

# March/April 2024

Newsletter for Lowcountry & Waring Senior Centers



## Note from the Director

I recently received a news clipping from a senior center member about the role of play in aging with a handwritten note proclaiming, "because that's what we do here" at the senior centers. What wonderful praise!

Engaging in playful activities has many positive impacts. It enhances physical and mental wellness, serves as source of relaxation, and fuels the imagination. And of course, play evokes laughter!

Early results from our recent membership survey show that 54% of members laugh more frequently because of participating at the senior centers. Laughter has many benefits; for example it reduces levels of the stress hormone, cortisol, in the body, which can improve short-term memory.

There are many ways to play at the centers. Playing games, playing pickleball, and playing music are all examples. Try playing chair volleyball and not laughing! (Beware, laughter is contagious!)

Our exercise and dance classes are filled with fun and people simply enjoying being around each other. Look at the pictures on this page!

Shake off the winter blahs and join us this spring for some play time and laughter!

Elizabeth Bernat, MHA, Director



Lots of laughs! The Viola Question, Yale Universities premier improv group visited both centers in Jan 2024.



WSC Viva Las Vegas Dance Party in Jan lead by dancing DJ Carol Wiggins. Next up St. Patrick's Day Dance Party at LSC 3/14/24. See page 2 for more details.



Pretty in pink and red! Fit & Firm at LSC dressed up for Valentine's Day.

# Around the Centers

## Bake Sale Fundraiser

Cookies, cakes, pies, loaves, muffins, brownies, cupcakes, and more! Your skills are needed for the senior centers' bake sales on March 27 & 28. We are asking for baked items to be labeled, packaged, and ready to sell. There will be a bake sale at each senior center with proceeds remaining with the respective centers. Please sign up in advance at the centers' front desks by Mar 22. You can drop off your ready-to-sell baked goods on Tues, Mar 26, 1-4 pm at your center. *Please do not bring refrigerated items.*

**Wed, Mar 27, 10 am-2 pm**

**Thur, Mar 28, 10 am-2 pm**

## Game Day FUNdraiser at LSC

Bring your favorite card game or board game or just come out, socialize and support a good cause. Tables of four or six can be reserved in advance. Please purchase tickets by Apr 26 to allow ample time to coordinate the food. Members \$20 / Guests \$25

**Fri, May 3, 10 am-2 pm** [register here](#)

## Happy Hour with Shrimp City Slim

Mingle with friends as you enjoy live music from local blues legend, Shrimp City Slim. Bring snacks to share with your table and bring your own beer or wine.

Members Free / Guests \$15 per event

**Lowcountry Senior Center**

**Wed, Apr 10, 4-6:30 pm** [register here](#)

**Waring Senior Center**

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

## 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 25, 2 pm** [register here](#)

**Waring Senior Center**

**Mon, Apr 22, 11 am** [register here](#)

## Olde Pipes Spring Concert

Olde Pipes Consort presents: Before Bach to the Beatles. Join us for an eclectic program of music spanning five centuries. Light refreshments to follow.

Members Free / Guests \$5 per event

**Lowcountry Senior Center**

**Mon, May 6, 2 pm** [register here](#)

**Waring Senior Center**

**Mon, May 13, 1:30 pm** [register here](#)

## St. Patrick's Day Dance Party at LSC

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

Members Free / Guests \$10

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

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

# Lifelong Learning

## **CARTA OnDemand Registration**

CARTA OnDemand is a partnership with Uber and Lyft that serves seniors and Tel-A-Ride paratransit customers throughout the designated CARTA fixed-route service area. Trips can cost as little as \$4 each way. Drop by the lobby and learn how you can register for this service. Please bring your ID with you. Members and Guests Free

### **Lowcountry Senior Center**

**Fri, Mar 15, 10 am-1 pm**

### **Waring Senior Center**

**Fri, Mar 8, 9:30am-1 pm**

## **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 required. Open to Members and Guests

### **Lowcountry Senior Center**

**Tues, Mar 5-Apr 9, 8:30 am-12:30 pm**

To register, call (843) 990-5555.

### **Waring Senior Center**

**Thur, Mar 7-Apr 11, 8 am-12 pm**

To register, call (843) 402-1990.

## **Italian American Heritage at LSC**

Join Baxter-Patrick James Island librarian Faith Walker and learn how you can find out more about your Italian American and Italian ancestors! Members Free / Guests \$5

**Thur, Apr 4, 11 am-12 pm** [register here](#)

## **Louis Waring, Jr. - A Life of Service at LSC**

Join local historian Diane Hamilton to learn about all the wonderful things Mr. Louis Waring, Jr. did for his family, community, and the country. Members Free / Guests \$5

**Fri, Mar 8, 1-2 pm** [register here](#)

## **Mary Matthews Just - Survivor and Trailblazer at WSC**

Diane Hamilton is back to talk about another interesting Charleston historical figure.

Members Free / Guests \$5

**Tue, Apr 30, 1:30-2:30 pm** [register here](#)

## **Raising Revolutionaries at LSC**

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

Members Free / Guests \$5

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

## **Veterans' Benefits Session at WSC**

Are you one of the more than 300,000 veterans in SC? Are you one of the more than 700,000 veterans' family members, caregivers, and survivors in SC? If yes, join veterans' benefit expert W. Larry Dandridge and learn what resources are available to help.

