

March/April Programs

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

There are so many things to do in Charleston and our beautiful Lowcountry! I want to get out there, try new things, and meet people... yet I don't want to do them by myself (yikes!).

Do you ever experience this feeling? Worried that you won't know anyone or that you will be the only single person? Well, you are not alone. We hear this often at the centers and have a solution!

Our programs are not limited by the walls of the centers. We have so many opportunities to meet up with fellow senior center members out around town.

Enjoy birding in a park? Want to look for dolphin along the creek? How about crafting pottery or meeting up for a round of golf.

We have groups that meet for lunch and happy hours at different restaurants around town. Take advantage of these opportunities! You might not know anyone yet, but you know that they are members of the senior center. And it's a great way to make new friends!

Elizabeth Bernat, MHA, Director



Beautiful views while dining out with friends at Bowens Island Restaurant.

Friends of the Lowcountry Senior Center

Oyster Roast Fundraiser

Sunday, March 19, 2-5 pm
Bowens Island Restaurant
1870 Bowens Island Road

Live Music - Oysters - Hot Dogs
Cash Bar with Beer & Wine

Tickets On Sale Now
Adults Tickets: \$45 Early-Bird Special,
\$55 After March 10
Youth Tickets (Age 6-12): \$20

Tickets Available at
www.lowcountryseniorcenter.com
Lowcountry and Waring Senior Centers

Around the Centers

Game Day & Luncheon

Bring your cards, tiles, favorite board games and gather your friends for a fun day of playing games at the centers! Lunch is included.

Members \$15 / Guests \$20 per day

Lowcountry Senior Center

Fri, Apr 14, 10 am-2 pm [register here](#)

Waring Senior Center

Fri, Apr 28, 10 am-2 pm [register here](#)

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, 7:30 am-6:30 pm



Chorus Spring Concert

Enjoy the sweet harmonies of the Lowcountry Senior Center's Chorus, led by Paula Carl. The chorus performs a Spring Concert featuring lively music to celebrate warmer weather and great friends together. Light refreshments to follow.

Members Free / Guests \$5 per event

Lowcountry Senior Center

Thur, Apr 20, 1 pm [register here](#)

Waring Senior Center

Wed, Apr 26, 11 am [register here](#)

The Olde Pipes Spring Concert

Olde Pipe Recorder Consort presents: "Music is in the Air" Spring Concert. Let us be your guide to beautiful music from around the world. Light refreshments to follow.

Members Free / Guests \$5 per event

Lowcountry Senior Center

Mon, May 1, 2 pm [register here](#)

Waring Senior Center

Mon, May 8, 1:30 pm [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

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. Separate appointments are necessary if not filing jointly.

Lowcountry Senior Center

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

To register, call (843) 990-5555.

Waring Senior Center

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

To register, call (843) 402-1990.

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, Mar 10 or Apr 14, 10-11 am

To register, call (843) 990-5555.

Waring Senior Center

Tues, Mar 14 or Apr 18, 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

Mar/Apr Dates TBD

Call (843) 402-1649 to learn more.

Volunteer Fair

Wednesday, May 17, 10 am-1 pm

Waring Senior Center

Linking local organizations with volunteers in Charleston! Join us for our Volunteer Fair at Waring Senior Center, where local organizations will meet and recruit volunteers who are age 50 and older. Connect to your community through service.

Free and open to the public.

Interested in having a table at the fair?

Contact Blair Putman at
(843) 402-1650 or blair.putman@sfc.com



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

Lifelong Learning

Credit Reports and Scores

Don't let your fear or confusion stop you from getting to know what's on your credit report! Learn what's on your credit report and how your report goes into calculating your credit score. Presented by SC Department of Consumer Affairs.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Wed, Mar 8, 2-3 pm [register here](#)

Waring Senior Center

Mon, Mar 13, 2-3pm [register here](#)

Exploring Gmail

Practice sending and receiving messages and file attachments with Gmail, and become more organized by setting up contacts and using Google's Calendar. Previous web browsing experience is expected. Registration is through the senior center. Meet at Baxter-Patrick James Island Library, located at 1858 S Grimball Road on James Island.

Members Only. Free

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

Finding Obits & Find a Grave at LSC

Learn how to find obituaries and use Find A Grave to further research your family tree.

