



April 2019 Programs

CENTER INFORMATION

Mission

Empowering adults 50+ for personal independence, healthy aging, social connection, and life-long learning in the Lowcountry.

Published by:

Waring Senior Center
2001 Henry Tecklenburg Drive,
Charleston, SC 29412
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waringseiorcenter@rsfh.com
www.waringseiorcenter.com

Hours of Operation

Mondays—Thursdays: 7 am - 7 pm
Fridays: 7 am - 4 pm
Saturdays: 8 am - 1 pm

Waring Senior Center Staff

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Managed by Roper St. Francis Healthcare

CENTER INFORMATION

Online Registration

Register online for classes via our website www.waringseniorcenter.com. You may also register for classes at the center. Fees are due at time of registration. Cash, check and credit card are accepted. Please note that your credit card statement will reflect “**Roper Hospital Ladson**” as the business name.

Membership Levels and Rates

The Waring Senior Center offers several membership levels. Applications are available at the center and on our website. Scholarships are available; please speak to staff for more information. Nonmembers age 50+ are welcome to attend classes and programs by paying the varying Nonmembers class fees. Memberships to Lowcountry Senior Center and Waring Senior Center are separate memberships with different fees

- **Basic: \$70 per year (\$80 out-of-county), excludes use of gym and pickleball courts**
- **Gold: \$125 per year (\$135 out-of-county), includes use of gym and pickleball courts**
- **Temporary Basic: \$15 per month**
- **Temporary Gold: \$25 per month**

Refunds and Cancellation Policy

Programs may be cancelled and refunded if minimum participation is not met. If you paid for a program but need to cancel, you may receive a refund if you cancel one week in advance of the class start date. For trips, refund and cancellation policies vary. Memberships and gift certificates to the center are non-refundable.

Holiday Schedule

In observance of Good Friday and Easter, the center is closed on Friday, April 19 and Saturday, April 20.

Endorsements

The center does not endorse any of the products or businesses in our programs. Solicitation is not allowed at the center.

AARP TAX AIDE

AARP TAX AIDE

Have your taxes prepared at Waring Senior Center. AARP Tax Aide is the nation's largest free, volunteer-run, tax preparation and assistance program. Free income tax preparation and electronic filing assistance from IRS-certified volunteers is available to those with low to moderate incomes, with special attention to those age 60+. Appointments are required. Please inquire when making an appointment what documentation is required to file.

Members / Nonmembers Free

Saturdays, April 6 - April 13, 9 am - 12 pm

VOLUNTEER

Volunteer Information Session

Have you been thinking about volunteering at the center? Come learn more about the different opportunities we have available. Register at the front desk or call the center. **Thursday, April 18, 3 - 4 pm**

CREATIVE ARTS & MUSIC

Acoustic Music Jam Session

Join a fun jam session with other musicians and vocalists at the center. All levels of experience are welcome. You are welcome to bring a piece of music to play.

Members Free / Nonmembers \$5 per session

Saturday, April 13, 10 am - Noon

Art Hub

Get together with other members and work on your art. Receive pointers from one another while socializing in a relaxed environment. Bring your own supplies.

Members Free / Nonmembers \$5 per meeting

Tuesdays in April, 5-6:30 pm

Beginner Watercolor Painting – Part 1

Experience painting with tube and pan watercolor paints on various weights and grades of watercolor paper. Paint some simple shapes and experiment with two watercolor painting techniques, wet-on-wet and wet-on-dry. All materials provided.

Members \$5 / Nonmembers \$15

Friday, April 5, 10 - 11 am

Register online www.waringseiorcenter.com, by phone (843) 402-1990, or at the front desk.

CREATIVE ARTS & MUSIC

Beginner Watercolor Painting - Part 2

Practice and expand what you learned in Beginner Watercolor Painting - Part 1 during this three-week class. Class supply list available at front desk.

Members \$15 / Nonmembers \$25

Fridays, April 5 - 26, 11:15 am – 12:15 pm (no class on April 19th)

Traditional Calligraphy

This calligraphy class will focus on learning traditional calligraphy using a pen, nib and ink. We will spend time learning how to form each letter of alphabet (upper and lower case) and will experiment with different inks and different writing instruments. Supply list available at the front desk.

