

# May/June Programs

Newsletter for Lowcountry & Waring Senior Centers



## Note from the Director

Did you know that older adults who engage in volunteering experience higher levels of wellbeing?

Volunteering brings so many benefits. It's social and introduces you to new people. Being connected and engaged in meaningful activities can make you feel more positive and happier. It increases physical activity and is mentally stimulating as you often learn new skills. Older adults who volunteer experience lower levels of depression and anxiety, decreases risk of dementia, and lower stress.

The goal is to volunteer a few hours each week, but where to get started?

Visit our Volunteer Fair at Waring Senior Center, May 17th, 10 am - 1 pm. We'll have approximately 20 organizations present who are actively recruiting volunteers. This event is free and open to the community.

Another great place to volunteer is at the senior centers! For more information on volunteering at the senior centers, please contact Blair Putman at [blair.putmanersfh.com](mailto:blair.putmanersfh.com) or (843) 402-1950 or you can talk to any member of the amazing senior center team.

Elizabeth Bernat, MHA, Director

## 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.**



*Beautiful day with friends at the Oyster Roast.*

# Around the Centers

## Ask a Master Gardener

Master Gardeners from the South Carolina Clemson Extension Program will be available to help you with your gardening questions. Soil samples accepted.

### Lowcountry Senior Center

**Tues, May 9 & Jun 13, 10 am-1 pm**

### Waring Senior Center

**Thur, May 11 & Jun 22, 10 am-1 pm**

## Charleston County Resource Fair

Did you know that as a Charleston County Resident you have incentives and programs available for your use? Participating offices include Assessor's, Auditor's, Treasurer's, Veterans' Affairs, Voter's Registration, and Probate Court. Drop-in and learn about your resident benefits!

### Lowcountry Senior Center

**Wed, Jun 7, 10 am-1 pm**

### Waring Senior Center

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

## 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**



## Music and Musings at LSC

Join Senior Center member Cerantha Corley for a relaxing hour of Native American Flute playing combined with her sharing some uplifting stories to enjoy.

Members Free / Guests \$5

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

## Senior Farmers' Market Vouchers

The Trident Area Agency on Aging and the SC Department of Social Services are issuing vouchers to qualifying individuals age 60 and older. The vouchers may be used to purchase fresh produce at local participating farmers' markets. Vouchers are available on a first come, first served basis the day of the event. See flyer at centers for detailed information on requirements to receive vouchers. For more information, please call (843) 554-2275.

### Lowcountry Senior Center

**Tues, Jun 6, 12-2 pm**

### Waring Senior Center

**Mon, Jun 12, 10 am-12 pm**

## The Olde Pipes Spring Concert

Olde Pipes 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 her](#)

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

# Lifelong Learning

## CarFit Checkup

Increase safety and mobility by reviewing 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seatbelt use, and properly adjusted head restraints. Appointments take about 20 minutes - this is not a driving test or mechanical inspection.

Members and Guests Free

## Lowcountry Senior Center

**Wed, Jun 28, 9 am-1 pm**

Call (843) 990-5555 to schedule.

## Waring Senior Center

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

Call (843) 402-1990 to schedule.

## Estate Planning

Join staff from Charleston Pro Bono and learn the basics of estate planning and why it is important to have your affairs in order. Wills, Living Wills, Health Care Power of Attorney, and/or Durable Power of Attorney will be discussed.

Members Free / Guests \$5 per class

## Lowcountry Senior Center

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

## Waring Senior Center

**Mon, Jun 5, 1-2 pm** [register here](#)

## FamilySearch Basics at LSC

Come learn the basics of how to use popular genealogy website, FamilySearch! Presented by Charleston County Public Librarian, Faith Walker. Members Free / Guests \$5

**Tues, May 16, 1-2 pm** [register here](#)

## Human Trafficking in SC

Join James Massie, Human Trafficking Program Coordinator from the Office of the South Carolina Attorney General and learn about the prevalence of sex and labor trafficking in South Carolina. Current laws, myths about human trafficking and ways members in the community can get involved will also be discussed.

Members Free / Guests \$5

## Lowcountry Senior Center

**Tues, Jun 27, 1-2 pm** [register here](#)

## Waring Senior Center

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

## Invasive Species in SC

Learn about invasive plants and how they can be detrimental to our native plants, home landscape, as well as our forests and natural areas in South Carolina.