Presented by Charleston County Public Librarian, Faith Walker.

Members Free / Guests \$5

Thur, Mar 30, 11 am-12 pm [register here](#)

Hooligans and Rice Kings

Local author, Lindy Keane Carter, discusses the backstory to the publication of her novel, *The Rice Birds*. She shares what she learned during her research, about the tidal cultivation of rice, its unique role in triggering the Civil War, Irish immigrants' struggles, and other fascinating South Carolina stories.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Apr 28, 1-2 pm [register here](#)

Waring Senior Center

Tues, Apr 4, 2-3 pm [register here](#)

Horse Wisdom at LSC

What can humans learn from horses? Turns out a whole lot! Join local author, Kim Hallin, for a discussion about the writing of her book *Horse Wisdom: Life Lessons for Humanity*, which takes readers on a journey to uncover deeper truths about freedom, trust, intuition, leadership, community and communication.

Members Free / Guests \$5

Fri, Mar 31, 1-2 pm [register here](#)

Library Apps for E-Books at LSC

Get an overview of CCPL's downloadable eBook, audiobook and magazine collection. Librarian Sarah Milner shows you how to check out and download materials from the apps. Members Only. Free

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

Lifelong Learning

20 Tips for Your iPhone or iPad at LSC

Bring your iPhone or iPad (or come and watch) and practice 20 tips every iOS owner should know. Presented by Librarian Sarah Milner. Members Only. Free

Wed, Apr 26, 1-2 pm [register here](#)

Book Club

Contemporary novels are read each month followed by stimulating group discussions. Members Free / Guests \$5 per class

Lowcountry Senior Center

Mon, Mar 20, 11 am-12:30 pm [register here](#)

The Secret History of Food by Matt Siegel

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

Where the Crawdads Sing by Delia Owens

Waring Senior Center

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

The Verifiers by Jane Pek

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

Stupid Things I Won't Do When I Get Old by Steven Petrow

Great Decisions

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. *March-China & the U.S., April-Economic Warfare.*

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Tues, Apr 25, 1-2:30 pm [register here](#)

Waring Senior Center

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

Tues, Apr 18, 1:30-3 pm [register here](#)

History of James Island Series at Lowcountry Senior Center

Fort Johnson - Part II

Librarian Mike Corbo is back at the center to continue the discussion of Fort Johnson. Members Free / Guests \$5

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

Mosquito Beach

Librarian Mike Corbo discusses the history and importance of James Island's Mosquito Beach.

Members Free / Guests \$5

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

SALT Seniors and Law Enforcement Together

Join the City of Charleston Police Department for a fun meeting and get to know your local team who patrol your area. Members Free / Guests \$5 per meeting

Lowcountry Senior Center

Thur, Apr 6, 11 am-12 pm [register here](#)

Waring Senior Center

Fri, Mar 24, 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

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

Waring Senior Center

Fri, 10:30-11:30 am

Financial Fitness for Older Adults

Gain an understanding of financial literacy, recognize risk factors for exploitation and learn to make more informed financial judgments. Presented by the SC Department of Consumers Affairs.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Apr 18, 1-2 pm [register here](#)

Waring Senior Center

Tues, Apr 18, 10:30-11:30 am [register here](#)

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

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

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

Smart Driver Class

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. AARP Members \$20 / Nonmembers \$25

Lowcountry Senior Center

Fri, Mar 24, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Apr 21, 9 am-1 pm

Call (843) 402-1990 to register.

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, Mar 13-Apr 17, 2-3 pm [register here](#)



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

Tues, 11 am-1 pm

Hand, Knee & Foot

Thur, 12:30-3 pm

Mah Jongg

Beginner Lessons

Tues, Mar 7-28, 9-9:30 am [register here](#)

Members Free/Guests \$15

Mah Jongg Open Play, Tues, 9:30-11:30 am

Introduction to Bridge at LSC

Learn bridge basics. This three-week series is for the novice or beginning bridge player to feel comfortable with the bidding process and playing hands.