Members \$15 / Nonmembers \$25

Fridays, April 5 - 26, 2 – 3:30 p.m. (no class on April 19th)

Modern Calligraphy Class

This calligraphy class will focus on learning modern calligraphy using brush markers and small paint brushes. We will spend time learning modern calligraphy fonts and bounce lettering. Supply list available at the front desk.

Members \$15 / Nonmembers \$25

Saturdays, April 6 - 27, 10 – 11:30 pm (no class on April 20th)

Coloring for Grownups

Enjoy the calming motion and creative exercise of coloring. Join us for mindful coloring with conversation and coffee. Some supplies provided but please bring your own coloring book and coloring utensils.

Members Free / Nonmembers \$5 per meeting

Tuesdays in April, 2 – 3 pm

Communicating Effectively

Each of us can communicate; however, not everyone can communicate effectively, and all of us can benefit from better communication. April's topic focused on listening techniques.

Members Free / Nonmembers \$5 per meeting

Monday, April 22, 1 - 2 pm

CREATIVE ARTS & MUSIC

Drawing and Painting Techniques

Explore new ways of seeing and composing art while learning basic techniques. For all levels. Led by artist Hannah Heyward.

Members \$18 / Nonmembers \$28

Thursday, April 25, 12 – 2 pm

Knitting Oops

Dropped a stitch while knitting? Half way through your project and don't understand what to do next? Forgot how to bind off? Bring your item for an experienced knitter to help get you back on track.

Members Free / Nonmembers \$5

May 9, 10 am – 12 pm

Waring Readers - Book Club

If you enjoy reading, discussion and socialization, join our monthly book club led by Tom Marcino, former high school and college English Instructor. A contemporary novel is selected and read each month followed by stimulating group discussion and analysis. April's book is *Where the Crawdads Sing* by Delia Owens.

Members Free / Nonmembers \$5 per meeting

Tuesday, April 16, 11 am – 12 pm

HEALTH & WELLNESS

Oh My Aching Back!

Join Roper St. Francis Healthcare professionals to learn more about what causes back pain and the treatments to alleviate it. Don't wait, you may be just one call away from getting back to the activities and lifestyle you are missing.

Members Free / Nonmembers \$5

Wednesday, May 15, 1 – 2 pm

AARP Smart Driver Course

This classroom refresher course is designed to keep you and others safe on the road. Registration is Required. Please bring a check payable to AARP or exact change to the class.

\$15 for AARP Members / \$20 for Nonmembers

Saturday, April 6, 9 am – 1 pm

Better Breathers Club

Learn ways to better cope with lung disease while getting the support of others in similar situations. Led by a trained Better Breathers facilitator who is a respiratory therapist with Roper St. Francis Healthcare, club meetings are the 4th Wednesday of the month and discuss a wide range of topic such as how lung disease affects the lungs, breathing techniques, exercise, talking with your physician, medications, and more.

Members / Nonmembers Free

Wednesday, April 24, 3-4 pm

Bon Secours St. Francis Meditation Garden Tour

Meet at the Waring Senior Center front desk to join us for a short walk to the Bon Secours St. Francis Hospital Meditation Garden and learn more about this hidden jewel on the hospital campus.

Members Free / Nonmembers \$5

Wednesday, April 17, 10:30 am

Chair Massage

Relax and enjoy the many wonderful benefits of massage. The students of Southeastern Institute provide free 10-minute chair massages at the center. Register for a time at the front desk.

Members Only. Free

Friday, April 26, 1 - 3 pm

Declutter

Have you been binge watching Marie Kondo on Netflix? Is your home in need of decluttering and organization, but you are not sure where to start? Join Nancy Bloodsworth as she gives you tips and advice to get your home and possessions for a clutter-free 2019.

Members Free / Nonmembers \$5

Monday, April 8, 1 - 2 pm

Go with Your Gut: Taking Control of Your Digestive Health!

Join Dr. Alejandro Suarez with Palmetto Digestive Disease as he covers a variety of topics, including new recommendations and the important role diet and lifestyle play in digestive health.

Members Free / Nonmembers \$5

Wednesday, April 24, 1:30 - 2:30 pm

HEALTH & WELLNESS

Hands Only CPR

It only takes 2 minutes to learn lifesaving CPR skills that can double or even triple a person's chance of survival until help arrives. Offered by Roper St. Francis Healthcare Community Services. No certification is issued. Drop by the center's library and learn how to save a life. Registration is not required.

