

September/October Programs

Newsletter for Lowcountry & Waring Senior Centers



Note from the Director

It's been a busy summer at the centers and will be an even busier fall. In July alone, each center offered around 280 classes! That's over 560 classes in one month!

There's so much time and energy that goes into planning and implementing programs. Do you ever wonder how we do it with such a small staff? The answer is Volunteers! We are a volunteer model senior center, meaning that we have a skeleton staff and rely on volunteers to assist in all areas of operations. Volunteers manage our front desks, oversee the gyms, and assist with programs. But we are desperately in need of more volunteers!

We are excited to have grown our programming back to pre-pandemic levels, but we need volunteers to sustain these levels. In July 2019, we had around 135 volunteers working at the centers; today we have only 45.

Please consider giving your time and talent. There are many benefits such as being more involved and meeting new people. And as a thank you, we are planning special events open only to volunteers! It's going to be fun!

For more information, stop by the front desks and look for our volunteer recruitment tables in the lobbies this fall!

Elizabeth Bernat, MHA, Director



Participants having fun showing off their "Barbie" pink in Drums Alive class at Waring Senior Center.



Dining Out with friends at Home Team BBQ in July.



Dancing the night away at Lowcountry Senior Center's Summer Party Fundraiser on August 10.

Around the Centers

A Night of a Thousand Candles at Brookgreen Gardens

Travel with us to Brookgreen Gardens and experience one of the most beloved holiday events in the Southeast. First, we'll head to Judy Boone's Kitchen for a delightful buffet dinner. Following dinner, we'll stroll through 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. Each traveler must complete a registration form at the center or register by calling the centers. 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.

Registration and payment due by October 6, 2023 - non-refundable after this date.

Members \$219/ Guests \$249

Thur, Dec 7, 1-10 pm (all times are estimated)

Happy Hour with Shrimp City Slim

Mingle with friends as you enjoy live music from local blues legend, Shrimp City Slim. Bring snacks to share and your own beer or wine. Register in advance.

Members Free / Guests \$15 per event

Lowcountry Senior Center

Wed, Oct 25, 4-6:30 pm [register here](#)

Waring Senior Center

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

Calling All Bakers!

Bake Sale Fundraiser in November

Cookies, cakes, pies, loaves, muffins, brownies, cupcakes, and more! We want them all! Your skills and creations are needed for the senior centers' bake sales on November 15 & 16. We are asking for baked items to be labeled, packaged, and ready to sell. There will be a bake sale at each senior center with proceeds remaining with the respective centers.

Please sign up in advance at centers' front desks or by registering online by Nov 10. You can drop off your ready-to-sell baked goods on Tues, Nov 14 at your center. We are also looking for volunteers to assist with these events! Please show your support for the center by sharing your time!

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

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

Game Day FUNdraiser at LSC

Bring your favorite card game or board game or just come out, socialize and support a good cause. Tables of four or six can be reserved in advance. Raffle Tickets will be available for purchase during party. Please purchase tickets by Sep 22 to allow ample time to coordinate the food.

Members \$20 / Guests \$25

Fri, Sep 29, 10 am-2 pm [register here](#)

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

Lifelong Learning

All About Probate

Probate Judge Irv Condon discusses the different functions of probate court, estate administration and estate planning. This workshop is helpful for families that are planning ahead and for those who have lost a loved one and are going through the probate process now.

Members Free / Guests \$5

Lowcountry Senior Center

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

Waring Senior Center

Fri, Oct 27, 11:30 am-12:30 pm [register here](#)

Backyard Birding at LSC

Nature is everywhere! Let's look at birds around the center to begin focusing our attention on the wonderful experience of being outdoors. Benefits include increased knowledge of birds, social connection, stress reduction, and improved cognitive functioning. Please bring binoculars if you have them. Members \$2 / Guests \$5

Mon, Sep 25, 9-10 am [register here](#)

Charleston Earthquake of 1886

Katie Luciano, PG, Coastal Geologist, SCDNR, discusses the massive earthquake that impacted the Lowcountry on August 31, 1886. Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, Sep 28, 11 am-12 pm [register here](#)

Waring Senior Center

Thur, Oct 5, 1:30-2:30 pm [register here](#)

Gardening with Native Plants at LSC

Ecologist and habitat gardener Sharleen Johnson provides an introduction to gardening with native plants to support pollinators, birds, and other wildlife.

Members Free / Guests \$5

Thur, Sep 14, 11 am-12 pm [register here](#)

Music and Musings at LSC

Join Senior Center member Cerantha Corley for a relaxing hour of Native American Flute playing combined with her sharing some uplifting stories of hope.

Members Free / Guests \$5

Tues, Oct 3, 11 am-12 pm [register here](#)

The Camden Burials at LSC

Learn about the Camden Burials and honoring America's first veterans. Douglas Bostick, CEO, South Carolina Battleground Preservation Trust, discusses the archaeological recovery of the mortal remains of 14 soldiers engaged in combat on the Camden Battlefield.

Members Free / Guests \$5

Fri, Oct 13, 1-2 pm [register here](#)

The Siege of Charleston, 1863-1865 at LSC

Karen Stokes, South Carolina Historical Society archivist and author, focuses on the relentless artillery bombardment of Charleston which began in August 1863 and continued until the occupation of the city in February 1865. Members Free / Guests \$5

Thur, Oct 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.

Lifelong Learning

AARP Smart Driver Course

This refresher is designed to keep you and others safe on the road. Please bring a check payable to AARP or exact cash.

AARP Members \$20 / Nonmembers \$25

Lowcountry Senior Center

Fri, Sep 15, 9 am-1 pm

Call (843) 990-5555 to register.

Waring Senior Center

Fri, Oct 13, 9 am-1 pm

Call (843) 402-1990 to register.