Members and Guest Free

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

# Lifelong Learning

## Astrology Answers

What is astrology? Everybody seems to know their sign, but there is so much more! Come, learn more about yourself through the lens of this ancient and enduring mythology and symbolic language.

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Wed, Mar 27, 2-3 pm** [register here](#)

### Waring Senior Center

**Wed, Mar 20, 2-3 pm** [register here](#)

## Edisto Island Open Land Trust

Join Executive Director John Girault and learn how the trust works to educate the community about its rich history, as well as preserve and protect the land that makes Edisto Island so special.

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Fri, Mar 1, 12:30-1:30 pm** [register here](#)

### Waring Senior Center

**Tues, Mar 12, 1:30-2:30 pm** [register here](#)

## Spirituality 101

What is spirituality anyway? Increasingly, people are defining themselves as being spiritual. What about religion vs. spirituality? Let's explore some common ideas and definitions and see how a more spiritual point of view influences your outlook and attitudes!

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Thur, Mar 7, 11 am-12 pm** [register here](#)

### Waring Senior Center

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

## The Hunley Series

*Presented by Friends of the Hunley*  
Members Free / Guests \$5 per class

### Hunley Submarine Engineering & Technical Design Features

Built in Mobile, Alabama, in 1863, the HL Hunley submarine contains innovative engineering in its propulsion, ballast, control and air handling systems – more advanced than was expected for a vessel built in the Civil War era. There are no engineering drawings or documents for the HL Hunley. Learn what has been discovered since the submarine was found.

### Lowcountry Senior Center

**Fri, Apr 26, 12:30-1:30 pm** [register here](#)

### Waring Senior Center

**Wed, Apr 3, 1-2 pm** [register here](#)

### Rebel Raiders

When the Civil War began, the Union imposed a blockade of Southern Seaports along the southeastern US coast and Gulf of Mexico. Learn how the South secretly built a fleet of Rebel Raiders using a Charleston based cotton exchange for funding and the aid of Great Britain to build them as well as how the Raiders operated to achieve their goals of cutting off the supply chains to the Union.

### Lowcountry Senior Center

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

### Waring Senior Center

**Wed, Apr 24, 1-2 pm** [register here](#)



# Lifelong Learning

## AARP Smart Driver Course

This refresher is designed to keep you and others safe on the road. Please bring a check payable to AARP or exact cash. AARP Members \$20 / Nonmembers \$25 per class

### Lowcountry Senior Center

**Fri, Mar 15, 9 am-1 pm**

Call (843) 990-5555 to register.

### Waring Senior Center

**Fri, Apr 12, 9 am-1 pm**

Call (843) 402-1990 to register.

## Current Events Discussion Group

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

Members Only. Free

### Lowcountry Senior Center

**Thur, 9:30-11 am**

### Waring Senior Center

**Tues, Mar 5, 12, 26, 1:30-3 pm**

**Tues, Apr 2, 9, 23, 30, 1:30-3 pm**

## Great Decisions

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. March Topic:

Science Across Borders. April Topic: US

China Trade Rivalry

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Tues, Mar 26, 3:15-4:45 pm** [register here](#)

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

### Waring Senior Center

**Tues, Mar 19, 1:30-3 pm** [register here](#)

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

## Financial Education Series

Members Free / Guests \$5 per class

### Ready or Not? Preparing for the Unexpected at LSC

Learn tips on how to develop a proactive strategy to help protect your family and position your portfolio for both expected and unexpected life changes. Presented by Abigail Capasso, CRPC, Financial Advisor.

**Fri, Mar 22, 10-11 am** [register here](#)

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

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

**Thur, Apr 11, 2:30-3:30 pm** [register here](#)

### Social Security: Your Questions Answered at WSC

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

**Thur, Mar 14, 2:30-3:30 pm** [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 Capasso, CRPC, Financial Advisor. **Fri, Apr 26, 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

## Aromatherapy & Essential Oils at WSC

Come learn about the language of plants and how they produce healing oils. Essential oil authenticity, safety, and fragrance will also be addressed.

Members Free / Guests \$5

**Thur, Mar 28, 2-3 pm** [register here](#)

## Decluttering 101 at WSC

Did you know that people who live in clutter have shorter life spans? It's a scientific fact! Come learn how to declutter and stay clutter-free. Taught by Susan Kraber, OG, Realtor, and clean freak!

Members Free / Guests \$5

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

## Indigo Dye Workshop at LSC

Learn how to use indigo to make beautiful and magical patterns in this fun outdoor workshop! In addition to the cotton tea towel we provide, you may bring one white cotton item from home to dye, as long as it is no bigger than a t-shirt. Space is limited.

Members \$10 / Guests \$20

**Tues, Apr 30, 10 am-12 pm** [register here](#)

## Lawn and Garden Questions

Master Gardeners from the SC Clemson Extension Program are onsite to help you with your questions. Soil samples will be accepted. Bring at least 2 cups of your dry soil in a clean jar or ziploc bag. \$7 fee for processing and testing.

**LSC - Wed, Apr 17, 10:30 am-1:30 pm &  
Thur, Apr 18, 10 am-1 pm**

**WSC - Tues, Apr 16, 10 am-1 pm**

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

## Lesser Discussed Batteries and Forts from James Island's Past - Part Two at LSC

Librarian Mike Corbo is back at the center to continue discussing some of the batteries and forts from James Island's past that don't often share the same spotlight of Forts Johnson and Lamar. Members Free / Guests \$5

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

## MyChart Activation Sessions

MyChart is your secure, personalized patient portal. Learn the benefits of your Roper St. Francis Healthcare MyChart portal as we walk you through the activation process step by step.