Members and Nonmembers Free

Wednesday, April 10, 1:30 – 3 pm

PREVENTION PROGRAMS

Be Your Own Health Manager—Living Well with an Ongoing Health Condition

During this six-week workshop you will learn how to thrive, not just survive with new information and tools to help you manage your health. Find out how healthy eating can improve your condition. Create an exercise program that works for you. Develop your own weekly goals. Plus, gain encouragement from others! A \$15 donation is appreciated, but not required. Includes a book and relaxation CD! New participants are not allowed to join the series after week 2 has started.

Free for Members and Nonmembers

Mondays, April 22 – June 3 (no class on May 27), 9:30 – 11:30 am

Matter of Balance

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. 8-week series. New participants are not allowed to join the series after week 2 has started. A \$10 donation is appreciated, but not required.

Free for Members and Nonmembers

Thursdays, April 4 – May 23, 10 am – 12 pm

Powerful Tools for Caregivers

Are you a caregiver? Learn ways to manage your role in caring for aging parents or family members, locate resources, and meet others facing these same challenges.

Free for Members and Nonmembers

Fridays, April 26 – May 31, 10 – 11:30 am

LIFELONG LEARNING

Ask the Master Gardener

Got plant questions? Drop by the screen porch and talk with one of Charleston Master Gardener's and get your questions answered between 10 and 11:30 am. No sign-up is required.

Members Free / Nonmembers \$5

Monday, April 1, 10 - 11:30 am

Native Plants of South Carolina

This presentation will focus on native plants—trees, shrubs, flowers—growing in Lowcountry and why they are ecologically important in the landscape. The talk will conclude with a brief discussion of “further reading” and local and national sources for native plants.

Members Free / Nonmembers \$5

Monday, April 15, 1 - 2 pm

GAMES

The center offers several options for games. Players who show up to play games are asked to coordinate play themselves and rotate in other players as needed. If you would like to see another game offered, please let us know. Games are all free for members and \$5 for nonmembers per day. Registration is not required. All games are played in the lobby.

- **Party Bridge: Mondays, 9:30 am – 12 pm**
- **Canasta, Tuesdays, 12-3 pm**
- **Dominoes, Wednesdays, 12-3 pm**

SOCIAL OUT & ABOUT

Lunch Bunch

Enjoy a lunch out with other wonderful ladies! Everyone meets at the restaurant and pays separately. Pre-registration at least two days in advance is very important. Members only.

Wednesday, April 10, 1 pm

Angel Oak, 3669 Savannah Hwy, Johns Island

Wednesday, April 24, 1 pm

California Dreaming, 1 Ashley Point Drive, Charleston

DAY TRIPS

South Carolina State Museum

We are in for a treat as the first stop on this fun day trip is Seawell's Restaurant for a delicious buffet lunch. After lunch, we visit the South Carolina State Museum to explore the diverse and exciting history of South Carolina through fascinating displays on dinosaurs, pre-historic fossils, the Revolutionary War, the Civil War, African-American history, historic telescopes and more. Experience the onsite Rev. Dr. Solomon Jackson, Jr. 4D interactive theater which provides a 3-D visual experience with the fourth dimension of environmental experiences like blasts of air, vibrating seats and water spray. The only permanent theater of its kind in the state, the 4-D theater offers programming that complements other museum exhibits and popular movies.

Registration and payment due by Friday, May 3. You may register by visiting or calling the center. Space is limited. This trip departs from the Lowcountry Senior Center at 7:30 am and Waring Senior Center at 8:15 am. Price includes transportation, one buffet lunch at Seawell's, admission to the South Carolina State Museum and gratuity for the driver.

Members \$102 / Nonmembers \$112

Wednesday, June 12, 7:30 am – 6 pm (all times are estimated)

DANCE

Line Dancing Beginner

Choreographed dances with a repeated sequence of steps. For beginners or those wanting to brush up their line dancing skills. No partners required. Must wear appropriate shoes (no sandals, flip-flops open heeled shoes or heels). Advance registration not required.

Tuesdays, 12 – 1 pm

Members Only, Free

Line Dancing Intermediate

A variety of music and more advanced steps and dances. This class is for the more experienced dancer. No partner required. Must wear appropriate shoes (no sandals, flip-flops open heeled shoes or heels). Advance registration not required.

