

SEPTEMBER PROGRAMS

Online Newsletter for Lowcountry & Waring Senior Centers



Alzheimer's Early Detection Leads to Early Action - Online

The early detection of Alzheimer's disease allows an individual the opportunity to receive further evaluation, explore drug therapy options if appropriate, enroll into clinical trials and plan for the future. Dr. William Simpson reviews behaviors that may be exhibited by someone with the early signs of cognitive impairment or dementia, and what steps can be taken once memory issues are identified.

Members and Guests Free

Tuesday, September 1, 1-2 pm

To register, click here.

Osteoporosis and You - Online

Katy Conner, MS, MSPAS, PA-C, Certified Fracture Liaison, Program Director, Osteoporosis & Fracture Clinic, Roper St. Francis Healthcare, discusses the latest in osteoporosis testing, prevention & treatment.

Members and Guests Free

Friday, September 4, 12:30-1:30 pm

To register, click here.

COVID-19 Survey

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

Click here to take survey.

Aging & Anxiety - Online Discussion Group

Aging gracefully isn't always easy, but attitude matters a lot. Join licensed mental professional Theresa Skojec from MUSC Elder Abuse Training and Treatment Program for this open discussion group tailored to those over 50. Space is limited.

Potential Topics Covered:

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

Members and Guests Free

Wednesdays, September 9 - 30, 3-4 pm

To register, click here.

Mental Health: Depression 101 - Online

What does depression look and feel like? Join us for a discussion about what depression is and what you can do if you find yourself feeling down. Presented by Gabrielle Froom, MUSC Elder Abuse Training and Treatment Program.

Members and Guests Free

Tuesday, September 8, 1:30-2:30 pm

To register, click here.

Holiday Schedule

Closed on Monday, September 7 in observance of Labor Day

SEPTEMBER PROGRAMS

Online Newsletter for Lowcountry & Waring Senior Centers



Beginner Spanish - Online

During this 4-week class, you will be able to introduce yourself and others, answer basic questions regarding your life. You will also learn the Spanish alphabet, numbers and basic vocabulary.

Members Free / Guests \$10

Tuesdays, Sept. 15-Oct. 6, 1-1:45 pm

To register, click here.



Wine & Design - Rainbow Row Online Painting Class

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

Members \$25 / Guests \$35

Tuesday, September 15, 6:30-8:30 pm

To register, click here.

Eating for Wellness - Online

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

Class 1 - Diabetes Diet Myths

This class is designed to help debunk diabetes diet myths and help you identify reliable resources you can reference down the road.

Class 2 - When Weight Loss Stalls, Plateau Problems

This class explores the reasons behind the ever-frustrating weight loss plateau and steps to reignite your weight loss journey.

Class 3 - Cooking for One

We'll review tips and time-saving techniques to help you prepare healthy meals to limit leftover fatigue and cut back on take-out.

Class 4 - Oils & Fats

During this class, we'll review different dietary fats, oils, their nutritional properties, and how and when to include them in one's diet.

Members and Guests Free

Wednesdays, Sept. 2-23, 5:15-6:15 pm

To register, click here.

Thursdays, Sept. 3-24, 2:30-3:30 pm

To register, click here.

SEPTEMBER PROGRAMS

Online Newsletter for Lowcountry & Waring Senior Centers



Fall Prevention Tips - Online

Every 11 seconds, an older adult is treated in the emergency room for a fall. A growing number of older adults have a fear of falling and, as a result, limit their activities. Learn what you can do to help prevent a fall and what to do if you have a fall. Presented by Kristen Marggraff, PT, DPT, Roper Rehabilitation Hospital.

Members and Guests Free

Friday, September 11, 12:30-1:30 pm

To register, click here.

Charleston Water System What Happens After Your Flush? - Online

Login and learn about the technological advances in water treatment and distribution that have made Charleston's water some of the cleanest, safest water in the country.

Members Free / Guests \$5

Monday, September 14, 1-2 pm

To register, click here.

Canning & Pickling Produce - Online

Join Clemson Master Gardeners Paul and Rhodes White and learn about the various kinds of pickling, what kinds of produce can be pickled and what resources are available to help you pickle your produce.

Members Free / Guests \$5

Tuesday, September 22, 2-3 pm

To register, click here.

Estate Planning: Mistakes of the Rich and Famous - Online

You don't have to be rich or famous to make mistakes when doing your estate plans. Learn the common errors made by everyone, while discovering how to make a sound estate plan for you and your family. Presented by Laura Drolet, Family Estate and Retirement Solutions.

Members Free / Guests \$5

Wednesday, September 16, 10-11 am

To register, click here.

Who Will Care For You? - Online

Are you ready for the unexpected? Do you understand what resources are available to help you and your loved ones when they need extra help and care? Join Nell Corbett, RN, Patient Advocate with Compassionate Care Advocacy, to learn more about your options and how to have a plan to put into action when the time comes.

