

November/December Programs

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Can you believe this is our last newsletter for 2023?! What a fantastic year it has been! Memberships are soaring to pre-pandemic levels and classes are bursting at the seams.

As we plan for 2024, we need your input! Please look for our membership survey coming in early November. We will email a link to complete the survey online with paper versions available at the centers.

Input from our members is vital to our success. The survey contains questions about our facilities, staff, volunteers, programs and much more. Plus, there are questions measuring the impact that senior center participation has on the lives of our members.

The membership survey is the first step in our strategic planning process which begins in 2024. The survey results will be shared with the membership, our partners, and community.

Other ways to provide feedback throughout the year include program evaluations offered in classes, "Tell Us What You Want" survey offered when joining or renewing membership, and the "Pulse" survey at our front desks which is like a suggestion box.

Of course, the year is not over yet! Look inside for what's coming in November and December.

Wishing everyone a safe holiday season!

Elizabeth Bernat, MHA, Director



Members having fun while exercising in Fit & Firm class at LSC.



Seniors and Law Enforcement (SALT) City of Charleston Police Officers visiting Cardio & Weights Class at WSC.

Holiday Schedule

Nov 22: Centers close at 12 pm

Nov 23-26: Closed

Dec 15: Centers close at 12 pm

Dec 18-21: Lowcountry closes at 5 pm

Dec 23-27: Closed

Dec 28: Centers open 9 am-5 pm

Dec 29: Centers open 9 am-4 pm

Dec 30-Jan 1: Closed

Around the Centers

Bake Sale Fundraiser

Cookies, cakes, pies, loaves, muffins, brownies, cupcakes, and more! Your skills are needed for the senior centers' bake sales on November 15 & 16. We are asking for baked items to be labeled, packaged, and ready to sell. There will be a bake sale at each senior center with proceeds remaining with the respective centers. Please sign up in advance at centers' front desks or by registering online by Nov 10. You can drop off your ready-to-sell baked goods on Tues, Nov 14 at your center. [Sign up here for Lowcountry's Bake Sale.](#)

[Sign up here for Waring's Bake Sale.](#)

Wed, Nov 15, 10 am-2 pm

Thur, Nov 16, 10 am-2 pm

Cards for Heroes

Tables will be set up in the lobby inviting everyone to write meaningful messages on provided cards to be delivered to active duty service members over the holidays.

Lowcountry Senior Center

Mon, Nov 6-Fri, Nov 10

Waring Senior Center

Mon, Nov 6-Fri, Nov 10

Garage 75 Spirit Night



Help support Lowcountry Senior Center by ordering from Garage 75 on James Island. A portion of sales during the hours of 5-10 pm go to the center. Dine In or Carry Out. (843) 225-4030

Tues, Nov 7, 5-10 pm

Garage 75, 1175 Folly Rd

Holiday Celebration

Get in the spirit with an afternoon of festive carols. Enjoy a holiday concert featuring the Senior Center Chorus. Please bring your favorite table-ready holiday dessert to share! Members Free / Guests \$5 per event

Lowcountry Senior Center

Thur, Dec 14, 2 pm [register here](#)

Waring Senior Center

Sponsored by Benton House

Mon, Dec 18, 11 am [register here](#)

Holiday Concert Presented by Olde Pipes Consort

Enjoy holiday treats and the festive sounds of the season, from traditional to contemporary. Members Free / Guests \$5 per event

Lowcountry Senior Center

Mon, Dec 4, 2 pm [register here](#)

Waring Senior Center

Mon, Dec 11, 1:30 pm [register here](#)

Veterans Day Celebration

The Senior Center Chorus pays tribute to Veterans who have served in all branches of the military with a patriotic program that will have your toes tapping and you singing along. Light refreshments follow the performance. Open to the community.

Members Free / Guests \$5 per event

Lowcountry Senior Center

Sponsored by Aetna **Thur, Nov 9, 2 pm** [register here](#)

Thur, Nov 9, 2 pm [register here](#)

Waring Senior Center

Sponsored by United Healthcare

Mon, Nov 6, 11 am [register here](#)

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

Lifelong Learning

Charleston Water System

Learn where your water comes from, how it's treated and delivered to your home, where your sewage goes, and get all of your Charleston Water System questions answered.

