

May/June 2024

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Lowcountry and Waring Senior Centers are volunteer model senior centers, meaning that we have a small staff and rely on volunteers. We both encourage and need volunteer leadership and self-directed groups.

The pickleball volunteers at Waring Senior Center are an excellent example. Our team of dedicated volunteers, under the leadership of Volunteer Carol Frazier, run all aspects of group play, including scheduling, setting-up, communicating, breaking-down, moving equipment, and cleaning the courts. Their leadership and contributions are greatly needed and appreciated. Truly a team effort!

The Current Event Discussion Groups at both centers are examples of self-directed groups. Although not formal volunteers, these groups organize themselves. WSC Current Events Discussion Group is now inviting speakers to the center. On Tuesday, May 28, 1:30 pm, they are welcoming State Senator Sandy Senn to Waring Senior Center (see page 6).

These are just two of many examples of how members' active involvement makes the centers more vibrant for everyone. The staff provides the framework, but the members, you, provide the substance. You are the magic that make the senior centers so meaningful! Thank you to all those who contribute their time and talent!

Elizabeth Bernat, MHA, Director



Members having fun at the LSC Game Day FUNdraiser. See pg 2 for details about upcoming May 3rd event.



WSC Wednesday night Yoga After 5 Class showing off their Yoga moves.

Special Events & Holiday Hours

Below are the hours and closures for upcoming events and holidays:

- Waring Senior Center Only: Closed morning of Thu, May 9, opening at 12:30 pm
- Sat, May 25 and Mon, May 27: Closed for Memorial Day weekend.
- Wed, July 3: Close at 5 pm
- Thu, July 4-Sat, July 6: Closed for July 4th holiday weekend.

Around the Centers

Blood Drive

Lowcountry Senior Center

Thur, May 30, 8 am-1pm

Waring Senior Center

Wed, June 5, 8:30 am-12

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](#)

Wildflower Station at WSC

Get your dancing shoes ready for a night of live music by Wildflower Station! Mingle with friends as you enjoy songs from 60s and 70s classic rock, country, blues, and soul. You may bring your own wine or beer and food to share. Tickets: \$10 for members, \$20 for guests. Please purchase your tickets in advance. A limited number will be sold.

Thurs, May 23, 6-8:30pm [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](#)

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

Fri, Jun 14, 9am-11 pm

Waring Senior Center

Fri, Jun 21, 10 am-12 pm



Volunteer Learning & Recruitment

Have you been thinking about volunteering at the center? Come learn more about the different opportunities we have available.

Lowcountry Senior Center

Tues, May 7, 1 pm [register here](#)

Waring Senior Center

Tues, May 14, 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

All Lifelong Learning programs are free for members and \$5 for nonmembers unless otherwise noted.

Angel Oak Preserve

Samantha Siegel, the Lowcountry Land Trust's Angel Oak Preserve Director, presents the plans for the Angel Oak Preserve, the 44-acre site surrounding the ancient Angel Oak. This tree is iconic to the Lowcountry and was almost lost forever.

Lowcountry Senior Center

Tues, May 14, 11 am-12 pm [register here](#)

Waring Senior Center

Thur, May 23, 2:30-3:30pm [register here](#)

British American Ancestry at LSC

Join Baxter-Patrick James Island librarian Faith Walker and learn about tips and resources you can use to find more about your British American and British ancestors!

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

History of Moon Exploration

The Apollo missions not only launched people to the Moon, they launched a nation to new technological heights, and they launched generations to dreams. In 2024, we are still benefitting from the Apollo missions. Come celebrate the legacy of the Apollo Lunar Landing with video and trivia presented by NASA Solar System Ambassador Kelly Burbage

Lowcountry Senior Center

Wed, May 22, 2-3 pm [register here](#)

Waring Senior Center

Thur, Jun 13, 2-3 pm [register here](#)

James Island History:

The First Attempt at a Town on James Island at LSC

Much is known about the English settlement of Charles Town in 1670, but what about their attempt to create a town on James Island? Baxter-Patrick James Island librarian Mike Corbo discusses why, where and how it went.

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

Mary Matthews Just - Survivor and Trailblazer at LSC

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

Fri, May 10, 1-2 pm [register here](#)

The South Direction of the Medicine Wheel at LSC

Senior Center member Cerantha Corley discusses the many facets of The South Direction of the Native Medicine Wheel and the values of Silence, Forgiveness/Shedding that which no longer serves us. Come to hear her play her Native American Style Flute too.

