

OCTOBER PROGRAMS

Online Newsletter for Lowcountry & Waring Senior Centers



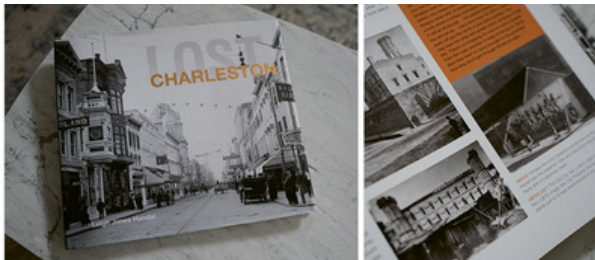
Lost Charleston: Part Two - Online

Author Leigh Handal continues to discuss her book, *Lost Charleston*, which chronicles Charleston's markets, mansions, hotels, restaurants, and cherished businesses that time and progress have swept away from the city that once was.

Members / Guests \$5

Tuesday, October 6, 1:30-2:30 pm

To register, click here.



Vertigo - Online

Vertigo is the sensation that either your body or your environment is moving (usually spinning). Join health professionals from the Hearing and Balance Center at Charleston ENT & Allergy to learn more about the causes and symptoms of vertigo and what treatments are available to help.

Members and Guests Free

Friday, October 9, 2-3 pm

To register, click here.

COVID-19 Survey

Please tell us how the pandemic is impacting you, how the senior center can support you, and if you plan to continue your senior center membership.

Click here to take survey.

Aging & Anxiety - Online Discussion Group

Aging gracefully isn't always easy, but attitude matters a lot. Join licensed mental professional Theresa Skojec from MUSC Elder Abuse Training and Treatment Program for this open discussion group. Space is limited.

Potential Topics Covered:

- Resources to ease aging
- Positive aspects of aging
- Functional vs dysfunctional anxiety

Members and Guests Free

Wednesdays, October 7-28, 3-4 pm

To register, click here.

Diabetes Prevention Program - Online

Want to learn how to eat better, be more active and lose weight? CDC's National Diabetes Prevention program can help you learn how to change your lifestyle to prevent Type-2 Diabetes. This group will meet for 16 weekly sessions with a trained lifestyle coach and then move to bi-monthly and monthly meetings.

Members and Guests Free

Wednesdays, Oct. 7-Feb. 5, 3-4 pm

To register, click here.

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Mindfulness 101 - Online

Mindfulness is the act of being present in the moment and can help a person cope with stressful situations. During this four-week class we will explore the mind/body connection and ways to add simple mindfulness techniques into your daily routine. Space is limited.

Members and Guests Free

Thursdays, October 8-29, 3-4 pm

To register, click here.



Waterfront Sunset - Online Painting

No artistic talent is needed, because a Wine & Design instructor will show you step by step how to complete your masterpiece. Price includes a Paint Kit with a pre-traced canvas, paint, sample printout, plates, and napkins.

Members \$30/ Guests \$40

Tuesday, October 20, 6:30-8:30 pm

To register, click here.

Eating for Wellness - Online

This four-week nutrition series is for people with/at-risk-for diabetes, but is open to anyone. Presented by Registered Dietitian Nutritionist, Alexis Appel RDN, CSSD, LD

Class 1 - Hidden Sugars

Is it too sweet for your own good? This class reviews the recommended guidelines, different sugar sources and healthy ways to reduce your sugar intake.

Class 2 - Cooking with Herbs

Savor the Flavors. This class explores the dietary benefits of different herbs and spices and ways to incorporate more herbs and spices into your daily meal plan.

Class 3 - Nutrition & Fitness Phone Apps

One size doesn't fit all. We'll review several popular health and fitness apps and ways to incorporate them while minimizing technology overload.

Class 4 - Food and Mood

During this class, we'll talk about the food-mood connection, emerging research, and ways to help you assess how your diet may affect energy levels and mood.

Members and Guests Free

Wednesdays, Oct. 7-28, 5:15-6:15 pm

To register, click here.

Thursdays, Oct. 8-29, 2:30-3:30 pm

To register, click here.

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Essential Oils: Natural Solutions for Your Home - Online

Brook Griffin, certified health coach and essential oil educator, teaches you how to safely and effectively use essential oils around your home.

Members Free / Guests \$5

Tuesday, October 13, 1:30-2:30 pm

To register, click here.

