



# June 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,  
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[waringseiorcenter@rsfh.com](mailto:waringseiorcenter@rsfh.com)  
[www.waringseiorcenter.com](http://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](http://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**
- **Daily Gold Pass: \$5 per day**

### 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.

### Endorsements

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

## SOCIAL ACTIVITIES

If you have not picked up your badge yet, drop by for a visit or join us for one of these social events. We would love to see you at the center!

### Blood Drive

All donors will receive a \$10 gift card to Chick-fil-A. Registration will be taken online at [https://donate.thebloodconnection.org/donor/schedules/drive\\_schedule/129812](https://donate.thebloodconnection.org/donor/schedules/drive_schedule/129812)

**Tuesday, June 4, 9 am - 2 pm.**

**Open to both Members and Nonmembers**

### Coffee Talk

Join us any Friday morning during the month of May for coffee, pastries, and conversation. This is a great way to meet other new members, meet up with a friend, or just enjoy reading the newspaper. We have a copy of the *Post and Courier* available daily.

**Members only**

**Wednesdays, June 5 - 26, 9 - 11 am**

### Happy Hour

Enjoy light snacks and drinks while mingling with other new senior center members. Registration is required by Tuesday, June 18.

**Members only**

**Thursday, June 20, 5 - 6:30 pm**

### Lunch Bunch

Enjoy meeting others out for lunch. Everyone meets at the restaurant and pays separately. Pre-registration by 12 pm on the Monday prior is required.

**Members only.**

**Wednesday, June 12, 1 pm**

Zoes Kitchen: 1129 Savannah Hwy.

**Wednesday, June 26, 1 pm**

Outback: 1890 Sam Rittenberg Blvd.

### Newcomers Coffee Club

Are you new to the Charleston area and want to meet new people? Join us for coffee and conversation on the 2th Saturday of the month.

**Members only**

**Saturday, June 8, 10:30 - 11:30 am**

## **SOCIAL ACTIVITIES**

### **Picnic on the Porch**

Bring your lunch and join us on the porch. Drinks and dessert provided. Registration is required by Wednesday, June 12.

**Members only**

**Friday, June 14, 11:30 am – 1 pm**

### **Produce Stand at the Center**

Get your fresh vegetables and fruits every week at the center! Local seasonal produce from Freeman Farm are on sale every Tuesday outside the center during the growing season. Accepts cash, credit card, and Senior Farmers' Market Nutrition Program vouchers.

Tuesdays, 9 am - 1 pm.

**Open to both Members and Nonmembers**

**Tuesdays, 9 am – 1 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**

**Saturday, June 8, 10 am – Noon**

### **Alcohol Ink Painting**

You will learn the basics of alcohol ink painting. No drawing skills are needed to paint with this vibrant medium! Bring your own supplies or materials will be available to use at class.

**Members \$10/Nonmembers \$20**

**Friday, June 28, 1 – 2:30 pm**

### **Beginning Quilting**

If you are interested in learning to quilt, or want to enhance your basic skills, this class is for you. During this 6-week class you will be introduced to the basics of quilting. We will begin with a simple block and progress to more complicated techniques. The finished product will be a table runner.

**Members Free / Nonmembers \$20**

**Saturdays, June 8 – July 20, 10 am – 12 pm (no class on July 6)**

## CREATIVE ARTS & MUSIC

### **“I Could Write a Book”**

Join published author and Waring Senior Center member Thomas Frisby to discuss the many benefits of storytelling. During this 4-week class you will write a short story for family members and friends to cherish through the years.

**Members Free / Nonmembers \$5**

**Thursdays, June 13 – July 11 10:30 am – 12 pm (no class on July 4)**

### **Knitting 101**

Have you ever wanted to know how to knit? During this 4-week class that meets 2 times a week on Tuesdays and Fridays you will learn knitting basics like how to do the knit and purl stitch, what is casting on and binding off and how to pick the right needle and kind of yarn weight for future projects.