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

HOA's and the Law

Join South Carolina Department of Consumer Affairs and learn about the various South Carolina laws that apply to Home Owners Associations and options if you are unhappy with the actions of your HOA.

Lowcountry Senior Center

Tues, May 28, 1-2pm [register here](#)

Waring Senior Center

Tues, May 28, 11am-12pm [register here](#)

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

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for nonmembers unless otherwise noted.

Mysteries of Memory

Daniel Greenberg, Chair of the Psychology Department at CofC, joins us to discuss the science of human memory. What are its strengths and weaknesses? Are there ways to improve our memory? How does memory change (and even get better!) with age?

Lowcountry Senior Center

Tues, May 14, 1-2 pm [register here](#)

Waring Senior Center

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

FREE Wills Clinic at WSC

Charleston Pro Bono Legal Services prepares free basic wills for low-income Charleston County residents. Those attending will need to provide proof of household income and proof of residency (i.e. SCDL, lease, water bill). Appointments required. Call (843) 853-6456 to register.

Wed, May 29, 9am-12:30pm

Intermediate French

Class is taught primarily in French, with readings and discussion in French and weekly homework assignments in French.

Lowcountry Senior Center

Mon, May 6-20, 10-11 am [register here](#)

Mon, Jun 3-24, 10-11 am [register here](#)

Post and Courier Workshop on Writing Letters to the Editor

Join Post and Courier Letters Editor Angie Blackburn for tips and guidance for writing letters to be published in The Post and Courier. Blackburn has worked at the newspaper for more than 30 years and has been in charge of letters about four. She shares do's and don'ts of letter writing, resources for fact-checking, ways to send a letter into the newspaper and more. Joining her is Editorial Writer Robert Behre, who shares his insights.

Lowcountry Senior Center

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

Waring Senior Center

Mon, May 20, 2:30 pm [register here](#)

Estate Planning 101 at WSC

Join Audrey R. Brown, Staff Attorney from Charleston Pro Bono Legal Services to learn the importance of establishing clear estate plans to provide care for yourself and your loved ones in the future. Living wills, health care power of attorney, simple probate, and wills will be addressed as well.

Wed, May 15, 2-3pm [register here](#)

Declutter & Organize with the KonMari Method™ at LSC

Catherine Bowen, Certified KonMari Consultant, presents an overview of the KonMari Method™ (Marie Kondo, author of The Life-changing Magic of Tidying Up). Learn how this approach differs in practice and why it is so enduring; includes demonstrations.

Sat, May 11, 11 am-12 pm [register here](#)

Tues, Jun 4, 11 am-12 pm [register here](#)

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

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for nonmembers unless otherwise noted.

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

Lowcountry Senior Center

Fri, May 17, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, June 14, 9 am-1 pm

Call (843) 402-1990 to register.

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 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

Sat, June 1, 9 am-1 pm

Call (843) 990-5555 to schedule.

Waring Senior Center

Sat, May 4, 9 am-1 pm

Call (843) 402-1990 to schedule.

Financial Education Series

Presented by Financial Advisor Brad Worsham, CFP, CRPC

Ready or Not? Preparing for the Unexpected at WSC

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.

Thur, May 9, 5:30-6:30 pm [register here](#)

Stocks: The Nuts and Bolts at WSC

As you consider your long-term financial goals, how do stocks measure up? This seminar shares basic information to help evaluate how stocks may fit into an overall strategy. We'll discuss and review common versus preferred stock, dividends, investment strategy and different ways to own stock.

Tues, June 25, 5:30-6:30 pm [register here](#)

Miniature Stories at WSC

Join World War II history buff and miniature artist Daniel Buchmeier to learn how he makes miniature stories come to life.

Sat, Jun 1, 11 am-12 pm [register here](#)

The "Key" to Resistance at Treblinka

Join Professor Chad Gibbs for an interactive exploration of Jewish resistance at the Nazi extermination camp Treblinka. In this talk, work with survivor sources to understand how prisoners planning their August 2, 1942 revolt. Chad Gibbs is Assistant Professor of Jewish Studies at College of Charleston and Director of Zucker/Goldberg Center for Holocaust Studies.

