

September/October 2025

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

I am so excited about the fall and our great line-up of programming! As we break away from the intense heat and humidity of summer, I find the fall to be a season of transition, a time for change. It's a time to let go of the old and focus on something new; a time to reflect, connect, and grow.

The fall is a time for seeking inner calm and reflection. Two tools to try are memoir writing and meditation. Local writer and retired pastor, Bert Keller teaches how to weave together the many stories of your life in his memoir writing workshop (p. 4). "Joy of Meditation" introduces this peaceful, mindful practice (p. 10).

The cooler weather is a perfect time to get outdoors and connect with nature. Our class "Horticulture Therapy" highlights the benefits of gardening and nature to your overall well-being. "Birding Basics" teaches how to identify the many birds in our area (p. 4). Join our walking group on Fridays mornings at James Island County Park (p. 17). Go kayaking, my personal favorite! (p. 22).

Grow some new skills. Try watercolors (p. 15), drawing, or writing (p. 14). New fitness classes include Dance Fitness and Full Body Blast at LSC (p.17). And Pickleball Lessons are back (p. 25)!

Look forward to seeing you this fall!

Elizabeth Bernat, MHA, Director



Dance Conditioning classes smiling after performing at the US Aerial Federation Championships in West Ashley.



Volunteers enjoying a special luncheon at Charleston Crab House.



Cardio Drumming at WSC showing off their poker face after a fun routine!

Holiday Hours

Fri, Aug 29, 7:30 am-3:30 pm

Closed Sat, Aug 30-Mon, Sep 2

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, Oct 23, 9-10 am [register here](#)

Waring Senior Center

Mon, Sep 29, 10:30-11:30 am [register here](#)

Boogie & BBQ Party at LSC

Get your dancing shoes ready for an evening of fun, fellowship and music led by DJ Nathan with Elite Events! A delicious BBQ dinner from Dukes Barbecue is included. Bring your own beer or wine. This event is sponsored by the Friends of the Lowcountry Senior Center. Members \$10 / Guests \$20

Wed, Oct 22, 4-7 pm [register by 10/10](#)

Flu Shot Walk-In 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

Thur, Sep 18, 11 am-1 pm

Tues, Oct 7, 1-3 pm

Mon, Nov 3, 10 am-12 pm

Waring Senior Center

Wed, Sep 17, 9:30-11:30 am

Mon, Oct 6, 1-3 pm

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

Paisano's Spirit Night

Help support Friends of the Lowcountry Senior Center by ordering from Paisano's on James Island. A portion of the proceeds for the entire day go to the center. Dine In, Carry Out and Delivery. (843) 762-1135

Mon, Oct 6, 11 am-Midnight

Paisano's Pizza Grill, 1246 Camp Rd



SAVE THE DATE

WARING
SENIOR CENTER

Mah Jongg Tournament



Lunch and Prizes



Friday, November 7, 10 am-2 pm

Waring Senior Center
2001 Henry Tecklenburg Drive (West Ashley)
Early Bird Registration until October 9th
Members \$45 / Guests \$55
Register online at www.waringseniorcenter.com

Bring your Mah Jongg set and support a good cause.
Early Bird rate increases \$10 starting October 10th.
Space is limited. Proceeds benefit Waring Senior Center.

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

Volunteer Spotlight

Lucy Freeman

Physical Therapist, Strength Training with Bands Instructor, Rock Steady Boxing is where you will catch our lovely Lucy! Our volunteer instructor loves the center because it not only allows her to share her knowledge, skills, and love of fitness with others but allows them to give back to her by providing motivation and giving her perspective and connection. There is so much perseverance and motivation that can be witnessed at the senior center, and Lucy is the best at showing that you should not give up.



Lucy grew up in Spartanburg, SC and she even grew up alongside her husband. Something you probably did not know about Lucy is that she was a Journalism major in college originally. She had to have reconstructive surgery on her knee after suffering a snowboarding accident post college, which put her in physical therapy and grew her love and interest to go back to school at MUSC to get her degree.

Lucy is a strong, grounded, authentic, free-spirited and loyal person who loves all genres of music. She would have liked to witness Woodstock, simply because of her love for music. When she's not the jack of all trades here at the center, she likes to go to the beach, practice yoga, cook, and travel (ask her about her trip to Italy for her 50th birthday).

Jean Williams

Some words used to describe Jean are unpredictable yet reliable at the same time, ridiculous but amazing, and the queen of the recorders. Look for the Olde Pipes Consort and you'll find our very own volunteer Jean Williams leading the group. Jean describes the senior center as her happy place. This is where her friends are and where everyone she meets has a crazy amazing story.



Jean grew up in Lancaster, Pennsylvania and taught strings in the Council Rock School District for 10 years before moving to Charleston, SC as a freelance musician. She has played in the Greenville symphony, Long Bay Symphony, and South Carolina philharmonic. Her love for recorders began when she inherited a bunch and during the pandemic decided to join the recorders group at the senior center.

