

November/December 2025

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

Suddenly it's the holiday season! The centers have a festive lineup of events to help celebrate the season!

We are proud to celebrate our Veterans on Tuesday, November 11th. We have several events planned, including participating in Cards for Heroes. During the week we will have holiday cards and pens available in the lobby at both centers. Please stop by and write a message that will be delivered to our active-duty service members over the holidays.

On Veterans Day come to Lowcountry Senior Center to enjoy patriotic music and sing along with the Senior Center Chorus. On Wednesday, November 12 at 11:30 am Waring Senior Center welcomes Dr. Fritz Hamer, former SC State Museum Curator of History, who explores military history in 20th century South Carolina.

We have several holiday concerts, sing-alongs, and cookie exchanges planned. The Olde Pipes Consort and Senior Center Chorus will perform at both centers. We also have a fun holiday succulent wreath-making workshop! See page 4 for details on all of these activities.

Hope to see you at the center soon! Wishing everyone a safe holiday season!

Elizabeth Bernat, MHA, Director



Members enjoying social time and coffee at LSC.



Members enjoying a sunset cruise on the waters of the Charleston Harbor.

Holiday Schedule

Nov 21: Centers close at 12 pm

Nov 24, 25: Centers close at 5 pm

Nov 26: Centers close at 12 pm

Nov 27-29: Closed

Dec 15-18: Lowcountry closes at 5 pm

Dec 22, 23: Centers open 7:30 am-3:30 pm

Dec 24-27: Closed

Dec 29, 30: Centers open 7:30 am-3:30 pm

Dec 31: Centers close at 12 pm

Jan 1: Closed

Jan 2: Centers open 7:30 am-3:30 pm

Volunteer Spotlight

Butch Lowe

Say hello to pickleball skills and drills extraordinaire, Butch Lowe! Otherwise known as Trish's husband. Born here in Charleston, SC, Butch has worked many jobs, such as UPS, Residential Appraiser, and was also in the Airforce Reserve working in the training office. Moving away to Greenville, SC for a short period of his childhood, Butch is a true Charleston native.



When not playing pickleball, you can find Butch on one of his boats, and he may even have a few nieces and nephews out on the water learning how to waterski with him. Connection is an important aspect of the senior center, and Butch has been an embodiment of that. He has met multiple friends through teaching intermediate skills and drills at the pickleball court. He has even been on trips with them!

Butch is quite the chef and loves to cook for the family. Ask him about his current chicken piccata recipe or how he fries shrimp and fish. One of his favorite novels is *The Stand* by Stephen King and he is a big country fan! Butch describes the center as a place for socialization and exercise that uplifts you. Catch him out on the courts at Waring!

Al Stiles

Ever wondered who is the man behind the Meet Up Golf? Meet Al Stiles, LSC volunteer and Navy veteran. Al may have been born in Flushing, New York, but his family lineage runs deep in Charleston. Ever wondered about Stiles Point? Belonged to the one and only Stiles family, which Al was able to trace back. He is a man of many talents and is also a writer and published author.



If you ever in need of a trivia partner, Al Stiles is the man to choose. He even states that he is an absolute vault of useless information. Four people that Al would like to invite for dinner is Ronald Reagan, Hubert Humphrey, Ruth Bader Ginsburg, and George Patton. Ask him recently why he made some of these choices from a tour he gave. Something you may not know about Al is he used to play the guitar and even bought the same guitar John Lennon used to write Imagine.

You can catch Al visiting the MUNI a lot, or you can talk history, he would have liked to witness Cornwallis' capitulation at Yorktown. Al is a family man, and said his best birthday gift was his son being born two days before his own birthday. A knowledgeable man with a vault of useful information is how we see Al.

Around the Centers

Advisory Council Meeting

The Advisory Council meets to review operational performance and other topics. Everyone is welcome. Registration required. Meetings are subject to change.

Lowcountry Senior Center

Thur, Dec 18, 9-10 am [register here](#)

Waring Senior Center

Mon, Nov 17, 10:30-11:30 am [register here](#)

Bake Sale Fundraiser

Cookies, cakes, pies, loaves, muffins, brownies, cupcakes, and more! Your skills are needed for the senior centers' bake sales on November 19 & 20. 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 by Nov 14. You can drop off your ready-to-sell baked goods on Tues, Nov 18, 9 am-12 pm at your center. *Please do not bring refrigerated items.*

Wed, Nov 19, 10 am-2 pm

Thur, Nov 20, 10 am-2 pm

Mah Jongg Tournament at WSC

Bring your Mah Jongg set and support a good cause! All proceeds from the tournament will benefit Waring Senior Center. Lunch is included in the price of the tournament. Space is limited.

Members \$55 / Guests \$65

Fri, Nov 7, 10 am-2 pm



Celebrating Our Heroes

Cards for Heroes

During the week of Veterans Day tables will be set up in the lobbies of LSC/WSC inviting everyone to write meaningful messages on provided cards to be delivered to active duty service members over the holidays.

Mon, Nov 10-Fri, Nov 14

Veterans Day Concert at LSC

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. Members Free / Guests \$5

Tues, Nov 11, 10:30 am [register here](#)

20th Century Military History in South Carolina at WSC

In continued celebration of Veterans Day please join Dr. Fritz Hamer, former SC State Museum Curator of History to learn about South Carolina's military accomplishments of this era. This event is supported in part by South Carolina Humanities.

Members Free / Guests \$5

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

Holiday Happenings

Chorus Holiday Concert at LSC

Celebrate the most wonderful time of the year with a holiday concert featuring the Senior Center Chorus. Please bring your favorite table-ready holiday dessert or snack to share.

Members Free / Guests \$5

Wed, Dec 10, 3 pm [register here](#)

Olde Pipes Holiday Concert & Cookie Swap

Come celebrate the season with the Olde Pipes Consort! Join us for a program of festive music, featuring holiday favorites. Immerse yourself in the beautiful sounds of carols and classic holiday tunes, as we enjoy this special time of year. Please bring your favorite holiday cookies to swap with others. Take-away bags are provided to collect your new cookies.

