

November/December 2017

# explore *your world*



**LOWCOUNTRY**  
**SENIOR CENTER**

865 Riverland Drive, Charleston, SC 29412  
(843) 990-5555



### Mission

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

### Published by:

Lowcountry Senior Center  
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Charleston, SC 29412 Fax: (843) 762-7116  
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*www.lowcountryseniorcenter.org*

### Hours of Operation

Mondays–Thursdays: 8 am - 8 pm  
Fridays: 8 am - 4 pm  
Saturdays: 8 am - 1 pm

### Lowcountry Senior Center Staff

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### Senior Center Advisory Board

Beverly Craven	John Milkereit
Crystal Reed	Fran Gifford
Jim Rock	Martha Kanapaux
John Thomas	Jill Jackson-Ledford
Laurie Yarbrough	

*Managed by Roper St. Francis*

## **NEW! Online Registration!**

Check out our newly redesigned website which now includes online registration for classes!! [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org). You may register for classes at the center or by mail with registration form (page 19).

Advance registration is required. Fees are due at time of registration. Cash, check or credit card are accepted. Please note that your credit card statement will reflect “Roper Hospital” as the business name.

## **Membership Levels and Rates**

The Lowcountry 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.

Regular: \$70 per year (\$80 out-of-county)  
Gold: \$105 per year (\$115 out-of-county)  
Temporary Regular: \$15 per month  
Temporary Gold: \$20 per month

## **Refunds and Cancellation Policy**

Programs may be cancelled and refunded if minimum participation is not met. If you are registered and 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**

Thanksgiving Holiday: The center will close at noon on November 22 and remain closed November 23-24. The center will be open November 25, 8 am-12 pm.

Christmas Holiday, the center will be closed December 23, 25, and 26. The center will close at 6 pm December 18-21 and 27-28.

FRIENDS OF THE LOWCOUNTRY SENIOR CENTER  
PRESENTS

 **Silent Auction**  
*And All That Jazz*

BENEFITING LOWCOUNTRY SENIOR CENTER

**THURSDAY, NOVEMBER 2, 6 - 9 PM**

LOWCOUNTRY SENIOR CENTER  
865 RIVERLAND DRIVE  
CHARLESTON, SC 29412

**TICKETS: \$40 ADVANCE, \$50 AT DOOR**

**HEAVY HORS D'OEUVRES • CASH BAR**

*Live Music by Steve Berry & The Jazz Factory*

**1920's COCKTAIL DRESS ATTIRE OPTIONAL**

[www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org)

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### Veterans Day Celebration

Celebrate Veterans Day with us at the center as we honor our Veterans, men and women, who have proudly served our great country from all branches of the military. The Lowcountry Senior Center Chorus pays tribute with a patriotic program that will have your toes tapping and you singing along. Light refreshments follow the performance. **Free for members and nonmembers.**

**Friday, November 10, 10-11:30 am**

### Holiday Celebration

Get in the spirit of the holidays with an afternoon of carols. Bring your favorite holiday dessert to share and enjoy a holiday concert featuring two performances, first the Olde Pipes Consort and then the Lowcountry Senior Center Chorus. **Free for**

**members, \$5 for nonmembers.**

**Thursday, December 14  
1:30-3 pm**



### Alternate Routes to the Center

If you're visiting us during the evenings of the James Island County Park Holiday Festival of Lights, please keep in mind alternate routes to the center. You can take Folly Road, then turn onto one of these roads: Camp Road, George L. Griffith Boulevard, or Grimball Road. Then, turn right onto Riverland Drive and left into the center. Traffic coming from this direction is usually lighter. Traffic coming from Maybank Highway towards the center is the more heavily traveled route making it difficult to reach the center in the evenings. The traffic is usually the heaviest starting the week before Christmas. The Festival of Lights is November 10, 2017-January 1, 2018.



### Holiday Craft Fair

Invite all your friends to the Lowcountry Senior Center's Holiday Craft Fair! Hand-made crafts make the perfect holiday gift for anyone on your list! All crafts are made by local older adults. Crafts include jewelry, art work, ornaments, knitted items, candles and much more!

**Saturday, December 2, 9 am-1 pm**

### Holiday Pot-Luck Lunches

During the holiday months, the birthday celebrations adopt festive themes. For November, please bring a favorite Thanksgiving dish to share. For December, please bring a favorite holiday dish to share. Please bring your dishes table-ready with serving utensils. Admission is one dish per adult. Couples need to bring two dishes or a double-sized dish. **Members only.**

**Friday, November 17, 12-1 pm**

**Friday, December 15, 12-1 pm**



### Thursday, November 2

#### Silent Auction Special Hours

The Lowcountry Senior Center will be preparing for the silent auction fundraiser scheduled for the evening of Thursday, November 2. Therefore, the center will be observing special hours that day. The fitness center will be open on Thursday, November 2, 8 am–12 pm. All classes are canceled and the back hallway and assembly rooms will be closed. There will be no coffee available and the lobby will be set-up for the auction. Only the fitness center will be available. We hope that you enjoy this special evening brought to you by Friends of the Lowcountry Senior Center!