Something you may not know about Jean is that she one time climbed the tallest peak in the Adirondacks, Mount Marcy in New York state! She was on an 8-day camping trip as a volunteer with her youth ministry in Pennsylvania when she made the trek! Look for Jean if you want any recommendations for a good British murder mystery (Elly Griffiths or Jim Kelly).

Lifelong Learning

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

Birding Basics

Are you curious about the kind of birds you see in your backyard? Come learn the basic about birding; tips on identification, what equipment is needed, and how popular internet apps like Merlin Bird ID and eBird can enhance your bird watching experience.

Lowcountry Senior Center

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

Waring Senior Center

Wed, Oct 8, 11:30 am-12:30 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, Sep 9 & Oct 7, 10-11 am

Waring Senior Center

Tues, Sep 16 & Oct 14, 10-11 am

Memoir Writing Workshop at WSC

Remembering and telling good stories from our life is like collecting colorful patches which, when sewn together, create a memoir as interesting as a quilt. In this workshop led by local writer and retired pastor Bert Keller, each member writes a brief personal story each week. Stories are read aloud, receive questions and insights from the group, and explore the spirited craft of memoir writing.

Members \$10 / Guests \$20 per series

Fri, Sep 19-Oct 24, 10:30 am-12:30 pm
[register here](#)

Understanding Branches of Government and the US Constitution at WSC

We learned in school about our three branches of the federal (and state) governments, and how they divide up their functions. But things have changed over the past two hundred years. So, let's look at how the three branches really divide up the functioning of our government today.

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



COMMUNITY CONNECTIONS

Coffee with a Cop & Senior Advocate

Lowcountry Senior Center

Mon, Sep 29, 10-11 am

Waring Senior Center

Tues, Oct 21, 9:30-10:30 am



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.

Camino de Santiago:

Northern Spain on Foot at WSC

If you have ever considered walking the Camino de Santiago, especially as a senior, you can do it. At 68, Julie Garrett walked 500 miles from Saint Jean Pied-de-Port, France to Santiago de Compostela, Spain. Come see the Camino through photographs, learn about the walk and what it takes, and get all your questions answered.

Wed, Oct 1, 2-3 pm [register here](#)

Estate Planning:

Wills vs Trusts at LSC

Knowing you have a plan in place gives you and your family peace of mind. Kathryn M. Cockrill provides an overview of the benefits of a Last Will and Testament versus a Revocable Living Trust to help guide you in understanding which of these estate planning tools suits you and your family's needs.

Wed, Sep 24, 2-3 pm [register here](#)

Lunch & Learn: Veterans Benefits

Meet the team from McAlister-Smith and learn information about Veteran's Burial Benefits, which are also offered to spouses of veterans and the practical benefits of advance funeral planning. This program is for all Veterans and all spouses of Veterans.

Lowcountry Senior Center

Fri, Oct 3, 12:30-1:30 pm [register here](#)

Waring Senior Center

Wed, Oct 22, 11:30 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.

Scam Prevention

Scammers make it their full-time job to develop new tactics to try and trick you into giving over your private information and money. Join Aya Favors, SC Dept of Consumer Affairs and learn how you can protect yourself and your loved ones from being scammed.

Lowcountry Senior Center

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

Waring Senior Center

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

Author Talks & Book Signings

***Play the Game* by Tim Routh**

A gripping and sensitive story of a boy coming of age during a turbulent time in the 1960's.

Lowcountry Senior Center

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

Waring Senior Center

Fri, Sep 19, 1-2 pm [register here](#)

***Standing in the Gap* by Sherman E. Pyatt**

Although freedom came to enslaved African Americans after the Civil War, many Gullah families remained isolated on South Carolina barrier islands. Come learn about typical African-American family life from 1915 to 1917 on Wadmalaw Island and in nearby Charleston.

Lowcountry Senior Center

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

Waring Senior Center

Tue, Oct 7, 2:30-3:30 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 pm

Cutting Cables at WSC

Learn about some popular options for viewing shows and movies via the Web, including watching your PC and connecting Web-enabled devices like Roku and Chromecast to your TV. Demonstration only.

Wed, Oct 8, 1-2 pm [register here](#)

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

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

Great Decisions at WSC

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

Sep Topic: NATO and European Security

Tues, Sep 9, 1-2:30 pm [register here](#)

Oct Topic: AI and National Security

Tues, Oct 14, 1-2:30 pm [register here](#)

Immigration Records at LSC

Faith Walker, Baxter-Patrick James Island librarian, is back to talk about the genealogical value of immigration records! Learn how you can find where your family came from, and add generations to your family tree

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

James Island History: Golf at LSC

From private to public to forgotten courses, James Island has a special attachment to golf. Join Baxter-Patrick librarian Mike Corbo as he discusses the history of the sport on James Island.