Members Free / Guests \$5 per event

Lowcountry Senior Center

Fri, Dec 5, 1:30 pm [register here](#)

Waring Senior Center

Mon, Dec 8, 1:30 pm [register here](#)



Olde Pipes Consort at a holiday performance.

Holiday Sing-Along at WSC

Get in the spirit of the holidays with an afternoon of festive carols. Sing your holiday favorites with the Senior Center Chorus. Please bring your favorite table-ready holiday dessert or snack to share!

Members Free / Guests \$5

Wed, Dec 3, 11:30 am [register here](#)

Holiday Succulent Wreath Workshop

Get ready for the holidays and make a beautiful living wreath that will last all season! This class is hosted by Rock n' Roots Plant Co. and is great for beginners or experts alike and includes step-by-step instruction with your choice of a 14" or 18" grapevine wreath, decorative moss, holiday/winter accents, and fresh greenery, an assortment of real succulent cuttings (can be transplanted when the season is over).

14" Wreath: Members \$65 / Guests \$75

18" Wreath: Members \$75 / Guests \$85

Lowcountry Senior Center

Wed, Nov 19, 4:30-6 pm [register](#) by 11/12

Waring Senior Center

Wed, Dec 3, 4:30-6 pm [register](#) by 11/26



A sample wreath for the Holiday Succulent Wreath Workshop.

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 guests unless otherwise noted.

Clash of Armies on James Island at LSC

Was it a skirmish before a greater battle or was it a battle in its own right? On June 10, 1862, Confederate troops encountered Union forces along Grimball Road on James Island resulting in a clash of arms with a remarkable high number of casualties. Paul Hedden, Senior Center Member and Historian, talks about how this unrecognized clash of armies deserves to be remembered.

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

Decluttering and Organizing

Ready to get organized? Debbie Wilklow, Get it Together, gives you smart strategies to declutter, streamline, and create systems that make your home and closets work for you. Walk away with practical tips and motivation to get and stay organized.

Lowcountry Senior Center

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

Waring Senior Center

Thur, Nov 6, 2-3 pm [register here](#)

Holiday Scams

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

Lowcountry Senior Center

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

Waring Senior Center

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

Medicare One-On-One Sessions

If you are turning 65, do you know your Medicare options? Do you know when you can enroll, switch or disenroll in a Medicare Advantage Plan? Call the centers and sign-up for a 30-minute appointment with an unbiased SHIP (State Health Insurance Plan) volunteer and get your questions answered. Members and Guests Free

Lowcountry Senior Center

Tues, Nov 4 & Dec 2, 10-11 am

Waring Senior Center

Wed, Nov 5 & Dec 3, 10-11 am

West Ashley Becoming a Suburb Author Talk & Book Signing at WSC

Join local author Donna Jacobs as she talks about her book *West Ashley* and learn the history behind how it became the popular suburb it is today.

Tues, Dec 9, 2:30-3:30 pm [register here](#)

When Our Music Ruled the World: The Folk Music Era of 1960-1964

Bob Dylan, Joan Baez, Peter Paul & Mary were a few of the many artists that were at the forefront of Folk Music's popular and influential sound. Join Cale Shipman as he introduces or re-introduces you to this wonderful era.

Lowcountry Senior Center

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

Waring Senior Center

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

Lifelong Learning

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

Current Events Discussion Group

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

Members Only. Free

Lowcountry Senior Center

Thur, 10-11:30 am

Waring Senior Center

Tues, 1-2:30 pm

Digital Drop-in at WSC

Do you need help with your new laptop, phone, or tablet? Drop in and visit with a librarian from the Charleston County Public Library, Hurd/St. Andrews branch for assistance with your device.

Wed, Nov 19, 2:15-3:15 pm [register here](#)

Wed, Dec 17, 2:15-3:15 pm [register here](#)

Great Decisions at WSC

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

Nov Topic: American Foreign Policy in the Middle East

Tues, Nov 18, 1-2:30 pm [register here](#)

Smartphone Basics at WSC

Come learn how to get the most out of your smartphone or tablet. There will be time to ask questions regarding your smart device. Participants should bring their own devices.

Wed, Dec 10, 1-2 pm [register here](#)

Military Records at LSC

Come learn from Charleston County Public Librarian Faith Walker how to use resources from your local library to find military records for your ancestors, and what genealogical information you can get from these records.

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

James Island History: Seashore Farmers Lodge at LSC

Post-Civil War James Island flourished as a farming town. Learn why the Seashore Farmers Lodge was started and how it helped shape the James Island community. Join Baxter-Patrick librarian Mike Corbo as he discusses the history of James Island.

Wed, Dec 17, 2-3 pm [register here](#)

Let's Talk Tudors! at LSC

Travel back in time to the Tudor court! This month, Jane Seymour gives birth to a son, Henry faces a threat to his throne, and Cromwell rules all. Join us and Let's Talk Tudors!

Tues, Dec 9, 1-2 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.

Wed, Nov 19, 4:15-5:45 pm [register here](#)

Lifelong Learning

All Lifelong Learning programs are free for members and \$5 for guests 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

Wed, Nov 12, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Dec 5, 9 am-1 pm

Call (843) 402-1990 to register.

Book Club

Lowcountry Senior Center

Mon, Nov 17, 11 am-12:15 pm [register here](#)

The Lincoln Highway by Amor Towles

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

Favorite Book of the Year

Waring Senior Center

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

The Great Alone by Kristin Hannah

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

Portrait of a Thief by Grace D. Li

The Post & Courier Transformation

Join P&C staff to learn about the paper's history and hear how it and the E-paper is brought to life each day. Staff will also share why the decision was made to go to a 5-day print schedule and what you can look forward to as the paper continues to grow.

Lowcountry Senior Center

Thur, Nov 13, 12-1 pm [register here](#)

Waring Senior Center

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

Financial Education Series

Charitable Giving at LSC

Giving back looks different for everyone. Come learn what appropriate charitable-giving path may work best for you.

Lowcountry Senior Center

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

Waring Senior Center

Wed, Nov 5, 12-1 pm [register here](#)

Leave It, Move It, Roll It, Take It at LSC

Learn how to handle your 401(k), pension or other employer-sponsored retirement plans.