Members Free / Guests \$5 per class

## Lowcountry Senior Center

**Tues, Jun 20, 1-2 pm** [register here](#)

## Waring Senior Center

**Fri, Jun 16, 1-2 pm** [register here](#)



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

# Lifelong Learning

## **Cable-Free TV at LSC**

Learn about some popular options for viewing shows and movies via the web, including watching on your PC and devices like Roku and Chromecast to your TV.

Members Free / Guests \$5

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

## **Charles Ravenel's Truck Farm at Weehawken at WSC**

Join local historian Donna Jacobs and learn about the people, potatoes and history of this special area in West Ashley.

Members Free / Guests \$5

**Tues, May 23, 1-2 pm** [register here](#)

## **Charleston Library Society History at LSC**

A representative from the Charleston Library Society discusses some of the library's history as they celebrate their 275th Anniversary.

Members Free / Guests \$5

**Wed, Jun 7, 2-3 pm** [register here](#)

## **Fort Sumter & Fort Moultrie**

Come one, come all, a US National Park Ranger gives us an overview of one of the first significant battles of the Revolutionary War at Fort Moultrie on Sullivan's Island and the first battle of the Civil War, centered on Fort Sumter in Charleston Harbor.

Members Free / Guests \$5 per class

### **Lowcountry Senior Center**

**Tues, Jun 20, 11 am-12 pm** [register here](#)

### **Waring Senior Center**

**Mon, Jun 26, 2-3 pm** [register here](#)

## **Guarding Your Wallet on the Road**

Traveling can be a rewarding experience – but it can also leave you broke if you're not careful! Learn tips from the SC Department of Consumer Affairs on how to help you keep your finances safe as you travel.

Members Free / Guests \$5 per class

### **Lowcountry Senior Center**

**Thur, Jun 8, 11 am-12 pm** [register here](#)

### **Waring Senior Center**

**Thur, Jun 8, 1:30-2:30 pm** [register here](#)

## **History of St. Lawrence Cemetery**

St. Lawrence Cemetery is a beautiful, historic cemetery located next to Magnolia Cemetery in Charleston. Local author, Pamela Gabriel, talks about her latest book, *In Good Company: History of St. Lawrence Cemetery, Charleston, SC*.

Members Free / Guests \$5 per class

### **Lowcountry Senior Center**

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

### **Waring Senior Center**

**Thur, May 4, 1-2 pm** [register here](#)

## **Introducing Google Drive**

Create files with Docs, Sheets and Slides. Learn how to store and access files with Google Drive. Practice sharing files and collaborating with others. Searching the Web and Basic Word is expected. Meet at Baxter-Patrick James Island Library, located at 1858 S Grimball Road on James Island. Members Only. Free

**Tues, Jun 20, 1-3 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

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## **Bubbles & Bouquets at WSC**

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

Members \$20/ Guests \$30

**Thur, May 11, 5-7 pm** [register here](#)

## **Choosing a Computer or Tablet at LSC**

In the market for a new computer or tablet? Learn about specs, price points and software. You can even test drive a few popular models. Members Only. Free

**Wed, Jun 28, 1-2 pm** [register here](#)

## **Leave It, Move It, Roll It at LSC**

Learn how to handle your 401K or other retirement plans with Abigail Capasso, CRPC, Financial Advisor.

Members Free / Guests \$5

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

## **Mary Bowen Taft Geddings**

Learn about the life of the woman who sold land, which became the Town of Maryville. Presented by local author Diane Hamilton.

Members Free / Guests \$5

### **Lowcountry Senior Center**

**Tues, Jun 13, 1-2 pm** [register here](#)

### **Waring Senior Center**

**Fri, Jun 9, 1:30-2:30 pm** [register here](#)

## **The ACE Basin at LSC**

The Ashepoo, Combahee and Edisto Rivers come together to create one of South Carolina's most pristine natural resources, the ACE Basin. The ACE Basin Reserve is managed in a joint effort by SCDNR and NOAA. Erica Connery, SCDNR Education Coordinator, discusses the ACE Basin, places to visit and volunteer opportunities.