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

Let's Talk Tudors! at LSC

Travel back to the Tudor court in this series of talks! This month in "Bound to Obey & Serve" Anne Boleyn is dead and Henry rushes into another marriage with Jane Seymour. Join us, and Let's Talk Tudors!

Mon, Oct 6, 10-11 am [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, Sep 3, 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, Sep 12, 9 am-1pm

Call (843) 402-1990 to register.

Ask a Master Gardener

Drop in and ask your lawn and gardening questions from Master Gardeners from the South Carolina Clemson Extension Program. Soil samples must be at least 2 cups to be processed. Fees apply.

Lowcountry Senior Center

Thur, Oct 9, 10 am-1 pm

Waring Senior Center

Thur, Oct 16, 10 am-1 pm

Book Club

Lowcountry Senior Center

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

The Lion, Witch and the Wardrobe by C.S. Lewis

Mon, Oct 20, 11 am-12:15 pm [register here](#)

A Gentleman in Moscow by Amor Towles

Waring Senior Center

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

The Windfall by Diksha Basu

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

The House of Mirth by Edith Wharton

Financial Education Series

Business Owner Exit Planning at LSC

Learn about the importance of being proactive and intentional about succession/exit planning. Explore steps that business owners can take now to make a successful transition on their terms.

Mon, Sep 22, 10-11 am [register here](#)

Charitable Giving at WSC

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

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

Family Estate Planning 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.

Mon, Oct 6, 1-2:30 pm [register here](#)

Retirement: Making Your Money Last at LSC

Come learn investment strategies to help build a strategy to last throughout your retirement years. Inflation, health care expenses and market volatility will be addressed.

Mon, Oct 27, 10-11 am [register here](#)

Lifelong Learning

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

Basic Spanish at WSC

This class is for those who have attended at least 16 weeks of Basic Spanish or have a general knowledge of the language.

Participants must purchase *Basic Spanish by Dorothy Richmond, Premium Third Edition* prior to class. Registration is required.

Members \$10 / Guests \$20 per series

Fri, Sep 5-Oct 10, 9:30-10:30 am

[register here](#)

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

Travelers French - Beginners at WSC

This 6-week French conversation style class covers ordinary expressions used in everyday life, as well as useful terms for traveling.

Members \$10 / Guests \$20 per series

Thur, Sep 25-Oct 30, 10-11 am [register here](#)

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. Space is limited. Registration is required.

Members Only. Free

Wed, Sep 3-Oct 29, 1-2 pm [register here](#)

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

Health & Wellness

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

Acupuncture for Low Back Pain

Join Treayor Smith, owner & licensed acupuncturist at Johns Island Acupuncture, and learn how acupuncture can effectively relieve low back pain—whether it's caused by muscle tension, arthritis, sciatica, or nerve issues. Learn how this ancient practice supports healing and mobility, plus take home simple stretching exercises to help you feel your best.

Lowcountry Senior Center

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

Waring Senior Center

Thurs, Sep 25, 2-3 pm [register here](#)

Age-Related Hearing Loss and Treatment at WSC

Dr. Meghan Carter, AuD, discusses the challenges of hearing loss and explores treatments such as hearing aids and cochlear implants. Learn about the technological advancements and communication strategies for supporting those affected by hearing loss.

Thur, Sep 18, 2-3 pm [register here](#)

F.A.S.T Warning Signs of Stroke

Join Carla Kessinger BSN, RN-BC, Stroke Program Coordinator, RSFH, to learn what a stroke is, signs and symptoms, risk factors, and healthy habits to have for stroke prevention.

Lowcountry Senior Center

Wed, Oct 1, 2-3 pm [register here](#)

Waring Senior Center

Thur, Oct 23, 2-3 pm [register here](#)

Blood Pressure Screening

Stop by and get a free blood pressure screening courtesy of Roper St. Francis Stroke Center of Excellence, and pick up information about stroke prevention.

Registration not required.

Lowcountry Senior Center

Wed, Sep 10, 10 am-1 pm

Waring Senior Center

Tues, Sep 23, 10 am-1 pm

Matter of Balance at WSC

Do you have concerns about falling? Set realistic goals to increase activity, make changes to reduce fall risks, fall-proof your home and do simple exercises to increase strength and balance. New participants are not allowed to join the eight-week series after week 2 has started. Registration is required. Members and Guests Free

Thur, Sep 4-Oct 23, 10 am-12 pm
[register here](#)

Things I Wish I'd Known Sooner at LSC

Let's talk about the wisdom we've gained in our lives. Cerantha Corley shares some nuggets of golden wisdom she has learned over the years. Bring some gems you might want to share. Let's increase our collective hints to a happy and fulfilling life. She also plays Native American Flute music.

Thur, Sep 25, 12-1 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

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

Bra Fitting

Be fitted for your correct size by a Dillard's professional bra fitter. Register for an appointment at the center's front desk.