Simplify Your Spending & Saving Strategies - Online

Having a budget before retirement makes for a better future. Learn how to identify and work towards financial goals, and how to balance spending and saving for multiple goals. Presented by Abigail Capasso, CRPC, Financial Advisor.

Members Free / Guests \$5

Wednesday, October 14, 10-11 am

To register, click here.

The MIND Diet - Online

Did you know the MIND diet is a hybrid of the Mediterranean and DASH diets with its goal to reduce dementia and the decline in brain health that usually occurs as we age? Join Dr. William Simpson as he talks about the science and specifics behind this popular eating plan and tackles your questions about diet and aging.

Members and Guests Free

Tuesday, October 20, 3-4 pm

To register, click here.

Monarch & Swallowtail Butterflies - Online

During this program, butterfly enthusiasts will learn where the beautiful Eastern Black Swallowtail and Monarch Butterfly really come from and follow their migratory paths. Other common butterflies frequently sighted in Charleston will also be discussed. Bring your questions. Q & A session will be offered at the end of the presentation.

Members Free / Guests \$5

Friday, October 23, 1:30-2:30 pm

To register, click here.

Oh My Aching Back - Online

Join us for a special program to learn more about what causes back pain and the treatments to alleviate it. Presented by Michelle Hard, physical therapist with Roper St. Francis Healthcare.

Members and Guests Free

Monday, October 26, 2:30-3:30 pm

To register, click here.

Walk-in Flu Shot Clinics

Lowcountry Senior Center

Wednesday, October 7, 10 am - 12 pm

Waring Senior Center

Wednesday, October 21, 10 am - 2 pm

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Great Decisions - Online

Dr. Jack Porter, Department of Political Science, The Citadel, leads this popular balanced and nonpartisan foreign policy discussion group. Reading materials will be emailed to you prior to the class.

Topic: The Philippines and the U.S.

Members Free / Guests \$5

Tuesday, October 27, 2-3 pm

To register, click here.

Parkinson's Disease Support Group - Online

For those living with Parkinson's Disease to learn, share and connect. Facilitated by Christina Ketron, DNP, APRN, PMHNP-BC.

Members and Guests Free

Wednesday, October 28, 3-4 pm

To register, click here.

Basic Drawing at WSC

No experience necessary. Basis for all 2 dimensional work is a good knowledge of drawing skills. Bring a sketch pad, number 2 pencil, ruler, eraser and a sense of humor. Space is limited.

Members \$15/ Guests \$25

Thursdays, October 15-29, 10:30-11:45 am

To register, click here.

Art for Everyone at WSC

Relaxing and fun way to learn about art for the first time or review what you know. You will learn a bit of art history and techniques in this relaxed atmosphere. No experience necessary. A supply list will be emailed out to those who register. Space is limited

Members \$15/ Guests \$25

Thursdays, October 15-29, 1-2:30 pm

To register, click here.

LIBRARY APPOINTMENTS

The library is open to check out books. We have about 40 jigsaw puzzles that members may check out. Visits to the library are by appointment only. Visitors are required to sanitize hands before and after visiting the library. Books and puzzles will sit for at least 72 hours before being returned to the library.

For appointment at Lowcountry Senior Center, please call the center at (843) 990-5555.

For appointment at Waring Senior Center, please call the center at (843) 402-1990.

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Blood Drive at WSC

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

Wednesday, October 7, 9 am - 1 pm

Waring Senior Center

2001 Henry Tecklenburg Drive, Charleston

To sign up for an appointment, click here.

Outdoor Experiences with CCPR

Disc Golf - Off-site

Participants will be introduced to disc golf at the Outdoor Zone at James Island County Park.

Members and Guests \$20

Tuesday, October 6, 10 am - 12 pm

To register, click here.



Art Hub - On-site

Get together with other members and work on your art while socializing in a welcoming environment. Bring your own pencils, colored pencils, pens, markers and paper. No painting at this time. Space is limited.

LSC Members Only. Free

Fridays at LSC in October, 10 am - 12 pm

To register, click here.

WSC Members Only. Free

Tuesdays at WSC in October, 1 - 3 pm

To register, click here.

Walking Club - LSC

Meet fellow LSC members in Lowcountry Senior Center's lobby at 7:30 am, and carpool to the James Island County Park for a two mile+ power walk.

LSC Members Only. Free

Fridays in October, 7:30 am

To register, click here.