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Waring Senior Center

Mon, Nov 13, 1-2 pm [register here](#)

Class & Meal Online Registration Assistance at WSC

Have you had trouble registering for a specific class or meal. Drop by the library any Wednesday between 11 am-1 pm and there will be someone available to help you navigate the Senior Center website and learn how to easily register for things, so you can take what you learn and do it at home.

Members Only. Free

Wednesdays, 11 am-1 pm

German American Heritage at LSC

Learn some tips and resources for finding your German and German American ancestry. Presented by Baxter-Patrick James Island librarian Faith Walker.

Members Free/ Guests \$5

Tues, Dec 5, 11 am-12 pm [register here](#)

History of Bees in America at LSC

Join Dr. Nancy Simpson who has been keeping bees for 12 years. As a retired professor, practicing clinical psychologist, Middleton Place textile craft interpreter and dairy goat farmer, she enjoys sharing her passions. If you love honey bees, this talk is for you!

Members Free / Guests \$5

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

Madeira to Moonshine: A Drinking History of South Carolina at LSC

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

Members Free / Guests \$5

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

Online Shopping Scams

'Tis the season for holiday gifting but don't fall victim to online shopping schemes. Come hear the SC Department of Consumer Affairs, discuss the most common holiday scams, tips for shopping online, effectively using credit cards, and tools to prevent identity theft.

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Waring Senior Center

Thur, Nov 9, 1:30-2:30 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

Current Events Discussion Group

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

Members Only. Free

Lowcountry Senior Center

Thur, Nov 16 & 30, 9:30-11 am

Thur, Dec 7-28, 9:30-11 am

Waring Senior Center

Tues, Nov 7-28, 1:30-3 pm *No class Nov 14*

Tues, Dec 5-19, 1:30-3 pm

Slavery in the Lowcountry at WSC

Join Jerry Bannon, Middleton Place volunteer, and learn about the story of the enslaved, from the beginning to today. This "Triumph of the Spirit" is a lesson for us all even in today's world.

Members Free / Guests \$5

Mon, Nov 20, 1-2 pm [register here](#)

Raising Revolutionaries at WSC

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

Members Free / Guests \$5

Tues, Dec 5, 1-2 pm [register here](#)

Financial Education Series

Members Free / Guests \$5 per class

Retirement: Making Your Money Last at WSC

Brad Worsham, CFP, CRPC, Financial Advisor, discusses how to make your money last while living in retirement, and the considerations and tradeoffs when developing a withdrawal strategy.

Wed, Nov 8, 5:30-6:30 pm [register here](#)

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

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

Fri, Dec 8, 2-3 pm [register here](#)

What Happens After the Paychecks Stop? at LSC

Examine how to budget for retirement expenses, potential sources of retirement income, and potential risks such as Long-Term Care and health care costs. Presented by Abigail Capsso CRPC, Financial Advisor.

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



LSC Members enjoying the Game Day Fundraiser in September.

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

Lifelong Learning

Connecting with Crafts at WSC

Want to meet new friends and learn a new craft? Come explore how creativity can boost your mood, improve your focus and help you relax. Materials will be provided. Brought to you by SC Safe Seniors. Members Free / Guests \$5 per class

Frame What Matters, Tues, Nov 21, 2-3 pm

Please bring a 4x6 photograph that is meaningful to you. Decorate a frame for the photograph you select. [Register here](#)

2024 Vision Boards, Tues, Dec 19, 2-3 pm

Come walk through the process of creating a vision board to help you stay motivated throughout the new year. [Register here](#)

MyChart Training

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. You have a choice whether to use it on your computer or mobile device. By the end of the session, you'll have the ability to message your provider directly, review your test results, and manage your appointments. See flyer for more details.

Members and Guests Free

Lowcountry Senior Center

Fri, Nov 3, 10-11 am [register here](#)

Tues, Dec 12, 1-2 pm [register here](#)

Waring Senior Center

Wed, Nov 29, 2-3 pm [register here](#)

Mon, Dec 4, 10:30-11:30 am [register here](#)

James Island History Series at Lowcountry Senior Center

Presented by Mike Corbo, Baxter-Patrick James Island Library

McLeod Plantation History

No site on James Island has been a better representation of James Island's history than McLeod Plantation. Come hear the story and culture of this historic site.

Members Free / Guests \$5

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

SALT Seniors and Law Enforcement Together

Join the City of Charleston Police Department for a fun informal meeting and learn about holiday scams.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, Dec 7, 11-11:45 am [register here](#)

Waring Senior Center

Fri, Nov 3, 11-11:45 am [register here](#)



WSC Members celebrating their first day of college in August.