Members \$10 /Guests \$20 per series

Thur, Apr 13-27, 10 am-12 pm [register here](#)

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

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

Group Play, Wed, 12-4 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, Mar 9-30, 12-1 pm [register here](#)

Thur, Apr 6-27, 12-1 pm [register here](#)

Members Free / Guests \$15

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



Health & Wellness

Bladder Control Issues in Women Lunch & Learn at WSC

Join Dr. Bernard Taylor, Urogynecologist from Roper St. Francis Physician Partners Urogynecology and Pelvic Surgery Department and learn the difference between urinary incontinence and having an overactive bladder and what treatments are available to help. Lunch provided. Space is limited. Members Free / Guests \$5
Fri, Mar 3, 12-1 pm [register by 3/1](#)

Crafting a Community

Enjoy creating a unique craft while engaging in open and meaningful conversation about the signs and impacts of isolation. Members \$5 / Guests \$10 per class

Lowcountry Senior Center

Fri, Apr 21, 1-2 pm [register here](#)

Waring Senior Center

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

Diabetes Prevention 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 March 9, 1-2 pm
[register here](#)

Family & Friends CPR Training

Learn lifesaving skills of adult and child hands-only CPR. Immediate CPR can double or even triple a person's chance of survival. This course is for those that DO NOT need a certificate but wants to have the knowledge of performing CPR. Offered by Roper St. Francis HeartSave. Members Only. Free

Lowcountry Senior Center

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

Waring Senior Center

Tues, Mar 21, 11 am-12 pm [register here](#)

Joy of Meditation at LSC

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

Members Free / Guests \$20 per month

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

Thur, Apr 6-27, 2:30-3:30 pm [register here](#)

Mindfulness & Mobility at LSC

Mindfulness techniques are a self-care practice that allows us to quiet our minds. Learn how beginner yoga poses help increase your balance and mobility. This is an interactive class.

Members and Guests Free

Thur, Apr 27, 11 am-12 pm [register here](#)



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

Health & Wellness

Alzheimer's Education Series

Presented by Venita Olson, Volunteer Community Educator - Alzheimer's Association, SC Chapter.

Legal and Financial Planning

Learn about important legal and financial issues to consider, how to put plans in place, and how to access resources near you.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, Mar 9, 11 am-12 pm [register here](#)

Waring Senior Center

Thur, Mar 23, 1:30-2:30 pm [register here](#)

Living with Alzheimer's for Middle Stage Caregivers

In this three-week series, hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

Members Free / Guests \$10 per series

Lowcountry Senior Center

Thur, Apr 27-May 11, 4-5 pm

[register here](#)

Waring Senior Center

Tues, Apr 11-25, 5:30-6:30 pm

[register 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.

Lowcountry Senior Center

Thur, Mar 9, 8 am-1 pm

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

Waring Senior Center

Wed, Mar 8, 8 am-1 pm

To sign up for an appointment, [click 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 \$5 / Guests \$10 per class

Lowcountry Senior Center

Mon, Apr 24, 4-5 pm [register here](#)

Waring Senior Center

Mon, April 17, 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

Blood Pressure Screenings

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

Lowcountry Senior Center

Thur, Apr 6, 9:30 am-12:30 pm

Waring Senior Center

Thur, Apr 20, 9:30 am-12:30 pm

Brain Basics: Preventing Stroke

Join Kaitlyn Hall, Stroke Program Coordinator from Roper Rehabilitation Hospital and learn about your risk factors and what simple steps you can take to prevent a stroke.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Wed, Apr 5, 2-3 pm [register here](#)

Waring Senior Center

Mon, Apr 24, 2-3 pm [register here](#)

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 and functional testing for balance and flexibility. Part 2: receive your results of the fitness checkup and individualized recommendations. Members Only. Free

Lowcountry Senior Center

Wed, Mar 22 & 29, 2-3 pm

Call (843) 990-5555 to schedule.

Waring Senior Center

Wed, Mar 1 & 15, 2-3 pm

Call (843) 402-1990 to schedule.

Hearing Screenings

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

Members Only. Free

Lowcountry Senior Center

Thur, Mar 23, 10 am-2 pm

Call (843) 990-5555 to schedule.

Waring Senior Center

Thur, Apr 6, 10 am-2 pm

Call (843) 402-1990 to schedule.

Healthy Weight Loss at LSC

Maintaining a healthy weight is important for your overall health and prevention of various diseases such as diabetes, high blood pressure, sleep apnea, and some cancers.