Attack on the USS Housatonic

On February 17, 1864, four miles off the beach of Sullivans Island, the course of naval warfare was forever changed. Learn about that night how the H.L. Hunley submarine with a crew of eight attacked and sank the union blockade warship, the USS Housatonic.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Sep 26, 11 am-12 pm [register here](#)

Waring Senior Center

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

The Final Hunley Crew

There were 21 men that died in the Hunley Submarine. Learn about the eight recipients of the Confederate Medal of Honor who participated in the mission to sink the USS Housatonic and learn how 13 of them died in training. Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Oct 17, 1-2 pm [register here](#)

Waring Senior Center

Mon, Oct 9, 1-2 pm [register here](#)

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

Financial Education Series

Members Free / Guests \$5 per class

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

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

Tues, Sep 12, 5:30-6:30 pm [register here](#)

Retirement: Making Your Money Last at LSC

Abigail Capasso, CRPC, Financial Advisor, discusses how to make your money last while living in retirement, and the considerations and trade offs when developing a withdrawal strategy.

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

Stocks: Nuts and Bolts at WSC

Brad Worsham, CFP, CRPC, Financial Advisor, gives basic information to help investors evaluate how stocks may fit into your overall financial strategy.

Tues, Oct 10, 5:30-6:30 pm [register here](#)

Health Care and Your Retirement at LSC

Abigail Capasso, CRPC, Financial Advisor, examines Medicare coverage and costs, long-term care costs, available options for supplemental health care and long-term care insurance.

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

Lifelong Learning

A Guide to Charleston's African American Historical Markers

Join local author, Theresa Hilliard for a discussion about Charleston's African American Historical Markers. Learn where African American businesses once were during slavery and reconstruction. Books available for purchase.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Oct 20, 1-2 pm [register here](#)

Waring Senior Center

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

Mama Doonk's Gullah Recipes

Join Mama Doonk's Gullah Recipes author, Theresa Hilliard and learn about traditional Gullah dishes. She will have a sampling of Gullah food. Books available for purchase.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Sep 22, 1-2 pm [register here](#)

Waring Senior Center

Thur, Sep 7, 1:30-2:30 pm [register here](#)

Raising Revolutionaries at WSC

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

Members Free / Guests \$5

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

James Island History Series at Lowcountry Senior Center

Presented by Mike Corbo, Baxter-Patrick James Island Library

Golf on James Island

South Carolina and golf go hand-in-hand. Learn about how golf came to James Island and the courses that are a part of its history. Members Free / Guests \$5

Thur, Sep 21, 11 am-12 pm [register here](#)

Scottish American Heritage at LSC

Learn tips and explore resources for doing genealogical research on your Scottish ancestors. Members Free / Guests \$5

Thur, Oct 19, 11 am-12 pm [register here](#)

SALT Seniors and Law Enforcement Together

Join the City of Charleston Police Department for a fun informal meeting and learn about mental resources available to you. Members Free / Guests \$5 per class

Lowcountry Senior Center

Fri, Oct 13, 10-11 am [register here](#)

Waring Senior Center

Fri, Sep 29, 10-11 am [register here](#)



City of Charleston Police Officers with RSFH staff for Medication Take Back Day in May at Waring Senior Center.

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

Lifelong Learning

Louis Waring, Jr. - A Life of Service at WSC

Have you ever wondered about our building's namesake? Join local historian Diane Hamilton learn about all the wonderful things Mr. Waring did for his family, community and the country.

Members Free / Guests \$5

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

Get Smart About New Vehicle Technology

This Smart DriverTEKSM workshop, developed jointly by AARP Driver Safety and The Hartford, keeps you in the know about the latest high-tech safety features in your current or future car. Members & Guests Free

Lowcountry Senior Center

Fri, Oct 27, 1-2:30 pm [register here](#)

Waring Senior Center

Fri, Oct 20, 1-2:30 pm [register here](#)

Hidden Gems - Free Resources and Tech Help Information at WSC

Join CCPL's Hurd/St. Andrews Library staff for an overview of the library's print and digital resources, followed by a digital drop-in. Members Only. Free

Mon, Sep 11, 12:30-1:30 pm [register here](#)

Mon, Oct 16, 12:30-1:30 pm [register here](#)

History of Bees in America at WSC

Join Dr. Nancy Simpson, Middleton place volunteer and learn about the fascinating history of bees. Members Free / Guests \$5

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

Introduction to African American Genealogy

Cultural anthropologist and family historian, Dr. Delores Walters, shows you how to trace your African American ancestors using genealogical databases, local and archival resources, and DNA.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Thur, Oct 26, 11 am-12 pm [register here](#)

Waring Senior Center

Thur, Sep 28, 10:30-11:30 am [register here](#)

Kombucha 101 at WSC

Come learn how to make this fermented black tea. Bring a clean, wide mouth jar to class.

Members \$5 / Guests \$10

Thur, Oct 26, 1-3 pm [register here](#)

Mepkin Abbey - Images and Impressions at WSC

In 1949, a Roman Catholic monastery was established on the site of a historic rice plantation in Berkeley County. Join LuAnne Kern, docent and garden volunteer, for a guided virtual tour of the beautiful landscape surrounding the monastery.

Members Free / Guests \$5

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

Simply Succulents at WSC

Learn about different types of succulents and how you can help them grow at home.

Members Free / Guests \$5

Mon, Sep 18, 11 am-12 pm [register here](#)

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

Lifelong Learning

Book Club

Contemporary novels are read each month followed by stimulating group discussions.

Members Free / Guests \$5 per class

Lowcountry Senior Center

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

A Flicker in the Dark by Stacy Willingham

Mon, Oct 16, 11 am-12:30 pm [register here](#)

Educated by Tara Westover

Waring Senior Center

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

Bloomsbury Girls by Natalie Jenner

Thur, Oct 19, 1-2 pm [register here](#)

Killers of the Flower Moon by David Gann

Coffee Talk French at LSC

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

Members Only. Free

Mon, 10-11 am

Conversational Spanish

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

Lowcountry Senior Center

Wed, 10:15-11:15 am

Waring Senior Center

Fri, 10:00-11:30 am

Current Events Group at WSC

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

Members Only. Free

Tues, Sep 5, 12, 26, 1:30-3 pm

Tues, Oct 3, 10, 24, 31, 1:30-3 pm

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

German Conversation at LSC

Intermediate level German class for those wanting to practice speaking in German.

Participants should be able to speak German.

