

# July/August Programs

Newsletter for Lowcountry & Waring Senior Centers



## Note from the Director

Senior centers were highlighted as a resource in combating social isolation and loneliness in a recent article in *The Post & Courier* on June 13, 2023, "SC Looks to Battle Loneliness Among Seniors by Making it Easier to Access Services" by Tom Corwin. [Click here for the full article.](#)

Loneliness and social isolation are associated with increased risks for heart disease, stroke, anxiety, and depression. And a shocking 50% increased risk for dementia!

How can senior centers help? Consider that everything offered is socially engaging!

The article beautifully showcases the friendships and social connections in the line dancing class at Waring Senior Center, however the same is true of any class at either center. Just visit Chair Volleyball at Lowcountry Senior Center as another example.

Plus many classes have the added benefits of physical activity and mental stimulation.

Dancing is great example of engaging both the body and mind. In addition to line dancing, there's Zumba, shag, and dance conditioning. (Please note, line dancing and Zumba are offered at both centers!)

While there are lots of ways to be social at the centers, the first step is to get out of the house and into the centers. Visit us today!

Elizabeth Bernat, MHA, Director



## Ice Cream Social at WSC

Come cool off and enjoy a delicious treat with friends old and new.

Members Free / Guests \$5

**Fri, Jul 21, 1:30 pm** [register here by 7/19](#)



# Around the Centers

## Legare Farms Rolling Market

Featuring Fresh, Local Vegetables, Fruit, Baked Goods, Jams, Jellies, Honey, Eggs, Meat and More. Accepts Cash, Check and Credit Card. *No market July 5 & 6.*

### Lowcountry Senior Center

Wednesdays, 10-11 am

### Waring Senior Center

Thursdays, 12-1:30 pm



## Medication Take Back Day

Stop by to drop off old or unused prescriptions.

### Lowcountry Senior Center

Thur, Aug 10, 10 am-1 pm



## The Spirit of America: Exploring our Nation's History through Music

Come enjoy a relaxing program of old favorites and cool new tunes performed by the Lowcountry Senior Center Olde Pipes Consort. Light refreshments to follow. Members Free / Guests \$5 per event

### Lowcountry Senior Center

Mon, Aug 28, 2 pm [register here](#)

### Waring Senior Center

Mon, Aug 21, 1:30 pm [register here](#)

## Hopsewee and Hobcaw Day Trip Georgetown, SC

Travel with us to Georgetown, SC! First, we go to Hopsewee Plantation on the North Santee River for a guided tour and learn the rich history of Hopsewee, its previous owners and current ones as well as the enslaved who lived and worked on the plantation with a guided tour. Next, we enjoy lunch at one of the state's top tearooms, River Oak Cottage Tea Room at Hopsewee. Enjoy southern hospitality at its best! Following our delicious lunch, we visit Hobcaw Barony for a tour around the property as our guide tells us the history and present-day purpose of the land. This tour requires some walking. *Registration and payment due by July 21, 2023 - non-refundable after this date.*

Members \$259 / Guests \$289

Tues, Sept 19, 8:15 am-5:10 pm



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

# Lifelong Learning

## **Comedy & Conservation at WSC**

Join us for an entertaining hour to help Ruby Cooper, storyteller and comedian, polish her one woman show based on her book, *Irish Mongrel Child, A Wacky Love Story*.

Members Free / Guests \$5

**Tues, Aug 8, 2-3 pm** [register here](#)

## **Madeira to Moonshine: A Drinking History of South Carolina at WSC**

From colonial shrubs to Dubose Heywards' champagne punch, learn about the alcoholic beverages popular in South Carolina through the years. Dr. Faye Jensen, Chief Executive Officer, South Carolina Historical Society, discusses the everyday drinking habits of the common man as well as the appeal of finer imported wines to the colonial aristocracy.

Members Free / Guests \$5

**Wed, Jul 19, 1-2 pm** [register here](#)

## **Monarch Butterflies**

Monarchs are one of the most famous animals of the world yet they are one of the most endangered. Learn about them and how you can help them on their long migrations.

Members Free / Guests \$5 per class

### **Lowcountry Senior Center**

**Wed, Jul 12, 2-3 pm** [register here](#)

### **Waring Senior Center**

**Thur, Jul 20, 2-3 pm** [register here](#)

## **Seeking Enlightenment:**

### **Charlestonians and the Grand Tour of Europe**

Valerie Perry, Manager of the Aiken-Rhett House Museum, takes you back in time to explore some of the iconic sites that Alicia Middleton and Harriet Lowndes Aiken would have traveled to, who they would have met, their most intimate opinions from diary entries, and what life would have been like for the Charleston elites.

Members Free / Guests \$5 per class

### **Lowcountry Senior Center**

**Tues, Jul 25, 1-2 pm** [register here](#)

### **Waring Senior Center**

**Thur, Aug 10, 2-3 pm** [register here](#)

## **South Carolina: First in Golf at LSC**

From the formation of the first golf club in America to the first club to establish tees for women, Dr. Faye Jensen, Chief Executive Officer, South Carolina Historical Society traces the state's important role in the development of this popular sport.