Dr. John B. Cleek of Roper St Francis Physician Partners Obesity Medicine discusses how he uses a non-surgical approach to focus on the health needs of adults who want to lose weight to have a longer, happier life.

Members Free / Guests \$5

Fri, Mar 24, 2-3 pm [register here](#)

Let's Walk at LSC

We all know walking is great for our health. Wouldn't it be nice to make a difference in your neighbor's quality of life by simply going for a walk with them, or having someone meet you for a walk? Learn about "Let's Walk" and how this free service connects qualified walkers with trained volunteers.

Members Free / Guests \$5

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

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

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, Mar 11 & 25, 10-11:30 am

Sat, Apr 22, 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, Mar 6-Apr 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, Mar 2, 9-10 am

Thur, Apr 6, 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, Mar 22, 3-4:30 pm [register here](#)

Wed, Apr 26, 3-4:30 pm [register here](#)

Creative Arts & Music

Painting Techniques with Pottery

This workshop introduces painters to the tape-relief technique of ceramics under glazing. Pieces will be taken back to the Pluff Mud Pottery studio on James Island for glazing, firing, packaging and pickup. Fees vary based on pottery piece. See website/flyer for details.

Lowcountry Senior Center

Fri, Mar 31, 10 am-12 pm [register here](#)

Waring Senior Center

Fri, Mar 17, 10 am-12 pm [register here](#)

Pottery at the Studio

Meet up at Pluff Mud Pottery on James Island for a fun workshop that introduces you to the alcohol dispersion technique of ceramics under glazing. Choose your own pottery from the shelves. Items vary in prices. Pay for your pottery at the studio.

Pluff Mud Pottery, 1411 Folly Rd, James Island

Mon, Apr 17, 4:30-6:30 pm [register here](#)

Fri, Apr 21, 10 am-12 pm [register here](#)

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

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, Mar 11 & 25, 10 am-12 pm

Sat, Apr 22, 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

Crochet 101 at LSC

In this four-week series, learn crochet basics such as how to chain and master single and double crochet and learn the chevron stitch which lends itself to many easy starter projects. Supply list at the front desk.

Members \$10 / Guests \$20 per series

Thur, Mar 9-30, 10-11:30 am [register here](#)

Pencil Drawing at LSC

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

Members \$35 / Guests \$45 per series

Wed, Mar 8-29, 1-3 pm [register here](#)

Wed, Apr 5-26, 1-3 pm [register here](#)

Introduction to Zentangle at WSC

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 \$15 / Guests \$25

Fri, Apr 28, 12:30-2:30 pm [register here](#)

Knitting & Threads

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

Lowcountry Senior Center

Thur, 10 am-12 pm

Waring Senior Center

Tues, 11 am-12 pm

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

Fri, Apr 21, 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, Mar 7-28, 1-3 pm [register here](#)

Tues, Apr 4-25, 1-3 pm [register here](#)

Waring Senior Center

Wed, Mar 8-29, 10 am-12 pm [register here](#)

Wed, Apr 5-26, 10 am-12 pm [register here](#)

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

Creative Arts & Music

Beginner Recorders at LSC

A beginners class for those with any or no music experience. We have a few recorders that may be borrowed while you try the class. Led by Jean Williams.

Members Free / Guests \$20 per month

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

[Mon, Apr 3-24, 12:30-1:30 pm register here](#)

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 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, Mar 7 & Apr 4, 1-4 pm](#)

Group Beginner Piano

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

Members \$20 / Guests \$40 per series

Lowcountry Senior Center

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

Waring Senior Center

[Wed, Mar 8-29, 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.

Members \$20 / Guests \$40 per series

Lowcountry Senior Center

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

Waring Senior Center

[Wed, Mar 8-29, 11 am-12:30 pm register here](#)

Quilters Group at WSC

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

Members Only. Free

[Tues, Mar 14, 28 & Apr 11, 25, 1-4 pm](#)

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, Mar 15, 2-4 pm register here](#)

[Wed, Apr 19, 2-4 pm register here](#)

Fitness at Lowcountry March & April

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
Mar \$10/\$20
Apr \$10/\$20