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

Lifelong Learning

AARP Smart Driver Course at WSC

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

Fri, Dec 8, 9 am-1 pm

Call (843) 402-1990 to register.

Ancestry Help

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

Thur, Nov 16, 10-11 am [register here](#)

Book Club

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Brave New World by Aldous Huxley

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

Reader's Choice

Waring Senior Center

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

The Collected Regrets of Clover by Mikki Brammer

Thur, Dec 14, 1-2 pm [register here](#)

Mad Honey by Jodi Picoult

Coffee Talk French at LSC

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

Members Only. Free

Mon, 10-11 am

Conversational Spanish

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

Lowcountry Senior Center

Wed, 10:15-11:15 am

Waring Senior Center

Fri, 10-11:30 am

German Conversation at LSC

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

Thur, 1:15-2:15 pm

Great Decisions

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. *Nov topic: Climate Migration*

Members Free / Guests \$5 per class

Lowcountry Senior Center

Wed, Nov 8, 1:30-3 pm [register here](#)

Waring Senior Center

Tues, Nov 14, 1:30-3 pm [register here](#)

Lowcountry Investment Club at LSC

Club members are members of LSC or WSC and have an equity share in the club's portfolio of stocks selected by the group. Members invest \$50 monthly.

Members Only. Free

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

Wed, Dec 6, 4:15-5:45 pm [register here](#)

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

Health & Wellness

Ask a Professional - Alzheimer's

Join Sara Perry, Certified Dementia Practitioner and Executive Director of Respite Care Charleston, to learn more about memory loss and what resources are available to help. Members Only. Free.

Lowcountry Senior Center

Thur, Nov 2, 3-4 pm [register here](#)

Waring Senior Center

Fri, Nov 3, 10-11 am [register here](#)

How to Outsmart Sugar Workshop

Do you love sugar but want to love it a little less? Learn the impact sugar has on your body, how to beat the crave-crash cycle, unexpected places that sugar hides plus healthy breakfast ideas to help you start your day out on the right track!

Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Nov 10, 12:30-1:30 pm [register here](#)

Waring Senior Center

Wed, Nov 15, 2-3 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, 12-1:30 pm



Joy of Meditation

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

Members Free / Guests \$20 per month

Lowcountry Senior Center

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

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

Waring Senior Center

Mon, Nov 6-27, 10:15-11:15 am [register here](#)

Mon, Dec 4-18, 10:15-11:15 am [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.

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

Mon, Nov 13 and Mon, Dec 11

Call (843) 990-5555 to schedule.

Understanding and Responding to Dementia-Related Behavior

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs and how to intervene effectively. Presented by Alzheimer's Association - SC Chapter.

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

Waring Senior Center

Mon, Nov 6, 11 am-12 pm [register here](#)

Health & Wellness

Blood Drive

Donating blood saves local lives! The Blood Connection is the primary blood supplier to Roper St. Francis Healthcare.

Lowcountry Senior Center

Thur, Dec 7, 8 am-12 pm [register here](#)

Waring Senior Center

Wed, Dec 6, 9:30 am-1 pm [register here](#)

Medicare Q&A

Sign-up at the front desk for a 30-minute appointment with a trained unbiased SHIP (State Health Insurance Plan) volunteer and get your Medicare questions answered.

Members and Guests Free

Lowcountry Senior Center

Fri, Nov 10 & Dec 1, 10-11 am

Waring Senior Center

Tues, Nov 14 & Dec 5, 10-11 am

Medicare Update

Do you find Medicare open-enrollment confusing? Join Angela Edwards, Trident Area on Aging, and learn what's new this year and what resources are available to help you enroll. Members and Guests Free

Lowcountry Senior Center

Tues, Nov 7, 1-2 pm [register here](#)

Waring Senior Center

Thurs, Nov 2, 1:30-2:30 pm [register here](#)

Medication Take Back Day at LSC

Stop by to drop off old or unused prescriptions.