Lowcountry Senior Center

Fri, Sep 26, 10 am-12 pm

Waring Senior Center

Tues, Sep 16, 10 am-12 pm

Connection Matters: The Power of Being Resilient During Tough Times

Please join Dr. Andrea Coyle as we explore how resilience is not the ability to endure, it's the strength we gain from the people and relationships that anchor us.

Lowcountry Senior Center

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

Waring Senior Center

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

Horticultural Therapy

Discover how gardening and nature can help your social, emotional, physical, and mental well-being. Author and Horticultural Therapy Practitioner, Jessica Murnane, shares how horticultural therapy (HT) has helped people for over a century to find more calm, reduce stress, improve focus, and increase physical activity. Walk away with ways you can integrate nature-practices into your own life.

Lowcountry Senior Center

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

Waring Senior Center

Wed, Sep 24, 12:30-1 pm [register here](#)

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 *no class Oct 2 & 9*

Waring Senior Center

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

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, Sep 24 and Wed, Oct 29

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.*

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

Wed, Oct 1 & 15, 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, Sep 13 & 27, 10-11:30 am

Sat, Oct 11 & 25, 10-11:30 am

Hope for Hurting Hearts Grief Support Group at WSC

In partnership with the Roper St. Francis Healthcare Pastoral Care Department, we are offering a twelve-week discussion group for people who have experienced the death of a loved one. You may join at any time, and you do not have to attend every session.

Registration is not required.

Members and Guests Free



Mon, Sep 8-Nov 24, 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, Sep 4 & Oct 2, 9-10 am

Parkinson's Disease Support Group at LSC

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

Wed, Oct 29, 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, Sep 12, 10-10:30 am [register here](#)

Wed, Oct 8, 10-10:30 am [register here](#)

Waring Senior Center

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

Fri, Oct 10, 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	Mexican Train Dominoes 10 am-12 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	Mah Jongg Open Play 12:30-3:30 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	

Mah Jongg Lessons

Learn to play Mah Jongg. Must commit to attending to both lessons in a series.

Space is limited.

Members \$35 / Guests \$45 per series

Lowcountry Senior Center

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

Mon, Oct 13 & 20, 1-3 pm [register here](#)

Waring Senior Center

Mon, Sep 8 & 15, 10am-12pm [register here](#)

Mon, Oct 20 & 27, 10am-12pm [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 lowcountryseniorcenter@sfh.com. Someone will contact you about getting started.

Mon, 3:30-4:30 pm

Chorus at LSC

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

Members Only. Free

Thur, 1:30-2:45 pm

Fun with Flowers

Did you know 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. Flowers included.

Members \$10 / Guests \$20 per class

Lowcountry Senior Center

Mon, Oct 6, 12:30-1:30 pm [register here](#)

Waring Senior Center

Mon, Sep 22, 12:30-1:30 pm [register here](#)

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 \$70 / Guests \$80 per series

Mon, Sep 8-Nov 3, 10-11:30 am [register here](#)

No class Sep 15

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 \$70 / Guests \$80 per series

Mon, Sep 8-Nov 3, 12-1:30 pm [register here](#)

No class Sep 15

The Olde Pipes Consort at LSC

For intermediate and advanced recorder players who have experience playing and can read sheet music. Directed by Jean Williams.

Members Only. Free

Mon, 1:30-3:30 pm

The Pipers at LSC

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

Mon, 12:30-1:30 pm

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

Fri, Oct 3 & 17, 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. \$62 per 7-week series

Tues, Oct 7-Nov 18, 7:45-9:15 am
[register here](#)

Art Hub

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

Lowcountry Senior Center

Fri, 1-3 pm

Waring Senior Center

Mon, 10 am-12 pm

Drawing Fundamentals at LSC

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.

Members \$55 / Guests \$65 per series

Fri, Sep 19-Oct 24, 10 am-12 pm [register here](#)

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, Sep 19, 11:15 am-12:15 pm [register here](#)

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

Sew Much Fun at WSC

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

Members Only. Free

Tues, 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

The Art of Memoir Writing at WSC

There's no formula for correct memoir writing because it is so personal. Join Bert Keller, retired pastor and author to learn how the four "movements" in creating a memoir: mystical, mental, magical, and metaphysical can help you create a full, integral, lively and satisfying composition.

Members Free / Guests \$5

Fri, Sep 12, 10:30 am-12 pm [register here](#)

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 \$20 / Guests \$30 per series

Tues, Sep 9-30, 10 am-12 pm [register here](#)

Tues, Oct 7-28, 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.