Lowcountry Senior Center, Thur, July 18, 2-3:30 pm [register here](#)

Waring Senior Center, Thur, July 11, 2-3:30 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

All Lifelong Learning programs are free for members and \$5 for nonmembers unless otherwise noted.

Aromatherapy & Essential Oils at LSC

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

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

Understanding CBD Oil at WSC

CBD oil has become very popular, but what exactly is it? Learn the benefits and risks for CBD products.

Fri, May 17, 10:30-11:30 am [register here](#)

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, Jun 10, 11:30 am-12:30 pm [register here](#)

History of Indigo in the Lowcountry at WSC

Dr. Nancy Simpson spinner/weaver craft interpreter, and Stephanie Coyle volunteer coordinator from Middleton Place are back to talk about the History of Indigo in the Lowcountry. "It's to DYE for."

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

The 1895 Segregation Fight in South Carolina at WSC

Join Damon L. Fordham, author and adjunct professor of history at The Citadel to learn the history and significance behind this historic battle.

Wed, May 22, 11-12 pm [register here](#)

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, 1:30-3 pm

Note special speaker for Tues, May 28: SC State Senator Sandy Senn (see below)

State Senator Sandy Senn at WSC

Waring Senior Center's Current Events Discussion Group welcomes special guest, Sandy Senn, SC State Senator from District 41. Senator Senn will address the influx of new residents to SC, the need for expanding our power grid, the SC budget, various law enforcement bills, and other topics relevant to South Carolina.

Waring Senior Center

Tues, May 28, 1:30-3 pm [register here](#)

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for nonmembers unless otherwise noted.

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. Members Only. Free

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

Beginner Spanish at WSC

Learn to introduce yourself and answer basic questions. The Spanish alphabet, numbers and basic vocabulary will be addressed. Participants must purchase a copy of *Basic Spanish-Practice Makes Perfect*. Space is limited. Members Only. Free

Fri, May 3-Jun 28, 9-10am [register here](#)

Book Club

Lowcountry Senior Center

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

The Enchanted April by Elizabeth von Arnim

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

Still Alice by Lisa Genova

Waring Senior Center

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

The Women by Kristin Hannah

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

The Girl from the Red Rose Motel by Susan Zurenda

Mah Jongg Lessons at WSC

Learn to play Mah Jongg and then stay for open play. Members Free/ Guests \$5.

Thur, May 2-23, 12-1 pm [register here](#)

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

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

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, May 2-30, 2:15-3:15 pm [register here](#)

Thur, Jun 6-27, 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, May 1, 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

Brain Basics: Preventing Stroke

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

Members Free / Guests \$5

Lowcountry Senior Center

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

Waring Senior Center

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

Cooking & Meal Prepping for One

Learn how to make cooking for one more fun! In this workshop, learn how to efficiently prepare different meals for one while minimizing waste.

Members Free / Guests \$5

Lowcountry Senior Center

Fri, Jun 7, 12:30-1:30 pm [register here](#)

Waring Senior Center

Thur, Jun 6, 1-2 pm [register here](#)

Eat to Beat Inflammation

Learn how food affects the body's inflammatory response, for better or for worse. Kiersten Ahlm, Health Coach, also discusses what foods are highly inflammatory and what foods help reduce inflammation.

Members Free / Guests \$5

Lowcountry Senior Center

Fri, May 17, 12:30-1:30 pm [register here](#)

Waring Senior Center

Wed, May 29, 1-2 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. No class May 16, 23. Members Free / Guests \$20 per month

Thur, May 2-30, 2:30-3:30 pm

No class May 16 or 23 [register here](#)

Thur, Jun 6-27, 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, May 29 and Jun 26

Appointments available 10 am-1 pm

Call (843) 990-5555 to schedule.

Taking Your PWR! Back with Parkinson's

Sarah Higinbotham LPTA, ATI Physical Therapy Balance Center, discusses research, exercise and what PWR! Parkinson Wellness Recovery is and how it can help you.

Members Free / Guests \$5

Lowcountry Senior Center

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

Waring Senior Center

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

Health & Wellness

Artificial Sweeteners & Sugar Addiction at WSC

Join Clinical Dietitian Lexye Hill to discuss the foundations of sugar addiction, and artificial sweeteners. Learn the science behind food addictions and hear the latest evidence based research on artificial sweeteners and recommendations for a healthy lifestyle.