Members Only. Free

Thur, 1:15-2:15 pm

Great Decisions

A balanced, nonpartisan foreign-policy discussion group. Advance reading materials available at the front desk. Sep topic: Global Famine. Oct topic: Iran at a Crossroads.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Wed, Sep 13, 1:30-3 pm [register here](#)

Wed, Oct 11, 1:30-3 pm [register here](#)

Waring Senior Center

Tues, Sep 19, 1:30-3 pm [register here](#)

Tues, Oct 17, 1:30-3 pm [register here](#)

Hands On Genealogy Workshop

Bring your genealogy questions and get help working on your family tree. Meet at Baxter-Patrick James Island Library, located at 1858 S Grimball Road on James Island.

Members Only. Free

Tues, Sep 26, 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. Free

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

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

Health & Wellness

Caregiver Resources - You Are Not Alone!

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

Lowcountry Senior Center

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

Waring Senior Center

Tues, Oct 24, 5:30-6:30 pm [register here](#)

Cooking Matters

Join the Lowcountry Food Bank to learn how to shop smart and healthy while on a budget. Become familiar with the different sections of a grocery store, learn to find healthy and affordable options, and learn useful tips for reading nutrition labels.

Members and Guests Free

Lowcountry Senior Center

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

Waring Senior Center

Thur, Oct 19, 2-3:30 pm [register here](#)

Dementia Conversations

Learn how to have honest and caring conversations about concerns such as driving, doctor visits and legal and financial planning, when someone begins to show signs of dementia. Presented by Jasmine Monteiro, Alzheimer's Association, SC Chapter. Members Free / Guests \$5 per class

Lowcountry Senior Center

Tues, Sept 19, 11 am-12 pm [register here](#)

Waring Senior Center

Wed, Sept 13, 2-3 pm [register here](#)

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

Effective Communication Strategies

Learn to decode verbal and behavioral messages from someone with dementia and identify strategies to help you communicate at each stage of the disease.

Members Free / Guests \$5 per class

Lowcountry Senior Center

Wed, Oct 25, 1:30-2:30 pm [register here](#)

Waring Senior Center

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

Healthy Eating on a Budget at WSC

Eating healthy foods doesn't have to be expensive or wasteful when you learn ways to plan and understand how to read the "real" food labels. Members Free / Guests \$5

Thur, Sep 21, 11 am-12 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.

Members Free / Guests \$20 per month

Lowcountry Senior Center

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

Thur, Oct 5-19, 2:30-3:30 pm [register here](#)

Waring Senior Center

Mon, Sept 11-25, 10:15-11:15 am [register here](#)

Mon, Oct 2-23, 10:15-11:15 am [register here](#)

Medication Take Back Day

Stop by to drop off old or unused prescriptions.

Waring Senior Center

Thur, Oct 19, 10 am-1 pm

**ROPER  ST. FRANCIS
HEALTHCARE**

Health & Wellness

Blood Drive

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

Lowcountry Senior Center

Thur, Sep 7, 8 am-1 pm [register here](#)

Waring Senior Center

Wed, Sep 6, 8 am-1 pm [register here](#)

Medicare Q&A

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

Lowcountry Senior Center

Fri, Sep 22 & Fri, Oct 20, 10-11 am

Waring Senior Center

Tues, Sep 19 & Tues, Oct 17, 10-11 am

Physical Therapy for Better Health

Join Physical Therapists from Roper St. Francis Physical Therapy, Powered by ATI and learn how physical therapy can help reduce pain, increase range of motion and strengthen different areas of your body. Members Free / Guests \$5 per class

Exercises to Relieve Shoulder Pain at WSC

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

Pelvic Health

Lowcountry Senior Center

Wed, Oct 4, 2-3 pm [register here](#)

Waring Senior Center

Wed, Oct 11, 1-2 pm [register here](#)

Family and Friends CPR Training

Learn lifesaving skills of adult and child hands-only CPR. This course is for those that DO NOT need a certificate but want to have the knowledge of performing CPR.

Members Only. Free

Lowcountry Senior Center

Tues, Oct 24, 10 am-12 pm [register here](#)

Waring Senior Center

Tues, Sep 19, 10 am-12pm [register here](#)

In Our DNA SC

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

Lowcountry Senior Center

Wed, Oct 18, 10 am-1 pm

To register, call (843) 990-5555.

Waring Senior Center

Thur, Oct 19, 10 am-1 pm

To register, call (843) 402-1990.

Reiki for Stress Reduction at LSC

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Sessions can last up to 30 minutes.

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

Mon, Sep 18 and Mon, Oct 16

Call (843) 990-5555 to schedule.

Health & Wellness

Diabetes Prevention Program at WSC

If you have prediabetes or other risk factors for type 2 diabetes this program can help you! This free program provides a trained lifestyle coach to guide and encourage you and teaches the skills you need to lose weight, be more physically active and manage stress. This is a year-long program. The group meets for 16 weekly sessions with a trained lifestyle coach and then moves to monthly meetings for the remainder of the year. Members \$40 / Guests \$120

FREE Information Session

Mon, Sep 18, 9:30-10:30 am [register here](#)

Diabetes Prevention Program Start Date

Mon, Oct 2, 9:30-10:30 am [register here](#)

Fall Prevention: Balance Screenings

Are you concerned about balance? Physical therapists from Roper St. Francis Physical Therapy, Powered by ATI provide balance screenings and information on how to prevent falls. First come, first serve.

Members Only. Free

Lowcountry Senior Center

Fri, Sep 22, 9-11 am

Waring Senior Center

Fri, Sep 15, 11 am-1 pm

Flu Shot Walk-In Clinics

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

Lowcountry Senior Center

Wed, Sep 27, 12-2 pm

Tues, Oct 10, 10 am-12 pm

Waring Senior Center

Thur, Sept 28, 10 am-12 pm

Fri, Oct 13, 1-3 pm

Powerful Tools for Caregivers at LSC

During this six-week series, learn strategies to help you better handle the unique challenges of caregiving. Topics include ways to reduce personal stress and how to use community resources. Caregiver handbook included with fee for the series.