### Managing Grief and Loss

Learn how to cope with life changes, receive support from others who are facing similar changes, and collect resources to help yourself. You are welcome to join at any time. Facilitated by Dana Madanski with McAlister-Smith. **Free for members, \$2 for nonmembers per class.**

**Fridays, 10:30 am-12 pm**

### Massage Therapy

Massage therapy offers numerous scientifically-proven rehabilitation and wellness benefits, including stress reduction, relief from muscular tension or spasm. Presented by Joy Nicholson, Licensed Massage Therapist, Roper St. Francis. **Free for members, \$5 for nonmembers.**

**Thursday, November 9, 2-3 pm**

### Matter of Balance

View falls and fear of falling as controllable, set realistic goals to increase activity, make changes to reduce fall risks, and learn simple exercises to increase strength and balance. A \$10 donation is appreciated, but not required. No class November 22. **Free for members and nonmembers.**

**Wednesdays, November 1-December 27  
2:30-4:30 pm**

### Writing through Grief

Research has shown that writing our thoughts and feelings can help us heal. No writing experience necessary. Bring a notebook. Facilitated by retired Chaplain Jan Stanton, M.A.T. **Free for members, \$5 for nonmembers per class.**

**Tuesdays, November 14, 28, 1:30-2:30 pm  
Tuesday, December 12, 1:30-2:30 pm**

### Meditation Practice

Meditation is good for the body and the soul. Practice sessions are for those already familiar with meditation. **Free for members, \$5 for nonmembers per session.**

**Thursday, November 16, 3:30-4 pm  
Thursday, December 21, 3:30-4 pm**

### Powerful Tools for Caregivers

Learn ways to manage your role in caring for aging parents or family members, locate resources, and meet others facing these same challenges. A \$15 donation is appreciated, but not required. **Free.**

**Mondays, November 6–December 11  
10:30 am-12:30 pm**

### FallProof™

FallProof and Balance is a national award-winning program that assesses and treats balance-related problems in those who are at risk for a fall. Those interested in the program will undergo a pre-program screening to determine eligibility for the program. Screenings start January with the program starting in February. Call the center to be placed on the list for screenings. **\$45 for members, \$120 for nonmembers.**

**Tuesdays and Thursdays, February 6-April 26, 2018, 1-2 pm.**

### Living Well

This is a six-week workshop designed specifically for people with diabetes, arthritis, asthma, depression, pain, heart, breathing or back problems, and other ongoing health conditions. A \$15 donation is appreciated, but not required, to cover the cost of the book. **Free.**

**Thursdays, January 11-February 15, 2018  
1-3 pm**

### Ancient Art History

Explore the world of ancient art history with Dr. Michael Haga, Associate Dean, School of the Arts, College of Charleston. Examine the world's visual heritage in the context of social, cultural, and intellectual history.

**Free for members, \$5 for nonmembers.**

*The Development of Gothic Architecture in France*

Tuesday, November 7, 3:30-4:30 pm

### Nathaniel Russell House

The Nathaniel Russell House is America's most important neoclassical dwelling. Located at 51 Meeting Street near the high battery, the interior has been restored to its original 1808 grandeur with formal gardens. Enjoy a visual tour of this house museum presented by the Historic Charleston Foundation. **Free for members, \$5 for nonmembers.**

Tuesday, December 12, 1-2 pm

### Tree Farming & Wildlife

Learn more about the tree farm system in South Carolina from our featured speaker Jeff Dennis with Lowcountry Outdoors. The American Tree Farm System is a program for woodland owners who are committed to sustainably managing their woods for wood, water, wildlife and recreation. Jeff will share his knowledge and photos of wildlife, forestry, and migratory birds and hit on topics such as pinewood tree thinning, hardwood tree clearcutting, site preparation for replanting, and prescribed fire. **Free for members, \$5 for nonmembers.**

Tuesday, December 5, 1-2 pm

### Healthcare and Retirement

The increasing cost of health care is a growing concern for current and future retirees. This presentation examines Medicare coverage and traditional medical expenses, long term care medical expenses and strategies for addressing uncovered expenses. Presented by Jacqui Walsh, Financial Advisor. **Free for members, \$5 for nonmembers.**

Tuesday, November 7, 10-11 am

### Estate Planning

Estate planning involves how to distribute your assets upon death and can be simple or complex. Estate planning may include wills, power of attorney, health care power of attorney or proxy, and for some it may include a trust. Estate planning often requires the expertise of a financial advisory and attorney. Presented by Jacqui Walsh, Financial Advisor. **Free for members, \$5 for nonmembers.**

Tuesday, December 12, 10-11:30 am

### The Importance and Threats to Tidal Marshes and Salt Creeks

South Carolina has half a million acres of salt marsh, more than any other state on the East Coast. Marshes are highly productive ecosystems and serve as filters to remove toxins and sediment. Yet despite the federal and state protections, there are remains many threats to this vital ecosystem. Presented by Marine Scientist Denise Sanger with Department of Natural Resources. **Free for members, \$5 for nonmembers.**

Tuesday, December 5, 10:30-11:30 am

### Great Decisions: Nuclear Security

The nuclear status quo is changing. Nine nations are declared nuclear powers– and non-state actors are upending cold war era strategy. How can leaders stop countries from acquiring nuclear weapons, keep nuclear materials out of the hands of non-state actors and protect nuclear facilities from potential terrorist attacks?