Members Free / Guests \$5

Thur, May 9, 2:30-3:30 pm [register here](#)

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

Thur, May 23, 2:30-3:30 pm [register here](#)

Waring Senior Center

Thur, Jun 6, 2-3:30 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, May 10, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Jun 7, 9 am-1 pm

Call (843) 402-1990 to register.

Grief & Loss Support Group at WSC

In partnership with Roper St. Francis Pastoral Care, we are offering a FREE support group for people who have experienced the loss or death of a loved one. Members and Guests Free
Mon, May 13, Jun 10 and July 8, 2-3 pm

Matter of Balance at WSC

Set realistic goals to increase activity, make changes to reduce fall risks, fall-proof your home and do simple exercises to increase strength and balance. New participants are not allowed to join the 8-week series after week 2 has started. No class 7/4

Members and Guests Free

Thur, June 6-Aug 1, 10-12pm [register here.](#)

Medicare Q&A

Do you know your Medicare options; when you can enroll or change a Medicare Advantage Plan; or need assistance setting up your Medicare account? Schedule a 30-minute appointment with an unbiased trained volunteer. Call the centers for an appointment. Members and Guests Free

Lowcountry Senior Center

Fri, May 3, 10-11 am or Jun 14, 10-11 am

Waring Senior Center

Tues, May 7, 10-11 am or Jun 18, 10-11 am

Opportunities are Everywhere at LSC

Join senior center member Cerantha Corley as she shares her experience with widening her understanding of opportunities that show up if we know where to look. Come to hear her play her Native American Style Flute too.

Fri, May 24, 12:30 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

Ankle Pain

Sarah Coleman, PT, DPT, ATI Physical Therapy talks about exercises and activity modifications for ankle pain.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tuesday May 28, 11 am-12pm [register here](#)

Waring Senior Center

Thursday, May 30, 1:30-2:30pm [register here](#)

Autism Awareness at WSC

Grandparents may want to connect with their grandchildren who are on the autism spectrum but are unsure on how to interact or how to help their family members. Join autism advocate and senior center member Rose O'Neal along with her colleague, Erin Pruitt to learn more about this neurological and developmental disorder and what community resources are available to help. Members Only. Free

Mon, May 13, 11 am-12 pm [register here](#)

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



Hearing Screenings

Have your hearing checked by Charleston ENT & Allergy. Screening approximately takes 15 minutes. Members Only. Free. Call the respective center to schedule.

Lowcountry Senior Center

Fri, May 10, 9 am-12 pm

Waring Senior Center

Fri, May 31, 9 am-12 pm

In Our DNA SC

In Our DNA SC aims to enroll 100,000 participants in genetic testing at no cost to you. Make your 15-minute appointment to learn more and have your saliva sample collected at the center! Members and Guests Free. Call the respective centers to register.

Lowcountry Senior Center

Wed, Jun 12, 10 am-1 pm

Waring Senior Center

Thur, Jun 13, 10 am-1 pm

The Opioid Epidemic and Narcan Training

Join Charleston County Coroner Bobbi Jo O'Neal to learn how the opioid epidemic is impacting our community and what you can do to possibly save a life. Participants will receive a free overdose prevention kit to include Narcan.

Members Free / Guests \$5

Lowcountry Senior Center

Tues, June 4, 1:30-2:30 pm [register here](#)

Waring Senior Center

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

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

Health & Wellness

Unlock Happiness: Strategies for Positive Living at WSC

Led by SC Safe Seniors Lead Therapist Wendi Norris and Training & Community Outreach Coordinator Andrew Cripps, this session is designed to help you overcome negative thoughts and embrace a positive outlook. Whether you're dealing with anxiety, stress, depression, or grief, this class offers practical tools to take charge of your thoughts, emotions, and happiness.

Members Free / Guests \$5

Waring Senior Center

Mon, May 20, 10:15-11:15 am [register here](#)

Medication Take Back Day at LSC

Stop by to drop off old or unused prescriptions.