What to bring with you: your device, your email and email password and your Apple ID if you have an iPhone. Space is limited. Registration is required.  
Members and Guests Free

### Lowcountry Senior Center

**iPhone Users: Wed, Mar 13, 2-3 pm**  
[register here](#)

**Android Users: Fri, Apr 12, 10-11 am**  
[register here](#)

### Waring Senior Center

**iPhone Users: Fri, Mar 22, 1-2 pm**  
[register here](#)

**Android Users: Fri, April 26, 1-2 pm**  
[register here](#)

# Lifelong Learning

## Ancestry Help

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

**Thur, Mar 14, 11 am-12 pm** [register here](#)

## Book Club

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Mon, Mar 18, 11 am-12:30 pm** [register here](#)

*The Bluest Eye* by Toni Morrison

**Mon, Apr 15, 11 am-12:30 pm** [register here](#)

*The Library Book* by Susan Orlean

### Waring Senior Center

**Thur, Mar 21, 1-2 pm** [register here](#)

*Remarkably Bright Creatures* by Shelby Van Pelt

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

*The Extraordinary Life of Sam Hell* by Robert Dugoni

## Coffee Talk French at LSC

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

Members Only. Free

**Mon, 10-11 am**

## Conversational Spanish

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

### Lowcountry Senior Center

**Wed, 10:15-11:15 am**

### Waring Senior Center

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

## German Conversation at LSC

Intermediate level German class for those wanting to practice speaking in German. Participants should be able to speak German. Members Only. Free

**Thur, 1:15-2:15 pm**

## Hidden Gems - Tech Help & Free Resource Information at WSC

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

Members Only. Free

**Mon, Mar 18, 11:30 am-12:30 pm** [register here](#)

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

## Italian for Beginners - Refresher at LSC

This Italian language refresher course is for those who already have a basic knowledge of the language. Dive back into the basics while also practicing conversational skills, ask questions and practice Italian again. Space is limited. You must reserve your spot on a monthly basis.

Members Only. Free

**Thur, Apr 18 & 25, 2:15-3:15 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, Mar 6, 4:15-5:45 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.

Members and Guests Free

### Lowcountry Senior Center

**Tues, Apr 9, 9:30 am-12:30 pm**

### Waring Senior Center

**Thurs, Apr 18, 9:30 am - 12:30 pm**

## Hand & Wrist Pain

Join ATI Occupational Therapist, Gabrielle Durand, to learn how PT and OT can help relieve the pain.

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Fri, Mar 15, 1-2 pm** [register here](#)

### Waring Senior Center

**Fri, Mar 22, 2-3 pm** [register here](#)

## Plant Based Nutrition at LSC

What does it mean? Is it right for you and how do you get started? We'll answer these questions and discuss things to watch out for on the plant based journey.

Members Free / Guests \$5

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

## Lifestyle Tips from the Blue Zones

Take a trip around the world and learn longevity secrets from the regions with the highest concentration of centenarians.

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Fri, Apr 5, 12:30-1:30 pm** [register here](#)

### Waring Senior Center

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

## Managing Money: A Caregiver's Guide to Finances at LSC

Caregivers: How much do you know about managing money? Join the Alzheimer's Association, SC Chapter to learn about the costs of caregiving and the benefits of early planning, how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support. Members Free / Guests \$5

**Tues, Apr 23, 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.

Members Free / Guests \$20 per month

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

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

## Reiki for Stress Reduction at LSC

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Sessions can last up to 30 minutes. Payment due upon registration.

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

**Wed, Mar 20 and Apr 17**

**Appointments available 10 am-1 pm**

Call (843) 990-5555 to schedule.



# Health & Wellness

## Ask the Expert - Alzheimer's

Whether you want to know the warning signs or learn about resources, 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

**Tues, Mar 19, 3:30-4:30 pm** [register here](#)

### Waring Senior Center

**Tues, Apr 9, 12-1:30 pm** [register here](#)

## Bra Fitting

Be fitted for your correct size by a Dillard's professional bra fitter. Register for an appointment at the center's front desk.

Members Only. Free

### Lowcountry Senior Center

**Fri, Mar 15, 9 am-1 pm**

Call (843) 990-5555 to register.

### Waring Senior Center

**Fri, Apr 12, 9 am-1 pm**

Call (843) 402-1990 to register.



## Legare Farms Rolling Market

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

### Lowcountry Senior Center

**Wednesdays, 10-11 am**

### Waring Senior Center

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



## Hope for Healing Hearts at WSC

In partnership with Roper St. Francis Pastoral Care, we are offering a FREE group for people who have experienced the loss or death of a loved one. You may join at any time. Members and Guests Free

**Mon, Mar 4-April 22, 2-3 pm**

## Medicare Q&A

If you are turning 65, do you know your Medicare options? Do you know when you can enroll, switch or disenroll in a Medicare Advantage Plan? Need assistance setting up your Medicare account? Sign-up at the front desk for a 30-minute appointment with an unbiased SHIP (State Health Insurance Plan) volunteer and get your questions answered.