Join the discussion with Dr. Jack Porter, Department of Political Science, The Citadel. Reading materials are available at the desk. **Free for members, \$5 for nonmembers.**  
**Tuesday, November 28, 3-4:30 pm**

### Is the Internet Changing Our Brains?

The Internet with its digital media and social media is ever present in our lives and is consuming more of our world and time. What is the impact on our brains? Is it affecting our memory? Research shows those age 20-35 are even more forgetful than older adults. Is this technology changing the way that people communicate with each other?

Explore these issues with Andy Felts, PhD, political science professor with College of Charleston. Please check at the front desk for reading assignments prior to the program. **Free for members, \$5 for nonmembers.**  
**Tuesday, November 21, 10:30-11:30 am**

### Lowcountry Investment Club

The club is open to new members, including those very familiar with the market and those who just want to learn. **Free for members, \$5 for nonmembers per session.**  
**Wednesdays, November 15 and December 20, 4:30-5:30 pm**

## SAVE THE DATE

### Lowcountry Senior Center Volunteer Fair

Do something for your health – volunteer! Research shows that people who volunteer have lower rates of depression, lowers levels of stress, and an improved sense of well-being and purpose in life. What's the best way to get started?

Attend the Lowcountry Senior Center's Volunteer Fair and visit with local organizations to learn more about their volunteer opportunities especially for individuals age 50 and older. **Free and open to the public.**

**Wednesday, January 31, 10 am-1 pm**



## LIFELONG LEARNING

### Very Basic Computer Workshop

This is a great class for beginners. Learn the basics of the computer, Internet, and email. No experience necessary. **\$5 for members, \$10 for nonmembers.**

**Mondays and Wednesdays,  
November 6, 8, 13, and 15, 10-11:30 am**

### Introduction to Internet & Email

A more in-depth class about the Internet, searching online, and email. Pre-requisites for this computer class are that you are very comfortable using the mouse and have a basic understanding of the computer. **\$5 for members, \$10 for nonmembers.**

**Mondays and Wednesdays,  
December 4, 6, 11, and 13, 10-11:30 am**



LSC Members Amy Buckley and Lynn Lewis at the center's volunteer appreciation event in 2017.

## VOLUNTEER

### Volunteer at the Center!

Volunteering is good for your health! Decrease your risk of depression; enjoy a sense of purpose and fulfillment, reduce stress, and stay physically and mentally active. What better place to volunteer than Lowcountry Senior Center! Please consider sharing your time, talent, and expertise.

#### Available Opportunities:

- Front Desk
- Fitness Center
- Fitness Instructors
- Arthritis Exercise Leaders
- Administrative with computer skills
- Chair Volleyball Referees & Assistants
- Living Well Leaders (Stanford Chronic Disease Self-Management Program)
- Living Well with Diabetes Leaders (Stanford Diabetes Self-Management)
- Matter of Balance

Contact Kimberly Palmer, Senior Center Coordinator, for more information at [kimberly.palmer@rsfh.com](mailto:kimberly.palmer@rsfh.com) or (843) 990-5555. Our volunteers are affiliated with the Roper St. Francis Volunteer Program.

## INFORMATION & RESOURCES

### I-CARE Counseling

Have questions about Medicare? Speak to one of our volunteer I-CARE counselors who have been trained to help with Medicare, Medicaid, prescription drug plans, and insurance fraud. By appointment only. Appointments are one hour. **Free for members and nonmembers.**

**Tuesdays, November 7 and 28 and December 5, 10 am-12 pm**

### Information & Resource Center

The Information and Resource Center provides assistance for individuals seeking knowledge about social, human, and aging services. Staffed with trained volunteers. Appointments only. Appointment are one hour. **Free for members and nonmembers.**

**Tuesdays, November 7 and 28 and December 5, 10 am-12 pm**

*Register for programs in advance online at [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org) or with the center using the form on page 19.*

## Art Open Studio

Artist Charles Parnelle is on hand to help you with all forms of media such as oil painting, drawing or



watercolors during our open studio. For all levels, beginners welcomed. Bring your own supplies. **\$45 for members and \$55 for nonmembers for November's three-week session. \$55 for members, \$65 for nonmembers for December's four-week session.**

**Fridays, November 3-17, 1-3 pm**

**Fridays, December 8-29, 1-3 pm**

## Watercolors

Designed for the intermediate level, explore light, shadow, and color. Led by artist Charles Parnelle. The supply list is available at the front desk. Space is limited. **\$55 for members, \$65 for nonmembers for November's four-week session. \$45 for members and \$55 per for December's three-week session.**

**Mondays, November 6-27, 1-3 pm**

**Mondays, December 4-18, 1-3 pm**

## Yarnspirations

Meet and mingle with other knitters, crocheters and quilters. Have fun comparing patterns, sharing techniques and trading tips on stitches while you knit together with this group. Group meets once a month. **Free for members only.**

**Wednesdays, November 15 and December 20, 1-2 pm**

## Coffee Talk French

This intermediate level French conversation class gives participants an opportunity to practice speaking in French in a relaxed environment. Suggested pre-requisite: Participants should be able to interact with and participate in French conversation. **Free for members only.**

**Mondays, 10-11 am**

## Drawing and Painting Techniques

This class will cover drawing and painting techniques and more. Traditional techniques and materials will primarily be used while exploring new ways of seeing and composing art. Led by artist Hannah Heyward. **\$18 for members, \$24 for nonmembers per class.**