Members Free / Guests \$5

**Thur, Jun 29, 11 am-12 pm** [register here](#)

## **Turn Downsizing into Rightsizing**

Jessica Ancrum, Senior Real Estate Specialist, shares her tips to approach the task of downsizing. Learn tips for planning, organizing, selling personal property, and preparing your home for market.

Members Free / Guests \$5 per class

### **Lowcountry Senior Center**

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

### **Waring Senior Center**

**Thur, Jun 22, 2-3 pm** [register here](#)

## **What's In Your Attic?**

The South Carolina Historical Society's VP of Collections, Virginia Ellison, discusses the benefits of donating materials to an archival repository or museum. Learn how to navigate the donation process and basic preservation tips you can do at home.

Members Free / Guests \$5 per class

### **Lowcountry Senior Center**

**Thur, May 25, 11 am-12 pm** [register here](#)

### **Waring Senior Center**

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

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

# Lifelong Learning

## **SALT Seniors and Law Enforcement Together**

Join the City of Charleston Police Department for a fun meeting and learn the difference between calling 911 and the non-emergency line.

Members Free / Guests \$5 per meeting

### **Lowcountry Senior Center**

**Fri, Jun 9, 10-11 am** [register here](#)

### **Waring Senior Center**

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

## **Searching the Web**

Dive into the World Wide Web with Google Chrome! Learn how to find a website, understand URLs, navigate web pages, evaluate sites, and set Favorites. Completion of Computer Fundamentals is expected.

Meet at Baxter-Patrick James Island Library, located at 1858 S Grimball Road on James Island. Members Only. Free

**Tues, May 16, 1-3 pm** [register here](#)

## **The Gibbes Museum of Art**

The Gibbes Museum of Art is one of the oldest arts organizations in the United States and is the only art museum in Charleston. Becca Hiester, Director of Education and Programs, discusses the museum's history and what's currently on view.

Members Free / Guests \$5 per class

### **Lowcountry Senior Center**

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

### **Waring Senior Center**

**Tues, May 16, 11 am-12 pm** [register here](#)

## **James Island History Series at Lowcountry Senior Center**

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

### **Airports of James Island's Past**

Did you know that James Island once had multiple airports? Learn where they were, why they were here, and what happened to them. Members Free / Guests \$5

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

### **Fort Lamar**

Once a pivotal spot in the defense of Charleston during the Civil War, learn about Fort Lamar and The Battle of Secessionville. Members Free / Guests \$5

**Thur, Jun 15, 11 am-12 pm** [register here](#)

## **Sweetgrass Weaving History & Techniques**

Come learn the history behind the popular Lowcountry art form of sweetgrass weaving. Participants will also be shown some simple weaving techniques. Supplies included. Members \$22 / Guests \$25 per meeting

### **Lowcountry Senior Center**

**Sat, May 20, 10-11:30 am** [register here](#)

### **Waring Senior Center**

**Sat, Jun 3, 10-11:30 am** [register here](#)



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

# Lifelong Learning

## Book Club

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

Members Free / Guests \$5 per class

### Lowcountry Senior Center

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

*It Ends with Us* by Colleen Hoover

**Mon, Jun 19, 11 am-12:30 pm** [register here](#)

*The Seven Husbands of Evelyn Hugo*

by Taylor Jenkins Reid

### Waring Senior Center

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

*The Lioness* by Chris Bohjalian

**Thur, June 15, 1-2 pm** [register here](#)

*Fly Girl: A Memoir* by Ann Hood

## 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**

## 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**

## 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, May 3, 4:15-5:45 pm** [register here](#)

**Wed, Jun 7, 4:15-5:45 pm** [register here](#)

## Smart Driver Class at LSC

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

**Fri, Jun 23, 9 am-1 pm**

Call (843) 990-5555 to register.

## Time Matters: A Women's Retirement Outlook Seminar at LSC

A women-focused seminar discussing retirement income, Social Security, withdrawal rates, preparing for the unexpected, inflation risks, and costs of health care and long-term care. Presented by Abigail Capasso, CRPC, Financial Advisor.

Members Free / Guests \$5

**Fri, Jun 30, 10-11 am** [register here](#)

# Health & Wellness

## **Bladder Control Issues in Women at LSC**

Join Dr. Bernard Taylor, Urogynecologist, Roper St. Francis Physician Partners and learn the difference between urinary incontinence and having an overactive bladder and what treatments are available.

