with us to Asheville, NC. The first day we'll travel to the Biltmore Estates and visit the Antler Village for shopping and wine tasting. We'll eat dinner at Pack's Tavern in downtown Asheville before we get settled in our hotel, the Hampton Inn, for the evening. On the second day, we head back to the Biltmore Estates for a self-guided tour of the house and gardens with an audio headset provided for each person. Before we head home, we'll eat lunch at the Moose Café then get on the bus at 1:30 pm to make our way back to Charleston. *Registration and payment due by February 24, 2023 - non-refundable after this date.*

Cost per person

Single: Members \$639 / Guests \$669

Double: Members \$560 / Guests \$590

Triple: Members \$538 / Guests \$568

Quad: Members \$527 / Guests \$557

April 26-27, 2023

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

To register for a lesson, call (843) 402-1990. Cancellations should be made as soon as possible so that waitlisted players may be contacted to fill in.

Gold and Silver Members Free/ Guests \$5

Tues, Jan 10, 9-10 am Tues, Feb 7, 9-10
Tues, Jan 17, 9-10 am Tues, Feb 14, 9-10
Tues, Jan 24, 9-10 am Tues, Feb 21, 9-10
Tues, Jan 31, 9-10 am Tues, Feb 28, 9-10

Beyond Beginners Pickleball - NEW

This four-week class is geared to those who already know the rules of pickleball and are able to serve in court 90% of the time. These will be drilling sessions and not for beginners. Space is limited to 8. Participants may sign-up for the January or February class, but not both. Warm-up and stretching at 8:45am. Lessons begin promptly at 9am.
Week 1 - Dink and positioning
Week 2 - Serve and return
Week 3 - 3rd Shot drop and transitioning
Week 4 - Review of previous sessions and makeup if needed.

Tues, Jan 10-31, 9-10 am
Tues, Feb 7-28, 9-10 am

Gold and Silver Members \$10 / Guests \$30
To register for class, call (843) 402-1990.

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 available at front desk.

JANUARY & FEBRUARY

Mon, Wed, Thurs, Fri, Sat, 9-11 am
Tues, 10 am -12 pm

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

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



The Team Reach App saves you time by serving as a central place for Waring Senior Center Pickleball communications.

Visit TEAMREACH.COM and use the group code WARING to see what's happening at the center.

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 January 2 for New Year's and on January 16 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 age 50+ 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 and Renew Active, fitness benefits for some Medicare Advantage and other health insurance plans.
- Nonresidents of Charleston County pay an additional \$10 membership fee.
- Temporary memberships are available by the month.

Class Registration

Register online for classes via our website lowcountryseniorcenter.com. You may also register for classes 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.

Waring Senior Center Café

The café is open three days a week for carry-out meals picked up curbside. Meals cost \$7 each or, for those enrolled in the discount program, \$2 each. Anyone of any age may order a meal for \$7; senior center membership is not required. The discount program is currently at capacity and not accepting new participants.

Meals must be ordered at least two days in advance via our website or by calling the center. Please check our menu or website for more information or call Waring Senior Center at (843) 402-1990.



Waring Senior Center Café: Curbside Menu

Meals cost \$7 each. For those enrolled in the discount program, meals cost \$2. The discount program is currently full and not accepting new participants. Order and payment must be received by 11 am two days prior. To place an order, call (843) 402-1990 or [click here to](#)

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 2 Closed New Year's Day Observed	Jan 3	Jan 4 Oven Fried Chicken Breast Braised Greens Sweet Potatoes <i>*Deadline to order Dec 30 at 11 am</i>	Jan 5 Italian Herb Pork Tenderloin Brown Rice Broccoli Asian Coleslaw Carrot Cake (no nuts) Mandarin Orange Sections <i>Deadline to order Jan 3 at 11 am</i>	Jan 6 Lasagna Rolls Spinach w/Mushrooms Brownie & Strawberry Trifle <i>Deadline to order Jan 4 at 11 am</i>
Jan 9	Jan 10 Chicken Marsala Parmesan Mashed Potatoes Peas and Carrots Sugar Cookie <i>Deadline to order Jan 8 at 11 am</i>	Jan 11 Italian Herbed Pork Loin Oven Roasted Potatoes Peas & Carrots Sugar Free Lime Cheesecake <i>Deadline to order Jan 9 at 11 am</i>	Jan 12	Jan 13 Oven Roasted Turkey Mashed Potatoes Sautéed Spinach & Roll Chocolate Apple Sauce Cake <i>Deadline to order Jan 11 at 11 am</i>
Jan 16 Closed Martin Luther King Jr. Day	Jan 17	Jan 18	Jan 19 Oven Roasted Turkey Mashed Potatoes Sautéed Spinach & Roll Chocolate Apple Sauce Cake <i>Deadline to order Jan 17 at 11 am</i>	Jan 20 Beef Stew Oven Roasted Potatoes Steamed Broccoli Peaches & Cream Trifle <i>Deadline to order Jan 18 at 11 am</i>
Jan 23	Jan 24	Jan 25 Oven Fried Chicken Breast Braised Greens Sweet Potatoes <i>Deadline to order Jan 23 at 11 am</i>	Jan 26 Italian Herb Pork Tenderloin Brown Rice Broccoli Asian Coleslaw Carrot Cake (no nuts) Mandarin Orange Sections <i>Deadline to order Jan 24 at 11 am</i>	Jan 27 Lasagna Rolls Spinach w/Mushrooms Brownie & Strawberry Trifle <i>Deadline to order Jan 25 at 11 am</i>
Jan 30	Jan 31 Chicken Marsala Parmesan Mashed Potatoes Peas and Carrots Sugar Cookie <i>Deadline to order Jan 29 at 11 am</i>			All Meals Served with Water, Skim Milk, and Fresh Fruit.