Lowcountry Senior Center

Mon, Dec 8, 10-11 am [register here](#)

Waring Senior Center

Wed, Dec 17, 12-1 pm [register here](#)



Member enjoying reading the P&C paper before picking up a meal at the WSC cafe.

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 guests unless otherwise noted.

Basic Spanish at WSC

Taking Winter Break. Back in January.

Conversational Spanish at LSC

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

Wed, 10:15-11:15 am

Intermediate Spanish at WSC

Class is taught primarily in Spanish. This class will assist in brushing up on your Spanish and improve your conversational skills.

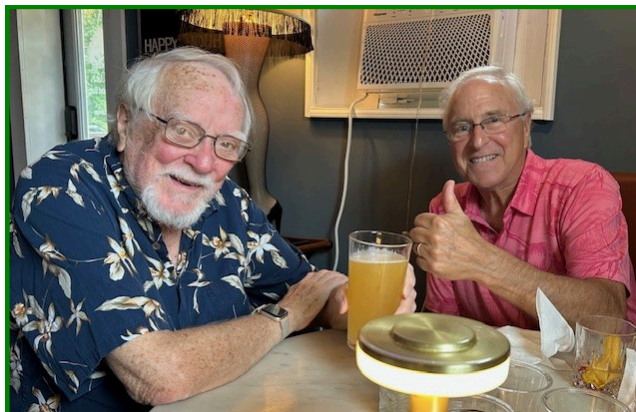
Registration is required. *No class 11/26*

Members Only. Free

Wed, Nov 5-Dec 17, 1-2 pm [register here](#)



Members enjoying a Spanish Wine tasting at WSC.



Great times at Dining Out! Check out pg. 24 to see where we will be going in November and December.

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, 1:20-2:20 pm

Intermediate French at LSC

Class is taught primarily in French, with readings and discussion in French and weekly homework assignments in French. This class is full. Please give your name to the front desk to be added to the waitlist.

Members Only. Free

Mon, 10-11 am

Italian Conversation at LSC

Intermediate level Italian class for those wanting to practice speaking in Italian. Participants should be able to speak Italian.

Members Only. Free

Thur, 3:30-4:30 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.

Members Only. Free

Thur, 2:25-3:25 pm

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

Health & Wellness

All Health & Wellness programs are free for members and \$5 for guests unless otherwise noted.

Blood Drive

Lowcountry Senior Center

Monday, Nov 24, 8:30-11 am [register here](#)

Waring Senior Center

Tuesday, Nov 25, 8:30-11 am [register here](#)

Caregiving During the Holidays

For many caregivers, navigating the holiday season gives rise to stress, frustration or sadness. Venita Olsen, Alzheimer's Association, offers tips on holiday safety, caring for yourself and making the holidays more enjoyable for all.

Lowcountry Senior Center

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

Waring Senior Center

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

Community Connections:

We Are Sharing Hope SC (SHSC)

Come tour the SHSC organization in West Ashley and learn how they are giving life and hope to those in need of organ and tissue donations in South Carolina. Transportation is not provided. Meet at SHSC office on 2215 Henry Tecklenburg Dr.

Wed, Dec 10, 1-2 pm [register here](#)

The Power of Purpose & Community at WSC

Please join Dr. Andrea Coyle as we learn how together, purpose fuels our direction, and community sustains our journey.

Thu, Dec 18, 1-2 pm [register here](#)

Flu & COVID-19 Vaccine Clinic

Walk in and get your vaccines from a Dottie's Pharmacy pharmacist. Medicare is accepted. Please bring your insurance card with you. No appointment needed. Vaccines Available: Regular & High Dose Flu - COVID-19

Lowcountry Senior Center

Mon, Nov 3, 10 am-12 pm

Waring Senior Center

Wed, Nov 5, 9:30-11:30 am

Let's Talk Heart Health at LSC

Atrial fibrillation (AFib) is the most common irregular heartbeat. Join MUSC College of Pharmacy students and learn what Atrial fibrillation (AFib) is, its symptoms, risk factors, and treatment options, as well as tips for supporting heart health.

Fri, Nov 14, 12:30-1:30 pm [register here](#)

Memory Matters: Insights and Inspiration for Longevity

It's official, your brain can change at any age! Come join Amy Hider to hear about her new research findings and learn why understanding neuroplasticity and brain health is so important.

Lowcountry Senior Center

Wed, Nov 19, 2-3 pm [register here](#)

Waring Senior Center

Mon, Nov 17, 2-3 pm [register here](#)

Health & Wellness

All Health & Wellness programs are free for members and \$5 for guests unless otherwise noted.

Joy of Meditation

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

Lowcountry Senior Center

Thur, 2:30-3:30 pm

Waring Senior Center

2nd & 4th Wed of the month, 10:15-11:15 am

Legare Farms Rolling Market at LSC

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

Wed, 10-11 am



Lots of healthy finds on the Legare Farm Rolling Bus.

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 Only. \$20 per session.

Wed, Nov 19 and Wed, Dec 17

Appointments available 10 am-2 pm

Call (843) 990-5555 to schedule. *Due to high demand, registration is limited to one session per person per newsletter cycle.*

The Power of Resilience Part II at LSC

Dr. Andrea Coyle is back at the center to continue talking about the power of resilience. Difficult doesn't last forever.

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

Stress Less at WSC

Learn how to "stress less" with these fun interactive classes provided by South Carolina Safe Seniors. Start feeling less overwhelmed and more relaxed by practicing the tricks, techniques and mindfulness skills taught in each class. Join this class any time to find more peace in your day to day living.

Wed, Nov 5 & 19, 10:15-11:15 am [register here](#)

Wed, Dec 3 & 17, 10:15-11:15 am [register here](#)

Support

All Support programs are free for members and guests unless otherwise noted.

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 and learn.

Sat, Nov 8 & 22, 10-11:30 am

Sat, Dec 13, 10-11:30 am



Grief Support Group at WSC

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

Members and Guests Free

1st and 3rd Mon, 2-3 pm

Moving on After Change at LSC

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

Thur, Nov 6 & Dec 4, 9-10 am

Parkinson's Disease Support Group at LSC

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

Wed, Jan 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. Fees apply.

Tues, 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.