Members \$20 / Guests \$30 per series

Lowcountry Senior Center

Tues, Sep 9-30, 1-3 pm [register here](#)

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

Waring Senior Center

Wed, Sep 10-Oct 1, 10 am-12 pm [register here](#)

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

Watercolor Workshops

This is a project-based watercolor class where everyone takes home a beautiful painting. Perfect for beginners and experienced artists alike. No drawing skills required. Learn new techniques, blend colors and unleash your creativity. Supplies included.

Palm Trees Painting

Waring Senior Center

Sat, Oct 4, 10 am-12:00 pm

Members \$65 / Guests \$75 [register here](#)



Sailboat Painting

Lowcountry Senior Center

Sat, Nov 1, 10 am-12:00 pm

Members \$65 / Guests \$75 [register here](#)



Dance

Dance Fitness

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

Members \$15/ Guests \$25 per month

Lowcountry Senior Center

Tues, Sep 2-30, 12:15-1 pm [register here](#)

Tues, Oct 7-28, 12:15-1 pm [register here](#)

Waring Senior Center

Sat, Sep 6-27, 9:15-10:15 am [register here](#)

Sat, Oct 4-25, 9:15-10:15 am [register here](#)

Line Dancing - Beginner at LSC

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

Members \$25 / Guests \$35 per month

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

Members \$20 / Guests \$30 per month

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

Line Dancing - Intermediate at LSC

This class is for the more experienced dancer. No partner required.

Members \$25 / Guests \$35 per month

Tues, Sep 2-30, 3:25-4:15 pm [register here](#)

Members \$20/ Guests \$30 per month

Tues, Oct 7-28, 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 \$20/ Guests \$30 per month

Wed, Sep 3-24, 3-4 pm [register here](#)

Members \$25 / Guests \$35 per month

Wed, Oct 1-29, 3-4 pm [register here](#)

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

Shag for Beginners at WSC

For the Beginner! Or, if it's been many years since you tried! No partner required.

Members \$45 / Guests \$55 per series

Mon, Sep 8-Oct 13, 6:05-6:50 pm

[register here](#)

Members \$40 / Guests \$50 per series

Mon, Oct 20-Nov 17, 6:05-6:50 pm

[register here](#)

Shag - Beginner Level 2 at WSC

For those who have taken at least 10-12 weeks of previous Shag lessons and want to continue further! No partner required.

Members \$50 / Guests \$60 per series

Mon, Sept 8-Oct 13, 5-6 pm

[register here](#)

Members \$45 / Guests \$55 per series

Mon, Oct 20-Nov 17, 5-6 pm

[register here](#)



LSC Fit & Firm class is warming up for a great workout!

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.

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

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>Sep \$15/\$25</u> <u>Oct \$15/\$25</u>
	10-11 am Rock Steady Boxing for Parkinson's <u>Sep \$100/\$250</u> <u>Oct \$100/\$250</u>		10-10:45 am Cardio Drumming <u>Sep \$10/\$20</u> <u>Oct \$10/\$20</u>	10-11 am Rock Steady Boxing for Parkinson's <u>Sep \$100/\$250</u> <u>Oct \$100/\$250</u>	
	10-10:45 am Tai Chi <u>Sep \$25/\$35</u> <u>Oct \$20/\$30</u>	10:15 -11:15 am Functional Strength <u>Sep \$15/\$25</u> <u>Oct \$15/\$25</u>	10-11 am Gentle Yoga <u>Sep \$20/\$30</u> <u>Oct \$25/\$35</u>		10:30 am - 12 pm Chair Volleyball Members Only Free
11 am-12 pm Chair Dance <u>Sep \$15/\$25</u> <u>Oct \$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>Sep Free/\$20</u> <u>Oct Free/\$20</u>	11 am-12 pm ◆ <u>Sit & Fit</u> Free/\$5 per class	11:15 am-12:15 pm Balance <u>Sep Free/\$20</u> <u>Oct Free/\$20</u>	
◆ 12-1 pm <u>Cardio & Weights</u> Free/\$5 per class	11:30am-12:30 pm Strength Training with Bands <u>Sep \$10/\$20</u> <u>Oct \$10/\$20</u>		12:15-1:15 pm Strength & Balance Free/\$5 per class	12:15-1:15 pm Dance Conditioning <u>Sep \$15/\$25</u> <u>Oct \$15/\$25</u>	
	11:30 am-12:30 pm Gentle Yoga <u>Sep \$25/\$35</u> <u>Oct \$20/\$30</u>			Calendar Key: <div>Free for members & no registration required</div> ◆ Class at Waring and available online Click on the class title to join the live stream class online. Click on the month to register for classes and pay, if fees apply. Want to try an exercise class one time? Per class rate is \$8 for members and \$10 for guests, for classes with fees.	
1:30-2:30 pm Yoga for Back Health <u>Sep \$20/\$30</u> <u>Oct \$20/\$30</u>	12:45-1:45 pm Strength & Balance Free/\$5 per class	1-2 pm 40/20 Mix <u>Sep \$15/\$25</u> <u>Oct \$15/\$25</u>	1:30-2:15 pm Core & Stretch <u>Sep \$15/\$25</u> <u>Oct \$15/\$25</u>		
		3-4 pm Line Dancing <u>Sep \$20/\$30</u> <u>Oct \$25/\$35</u>	2:15-2:30 pm Foam Rolling Free/\$5 per class		
5-6 pm Shag Beg - Level 2 <u>Sep 8-Oct 13</u> <u>\$50/\$60</u>		◆ 3:30-4:30 pm <u>Cardio & Weights</u> Free/\$5 per class			
6:05-6:50 pm Shag Beginner <u>Sep 8-Oct 13</u> <u>\$45/\$55</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

The Arthritis Foundation's Exercise Program 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.