Members Free / Guests \$5

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

## **Exercises for a Healthy Back at LSC**

Sarah Coleman, PT, DPT, ATI Physical Therapy talks about the benefits of physical therapy to reduce back pain and what exercises can help strengthen your back.

Members Free / Guests \$5

**Tues, May 9, 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, May 4-18, 2:30-3:30 pm** [register here](#)

**Thur, Jun 1-29, 2:30-3:30 pm** [register here](#)

## **Memory Screenings**

Free screening for those age 55 and older concerned about their memory. Conducted by South Carolina Institute for Brain Health. Members Only.

### **Lowcountry Senior Center**

**Wed, May 31, 9:30 am-2 pm**

To register, call (843) 990-5555.

### **Waring Senior Center**

**Wed, Jun 7, 9:30 am-2 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, Jun 9, 10-11 am**

To register, call (843) 990-5555.

### **Waring Senior Center**

**Tues, Jun 13, 10-11 am**

To register, call (843) 402-1990.

## **Reiki for Stress Reduction at LSC**

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Sessions can last 10 to 20 minutes.

Members Free / Guests \$5 per session

**Mon, May 22 and Mon, Jun 5**

Call (843) 990-5555 to schedule.

## **Self Defense**

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

Members \$5 / Guests \$10 per class

### **Lowcountry Senior Center**

**Thur, Jun 1, 10-10:45 am** [register here](#)

### **Waring Senior Center**

**Tues, May 9, 10:45-11:30 am** [register here](#)

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



# Health & Wellness

## Blood Drive

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

### Lowcountry Senior Center

**Thur, Jun 8, 8 am-1 pm**

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

### Waring Senior Center

**Wed, Jun 7, 8 am-1 pm**

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

## Family and Friends CPR Training

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

### Lowcountry Senior Center

**Tues, Jun 13, 10 am-12 pm** [register here](#)

### Waring Senior Center

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

## Getting Treatment for a Loved one with Substance Use Disorder and/or Mental Illness

Judge Irvin G. Condon discusses voluntary, involuntary, and criminal justice mental health services available to citizens. Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Tues, May 23, 1-2 pm** [register here](#)

### Waring Senior Center

**Thur, Jun 29, 1:30-2:30 pm** [register here](#)

## Medication Take Back Day

Stop by to drop off old or unused prescriptions.

### Waring Senior Center

**Thur, May 18, 10 am-1 pm**



## In Our DNA SC

In Our DNA SC aims to enroll 100,000 participants in genetic testing at no cost to you. You and your doctor receive confidential results about your genetic risk for certain cancers and heart disease. Over time, the information in this database helps researchers learn what may cause certain diseases, how to treat them more effectively and help improve the standard of health care for all. Members Free / Guests \$5 per class

### Lowcountry Senior Center

**Tues, May 23, 11 am-12 pm** [register here](#)

### Waring Senior Center

**Tues, May 23, 5:30-6:30 pm** [register here](#)

## The Power of Flowers

Flowers and floral arranging help stress levels and create a sense of wellbeing. Bring a vase from home. Flowers included. Preference given to those who have not previously taken the course. Members \$5 / Guests \$10 per class

### Lowcountry Senior Center

**Mon, June 12, 4-5 pm** [register here](#)

### Waring Senior Center

**Mon, June 26, 3-4 pm** [register here](#)

# 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, May 13, 10-11:30 am**

**Sat, June 10 & 24, 10-11:30 am**

## **Grief Support Group at WSC**

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

**Mon, May 15, 2-3 pm**

**Mon, Jun 19, 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, May 4, 9-10 am**

**Thur, Jun 1, 9-10 am**

## **Parkinson's Disease Support Group at LSC**

For those living with Parkinson's Disease to learn, share and connect.

Members and Guests Free

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



# Creative Arts & Music

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## **Ladies' Night Out**

Join us for a fun and relaxing evening of painting a small contemporary gnome! Bring wine and snacks if you would like. Pieces will be taken back to the Pluff Mud Pottery studio on James Island for glazing, firing, packaging, and pickup.