Lowcountry Senior Center

Thur, Jul 18, 10 am-1 pm

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 11, 10-11:30 am

Sat, Jun 8 & 22, 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, May 2 & Jun 6, 9-10 am

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

Wed, May 8, 2-3 pm (Iphone Users)

[register here](#)

Fri, Jun 14, 10-11 am (Android Users)

[register here](#)

Waring Senior Center

Fri, May 17, 2-3 pm [register here](#)

Fri, Jun 21, 2-3 pm [register here](#)

Parkinson's Disease Support Group at LSC

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

Members and Guests Free

Wed, Aug 28, 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

Games at the Centers

Members Free / Guests \$5 per day. Members may play at either center.

Lowcountry Senior Center

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Advanced Pinochle 9 am-12 pm	Duplicate Bridge 9:30 am-12:30 pm	Advanced Pinochle 9 am-12 pm	Mexican Train Dominoes 10 am-1 pm	Bridge for Fun All Levels 9:30 am - 12:30 pm
	Mah Jongg 9:30-11:30 am	Bunco 3rd Wed of the month, 1-3 pm	Hand, Knee, & Foot 12:30-3 pm		

Waring Senior Center

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Bridge for Fun All Levels 12:30-3:30 pm	Canasta 12-3 pm	Cancellation Hearts 12-3:30 pm	Intermediate Bridge 1-4 pm	Canasta 12-3 pm	
	Cribbage 12-3 pm	Dominoes 12-4 pm	Mah Jongg Open Play 1-3:30 pm	Dominoes 12-3 pm	

Creative Arts & Music

Basic Bows at WSC

Come see a demonstration of bow making and learn how to make one yourself. Supplies provided. Space is limited.

Members \$10 / Guests \$15 per class

Wed, Jun 12, 5:30-6:30 [register here](#)

Cake Decorating Class at WSC

Over the course of two hours learn how to stack, crumb coat, ice, and decorate a beautiful rosette cake. All supplies included and you will leave with a vanilla cake ready to show off and enjoy.

Members \$50 / Guests \$60 per class

Sat, June 8, 10 am-12 pm [register by 5/24](#)

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



Members playing Intermediate Bridge at WSC.

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

Creative Arts & Music

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, May 7-Jun 25, 7:45-9:15 am

[register here](#)

Lemonade Paint Party at WSC

Join us for a relaxing paint class to create a unique work of wood art, Lemonade Mason Jar Door Hanger. Bring a snack to share.

Lemonade will be provided. Space is limited.

Members \$10 / Guests \$15

Fri, Jun 7, 1-3 pm [register here](#)



Members happily learning the art of pencil drawing at LSC.



Members sharing their love of watercolor painting at WSC.

Open Drawing at WSC

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

Members \$30 / Guests \$40 per series

Tues, Jun 4-25, 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, May 17, 10-11 am [register here](#)

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

Waring Senior Center

Thur, May 16, 1:30-2:30 pm [register here](#)

Thur, Jun 20, 1:30-2:30 pm [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 7-28, 1-3 pm [register here](#)

Waring Senior Center

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

Weekend Watercolor at WSC

Multi-level watercolor enthusiasts gather to enhance skills through self-practice and sharing of work. Bring your own supplies.

Free, Members Only.

Saturdays, 10:30am-12:30pm

Creative Arts & Music

Advanced Quilters Group at WSC

This is a group for experienced and advanced quilters who work independently. Class size is limited to 10 people. Must preregister.

Fri, May 3 & 17, 9am-12 pm [register here](#)

Fri, Jun 7 & 21, 9am-12 pm [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

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

Wed, Jun 5, 2-3:30 pm [register here](#)

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, May 7, 21 and June 4 & 18, 1-4 pm

Zentangle Classes

All class supplies are included.

Members \$15 / Guests \$25 per class

Introduction to Zentangle

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

Lowcountry Senior Center

Wed, May 15, 10 am-12 pm [register here](#)

Waring Senior Center

Fri, May 17, 12:30-2:30 pm [register here](#)

Zentangle Inspired - Simple Landscapes

Explore easy flower and leaf designs to create a simple, whimsical landscape. Participants are encouraged to have attended at least one Zentangle program; however it is not a requirement.