Lowcountry Senior Center

Fri, Nov 14, 10-10:30 am [register here](#)

Wed, Dec 10, 10-10:30 am [register here](#)

Waring Senior Center

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

Fri, Dec 5, 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.

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>
	Double Deck Pinochle 9 am-12 pm	Duplicate Bridge 9:30 am-12:30 pm	Double Deck Pinochle 9 am-12 pm	Mah Jongg Open Play 12:30-3:30 pm	Bridge for Fun All Levels 9:30 am - 12:30 pm
	Mah Jongg Open Play 9:30 am-12 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 12:45-3:45 pm	Cancellation Hearts 12-3 pm	Intermediate Bridge 1-4 pm	Canasta 12-3 pm	
	Cribbage 12:45-3:45 pm	Dominoes 12-3 pm	Mah Jongg Open Play 12-3 pm	Dominoes 12-3 pm	
	Euchre 2-3:45 pm				

Mah Jongg Lessons

Learn to play Mah Jongg. Must commit to attending to both lessons in a series.
Class size is limited to 8. No repeats allowed.
Members \$35 / Guests \$45 per series

Lowcountry Senior Center

Mon, Nov 3 & 10, 1-3 pm [register here](#)

Mon, Dec 8 & 15, 1-3 pm [register here](#)

Waring Senior Center

Thur, Nov 6 & 13, 10 am-12 pm [register here](#)

Thur, Dec 11 & 18, 10 am-12 pm [register here](#)

Mah Jongg Guided Play with Expert

Guided play provides live coaching to practice, ask questions and gain confidence in real-time gameplay. Perfect for those looking to boost their strategy skills with expert guidance. This session is designed for anyone who has completed beginner lessons or has some game play experience.
Members \$20 / Guests \$30 per class

Lowcountry Senior Center

Mon, Nov 17, 1-3 pm [register here](#)

Waring Senior Center

Mon, Dec 1, 1-3 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

2nd and 4th Sat, 10 am-12 pm

Beginner Recorder Lessons at LSC

Interested in learning how to play the recorder? Stop by the front desk, call (843) 990-5555 or email us at lowcountryseniorcenterersfh.com. Someone will contact you about getting started.

Mon, 3:30-4:30 pm No class after Dec 1

Chorus at LSC

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

Members Only. Free

Thur, 1:30-2:45 pm

Sat, Nov 20, 9:30-10:45 am

No class Nov 20, Dec 11 and Dec 18



Sew Much Fun at WSC quilting with kindness for Roper St. Francis Healthcare Special Care Nursery.

Group Piano for Beginners - Refresher at LSC

Continue to play the basics of piano including note reading, rhythm, chords, and technique. Some note reading experience necessary.

Participants must purchase a book once in the class. Members \$45 / Guests \$55 per series

Mon, Nov 10-Dec 15, 10-11:30 am [register here](#)

No class Nov 24

Group Piano for Intermediate/Advanced at LSC

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

Participants must purchase a book once in the class. Members \$45 / Guests \$55 per series

Mon, Nov 10-Dec 15, 12-1:30 pm [register here](#)

No class Nov 24

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 No class after Dec 1

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 No class after Dec 1

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.

Members Only. Free

Fri, Nov 7 & 21, 9 am-12 pm [register here](#)

Fri, Dec 5 & 19, 9 am-12 pm [register here](#)

Advanced Pencil Drawing at LSC

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

Members Only.

Next series starts in January

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



Finding joy in every stitch with Knitting & Threads at LSC.

Knitting & Threads at LSC

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

Members Only. Free

Thur, 10 am-12 pm

Photography Club at LSC

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

Members Free / Guests \$5 per class

Fri, Nov 21, 10-11 am [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, 1-4 pm

Writing Circle

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

Lowcountry Senior Center

1st and 3rd Wed, 1-3 pm

Waring Senior Center

2nd and 4th Thur, 10 am-12 pm

Creative Arts & Music

Drawing Fundamentals

Boost your drawing skills and learn core drawing fundamentals. Topics such as still life, 1/2 point perspective, portraiture, landscape and hands/feet are covered. Susan W Pidgeon, MFA of The Studio Art Center helps you learn things all artists should know. Beginners are welcome. Supply list is available at the front desk.

Members \$55 / Guests \$65 per series

Lowcountry Senior Center

Fri, Nov 7-Dec 19, 10 am-12 pm

[register here](#) *no class on Nov 28*

Waring Senior Center

Tues, Nov 4-Dec 16, 10:30 am-12:30 pm

[register here](#) *no class on Nov 25*

The Joys of Acrylic Painting at LSC

Have you ever wanted to take an art class that is fun and easy using bright colors that you paint on a canvas? Come learn the joy of painting with acrylic paint while Susan Pidgeon, MFA, of The Studio Art Center guides you as you work on a painting you get to pick yourself! All experience levels welcome from beginners to advanced. Supply list is available at the front desk.

Members \$55 / Guests \$65 per series

Sat, Nov 8-Dec 20, 10 am-12 pm [register here](#)

no class Nov 29

Watercolor Lessons -

Beginners at LSC

Suited for everyone especially true beginners. Learn about tools, materials, color theory, composition and various techniques. Supply list is available at the front desk.

Members \$15 / Guests \$25 per series

Tues, Nov 4-18, 10 am-12 pm [register here](#)

Watercolor Lessons - Intermediate

Suited for those who have experience with painting. Learn about tools, materials, color theory, composition and the Golden Mean. We also learn alternate techniques and some art history. Supply list is available at the front desk.

Members \$15 / Guests \$25 per series

Lowcountry Senior Center

Tues, Nov 4-18, 1-3 pm [register here](#)

Tues, Dec 2-16, 1-3 pm [register here](#)

Waring Senior Center

Wed, Nov 5-19, 10 am-12 pm [register here](#)

Wed, Dec 3-17, 10 am-12 pm [register here](#)



Perfectly painted watercolor palm trees at WSC.

Creative Arts & Music

Fun with Flowers

Come learn how flowers can give you a sense of calm and wellbeing. Bring a small vase (no taller than 6 inches) and a pair of shears/scissors. Flowers included.