Members and Guests Free

### Lowcountry Senior Center

**Fri, Mar 15 & Apr 19, 10-11 am**

### Waring Senior Center

**Tues, Mar 12 & Apr 16, 10-11 am**

## Varicose Veins & Leg Pains Lunch & Learn

Do you have leg pain, a wound that won't heal, suffer with unsightly spider or varicose veins? If yes, join Jesse Greenwood PA, Coastal Vascular & Vein Center and learn about treatment options and get your questions answered. Boxed lunches provided.

Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Fri, Mar 22, 12:30-1:30 pm** [register by 3/15](#)

### Waring Senior Center

**Mon, Mar 11, 12-1 pm** [register by 3/4](#)

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

# Health & Wellness



## Health & Balance Screenings

MUSC Physical Therapy Students are back to provide members FREE screenings!

### Screenings Provided

- Blood Pressure
- Height/Weight
- Heart Rate
- Balance
- Strength
- Fall Risk Assessment

Screening process will take 20-30 minutes. Once complete you will receive the results and have an opportunity to get more health info on nutrition, physical activity, stress management, sleep and more.

### Lowcountry Senior Center

**Wed, Apr 17, 1:30 to 3:30 pm**

Call (843) 990-5555 to schedule.

### Waring Senior Center

**Wed, Apr 10, 1:30 to 3:30 pm**

Call (843) 402-1990 to schedule.

Registrations preferred. Walk-ins are accepted

## Acupuncture at WSC

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

Members Free / Guests \$5 per class

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

## Blood Drive

### Lowcountry Senior Center

**Mon, Mar 4, 8 am-1pm** [register here](#)

### Waring Senior Center

**Wed, Mar 6, 8:30 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!

Members and Guests Free

### Lowcountry Senior Center

**Thur, Apr 25, 10 am-1 pm**

To register, call (843) 990-5555.

### Waring Senior Center

**Fri, Apr 26, 10 am-1 pm**

To register, call (843) 402-1990.

## Medication Take Back Day at WSC

Stop by to drop off old or unused prescriptions.

**Thur, Apr 11, 10 am-1 pm**

# Support

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## **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 9 & 23, 10-11:30 am**

**Sat, Apr 13 & 27, 10-11:30 am**

## **Moving on After Change at LSC**

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

**Thur, Mar 7 & Apr 4, 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, Apr 24, 3-4 pm** [register here](#)

## **Taking Off Pounds Sensibly (TOPS) at WSC**

Taking and keeping weight off doesn't need to be so hard. Come learn about this weight management support group offered at WSC. Open to members and guests.

**Tues, 10 am**

# Creative Arts & Music

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## **Easter Cookie Decorating Class at WSC**

Come start a new family tradition with us! Over the course of two hours, you will decorate six cookies with the help of professional instruction. Members are allowed to bring grandchildren for \$25 per child and they will receive six cookies to decorate as well. You will leave with printed instructions, and a beautiful set of cookies.

Members \$50 / Guests \$60 per class  
\$25 for children age 5-16

**Sat, Mar 23, 10 am-12 pm**

To register, call (843) 402-1990 by 3/15.

## **Creating Art with Alcohol Inks at LSC**

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

Members \$15 / Guests \$25 per class

**Thur, Mar 7, 11 am-12 pm** [register here](#)

## **Writing Circle at LSC**

A fun and relaxing writing group led by members to support writing at all levels. Guests pay at the front desk.

Members Free / Guests \$5 per day

**1st and 3rd Wed, 2-4 pm**

# Creative Arts & Music

## Advanced Drawing at WSC

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

Members \$30 / Guests \$40 per series

**Mon, Mar 4-25, 1-3 pm** [register here](#)

**Mon, Apr 8-29, 1-3 pm** [register here](#)

## Advanced Pencil Drawing at LSC

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

Members Only. \$70 per 8-week series

**Thur, Mar 7-Apr 25, 7:45-9:15 am**

[register here](#)

## Beginner Pencil Drawing at LSC

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

Members Only. \$70 per 8-week series

**Mon, Mar 4-Apr 29, 7:45-9:15 am**

No Class Apr 1 [register here](#)

## Intermediate Pencil Drawing at LSC

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

Members Only. \$70 per 8-week series

**Tues, Mar 5-Apr 30, 7:45-9:15 am**

No Class Apr 2 [register here](#)

## Introduction to Drawing at WSC

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

Members \$30 / Guests \$40 per series

**Tues, Mar 5-26, 10 am-12 pm** [register here](#)

**Tues, Apr 9-30, 10 am-12 pm** [register here](#)

## Photography Club

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

### Lowcountry Senior Center

**Fri, Mar 15, 10-11 am** [register here](#)

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

### Waring Senior Center

Dates to be determined.

Call (843) 402-1990 for more details.

## Watercolor Lessons

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

Members \$20 / Guests \$30 per series

### Lowcountry Senior Center

**Tues, Mar 5-26, 1-3 pm** [register here](#)

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

### Waring Senior Center

**Wed, Mar 6-27, 10 am-12 pm** [register here](#)

**Wed, Apr 3-24, 10 am-12 pm** [register here](#)

# Creative Arts & Music

## Art Hub

Get together and work on your own art. Bring your own supplies. Members Only. Free  
**Lowcountry Senior Center, Fri, 1-3 pm**  
**Waring Senior Center, Mon, 10 am-12 pm**

## Knitting & Threads at LSC

Get together and work on your own knitting, needlepoint and crocheting projects. Members Only. Free  
**Thur, 10 am-12 pm**

## Murderous Yarns at LSC

Knit, crochet, sew and listen to true crime podcasts about historical mysteries in the South while we work. Adult coloring pages, pencils and puzzles are available. Bring a project if you have one or just come for the crime. Members Free / Guests \$5 per class  
**Wed, Mar 6, 2-3:30 pm** [register here](#)  
**Wed, Apr 3, 2-3:30 pm** [register here](#)

## Quilters Group at WSC

This is a time for socializing and helping each other with projects as needed. Members Only. Free  
**Tues, Mar 12 & 26, 1-4 pm**  
**Tues, Apr 9 & 23, 1-4 pm**



WSC Quilters Donating Quilts to Florence Crittenton Family Services.