Tuesdays, 1 – 2 pm

Members Only, Free

Register online www.waringseiorcenter.com, by phone (843) 402-1990, or at the front desk.

EXERCISE

Chair Yoga

This gentle form of yoga that can be done sitting on a chair or standing while using the chair for support. It is beneficial for people with limited mobility. Please bring your own mat and arrive 5 minutes early.

Wednesdays, 12:30 - 1:30 pm

Free for Members / \$20 Nonmembers per month

Gentle Yoga

Appropriate for all types of students. This class includes both seated and floor work. Instructor can provide modifications to common yoga poses if necessary. Please bring your own mat and arrive 5 minutes early.

Thursdays, 10 - 11 am

\$20 Members / \$30 Nonmembers per month

Yoga for Back Pain

This gentle class focuses on building and maintaining a stronger spine. This class includes both seated and floor work. Modifications provided if necessary. Please bring your own mat and arrive 5 minutes early.

Mondays, 5:30 – 6:30 pm

\$25 Members / \$35 Nonmembers per month

Yoga Level 1

Level 1 classes are designed for those who have had some or no previous exposure to yoga, but are eager to learn. Must be able to get up and down from the floor easily. No chairs used. Please bring your own mat and arrive 5 minutes early.

Tuesdays, 5:30 – 6:30 pm

\$25 Members / \$35 Nonmembers per month

Yoga Level 2

Level 2 is an intermediate class designed for those who have had some yoga experience, including an introduction to basic yoga poses and proper alignment. Must be able to get up and down from the floor easily. No chairs used. Please bring your own mat and arrive 5 minutes early.

Wednesdays, 5:30 – 6:30 pm

\$20 Members / \$30 Nonmembers per month

EXERCISE

Enhance Fitness

Enhance Fitness are evidence-based group exercise classes designed specifically for older adults. Each class includes cardio, strength, balance and stretching exercise. Registration is not required for Enhance Fitness classes. All classes are free for members and \$20 per month for nonmembers. Nonmembers need to register and pay at front desk.

Enhance Fitness Level 1 - Sit and Fit

Great for beginners or those who are less stable on their feet. Cardio, strength, balance and stretching exercises are performed while seated in a chair. Standing is an option.

Tuesdays, Thursdays and Fridays, 12:45 - 1:45 pm

Enhance Fitness Level 2

The cardio portion of this class is more challenging than the Sit & Fit class. Cardio, strength, balance and stretching exercises can be done seated or standing.

Monday and Wednesday, 1:30 – 2:30 pm (Ron)

Tuesdays, Thursdays, and Fridays, 2 - 3 pm (Laura)

Enhance Fitness Level 3

A higher intensity low impact cardiovascular class including; dynamic/static balance work, strength training and stretching.

Mondays, Wednesdays, and Thursdays, 9 - 10 am

Chair Volleyball Demonstrations

Did you know Chair Volleyball is a rapidly growing sport? Come see what it is all about during these 15 minute demonstrations. Improve upper body mobility, hand-eye coordination, and a lot of laughter.

Tuesday and Thursday, 1:45 – 2:00 pm

Members Only

Chair Volleyball

Improve upper body mobility and hand-eye coordination along with lots of laughter.

Wednesdays, 2:30 – 4:30 pm and Saturdays, 11:30 - 12:45 pm

Members Only

EXERCISE

45 minutes Xpress

This is a fun and vigorous cardiovascular Tabata-style workout. Tabata is one of the most common HIIT workout styles, which consists of eight rounds of 20 seconds of work, followed by 10 seconds or rest. The class includes conditioning and strength components.

Wednesdays, 5:45 – 6:30 pm

Free for Members / \$20 Nonmembers per month

Fitness Room Orientation – Gold Members Only

This is a group orientation for the fitness equipment. Please register at the front desk for a date and time.

Tuesdays, 11 am – 12 pm

Thursdays, 1 – 2 pm

Fridays, 11 am – 12 pm

Saturday, April 13 and April 27, 10 - 11 am

Strength Training with Resistance Bands – Tuesdays

An intermediate class. This class is a circuit-based strength training and cardio class using mainly body weight and resistance bands. The class is designed to improve balance, stability, strength and movement.