**Members \$20 (Supplies included)/Nonmembers \$30 (Supplies included)**

**Tuesday, June 4 – Friday, June 28, 1 – 2 pm**

### **Modern Calligraphy**

Join us for this two-week class and learn the beautiful art of calligraphy using markers. You will learn an entire upper and lower case of the alphabet and how to connect letters to make words. Supply list available at front desk.

**Members \$10 / Nonmembers \$20**

**Fridays, June 7 – 14, 1 – 2:30 pm**

### **Waring Quilters Group**

Beginning in June, interested quilters will meet the 2nd and 4th Friday of each month to sew together. Activities of this group include working on our individual projects, as well as making quilts for selected charities. This will be a time for socializing and getting to know other quilters, and helping each other with our projects as needed.

**Members Free / Nonmembers \$5 per meeting**

**Friday, June 14 & 28, 9 am – 12 pm**

### **Watercolor Painting**

This class is suitable for beginners and those that have taken introductory watercolor classes in the past. Class supply list available at front desk.

**Members \$15 / Nonmembers \$25**

**Fridays, June 7 – 28, 11 am – 12:30 pm (no class on June 21)**

### **Writers Circle**

A fun and relaxed writing group to support writing at all levels. Meets the 2<sup>nd</sup> Wednesday of each month

**Members Free / Nonmembers \$5**

**Wednesday, June 12, 11:30 am – 12:30 pm**

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Register for classes online at [www.waringseiorcenter.com](http://www.waringseiorcenter.com), by phone at (843) 402-1990, or at the front desk.

## HEALTH & WELLNESS

### Allergies and Aging

Did you know allergies can change as you get older and may have a greater impact on your health? Learn more about treating your allergies and how to make living with them easier with Dr. Thomas Harper, Charleston Allergy & Asthma.

**Members Free / Nonmembers \$5**

**Tuesday, June 25, 11 am – 12 pm**

### Better Breathers Club

Club meetings are the 4th Wednesday of the month. Discussions include a wide range of topics such as how lung disease affects the lungs, breathing techniques, exercise, talking with your physician, medications, and are led by a trained Better Breathers, facilitator, who is a respiratory therapist with Roper St. Francis Healthcare.

**Members / Nonmembers Free**

**Wednesday, June 26, 3 - 4 pm**

### 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. Registration is not required. First come first served.

**Members Only. Free**

**Friday, June 28, 1 - 3 pm**

### First Aid in the Summer

Animal and insect bites, poison ivy, burns and other hazards are simply part of summer fun. Wilma Rice, MSN, RN, CEN from Roper St. Francis Professional Development will teach you how to handle these common summertime emergencies.

**Members / Nonmembers \$5**

**Monday, June 24, 1 – 2 pm**

### Medicare Information Session

Do you have questions about Medicare - Parts A, B, C and D and want to get answers before open enrollment begins on October 15? A State Health Insurance Assistance Program (SHIP) volunteer who has been trained to help people understand, compare, and enroll in Medicare Prescription Drug Coverage and Medicare Advantage Plans will give a brief overview of the plans and be available to answer individual questions after the presentation.

**Members / Nonmembers Free**

**Monday, June 17, 11 am- 12:30 pm**

### Memory Screening

This free screening is for individuals age 55 and older concerned about their memory and interested in research. Screenings typically take 15 – 20 minutes. Information from the screening is preliminary and educational in nature (not diagnostic), intended to help facilitate a meaningful discussion between a patient and his/her doctor or other qualified healthcare professional. REGISTRATION IS REQUIRED and can be done at the front desk.

**Members / Nonmembers Free**

**Wednesday, June 5, 10 am – 2:30 pm**

### Music Therapy

Here's music to our ears: singing is an easy and safe way to improve your health. Join us and learn how music therapy and in particular "singing" can help you be healthier. (Relax ~ you will not be singing alone, this is a group singing exercise.)