FREE Information Session

Thur, Sep 14, 2-3 pm [register here](#)

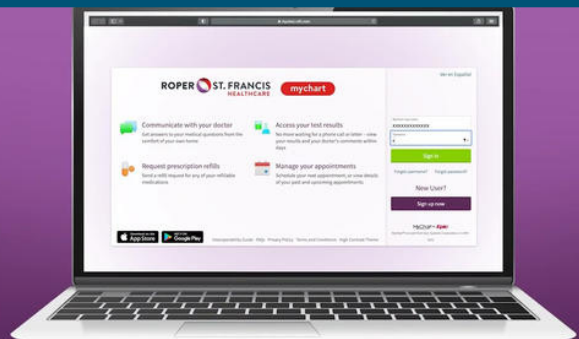
Six-week Series

Members \$25 / Guests \$30 per series

Thur, Sep 28-Nov 2, 2-3 pm [register here](#)

Coming Soon: MyChart Training

MyChart is your secure, personalized patient portal. Learn how to use MyChart to schedule and manage appointments, message your providers, request medication refills, access medical records, pay your bills and more.



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

Support

Alzheimer's Caregiver Support Group at WSC

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

Sat, Sep 9 & 23, 10-11:30 am

Sat, Oct 14 & 28, 10-11:30 am

Hope for Healing Hearts at WSC

In partnership with the Roper St. Francis Pastoral Care Department we are offering a FREE 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, Sept 18-Dec 4, 2-3 pm

Moving on After Change at LSC

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

Members and Guests Free

Thur, Sep 7 & Oct 5, 9-10 am

Parkinson's Disease Support Group at LSC

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

Members and Guests Free

Wed, Oct 25, 3-4 pm [register here](#)

Taking Off Pounds Sensibly (TOPS) at WSC

Learn about this new weight management group at WSC.

FREE Information Session

Tue, Aug 29, 10 am [register here](#)

Creative Arts & Music

Acoustic Jam Concert & Sing-Along at WSC

Gather with friends and come listen and sing along to the pleasant and familiar melodies of the Waring Senior Center Jammers.

Members Free / Guests \$5

Sat, Sep 23, 11 am-12 pm [register here](#)

Ladies' Night Out: Fall Pottery Party

Join us for a fun and relaxing evening of painting a fall themed message on a salad plate. Bring wine and snacks if you would like. Pieces will be taken back to the Pluff Mud Pottery for glazing, firing, packaging, and pickup. Members \$30 / Guests \$40 per class

Lowcountry Senior Center

Tues, Oct 10, 4:30-6:30 pm [register here](#)

Waring Senior Center

Wed, Oct 25, 4:30-6:30 pm [register here](#)

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

Creative Arts & Music

Advanced Pencil Drawing at LSC

Build on the basics, continue learning different techniques for drawing, taught and demonstrated by the instructor. Supply list at the front desk. Online registration opens 8/25. Members \$70 / Guests \$80 per series

Wed, Sep 6-Oct 25, 1-3 pm [register here](#)

Art Hub

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

Lowcountry Senior Center

Fri, 1-3 pm

Waring Senior Center

Mon, 10 am-12 pm

Beginner Pencil Drawing at LSC

Learn the basics in drawing with techniques taught and demonstrated by the instructor. Supply list at the front desk. Online registration opens 8/25.

Members \$70 / Guests \$80 per series

Mon, Sep 11-Oct 30, 3:15-5:15 pm

[register here](#)

Cookie Decorating Class

Celebrate fall with a fun cookie decorating class! All supplies included and printed instructions to take with you, so you can make more of your own cookies at home.

Members \$50 / Guests \$60 per class

Lowcountry Senior Center

Thur, Sep 21, 4-6 pm [register by 9/18](#)

Waring Senior Center

Wed, Sep 13, 4-6 pm [register by 9/9](#)

Knitting & Threads

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

Members Only. Free

Lowcountry Senior Center

Thur, 10 am-12 pm

Waring Senior Center

Tues, 11 am-12 pm

Murderous Yarns at LSC

Get together and knit, crochet, sew and listen to true crime podcasts about historical mysteries in the South while we work. This is not strictly a needlecraft event. Adult coloring pages, pencils and puzzles are available. Bring a project if you have one or just come for the crime. Members Free / Guests \$5 per class

Wed, Sep 6, 2-3 pm [register here](#)

Wed, Oct 4, 11:30 am-12:30 pm [register here](#)

Quilters Group at WSC

This is a time for socializing and helping each other with projects as needed.

Members Only. Free

Tues, Sep 12, 26, 1-4 pm

Tues, Oct 10, 24, 1-4 pm

Sew Much Fun at WSC

Do you have sewing projects you need encouragement and help to complete?

If yes, join us and bring your sewing machine and materials. Members Only. Free

Tues, Sep 5 & Oct 3, 1-4 pm

Creative Arts & Music

Fun with Flowers

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

Members \$10 / Guests \$20 per class

Lowcountry Senior Center

Tues, Oct 10, 11 am-12 pm [register here](#)

Waring Senior Center

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

Photography Club at LSC

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

Members Free / Guests \$5 per class

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

Fri, Oct 20, 10-11 am [register here](#)

Writing Circle at LSC

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

Members Free / Guests \$5 per class

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

Wed, Oct 18, 3-5 pm [register here](#)

Legare Farms Rolling Market

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

Lowcountry Senior Center

Wednesdays, 10-11 am

Waring Senior Center

Thursdays, 12-1:30 pm



Fall Wreath Workshop

Learn how to create a 12" fall wreath from professionals at Tiger Lily Florist that you can enjoy the whole season. Supplies included. Meet at Tiger Lily Florist, 1614 Camp Rd on James Island. See flyer for wreath examples.

Members \$40 / Guests \$50

Sun, Oct 15, 1-4 pm [register by 9/14](#)

Zentangle Inspired Classes

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

Members \$20 / Guests \$30 per class

Basic Patterning for More at LSC

Patterning is a great way to add interest and texture to your designs. Begin with a very simple pattern adding steps to create a very intricate looking finished design.