Members Free / Guests \$5

**Tues, Aug 8, 11 am-12 pm** [register here](#)

## **The Regulator Movement at LSC**

Amanda McGehee-Floyd, Research Fellow, South Carolina Historical Society, discusses the backcountry in colonial South Carolina and the Regulator movement leading up to the Revolutionary War.

Members Free / Guests \$5

**Thur, Jul 27, 2-3 pm** [register here](#)

# Lifelong Learning

## **AARP Smart Driver Class**

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, Jul 28, 9 am-1 pm**

Call (843) 990-5555 to register.

## **Waring Senior Center**

**Fri, Aug 11, 9 am-1 pm**

Call (843) 402-1990 to register.

## **Alligators in South Carolina at LSC**

The American alligator is the only crocodilian native to South Carolina. Morgan Hart, Wildlife Biologist, SCDNR, brings Pickles the alligator to the center and talks about alligators' habits, habitats and the management of the American alligator population in South Carolina.

**Fri, Aug 4, 1-2 pm** [register here](#)

## **SCDNR's Marine Research Division at WSC**

Did you know the SCDNR Marine Research Division headquarters are on James Island, and serve as a hub for marine science research, management and education? Come learn about how they study fish, crustaceans, sea turtles and many more species that call South Carolina's marine habitats home. Members Free / Guests \$5

**Thur, Aug 24, 1-2 pm** [register here](#)

## **Summer Heat & Fire Safety**

Join Kim Drayton, Community Outreach Educator from the Charleston Fire Department, and learn how to keep yourself safe during Charleston's warmer months. Members Free / Guests \$5 per class

## **Lowcountry Senior Center**

**Thur, Jul 13, 11 am-12 pm** [register here](#)

## **Waring Senior Center**

**Fri, Jul 14, 10:15-11:15 am** [register here](#)

## **Tax-Free Investing at LSC**

It's not what you make, it's what you keep. Abigail Capsso CRPC, Financial Advisor, gives an overview of tax-advantaged investments such as muni bonds (muni /UIT/mutual funds), IRAs (traditional/Roth/401k/403b) and/or life insurance. Members Free / Guest \$5

**Fri, Aug 25, 10-11 am** [register here](#)

## **What Happens After the Paychecks Stop? at LSC**

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 Abigail Capsso CRPC, Financial Advisor. Members Free / Guests \$5

**Fri, Jul 28, 10-11 am** [register here](#)



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



# Lifelong Learning

## **20 Tips for Your Android Phone or Tablet at LSC**

Bring your Android tablet or smartphone and practice 20 tips every Android owner should know! Members Only. Free

**Wed, Jul 26, 1-2:30 pm** [register here](#)

## **Creating and Organizing Files**

Discover how to save and organize your computer files more efficiently. Learn how to rename files, move and copy files, create folders to save files by subject, and delete unwanted files. Experience using the mouse and keyboard is expected. Meet at Baxter-Patrick James Island Library, located at 1858 S Grimball Road on James Island.

Members Only. Free

**Tues, Aug 15, 1-3 pm** [register here](#)

## **Hands On Genealogy Workshop**

Bring your genealogy questions to our drop-in workshop and get help working on your family tree. Meet at Baxter-Patrick James Island Library, located at 1858 S Grimball Road on James Island. Members Only. Free

**Thur, Jul 13, 10-11 am** [register here](#)

## **Middleton Place at LSC**

Join staff from Middleton Place and the Edmondston-Alston House and learn about its rich history and fun volunteer opportunities. Members Free / Guests \$5

**Tues, Aug 15, 1-2 pm** [register here](#)

## **Hidden Gems - Free Resources at Your Local Library at WSC**

Did you know the Charleston County Public Library offers many wonderful free services like computer and smart phone help? 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 where library staff can help answer your technology questions.

Members Only. Free

**Mon, Jul 17, 12:30-1:30 pm** [register here](#)

**Mon, Aug 21, 12:30-1:30 pm** [register here](#)

## **Smart Home Gadgets & Guidance at LSC**

Speakers, appliances, security systems, thermostats and lights are just a few of the objects in our homes that can be connected to the internet and controlled remotely with the push of a button. Learn about some popular smart home devices and how to stay safe while using them. Members Only. Free

**Wed, Aug 23, 1-2:30 pm** [register here](#)

## **Staying Safe Online**

Learn about the most common online threats and how to stay protected while you search the Web and work with email. Completion of Searching the Web (or previous experience) is expected. Meet at Baxter-Patrick James Island Library, located at 1858 S Grimball Road on James Island. Members Only. Free

**Tues, Jul 18, 1-3 pm** [register here](#)

# Lifelong Learning

## Introduction to American Sign Language at WSC

Learn basic fingerspelling and conversational skills in ASL. Additionally gain understanding of cultural and auditory implications of hearing loss. All levels welcome. Space is limited and registration is required.

Members \$15 / Guests \$25 per month

**Thur, Jul 6-20, 10-11:30 am** [register here](#)

## Irish American Genealogy at LSC

Learn some tips and tricks for doing genealogical research on your Irish and Irish American ancestors. Presented by Charleston County Public Librarian, Faith Walker.