Lowcountry Senior Center

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

Waring Senior Center

Fri, Jun 21, 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, May 11, 10 am-12 pm

Sat, Jun 8 & 22, 10 am-12 pm

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

Thursdays in May, 1:30-2:45 pm

No practice in June, July or August

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 had some experience playing the recorder. Led by Jean Williams and Betty Clayton. Members Only. Free

Mon, 12:30-1:30 pm

Group Beginner Piano

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

Lowcountry Senior Center

Tue, May 7, Mon, May 13--Jun 24, 10-11:30 am

(6 sessions) *No class May 27 & Jun 3

Members \$35 / Guests \$75 per series [register here](#)

Waring Senior Center

Wed, May 1-Jun 26, 9:30-11 am

(8 sessions) *No class on Jun 5

Members \$45 / Guests \$95 per series [register here](#)

Group Intermediate Piano

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

Lowcountry Senior Center

Tue, May 7, Mon, May 13--Jun 24, 12-1:30 pm

(6 sessions) *No class May 27 & Jun 3) *No

class May 27 & Jun 3

Members \$40 / Guests \$90 per series [register here](#)

Waring Senior Center

Wed, May 1-Jun 26, 11am-12:30pm

(8 sessions)*No class Jun 5

Members \$45 / Guests \$95 per series [register here](#)



LSC Chorus members and leader Paula Carl are full of smiles after a wonderful Spring Concert at WSC.

Dance

Dance Conditioning

A great upbeat dance workout that includes cardio, stretching and conditioning. No class May 3 at LSC and on May 31st at both centers. Members \$15 / Guests \$25 per month.

Lowcountry Senior Center

Fri, May 10-24, 9-10 am [register here](#)

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

Waring Senior Center

Fri, May 3-24, 12-1 pm [register here](#)

Fri, Jun 7-28, 12-1 pm [register here](#)

Line Dancing - Beginner

Lowcountry Senior Center

Members \$20 / Guests \$30 per month

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

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

Waring Senior Center

Members \$20 / Guests \$30 per month

Wed, May 8-29, 3-4 pm [register here](#)

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

Line Dancing - Intermediate at LSC

Members \$20 / Guests \$30 per month

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

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



LSC Dance Conditioning. See top of page for more info.

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, Jun 19, 4:30-6:30 pm [register here](#)

Shag - Level 1 at WSC

For the Beginner! No partner required.

Register by Tues, Apr 30.

Members \$25 / Guests \$35 per series

Mon, May 13-Jun 10, 6-7 pm [register here](#)

No class 5/27

Shag - Level 2/3 at WSC

For those dancers who have mastered all the basic steps and are ready to take their dancing to the next level. Register by Tues,

Apr 30.

Members \$25 / Guests \$35 per series

Mon, May 13-Jun 10, 5-6 pm [register here](#)

No class 5/27



Members having fun dancing at WSC.

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

10:10-10:55 am
Drums Alive
May \$10/\$20
Jun \$10/\$20

● **11 am-12 pm**
Sit and Fit
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

4-5 pm
Gentle Yoga
May \$15/\$25
Jun \$20/\$30

Tuesday

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

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

11 am-12 pm
Qigong
May \$5/\$20
Jun \$5/\$20

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

2:30-3:20 pm
Line Dancing Beg
May \$20/\$30
Jun \$20/\$30

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

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

Wednesday

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

10:10-10:50 am
Balance & Mobility
May Free/\$20
Jun Free/\$20

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

12:10-12:30 pm
Hula Hooping
May 15 Free/\$2
Jun 19 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
May \$25/\$35
Jun \$20/\$30

Thursday

8-8:50 am
Get Up & Flow
May \$25/\$35
Jun \$20/\$30

9-9:45 am
Tai Chi
May \$25/\$35
Jun \$15/\$25

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

11 am-12 pm
Strength & Balance
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
Dance Conditioning
May \$15/\$25
Jun \$15/\$25

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

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

Saturday

9:30-10:30 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 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 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 & Firm
Free/\$2 per class