Wed, Sep 20, 10 am-12 pm [register here](#)

Creative Lettering at LSC

Class is based on hand drawn letter shapes that are then embellished to create interesting and intricate monogram designs.

Wed, Oct 18, 10 am-12 pm [register here](#)

Creative Color Filled Letters at WSC

Class is based on hand drawn letter shapes that are then embellished with color and tangled designs.

Fri, Oct 13, 12:30-2:30 pm [register here](#)

Creative Arts & Music

Acoustic Jam Sessions

Bring your instrument and jam with us, share a song, or just listen. Guests pay at front desk. Members Free / Guests \$5 per day

Lowcountry Senior Center

Tues, 4-6 pm

Waring Senior Center

Sat, Sep 9, 10 am-12 pm

Sat, Oct 14 & 28, 10 am-12 pm

Chorus at LSC

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

Members Only. Free

Thur, 1:30-2:45 pm

One-on-One Piano Lessons at WSC

Eight-week, private one-on-one 30-minute lessons. To register, call (843) 402-1990 or visit the front desk.

Members \$220 / Guests \$260 per series

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

Group Beginner Piano

Learn how to play the basics of piano including note reading, rhythm, chords, and technique. No experience necessary. Online registration opens 8/25.

Members \$50 / Guests \$100 per series

Lowcountry Senior Center

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

Waring Senior Center

Wed, Sep 6-Oct 25, 9:30-11 am [register here](#)

Group Intermediate Piano

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

Online registration opens 8/25.

Members \$50 / Guests \$100 per series

Lowcountry Senior Center

Mon, Sep 11-Oct 30, 12-1:30 pm [register here](#)

Waring Senior Center

Wed, Sep 6-Oct 25, 11 am-12:30 pm

[register here](#)

Watercolors

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

Members \$20 / Guests \$30 per series

Lowcountry Senior Center

Tues, Sep 12-Oct 3, 1-3 pm [register here](#)

Tues, Oct 10-31, 1-3 pm [register here](#)

Waring Senior Center

Wed, Sep 6-27, 10am-12 pm [register here](#)

Wed, Oct 4-25, 10am-12 pm [register here](#)

Fitness at Lowcountry September & October

Member Cost Per Month / Guest Cost Per Month Unless Noted
For classes with fees, please register at least one day in advance.

Monday

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

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

**12:00-1 pm
● Cardio & Weights w/ Ron**
Free/\$2 per class

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

**2:15-3 pm
Core & Stretch**
Sep \$15/\$25
Oct \$20/\$30

Tuesday

**8:30-9:30 am
Interval Training**
Sep \$10/\$20
Oct \$10/\$20

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

**10-10:45 am
Chair Yoga**
Sep Free/\$20
Oct Free/\$20

**11 am-12 pm
Qigong**
Sep \$5/\$20
Oct \$5/\$20

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

**12:15-1 pm
Zumba Gold**
Sep \$25/\$35
Oct \$25/\$35

**2:30-3:20 pm
Line Dancing Beginner**
Sep \$20/\$30
Oct \$25/\$35

**3:25-4:15 pm
Line Dancing Intermediate**
Sep \$20/\$30
Oct \$25/\$35

**4:30-5:30 pm
Strength & Stretch**
Sep \$20/\$30
Oct \$25/\$35

Wednesday

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

**10:10-10:50 am
Balance & Mobility**
Sep Free/\$20
Oct Free/\$20

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

**12:15-12:45 pm
Hula Hooping**
Sep 20 Free/\$2
Oct 18 Free/\$2

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

**3-4:30 pm
Chair Volleyball**
Members only
Free

**5:45-6:45 pm
Relax and Repair Yoga**
Sep \$20/\$30
Oct \$25/\$35

Thursday

**9-9:45 am
Tai Chi**
Sep \$20/\$30
Oct \$20/\$30

**10-10:45 am
Chair Yoga**
Sep Free/\$20
Oct Free/\$20

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

**12:15-1 pm
Zumba Gold**
Sep \$25/\$35
Oct \$25/\$35

Friday

**7:30 am
Walking Club at JICP**
Members Only

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

**9-10 am
Dance Conditioning**
Sep \$10/\$20
Oct \$10/\$20

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

**12:30-1:30 pm
Yoga Fridays**
Sep \$25/\$35
Oct \$20/\$30

**2-3 pm
Salsa Dancing for Fun**
Sep 15 Free/\$8
Sep 22 Free/\$8

Saturday

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

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

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

Calendar Key

● Class online only when available

● Class at Waring and available online

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

Fitness at Waring September & October

Member Cost Per Month / Guest Cost Per Month
For classes with fees, please register at least one day in advance.

Monday

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

11 am-12 pm
Chair Zumba
Sep \$15/\$25
Oct \$25/\$35

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

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

1:30-2:30 pm
Yoga for Back Health
Sep \$15/\$25
Oct \$25/\$35

4:20-5:20 pm
Shag - Level 3
9/18-11/20
\$65/\$75

5:20-6:05
Shag - Level 2
9/18-11/20
\$55/\$65

6:05-7 pm
Shag - Level 1
9/18-11/20
\$55/\$65

Tuesday

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

10-10:45 am
Tai Chi
Sep \$20/\$30
Oct \$25/\$35

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

11:30 am-12:30 pm
Gentle Yoga
Sep \$20/\$30
Oct \$25/\$35

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

Wednesday

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

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

11:30am-12:30pm
Chair Yoga
Sep Free/\$20
Oct Free/\$20

2-3 pm
Zumba Gold
Sep \$20/\$30
Oct \$20/\$30

3-4 pm
Line Dancing
Sep \$20/\$30
Oct \$20/\$30

5:30-6:30 pm
Yoga After 5
Sep \$20/\$30
Oct \$20/\$30

Thursday

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

10-11 am
Gentle Yoga
Sep \$20/\$30
Oct \$20/\$30

10-10:45 am
Drums Alive
Sep \$10/\$20
Oct \$10/\$20

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

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

1:30-2 pm
Core & Stretch
Sep \$10/\$20
Oct \$10/\$20

2:05-2:35 pm
Roll & Restore
Sep \$10/\$20
Oct \$10/\$20

5:00-6:00 pm
Evening Flow Yoga
Sep \$20/\$30
Oct \$20/\$30

Friday

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

10:15-11:15 am
Middle Eastern Dance for Beginners
Free/\$8 a class
Sep 15 & Oct 20

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

11-11:45 am
Balance & Mobility
Oct Free/\$20
Starts 10/6

Saturday

10-11:30am
Chair Volleyball
Members Only
Free

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

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

Calendar Key

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

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

Fitness & Personal Training

Intro to Synergy at WSC

This three week class is an orientation to the Synergy 360 Machine. Open only to Gold & Silver WSC members who have not previously taken Synergy. No repeats allowed.