Members Free / Guests \$5

Friday, September 18, 12:30-1:30 pm

To register, click here.

Walk-in Flu Shot Clinics

Lowcountry Senior Center

Thursday, October 1, 10 am -2 pm
Wednesday, October 7, 10 am - 2 pm

Waring Senior Center

Wednesday, September 30, 10 am -2 pm
Wednesday, October 21, 10 am -2 pm

SEPTEMBER PROGRAMS

Online Newsletter for Lowcountry & Waring Senior Centers



Extrasolar Planets - Online

An extrasolar planet, also called an exoplanet, is a planet that orbits a star and is part of a solar system other than our own. Dr. Joseph Carson, Department of Physics & Astronomy, College of Charleston, discusses his work discovering extrasolar planets.

Members Free / Guests \$5

Monday, September 21, 2:30-3:30 pm

To register, click here.

Great Decisions - Online

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

Topic: China's Road into Latin America

Members Free / Guests \$5

Tuesday, September 22, 2-3 pm

To register, click here.

Parkinson's Disease Support Group - Online

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

Members and Guests Free

Wednesday, September 23, 3-4 pm

To register, click here.

Tinnitus - Online

Often described as "ringing in the ears," tinnitus affects as many as 50 million people in the United States. Join health professionals from Charleston ENT & Allergy to learn more about the causes and symptoms of tinnitus and what treatments are available to help.

Members and Guests Free

Friday, September 25, 2-3 pm

To register, click here.

LIBRARY APPOINTMENTS

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

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

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

SEPTEMBER PROGRAMS

Online Newsletter for Lowcountry & Waring Senior Centers

LOWCOUNTRY
SENIOR CENTER



WARING
SENIOR CENTER



Blood Drive - On-site

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

Thursday, September 17, 10 am - 2 pm

Lowcountry Senior Center
865 Riverland Drive, Charleston

To sign up for an appointment, click here.

Wednesday, October 7, 9 am - 1 pm

Waring Senior Center
2001 Henry Tecklenburg Drive, Charleston

To sign up for an appointment, click here.

Outdoor Experiences with CCPR - Off-site

See attached flyer for more details



Stress Management - Online Discussion Group

During these uncertain times, many of us are dealing with feelings of uncertainty and isolation. MUSC Elder Abuse Training and Treatment Program invites you to join an open discussion group tailored for those over 50. This group is facilitated by a licensed mental health provider and is intended to be supportive in nature. Space is limited.

Potential Topics Covered:

- Strategies for combating isolation
- Questions or concerns about COVID-19
- Staying active while social distancing
- Education about reactions to stress and trauma

Members and Guests Free

Thursdays, September 3-24, 3-4 pm

To register, click here.

SENIOR CENTER GYMS OPEN BY APPOINTMENT FOR GOLD AND SILVER SNEAKERS MEMBERS

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

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

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

SEPTEMBER VIRTUAL EXERCISE

Member Cost Per Month / Guest Cost Per Month

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-9:45 am Fit & Firm Free Click here to attend class.	9-9:30 am Weights with Ron Free Click here to attend class.	9-9:45 am Fit & Firm Free Click here to attend class.	9-9:45 am Tai Chi \$20/\$30 Click here to register and pay.	9-9:30 am Weights with Ron Free Click here to attend class.
10-10:45 am Tai Chi \$15/\$25 (No class 9/7) Click here to register and pay.	10-10:45 am Strength Training with Bands \$25/\$35 Click here to register and pay.	11 am-12 pm Sit & Fit Free Click here to attend class.	10-10:45 am Chair Yoga Free/\$15 Click here to attend class.	10-10:45 am Strength Training with Bands \$20/\$30 Click here to register and pay.
11 am-12 pm Sit & Fit Free Click here to attend class.	11 am-12 pm Sit & Fit Free Click here to attend class.	12:30-1:30 pm Gentle Yoga \$25/\$35 Click here to register and pay.	11 am-12 pm Sit & Fit Free Click here to attend class.	11 am-12 pm Sit & Fit Free Click here to attend class.
12:30-1 pm Weights with Ron Free Click here to attend class.	12:15-1 pm Zumba Gold T/TH \$25/\$35 (9 classes) Click here to register and pay.	2-2:45 pm Weights with Ron Free Click here to attend class.	12:15-1 pm Zumba Gold T/TH \$25/\$35 (9 classes) Click here to register and pay.	12:30-1:30 pm Gentle Yoga \$20/\$30 Click here to register and pay.
1:30-2:30 pm Yoga for Back Health \$15/\$25 Click here to register and pay.				

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

Lowcountry Senior Center (843) 990-5555

Waring Senior Center (843) 402-1990