Tuesdays, 10 - 11 am

\$25 Members / \$35 Nonmembers per month

Strength Training with Resistance Bands – Fridays

An intermediate class. This class is a circuit-based strength training and cardio class using mainly body weight and resistance bands. The class is designed to improve balance, stability, strength and movement.

Fridays, 10 - 11 am (no class April 19)

\$15 Members / \$25 Nonmembers per month

Synergy Group Training Sessions

Small-group training on the Synergy functional trainer in the gym. The equipment allows an innovative and highly effective complete workout combining various total body exercises into a single station. Fast pace workout that challenges muscular strength and endurance. Register and pay at front desk.

Wednesdays, 3 - 4 pm or Friday, 1 pm - 1:45 pm

Members Only, \$5 per Group Training Session

EXERCISE

Move for Parkinson's – Demo Day

Come find out more about this free class at Waring. For people with Parkinson's and other mobility issues, this is a movement class to improve balance, posture and range of motion. Fully adaptable for mobility devices and chairs. Caregivers are encouraged to attend, participate and connect.

Tuesday, April 9, 3 - 4 pm

Free for Members and Nonmembers

Tai Chi

A graceful and low-impact form of exercise that focuses on balance and reducing stress.

Mondays, 10 - 10:45 am

\$25 Members / \$35 Nonmembers per month

PICKLEBALL

Waring Senior Center has four outdoor pickleball courts which may be used by Gold Members. If you are planning to play pickleball at the center, you must complete the pickleball registration forms which are available at the front desk and fitness reception desk.

- **Pickleball Lessons:** Pickleball lessons are available Tuesdays and Thursdays, 9:30-10:30 am. Volunteers are available to introduce you to the basics of the sport. Rackets and balls are provided. Please register in advance for lessons. You are welcome to stay after the lesson and join the group play. **Tuesdays and Thursdays, 9:30-10:30 am.**
- **Pickleball Group Play:** Coordinated by volunteers, this is a fun opportunity to play pickleball with different people. Players are rotated into games and take turns playing. This is a great way to learn the sport and just enjoy the company of other pickleball players. You do not have to register in advance. Just show up to play and have fun! Beginners are welcome. A limited number of paddles are available but if you plan to play regularly, you are encouraged to bring your own paddle. **Tuesdays and Thursdays, 10:30 am-12:30 pm**
- **Pickleball Open Play:** Pickleball courts may be reserved for play or you may play without a reservation if a court is available. Please inquire at the fitness reception desk for a reservation or more information.

EXERCISE

Member Cost Per Month / Nonmember Cost Per Month.
*Per class rate is \$8 for members and non-members
 if fees apply unless otherwise noted.*

Mon	Tues	Wed	Thu	Fri	Sat
9-10am Enhance Fitness Level 3 Free/\$20	10-11am Strength Training with Resistance Bands \$25/\$35	9-10am Enhance Fitness Level 3 Free/\$20	9-10am Enhance Fitness Level 3 Free/Guests \$20	10-11am Strength Training with Resistance Bands April \$15/\$25	11:30am- 12:45pm Chair Volleyball Free Members only
10-10:45am Tai Chi \$25/\$35	12-1pm Beginner Line Dance Members only Free	12:30-1:30pm Chair Yoga Free/\$20	10-11:15am Gentle Yoga \$20/\$30	12:45-1:45pm Sit & Fit Free/\$20	
1:30-2:30pm Enhance Fitness Level 2 Free/\$20	12:45-1:45pm Sit & Fit Free/\$20	1:30-2:30pm Enhance Fitness Level 2 Free/\$20	12:45-1:45pm Sit & Fit Free/ \$20	1-1:45pm Synergy Group Training \$5 per session Members only	
5:30-6:30pm Yoga for Back Pain \$25/\$35	1-2pm Intermediate Line Dance Members only Free	2:30-4:30pm Chair Volleyball Free Members only	2-3pm Enhance Fitness Level 2 Free/\$20	2-3pm Enhance Fitness Level 2 Free/\$20	
	2-3pm Enhance Fitness Level 2 Free/\$20	3-4pm Synergy Group Training \$5 per session Members only			
	5:30-6:30pm Yoga Level 1 \$25/\$35	5:30-6:30pm Yoga Level 2 \$20/\$30			
		5:45-6:30pm 45 minute Xpress Free /\$20			

***Members do not have to register for free exercise or dance classes.**

No Classes
 Friday, April 19
 Saturday, April 20