Members Free / Guests \$5

**Thur, Aug 3, 11 am-12 pm** [register here](#)

## SALT Seniors and Law Enforcement Together

Join the City of Charleston Police Department for a fun informal meeting and learn tips to prepare for an emergency.

Members Free / Guests \$5 per meeting

## Lowcountry Senior Center

**Thur, Aug 10, 11 am-12 pm** [register here](#)

## Waring Senior Center

**Thur, July 27, 10-11 am** [register here](#)



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

## James Island History Series at Lowcountry Senior Center

*Presented by Mike Corbo, Baxter-Patrick James Island Library*

### James Island's Importance to American Independence

Learn about the role James Island played in our fight for American Independence.

Members Free / Guests \$5

**Thur, Jul 20, 11 am-12 pm** [register here](#)

### Seashore Farmers' Lodge

Post-Civil War James Island flourished as a farming town. Learn why the Seashore Farmers Lodge was started and how it helped shape the James Island community.

Members Free / Guests \$5

**Thur, Aug 17, 11 am-12 pm** [register here](#)

### West Ashley Historian Q&A at WSC

The history of St Andrew's Parish begins in 1670 when the colonists landed on the west bank of the Ashley River. A lot has been written about plantation life, enslavement of people, both the Revolutionary and Civil Wars; but the more modern history of the Parish from the mining of phosphate, truck farming and a suburban boom is still unfolding. Bring your questions and the West Ashley Historians, Donna Jacobs, Diane Hamilton and Charlie Smith answer them. We love the challenge and maybe we can all learn something.

Members Free / Guests \$5

**Tues, Jul 25, 1-2 pm** [register here](#)

# 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, Jul 17, 11 am-12:30 pm** [register here](#)

*The Lions of Fifth Avenue* by Fiona Davis

**Mon, Aug 21, 11 am-12:30 pm** [register here](#)

*We Are Not Like Them*

by Christine Pride & Jo Piazza

### Waring Senior Center

**Thur, July 20, 1-2 pm** [register here](#)

*The Last Bookshop in London* by Madeline Martin

**Thur, Aug 17, 1-2 pm** [register here](#)

*Between the World and Me* by Ta-Nehsi Coates

## 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, or just want to keep up their fluency in Spanish. Participants should be able to speak Spanish.

Members Only. Free

### Lowcountry Senior Center

**Wed, 10:15-11:15 am** *Returns in August*

### Waring Senior Center

**Fri, 10:30-11:30 am**

## Current Events Group at WSC

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

Members Only. Free

**Tues, Jul 11, 18, 25, 1:30-3 pm**

**Tues, Aug 1, 8, 22, 29, 1:30-3 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**

## Great Decisions

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. August's topic is Politics in Latin America.

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Wed, Aug 30, 1:30-3 pm** [register here](#)

### Waring Senior Center

**Tues, Aug 15, 1:30-3 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, Aug 2, 4:15-5:45 pm** [register here](#)

# Health & Wellness

## Ask an Expert - Alzheimer's

Interested in learning more about memory loss, Alzheimer's disease or other types of dementia? Whether you want to reduce your risk, know the warning signs or learn about resources to help those who are living with memory loss or cognitive decline, stop by to talk one-on-one with Sara Perry, Certified Dementia Practitioner and Executive Director of Respite Care Charleston. Members Only. Free.

### Lowcountry Senior Center

**Tue, Jul 11, 1-2:30 pm**

### Waring Senior Center

**Thu, Aug 17, 11 am-12:30 pm**

## Blood Pressure Screenings

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

### Lowcountry Senior Center

**Wed, Aug 9, 9:30 am-12:30 pm**

### Waring Senior Center

**Wed, Aug 23, 9:30 am-12:30 pm**

## Joy of Meditation

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

### Lowcountry Senior Center

**Thur, Jul 6-20, 2:30-3:30 pm** [register here](#)

**Thur, Aug 3-31, 2:30-3:30 pm** [register here](#)

### Waring Senior Center

**Mon, Aug 7-28, 10:15-11:15 am** [register here](#)

## 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, Aug 30, 9:30 am-2 pm**

To register, call (843) 990-5555.

### Waring Senior Center

**Wed, Sept 6, 9:30 am-2 pm**

To register, call (843) 402-1990.

## 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 10 to 30 minutes.

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

**Mon, Jul 17 and Mon, Aug 21**

Call (843) 990-5555 to schedule.

## Self Defense Refresher

Being able to protect yourself in all situations is empowering. Join 7th Degree Black Belt, Master Reggie Westbrook for this interactive class that will arm you with tools to help you stay safe.

Members \$5 / Guests \$10 per class

### Lowcountry Senior Center

**Thur, Aug 24, 10-10:45 am** [register here](#)

### Waring Senior Center

**Tues, Aug 22, 10:45-11:30 am** [register here](#)



# Health & Wellness

## 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.

### Lowcountry Senior Center

**Thur, Sep 7, 8 am-1 pm**

[To sign up for an appointment, click here.](#)

### Waring Senior Center

**Wed, Sep 6, 8 am-1 pm**

[To sign up for an appointment, click here](#)

## Physical Therapy for Better Health

Join Sarah Coleman, PT, DPT, Roper St. Francis Physical Therapy, Powered by ATI and learn how physical therapy can help reduce pain, increase range of motion and strengthen different areas of your body.