**Members / Nonmembers \$5**

**Tuesday, June 4, 11 am – 12 pm**

### Senior Farmers' Market Vouchers\*

The Trident Area Agency on Aging and the SC Department of Social Services are issuing vouchers to qualifying individuals age 60 and older. The vouchers may be used to purchase fresh produce at local participating farmers' markets. The Senior Farmers' Market Nutrition Program helps low-income seniors while aiding small farmers. \*Vouchers are available while supplies last on a first come, first served basis the day of the event. See flier at center for detailed information on new requirements to receive vouchers.

For more information, please call Trident Area Agency on Aging at (843) 554-2275

**Wednesday, June 5, 8:30-10:30 am**



## PREVENTION PROGRAMS

### Living Well with an Ongoing Health Condition

Have an ongoing health condition that you are constantly dealing with? Learn how to thrive, not just survive! This six-week workshop provides new information and tools to help you manage your health. Learn 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! New participants are not allowed to join the series after week two. A \$15 donation is appreciated, but not required. Includes a book and relaxation CD!

**Free for Members and Nonmembers**

**Thursdays, June 13 – July 25, 10 – 12 pm (no class on July 4)**

### 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. New participants are not allowed to join the series after week two. A \$10 donation is appreciated to cover the cost of course materials, but not required.

**Free for Members and Nonmembers**

**Wednesdays, June 12 – August 7, 1 – 3 pm (no class on July 3)**

### 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. New participants are not allowed to join the series after week two. A \$15 donation is appreciated to help cover the cost of the workbook, but not required.

**Free for Members and Nonmembers**

**Fridays, June 7 – July 19, 10 – 11:30 am (no class on July 5)**

## LIFELONG LEARNING

### AARP Smart Driver Course

This classroom refresher course is designed to keep you and others safe on the road. Depending on your insurance carrier some individuals may earn a discount on their auto insurance premium after completing the course. Registration is required and can be done at the front desk. Please bring a check payable to AARP or exact change to the class.

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

**Friday, July 12, 12 – 4 pm**

## LIFELONG LEARNING

### **Carolina Yards: An Overview of Sustainable Landscaping Practices**

The activities we engage in within our own backyard can impact our natural resources. Come learn about Clemson's Carolina Yards program that is based on twelve basic principles that assist South Carolinians in creating their desired landscape through the implementation of sustainable landscaping practices.

**Members Free / Nonmembers \$5 per meeting**

**Thursday, June 27, 1 - 2 pm**

### **Communicating Effectively**

Each of us can communicate; however, not everyone can communicate effectively, and all of us can benefit from better communication. **June's topic focuses on Non-verbal Communication listening techniques.**

**Members Free / Nonmembers \$5 per meeting**

**Monday, June 24, 1 - 2 pm**

### **Census 2020**

The goal of the 2020 US Census is to count everyone once, only once and in the right place. Presented by Vermelle Simmons, Partnership Specialist, U.S. Census Bureau.

**Members Free / Guests \$5**

**Wednesday, June 26, 11:30 am -12:30 pm**

### **Essential Oils & Stress Management**

Essential oils have been used for thousands of years and have many different uses including physical wellness and aromatherapy. Brook Griffin, essential oil educator and certified health coach, teaches you which essential oils can help relieve stress.

**Members Free / Nonmembers \$5**

**Friday, June 14, 11:30 am – 12:30 pm**

### **French 101**

This class for beginners will go over very basic conversational skills. During this 4-week class you will be able to introduce yourself and others, answer basic questions regarding your life and express personal likes and dislikes. You will also have learned the French alphabet, numbers and basic vocabulary.

**Free Members Only.**

**Wednesdays, June 5 – 26, 9:30– 10:15 am**

## LIFELONG LEARNING

### Protecting Your Money From Investment Schemes

Join Anna Rushton, Outreach Coordinator from the Securities Division of the Office of the South Carolina Attorney General and learn how to recognize red flags of fraud and investment scams. Common characteristics of con artists and how to handle scam calls and emails will also be discussed.