**Thursday, November 9, 12-2 pm**

**Thursday, November 16, 12-2 pm**

**Thursday, December 7, 12-2 pm**

**Thursday, December 21, 12-2 pm**

## Photography Club

Whether you are a beginner or an advanced photographer, this enjoyable club is for you. The photography club plans a field shoot between

monthly meetings and then compares photos during the meetings. Includes a



30-minute DVD lecture on digital photography during the meeting. **Free for members, \$10 for nonmembers.**

**Thursday, November 16, 10-11:30 am**

**Thursday, December 21, 10-11:30 am**

## CREATIVE ARTS

### Creative Writing Jump Start

Whether you are a poet, novelist, or short-story writer, this course presents ideas to help you put pen to paper and write! Led by Lisa Chewning. **\$27 for members, \$30 for nonmembers per series.**

Wednesdays, December 13-January 17  
9:30-11:30 am

### Writing Circle

Writing circles bring together writers and provide inspiration, support and encouragement for their work. Join a fun writing group that supports writing at all levels in a fun and relaxing environment. Class is led by members. **Free for members, \$5 for nonmembers per class.**

Wednesday, November 8, 2-4 pm  
Wednesdays, December 13 and 27, 2-4 pm

### Chorus

Singing is good for your physical health and mental health! This fun choral group is open to new or experienced singers. No music experience required. Directed by Paula Carl. **Free. Members only.**

Wednesdays, 1-2 pm

## MUSIC

### Acoustic Music Jam Session

Join a fun jam session with other musicians and vocalists at the center. All levels of experience are welcome. **Free for members, \$5 for nonmembers per session.**

Wednesdays, November 8 and 15  
Wednesday, December 6  
5:30-7:30 pm

### Beginner Recorder

A beginners class for those with little to no experience. No music experience required. We have few recorders that may be borrowed while you try the class. If you decide to join then you will need to purchase your own recorder, stand, and sheet music. Led by Janet Jones. **Free members only.**

Mondays, 1-2 pm

### The Olde Pipes Consort

For intermediate and advanced recorder players who have experience playing and reading sheet music. Participants purchase their own recorders, sheet music, and stands. Led by Janet Jones. **Free for members only.**

Mondays, 2:15-4:15 pm

## EXERCISE

### Chair Volleyball

A fast growing sport among older adults and ideal for people of all levels of fitness. Chair volleyball offers the opportunity for improving upper body mobility, hand-eye coordination, reflexes, socializing, and a lot of laughter! **Free for members, \$15 for nonmembers per month.** No volleyball November 25.

Saturdays, 11:30 am-12:45 pm  
Wednesday, November 15, 3-4:30 pm  
Wednesday, December 6, 3-4:30 pm  
Tuesday, December 19, 12-1:30 pm



Register for programs in advance online at [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org) or with the center using the form on page 19.

## EXERCISE

*Member Cost Per Month / Nonmember Cost Per Month. Want to try a class one time? Per class rate is \$8 for members/nonmembers, if fees apply.*

Mon	Tues	Wed	Thu	Fri	Sat
9–10 am Fit & Firm/Lev III Enhance Fitness Free	9–9:45 am Self Defense 4th Tuesday \$8 / \$12	9–10 am Fit & Firm/Lev III Enhance Fitness Free	8:15–9 am Fitness Hooping Free / \$10	8 am Walking Club (Meet in lobby) Members Only	9–10 am-NEW Fit & Firm/Lev III Enhance Fitness Free
10–10:50 am Zumba Toning \$20 / \$30-Nov \$15 / \$25-Dec	11 am–12 pm Sit & Fit/Level I Enhance Fitness Free	10–10:50 am Fit 50 \$15 / \$25-Nov \$8 / \$18- Dec	9–9:45 am Tai Chi \$32 / \$42	10–11 am Dancercise Free / \$10	10:15–11:15am PiYo Live Barre Fusion \$20 / \$30-Nov \$15 / \$25-Dec
11 am–12 pm Sit & Fit/Level I Enhance Fitness Free	12:10–12:50 pm Zumba Gold Tues/Thu \$15 / \$30	11 am–12 pm Sit & Fit/Level I Enhance Fitness Free	10-10:50 am Chair Yoga Free / \$15	11 am–12 pm Sit & Fit/Level I Enhance Fitness Free	11:30–12:45am Chair Volleyball Free / \$15
2–3 pm Level II Enhance Fitness Free	2:15-3:15 pm Chair Yoga-NEW Free / \$15	2–3 pm Level II Enhance Fitness Free	11 am–12 pm Sit & Fit/Level I Enhance Fitness Free	12:30–1:30 pm Yoga \$15 / \$25-Nov \$20 / \$30-Dec	
	3:45–4:45 pm Fitness Hooping Free / \$10	4:45–5:45 pm Total Body Conditioning \$15 / \$25	12:10–12:50 pm Zumba Gold Tues/Thu \$15 / \$30	2–3 pm Cardio Blast \$20 / \$30	
	6–6:45 pm Power Up Boot Camp \$20 / \$30-Nov \$15 / \$25-Dec	6:15–7:15 pm Yoga \$15 / \$25-Nov \$10 / \$20-Dec	2–3 pm Level II Enhance Fitness Free		
			5:45–6:45 pm Zumba! See description		

### Cardio Blast

An advanced circuit workout with high-intensity interval training utilizing stability balls, resistance bands, foot slides and free weights. For the more experienced exerciser. No class November 24 and December 1 and 29. **\$20 for members, \$30 for nonmembers per month.**

**Fridays, 2-3 pm**

### Self Defense

Anyone of any age can learn techniques to keep yourself safe during this low-impact class. **\$8 for members, \$12 for nonmembers.**

**Tuesday, November 28, 9-9:45 am**

### Dancercise

Dance into shape! A great upbeat, total body, dance workout. For all levels. No dance experience necessary. **Free for members, \$10 for nonmembers per month.** No class November 10.