## Sew Much Fun at WSC

Do you have sewing projects you need to complete? If yes, join us and bring your sewing machine and materials. Members Only. Free  
**Tues, Mar 5, 19 & Apr 2, 16, 1-4 pm**

## Intermediate Zentangle Classes

Participants are encouraged to have attended at least one Zentangle Inspired Art program; however, it is not a requirement. Supplies Included. Members \$15 / Guests \$25 per class

### Zentangle - Endless Folding Card

An endless card is a way to describe a cleverly folded card that appears to open over and over again, without end, using patterns.

### Lowcountry Senior Center

**Wed, Mar 20, 10 am-12 pm** [register here](#)

### Waring Senior Center

**Fri, Mar 22, 12:30-2:30 pm** [register here](#)

### Labyrinth Finger Meditation

Included in this class is an introduction to what is a labyrinth, a brief history, and use as a meditation tool.

### Lowcountry Senior Center

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

### Waring Senior Center

**Fri, Apr 26, 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, 3-6 pm**

### Waring Senior Center

**Sat, Mar 9 & 23, 10 am-12 pm**

**Sat, Apr 13 & 27, 10 am-12 pm**

## Beginner Recorders Information Session at LSC

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

Members Only. Free

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

## Chorus at LSC

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

Members Only. Free

**Thur, 1:30-2:45 pm**

## Group Beginner Piano

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

Members \$50 / Guests \$100 per series

### Lowcountry Senior Center

**Mon, Mar 4-Apr 29, 10-11:30 am**

No class Apr 1 [register here](#)

### Waring Senior Center

**Wed, Mar 6-Apr 24, 9:30-11 am** [register here](#)

## Group Intermediate Piano

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

Members \$50 / Guests \$100 per series

### Lowcountry Senior Center

**Mon, Mar 4-Apr 29, 12-1:30 pm**

No class Apr 1 [register here](#)

### Waring Senior Center

**Wed, Mar 6-Apr 24, 11 am-12:30 pm**

[register here](#)

## The Olde Pipes Consort at LSC

For intermediate and advanced recorder players who have experience playing and can read sheet music. Directed by Jean Williams.

Members Only. Free

**Mon, 1:30-3:30 pm**

## The Pipers at LSC

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

**Mon, 12:30-1:30 pm**

# Dance

## Dance Conditioning

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

Members \$15 / Guests \$25 per month

### Lowcountry Senior Center

**Fri, Mar 1-22, 9-10 am** [register here](#)

**Fri, Apr 5-26, 9-10 am** [register here](#)

### Waring Senior Center

**Fri, Mar 1-22, 12-1 pm** [register here](#)

**Fri, Apr 5-2 12-1 pm** [register here](#)

## Line Dancing - Beginner

No partner required.

### Lowcountry Senior Center

Members \$20 / Guests \$30 per month

**Tues, Mar 5-26, 2:30-3:20 pm** [register here](#)

Members \$25 / Guests \$35 per month

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

### Waring Senior Center

Members \$20 / Guests \$30 per month

**Wed, Mar 6-27, 3-4 pm** [register here](#)

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

## Line Dancing - Intermediate at LSC

Advanced dances. No partner required.

Members \$20 / Guests \$30 per month

**Tues, Mar 5-26, 3:25-4:15 pm** [register here](#)

Members \$25 / Guests \$35 per month

**Tues, Apr 2-30, 3:25-4:15 pm** [register here](#)

## Open Line Dance Night

Come enjoy your favorite line dances. Some line dancing experience is necessary.

Members Free / Guests \$10

### Lowcountry Senior Center

**Tues, May 21, 4:30-6:30 pm** [register here](#)

### Waring Senior Center

**Wed, Apr 24, 4:30-6:30 pm** [register here](#)

## Shag - Level 1 at WSC

For the Beginner! No partner required.

Members \$35 / Guests \$45 per series

**Mon, Mar 18-May 6, 6-6:45 pm**

*No class 4/1 & 4/15* [register here](#)

## Shag - Level 2 at WSC

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

Members \$40 / Guests \$50 per series

**Mon, Mar 18-May 6, 5-6 pm**

*No class 4/1 & 4/15* [register here](#)

## Shag - Level 3 at WSC

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

Members \$35 / Guests \$45 per series

**Mon, Mar 18-May 6, 4:15-5 pm**

*No class 4/1 & 4/15* [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

**10:10-10:55 am**  
**Drums Alive**  
Mar 25 Free  
Apr \$10/\$20

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

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

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

**2:15-3 pm**  
**Core & Stretch**  
Mar \$15/\$25  
Apr \$15/\$25

**4-5 pm**  
**Gentle Yoga**  
Mar \$20/\$30  
Apr \$20/\$30

## 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 am-12 pm**  
**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 Beg**  
Mar \$20/\$30  
Apr \$25/\$35