### Exercises for a Healthy Back at WSC

Members Free / Guests \$5

**Mon, Jul 10, 11 am-12 pm** [register here](#)

### Exercises to Relieve Shoulder Pain at LSC

Members Free / Guests \$5

**Tues, Jul 18, 11 am-12 pm** [register here](#)

### Exercises for Arthritis

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Thur, Aug 17, 1-2 pm** [register here](#)

### Waring Senior Center

**Fri, Aug 25, 11 am-12 pm** [register here](#)

## Family and Friends CPR Training

Learn lifesaving skills of adult and child hands-only CPR. This course is for those that DO NOT need a certificate but want to have the knowledge of performing CPR.

Members Only. Free

### Lowcountry Senior Center

**Tues, Aug 22, 10 am-12 pm** [register here](#)

### Waring Senior Center

**Tues, Jul 25, 10 am-12pm** [register here](#)

## 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!

### Lowcountry Senior Center

**Thur, Jul 27, 10 am-2 pm**

To register, call (843) 990-5555.

### Waring Senior Center

**Wed, Jul 26, 10 am-2 pm**

To register, call (843) 402-1990.

## Varicose Vein Screenings

This free screening is provided by Coastal Vascular and Vein and takes about 10 minutes.

Members Only. Free

### Lowcountry Senior Center

**Mon, Aug 14, 11 am-1 pm**

To register, call (843) 990-5555.

### Waring Senior Center

**Mon, Aug 28, 11 am-1 pm**

To register, call (843) 402-1990.

# 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, Jul 8 & 22, 10-11:30 am**

**Sat, Aug 12 & 26, 10-11:30 am**

## Grief Support Group at WSC

This group is open to anyone who has experienced a significant loss (death of loved one, friend or pet, loss of job, etc) and is facilitated by Board Certified Clinical Chaplains from Roper St Francis Healthcare. Members and Guests Free

**Mon, Jul 17, 2-3 pm**

**Mon, Aug 21, 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, Jul 6, 9-10 am**

**Thur, Aug 3, 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, Jul 26, 3-4 pm** [register here](#)

# Creative Arts & Music

## Bubbles & Bouquets at WSC

Bring your own bottle of wine and enjoy a fun floral design demonstration. Discover your own inner talents by learning different techniques and tips, while creating your own small piece to take home.

Members \$20 / Guests \$30

**Wed, Jul 12, 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.

# Creative Arts & Music

## Advanced 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 \$62 / Guests \$72 per series

**Wed, Jul 12-Aug 30, 1-3 pm**

*(no class 8/2)* [register here](#)

## 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 & Wed, 10 am-12 pm**

## 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 \$62 / Guests \$72 per series

**Mon, Jul 10-Aug 28, 3:15-5:15 pm**

*(no class 7/31)* [register here](#)

## Knitting - Scarfs at WSC

Learn a variety of stitches as you knit a scarf. You need to know how to knit, purl, cast on, and bind off. Please bring 350-400 yards of worsted weight yarn in a solid color and size 8 needles. Knitting pattern will be handed out during first class.

Members \$10 / Guests \$20 per series

**Tues, Aug 22-Sep 19, 11 am-12 pm**

[register here](#)

## Knitting & Threads

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

Members Only. Free

**Lowcountry Senior Center**

**Thur, 10 am-12 pm**

**Waring Senior Center**

**Tues, 11 am-12 pm**

## Murderous Yarns at LSC

Get together and 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

**Wed, Aug 9, 2-3 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, Jul 11, 25, 1-4 pm & Aug 8, 22, 1-4 pm**

## Sew Much Fun at WSC

Do you have sewing projects you need encouragement and help to complete?

If yes, join us and bring your sewing machine and materials. Members Only. Free

**Tues, Jul 18 & Aug 1, 1-4 pm**

# Creative Arts & Music

## Acrylic Painting 101 at LSC

Learn how to mix colors and other basic concepts while painting a small picture.

Members Free / Guests \$5

**Thur, Jul 27, 11 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

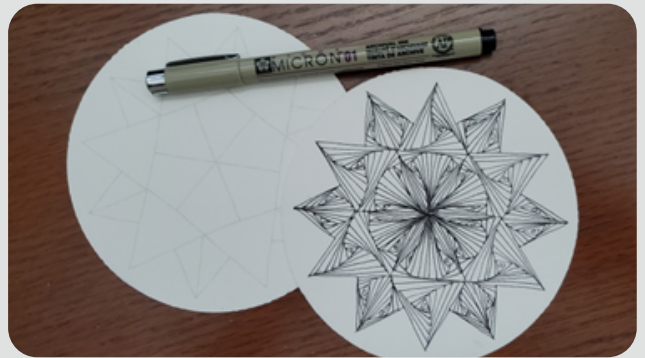
**Fri, Jul 21, 10-11 am** [register here](#)

**Fri, Aug 18, 10-11 am** [register here](#)

## Watercolors

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

**Resumes in September at both centers**



## Introduction to Zentangle at LSC

The Zentangle Method is an easy-to-learn, relaxing, and fun way to draw beautiful, structured patterns. This class provides beginners with the history and basic steps of Zentangle. Supplies Included.