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 & 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.

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.

Mat/Chair Yoga

Access balance, strength, and independence 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.

Fitness Class Descriptions

Relax & Repair Yoga

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

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 class comprised of some seated and standing poses with an emphasis on floor postures to promote mobility. A calming, restorative class for mind and body. Props are encouraged. Bring a mat.



LSC Fit and Firm class engaging the core with a smile.

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.



WSC Fit and Firm class members working hard with bands.

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

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. This class takes place at Waring Senior Center but is open to Gold Members from both centers. Gold Members \$100 / Guests \$250 per month

Tues and Fri, 10-11 am

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

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



Synergy at WSC

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

Sep

10-10:45 am M/W, Sep 3-29, \$40 [register here](#)

1-1:45 pm M, Sep 8-29, \$20 [register here](#)

1-1:45 pm W/F, Sep 3-26, \$40 [register here](#)

Oct

10-10:45 am M/W, Oct 1-29, \$45 [register here](#)

1-1:45 pm M, Oct 6-27, \$20 [register here](#)

1-1:45 pm W/F, Oct 1-31 \$50 [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. \$40/person for Gold and Silver Members.

Laura Kier, Certified Personal Trainer

Lowcountry Senior Center

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

James Johnson, Certified Personal Trainer

Lowcountry or Waring Senior Center

Call, text or email to schedule an appointment.
(843) 906-7667 or j2athletics@gmail.com

Ron White, Certified Personal Trainer

Waring Senior Center

Call or email to schedule an appointment.
(843) 402-1652 or kendall.white@rsfh.com

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

Tues, Sep 30, 12 pm [register by 9/26](#)

Thur, Oct 23, 10:30 am [register by 10/19](#)

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, Sep 17, 9:30 am [register by 9/13](#)

Thur, Oct 16, 4:45 pm [register by 10/12](#)

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, Sep 24, 1:15 pm [register by 9/10](#)

Tues, Oct 21, 11:45 am [register by 10/7](#)

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, Sep 25, 5-6:45 pm [register here](#)

Featuring Trader Joe's

Thur, Oct 23, 5-6:45 pm [register here](#)

Featuring German wines

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

Wine Alphabet - Let's Start with A

Argentina, Australia, and Austria: Country's that begin with letter A that make delicious wines. Argentina is all about Malbec, Australia is Unoaked Chardonnay and Shiraz and Austria is all about Grüner Veltliner, and Zweigelt. This tasting is a mash-up of these three countries.

Lowcountry Senior Center

Wed, Sep 10, 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.

Waring Senior Center

Thur, Oct 9, 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, Sep 9, 5 pm register by 9/2

Swig & Swine, 1217 Savannah Hwy

Tues, Sep 23, 5 pm register by 9/16

Southside 17, 3632 Savannah Hwy

Wed, Oct 15, 5 pm register by 10/8

Aji Asian Bistro, 1011 Harbor View Rd

Tues, Oct 28, 5 pm register by 10/21

TBonz Gill & Grill, 1668 Old Towne Rd

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.

Mon, Oct 6, 4 pm register by 10/4

Paisano's Pizza Grill, 1246 Camp Rd

Lunch Bunch

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

Wed, Sep 10, 11:30 am register by 9/7

The Great Greek Mediterranean Grill, 1417 Folly Rd

Thur, Sep 18, 11:30 am register by 9/15

Stono Market & Tomato Shed Cafe, 842 Main Rd

Wed, Oct 8, 11:30 am register by 10/5

Three Little Birds Cafe, 65 Windermere Blvd

Thur, Oct 23, 11:30 am register by 10/20

Cafe Charlotte, 874 Orleans Rd

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. Members Only. **Thursdays in Sept and Oct**



Members having fun at Social Hour at Angel Oak.



LSC Volunteers working in the kitchen preparing for a bake sale earlier this year.

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

Social - Out & About

Carolina Gold Tour at Caw Caw

Join us for a guided walking tour of Caw Caw Interpretive Center and explore former rice fields and walk through the various steps required for the cultivation of rice using reproduction artifacts. Examine the roles and influences of enslaved Africans and African Americans on the process, and discuss events associated with the Stono Slave Rebellion that occurred in part at Caw Caw Interpretive Center. Transportation is not provided. Meet at 5200 Savannah Hwy in Ravenel. Nonrefundable after 10/2.