**Members Free/ Nonmembers \$5**

**Monday, June 10, 11 am – 12 pm**

### Self Defense for Seniors

Simply knowing you can defend yourself impacts the way you carry yourself and could potentially prevent an attack before it even happens. Join 7th Degree Black Belt, Master Reggie Westbrook for this fun and interactive class that will arm you with tools to help you stay safe.

**Members \$5/ Nonmembers \$10**

**Mondays, June 17 – 24, 11 – 11:45 pm**

### Taking Soil Samples

Join Master Gardener Larry Carlson to learn why taking soil samples is important for gardeners. During this informative lecture, you will learn how to take them, where to submit them, and how to understand the results of the analysis.

**Members Free / Nonmembers \$5**

**Thursday, June 20, 11 am – 12 pm**

### Wildlife and Natural Resource Management

Are you curious about wildlife management, research and conservation? Join Certified Wildlife Biologist Marc Epstein to learn about how biologists study wildlife and manage landscapes to enhance habitats for resident and migratory wildlife. The program explores the important role that refuges serve as places for wildlife.

**Members Free/ Nonmembers \$5**

**Wednesday, June 26, 1 - 2 pm**

### Waring Readers - Book Club

A contemporary novel is selected and read each month followed by stimulating group discussion and analysis. June's book is *The Great Alone* by Kristin Hannah.

**Members Free / Nonmembers \$5 per meeting**

**Tuesday, June 18, 11 am – 12 pm**

## GAMES

The center offers several options for games. Games are all free for members and \$5 for nonmembers per day. Registration is not required.

- **Beginner Bridge: Mondays, 9:30 am-12 pm**
- **Canasta, Tuesdays, 12-3 pm**
- **Dominoes, Wednesdays, 12-3 pm**
- **Intermediate/Advanced Mahjongg, Thursdays, 1-3:30 pm** (Bring your 2019 Card and Set if you have one)
- **Intermediate Bridge, Thursdays, 1-4 pm**
- **Bunco, Thursday, June 27, 2-4 pm**

## DANCE

### Line Dancing Beginner

Choreographed dances with a repeated sequence of steps. For beginners or those wanting to brush up. No partners required. Wear appropriate shoes (no sandals, flip-flops, open-toe shoes or heels). Advance registration not required.

**Tuesdays, 12 –1 pm (no class on July 2)**

**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 (no class on July 2)**

**Members Only, Free**

### Praise and Worship Dance

Not merely exercise for toning our body, but, most importantly it is movement with a higher purpose, toning our soul! No partners required and no prior dance experience needed. Wear loose comfortable clothing.

To view an example of the class dance visit <https://www.youtube.com/watch?v=1bW-oLuXyew>.

**Wednesdays, 10:30 –11:15 pm**

**Members Free / \$5 Nonmembers per month**

## DANCE

### Shag - Beginner

Come learn the basics of Shag dancing with Linda Walker. This 4-week class is specifically designed for the first-time student. If you want to try this class one-time, it can only be the first class of the series for \$8. Partner not required.

**Mondays, July 8 - 29, 5:30 – 6:15 pm**

**\$20 Members Free / \$30 Nonmembers per month**

### Shag - Beyond Basic

This beyond basic class is for those students who have a solid working knowledge of the basics and are ready to begin introducing other steps of the Shag. Partner not required.

**Mondays, July 8 – 29, 6:15 – 7 pm**

**\$20 Members Free / \$30 Nonmembers per month**

### Swing Dance Demos

Join us for these two free demos to see if Swing Dance is for you. No partner needed.

**Thursday, June 6, 5:30 – 6:30 pm**

**Thursday, June 13, 3 – 4 pm**

**Members Free / \$5 Nonmembers**

### Beginner Swing Dance Class

Join us for this fun 5-week class that will teach you the basics of swing dance. No partner needed.

**Thursdays, June 20 – July 25, (no class on July 4), 5:30 – 6:30 pm**

**\$25 Members / \$35 Nonmembers per month**

## EXERCISE

### Cardio and Strength

Come join us for some heart pumping cardio and strength training.