Thur. Nov 16. 10 am-1 pm



Tech Neck Exercises

For many of us, our smartphones are an essential part of our lives. We use them to stay connected to family and friends and get information in a matter of seconds. But, with all our tech device touchpoints each day, there's a painful side effect called "tech neck." Sarah Coleman, PT, DPT, ATI Physical Therapy talks about the condition and physical therapy exercises to help you get rid of tech neck pain.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Dec 8, 12:30-1:30 pm [register here](#)

Waring Senior Center

Mon, Dec 4, 1:30-2:30 pm [register here](#)

Veterans and Dementia: What You Need to Know at LSC

Not only are Veterans at an increased risk of developing Alzheimer's and other dementias, they frequently have other health challenges that complicate their care. Dr. Jacobo Mintzer and Dr. Jessica Broadway discuss dementia basics, risk factors, how to address memory concerns, and available treatment options.

Veterans and their loved ones also learn about the various resources at the VA and elsewhere in the community (even if not a VA patient), as well as the current Alzheimer's and dementia research opportunities available at the VA to both Veterans and non-Veterans. Open to the community.

Members and Guests Free

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

Health & Wellness

Blood Pressure Screenings

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

Members and Guests Free

Lowcountry Senior Center

Wed, Nov 8, 9:30 am-12:30 pm

Waring Senior Center

Tues, Nov 14, 9:30 am -12:30 pm

In Our DNA SC

In Our DNA SC aims to enroll 100,000 participants in genetic testing at no cost to you. This project looks at how your DNA affects your health. Make your 15-minute appointment to learn more and have your saliva sample collected at the center!

Members and Guests Free

Lowcountry Senior Center

Wed, Dec 13, 10 am-1 pm

To register, call (843) 990-5555.

Waring Senior Center

Tues, Dec 12, 10 am-1 pm

To register, call (843) 402-1990.

Memory Screenings

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

Members Only. Free

Lowcountry Senior Center

Wed, Nov 15, 9:30 am-2 pm

To register, call (843) 990-5555.

Waring Senior Center

Wed, Dec 6, 9:30 am-2 pm

To register, call (843) 402-1990.

Flu Shot Walk-In Clinics

Walk in and get your flu vaccine from a Publix pharmacist. Regular dose and high dose flu vaccines available. COVID-19 booster, Shingles, Pneumonia, RSV and Tdap vaccines available. Medicare is accepted. Please bring your insurance card with you. Open to members and the community.

Lowcountry Senior Center

Fri, Nov 3, 12-2 pm

Waring Senior Center

Mon, Nov 6, 1-3 pm

The Power of Gratitude at LSC

Gratitude is good for our bodies, our minds and our relationships. Need some motivation for practicing gratitude this holiday season? Listen to Cerantha Corley, senior center member, share some wisdom on the value of gratitude in her own life and others too. She also brings her Native American Flute to play some music. Members Free / Guests \$5

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

Wellness Screenings & Prevention at LSC

An ounce of prevention can reduce your risk of chronic diseases and cancer. Learn about the newest recommendations for wellness screenings and prevention. Presented by Roper St. Francis Healthcare.

Members Free / Guests \$5

Tues, Nov 7, 11 am-12 pm [register here](#)

Support

Alzheimer's Caregiver Support Group at WSC

Presented in partnership with Respite Care Charleston, this support group offers caregivers a safe and confidential place to share, learn, and prepare for the journey ahead. Members and Guests Free

Sat, Nov 11, 10-11:30 am

Sat, Dec 9, 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, Nov 2 & Dec 7, 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, Jan 24, 2024, 3-4 pm [register here](#)

Taking Off Pounds Sensibly (TOPS) at WSC

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

Open to members and guests.

Tues, 10 am.

Creative Arts & Music

Holiday Cookie Decorating Class

Come start a new family tradition with us! Over the course of two hours, you will decorate six cookies with the help of professional instruction. Members may bring one grandchild between the ages of 5-13 for free. Additional children are \$25 a piece. All supplies included and you will leave with printed instructions, tips and tricks of the trade, as well as a beautiful set of cookies.

Members \$50 / Guests \$60 per class

Lowcountry Senior Center

Fri, Dec 1, 1-3 pm [register by 11/28](#)

Waring Senior Center

Sat, Dec 2, 10 am-12 pm [register by 11/29](#)



This is an example of the cookies for the Holiday Cookie Decorating Class.

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

Creative Arts & Music

Advanced Pencil Drawing at LSC

Build on the basics, continue learning different techniques for drawing, taught and demonstrated by the instructor. Supply list at the front desk. Online registration opens Fri, Oct 27.