Members \$15 / Guests \$25

Thur, Oct 16, 10-11:15 am [register by 10/2](#)

PURE Theater - Seniors & Seniors

This popular program brings high school seniors and older adults together to watch a play and discuss it over lunch.

Featured Play - Covenant by York Walker

This haunting, Gothic play explores the power of belief and tests the thin veil between rumor and truth. Two years after his sudden disappearance, struggling guitarist Johnny "Honeycomb" James returns to his small Georgia town a blues star, sparking rumors that he may have made a deal with the devil to attain his musical genius. Before long, however, it becomes clear he's not the only one with a secret. Price includes the show and a buffet lunch. Transportation is not provided. Members \$50/Guests \$55

Wed, Oct 15, 10:30 am-2:30 pm

[Register by 9/12](#). Nonrefundable after 9/12.

A Night of a Thousand Candles at Brookgreen Gardens Day Trip

Travel with us to Brookgreen Gardens and experience one of the most beloved holiday events in the Southeast. First, we'll head to Hanser House in Pawley's Island for a delightful early dinner. Following dinner, we'll head to Brookgreen Gardens and see it come to life amid the soft glow of more than 2,700 hand-lit candles and millions of sparkling lights. This trip requires considerable walking. If you are traveling with a caregiver, they will need to register and pay as well. Trip price includes bus round trip, admission to Brookgreen Gardens, dinner, self-guided garden tour, and gratuity at the restaurant and for the motorcoach operator. All times listed on the itinerary are approximate. Registration and payment due by October 15. Nonrefundable after October 15.

Members \$250/ Guests \$280

Prices increases \$20 to \$270/\$300 on September 22.

Thur, Dec 11, 12:45-10 pm [register here](#)



Scenes from Brookgreen Gardens for a Night of Thousand Candles.

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 a heat advisory, the courts are closed, and open play is canceled.

Pickleball Lessons at WSC

Online registration opens Friday, September 5th.

Pickleball 101

Tues, Oct 7-28, 12:30-1:30 pm

Members \$45/ Guests \$55 per series

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

Pickleball 102

Tues, Oct 7-28, 1:45-2:45 pm

Members \$45/Guests \$55 per series

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.

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 Lowcountry Senior Center Outdoor Project has finally received it's state permit! We are very close to receiving our permit from City of Charleston. The permitting process has required significantly more time than expected. In July we held our pre-bid meeting and were very pleased with the turnout from contractors potentially interested in bidding on our project. The bids should be received by the end of August.

As a reminder, this project improves the outdoor space behind the center by adding three outdoor pickleball courts and other new features such as a raised-bed garden, butterfly garden and resurfacing the walking trail. Depending on costs, we may build the project in phases. More to come!

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 and Renew Active.
- 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). 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.