Members \$10 / Guests \$20 per class

Lowcountry Senior Center

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

Waring Senior Center

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

Holiday Ornament Decorating

Tis the season to get ready for the holidays. Paint up to three unique ornaments to hang up on your tree or give away as a gift. No experience necessary. Supplies included. Bring an apron.

Members \$15 / Guests \$25 per class

Lowcountry Senior Center

Tues, Dec 2, 10 am-12:30 pm [register here](#)

Waring Senior Center

Wed, Dec 10, 1-3 pm [register here](#)

Keeping Holiday Memories Alive through Writing at WSC

The festive place and table, the much-loved people, the stories you could tell! Holiday memories have a special place in our heart and we keep refreshing them each year. In this discussion you'll find encouragement to keep holiday memories vivid by writing out the scenes and stories along with storytelling tips for doing so with imagination and flair.

Members Free / Guests \$5

Mon, Dec 15, 10:30 am-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.

Watercolor Workshops



Holiday-inspired Amaryllis Painting

Perfect for beginners and experienced artists alike. No drawing skills required. Learn new techniques, blend colors and unleash your creativity. Supplies included.

Members \$65 / Guests \$75

Lowcountry Senior Center

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



Holiday Paint & Sip Party

Grab your friends and join us for a fun holiday gnome painting party! Bring your favorite beverage and snacks to share.

All painting supplies provided.

Members \$45 / Guests \$55

Waring Senior Center

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

Dance

Dance Conditioning

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

Members \$15 / Guests \$25 per month

Lowcountry Senior Center

Fri, Nov 7-21, 9-10 am [register here](#)

Fri, Dec 5-19, 9-10 am [register here](#)

Waring Senior Center

Fri, Nov 7-14, 12:15-1:15 pm [register here](#)

Fri, Dec 5-19, 12:15-1:15 pm [register here](#)



Dance Conditioning beginning to prepare for a super fun broom filled Halloween dance at WSC.

Line Dancing - Beginner at LSC

For beginners or those wanting to brush up their line dancing skills. No partner required.

Members \$15 / Guests \$25 per month

Tues, Nov 4-18, 2:30-3:20 pm [register here](#)

Tues, Dec 2-16, 2:30-3:20 pm [register here](#)



Cardio Drumming at WSC getting into the holiday spirit.

Line Dancing - Intermediate at LSC

This class is for the more experienced dancer.

No partner required.

Members \$15 / Guests \$25 per month

Tues, Nov 4-18, 3:25-4:15 pm [register here](#)

Tues, Dec 2-16, 3:25-4:15 pm [register here](#)

Line Dancing at WSC

Come enjoy your favorite line dances. Line dancing experience is necessary. No partner required.

Members \$15/ Guests \$25 per month

Wed, Nov 5-19, 3-4 pm [register here](#)

Members \$15 / Guests \$25 per month

Wed, Dec 3-17, 3-4 pm [register here](#)



Dance Fitness at LSC is moving and grooving to the beat.

Fitness at Lowcountry

Member Cost Per Month / Guest Cost Per Month Unless Noted
For classes with fees, please register at least one day in advance.
Please see calendar for class cancellations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:30 am Walking Club at JICP Members Only	
	8:30-9:30 am Full Body Blast <u>Nov \$10/\$20</u> <u>Dec \$10/\$20</u>		8:30-9:30 am Interval Training <u>Nov \$10/\$20</u> <u>Dec \$10/\$20</u>	8-8:45 am Weight Training <u>Nov \$10/\$20</u> <u>Dec \$10/\$20</u>	
9-10 am Fit & Firm Free/\$5 per class		9-10 am Fit & Firm Free/\$5 per class	9-9:45 am Tai Chi <u>Nov \$15/\$25</u> <u>Dec \$10/\$20</u>	9-10 am Dance Conditioning <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	9:30-10:30 am Cardio & Weights Free/\$5 per class
10:15-11 am Core Essentials <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	10-10:45 am Chair Yoga <u>Nov Free/\$20</u> <u>Dec Free/\$20</u>	10:15-11:00 am Balance <u>Nov Free/\$20</u> <u>Dec Free/\$20</u>	10-10:45 am Chair Yoga <u>Nov Free/\$20</u> <u>Dec Free/\$20</u>	10-11 am Mat/Chair Yoga <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	
11:15 am-12:15 pm ◆ Sit & Fit Free/\$5 per class	11 am-12 pm Qigong <u>Nov \$5/\$20</u> <u>Dec \$5/\$20</u>	11:15 am-12:15 pm ◆ Sit & Fit Free/\$5 per class	11 am-12 pm Strength & Balance Free/\$5 per class	11:15 am-12:15 pm ◆ Sit & Fit Free/\$5 per class	11:30 am-12:45 pm Chair Volleyball Members Only Free
			11 am-12 pm Arthritis Exercise Oct 9-Nov 13 Free/\$30		
	12:15-1 pm Dance Fitness <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>		12:30-1:30 pm F.I.T. 4 Holiday <u>Nov 6-Dec 18</u> \$25/\$35	12:30-1:30 pm Gentle Yoga <u>Nov \$10/\$20</u> <u>Dec \$15/\$25</u>	
1-2 pm Strength & Balance Free/\$5 per class	1:15-2:15 pm Yoga Stretch & Restore <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	1-2 pm Strength & Balance Free/\$5 per class		Calendar Key: Free for members & no registration required ◆ Class at Lowcountry and available online Click on the class title to join the live stream class online. Click on the month to register for classes and pay, if fees apply. Want to try an exercise class one time? Per class rate is \$8 for classes with fees.	
2:15-3 pm Core & Stretch <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	2:30-3:20 pm Line Dancing Beg <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>		2-3 pm Pilates Mat <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>		
	3:25-4:15 pm Line Dancing Int <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	3-4:30 pm Chair Volleyball Members Only Free	3:30-4:30 pm Circuit Training <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>		
4-5 pm 40/20 Mix <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>		5-6 pm Relax & Repair Yoga <u>Nov \$15/\$25</u> <u>Dec \$10/\$20</u>			