**Fridays, 10-11 am**

### Chair Yoga—New day and time!!

Enjoy the many benefits of gentle yoga while staying seated in a chair. Experience gentle stretching while practicing relaxing breathing techniques. **Free for members, \$15 for nonmembers per month.**

**Tuesdays, 2:15-3:15 pm**

**Thursdays, 10-10:50 am**

## EXERCISE

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

### Sit & Fit: Enhance Fitness Level I

Great class for beginners or those less stable on their feet. Cardio, strength, balance and stretching exercises done in a chair. No class November 2, 10, December 14. **Free for members and nonmembers.**

**Mondays-Fridays, 11 am-12 pm**

### Enhance Fitness Level II

A low-intensity, non-impact class where participants may stand or sit. Includes aerobic, strength, balance, and stretching exercises. **Free for members and nonmembers.** No class November 2, 22 and the week of December 25.

**Mondays, Wednesdays & Thursdays 2-3 pm**

### Fit & Firm: Enhance Fitness Level III

A higher-intensity exercise class with cardio, strength, balance, and stretching exercises. No class the week of December 25. **Free for members and nonmembers.**

**Mondays and Wednesdays, 9-10 am**

### Fit & Firm: Enhance Fitness-Saturdays

**NEW!!** The same higher-intensity cardio, strength, balance, and stretching exercises. **Free for members and nonmembers.**

**Saturdays, 9-10 am**

### Stretch and Flex

A total body stretching class aimed at increasing your flexibility and range of movement. Bring a mat. **\$15 for members, \$25 for nonmembers for November. \$8 for members, \$15 for nonmember for December.**

**Thursdays, November 9, 16, and 30**

**Thursdays, December 7 and 14**

**11 am-12 pm**

### Fitness Hooping

Hula-hooping for exercise. A low-intensity workout that builds core strength and is a good time! No class November 28 and December 28. **Free for members, \$10 for nonmembers per series per month.**

**Tuesdays, 3:45-4:45 pm**

**Thursdays, 8:15-9 am**

### Fit 50

This class will cover strength, stretching, flexibility and balance to help us live each day to our fullest without feeling guilty while enjoying all that holiday joy. Small hand weights and yoga mat are used. **\$15 for members, \$25 for nonmembers for November. \$8 for members, \$18 for nonmembers for December.**

**Wednesdays, November 1-29**

**Wednesdays, December 6 and 13**

**10-10:50 am**

### Power Up Boot Camp

Burn calories and build muscle. An intense 45-minute boot camp for the more experienced exerciser. No class December 26. **\$20 for members, \$30 for nonmembers for November. \$15 for members, \$25 for nonmembers for December.**

**Tuesdays, 6-6:45 pm**

### Zumba Toning

Class emphasizes toning and sculpting to define muscles. Using light weights, target your arms, core and lower body. **\$20 for members, \$30 for nonmembers for November. \$15 for members, \$25 for nonmembers for December.** No class December 25.

**Mondays, 10-10:50 am**

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## EXERCISE

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

### Tai Chi

Better your health mentally and physically. A graceful and low impact form of exercise that focuses on balance, gentle movements and deep breathing. **\$32 for members, \$42 for nonmembers per month.** No class November 2 and 23. No class December 28. **Thursdays, 9-9:45 am**

### Total Body Conditioning

Experience this overall total body workout which includes cardiovascular, strength, core and flexibility training. **\$15 for members, \$25 for nonmembers per month.** No class November 1, 22 and December 27. **Wednesdays, 4:45-5:45 pm**

### Yoga—Wednesdays

A gentle paced yoga class, with emphasis on breathing, relaxation and gentle stretching, sometimes using a chair for support. Bring a yoga mat. **\$15 for members, \$25 for nonmembers for November. \$10 for members, \$20 for nonmembers for December.** No class November 1 and 22, December 20 and 27. **Wednesdays, 6:15-7:15 pm**

### Yoga—Fridays

Whether you are a beginner wanting to learn the basic postures or a more experienced student wanting a slower practice to explore each posture, this class is for you. Bring a yoga mat. **\$15 for members, \$25 for nonmembers in November. \$20 for members, \$30 for nonmembers in December.** No class November 24 and December 1. **Fridays, 12:30-1:30 pm**

### PiYo Live Barre Fusion

Pilates, Yoga and Barre all fused together for a full body workout! Mat required. **\$20 for members, \$30 for nonmembers for November. \$15 for members, \$25 for nonmembers.** No class December 2 and 23. **Saturdays, 10:15-11:15 am**