Members \$45 / Guests \$55 per series

Wed, Nov 8-Dec 13, 1-3 pm *No class Nov 22*
[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 *No class Dec 15*

Waring Senior Center

Mon, 10 am-12 pm

Wed, 10 am-12 pm (December only)

Beginner Pencil Drawing at LSC

Learn the basics in drawing with techniques taught and demonstrated by the instructor. Supply list at the front desk. Online registration opens Fri, Oct 27.

Members \$45 / Guests \$55 per series

Mon, Nov 6-Dec 11, 3:15-5:15 pm

No class Nov 20 [register here](#)

Introduction to Drawing at WSC

This four-week course introduces the basic principles of drawing and encompasses techniques in sketching, shading, blending and cross hatching. Supply list will be given out at first class.

Members \$30 / Guests \$40 per series

Tues, Nov 7-28, 10 am-12 pm [register here](#)

Knitting & Threads

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

Members Only. Free

Lowcountry Senior Center

Thur, 10 am-12 pm

Waring Senior Center

Tues, 11 am-12 pm

Murderous Yarns at LSC

Knit, crochet, sew and listen to true crime podcasts about historical mysteries in the South while we work. This is not strictly a needlecraft event. Adult coloring pages, pencils and puzzles are available. Bring a project if you have one or just come for the crime.

Members Free / Guests \$5 per class

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

Wed, Dec 6, 2-3:30 pm [register here](#)

Quilters Group at WSC

This is a time for socializing and helping each other with projects as needed. In November Quilters will be working on baby and lap quilts for the families at Florence Crittenton Home. Donations accepted. Deadline is Tues, Nov 28th. Members Only. Free

Tues, Nov 14, 28, 1-4 pm

Tues, Dec 12, 1-4 pm

Sew Much Fun at WSC

Do you have sewing projects you need encouragement and help to complete? If yes, join us and bring your sewing machine and materials. Members Only. Free

Tues, Nov 7 & Dec 5, 1-4 pm

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

Creative Arts & Music

Art & Architecture at WSC

Come learn about the Classical Greek and Roman art eras and see how those time periods have influenced Charleston's Architecture. Members Free / Guests \$5

Thurs, Nov 16, 11-12 pm [register here](#)

Fun with Flowers

Flowers can help relieve stress. Learn how they can give you a sense of calm and wellbeing. Bring a small vase (no taller than 6 inches) and a pair of shears/scissors from home. Flowers included. Brought to you in partnership by SC Safe Seniors and Sweetleaf Floral.

Members \$10 / Guests \$20 per class

Lowcountry Senior Center

Mon, Nov 20, 1-2 pm [register here](#)

Waring Senior Center

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

Photography Club at LSC

The club compares photos and watches a photography lecture each meeting. All levels welcome.

Members Free / Guests \$5 per class

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

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

Writing Circle at LSC

A fun and relaxing writing group led by members to support writing at all levels.

Members Free / Guests \$5 per class

Wed, Nov 15, 3-5 pm [register here](#)

Wed, Dec 20, 3-5 pm [register here](#)



LSC Members learning the basics in Beginner Pencil Drawing class.

Zentangle Inspired Classes

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

Members \$20 / Guests \$30 per class

Frames Simple and Embellished

Learn how to use basic artistic enhancements to create more interest in framing a picture or saying without overwhelming the subject.

Lowcountry Senior Center

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

Waring Senior Center

Fri, Nov 10, 12:30-2:30 pm [register here](#)

Snowflake Mandala

Remember when you used to cut out paper snowflakes when you were a child? Learn a new way to create circle art and possibly find a new enjoyable way to a meditative practice.

Lowcountry Senior Center

Wed, Dec 6, 10 am-12 pm [register here](#)

Waring Senior Center

Fri, Dec 8, 12:30-2:30 pm [register here](#)

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

Creative Arts & Music

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 No class Dec 19

Waring Senior Center

Sat, Nov 4, 10 am-12 pm

Sat, Dec 9, 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

Thur, 1:30-2:45 pm

Sat, Nov 4 & 18, 9:30-10:45 am

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



WSC Member showing illustrations done during Art Hub.

Group Beginner Piano

Learn how to play the basics of piano including note reading, rhythm, chords, and technique. No experience necessary. Online registration opens Fri, Oct 27.

Members \$40 / Guests \$80 per series

Lowcountry Senior Center

Mon, Nov 6-Dec 18, 10-11:30 am

No class Nov 20 [register here](#)

Waring Senior Center

Wed, Nov 8-Dec 20, 9:30-11 am

No class Nov 22 [register here](#)

Group Intermediate Piano

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

Online registration opens Fri, Oct 27.