September 1-13, 2025 - Pickleball Schedule

- For at least the first two weeks of September, there will be only one daily open play scheduled at 8/8:30 am. Dependent on the heat, additional open play options may be added to the schedule starting September 15th.
- 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.
- In the event of a heat advisory, the courts are closed, and open play is canceled.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am	7:45-8 am Set-up	7:45-8 am Set-up	7:45-8 am Set-up	7:45-8 am Set-up	7:45-8 am Set-up	Closed
8 am	8 am-10 am Advanced Open Play	8 am-10 am Beginners Open Play	8 am-10 am Intermediate Open Play	8 am-10 am Advanced Open Play	8 am-10 am Intermediate Open Play	8:30 am-12:30 pm Open Play All Levels
9 am						Courts will be closed in the event of a heat advisory or warning
10 am	10:15-6:45 pm Available for reservations. Courts will be closed in the event of a heat advisory or warning.	10:15-6:45 pm Available for reservations. Courts will be closed in the event of a heat advisory or warning.	10:15-6:45 pm Available for reservations. Courts will be closed in the event of a heat advisory or warning.	10:15-6:45 pm Available for reservations. Courts will be closed in the event of a heat advisory or warning.	10:15-3:45 pm Available for reservations. Courts will be closed in the event of a heat advisory or warning.	
11 am						
12 pm						
1 pm						
2 pm						
3 pm						
4 pm					Close at 4 pm	
5 pm						
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 – September 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
Sept 1 Closed for Labor Day Holiday	Sept 2 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 8/31 at 11 am</i>	Sept 3 Braised Beef with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Orange, Brownie Crinkle Cookie <i>Deadline to order 9/1 at 11 am</i>	Sept 4	Sept 5 Carolina Barbecue Pork Roast, Macaroni & Cheese, Sweet & Tangy Shredded Cabbage Slaw, Honey Kissed Cornbread, Gala Apple, Cookie & Cream Mousse <i>Deadline to order 9/3 at 11 am</i>
Sept 8	Sept 9 Turkey Bolognese Rigatoni, Spring Mix & Radish Side Salad with Ranch Dressing, Orange, Sugar Cookie <i>Deadline to order 9/7 at 11 am</i>	Sept 10 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 9/8 at 11 am</i>	Sept 11	Sept 12 Roast Turkey, Mashed Potatoes, Chopped Seasoned Green Beans, Turkey Gravy, Gala Apple, Crinkle Brownie Cookies <i>Deadline to order 9/10 at 11 am</i>
Sept 15	Sept 16 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 9/14 at 11 am</i>	Sept 17 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Red Seedless Grapes, Sugar Cookie <i>Deadline to order 9/15 at 11 am</i>	Sept 18	Sept 19 Cajun Salmon, Savannah Red Rice, Carolina Cole Slaw, Gala Apple, Crinkle Brownie Cookie <i>Deadline to order 9/17 at 11 am</i>
Sept 22	Sept 23 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 9/21 at 11 am</i>	Sept 24 Braised Beef with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Orange, Brownie Crinkle Cookie <i>Deadline to order 9/22 at 11 am</i>	Sept 25	Sept 26 Carolina Barbecue Pork Roast, Macaroni & Cheese, Sweet & Tangy Shredded Cabbage Slaw, Honey Kissed Cornbread, Gala Apple, Cookie & Cream Mousse <i>Deadline to order 9/24 at 11 am</i>
Sept 29	Sept 30 Turkey Bolognese Rigatoni, Spring Mix & Radish Side Salad with Ranch Dressing, Orange, Sugar Cookie <i>Deadline to order 9/28 at 11 am</i>	Oct 1 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 9/29 at 11 am</i>	Oct 2	Oct 3 Roast Turkey, Mashed Potatoes, Chopped Seasoned Green Beans, Turkey Gravy, Gala Apple, Crinkle Brownie Cookies <i>Deadline to order 10/1 at 11 am</i>

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.

Waring Café Hot Lunch Menu – October 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
		Oct 1 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 9/29 at 11 am</i>	Oct 2	Oct 3 Roast Turkey, Mashed Potatoes, Chopped Seasoned Green Beans, Turkey Gravy, Gala Apple, Crinkle Brownie Cookies <i>Deadline to order 10/1 at 11 am</i>
Oct 6	Oct 7 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 10/5 at 11 am</i>	Oct 8 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Red Seedless Grapes, Sugar Cookie <i>Deadline to order 10/6 at 11 am</i>	Oct 9	Oct 10 Cajun Salmon, Savannah Red Rice, Carolina Cole Slaw, Gala Apple, Crinkle Brownie Cookie <i>Deadline to order 10/8 at 11 am</i>
Oct 13	Oct 14 Chicken Pot Pie, Southern Style Green Beans, Banana, Sugar Cookie <i>Deadline to order 10/12 at 11 am</i>	Oct 15 Braised Beef with Demi Glaze, Steamed Broccoli, Garlic and Herb Roasted Potatoes, Orange, Brownie Crinkle Cookie <i>Deadline to order 10/13 at 11 am</i>	Oct 16	Oct 17 Carolina Barbecue Pork Roast, Macaroni & Cheese, Sweet & Tangy Shredded Cabbage Slaw, Honey Kissed Cornbread, Gala Apple, Cookie & Cream Mousse <i>Deadline to order 10/15 at 11 am</i>
Oct 20	Oct 21 Turkey Bolognese Rigatoni, Spring Mix & Radish Side Salad with Ranch Dressing, Orange, Sugar Cookie <i>Deadline to order 10/19 at 11 am</i>	Oct 22 Chicken Breast with Marsala Mushroom Sauce, Green Beans, Mashed Potatoes, Red Seedless Grapes, Banana Pudding Parfait <i>Deadline to order 10/20 at 11 am</i>	Oct 23	Oct 24 Roast Turkey, Mashed Potatoes, Chopped Seasoned Green Beans, Turkey Gravy, Gala Apple, Crinkle Brownie Cookies <i>Deadline to order 10/22 at 11 am</i>
Oct 27	Oct 28 Ho-Lotta Gullah Grilled Chicken, Braised Collard Greens, Yellow Rice, Orange, Banana Pudding Parfait <i>Deadline to order 10/26 at 11 am</i>	Oct 29 Savannah Meatloaf, Southern Style Green Beans, Mashed Potatoes, Red Seedless Grapes, Sugar Cookie <i>Deadline to order 10/27 at 11 am</i>	Oct 30	Oct 31 Cajun Salmon, Savannah Red Rice, Carolina Cole Slaw, Gala Apple, Crinkle Brownie Cookie <i>Deadline to order 10/29 at 11 am</i>

Waring Senior Center Café: Hot Lunch Menu

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