**Thursdays, 5:30 - 6:30 pm (begins Thursday, June 13)**

**\$20 Members / \$30 Nonmembers per month**

## EXERCISE

### Chair Yoga

This gentle form of yoga 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.

**Tuesdays, 11:15 am – 12:30 pm**

**\$20 Members / \$30 Nonmembers per month**

**Thursdays, 10 – 11:15 am**

**\$20 Members / \$30 Nonmembers per month**

### Move for Parkinson's

Improve balance, posture and range of motion with this engaging class based on techniques of contemporary movement improvisation. Not just for those with PD, but anyone with balance, walking or instability impairment. Fully adaptable for mobility devices and chairs. Caregivers are welcome to attend free of charge.

**Mondays, 2:30 – 3:30 pm**

**Members & Guests Free**

### 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 (no class May 27)**

**\$20 Members / \$30 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**

**\$20 Members / \$30 Nonmembers per month**

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Register for classes online at [www.waringseniorcenter.com](http://www.waringseniorcenter.com), by phone at (843) 402-1990, or at the front desk.

## EXERCISE

### 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

### Enhance Fitness

Enhance Fitness are evidence-based group exercise classes designed specifically for older adults. 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.

Tuesdays, 1:45 – 2:00 pm

Members Only, Free

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Register for classes online at [www.waringseniorcenter.com](http://www.waringseniorcenter.com), by phone at (843) 402-1990, or at the front desk.

## EXERCISE

### Chair Volleyball

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

**Thursdays, 11:30 – 12:30 pm**

**Members Only, Free**

### 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.

**Mondays, 10:30 – 11:30 am**

**Fridays, 11 am – 12 pm**

**Saturday, June 8, 10 - 11 am**

### Personal Training - Gold Members Only

Personal Training appointments are available with Ron White, Fitness Coordinator, on Tuesdays and Thursdays.

- Sessions are 45 minutes in length.
- One-on-one training sessions are \$40 per visit.
- Couples training is \$30 per person per visit session. Couples session is defined as two people with one trainer.
- Schedule and pay for training sessions at the front desk or by calling 843-402-1990.

### 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**

**\$20 Members / \$30 Nonmembers per month**



## EXERCISE

### 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**

**\$20 Members / \$30 Nonmembers per month**

### Strength Training – Saturdays

This class is a circuit-based strength training and cardio class using mainly body weight.

**Saturdays, 10 - 11 am (class starts Saturday, June 15)**

**\$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**

### Tai Chi

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

**Mondays, 10 - 10:45 am (No class on June 10)**

**\$15 Members / \$25 Nonmembers per month**

### Zumba! Mondays

An aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. For all levels

**Mondays, 4:30 – 5:30 pm**

**\$15 Members / \$25 Nonmembers per month**

### Zumba! Saturdays

An aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. For all levels

**Saturdays, 9 - 10 am**

**\$15 Members / \$25 Nonmembers per month**

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Register for classes online at [www.waringseniorcenter.com](http://www.waringseniorcenter.com), by phone at (843) 402-1990, or at the front desk.

## DAY TRIPS & OUTINGS

### Brookgreen Gardens

Join us to visit this beautiful sculpture garden and wildlife preserve, located just south of Murrells Inlet, in South Carolina. Upon arrival, you can choose to view the film *Gray Oaks of Mystery* which will give an overview of the gardens that showcases the world's largest permanent outdoor exhibition of American Figurative sculpture. A guided walking tour of the gardens along with a Creek Excursion Boat Tour that will explore the tidal freshwater creeks and abandoned rice fields along the Waccamaw River is included. Tour requires considerable walking and lunch will be catered at the Auditorium within the Gardens. Please wear comfortable shoes.

**Registration and payment due by Wednesday, June 12.** You may register by visiting or calling the center. Space is limited. This trip departs from the Lowcountry Senior Center at 7:00 am and Waring Senior Center at 8:00 am. \*Price includes transportation, admission to Brookgreen garden, guided tour of gardens, catered lunch, the Creek Excursion & guided tour and gratuity for motorcoach driver and gratuity for the driver.