10-10:45 am
Intro to Synergy
Gold/Sliver Members Only
May \$15
Jun \$15

11am-12pm
Chair Zumba
May \$15/\$25
Jun \$20/\$30

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

1-1:45 pm
Monday Synergy PM
Gold/Sliver Members Only
May \$15
Jun \$20

1:30-2:30 pm
Yoga for Back Health
May \$15/\$25
Jun \$20/\$30

5:30-6:30 pm
Evening Flow Yoga
May \$15/\$25
Jun \$20/\$30

Tuesday

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

10-10:45 am
Tai Chi
May \$20/\$30
Jun \$15/\$25

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

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

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

2 - 3 pm
Strength Training with Bands
May \$10/\$20
Jun \$10/\$20

Wednesday

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

10-10:45am
Wed/Fri Synergy AM
Gold/Silver Members Only
May \$50
Jun \$40

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

1-1:45 pm
Wed/Fri Synergy PM
Gold/Silver Members Only
May \$50
Jun \$40

2-3 pm
Zumba Gold
May \$25/\$35
Jun \$20/\$30

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

● **4-5 pm**
Cardio & Weights
Free/\$2 per class

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 \$20/\$30

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

1:30-2:15 pm
Core & Stretch
May \$15/\$25
Jun \$15/\$25

2:15-2:30
Foam Rolling
Free/\$2 per class

Friday

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

10-10:45am
Wed/Fri Synergy AM
Gold/Sliver Members Only
May \$50
Jun \$40

11-11:45 am
Balance & Mobility
May Free/\$20
Jun Free/\$20

12-1 pm
Dance Conditioning
May \$15/\$25
Jun \$15/\$25

1-1:45 pm
Wed/Fri Synergy PM
Gold/Sliver Members Only
May \$50
Jun \$40

2-3 pm
Pilates 360
May \$25/\$35
Jun \$20/\$30

Saturday

10-11:30 am
Chair Volleyball
Members Only
Free

Calendar Key

● 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

Waring Senior Center

Call or email Ron White, Certified Personal Trainer, to schedule an appointment. (843) 402-1652 or 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, May 6-20, 10-10:45 am, \$15 [register here](#)

Mon, Jun 3-17, 10-10:45 am, \$15 [register here](#)

Synergy at WSC

Small group circuit training. Space is limited. Gold & Silver WSC members only.

May

1-1:45 Mon, May 6-20, \$15 [register here](#)

10-10:45 Wed/Fri, May 1-31, \$50 [register here](#)

1-1:45 Wed/Fri, May 1-31, \$50 [register here](#)

June

1-1:45 Mon, Jun 3-24, \$20 [register here](#)

10-10:45 Wed/Fri, Jun 5-28, \$40 [register here](#)

1-1:45 Wed/Fri, Jun 5-28, \$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.

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

Fitness Class Descriptions

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.

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 May 14 and is non-refundable.

Members \$239 / Guests \$269

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

Call the center to register or stop by front desk.



Members enjoying great weather and social time at Bowens Island Restaurant.

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 May and June

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, May 22, 10:30 am register by 5/7

Fri, Jun 21, 10:30 am register by 6/6

Social - Out & About

Dining Out

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

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

Maria's Mexican Grill, 2817 Maybank Hwy

Tues, May 28, 5 pm [register by 5/28](#)

Southside 17, 3632 Savannah Hwy

Tues, Jun 11, 5 pm [register by 6/4](#)

Lowdown Oven and Bar, 967 Folly Rd

Tues, Jun 25, 5 pm [register by 6/18](#)

Ms. Rose's Fine Food & Cocktails, 1090 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, May 2, 4 pm [register by 4/30](#)

Florence's Lowcountry Kitchen, 1271 Folly Rd

Thur, May 16, 4 pm [register by 5/9](#)

Ireland's Own, 3025 Ashley Town Center Dr

Thur, Jun 6, 4 pm [register by 5/30](#)

Azul Mexicano, 1989 Maybank Hwy

Thur, June 20, 4 pm [register by 6/13](#)

Ruby Tuesday, 1953 Savannah Hwy



Members enjoying dinner out at the Rustic Table.

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

Mon, May 20, 9 am [register by 5/14](#)

Wed, Jun 12, 9 am [register by 6/6](#)

Lunch Bunch

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

Fri, May 3, 11:30 am [register by 4/30](#)

Baguette Magic, 792 Folly Rd, Ste A

Fri, Jun 7, 11:30 am [register by 5/31](#)

Melvin's BBQ, 583 Folly Rd

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

Featuring Italy

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

Featuring USA Wine

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. Lessons begin promptly at Class size limited to 8. One repeat allowed. Members \$5/ Guests \$10 per lesson

Tues, Jun 4, 7:45-9 am [register here](#)

Tues, Jun 11, 7:45-9 am [register here](#)

Tues, Jun 18, 7:45-9 am [register here](#)

Tues, Jun 25, 7:45-9 am [register here](#)



2024 Festive and Fun St. Patty's Day Group Play.



A busy day of play on the courts at WSC.