2:50-3:20 pm
Roll & Restore
Mar \$10/\$20
Apr \$10/\$20

Tuesday

8:30-9:30 am
Interval Training
Mar \$10/\$20
Apr \$10/\$20

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

10-10:45 am
Chair Yoga
Mar Free/\$20
Apr Free/\$20

11-11:45 am
Qigong
Mar \$5/\$20
Apr \$5/\$20

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

12:15-1 pm
Zumba Gold
Mar \$25/\$35
Apr \$25/\$35

2:30-3:20 pm
Line Dancing Beginner
Mar \$20/\$30
Apr \$20/\$30

3:25-4:15 pm
Line Dancing Intermediate
Mar \$20/\$30
Apr \$20/\$30

4:30-5:30 pm
Strength & Stretch
Mar \$20/\$30
Apr \$20/\$30

Wednesday

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

10:10-10:50 am
PWR! Moves
Mar Free/\$20
Apr 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
Mar \$25/\$35
Apr \$20/\$30

Thursday

9-9:45 am
Tai Chi
Mar \$25/\$35
Apr \$20/\$30

10-10:45 am
Chair Yoga
Mar Free/\$20
Apr Free/\$20

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

12:15-1 pm
Zumba Gold
Mar \$25/\$35
Apr \$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
Mar \$10/\$20
Apr \$10/\$20

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

12:30-1:30 pm
Yoga Fridays
Mar \$25/\$35
Apr \$15/\$25

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 March & April


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
Mar \$20/\$30
Apr \$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
Mar \$20
Apr \$20


1:30-2:30 pm
Yoga for Back Health
Mar \$20/\$30
Apr \$20/\$30

5:00-6:00 pm
Evening Flow Yoga
Mar \$20/\$30
Apr \$20/\$30

Tuesday

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

10-10:45 am
Tai Chi
Mar \$20/\$30
Apr \$20/\$30

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


11:30 am-12:30 pm
Gentle Yoga
Mar \$20/\$30
Apr \$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
Mar \$25
Apr \$20

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

11:30 am-12:30 pm
Chair Yoga
Mar Free/\$20
Apr Free/\$20

1-1:45 pm
Synergy PM
Gold & Silver Only
Mar \$25
Apr \$20

2-2:45 pm
Move for Better Health
Mar \$10/\$20
Apr \$10/\$20

3-4 pm
Line Dancing
Mar \$25/\$35
Apr \$20/\$30


5:30-6:30 pm
Yoga After 5
Mar \$25/\$35
Apr \$20/\$30

Thursday

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

10-11 am
Gentle Yoga
Mar \$25/\$35
Apr \$20/\$30

10-10:45 am
Drums Alive
Mar \$10/\$20
Apr \$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
Mar \$10/\$20
Apr \$10/\$20

2:05-2:35 pm
Roll & Restore
Mar \$10/\$20
Apr \$10/\$20

Friday

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

10-10:45 am
Synergy AM
Gold & Silver Only
Mar \$25
Apr \$20

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

1-1:45 pm
Synergy PM
Gold & Silver Only
Mar \$25
Apr \$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, Mar 3-31, 9-10 am [register here](#)

Fri, Apr 21 & 28, 9-10 am [register here](#)

DanceFit! at WSC

Dance and get fit to music. All levels welcome.

Members \$15 / Guests \$25 per month

Wed, Mar 1-29, 1-2 pm [register here](#)

Wed, Apr 5-26, 1-2 pm [register here](#)

Line Dancing - Beginner

No partner required.

Members \$20 / Guests \$30 per month

Lowcountry Senior Center

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

Tues, Apr 4-25, 2:30-3:20 pm [register here](#)

Waring Senior Center

Members \$25 / Guests \$35 per month

Wed, Mar 1-29, 3-4 pm [register here](#)

Members \$20 / Guests \$30 per month

Wed, Apr 5-26, 3-4 pm [register here](#)

Line Dancing - Intermediate at LSC

Advanced dances. No partner required.

Members \$20 / Guests \$30 per month

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

Tues, Apr 4-25, 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, Mar 13-Apr 17, 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, Mar 13-Apr 17, 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, Mar 13-Apr 17, 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. \$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

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

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

Fri, Mar 17, 9:30-11 am [register by 3/10](#)

Pitt Street Bridge, Pitt St, Mt. Pleasant

Thur, Apr 27, 9:30-11 am [register by 4/20](#)

Lighthouse Inlet Heritage Preserve

E Ashley Ave, Folly Beach

Dining Out

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

Tues, Mar 14, 5 pm [register by 3/7](#)

Garage 75, 1175 Folly Rd

Tues, Mar 28, 5 pm [register by 3/21](#)

Agaves Cantina, 3871 West Ashley Cir.