Members \$20 / Guests \$30 per class

## **Lowcountry Senior Center**

**Wed, Jun 28, 4:30-6:30 pm** [register by 6/26](#)

## **Waring Senior Center**

**Tues, Jun 6, 4:30-6:30 pm** [register by 6/2](#)

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

## **Let's Get Creative at LSC**

Throw out those brushes and paint with feeling!

Paint simple images using just our fingers and learn about the Creative Studio space at Baxter-Patrick James Island Library.

Members Free / Guests \$5 per class

**Thur, May 4, 11 am-12:30 pm** [register here](#)

**Thur, Jun 1, 11 am-12:30 pm** [register here](#)

# Creative Arts & Music

## Advanced Pencil Drawing at LSC

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

Members \$70 / Guests \$80 per series

**Wed, May 3-Jun 28, 1-3 pm** *no class 5/10*  
[register here](#)

## Art Hub

Get together and work on your own art. Bring your own supplies. Members Only. Free

### Lowcountry Senior Center

**Fri, 1-3 pm**

### Waring Senior Center

**Mon, 10 am-12 pm**

## Beginner Pencil Drawing at LSC

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

Members \$50 / Guests \$60 per series

**Mon, May 15-Jun 26, 3:15-5:15 pm**  
*no class 5/29* [register here](#)

## Beginner Watercolor at WSC

New to watercolors? Discover the joy of painting and learn some simple techniques to get you started. Supply list at front desk.

Members \$15 / Guests \$25 per series

**Wed, May 3-24, 1:30-2:30 pm** [register here](#)



## Zentangle & Beyond at WSC

The Zentangle Method is an easy-to-learn, relaxing art form. This four-week series, explores the ZT process, pattern deconstruction and shading techniques for beautiful results. Supplies included.

Members \$30 / Guests \$40

**Fri, May 5-26, 12:30-2:30 pm** [register here](#)

## Knitting & Threads

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

Members Only. Free

### Lowcountry Senior Center

**Thur, 10 am-12 pm**

### Waring Senior Center

**Tues, 11 am-12 pm**

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

**Fri, Jun 16, 10-11 am** [register here](#)

## 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, May 2-23, 1-3 pm** [register here](#)

**Tues, Jun 6-27, 1-3 pm** [register here](#)

### Waring Senior Center

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

**Wed, Jun 7-28, 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

Bring your instrument and jam with us, share a song, or just listen. Guests pay at front desk. Members Free / Guests \$5 per day

### Lowcountry Senior Center

**Tues, 4-6 pm**

### Waring Senior Center

**Sat, May 13, 10 am-12 pm**

**Sat, Jun 10 & 24, 10 am-12 pm**

## Chorus at LSC

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

Members Only. Free

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

## One-on-One Piano Lessons

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

Members \$220/Guests \$260 per 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, join us and bring your sewing machine and materials. Members Only. Free

**Tues, May 2 & Jun 6, 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 \$50 / Guests \$100 per series

### Lowcountry Senior Center

**Mon, May 1-Jun 26, 10-11:30 am**

No class 5/29 [register here](#)

### Waring Senior Center

**Wed, May 3-Jun 21, 9:30-11 am** [register here](#)

## Group Intermediate Piano

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

Members \$50 / Guests \$100 per series

### Lowcountry Senior Center

**Mon, May 1-Jun 26, 12-1:30 pm**

No class 5/29 [register here](#)

### Waring Senior Center

**Wed, May 3-Jun 21, 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, May 9, 23 & Jun 13, 27, 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, May 17, 3-5 pm** [register here](#)

**Wed, Jun 21, 3-5 pm** [register here](#)

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



# Fitness at Lowcountry May & June

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

**2:15-3 pm**  
**Core & Stretch**  
May \$15/\$25  
Jun \$15/\$25

## Tuesday

**8:30-9:30 am**  
**Interval Training**  
May \$10/\$20  
Jun \$10/\$20

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

**10-10:45 am**  
**Chair Yoga**  
May Free/\$20  
Jun Free/\$20

**11-11:45 am**  
**Qigong**  
May \$5/\$20  
Jun \$5/\$20

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

**12:15-1 pm**  
**Zumba Gold**  
May \$25/\$35  
Jun \$25/\$35

**2:30-3:20 pm**  
**Line Dancing Beginner**  
May \$25/\$35  
Jun \$20/\$30

**3:25-4:15 pm**  
**Line Dancing Intermediate**  
May \$25/\$35  
Jun \$20/\$30

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

## Wednesday

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

**10:10-10:50 am**  
**PWR! Moves**  
May Free/\$20  
Jun 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**  
May \$25/\$35  
Jun \$20/\$30