Fitness at Waring

Member Cost Per Month / Guest Cost Per Month Unless Noted
For classes with fees, please register at least one day in advance.
Please see calendar for class cancellations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10 am Fit & Firm Free/\$5 per class	◆ 8:30-9:30 am <u>Cardio & Weights</u> Free/\$5 per class	9-10 am Fit & Firm Free/\$5 per class	◆ 9-10 am <u>Cardio & Weights</u> Free/\$5 per class	8:30-9:30 am Fit & Firm Free/\$5 per class	9:15-10:15 am Dance Fitness <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>
	10-11 am Rock Steady Boxing for Parkinson's <u>Nov \$100/\$250</u> <u>Dec \$100/\$250</u>		10-10:45 am Cardio Drumming <u>Nov \$10/\$20</u> <u>Dec \$10/\$20</u>	10-11 am Rock Steady Boxing for Parkinson's <u>Nov \$100/\$250</u> <u>Dec \$100/\$250</u>	
	10-10:45 am Tai Chi <u>Nov \$15/\$25</u> <u>Dec \$10/\$20</u>	10:15 -11:15 am Functional Strength <u>Nov \$15/ \$25</u> <u>Dec \$15/\$25</u>	10-11 am Gentle Yoga <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>		10:30 am - 12 pm Chair Volleyball Members Only Free
11 am-12 pm Chair Dance <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	11:30 am-12:30 pm ◆ <u>Sit & Fit</u> Free/\$5 per class	11:30 am-12:30 pm Chair Yoga <u>Nov Free/\$20</u> <u>Dec Free/\$20</u>	11 am-12 pm ◆ <u>Sit & Fit</u> Free/\$5 per class	11:15 am-12:15 pm Balance Nov Free/\$20 Dec Free/\$20	
◆ 12-1 pm <u>Cardio & Weights</u> Free/\$5 per class	11:30 am-12:30 pm Strength Training with Bands <u>Nov \$10/\$20</u> <u>Dec \$10/\$20</u>		12:15-1:15 pm Strength & Balance Free/\$5 per class	12:15-1:15 pm Dance Conditioning <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	
	11:30 am-12:30 pm Gentle Yoga <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	1-2 pm 40/20 Mix <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>		Calendar Key: Free for members & no registration required ◆ 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 classes with fees.	
1:30-2:30 pm Yoga for Back Health <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	12:45-1:45 pm Strength & Balance Free/\$5 per class	3-4 pm Line Dancing <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>	1:30-2:15 pm Core & Stretch <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>		
	2-3 pm Cardio Power Hour Nov 4-Dec 16 <u>\$25/\$35</u>	◆ 3:30-4:30 pm <u>Cardio & Weights</u> Free/\$5 per class	2:15-2:30 pm Foam Rolling Free/\$5 per class		
		5-6 pm Yoga at 5 <u>Nov \$15/\$25</u> <u>Dec \$15/\$25</u>			

Fitness Class Descriptions

40/20 Mix

40 minutes of dance fitness combined with Hi-Lo cardio, followed by a mix of conditioning exercises.

Arthritis Exercise

Arthritis Exercise covers gentle exercises, strengthening, stretching, endurance and relaxation techniques.

Balance

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

Cardio Drumming

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

Cardio Power Hour

Interval based workout incorporating strength training, core work and cardiovascular conditioning.

Chair Dance

This easy-to-follow class incorporates dance movements from the chair.

Chair Volleyball

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

Chair Yoga

Increase flexibility with seated gentle yoga.

Circuit Training

Timed intervals with a mix of strength & conditioning. Floorwork incorporated.

Core Essentials

Improve functional ability, control, power and coordination. This class involves exercises performed in standing, seating and lying positions. Bring a mat.

Core & Stretch

Gentle stretching and core strengthening on the floor. Bring a mat.

Dance Conditioning

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

Dance Fitness

This dance based cardio class incorporates numerous styles of dance. For all levels.

FIT 4 Holiday

Functional Interval Training is a full body workout that improves strength and endurance while reducing injury risk by incorporating short energy burst intervals. All levels are welcome.

Foam Rolling

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

Full Body Blast

This HIIT-style class combines cardio, strength training and core engagement for an effective full body workout that elevates your heart rate and builds muscle.

Functional Strength

Higher intensity class with medium to heavy weight lifting, periods of sustained elevated heart rates and floor based conditioning exercises. Bring a mat.

Gentle Yoga

A gentle paced stretching and relaxation class. Bring a mat.

Interval Training

Cardiovascular, strength and stretch exercises. Floor work is incorporated. Bring a mat.

Fitness Class Descriptions

Mat/Chair Yoga

Access balance and strength in chair and floor-based poses. Learn to transition from seated to standing to reclining on the mat using the chair as a tool. Bring a mat.

Pilates Mat

Low-impact exercise on the floor that builds strength, improves posture, and supports a mind-body connection. Bring a mat.

Qigong

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

Relax & Repair Yoga

A combination of breath work, slow gentle movements and some restorative yoga. Props are encouraged. Bring a mat.

Strength Training with Bands

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

Tai Chi

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

Weight Training

Improve muscular strength and endurance through progressive resistance exercise. Floorwork incorporated.

Yoga for Back Health

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

Yoga Stretch & Restore

A total body stretch with seated and standing poses. Emphasis on floor postures to promote mobility. Props are encouraged. Bring a mat.

Yoga at 5

For those who have had some Yoga experience and want to build flexibility and strength. Bring a yoga mat.

EnhanceFitness Classes (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.



Fit and Firm class is working on their strength at LSC.

Fitness

Rock Steady - Boxing for Parkinson's at WSC

This class is designed for those diagnosed with Parkinson's. It delivers an increased intensity workout to improve cardiovascular conditioning, core strength, and flexibility.

In order to join this class, complete the following documents:

- Member Information Form
- PDQ-39 Questionnaire
- Physician Medical Release



Tues and Fri, 10-11 am

Gold Members \$100/Guests \$250 per month

Open to members at both LSC & WSC

Synergy at WSC

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

Nov

10-10:45 am M/W, Nov 3-19, \$30 [register here](#)

1-1:45 pm M, Nov 3-17, \$15 [register here](#)

1-1:45 pm W/F, Nov 5-21, \$30 [register here](#)

Dec

10-10:45 am M/W, Dec 1-17, \$30 [register here](#)

1-1:45 pm M, Dec 1-15, \$15 [register here](#)

1-1:45 pm W/F, Dec 3-19, \$30 [register here](#)

Volunteers Needed at the Centers

Please consider sharing your time, talent, and expertise with us at Lowcountry or Waring Senior Center! Contact Blair Putman, Senior Center Coordinator, for more information at (843) 402-1650 or blair.putman@rsfh.com.