**Members \$140 / Nonmembers \$150**

**Tuesday, July 30, 7:30 am – 6:15 pm (all times are estimated)**

### Dolphin Eco Tour

Board Charleston Outdoor Adventures' Carolina Skiff bay boat and explore the inlets, creeks and marshes behind Folly beach in search of Atlantic bottlenose dolphins. Registration and payment are required at least one week in advance. Tours depart from Bowens Island, 1871 Bowen Island Road. 48-hour Cancellation Policy-please see WSC website for specific details.

**Wednesday, June 19, 7 pm**

**Members \$35/Guests \$40 per tour**

### Kayak

Enjoy a two-hour marsh kayak tour with an experienced local guide. Offered through Charleston Outdoor Adventures. No experience needed. Registration required at least one week in advance. Single or tandem kayaks are available; please indicate which at registration. Tours depart from Bowens Island, 1871 Bowen Island Road. 48-hour Cancellation Policy-please see WSC website for specific details.

**Friday, June 14, 9 am or Tuesday, June 25, 3:30 pm**

**Members \$38/Guests \$42 per tour**

**\$22 per tour if you bring your own Kayak/SUP and life jacket.**

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Register for classes online at [www.waringseniorcenter.com](http://www.waringseniorcenter.com), by phone at (843) 402-1990, or at the front desk.

## 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. There are rackets and balls available for check-out at the front desk.

- **Pickleball Lessons:** Volunteers are available to introduce you to the basics of the sport. Rackets and balls are provided. Please register in advance at the front desk for lessons. You are welcome to stay after the lesson and join the group play. **Tuesdays and Thursdays, 8:30-9:30 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, 9:30-11:30 am**  
**Mondays, Wednesdays and Fridays (June, July and August), 8:30-10:30 am**
- **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 front desk for a reservation or more information.
- **Non Members must be accompanied by a Waring Senior Center member and pay \$5 per day to play and fill out pickleball forms at front desk.**

## 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 Bands \$20/\$30	9-10am Enhance Fitness Level 3 Free/\$20	9-10am Enhance Fitness Level 3 Free/Guests \$20	10-11am Strength Training with Resistance Bands \$25/\$35	9-10am Zumba \$15/\$25
10-10:45am Tai Chi \$15/\$25	11:15 am- 12:30 pm Gentle Yoga \$25/\$35	10:30-11:15am Praise and Worship Dance	10-11:15am Gentle Yoga \$25/\$35	12:45-1:45pm Sit & Fit Free/\$20	10-11am Strength Training (*starts June 15) \$15/\$25
1:30-2:30pm Enhance Fitness Level 2 Free/\$20	12-1pm Beginner Line Dance Members only Free	12:30-1:30pm Chair Yoga Free/\$20	11:30-12:30pm Chair Volleyball Free	1-1:45pm Synergy Group Training \$5 per session Members only	
2:30-3:30pm Move for Parkinson's Free	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	2-3pm Enhance Fitness Level 2 Free/\$20	
4:30-5:30pm Zumba \$15/\$25	1:45-2pm Chair Volleyball Demo Free	3-4pm Synergy Group Training \$5 per session Members only	2-3pm Enhance Fitness Level 2 Free/\$20		
5:30-6:15pm Shag-Beginner (*starts July 8) \$20/\$30	1-2pm Intermediate Line Dance Members only Free	5:30-6:30pm Yoga Level 2 \$25/\$35	5:30-6:30pm Cardio & Strength (*starts June 13) \$25/\$35		
5:30-6:30pm Yoga for Back Pain \$15/\$35	2-3pm Enhance Fitness Level 2 Free/\$20	5:45-6:30pm 45 minute Xpress Free /\$20	5:30-6:30pm Beginner Swing Dance (June 20-July 25 ) \$25/\$35		
6:15-7:00pm Shag-Beyond Basic (*starts July 8) \$20/\$30	5:30-6:30pm Yoga Level 1 \$20/\$30				

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