**3:25-4:15 pm**  
**Line Dancing Int**  
Mar \$20/\$30  
Apr \$25/\$35

**4:30-5:30 pm**  
**Strength & Stretch**  
Mar \$20/\$30  
Apr \$25/\$35

## Wednesday

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

**10:10-10:50 am**  
**Balance & Mobility**  
Mar Free/\$20  
Apr Free/\$20

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

**12:10-12:30 pm**  
**Hula Hooping**  
Mar 20 Free/\$2  
Apr 17 Free/\$2

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

**3-4:30 pm**  
**Chair Volleyball**  
Members only  
Free

**5:45-6:45 pm**  
**Relax and Repair Yoga**  
Mar \$20/\$30  
Apr \$20/\$30

## Thursday

**8-8:50 am**  
**Get Up & Flow**  
Mar \$20/\$30  
Apr \$20/\$30

**9-9:45 am**  
**Tai Chi**  
Mar \$20/\$30  
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

**11 am-12 pm**  
**Strength & Balance**  
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 \$15/\$25  
Apr \$15/\$25

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

**12:30-1:30 pm**  
**Yoga Fridays**  
Mar \$20/\$30  
Apr \$20/\$30

## Saturday

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

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

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

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

### Calendar Key

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

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

# Fitness at Waring 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 & Firm**

Free/\$2 per class

10-10:45 am

**Intro to Synergy**

Gold/Sliver  
Members Only  
Mar \$15  
Apr \$15

11am-12pm

**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

**Monday Synergy PM**

Gold/Sliver  
Members Only  
Mar \$20  
Apr \$20

1:30-2:30 pm

**Yoga for Back Health**

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 \$25/\$35

● 11 am-12 pm  
**Sit and Fit**

Free/\$2 per class

11:30 am-

12:30 pm

**Gentle Yoga**

Mar \$20/\$30  
Apr \$25/\$35

12:15-1:15 pm

**Strength & Balance**

Free/\$2 per class

2 - 3 pm

**Strength Training with Bands**

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

## Wednesday

9-10 am

**Fit & Firm**

Free/\$2 per class

10-10:45am

**Wed/Fri Synergy AM**

Gold/Silver  
Members Only  
Mar \$40  
Apr \$40

● 11 am-12 pm  
**Sit and Fit**

Free/\$2 per class

11:30am-12:30pm

**Chair Yoga**

Mar Free/\$20  
Apr Free/\$20

1-1:45 pm

**Wed/Fri Synergy PM**

Gold/Silver  
Members Only  
Mar \$40  
Apr \$40

2-3 pm

**Zumba Gold**

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

3-4 pm

**Line Dancing**

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

5:30-6:30 pm

**Yoga After 5**

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

## Thursday

● 9-10 am  
**Fit & Firm**

Free/\$2 per class

10-11 am

**Gentle Yoga**

Mar \$20/\$30  
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

1:30-2:15 pm

**Core & Stretch**

Mar \$15/\$25  
Apr \$15/\$25

2:15-2:30

**Foam Rolling**

Free/\$2 per class

5:30-6:30 pm

**Evening Flow Yoga**

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

## Friday

● 9-10 am  
**Cardio & Weights**

Free/\$2 per class

10-10:45am

**Wed/Fri Synergy AM**

Gold/Sliver  
Members Only  
Mar \$40  
Apr \$40

● 11 am-12 pm  
**Sit and Fit**

Free/\$2 per class

11-11:45 am

**Balance & Mobility**

Mar Free/\$20  
Apr Free/\$20

12-1 pm

**Dance Conditioning**

Mar \$15/\$25  
Apr \$15/\$25

1-1:45 pm

**Wed/Fri Synergy PM**

Gold/Sliver  
Members Only  
Mar \$40  
Apr \$40

2-3 pm

**Pilates 360**

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

## Saturday

10-11:30 am

**Chair Volleyball**

Members Only  
Free

## Calendar Key

- Class online only when available
- Class at Waring 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.

# Personal Training & Fitness



## Personal Training

Training sessions are 45 minutes for one person. Fee is payable at the time of your appointment to the center's front desk. \$40/person for Gold and Silver Members.

## Lowcountry Senior Center

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

## Waring Senior Center

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

## Intro to Synergy at WSC

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

**Mon, Mar 4-28, 10-10:45 am**, \$15 [register here](#)

**Mon, Apr 8-22, 10-10:45 am**, \$15 [register here](#)

## Synergy at WSC

Small group circuit training. Space is limited. Gold & Silver WSC members only. *No classes Mar 29 or Apr 1*

### March

**1-1:45** Mon, Mar 4-25, \$20 [register here](#)

**10-10:45** Wed/Fri, Mar 1-27, \$40 [register here](#)

**1-1:45** Wed/Fri, Mar 1-27, \$40 [register here](#)

### April

**1-1:45** Mon, Apr 8-29, \$20 [register here](#)

**10-10:45** Wed/Fri, Apr 3-26, \$40 [register here](#)

**1-1:45** Wed/Fri, Apr 3-26, \$40 [register here](#)

## 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.



# Fitness Class Descriptions

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## **Balance & Mobility**

Decrease risk of falls and increase balance  
Good for those who have balance concerns.

## **Chair Volleyball**

Improve upper body mobility and hand-eye coordination during seated games.

## **Chair Yoga**

Increase flexibility with seated gentle yoga.

## **Chair Zumba**

Incorporates movements from Latin dances to  
Improve core stability.