### Zumba!

Latin-inspired dance exercise program that mixes low-intensity and high-intensity moves for a calorie-burning workout. **\$15 for members, \$25 for nonmembers for November. \$10 for members, \$20 for nonmembers for December.** No class November 2, 23 and December 21,28. **Thursdays, 5:45-6:45 pm**

### Zumba Gold

A modified Zumba class that recreates the original moves at a lower intensity. Ideal for those seeking slower movements. **\$15 for both classes per month for members, \$30 for both classes per month for nonmembers.** No class November 23, December 14 & 26. **Tuesdays & Thursdays, 12:10-12:50 pm**

### Personal Training

Enhance your exercise program and increase your fitness level. Please call Sarah Flowers, Certified Personal Trainer, at (843) 514-0164 to schedule an appointment. Gold Members only. Couples \$60 per hour. Individuals \$40 per hour.

### Walking Club

Meet fellow members in the center's lobby and then carpool next door to the James Island County Park. **Free. Members only.** **Fridays, 8 am**

*Register for programs in advance online at [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org) or with the center using the form on page 19.*

## DANCE

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

### **Clogging—Beginner**

Learn this true American folk dance. No experience required. Free for members, **\$10 for nonmembers per month**. No class November 27.

**Mondays, 4-4:30 pm**

### **Clogging—Intermediate/Advanced**

Clogging experience recommended for this advanced folk dance class. **Free for members, \$10 for nonmembers per month**. No class November 27.

**Mondays, 4:30-5:30 pm**

### **Intro to Movement**

Learn easy dance moves and steps. Flat leather-soled or tennis shoes suggested. **Free for members, \$10 for nonmembers per month**. No class November 28.

**Tuesdays, 4:45-5:30 pm**

### **Line Dancing—Beginner**

Learn the basics of line dancing! This is a great class for beginners or those wanting to brush up their skills. No partners required. **\$16 for members, \$32 for nonmembers for November. \$8 for members, \$16 for nonmembers for December**. No class December 18.

**Mondays, 5:45-6:30 pm**

### **Line Dancing—Intermediate**

Line dancing for the more experienced dancer. No partner required. **\$16 for members, \$32 for nonmembers for November. \$8 for members, \$16 for nonmembers for December**. No class December 18.

**Mondays, 6:45-7:45 pm**

### **Ballroom Dancing**

No dance experience required. No partner required. **\$15 for members, \$25 for nonmembers for November. \$10 for members, \$20 for nonmembers for December**. No class November 1 and 22, December 20 and 27.

**Wednesdays, 5:30- 6:30 pm**

### **Shag—Beginner**

For beginners and all levels who want to brush up their skills with this fun class! No partner required. **\$15 for members, \$25 for nonmembers for November. \$20 for members, \$30 for nonmembers for December**. No class Nov. 24 and Dec. 1.

**Fridays, 2-3 pm**

### **Shag—Intermediate**

For those who know the basic steps and are ready for advanced dances. No partner required. **\$25 for members, \$35 for nonmembers for November. \$30 for members, \$40 for nonmembers for December**. No class November 2 and 23.

**Thursdays, 4:30-5:30 pm**

### **Partner Dancing—Advanced**

Dance experience is highly recommended. No partner required. **Free for members, \$10 for nonmembers per month**. No class November 28.

**Tuesdays, 9-9:30 am**

### **Partner Dancing—Beginner**

Learn easy partner dances. Class featuring couples and turns. No partner required. **Free for members, \$10 for nonmembers per month**. No class November 28.

**Tuesdays, 9:30-10:30 am**

*Register for programs in advance online at [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org) or with the center using the form on page 19.*

## GAMES AT THE CENTER

*Games are free for members and \$5 for nonmembers per day.*

Mon	Tue	Wed	Thu	Fri	Sat
10 am–1 pm Advanced Pinochle	9:30–11:30 am Mah Jongg  1–3 pm Bunco See description for dates	9:30 am–12:30 pm Advanced Bridge (group full, inquire about sub list)  11 am–1 pm Chess	1–4 pm Duplicate Bridge Intermediate & Advanced		9:30 am–12:30 pm Bridge for Fun

## SOCIAL—OUT & ABOUT

### Holiday Pot-Luck Lunches

During the holiday months, the birthday celebrations adopt festive themes. For November, please bring a favorite Thanksgiving dish to share. For December, please bring a favorite holiday dish to share. Please bring your dishes table-ready with serving utensils. **Admission is one dish per adult. Couples need to bring two dishes or a double-sized dish. Members only.**  
**Friday, November 17, 12-1 pm**  
**Friday, December 15, 12 -1 pm**



### Bowling with Friends

Bowl with us! Ashley Lanes Bowling: 1568 Sam Rittenberg Blvd. Register in advance at the center. \$2.50 per game, payable at the bowling alley. Shoe rentals are available.  
**Thursdays, 1 pm**

### Bunco!

A popular social dice game involving 100% luck and no skill. Bring snacks to share. Pre-registration is important. **Free for members, \$5 for nonmembers per day.**  
**Tuesday, November 28, 1-3 pm**  
**Tuesday, December 19, 1-3 pm**

## HEALTH & WELLNESS

### Weight Watchers

Get motivated to lose weight with the encouragement of others! \$114 for the 10-week session and includes Weight Watchers digital tools. Please make checks payable to Weight Watchers. Meetings are open to the public. You may join the meetings at anytime during the 10-week session.  
**Thursdays, November 30, 2017-February 1, 2018, 9:30-10:30 am**



Lowcountry Senior Center's Olde Pipe Consort performed on WCIV News 4's Lowcountry Live in August. They will be performing at our holiday concert. See page 4 for more information.