Mon, Sep 11-25, 10-10:45 am, \$15 [register here](#)

Mon, Oct 2-16, 10-10:45 am, \$15 [register here](#)

Synergy at WSC

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

September - Online registration opens 8/25.

1-1:45 M - Sep \$15

10-10:45 W/F - Sep \$45

1-1:45 W/F - Sep \$45

October - Online registration opens 9/25.

1-1:45 M - Oct \$25

10-10:45 W/F - Oct \$40

1-1:45 W/F - Oct \$40

Personal Training

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

Lowcountry Senior Center

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

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

Waring Senior Center

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

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



Members are working their whole body in Synergy class at Waring Senior Center.



Members are feeling the burn while working their legs in Interval Training class at Lowcountry Senior Center.

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

Fitness Class Descriptions

Balance & Mobility

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

Chair Volleyball

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

Chair Yoga

Increase flexibility with seated gentle yoga.

Chair Zumba

Incorporates movements from Latin dances to improve core stability.

Core & Stretch

Gentle stretching and core strengthening on the floor

Drums Alive

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

EnhanceFitness (EF)

Enhance Fitness are evidence-based group exercise classes designed specifically for older adults at all levels of fitness.

Sit & Fit - EF Level I

For beginners or those less stable on their feet. Cardio, strength, balance and stretching exercises done in a chair.

Cardio & Weights - EF Level II

Improve muscular strength, overall toning and balance. All levels welcome.

Strength & Balance - EF Level II

Low-intensity, non-impact aerobic, strength, balance, and stretching exercises. Participants may stand or sit during the class.

Fit & Firm - EF Level III

A higher-intensity exercise class with cardio, strength, balance, and stretching.

Gentle Yoga

A gentle paced stretching and relaxation class. Bring your own mat.

Hula Hooping

Hula hooping is fun and builds core strength. Bring a hula hoop if you have one. No experience necessary.

Interval Training

Cardiovascular, strength and stretch exercises. Floor work is incorporated.

Qigong

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

Roll & Restore

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

Strength & Stretch

Full body strengthening with yoga-inspired moves for improving core, upper and lower body and flexibility.

Synergy

Small-group training on the Synergy functional trainer. Gold and Silver WSC Members only.

Tai Chi

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

Yoga After 5

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

Yoga for Back Health

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

Yoga - Evening Flow

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

Zumba Gold

A modified Zumba class at a lower intensity.

Dance

Dance Conditioning at LSC

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

Members \$10 / Guests \$20 per month

Fri, Sep 1-22, 9-10 am [register here](#)

Fri, Oct 6-27, 9-10 am [register here](#)

Line Dancing - Beginner

No partner required.

Lowcountry Senior Center

Members \$20 / Guests \$30 per month

Tues, Sep 5-26, 2:30-3:20 pm [register here](#)

Members \$25 / Guests \$35 per month

Tues, Oct 3-31, 2:30-3:20 pm [register here](#)

Waring Senior Center

Members \$20 / Guests \$30 per month

Wed, Sep 6-27, 3-4 pm [register here](#)

Wed, Oct 4-25, 3-4 pm [register here](#)

Line Dancing - Intermediate at LSC

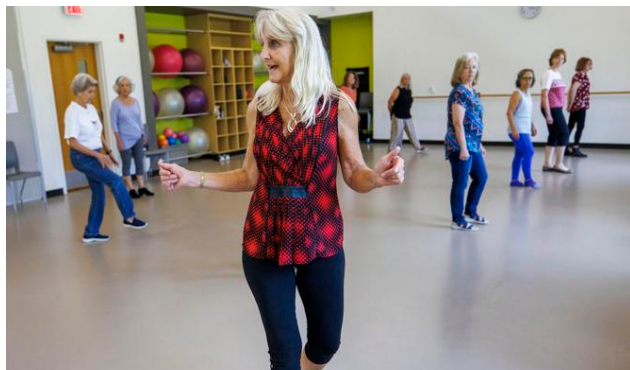
Advanced dances. No partner required.

Members \$20 / Guests \$30 per month

Tues, Sep 5-26, 3:25-4:15 pm [register here](#)

Members \$25 / Guests \$35 per month

Tues, Oct 3-31, 3:25-4:15 pm [register here](#)



Participants learning new dance moves in Line Dance class at Waring Senior Center. Line Dancing is offered at both centers. See dates above.

Middle Eastern Dance at WSC

For beginners. Learn Middle Eastern (belly dance) moves. Wear comfortable clothes and bring a scarf to dance with.

Members Free / Guests \$8 per class

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

Fri, Oct 20, 10:15-11:15 am [register here](#)

Salsa Dancing For Fun at LSC

For beginners. Learn the basic steps for Salsa in this casual, fun class! No partner required.

Members Free / Guests \$8 per class

Fri, Sep 15, 2-3 pm [register here](#)

Fri, Sep 22, 2-3 pm [register here](#)

Shag - Level 1 at WSC

For the Beginner! No partner required.

Members \$55/ Guests \$65 per series

Mon, Sep 18-Nov 20, 6:05-6:50 pm

[register here](#)

Shag - Level 2 at WSC

For those who have taken at least 8-12 weeks of Shag 1 and want to continue further!

Members \$55 / Guests \$65 per series

Mon, Sep 18-Nov 20, 5:20-6:05 pm

[register here](#)

Shag - Level 3 at WSC

For those who know all the basic steps and are ready for more advanced dancing.