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. Schedule a free consult with a trainer before your first training session.
\$40/person for Gold and Silver Members

Diane Betz, Certified Personal Trainer

Lowcountry Senior Center

Call the front desk to schedule an appointment.
(843) 990-5555

Laura Kier, Certified Personal Trainer

Lowcountry Senior Center

Call, text or email to schedule an appointment.
(843) 310-0948 or Laura4Life.LLC@gmail.com

Ron White, Certified Personal Trainer

Waring Senior Center

Call the front desk to schedule an appointment.
(843) 402-1990

Social - Out & About

Dolphin Eco Tour

See and learn about wild Atlantic bottlenose dolphins! Board Charleston Outdoor Adventure's boat and explore Folly's inlets, creeks and marshes in search of dolphins and be entertained with stories about our ecosystems, marine wildlife and waterways. See website for refund and cancellation policy. Members \$40 / Guests \$50 per tour
Wed, Nov 19, 9:45 am [register by 11/15](#)

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
Wed, Dec 3, 10 am [register by 11/29](#)

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
Tues, Nov 25, 2:30 pm [register by 11/10](#)

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 20, 5-6:45 pm [register here](#)

Featuring Burgundy

Thur, Dec 11, 5-6:45 pm [register here](#)

Featuring Sparkling

Wine Tasting at LSC & WSC

Rick Dean of Strong Coffee to Red Wine hosts an informative and entertaining wine tasting of six wines. Snacks included. Members \$35 / Guests \$45 per class

Holiday Wines

What makes a wine perfect for the holidays? Come sample and learn about celebratory wines, wines that have a nose and palate that offer baking spice notes and wines that pair well with traditional Holiday meals like Turkey or Ham.

Waring Senior Center

Thur, Dec 4, 4:30-6:30 pm [register here](#)

Spanish Invasion

Come taste six wines from the far-reaching vineyards of Spain. In Spain, wine is not just a drink. It's a piece of history, a symbol of hospitality, a reason to gather, and a key to regional identity.

Lowcountry Senior Center

Wed, Nov 12, 4:30-6:30 pm [register here](#)

Social - Out & About

Dining Out

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

Tues, Nov 11, 5 pm register by 11/4

Maybank Public House, 1970 Maybank Hwy

Tues, Nov 18, 5 pm register by 11/11

Kickin' Chicken, 1184 Bees Ferry Rd

Tues, Dec 9, 5 pm register by 12/2

Lowdown Oven and Bar, 967 Folly Rd

Tues, Dec 16, 5 pm register by 12/9

Frothy Beard, 1401 Sam Rittenberg Blvd

Social Hour

Mingle while you enjoy food and drinks at happy hour prices. Everyone meets at the location and pays separately. Registration required. Members Only.

Thur, Dec 4, 4 pm register by 12/1

The James, 1939a Maybank Hwy

Lunch Bunch

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

Wed, Nov 12, 11:30 am register by 11/9

Charleston Crab House,
145 Wappoo Creek Dr

Thur, Nov 13, 11:30 am register by 11/10

Shadowmoss Golf & Country Club
21 Dunvegan Dr

Wed, Dec 10, 11:30 am register by 12/7

Earthfare, 74 Folly Rd Blvd

Thur, Dec 11, 11:30 am register by 12/8

Rio Chico - West Ashley
1975 Magwood Dr, Ste B

Meet Up Golf

Play golf with other members at the City of Charleston Municipal Golf Course. \$17 Green Fees; \$22 Riding Cart (\$12 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. Basic, Gold and Silver Plus Members Only.

Thursdays in Nov and Dec



Members having fun at Lunch Bunch at Swig & Swine.



Members enjoying a beautiful cruise around the harbor.

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

Pickleball

Pickleball at WSC

There are two options for playing pickleball. One, you can participate in one of the many Open Play groups or you may reserve a court. Please see the Pickleball Calendar at the end of the newsletter for days and times.

Registration is not required for Open Play. Just show up and play! Volunteers will be onsite to coordinate play. Please observe the level of play as beginner, intermediate, and advanced and choose your level of play.

PLEASE NOTE: Pickleball calendar on page 27 is subject to change. In the event of inclement weather the courts are closed, and open play is canceled.

Pickleball Lessons at WSC

No class week of Thanksgiving on Nov 25

Pickleball 101

During this 4-week session lessons will focus on learning the rules, basic paddle and stroke instructions, and serving and scoring. Paddles and balls provided. Class size limited to 8.

Members \$45/ Guests \$55 per series

Tues, Nov 11-Dec 9, 12:30-1:30 pm [register here](#)

Pickleball 102

Players should already understand the rules and basic strategy. This 4-week session is designed to meet you at your skill level and help you improve your strokes, dinks, serves, and play. Class size limited to 8.

Members \$45/ Guests \$55 per series

Tues, Nov 11-Dec 9, 1:45-2:45 pm [register here](#)

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

Pickleball Court Reservations

Four outdoor pickleball courts are available to Gold, Silver, and Silver Plus members by reservation. One person may reserve one court per day. Reservations are available up to five days in advance. Play is limited to 1.5 hours. You must bring your own paddles and balls. It's highly encouraged to bring a water bottle. Guests must be 50+, accompanied by a member, pay \$5/day, and sign a pickleball waiver form at front desk prior to play. To reserve a court, please call (843) 402-1990.

LSC/WSC Gold and Silver Members, Free

LSC Outdoor Project Update

The LSC Outdoor Project would improve our walking trails and add three pickleball courts. We have received bids from three contractors and are currently evaluating those bids. We will share more information when we are able.



Celebrating cooler weather with ice cream at WSC.

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

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: \$100 per year

Gold Membership: \$140 per year at Lowcountry / \$160 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.
- 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). Pick-up items such as sandwiches, salads, muffins, etc. are available on Tuesdays-Thursdays (8am-3pm) and Fridays (8am-2pm). The hot lunch must be ordered at least two days in advance via our website or by calling or visiting the center. See the Cafe Menu calendar for more information.