Members \$20 / Guests \$30

**Wed, July 19, 10 am-12 pm** [register here](#)

## Zentangle Inspired Classes

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

## Simple Landscapes at WSC

Explore easy flower and leaf designs to create a simple, whimsical landscape design. Members \$20 / Guests \$30

**Fri, Jul 14, 12:30-2:30 pm** [register here](#)

## Basic Patterning for More at WSC

Patterning is a great way to add interest and texture to your designs. Begin with a very simple pattern adding steps to create a very intricate looking finished design.

Members \$20 / Guests \$30

**Fri, Aug 11, 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, Jul 8 & 22, 10 am-12 pm**

**Sat, Aug 12 & 26, 10 am-12 pm**

## 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

**Returns in September**

## One-on-One Piano Lessons

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

Members \$165 / Guests \$205 per series

## 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**

## Group Beginner Piano

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

Members \$40 / Guests \$80 per series

### Lowcountry Senior Center

**Mon, Jul 10-Aug 28, 10-11:30 am**

*(no class 7/31 or 8/7)* [register here](#)

### Waring Senior Center

**Wed, Jul 12-Aug 30, 9:30-11 am**

*(no class 8/2 or 8/9)* [register here](#)

## Group Intermediate Piano

Must have an understanding of note reading, chords and have taken Group Beginner Piano to attend this six-week class.

Members \$40 / Guests \$80 per series

### Lowcountry Senior Center

**Mon, Jul 10-Aug 28, 12-1:30 pm**

*(no class 7/31 or 8/7)* [register here](#)

### Waring Senior Center

**Wed, Jul 12-Aug 30, 11 am-12:30 pm**

*(no class 8/2 or 8/9)* [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, Jul 19, 3-5 pm** [register here](#)

**Wed, Aug 16, 3-5 pm** [register here](#)

# Fitness at Lowcountry July & August

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9-10 am</b> <b>Fit and Firm</b> Free/\$2 per class</p> <p><b>11 am-12 pm</b> <b>Sit and Fit</b> Free/\$2 per class</p> <p><b>12:00-1 pm</b> <b>Cardio &amp; Weights w/ Ron</b> Free/\$2 per class</p> <p><b>1-2 pm</b> <b>Strength &amp; Balance</b> Free/\$2 per class</p> <p><b>2:15-3 pm</b> <b>Core &amp; Stretch</b> Jul \$15/\$25 Aug \$15/\$25</p>	<p><b>8:30-9:30 am</b> <b>Interval Training</b> Jul \$10/\$20 Aug \$10/\$20</p> <p><b>9-10 am</b> <b>Cardio &amp; Weights w/ Ron</b> Free/\$2 per class</p> <p><b>10-10:45 am</b> <b>Chair Yoga</b> Jul Free/\$20 Aug Free/\$20</p> <p><b>11-11:45 am</b> <b>Qigong</b> Jul \$5/\$20 Aug \$5/\$20</p> <p><b>11 am-12 pm</b> <b>Sit and Fit</b> Free/\$2 per class</p> <p><b>12:15-1 pm</b> <b>Zumba Gold</b> Jul \$25/\$35 Aug \$25/\$35</p> <p><b>2:30-3:20 pm</b> <b>Line Dancing Beginner</b> Jul \$15/\$25 Aug \$25/\$35</p> <p><b>3:25-4:15 pm</b> <b>Line Dancing Intermediate</b> Jul \$15/\$25 Aug \$25/\$35</p> <p><b>4:30-5:30 pm</b> <b>Strength &amp; Stretch</b> Jul \$10/\$20 Aug \$25/\$35</p>	<p><b>9-10 am</b> <b>Fit and Firm</b> Free/\$2 per class</p> <p><b>10:10-10:50 am</b> <b>PWR! Moves</b> Jul Free/\$20 Aug Free/\$20</p> <p><b>11 am-12 pm</b> <b>Sit and Fit</b> Free/\$2 per class</p> <p><b>1-2 pm</b> <b>Strength &amp; Balance</b> Free/\$2 per class</p> <p><b>3-4:30 pm</b> <b>Chair Volleyball</b> Members only Free</p> <p><b>5:45-6:45 pm</b> <b>Relax and Repair Yoga</b> Jul \$20/\$30 Aug \$25/\$35</p>	<p><b>9-9:45 am</b> <b>Tai Chi</b> Jul \$15/\$25 Aug \$20/\$30</p> <p><b>10-10:45 am</b> <b>Chair Yoga</b> Jul Free/\$20 Aug Free/\$20</p> <p><b>11 am-12 pm</b> <b>Sit and Fit</b> Free/\$2 per class</p> <p><b>12:15-1 pm</b> <b>Zumba Gold</b> Jul \$25/\$35 Aug \$25/\$35</p>	<p><b>7:30 am</b> <b>Walking Club at JICP</b> Members Only</p> <p><b>9-10 am</b> <b>Cardio &amp; Weights w/ Ron</b> Free/\$2 per class</p> <p><b>9-10 am</b> <b>Dance Conditioning</b> Jul \$10/\$20 Aug \$10/\$20</p> <p><b>11 am-12 pm</b> <b>Sit and Fit</b> Free/\$2 per class</p> <p><b>12:30-1:30 pm</b> <b>Yoga Fridays</b> Jul \$20/\$30 Aug \$20/\$30</p>	<p><b>11:30 am-12:45 pm</b> <b>Chair Volleyball</b> Members only Free</p>
<h2>Calendar Key</h2> <ul style="list-style-type: none"> <li><span style="color: red;">●</span> Class online only when available</li> <li><span style="color: blue;">●</span> Class at Lowcountry and available online</li> </ul>					
<p><b>Click on the class title</b> to join the live stream class online.</p> <p><b>Click on the month</b> to register for classes and pay, if fees apply.</p>					