## Thursday

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

**10-10:45 am**  
**Chair Yoga**  
May Free/\$20  
Jun Free/\$20

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

**12:15-1 pm**  
**Zumba Gold**  
May \$25/\$35  
Jun \$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**  
May \$10/\$20

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

**12:30-1:30 pm**  
**Yoga Fridays**  
May \$20/\$30  
Jun \$25/\$35

## 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


## May & June


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**  
May \$20/\$30  
Jun \$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  
May \$20/\$30  
Jun \$20/\$30


**1:30-2:30 pm**  
**Yoga for Back Health**  
May \$20/\$30  
Jun \$20/\$30

**5:00-6:00 pm**  
**Evening Flow Yoga**  
May \$20/\$30  
Jun \$20/\$30

### Tuesday

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

**10-10:45 am**  
**Tai Chi**  
May \$25/\$35  
Jun \$15/\$25

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


**11:30 am-12:30 pm**  
**Gentle Yoga**  
May \$25/\$35  
Jun \$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  
May \$25  
Jun \$20

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

**11:30am-12:30pm**  
**Chair Yoga**  
May Free/\$20  
Jun Free/\$20

**1-1:45 pm**  
**Synergy PM**  
Gold & Silver Only  
May \$25  
Jun \$20

**1-2 pm**  
**DanceFit!**  
May \$15/\$25

**3-4 pm**  
**Line Dancing**  
May \$25/\$35  
Jun \$20/\$30


**5:30-6:30 pm**  
**Yoga After 5**  
May \$25/\$35  
Jun \$20/\$30

### Thursday

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

**10-11 am**  
**Gentle Yoga**  
May \$20/\$30  
Jun \$25/\$35

**10-10:45 am**  
**Drums Alive**  
May \$10/\$20  
Jun \$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**  
May \$10/\$20  
Jun \$10/\$20

**2:05-2:35 pm**  
**Roll & Restore**  
May \$10/\$20  
Jun \$10/\$20

### Friday

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

**10-10:45 am**  
**Synergy AM**  
Gold & Silver Only  
May \$20  
Jun \$25

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

**1-1:45 pm**  
**Synergy PM**  
Gold & Silver Only  
May \$20  
Jun \$25



### 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.

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

## DanceFit! at WSC

Dance and get fit to music. All levels welcome.

Members \$15 / Guests \$25 per month

**Wed, May 3-24, 1-2 pm** [register here](#)

## Line Dancing - Beginner

No partner required.

### Lowcountry Senior Center

Members \$25 / Guests \$35 per month

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

Members \$20 / Guests \$30 per month

**Tues, Jun 6-27, 2:30-3:20 pm** [register here](#)

### Waring Senior Center

Members \$25 / Guests \$35 per month

**Wed, May 3-31, 3-4 pm** [register here](#)

Members \$20 / Guests \$30 per month

**Wed, June 7-28, 3-4 pm** [register here](#)

## Line Dancing - Intermediate at LSC

Advanced dances. No partner required.

Members \$25 / Guests \$35 per month

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

Members \$20 / Guests \$30 per month

**Tues, Jun 6-27, 2:30-3:20 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, May 1-June 12 (no class 5/29)**

**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, May 1-June 12 (no class 5/29)**

**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, May 1-June 12 (no class 5/29)**

**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](mailto:Laura4Life@gmail.com)

### Waring Senior Center

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

(843) 402-1652



# 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**

Tues, 9:30-11:30 am

## **Waring Senior Center**

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

Mon, 12:30-3:30 pm

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

Tues, 12-3 pm

Fri, 12-3:30 pm

### **Cancellation Hearts**

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

Group Play, Wed, 12-3:30 pm

### **Dominoes**

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

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

### **Intermediate Bridge**

Thur, 1-4 pm

### **Mah Jongg**

Beginner Lessons

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

Thur, Jun 1-22, 12-1 pm [register here](#)

Members Free / Guests \$15

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

## **Free Wills Clinic**

Free preparation of basic wills for low income Charleston County residents. Appointment Required. Please bring proof of income (i.e. Social Security benefits letter, paystubs) and proof of residency (i.e. driver's license, water bill, etc.).

