

JULY PROGRAMS

Virtual Newsletter for Lowcountry & Waring Senior Centers



To Auschwitz and Back - Virtual

Holocaust Survivor Joe Engel was taken by the Nazis at 14 and never saw his parents again. Now 92 years old, Joe is the embodiment of living history. Hear first hand from him about his miraculous survival during this very dark time in history.

Free and open to the community

Thursday, July 9, 6-7 pm

To register, click here.

Hope for Grieving Hearts - Virtual

This 12-week support group is 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. The group will be led by professional chaplains from Roper St. Francis Healthcare.

Free and open to the community

Wednesdays, July 15 - Sept. 30, 2-3 pm

To register, click here.

Medication Take Back Day

Drive up and drop off your unused or expired medications, vitamins and pet meds. Giveaways provided to participants!

Thursday, July 16, 9 am - 12 pm

Waring Senior Center

2001 Henry Tecklenburg Drive, West Ashley

Grocery Lists & Meal Planning - Virtual

Join Registered Dietitian Keely Hudgins from Roper St. Francis Physician Partners and learn simple strategies that will help you plan ahead so you can make the most out of quick trips to the grocery store.

Members Free / Nonmembers \$5

Tuesday, July 21, 1:30 - 2:30 pm

To register, click here.

Parkinson's Disease Support Group - Virtual

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

Free and open to the community

Wednesday, July 22, 3-4 pm

To register, click here.

Blood Drive

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

Thursday, July 23, 10 am - 2 pm

Lowcountry Senior Center

865 Riverland Drive, James Island

To sign up for an appointment, click here.

HOLIDAY SCHEDULE

Closed on July 3, in observance of Independence Day

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Container Gardening - Virtual

Join South Carolina Master Gardener's from the Clemson Extension Program as they virtually show and tell you how to successfully garden in containers.

Members Free / Nonmembers \$5

Thursday, July 23, 1:30-2:30 pm

To register, click here.

How to Take Better Care of Your Brain - Virtual

Join Dr. William Simpson from Roper St. Francis Research and Innovation Center to learn how certain lifestyle factors such as proper nutrition, healthy sleep habits, socialization, and being physically active can improve overall brain health.

Free and open to the community

Monday, July 27, 2:30-3:30 pm

To register, click here.

Hurricane Outlook - Virtual

Hurricane season is upon us! WCBD Storm Team 2's Chief Meteorologist Rob Fowler talks about the upcoming season, preparation and forecasting for hurricanes in Charleston.

Members Free / Nonmembers \$5

Tuesday, July 28, 10-11 am

To register, click here.

Nutrition Programs After 5 pm

Eating for Wellness - Virtual

Learn nutrition fundamentals and principles to help you create a healthy diet to maintain healthy blood sugar and energy levels. This series is for people with/at-risk-for diabetes, but is open to anyone. Presented by Registered Dietitian Nutritionist, Alexis Appel RDN, CSSD, LD.

Free and open to the community

Wednesdays, July 15 - August 19

5:30-6:30 pm

To register, click here.

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

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

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

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

JULY VIRTUAL EXERCISE

Member Cost Per Month / Nonmember Cost Per Month

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

No virtual classes on Friday, July 3 (Independence Day Holiday)

Monday

9-9:45 am
Fit & Firm
Free

[Click here to attend class.](#)

10-10:45 am
Tai Chi
\$15/\$25
(No class on 7/6)
[Click here to register and pay.](#)

11 am-12 pm
Sit & Fit
Free
[Click here to attend class.](#)

12:30-1 pm
Weights with Ron
Free
[Click here to attend class.](#)

1:30-2:30 pm
Yoga for Back Health
\$20/\$30
[Click here to register and pay.](#)

Tuesday

9-9:30 am
Weights with Ron
Free
[Click here to attend class.](#)

10-10:45 am
Strength Training with Bands
\$20/\$30
[Click here to register and pay.](#)

11 am-12 pm
Sit & Fit
Free
[Click here to attend class.](#)

12:15 -1 pm
Zumba Gold T/TH
\$25/\$35
(9 classes)
[Click here to register and pay.](#)

Wednesday

9-9:45 am
Fit & Firm
Free
[Click here to attend class.](#)

11 am-12 pm
Sit & Fit
Free
[Click here to attend class.](#)

12:30-1:30 pm
Gentle Yoga
\$25/\$35
[Click here to register and pay.](#)

Thursday

9-9:45 am
Tai Chi
\$20/\$30
(No class on 7/9)
[Click here to register and pay.](#)

10-10:45 am
Chair Yoga
Free/\$15
[Click here to attend class.](#)

11 am-12 pm
Sit & Fit
Free
[Click here to attend class.](#)

12:15-1 pm
Zumba Gold T/TH
\$25/\$35
(9 classes)
[Click here to register and pay.](#)

Friday

9-9:30 am
Weights with Ron
Free
[Click here to attend class.](#)

10-10:45 am
Strength Training with Bands
\$20/\$30
[Click here to register and pay.](#)

11 am-12 pm
Sit & Fit
Free
[Click here to attend class.](#)

12:30-1:30 pm
Gentle Yoga
\$20/\$30
[Click here to register and pay.](#)

REGISTER FOR PROGRAMS IN ADVANCE AT
WWW.LOWCOUNTRYSENIORCENTER.COM OR
WWW.WARINGSENIORCENTER.COM

Lowcountry Senior Center (843) 990-5555

Waring Senior Center (843) 402-1990