*Register for programs in advance online at [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org) or with the center using the form on page 19.*

### 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. The Charleston estuary is home to around 300 dolphins. Tour the waters behind Folly in search of dolphins while your captain discusses our natural ecosystems, local history, and dolphin fun facts.

Registration and payment are required at least one week in advance. **\$37 for members and \$42 for nonmembers per tour. Nonmembers must accompany a member.** Tours depart from Bowens Island, 1871 Bowens Island Road.

**Tuesday, November 7:** Arrive at 11:40 am; boat departs at 12 pm.

**Tuesday, December 12:** Arrive at 1:10 pm; boat departs at 1:30 pm.

### Golf Lessons

Boykin Powers, PGA Master Instructor, teaches this five-week *Get Golf Ready* hands-on program at the City of Charleston Municipal Golf Course. If you are more advanced than beginner but still wanting to take a refresher course, Mr. Powers can tailor this course to fit your specific needs.

Use of golf clubs included in price. Space is limited.

**\$80 for members, \$90 for nonmembers per series.**

**Wednesdays, November 15-**

**December 13, 10-11:30 am**



### Meet Up Golf

Meet up with other Lowcountry Senior Center members for a round of golf at the City of Charleston Municipal Golf Course. \$12 for those over age 62, \$15 for those age 61 and younger per round, payable at the golf course. Registration is required one week in advance. Tee times are provided once you have registered.

**Tuesdays in November and December**

### Ladies Who Lunch

A fun way to meet other wonderful ladies and enjoy a lunch out at a local restaurant. Everyone meets at the restaurant and pays separately.

- ◆ **Tuesday, November 14, 1 pm**  
California Dreaming: 1 Ashley Point Drive
- ◆ **Tuesday, December 19, 1 pm**  
La Tabella: 979 Harbor View Road

### New Member Happy Hour

A happy hour where new members can mingle and meet other members. Enjoy drinks and light snacks and learn more about the center and our programs. **Free for members only.**

**Thursday, December 7, 5:30-6:30 pm**

### Library

The Lowcountry Senior Center's library is located in the Craft Room. Members may check out as many books as they can read and return in 30 days. Please return newer books within two weeks. Donations of hard-back and soft-cover fiction published since 2010 and books on the Lowcountry are welcome.

### Movie Matinee

Enjoy a good movie! A \$1 donation is appreciated for members and nonmembers to attend.



- ◆ **Tuesday, November 21, 3:30 pm** *Going in Style* (R) Morgan Freeman, Michael Cain, Alan Arkin, Ann Margaret, Matt Dillion. Drama, Crime.
- ◆ **Friday, December 8, 1 pm:** *Snatched* (R) Amy Schumer, Goldie Hawn. Action, Comedy.
- ◆ **Tuesday, December 19, 3:30 pm:** *Wonder Woman* (PG-13) Gal Godat, Chris Pine. Action, Adventure, Fantasy.
- ◆ **Friday, December 29, 11 am:** *Spider-Man: Homecoming* (PG-13) Tom Holland, Michael Keaton, Robert Downey Jr. Action, Adventure, Sci-Fi.

### Pickleball for Beginners

A fun paddle sport that combines elements of tennis, badminton and ping-pong. Games take place at the James Island Recreation Center, 1088 Quail Drive. Please wear your senior center badge for admission into the game. **Free for members only.**

**Tuesdays, 12-3 pm and Fridays, 1-4 pm**

### Social Hour at the Center

A pleasant social hour to snack and chat with others. Hot tea and coffee are provided and participants bring a table-ready snack or dessert to share with others. **Free.**

**Nonmembers may accompany a member.**

**Tuesdays, November 14 and December 12, 3-4 pm**

### Singles Night

A great way to meet new people and try different restaurants! Everyone meets at the restaurant and pays separately. Pre-registration at least one day in advance is very important. **Members only.**

- ◆ **Thursday, November 9, 5:30 pm**  
Tattooed Senorita: 1846 Old Folly Beach Road
- ◆ **Thursday, December 14, 5:30 pm**  
Locklear's on Little Oak: 2293 Folly Road
- ◆ **Thursday, December 28, 5:30 pm**  
Garage 75: 1175 Folly Road, Suite G

### Wine Tasters

Enjoy tasting different wines each month. Participants take turns purchasing the wines to be tasted as well as snacks.



**Members only.**

- ◆ **Thursday, November 16, 5:30-7:30 pm**  
Featuring Italian Wines
- ◆ **Thursday, December 14, 5:30-7:30 pm**  
Featuring Sparkling Wines

### Flu Shot Clinic

The flu is a serious health threat, especially to older adults and people living with chronic health conditions. Protect yourself with the flu vaccine. Walmart pharmacists are available to administer your flu vaccine at the center. Medicare is accepted. Open to members and nonmembers.