Members \$40 / Guests \$80 per series

Lowcountry Senior Center

Mon, Nov 6-Dec 18, 12-1:30 pm

No class Nov 20 [register here](#)

Waring Senior Center

Wed, Nov 8-Dec 20, 11 am-12:30 pm

No class Nov 22 [register here](#)

Watercolors

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

Members \$20 / Guests \$30 per series

Lowcountry Senior Center

Tues, Nov 7-28, 1-3 pm [register here](#)

Waring Senior Center

Wed, Nov 1-29, 10 am-12 pm

No class Nov 22 [register here](#)

Fitness at Lowcountry November & December

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

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

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

2:15-3 pm
Core & Stretch
Nov \$15/\$25
Dec \$15/\$25

4-5 pm
Gentle Yoga
Nov \$20/\$30
Dec \$15/\$25

Tuesday

8:30-9:30 am
Interval Training
Nov \$10/\$20
Dec \$10/\$20

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

10-10:45 am
Chair Yoga
Nov Free/\$20
Dec Free/\$20

11 am-12 pm
Qigong
Nov \$5/\$20
Dec \$5/\$20

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

12:15-1 pm
Zumba Gold
Nov \$25/\$35
Dec \$25/\$35

2:30-3:20 pm
Line Dancing Beg
Nov \$20/\$30
Dec \$15/\$25

3:25-4:15 pm
Line Dancing Int
Nov \$20/\$30
Dec \$15/\$25

4:30-5:30 pm
Strength & Stretch
Nov \$20/\$30
Dec \$10/\$20

Wednesday

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

10:10-10:50 am
Balance & Mobility
Nov Free/\$20
Dec Free/\$20

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

12:10-12:30 pm
Hula Hooping
Nov 15 Free/\$2
Dec 20 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
Nov \$20/\$30
Dec \$10/\$20

Thursday

8-8:50 am
Get Up & Flow
Nov \$20/\$30
Dec \$15/\$25

9-9:45 am
Tai Chi
Nov \$20/\$30
Dec \$10/\$20

10-10:45 am
Chair Yoga
Nov Free/\$20
Dec Free/\$20

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

11 am-12 pm
Strength & Balance
Free/\$2 per class

12:15-1 pm
Zumba Gold
Nov \$25/\$35
Dec \$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
Nov \$10/\$20
Dec \$10/\$20

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

12:30-1:30 pm
Yoga Fridays
Nov \$15/\$25
Dec \$20/\$30

Saturday

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

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

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

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

Calendar Key

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

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

Fitness at Waring November & December

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
Nov \$15
Dec \$15

11 am-12 pm
Chair Zumba
Nov \$20/\$30
Dec \$15/\$25

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

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

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

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

Tuesday

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

10-10:45 am
Tai Chi
Nov \$20/\$30
Dec \$10/\$20

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

11:30 am-12:30 pm
Gentle Yoga
Nov \$20/\$30
Dec \$15/\$25

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

Wednesday

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

10-10:45am
Wed/Fri Synergy AM
Gold/Sliver Members Only
Nov \$35
Dec \$35

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

11:30am-12:30pm
Chair Yoga
Nov Free/\$20
Dec Free/\$20

1-1:45 pm
Wed/Fri Synergy PM
Gold/Sliver Members Only
Nov \$35
Dec \$30

2-3 pm
Zumba Gold
Nov \$20/\$30
Dec \$15/\$25

3-4 pm
Line Dancing
Nov \$20/\$30
Dec \$15/\$25

5:30-6:30 pm
Yoga After 5
Nov \$20/\$30
Dec \$15/\$25

Thursday

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

10-11 am
Gentle Yoga
Nov \$20/\$30
Dec \$20/\$30

10-10:45 am
Drums Alive
Nov \$10/\$20
Dec \$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
Nov \$15/\$25
Dec \$15/\$25

Friday

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

10-10:45am
Wed/Fri Synergy AM
Gold/Sliver Members Only
Nov \$35
Dec \$35

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

11-11:45 am
Balance & Mobility
Nov Free/\$20
Dec Free/\$20

1-1:45 pm
Wed/Fri Synergy PM
Gold/Sliver Members Only
Nov \$35
Dec \$30

Saturday

10-11:30 am
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 & Personal Training

Candlelight Stretch at LSC

This floor based class surrounded by candlelight warms up the body just enough to hold deep stretches for longer periods of time while letting your body rest in a comforting position. Bolsters and blocks provided. Bring your own mat.