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

# Fitness at Waring July & August

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**  
Jul \$20/\$30  
Aug \$20/\$30

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

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

**1:30-2:30 pm**  
**Yoga for Back Health**  
Jul \$20/\$30  
Aug \$20/\$30

**5:00-6:00 pm**  
**Evening Flow Yoga**  
Jul \$20/\$30  
Aug \$20/\$30

## Tuesday

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

**10-10:45 am**  
**Tai Chi**  
July \$10/\$20  
Aug \$20/\$30

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

**11:30 am-12:30 pm**  
**Gentle Yoga**  
July \$15/\$25  
Aug \$25/\$35

**12:15-1:15 pm**  
**Strength & Balance**  
Free/\$2 per class

## Wednesday

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

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

**11:30am-12:30pm**  
**Chair Yoga**  
Jul Free/\$20  
Aug Free/\$20

**2-3 pm**  
**Zumba Gold**  
Jul \$20/\$30  
Aug \$25/\$35

**3-4 pm**  
**Line Dancing**  
Jul \$15/\$25  
Aug \$25/\$35

**5:30-6:30 pm**  
**Yoga After 5**  
Jul \$20/\$30  
Aug \$25/\$35

## Thursday

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

**10-11 am**  
**Gentle Yoga**  
July \$20/\$30  
Aug \$25/\$35

**10-10:45 am**  
**Drums Alive**  
Jul \$10/\$20  
Aug \$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**  
Jul \$10/\$20  
Aug \$10/\$20

**2:05-2:35 pm**  
**Roll & Restore**  
Jul \$10/\$20  
Aug \$10/\$20

## Friday

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

**10:15-11:15 am**  
**Middle Eastern Dance for Beginners**  
Free Trial Class for Members on Jul 21 & Aug 18

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

## Saturday

**11:15 am-12:45 pm**  
**Chair Volleyball**  
Members Only  
Free

**Synergy** - Gold & Silver WSC Members only  
July

**10-10:45** W/F - Jul \$40, sign-up open 6/26

**1-1:45** M/W/F - Jul \$60, sign-up open 6/26  
August

**10-10:45** W/F - Aug \$45, sign-up open 7/24

**1-1:45** M/W/F - Aug \$65, sign-up open 7/24



**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.

## **Middle Eastern Dance for Beginners**

Learn traditional Middle Eastern dance movements (belly dance). Suitable for all shapes, sizes and activity levels. No dance experience needed.

## **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 WSC 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 upbeat dance workout that includes cardio, stretching and conditioning.

Members \$10 / Guests \$20 per month

**Fri, Jul 7-28, 9-10 am** [register here](#)

**Fri, Aug 4-25, 9-10 am** [register here](#)

## Line Dancing - Beginner

No partner required.

### Lowcountry Senior Center

Members \$15 / Guests \$25 per month

**Tues, Jul 11-25, 2:30-3:20 pm** [register here](#)

Members \$25 / Guests \$35 per month

**Tues, Aug 1-29, 2:30-3:20 pm** [register here](#)

### Waring Senior Center

Members \$15 / Guests \$25 per month

**Wed, Jul 12-26, 3-4 pm** [register here](#)

Members \$25 / Guests \$35 per month

**Wed, Aug 2-30, 3-4 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. \$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@gmail.com](mailto:Laura4Life@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](mailto:kendall.white@rsfh.com)

## Line Dancing - Intermediate at LSC

Advanced dances. No partner required.

Members \$15 / Guests \$25 per month

**Tues, Jul 11-25, 2:30-3:20 pm** [register here](#)

Members \$25 / Guests \$35 per month

**Tues, Aug 1-29, 2:30-3:20 pm** [register here](#)

## Middle Eastern Dance for Beginners at WSC

Come learn traditional Middle Eastern dance movements (belly dance). This is a low impact high energy beginner class using Middle Eastern dance moves and combinations in a flowing routine. Suitable for all shapes, sizes and activity levels. No dance experience needed. Wear comfortable clothes and bring a scarf to dance with.