Tues, Apr 11, 5 pm [register by 4/4](#)

Zeppelin Pizza Co., 1175 Folly Rd

Tues, Apr 25, 4:30 pm [register by 4/18](#)

The Glass Onion, 1219 Savannah Hwy



Dolphin Tours

Board Charleston Outdoor Adventures' boat and explore inlets, creeks and marshes in search of dolphins. Please see website for refund/cancellation policy.

Members \$40 / Guests \$50 per tour

Wed, Mar 29, 12:45 pm [register here](#)

Thur, Apr 27, 3 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, Mar 16, 4 pm [register by 3/13](#)

Maybank Public House, 1970 Maybank Hwy

Thur, Apr 20, 4 pm [register by 4/17](#)

Frothy Beard Brewing, 1401 Sam Rittenberg Blvd

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, Mar 30, 5-6:45 pm [register here](#)

Featuring Trader Joe's

Thur, Apr 27, 5-6:45 pm [register here](#)

Featuring South Africa

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

Social - Out & About

Kayak Tour

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. No experience needed. 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.

Wed, Mar 22, 1:30 pm [register here](#)

Thur, Apr 13, 12:30 pm [register here](#)

Lunch Bunch

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

Fri, Mar 10, 12:30 pm [register by 3/7](#)

Mex 1 Coastal Cantina, 817 St Andrews Blvd

Fri, Mar 24, 12:30 pm [register by 3/21](#)

Fam's Brewing Co., 1291 Folly Rd

Fri, April 21, 12:30 pm [register by 4/18](#)

Dukes Barbecue, 331 Folly Rd

Morris Island Lighthouse Eco Tour

Board Charleston Outdoor Adventures' boat and cruise through the tidal 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.

Please see website for refund/cancellation policy. Members \$50 / Guests \$60 per tour

Tues, Mar 21, 11:30 am-2 pm [register here](#)

Tues, Apr 18, 1:30-4 pm [register here](#)

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, Mar 15-Apr 12, 10-11 am [register here](#)

Wed, Mar 15-Apr 12, 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, Mar 2 [register by 2/27](#)

Thur, Mar 9 [register by 3/6](#)

Thur, Mar 16 [register by 3/13](#)

Thur, Mar 23 [register by 3/20](#)

Thur, Mar 30 [register by 3/27](#)

Thur, Apr 6 [register by 4/3](#)

Thur, Apr 13 [register by 4/10](#)

Thur, Apr 20 [register by 4/17](#)

Thur, Apr 27 [register by 4/24](#)

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. One repeat allowed.

Members \$5/ Guests \$10 per lesson

Tues, Mar 7, 8:45-10 am [register here](#)

Tues, Mar 14, 8:45-10 am [register here](#)

Tues, Mar 21, 8:45-10 am [register here](#)

Tues, Mar 28, 8:45-10 am [register here](#)

Tues, Apr 4, 8:45-10 am [register here](#)

Tues, Apr 11, 8:45-10 am [register here](#)

Tues Apr 18, 8:45-10 am [register here](#)

Tues Apr 25, 8:45-10 am [register here](#)

Intermediate Pickleball Skills & Drills

This three-week series is for players with a minimum of 6 months playing experience, knowledge of rules and ability to accurately serve. Participants who have not taken this before may sign-up for the March or April class, but not both. Space is limited to 8. Warm-up and stretching at 8:45am. Lessons begin promptly at 9 am.

Week 1 - Dink and positioning

Week 2 - Serve and return

Week 3 - 3rd Shot drop and transitioning

Week 4 - Inclement weather makeup day.

Tues, Mar 7-28, 8:45-10 am

Tues, Apr 4-25, 8:45-10 am

Gold and Silver Members \$10 / Guests \$20

Registration opens Wed, Mar 1st.

To register, 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.

MARCH & APRIL

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 April 7 for Good Friday and April 8 For Easter Weekend

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.