Members \$5 / Guests \$10

Tues, Nov 7, 5:45-6:45 pm [register here](#)

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, Nov 6-20, 10-10:45 am, \$15 [register here](#)

Mon, Dec 4-18, 10-10:45 am, \$15 [register here](#)

Synergy at WSC

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

November

1-1:45 Mon, Nov 6-27, \$20 [register here](#)

10-10:45 Wed/Fri, Nov 1 - 29, \$35 [register here](#)

1-1:45 Wed/Fri, Nov 1 - 29, \$35 [register here](#)

**No classes 11/22 & 11/24*

December

1-1:45 Mon, Dec 4-18, \$15 [register here](#)

10-10:45 Wed/Fri, Dec 1-22, \$35 [register here](#)

1-1:45 Wed/Fri, Dec 1-22, \$30 [register here](#)

**No class on 12/15 at 1 pm*

Personal Training

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

Lowcountry Senior Center

Call, text or email Laura Kier, Certified Personal Trainer, to schedule an appointment.

(843) 310-0948 or Laura4Life@gmail.com

Waring Senior Center

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

(843) 402-1652 or kendall.white@rsfh.com



Members getting a full body stretch in Tai Chi class at WSC.



Members enjoying some cardio during Fit and Firm class at LSC.

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 and mobility. 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.

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.

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. This class offers a well-rounded balance for strength and flexibility. Bring your own mat.

Hula Hooping

Hula hooping is fun and 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.

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.

Tai Chi

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

Yoga After 5

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

Yoga for Back Health

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

Yoga - Evening Flow

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

Zumba Gold

A modified Zumba class at a lower intensity.

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

Games at the Centers

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

Lowcountry Senior Center

Advanced Pinochle

Mon & Wed, 10 am-12 pm

Bridge For Fun (All Levels)

Sat, 9:30 am-12:30 pm

Bunco

The third Wed, 1-3 pm

Chess

Wed, 12-2 pm

Duplicate Bridge

Wed, 9:30 am-12:30 pm

Hand, Knee & Foot

Thur, 12:30-3 pm

Mah Jongg

Tues, 9:30-11:30 am

Mexican Train Dominoes

Fri, 10 am-1 pm

Waring Senior Center

Bridge For Fun (All Levels)

Mon, 12:30-3:30 pm

Canasta (Hand & Foot)

Tues, 12-3 pm & Fri, 12-3:30 pm

Cancellation Hearts

Wed, 12-3:30 pm

Dominoes

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

Intermediate Bridge

Thur, 1-4 pm

Mah Jongg

Beginner Lessons

Thur, Nov 2-30, 12-1 pm [register here](#)

*No class on Nov 23

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



Members playing Mexican Train Dominoes at LSC.



Members playing Canasta at WSC.

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

Social - Out & About

Dining Out

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

Tues, Nov 7, 5 pm [register by 11/2](#)

Garage 75, 1175 Folly Rd - Spirit Night!

Tues, Nov 14, 5 pm [register by 11/7](#)

Aji Asian Bistro, 1011 Harbor View Rd

Tues, Nov 28, 5 pm [register by 11/21](#)

TBonz Gill & Grill, 1668 Old Towne Rd

Tues, Dec 5, 5 pm [register by 11/28](#)

Low Down Oven and Bar, 967 Folly Rd

Tues, Dec 19, 5 pm [register by 12/12](#)

West Ashley Crab Shack, 1901 Ashley River Rd

Harbor Watch Bird Walking Tour

Join us for a custom guided birding program led by experienced naturalists from your Charleston County Parks. This tour requires a good amount of walking. Transportation not provided. Members \$15 / Guests \$30 per tour

Thur, Dec 14, 9-10:30 am [register by 12/5](#)

Mount Pleasant Pier

714 Harry Hallman Blvd. Mount Pleasant, SC

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, Dec 13, 1:15 pm [register by 11/29](#)

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 November and December

Pure Theater Trip - ATWATER

Pure Theater brings high school seniors and senior citizens together to share in life-changing theatrical experiences. This program cultivates community and inclusion by engaging these two groups in cross-generational conversations about the world we all live in. Participants will attend a matinee performance of ATWATER followed by a discussion about the play over lunch which is provided by Destiny's Community Cafe. Transportation not included.