### **Lowcountry Senior Center**

**Fri, Jun 16, 9:30 am-12:30 pm**

### **Waring Senior Center**

**Mon, Jun 12, 9:30 am-12:30 pm**

Online registration is not available.

Call (843) 853-6456 to schedule.



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. This tour requires a good amount of walking. *Transportation not provided.*

Members \$15 / Guests \$30 per tour

**Fri, May 19, 9-10:30 am** [register by 5/5](#)

Johns Island County Park, 2662 Mullet Hall Rd

**Fri, Jun 23, 9-10:30 am** [register by 6/9](#)

Stono River County Park, 3580 McLeod Mill Rd

## Coastal Culture Charter Tour

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

Members \$40 / Guests \$50 per tour

**Mon, May 22, 11:15 am** [register here](#)

**Wed, Jun 14, 3:45 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, May 18, 4 pm** [register by 5/15](#)

The Back Bar at Angel Oak Restaurant  
3669 Savannah Hwy

**Thur, Jun 22, 4 pm** [register by 6/19](#)

Triangle Char & Bar, 828 Savannah Hwy

## Kayak Tour

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. Please see website for refund/cancellation policy.

Members \$45 / Guests \$55 per tour

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

**Thur, May 18, 6 pm** [register here](#)

**Fri, Jun 23, 9 am** [register here](#)

## Lunch Bunch

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

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

Azul Mexicano, 1989 Maybank Hwy

**Fri, May 19, 12:30 pm** [register by 5/16](#)

Boxcar Betty's, 1922 Savannah Hwy

**Fri, Jun 9, 12:30 pm** [register by 6/6](#)

Coastal Snack Bar, 608 Harbor View Rd

## Wine Tasters at LSC

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

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

Featuring Chile

**Thur, Jun 29, 5-6:45 pm** [register here](#)

Featuring Germany

# Social - Out & About

## Dining Out

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

**Tues, May 9, 5 pm** register by 5/2

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

**Tues, May 23, 5 pm** register by 5/16

Los Reyes Mexican Rest., 1119 Wappoo Rd

**Tues, Jun 13, 5 pm** register by 6/6

Aji Asian Bistro, 1011 Harborview Rd

**Tues, Jun 27, 5 pm** register by 6/20

Señor Tequila, 1836 Ashley River Rd

## Morris Island Lighthouse Eco Tour

Board Charleston Outdoor Adventures' boat and cruise through the creeks out to Morris Island where you are able to get out and explore the beach for about 45 minutes. After beach combing, board the boat and enjoy the wind through your hair as we make our way back to the dock. Registration and payment due 14 days prior to tour date. See website for refund/cancellation policy.

Members \$50 / Guests \$60 per tour

**Thur, May 18, 1:30 pm** register by 5/4

**Tues, Jun 20, 4 pm** register by 6/6



## Taste Red & White Blends at LSC

From ancient times to modern times blending different grape varieties has always been done to make wine. Taste and learn about what makes for quality blended wines when done in the field or in the winery. Most wine is blended to some degree and we talk about that as well. Snacks included.

Members \$30 / Guests \$40

**Thur, Jun 15, 4:30-6:30 pm** register by 6/5

## Taste Unusual Wines of Italy at WSC

When most folks think of Italian wine, these come to mind: Chianti, Pinot Grigio, and Montepulciano. But there is so much more. How about Falanghina, Arneis, Schiava, Grignolino and many others. Join us for Unusual Italy to taste and learn about some amazing wine. Snacks included.

Members \$30 / Guests \$40

**Tues, Jun 13, 4:30-6:30 pm** register by 6/2



# Social - Out & About

## Meet Up Golf

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

**Thursdays in May & June**

## Capital City - Columbia, SC

Let's go to the Capital City! First, we'll go to The Governor's Mansion in the heart of Columbia for a guided tour. Next, we'll eat lunch at Seawell's Restaurant. After a delightful lunch, we'll head to the State House for a guided tour. Following the tour, you can visit the gift shop or walk the grounds and explore all of the history before we head home. This trip requires considerable walking. *Registration and payment due by May 26, 2023 - non-refundable after this date.*

Members \$218 / Guests \$248

**Wed, July 19, 7:15 am-5 pm**

## Hopsewee and Hobcaw Georgetown, SC

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

Members \$259 / Guests \$289

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



# 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. Warm-up and stretching at 8:45 am. Lessons begin promptly at 9 am. One repeat allowed.