Nov/Dec 2025 - Pickleball Schedule

Registration is not required for Open Play. Just show up and play! Volunteers will be onsite to coordinate play. Please observe the level of play as beginner, intermediate, and advanced and choose your level of play. Calendar is subject to change. Please check the newsletter for dates and times of lessons in November.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am	7:15-8:45 am Available for reservations	7:15-9:45 am Available for reservations	7:15-8:45 am Available for reservations	7:15-8:45 am Available for reservations	7:15-8:45 am Available for reservations	Closed / Open at 8 am
8 am	8:45-9 am Set-up	9:45-9 am Set-up	8:45-9 am Set-up	8:45-9 am Set-up	8:45-9 am Set-up	8:30 am-12:30 pm Open Play All Levels
9 am	9 am-11 am Advanced Open Play	9 am-11 am Beginner Open Play	9 am-11 am Intermediate Open Play	9 am -11 am Advanced Open Play	9 am-11 am Intermediate Open Play	
10 am						
11 am	11:15 am-1:15 pm Intermediate Open Play	11:15-2:45 pm Available for reservations, unless lessons are scheduled.	11:15 am-1:15 pm Advanced Open Play	11:15 am-1:15 pm Intermediate Open Play	11:15 am-1:15 pm Advanced Open Play	
12 pm		Check newsletter for dates and times for lessons.				
1 pm	1:15-6:45 pm Available for reservations		1:15-6:45 pm Available for reservations	1:15-6:45 pm Available for reservations	1:15-3:45 pm Available for reservations	Center Closes at 1 pm
2 pm		2:45-3 pm Set-up				
3 pm		3-5 pm Intermediate Open Play				
4 pm					Center Closes at 4 pm	
5 pm		5:15-6:45 pm Available for reservations				
6 pm						

Pickleball Court Reservations: Four outdoor pickleball courts are available to Gold, Silver, and Silver Plus members by reservation. One person may reserve one court per day. Reservations are available up to five days in advance. Play is limited to 1.5 hours. You must bring your own paddles and balls. It's highly encouraged to bring a water bottle. Guests must be 50+, accompanied by a member, pay \$5/day, and sign a pickleball waiver form at front desk prior to play. To reserve a court, please call (843) 402-1990.

Waring Café Hot Lunch Menu – November 2025

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 3	Nov 4 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 11/2 at 11 am</i>	Nov 5 Braised Beef with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Orange, Brownie Crinkle Cookie <i>Deadline to order 11/3 at 11 am</i>	Nov 6	Nov 7 Carolina Barbecue Pork Roast, Macaroni & Cheese, Sweet & Tangy Shredded Cabbage Slaw, Honey Kissed Cornbread, Gala Apple, Cookie & Cream Mousse <i>Deadline to order 11/5 at 11 am</i>
Nov 10	Nov 11 Turkey Bolognese Rigatoni, Spring Mix & Radish Side Salad with Ranch Dressing, Orange, Sugar Cookie <i>Deadline to order 11/9 at 11 am</i>	Nov 12 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 11/10 at 11 am</i>	Nov 13	Nov 14 Roast Turkey, Mashed Potatoes, Chopped Seasoned Green Beans, Turkey Gravy, Gala Apple, Crinkle Brownie Cookies <i>Deadline to order 11/12 at 11 am</i>
Nov 17	Nov 18 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 11/16 at 11 am</i>	Nov 19 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Red Seedless Grapes, Sugar Cookie <i>Deadline to order 11/17 at 11 am</i>	Nov 20	Nov 21 Center Closes at Noon
Nov 24	Nov 25 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 11/23 at 11 am</i>	Nov 26 Center Closes at Noon	Nov 27 Center Closed Due to Holiday	Nov 28 Center Closed due to Holiday

Waring Senior Center Café: Hot Lunch Menu

- 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 – December 2025

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
Dec 1	Dec 2 Turkey Bolognese Rigatoni, Spring Mix & Radish Side Salad with Ranch Dressing, Orange, Sugar Cookie <i>Deadline to order 11/30 at 11 am</i>	Dec 3 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 12/1 at 11 am</i>	Dec 4	Dec 5 Roast Turkey, Mashed Potatoes, Chopped Seasoned Green Beans, Turkey Gravy, Gala Apple, Crinkle Brownie Cookies <i>Deadline to order 12/3 at 11 am</i>
Dec 8	Dec 9 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 12/7 at 11 am</i>	Dec 10 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Red Seedless Grapes, Sugar Cookie <i>Deadline to order 12/8 at 11 am</i>	Dec 11	Dec 12 Cajun Salmon, Savannah Red Rice, Carolina Cole Slaw, Gala Apple, Crinkle Brownie Cookie <i>Deadline to order 12/10 at 11 am</i>
Dec 15	Dec 16 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 12/14 at 11 am</i>	Dec 17 Braised Beef with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Orange, Brownie Crinkle Cookie <i>Deadline to order 12/15 at 11 am</i>	Dec 18	Dec 19 Carolina Barbecue Pork Roast, Macaroni & Cheese, Sweet & Tangy Shredded Cabbage Slaw, Honey Kissed Cornbread, Gala Apple, Cookie & Cream Mousse <i>Deadline to order 12/17 at 11 am</i>
Dec 22	Dec 23 Turkey Bolognese Rigatoni, Spring Mix & Radish Side Salad with Ranch Dressing, Orange, Sugar Cookie <i>Deadline to order 12/21 at 11 am</i>	Dec 24 Center Closed Due to Holiday	Dec 25 Center Closed Due to Holiday	Dec 26 Center Closed Due to Holiday
Dec 29	Dec 30 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 12/28 at 11 am</i>	Dec 31 Center Closes at Noon	Jan 1 Center Closed Due to Holiday	Jan 2 Cajun Salmon, Savannah Red Rice, Carolina Cole Slaw, Gala Apple, Crinkle Brownie Cookie <i>Deadline to order 12/31 at 11 am</i>

Waring Senior Center Café: Hot Lunch Menu

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