- ◆ **Look for the sign in the lobby with November dates!**

## Friends of LSC News

We are all very excited about the Second Annual Friends' Silent Auction on **Thursday, November 2, 6-9 pm**. The theme is "And All That Jazz" and will be a spectacular event! Ticket are still on sale! Please purchase your tickets soon and don't miss out on the party!

In November, we will also sell tickets to the Belk Charity Sale. The Belk Charity Sale is a four-hour event dedicated to supporting local nonprofit organizations. Twice a year, Belk has a Charity Day Sale, and the fall date is on **Saturday, November 4, 6-10 am**. Tickets are on sale at the senior center for \$5 and they are good for \$5 off your first purchase and 20%-70% off everything in the store, even things that hardly ever go on sale!

The Friends will have a table at the Holiday Craft Fair on **Saturday, December 2, 9 am-1 pm** where we will be selling baked goods. We always have such yummy treats! Visit our table and buy yourself something special! We are also looking for volunteers to donate baked goods to sell at our table. Please sign-up at the center's front desk.

Save the date for our annual Oyster Roast!! **Sunday, February 11, 2-5 pm** at Bowens Island Restaurant. It's will be here before you know it!

Some of the other year-around fundraising activities are the Annual Giving Campaign, Purple Pigs, and Commemorative Bricks. Donations to the Annual Giving Campaign are accepted all year round. More information is available at the center.

Thank you for all your support!  
Martha Kanapaux  
Friends of Lowcountry Senior Center

## SPOTLIGHT ON: Al Stiles, Jr.



**Philip A. (Al) Stiles, Jr.** is our volunteer spotlight. He coordinates the center's golf programs. Al was born in Flushing, New York and raised in Miami, Florida. He joined the United States Navy in 1962. During his 30 year career, he rose from Seaman Recruit to Lieutenant Commander. He met his late wife, Jane Ellen (Janie) Montgomery Stiles, at the USO in Lancaster, PA. They were married in Germantown, Philadelphia, a marriage which endured for 48 years until Janie's passing in 2013. They raised one son, Brian. Janie and Al settled in Charleston in 1985. After retirement Al has pursued a number of careers.

Al has travelled widely compliments of the United States Navy. His favorite trip however came after he retired from the Navy when he and two fellow retired naval officers spent two weeks in Ireland. Al counts his heroes, members of the military past and present who have honorably served their Country and John Wayne. He enjoys trying Charleston-area restaurants.

Al joined the center in March 2014 and has found the center the perfect resource for meeting new people and staying mentally sharp and physically fit. He is a member of numerous organizations and enjoys golf, cooking, gardening, fly fishing, camping, hiking, bike riding, sailing, and photography. He is engaged to fellow Senior Center member, Susan Kirkley, who has lived across the street him for 30 years.



## PROGRAM REGISTRATION FORM

(Please Print)

<b>Name:</b>			
<b>Address:</b>	<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>Email:</b>	<b>Primary Phone:</b>	<b>Secondary Phone:</b>	
<b>Are you a member of the Lowcountry Senior Center?</b>	Yes <input type="checkbox"/> No <input type="checkbox"/>		

PROGRAM	DATE(S) OF PROGRAM	FEE
<b>Paid by:</b> (circle one) Cash Check Credit Card <u>Makes checks payable to: Lowcountry Senior Center</u>		<b>TOTAL:</b>

<b>Name on Credit Card:</b>		
<b>Credit Card Number:</b>	<b>Expiration Date:</b>	<b>Security Code</b> (3 or 4 digits on back of card):

Waiver: I realize that as with any activity there is a possible risk of injury to myself while participating in this activity. I agree to waive the risk of injury which I might suffer while involved in the Lowcountry Senior Center activity and I will not hold Lowcountry Senior Center, Roper St. Francis, its employees or agents liable for any injuries I may suffer while participating in these activities.

<b>Signature:</b>	<b>Date:</b>	<b>Staff Initials:</b>
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*All credit card charges will appear as Roper Hospital on your statement.*

# LOWCOUNTRY SENIOR CENTER



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Care Alliance Health Services  
Lowcountry Senior Center  
865 Riverland Drive  
Charleston, SC 29412  
Phone: 843.990.5555  
Fax: 843.762.7116

## CENTER INFORMATION

### Transportation

Options for transportation to the center:  
CARTA Bus Route 31: (843) 724-7420, x 3  
CARTA Tel-A-Ride: (843) 747-0922  
Senior Ride Charleston: (843) 225-2715

### Program Schedule

In order for the center to operate most efficiently, please keep to the assigned program schedule times posted in the newsletter and calendar.

### Endorsements

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

### Inclement Weather

Please note that any closings of the center due to inclement weather or other emergencies are posted with local news outlets and on our Facebook page.

### Advisory Council Meetings

The Lowcountry Senior Center Advisory Council meets every other month to review and discuss operational performance and other topics. Everyone is welcome.

**Monday, December 18, 4 pm**

### Center Emails

If you are a center member and would like email updates, please send an email with your full name and email address to [lowcountryseniorcenter@RSFH.com](mailto:lowcountryseniorcenter@RSFH.com)

### Senior Center Kitchen

Although the senior center's kitchen remains locked, if you need access to the senior center kitchen, for example to store your lunch in the refrigerator or for ice, you may ask the front desk for admittance.



Like us on Facebook!