Members \$50 / Guests \$60

Wed, Nov 15, 10:30 am [register by 10/27](#)

Pure Theater, 134 Cannon Street

Social - Out & About

Happy Hour

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

Thur, Nov 2, 4 pm [register by 10/30](#)

Locals Sushi & Sports Pub, 798 Folly Rd, Ste A

Thur, Nov 16, 4 pm [register by 11/13](#)

Stones Throw Tavern, 3417 Shelby Ray Ct

Wed, Dec 6, 4 pm [register by 12/1](#)

Frothy Beard, 1401 Sam Rittenberg Blvd

Wed, Dec 13, 4 pm [register by 12/10](#)

Blu Oyster, 1804 Crowne Commons Way

Ice Cream Social at LSC

Enjoy an ice cream sundae and have your questions about Medicare answered by specialists from American Benefit Services, or just come and enjoy a sweet treat!

Members Only. Free

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



Let's Do Lunch at WSC Café

Come meet other members or bring your friends to eat lunch in the café

Registration for any meal is required by 11 am, 2 days prior.

[Click here](#) and search Hot Lunch for available meals.

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

Fri, Dec 1, 10 am [register by 11/27](#)

Lunch Bunch

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

Fri, Nov 17, 12:30 pm [register by 11/14](#)

Ladles Soup, 1175A Folly Rd

Fri, Dec 1, 12:30 pm [register by 11/28](#)

Taste of Thai, 874 Orleans Rd

Fri, Dec 15, 12:30 pm [register by 12/12](#)

Three Little Birds Café, 65 Windermere Blvd

Tweets & Treats at LSC

Meet up and enjoy some birding. Participants take turns bringing breakfast treats to share.

Members Only. Free

Fri, Nov 17 & Dec 8, 8-9 am

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, Nov 16, 5-6:45 pm [register here](#)

Featuring New Zealand

Thur, Dec 14, 5-6:45 pm [register here](#)

Featuring Sparkling 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. Class size limited to 8. One repeat allowed.

Members \$5/ Guests \$10 per lesson

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

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

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

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

Tues, Dec 5, 8:45-10 am [register here](#)

Tues, Dec 12, 8:45-10 am [register here](#)

Tues, Dec 19, 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 need to be able to attend all 3 weeks due to limited space. Those who have not taken this before may sign-up for the October class. Space is limited to 8.

Warm-up and stretching at 8:45 am.

Lessons begin promptly at 9 am.

Week 1 - Dink and positioning

Week 2 - Serve and return.

Week 3 - 3rd Shot drop and transitioning.

Week 4 - Inclement weather makeup day

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

Tues, Dec 5-19, 8:45-10 am

**If needed weather make-up will be on 12/22.*

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

[Online registration opens Wed, Nov 1.](#)

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 at front desk.

WSC Gold, Silver Members - Free

LSC Gold, Silver Members - \$1 per day

NOVEMBER & DECEMBER

Mon, Wed, Thurs, Fri, Sat, 9-11 am

Tues, 10 am-12 pm

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



**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 this fall.

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
waringcenter.com

Hours of Operation

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

Membership

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

Basic Membership: \$70 per year

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

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

Class Registration

Register for classes online at lowcountryseniorcenter.com 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 23 & 24 for current menus.

Waring Café Hot Lunch Menu (No Curbside) November 2023

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Nov 1 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 10/30 at 11 am</i>	Nov 2	Nov 3 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 11/1 at 11 am</i>
November 6	November 7 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 11/5 at 11 am</i>	November 8 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 11/6 at 11 am</i>	November 9	November 10 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 11/8 at 11 am</i>
November 13	November 14 Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 11/12 at 11 am</i>	November 15 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 11/13 at 11 am</i>	November 16	November 17 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 11/15 at 11 am</i>
November 20	November 21 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 11/19 at 11 am</i>	Center Closes at Noon for Thanksgiving Holiday	Closed for Thanksgiving Holiday	Closed for Thanksgiving Holiday
November 27	November 28 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 11/26 at 11 am</i>	November 29 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 11/27 at 11 am</i>	November 30	

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) December 2023



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

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

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

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

- A hot lunch is served three days per week 11 am – 2 pm inside the café and must be ordered in advance.
- Curbside pick-up has been discontinued. Take-out is available.
- Meals are \$7 each or \$2 for those in the discount program. The discount program is currently full. No refunds after deadlines or for no-shows.
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