Members Free / Guests \$8 per class

**Fri, Jul 21, 10:15-11:15 am** [register here](#)

**Fri, Aug 18, 10:15-11:15 am** [register here](#)

## Sizzlin' Summer Shag Workshops

### Shag - Beginner at WSC

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

Members \$15 / Guests \$25

**Mon, Aug 21, 4-5:30 pm** [register here](#)

### Shag - Beyond Basics at WSC

Shaggers with Experience. Come work on technique, smoothness and new stuff, too! No partner required.

Members \$15 / Guests \$25

**Mon, Aug 21, 5:30-7 pm** [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

### **Chess**

Wed, 12-2 pm

### **Hand, Knee & Foot**

Thur, 12:30-3 pm

### **Mah Jongg**

Tues, 9:30-11:30 am

### **Mexican Train Dominoes**

The 2nd & 4th 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

### **Dominoes**

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

### **Intermediate Bridge**

Thur, 1-4 pm

### **Mah Jongg**

Beginner Lessons

Thur, Aug 10-31, 12-1 pm [register here](#)

Members Free / Guests \$15

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



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

# Social - Out & About

## Coastal History Tour

On this 1.5 hour excursion through the creeks behind Folly Beach, learn about the ecological and cultural history of our unique area's barrier islands, pirates, colonization and slavery, Civil War battles and more. Offered through Charleston Outdoor Adventures. Please see website for refund/cancellation policy.

Members \$40 / Guests \$50 per tour

**Wed, Jul 26, 3:30 pm** [register here](#)

**Wed, Aug 16, 6:30 pm** [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, Jul 20, 4 pm** [register by 7/17](#)

Jalisco Taqueria & Tequila, 1271 Folly Rd

**Thur, Aug 3, 4 pm** [register by 7/31](#)

The Garden by Charles Towne Fermentory,  
1331 Ashley River Rd

**Thur, Aug 17, 4 pm** [register by 8/14](#)

Smoky Yolk Cafe, 1234 Camp Rd



## 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 \$25 per tour if you bring your own kayak/SUP and life-jacket.

**Tues, Jul 18, 6:30 pm** [register here](#)

**Thur, Aug 24, 9 am** [register here](#)

## Lunch Bunch

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

**Fri, Jul 21, 12:30 pm** [register by 7/18](#)

KISS Cafe, 1802 Crowne Commons Way #C1

**Fri, Aug 4, 12:30 pm** [register by 8/1](#)

Kickin' Chicken, 1179 Sam Rittenberg Blvd.

**Fri, Aug 18, 12:30 pm** [register by 8/15](#)

The Low Down, 967 Folly Rd

## 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, Jul 27, 5-6:45 pm** [register here](#)

Featuring Red, White or Blue Label

**Thur, Aug 31, 5-6:45 pm** [register here](#)

Featuring Spain

# Social - Out & About

## Dining Out

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

**Tues, Jul 11, 5 pm** [register by 7/4](#)

Home Team BBQ, 1205 Ashley River Rd

**Tues, Jul 25, 5 pm** [register by 7/18](#)

TBonz Gill & Grill, 1668 Old Towne Rd

**Tues, Aug 8, 5 pm** [register by 8/1](#)

Southside 17 Bar & Grill, 3632 Savannah Hwy

**Tues, Aug 22, 5 pm** [register by 8/15](#)

Swig & Swine, 1217 Savannah Hwy

## Gibbes Museum of Art Tour

Meet at the Gibbes Museum of Art for a guided tour. This tour covers their special Damien Stamer exhibition, works from their permanent collection that range from the 18th to 20th centuries, and their newest Beverley McIver exhibition, which covers themes of family, loss, Black identity, and caretaking. *Transportation is not provided.* Tour meets at 135 Meeting Street in the Charleston Historic District: two blocks south of the Market behind Cumberland and Queen Streets. While there's no on-site parking, a Charleston County Parking Garage is one block from the Museum at 85 Queen Street. Registration and payment through the center is due by Wed, Jul 19. *Non-refundable after Wed, Jul 19.*

Members \$15 / Guests \$25

**Wed, Jul 26, 10:30 am** [register by 7/19](#)

## 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. 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 July & August**

## 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. After beach combing, board the boat and enjoy the wind through your hair as we make our way back to the dock. Registration and payment due 14 days prior to tour date. See website for refund/cancellation policy.

Members \$50 / Guests \$60 per tour

**Fri, Jul 28, 11 am** [register by 7/14](#)

**Wed, Aug 30, 2 pm** [register by 8/16](#)



# Pickleball at Waring

## 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.

WSC Gold, Silver Members - Free

LSC Gold, Silver Members - \$1 per day

## JUL & AUG

Mon-Fri, 8-10 am

Sat, 8:30-10:30 am



## 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

## General Pickleball Information

Beginner and Intermediate Pickleball lessons at Waring will resume in September.

YOUTUBE.COM has a number of great pickleball training videos on Pickleball YouTube.

USAPICKLEBALL.ORG has complete information about pickleball including the rules, playing strategies, tournaments, etc.