Members \$65 / Guests \$75 per series

Mon, Sep 18-Nov 20, 4:20-5:20 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

Please check-in at front desk upon arrival. Members may play at either center.

Lowcountry Senior Center

Advanced Pinochle

Mon & Wed, 10 am-12 pm

Bridge (All Levels) & Duplicate Bridge

Wed, 9:30 am-12:30 pm

Bridge For Fun (All Levels)

Sat, 9:30 am-12:30 pm

Bunco

The third Wed, 1-3 pm

Chess

Wed, 12-2 pm

Hand, Knee & Foot

Thur, 12:30-3 pm

Mah Jongg

Beginner Lessons

Thur, Sep 14-Oct 5, 11 am-12 pm

[register here](#)

Members Free / Guests \$15

Mah Jongg Open Play, Tues, 9:30-11:30 am

Mexican Train Dominoes

Fri, 10 am-1 pm



Participants having fun on Game Day in April at Lowcountry Senior Center. See page 2 to register for the next Game Day on Sep 29.

Waring Senior Center

Bridge For Fun (All Levels)

Mon, 12:30-3:30 pm

Canasta (Hand & Foot)

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

Cancellation Hearts

Wed, 12-3:30 pm

Dominoes

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

Intermediate Bridge

Thur, 1-4 pm

Mah Jongg

Beginner Lessons

Thur, Sep 7-28, 12-1 pm [register here](#)

Thur, Oct 5-26, 12-1 pm [register here](#)

Members Free / Guests \$15

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



Members playing Mah Jongg at Waring Senior Center. Beginner lessons are offered at both centers. See dates above.

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

Social - Out & About

Coastal History Tour

On this 1.5 hour excursion through the creeks behind Folly Beach, learn about the ecological and cultural history of our unique area's barrier islands, pirates, colonization and slavery, Civil War battles and more. Offered through Charleston Outdoor Adventures. Please see website for refund/cancellation policy.

Members \$40 / Guests \$50 per tour

Wed, Sep 27, 3:30 pm [register here](#)

Wed, Oct 18, 11:15 am [register here](#)

Happy Hour

Mingle while you enjoy drinks and light snacks.

Everyone meets at the location and pays separately. Registration required.

Members Only.

Thur, Sep 14, 4 pm [register by 9/11](#)

Stones Throw Tavern, 3417 Shelby Ray Ct

Thur, Oct 5, 4 pm [register by 10/2](#)

The Back Bar at Angel Oak Restaurant
3669 Savannah Hwy

Let's Do Lunch at WSC Café

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

Members and Guests \$7 per meal

Members on discount program \$2 per meal

Registration required by 11 am, 2 days prior.

[Roasted Chicken-Fri, Sep 15, 1 pm](#)

[Roasted Pork Loin-Fri, Sep 22, 1 pm](#)

[Beef Stroganoff-Fri, Sep 29, 1 pm](#)

[Chicken Marsala-Tues, Oct 17, 1 pm](#)

[Italian Meatballs-Tues, Oct 24, 1 pm](#)

[Beef Pot Roast-Tues, Oct 31, 1 pm](#)

* When registering pick dine-in option

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

Thur, Sep 21, 1 pm [register here](#)

Wed, Oct 11, 5 pm [register here](#)

Lunch Bunch

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

Fri, Sep 15, 12:30 pm [register by 9/12](#)

Melvin's BBQ, 538 Folly Rd

Fri, Oct 6, 12:30 pm [register by 10/3](#)

Rio Chico, 1975 Magwood Dr

Fri, Oct 20, 12:30 pm [register by 10/17](#)

Jack's Cosmic Dogs, 801 Folly Rd

Tweets & Treats at LSC

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

Members Only. Free

Fri, Sep 8 & 22, Oct 13 & 27, 8-9 am

Wine Tasters at LSC

Enjoy tasting different wines each month.

Participants take turns purchasing the wines as well as snacks to share. Members Only.

Thur, Sep 28, 5-6:45 pm [register here](#)

Featuring Trader Joe's

Thur, Oct 19, 5-6:45 pm [register here](#)

Featuring Favorite State Wine

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

Social - Out & About

Bird Walking Tours

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

Thur, Sep 28, 9-10:30 am [register here](#)

James Island County Park, 871 Riverland Dr

Thur, Oct 26, 9-10:30 am [register here](#)

Caw Caw Interpretive Center,
5200 Savannah Hwy

Dining Out

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

Tues, Sep 12, 5 pm [register by 9/5](#)

Garage 75, 1175 Folly Rd

Tues, Sept 26, 5 pm [register by 9/19](#)

Mellow Mushroom, 19 Magnolia Rd

Tues, Oct 10, 5 pm [register by 10/3](#)

Maybank Public House, 1970 Maybank Hwy

Tues, Oct 24, 5 pm [register by 10/17](#)

O'Charley's, 2126 Henry Tecklenburg Dr

Let's Taste Primary Burgundy Varieties at LSC

Burgundy is the mecca for lovers of Pinot Noir and Chardonna. 51% of vineyards in Burgundy are dedicated to Chardonnay and 40% to Pinot Noir. Tasting includes three white wines and three reds. Snacks included.

Members \$30 / Guests \$40

Thur, Oct 12, 4:30-6:30 pm [register here](#)

Let's Taste Spain at WSC

Taste the obscure varieties and styles of Spain. Rick Dean of Strong Coffee to Red Wine hosts an informative and entertaining wine tasting of six wines. Snacks included. Members \$30 / Guests \$40

Tues, Oct 17, 4:30-6:30 pm [register here](#)

Meet Up Golf

Play golf with other members at the City of Charleston Municipal Golf Course. \$17 Green Fees; \$20 Riding Cart (\$10 for 9 holes). Pay at the golf course. Online registration for weekly golf is available for one month at a time. Golf dates are posted on the third Wednesday of the month for the following month. First come, first serve. Register in advance on the website by 12 pm on Friday the week before you want to play. When registration is full for the week you want to play, call (843) 990-5555 to get your name added to the wait list. Tee times vary and are emailed a few days in advance. Members Only.