Open Play at Waring

MAY & JUNE

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

Tues, 9 - 11 am

Sat, 8:30-10:30 am

No Open Play on Thur, May 9th.

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



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

Visit TEAMREACH.COM and download the Team Reach App. Use the group code **WARING** to see what's happening at the center.

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

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

Center Information



Lowcountry Senior Center

865 Riverland Drive
Charleston, SC 29412
Phone: (843) 990-5555
lowcountryseniorcenter.com

Hours of Operation

Mondays–Thursdays, 7:30 am–7 pm
Fridays, 7:30 am–4 pm
Saturdays, 8 am–1 pm



Waring Senior Center

2001 Henry Tecklenburg Drive
Charleston, SC 29414
Phone: (843) 402-1990
waringseniorcenter.com

Hours of Operation

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

Closed Fri, May 25, Sat, May 26 & Mon May 27 for Memorial Day Weekend

Membership

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

Basic Membership: \$70 per year

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

- Gold membership includes the Basic membership plus access to the gym.
- Both centers participate with Silver Sneakers, 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 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) May 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
		May 1 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 4/29 at 11 am</i>	May 2	May 3 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 5/1 at 11 am</i>
May 6	May 7 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 5/5 at 11 am</i>	May 8 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 5/6 at 11 am</i>	May 9	May 10 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 5/8 at 11 am</i>
May 13	May 14 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 5/12 at 11 am</i>	May 15 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 5/13 at 11 am</i>	May 16	May 17 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 5/15 at 11 am</i>
May 20	May 21 Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 5/19 at 11 am</i>	May 22 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 5/20 at 11 am</i>	May 23	May 24 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 5/22 at 11 am</i>
May 27 Center Closed for Memorial Day	May 28 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 5/26 at 11 am</i>	May 29 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 5/27 at 11 am</i>	May 30	May 31 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 5/29 at 11 am</i>

Waring Senior Center Café: Hot Lunch Menu (No Curbside Pick-up)

- A hot lunch is served three days per week 11 am – 2 pm inside the café and must be ordered in advance.
- Curbside pick-up has been discontinued. Take-out is available.
- Meals are \$7 each or \$2 for those in the discount program. The discount program is currently full. No refunds after deadlines or for no-shows.
- Sandwiches, salads, and other pick-up items are also available without an advance order. Café is open 8 am – 3 pm for pick-up items.
- Orders and payments must be received by 11 am two days prior with exceptions for holidays. Please note the deadlines printed in the calendar.
- Place an order online at www.waringseiorcenter.com in “Classes & Events” or call 843-402-1990.

Waring Café Hot Lunch Menu (No Curbside) June 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
June 3	June 4 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 6/2 at 11 am</i>	June 5 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 6/3 at 11 am</i>	June 6	June 7 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 6/5 at 11 am</i>
June 10	June 11 Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 6/9 at 11 am</i>	June 12 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 6/10 at 11 am</i>	June 13	June 14 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 6/12 at 11 am</i>
June 17	June 18 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 6/16 at 11 am</i>	June 19 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 6/17 at 11 am</i>	June 20	June 21 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 6/19 at 11 am</i>
June 24	June 25 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 6/23 at 11 am</i>	June 26 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 6/24 at 11 am</i>	June 27	June 28 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 6/26 at 11 am</i>

Waring Senior Center Café: Hot Lunch Menu (No Curbside Pick-up)

- A hot lunch is served three days per week 11 am – 2 pm inside the café and must be ordered in advance.
- Curbside pick-up has been discontinued. Take-out is available.
- Meals are \$7 each or \$2 for those in the discount program. The discount program is currently full. No refunds after deadlines or for no-shows.
- Sandwiches, salads, and other pick-up items are also available without an advance order. Café is open 8 am – 3 pm for pick-up items.
- Orders and payments must be received by 11 am two days prior with exceptions for holidays. Please note the deadlines printed in the calendar.
- Place an order online at www.waringseiniorcenter.com in “Classes & Events” or call 843-402-1990.