## **Core & Stretch**

Gentle stretching and core strengthening on the floor

## **Drums Alive**

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

## **Foam Rolling**

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

## **Gentle Yoga**

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

## **Get Up & Flow**

Connect dynamic movement with mindful breathing to create a flowing practice. Bring your own mat.

## **Hula Hooping**

Builds core strength. Bring a hula hoop if you have one. No experience necessary.

## **Interval Training**

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

## **Pilates 360**

This low-intensity muscle-strengthening workout focuses heavily on building strong core muscles. No previous experience required. Bring your own mat.

## **Qigong**

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

## **Strength & Stretch**

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

## **Strength Training with Bands**

Improve your strength, flexibility, range of motion, and balance using resistance bands. Bands available at class or you can bring your own.

## **Tai Chi**

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

## **Yoga After 5**

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

## **Yoga for Back Health**

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

## **Yoga - Evening Flow**

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

## **Zumba Gold**

A modified Zumba class at a lower intensity.

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

# Games at the Centers

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

## **Lowcountry Senior Center**

### **Advanced Pinochle**

Mon & Wed, 10 am-12 pm

### **Bridge For Fun (All Levels)**

Sat, 9:30 am-12:30 pm

### **Bunco**

Wed, Mar 20, 1-3 pm

Wed, Apr 24, 1-3 pm

### **Duplicate Bridge**

Wed, 9:30 am-12:30 pm

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

Thur, 12:30-3 pm

### **Mah Jongg**

Tues, 9:30-11:30 am

### **Mexican Train Dominoes**

Fri, 10 am-1 pm



*Members playing Mexican Train Dominoes at LSC.*

## **Waring Senior Center**

### **Bridge For Fun (All Levels)**

Mon, 12:30-3:30 pm

### **Canasta (Hand & Foot)**

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

### **Cancellation Hearts**

Wed, 12-3:30 pm

### **Cribbage**

Tues, 12-3 pm

### **Dominoes**

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

### **Intermediate Bridge**

Thur, 1-4 pm

### **Mah Jongg**

Beginner Lessons

Thur, Mar 7-28, 12-1 pm [register here](#)

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

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



*Members playing Canasta at WSC.*

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

# Social – Out & About

## Bird Walking Tour

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

Members \$15 / Guests \$30

**Wed, Apr 24, 9:30-11 am** [register by 4/12](#)

Caw Caw Interpretive Center,  
5200 Savannah Hwy

## Dining Out

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

**Tues, Mar 12, 5 pm** [register by 3/5](#)

Maybank Public House, 1970 Maybank Hwy

**Tues, Mar 26, 5 pm** [register by 3/19](#)

Gilligan's Seafood Restaurant, 160 Main Rd

**Tues, Apr 9, 5 pm** [register by 4/9](#)

Martin's BBQ, 1622 Highland Ave

**Tues, Apr 23, 5 pm** [register by 4/16](#)

O'Charley's Restaurant & Bar, 2126 Henry  
Tecklenburg Dr.

## Morris Island Lighthouse Eco Tour

Board Charleston Outdoor Adventures' boat and cruise through the creeks out to Morris Island where you are able to get out and explore the beach for about 45 minutes.

Payment due 14 days prior to tour date. See website for refund and cancellation policy.

Members \$50 / Guests \$60 per tour

**Wed, Mar 27, 1 pm** [register by 3/13](#)

**Tues, Apr 23, 2 pm** [register by 4/3](#)

## Meet Up Golf

Play golf with other members at the City of Charleston Municipal Golf Course. \$17 Green Fees; \$20 Riding Cart (\$10 for 9 holes). Pay at the golf course. Online registration for weekly golf is available for one month at a time. Golf dates are posted on the third Wednesday of the month for the following month. First come, first serve. Register in advance on the website by 12 pm on Friday the week before you want to play. When registration is full for the week you want to play, call (843) 990-5555 to get your name added to the wait list. Tee times vary and are emailed a few days in advance. Members Only.

### Thursdays in March and April

## PURE Theater Trip - *The Roommate*

Join other senior center members for a matinee. The Roommate stars Joy Vandervort-Cobb as Sharon, a recently divorced woman in need of a roommate to share her Iowa home, and Sharon Graci as Robyn, a stranger who needs a place to hide and a chance to start over. As two of PURE's powerhouses (and long-time friends!), Joy and Sharon are excited to bring to life this dark comedy about what it takes to re-route your life – and what happens when the wheels come off. Space is limited.

Transportation not included.

Members \$50 / Guests \$60

**Sat, Apr 27, 3pm** [register by 4/2](#)

Pure Theater, 134 Cannon Street

# Social – Out & About

## Beaufort and St. Helena Island Trip Beaufort, SC

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

Members \$239 / Guests \$269

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

Call the center to register or stop by front desk.

## Lunch Bunch

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

**Fri, Mar 1, 12:30 pm** [register by 2/27](#)

Bohemian Bull, 1531 Folly Rd

**Fri, Mar 15, 12:30 pm** [register by 3/12](#)

Flying Biscuit Cafe, 2245 Ashley Crossing Dr.