New!

GYM APPOINTMENTS NOW AVAILABLE M - TH TILL 7 PM GOLD AND SILVER SNEAKERS MEMBERS

All members visiting the center are to be screened for symptoms of the virus and have their temperatures taken. Anyone with a temperature of 100.4 or exhibiting symptoms of illness will be asked to return home. Members are required to wear a face mask at all times.

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For appointment at Waring Senior Center, please call the center at (843) 402-1990.

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Coffee Talk French at LSC

An ongoing, intermediate-level French class for those who are strongly interested in studying French. Come join us for readings and lively discussions en français!"

LSC Members Only. Free

Mondays in October, 10-11 am

To register, click here.

Writing Circle at LSC

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

LSC Members Only. Free

Wednesdays, October 14 & 28, 2-4 pm

To register for Oct. 14, click here.

To register for Oct. 28, click here.

Photography Club at LSC

Enjoyable club open to photographers of all levels. Club compares photos and watches a photography lecture each meeting.

LSC Members Only. Free

Thursday, October 15, 10-11:30 am

To register, click here.

Social Hours at LSC

Read a book in the lobby or socialize with friends at a safe distance on the patio.

LSC Members Only. Free

Monday - Friday, 10 am - 4 pm

To visit the center, please call us in advance.

Knitting at WSC

Enjoy social distance knitting on our screened in porch. Space is limited and registration is required.

WSC Members Only. Free

Fridays in October, 11 am - 12:30 pm

To register for Oct. 9, click here.

To register for Oct. 23, click here.

Waring Quilters Group at WSC

This is a time to work on quilting projects and socialize while socially distancing. Space is limited and registration is required.

WSC Members Only. Free

Tuesdays in October, 1-2:30 pm

To register for Oct. 13, click here.

To register for Oct. 27, click here.

Screen Porch Social Hours at WSC

Looking for a safe way to socialize with other Waring Senior Center friends? Come enjoy the beautiful fall weather on the porch.

WSC Members Only. Free

Monday - Friday, 10 am - 4 pm

To visit the center, please call us in advance.

Fresh Produce - On-site

Freeman Farm is coming back to sell seasonal produce at both senior centers.

Cash, credit cards and Senior Farmers' Market Nutrition Program vouchers accepted.

LSC, Wednesdays, 9am - 1pm (starts 10/21)

WSC, Tuesdays, 9am - 1pm (starts 10/20)

OCTOBER EXERCISE

Member Cost Per Month / Guest Cost Per Month

For classes that have fees, please register at least one day prior to class starting. Participants will be sent a class link once payment is received.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-9:45 am Fit & Firm Free Click here to attend class.	9-9:30 am Weights with Ron Free Click here to attend class.	9-9:45 am Fit & Firm Free Click here to attend class.	9-9:45 am Tai Chi \$25/\$35 Click here to register and pay.	9-9:30 am Weights with Ron Free Click here to attend class.
10-10:45 am Tai Chi \$20/\$30 Click here to register and pay.	10-10:45 am Strength Training with Bands \$20/\$30 Click here to register and pay.	11 am-12 pm Sit & Fit Free Click here to attend class.	10-10:45 am Chair Yoga Free/\$15 Click here to attend class.	10-10:45 am Strength Training with Bands \$25/\$35 Click here to register and pay.
11 am-12 pm Sit & Fit Free Click here to attend class.	11 am-12 pm Sit & Fit Free Click here to attend class.	2-2:45 pm Weights with Ron Free Click here to attend class.	11 am-12 pm Sit & Fit Free Click here to attend class.	11 am-12 pm Sit & Fit Free Click here to attend class.
12:30-1 pm Weights with Ron Free Click here to attend class.	12:15-1 pm Zumba Gold T/TH \$25/\$35 (9 classes) Click here to register and pay.	5-6 pm Gentle Yoga \$20/\$30 Click here to register and pay.	12:15-1 pm Zumba Gold T/TH \$25/\$35 (9 classes) Click here to register and pay.	12:30-1:30 pm Gentle Yoga \$25/\$35 Click here to register and pay.
1:30-2:30 pm Yoga for Back Health \$20/\$30 Click here to register and pay.				

Register for programs in advance at
www.lowcountryseniorcenter.com or
www.waringsseniorcenter.com

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Waring Senior Center (843) 402-1990