Thursdays in September & October

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

Fri, Sep 29, 11:30 am [register by 9/15](#)

Thur, Oct 26, 12:45 pm [register by 10/12](#)

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

Pickleball at Waring

Beginner Pickleball Lesson

Lesson focus is on explaining the equipment, basic rules of play, instructions on a proper serve and playing the game. Participants should come dressed to play and wear tennis shoes. Bring a hat and/or sunglasses and water. Paddles & balls provided. Class size limited to 8. One repeat allowed. [Online registration opens Fri, Aug 25th.](#)

Members \$5/ Guests \$10 per lesson

Tues, Sep 5, 7:45-9 am

Tues, Sep 12, 7:45-9 am

Tues, Sep 19, 7:45-9 am

Tues, Sep 26, 7:45-9 am

Tues, Oct 3, 8:45-10 am

Tues, Oct 10, 8:45-10 am

Tues, Oct 24, 8:45-10 am

Tues, Oct 31, 8:45-10 am

Intermediate Pickleball Skills & Drills

This three-week series is for players with a minimum of 6 months playing experience, knowledge of rules and ability to accurately serve. Participants need to be able to attend all 3 weeks due to limited space. Those who have not taken this before may sign-up for the October class. Space is limited to 8. Warm-up and stretching at 8:45am. Lessons begin promptly at 9 am.

Week 1 - Dink and positioning

Week 2 - Serve and return

Week 3 - 3rd Shot drop and transitioning

Week 4 - Inclement weather makeup day

Tues, Oct 3-24, 8:45-10 am

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

[Registration opens Mon, Sep 25th.](#)

To register, call (843) 402-1990.

Open Play Pickleball

Member badges must be visible to enter court. Nonmembers must be 50+ and accompanied by a Gold or Silver Member, pay \$5 per day to play and sign pickleball waiver forms available at front desk.

WSC Gold, Silver Members - Free

LSC Gold, Silver Members - \$1 per day

SEPTEMBER

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

Tues, 9-11 am, Sat, 8:30-10:30 am

OCTOBER

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

Tues, 10 am - 12 pm

Pickleball Court Reservations

Waring Senior Center has outdoor pickleball courts available to Gold and Silver Members. Guests must be 50+ and accompanied by a Member, pay \$5 per day to play, and sign pickleball waiver forms at front desk prior to play.

To reserve a court, please call (843) 402-1990.

WSC Gold and Silver Members, Free

LSC Gold and Silver Members, \$1 per day



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

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

Center Information



Lowcountry Senior Center

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

Hours of Operation

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



Waring Senior Center

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

Hours of Operation

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

Closed Sat, Sep 2–Mon, Sep 4 for Labor Day Weekend

Membership

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

Basic Membership: \$70 per year

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

- Gold membership includes the Basic membership plus access to the gym.
- Both centers participate with Silver Sneakers 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) and pick-up items such as sandwiches, salads, muffins, etc. on Tues, Wed, Thurs, (8am–3pm), Fri (8am–2pm). The curbside pick-up service has been discontinued. Meals must be ordered at least two days in advance via our website or by calling or visiting the center. See pages 25 & 26 for current menus.

Waring Café Hot Lunch Menu (No Curbside) September 2023



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				September 1 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs Cinnamon Apples <i>Deadline to order 8/30 at 11 am</i>
September 4	September 5 Chicken Marsala Garlic & Herb Roasted Potatoes & Vegetables, Creamsicle Jell-O <i>Deadline to order 9/3 at 11 am</i>	September 6 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 9/4 at 11 am</i>	September 7	September 8 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 9/6 at 11 am</i>
September 11	September 12 Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 9/10 at 11 am</i>	September 13 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 9/11 at 11 am</i>	September 14	September 15 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 9/13 at 11 am</i>
September 18	September 19 Beef Pot Roast with Gravy Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 9/17 at 11 am</i>	September 20 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 9/18 at 11 am</i>	September 21	September 22 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 9/20 at 11 am</i>
September 25	September 26 Chicken Marsala, Garlic & Herb Roasted Potatoes & Vegetables, Creamsicle Jell-O <i>Deadline to order 9/24 at 11 am</i>	September 27 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 9/25 at 11 am</i>	September 28	September 29 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 9/27 at 11 am</i>

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

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

Waring Café Hot Lunch Menu (No Curbside) October 2023



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2	October 3 Italian Meatballs with Penne Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 10/1 at 11 am</i>	October 4 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 10/2 at 11 am</i>	October 5	October 6 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 10/4 at 11 am</i>
October 9	October 10 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 10/8 at 11 am</i>	October 11 Honey Mustard Chicken, Mac & Cheese, Roasted Brussel Sprouts, Grapes, Cookies <i>Deadline to order 10/9 at 11 am</i>	October 12	October 13 Roasted Pork Loin with Gravy, Brown Rice, Carrots with herbs, Cinnamon Apples <i>Deadline to order 10/11 at 11 am</i>
October 16	October 17 Chicken Marsala, Garlic & Herb Roasted Potatoes, Roasted Vegetables, Creamsicle Jell-O <i>Deadline to order 10/15 at 11 am</i>	October 18 Baked Chicken Parmesan, Whole Wheat Penne, Tomato & Zucchini, Dinner Roll, Fruit Cup, Cookie <i>Deadline to order 10/16 at 11 am</i>	October 19	October 20 Beef Stroganoff, Egg Noodles, Roasted Carrots, Blueberry Crisp <i>Deadline to order 10/18 at 11 am</i>
October 23	October 24 Italian Meatballs with Penne, Pasta & Marinara, Side Salad, Dinner Roll, Pineapple <i>Deadline to order 10/22 at 11 am</i>	October 25 Meatloaf with Gravy, Mashed Potatoes, Steamed Broccoli, Banana Pudding <i>Deadline to order 10/23 at 11 am</i>	October 26	October 27 Roasted Chicken, Mashed Potatoes, Seasoned Green Beans, Brownie <i>Deadline to order 10/25 at 11 am</i>
October 30	October 31 Beef Pot Roast with Gravy, Mashed Potatoes, Carrots with Fresh Herbs, Cookies & Cream Mousse <i>Deadline to order 10/29 at 11 am</i>			

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