**Fri, Apr 5, 12:30 pm** [register by 4/2](#)

Millers All Day, 1956 Maybank Hwy, Ste A

**Fri, April 19, 12:30 pm** [register by 4/16](#)

Kickin' Chicken, 1179 Sam Rittenberg Blvd

## Happy Hour

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

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

The Natural, 3297 Maybank Hwy Suite 301

**Thur, Mar 21, 4 pm** [register by 3/18](#)

The Garden by Charles Towne Fermentory, 1331 Ashley River Road

**Thur, Apr 4, 4 pm** [register by 4/1](#)

Charleston Sports Pub, 1989 Maybank Hwy

**Thur, Apr 18, 4 pm** [register by 4/15](#)

Stones Throw Tavern, 3417 Shelby Rd Ct.

## Kayak Tour

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. Please see website for refund/cancellation policy. Members \$45 / Guests \$55 per tour \$35 per tour if you bring your own kayak/SUP and life-jacket

**Tues, Mar 19, 1 pm** [register by 3/15](#)

**Wed, Apr 17, 12:15 pm** [register by 4/13](#)

## Wine Tasters at LSC

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

**Thur, Mar 21, 5-6:45 pm** [register here](#)

Featuring Trader Joe's

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

Featuring France



# Pickleball at Waring

## Beginner Pickleball Lesson

Lesson focus is on explaining the equipment, basic rules of play, instructions on a proper serve and playing the game. Participants should come dressed to play and wear tennis shoes. Bring a hat and/or sunglasses and water. Paddles & balls provided. Class size limited to 8. One repeat allowed. Online registration opens on Fri, Feb 23rd for March and April lessons.

Members \$5/ Guests \$10 per lesson

**Tues, Mar 5, 8:45-10 am**

**Tues, Mar 19, 8:45-10 am**

**Tues, Apr 2, 8:45-10 am**

**Tues, Apr 16, 8:45-10 am**



*Luck of the Irish St. Patty's Day Play at WSC*



*WSC Fear of the Paddle Pickleball group is growing daily!*

## Intermediate Pickleball Skills & Drills

This three-week series is for players with a minimum of 6 months playing experience, knowledge of rules and ability to accurately serve. Participants need to be able to attend all 3 weeks due to limited space. Space is limited to 8.

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

Week 1 - Dink and positioning

Week 2 - Serve and return

Week 3 - 3rd Shot drop and transitioning

Week 4 - Inclement weather makeup day

**Tues, Mar 5-26, 8:45-10 am**

**Tues, Apr 2-23, 8:45-10 am**

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

Online registration opens on Fri, Feb 23rd for March and April lessons.



**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.



# Pickleball at Waring

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## **Beginners Only Open Play**

### **MARCH & APRIL**

Thursday, 3/7 - 11:30 am - 1:30 pm

Thursdays, 3/14 - 4/25 - 10:30 am - 12:30 pm

All players must have completed at least 1 lesson from someone. The purpose of this open play is to encourage inexperienced players to play with their skill level.

Volunteers will observe their play by offering coaching and drills. Member badges must be visible to enter court. Limit of 16 players. Must sign up on Team Reach site to play.

## **Open Play at Waring**

### **MARCH & APRIL**

Mon, Wed, Thurs, Fri, Sat, 9 - 11 am (3/1-3/9)

Mon, Wed, Thurs, Fri, 8 - 10 am (3/11 - 4/29 Daylight Savings Time Hours Begin)

Sat, 8:30 - 10:30 am - (3/16 - 4/27 Daylight Savings Time Hours Begin)

ALL Tuesdays - 12 - 2:00 pm

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

WSC Gold, Silver Members - Free

LSC Gold, Silver Members - \$1 per day

## **Pickleball Court Reservations**

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

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

WSC Gold and Silver Members, Free

LSC Gold and Silver Members, \$1 per day

# Center Information



## Lowcountry Senior Center

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

### Hours of Operation

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

**Closed Fri, Mar 29 & Sat, March 30 for Easter – Holiday Hours on Mon, Apr 1, 8 am–4 pm**

## Membership

Membership is open to those age 50+. Applications are available at the centers and on our website. Scholarships are available. Guests are welcome; fees apply.

**Basic Membership: \$70 per year**

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

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

## Class Registration

Register for classes online at [lowcountryseniorcenter.com](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. on Tues, Wed, Thurs, (8am–3pm), Fri (8am–2pm). The curbside pick-up service has been discontinued. Meals must be ordered at least two days in advance via our website or by calling or visiting the center. See pages 27 & 28 for current menus.

# Waring Café Hot Lunch Menu (No Curbside) March 2024

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Mar 1</b> Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 2/28 at 11 am</i>
<b>Mar 4</b>	<b>Mar 5</b> Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 3/3 at 11 am</i>	<b>Mar 6</b> Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 3/4 at 11 am</i>	<b>Mar 7</b>	<b>Mar 8</b> Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 3/6 at 11 am</i>
<b>Mar 11</b>	<b>Mar 12</b> Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 3/10 at 11 am</i>	<b>Mar 13</b> Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 3/11 at 11 am</i>	<b>Mar 14</b>	<b>Mar 15</b> Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 3/13 at 11 am</i>
<b>Mar 18</b>	<b>Mar 19</b> Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 3/17 at 11 am</i>	<b>Mar 20</b> Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 3/18 at 11 am</i>	<b>Mar 21</b>	<b>Mar 22</b> Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 3/20 at 11 am</i>
<b>Mar 25</b>	<b>Mar 26</b> Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 3/24 at 11 am</i>	<b>Mar 27</b> Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 3/25 at 11 am</i>	<b>Mar 28</b>	<b>Mar 29</b>  <b>Center Closed for Good Friday</b>

## 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) April 2024

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

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



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