Members \$5/ Guests \$10 per lesson

**Tues, May 2, 8:45-10 am** [register here](#)

**Tues, May 23, 8:45-10 am** [register here](#)

**Tues, May 30, 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. Class size 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.

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

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

Registration opens Mon, May 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.

WSC Gold, Silver Members - Free

LSC Gold, Silver Members - \$1 per day

### MAY

Mon, Wed, Thurs, and Fri, 8-10 am

Tues, 10 am-12 pm

Sat, 8:30-10:30 am

### JUNE

Mon-Fri, 8-10 am

Sat, 8:30-10:30 am

## Pickleball Court Reservations

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

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

WSC Gold and Silver Members, Free

LSC Gold and Silver Members, \$1 per day



Visit [TEAMREACH.COM](http://TEAMREACH.COM) and use the group code **WARING** to see what's happening at the center.



# Center Information

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## 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 Sat, May 27 and Mon, May 29 For Memorial Day Weekend**

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## 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](http://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.

## 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 three days a week for carry-out meals picked up curbside. Meals must be ordered at least two days in advance via our website or by calling the center. See pages 23 & 24 for current menus.



## Waring Senior Center Café: Curbside Menu

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

### May 2023

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



## Waring Senior Center Café: Curbside Menu

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

### June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>June 1</b>	<b>June 2</b> Roasted Chicken Mashed Potatoes Seasoned Green Beans Brownie <i>Deadline to order / at 11 am</i>
<b>June 5</b>	<b>June 6</b> Beef Pot Roast with Gravy Mashed Potatoes Carrots with Fresh Herbs Cookies & Cream Mousse <i>Deadline to order / at 11 am</i>	<b>June 7</b> Honey Mustard Chicken Mac & Cheese Roasted Brussel Sprouts Grapes, and Cookies <i>Deadline to order / at 11 am</i>	<b>June 8</b>	<b>June 9</b> Roasted Pork Loin with Gravy Brown Rice Carrots with herbs Cinnamon Apples <i>Deadline to order / at 11 am</i>
<b>June 12</b>	<b>June 13</b> Chicken Marsala Garlic & Herb Roasted Potatoes Roasted Vegetables Creamsicle Jell-O <i>Deadline to order / at 11 am</i>	<b>June 14</b> Baked Chicken Parmesan Whole Wheat Penne Tomato & Zucchini Dinner Roll Fruit Cup, and a Cookie <i>Deadline to order / at 11 am</i>	<b>June 15</b>	<b>June 16</b> Beef Stroganoff Egg Noodles Roasted Carrots Blueberry Crisp <i>Deadline to order / at 11 am</i>
<b>June 19</b>	<b>June 20</b> Italian Meatballs with Penne Pasta & Marinara Side Salad Dinner Roll, Pineapple <i>Deadline to order / at 11 am</i>	<b>June 21</b> Meatloaf with Gravy Mashed Potatoes Steamed Broccoli Banana Pudding <i>Deadline to order / at 11 am</i>	<b>June 22</b>	<b>June 23</b> Roasted Chicken Mashed Potatoes Seasoned Green Beans Brownie <i>Deadline to order / at 11 am</i>
<b>June 26</b>	<b>June 27</b> Beef Pot Roast with Gravy Mashed Potatoes Carrots with Fresh Herbs Cookies & Cream Mousse <i>Deadline to order / at 11 am</i>	<b>June 28</b> Honey Mustard Chicken Mac & Cheese Roasted Brussel Sprouts Grapes, and Cookies <i>Deadline to order / at 11 am</i>	<b>June 29</b>	<b>June 30</b> Roasted Pork Loin with Gravy Brown Rice Carrots with herbs Cinnamon Apples <i>Deadline to order / at 11 am</i>

**All Meals Served with Water, Skim Milk, and Fresh Fruit.**