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



Visit [TEAMREACH.COM](https://TEAMREACH.COM) and download the Team Reach App. Use the group code **WARING** to see what's happening at the center this summer.

# Center Information



## Lowcountry Senior Center

865 Riverland Drive  
Charleston, SC 29412  
Phone: (843) 990-5555  
[lowcountryseniorcenter.com](http://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  
[waringseiorcenter.com](http://waringseiorcenter.com)

### Hours of Operation

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

**Closed Sat, Jul 1, Mon, Jul 3 & Tues, Jul 4 For July 4th Weekend**

## 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 and Renew Active.
- 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](http://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. (8am–3pm). The curbside pick-up service has been discontinued effective July 1st. Meals must be ordered at least two days in advance via our website or by calling or visiting the center. See pages 23 & 24 for current menus.

# Waring Café Hot Lunch Menu (No Curbside) July 2023



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
<b>July 3</b>  <b>Closed For Fourth of July Holiday</b>	<b>July 4</b>  <b>Closed For Fourth of July Holiday</b>	<b>July 5 – ORDER BY JUNE 30!</b> Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll & Fruit Cup, Cookie <i>Deadline to order 6/30 at 11 am</i>	<b>July 6</b>	<b>July 7</b> Beef Stroganoff, Egg Noodles Roasted Carrots, Blueberry Crisp <i>Deadline to order 7/5 at 11 am</i>
<b>July 10</b>	<b>July 11</b> Italian Meatballs with Penne Pasta & Marinara, Side Salad & Dinner Roll, Pineapple <i>Deadline to order 7/9 at 11 am</i>	<b>July 12</b> Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 7/10 at 11 am</i>	<b>July 13</b>	<b>July 14</b> Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 7/12 at 11 am</i>
<b>July 17</b>	<b>July 18</b> Beef Pot Roast, Gravy, Mashed Potatoes, Carrots with Herbs, Cookies & Cream Mousse <i>Deadline to order 7/16 at 11 am</i>	<b>July 19</b> Honey Mustard Chicken Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 7/17 at 11 am</i>	<b>July 20</b>	<b>July 21</b> Roasted Pork Loin with Gravy Brown Rice, Carrots with Herbs, Cinnamon Apples <i>Deadline to order 7/19 at 11 am</i>
<b>July 24</b>	<b>July 25</b> Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 7/23 at 11 am</i>	<b>July 26</b> Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll & Fruit Cup, Cookie <i>Deadline to order 7/24 at 11 am</i>	<b>July 27</b>	<b>July 28</b> Beef Stroganoff, Egg Noodles Roasted Carrots, Blueberry Crisp <i>Deadline to order 7/26 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](http://www.waringseiorcenter.com) in “Classes & Events” or call 843-402-1990.

# Waring Café Hot Lunch Menu (No Curbside) August 2023



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
Jul 31	<b>Aug 1</b> Italian Meatballs with Penne Pasta & Marinara, Side Salad & Dinner Roll, Pineapple <i>Deadline to order 7/30 at 11 am</i>	<b>Aug 2</b> Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 7/31 at 11 am</i>	<b>Aug 3</b>	<b>Aug 4</b> Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 8/2 at 11 am</i>
<b>Aug 7</b>	<b>Aug 8</b> Beef Pot Roast, Gravy, Mashed Potatoes, Carrots with Herbs, Cookies & Cream Mousse <i>Deadline to order 8/6 at 11 am</i>	<b>Aug 9</b> Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookie <i>Deadline to order 8/7 at 11 am</i>	<b>Aug 10</b>	<b>Aug 11</b> Roasted Pork Loin with Gravy Brown Rice, Carrots with Herbs, Cinnamon Apples <i>Deadline to order 8/9 at 11 am</i>
<b>Aug 14</b>	<b>Aug 15</b> Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 8/13 at 11 am</i>	<b>Aug 16</b> Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll & Fruit Cup, Cookie <i>Deadline to order 8/14 at 11 am</i>	<b>Aug 17</b>	<b>Aug 18</b> Beef Stroganoff, Egg Noodles Roasted Carrots, Blueberry Crisp <i>Deadline to order 8/16 at 11 am</i>
<b>Aug 21</b>	<b>Aug 22</b> Italian Meatballs with Penne Pasta & Marinara, Side Salad & Dinner Roll, Pineapple <i>Deadline to order 8/20 at 11 am</i>	<b>Aug 23</b> Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 8/21 at 11 am</i>	<b>Aug 24</b>	<b>Aug 25</b> Roasted Pork Loin with Gravy Brown Rice, Carrots with Herbs, Cinnamon Apples <i>Deadline to order 8/23 at 11 am</i>
<b>Aug 28</b>	<b>Aug 29</b> Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Herbs, Cookies & Cream Mousse <i>Deadline to order 8/27 at 11 am</i>	<b>Aug 30</b> Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookie <i>Deadline to order 8/28 at 11 am</i>	<b>Aug 31</b>	<b>Sep 1</b> Roasted Pork Loin with Gravy Brown Rice, Carrots with Herbs, Cinnamon Apples <i>Deadline to order 8/30 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](http://www.waringseiorcenter.com) in “Classes & Events” or call 843-402-1990.