



(843) 762-9555

865 RIVERLAND DRIVE, CHARLESTON, SC 29412

JAN / FEB 2012

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## HAPPY NEW YEAR!

We are so excited to kick off a brand new year here at the Lowcountry Senior Center! We hope that you had a wonderful holiday season and we welcome you back to the center for many new programs, social events, and your favorite activities that are planned for 2012.

We have something for everyone from learning more about genealogy and discussing current world events to sustainable gardening and how to be a savvy shopper and save big. Start the new year off right and try something new! Whether learning a new dance step or capturing art with a painting class. Don't forget to save the date for the **Lowcountry Blues Bash on February 13** and our **Annual Oyster Roast on February 19!**

We would like to wish you and yours a happy and healthy new year. In addition, we hope to see you often at the center. Our membership is continuing to grow along with our calendar of programs and events. We look forward to a wonderful year!

## ANNUAL OYSTER ROAST

Mark your calendars for our Annual Oyster Roast Fundraiser at Bowens Island Restaurant sponsored by Harvest Health & Rehab of Johns Island. **Sunday, February 19, 2–5 p.m.**

Enjoy live music, fresh steamed oysters and a beautiful view of the waterfront while sitting on the dock. Bowens Island features some of the best steamed oysters in Charleston. Purchase your tickets today!

Adults are \$20 in advance, \$25 at the door. Children ages 6–12 are \$8 in advance, \$12 at the door. Children ages 5 and under are free. Tickets are available for purchase at the front desk of the senior center or Friends Board members.

All ticket proceeds benefit the Friends of the Lowcountry Senior Center. Invite your family, friends, and neighbors and join us for a great afternoon!

- ❖ First Accredited Senior Center in South Carolina
- ❖ Recognized as a Geriatric Best Practice by the South Carolina Hospital Association and SAGE Institute
- ❖ National 2005 NuStep Pinnacle Award Winner for Excellence in Senior Fitness
- ❖ Bronze Winner 2006 National Mature Media Award

*Explore Your World*  
*A Newsletter of the Lowcountry Senior Center*

Mission

The mission of the Lowcountry Senior Center is to promote wellness of older adults through recreational, educational, and social opportunities, as well as serve as a referral source for services available within the Lowcountry area. Activities and programming of the center emphasize creating and maintaining independence in all phases of life.

Published by

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Hours of Operation

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

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Beverly Craven	Paula Murrill
Laurie Yarbrough	John Milkereit
Virginia Donehue	Martin Moseley
Joe Hanf	John Thomas, MD

*Managed by Roper St. Francis Healthcare*

## CENTER UPDATES



The center's sun logo denotes programs suggested by members.

### Check Us Out Online

The Lowcountry Senior Center has a great website! Check us out online at [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org). Find out about news and upcoming events. Interact with the calendar, download the current newsletter, and stay informed. Also be sure to "like" our facebook page!

### Inclement Weather Closings

The winter months are upon us. Please note that any closings of the Lowcountry Senior Center due to inclement weather emergencies are posted with local news channel outlets on television as well as online. In addition, check our website online. Tune in before you venture out!

## ENHANCE FITNESS

Enhance Fitness Level II is offered at three locations outside the center. These classes are free to the community. If you would like more information or to register, please call the senior center at (843) 762-9555.

Summerville Family YMCA

208 W. Doty Street, Summerville  
 Mondays, Wednesdays, & Fridays  
 12:30—1:30 p.m.

Roper St. Francis Medical Center Berkeley

730 Stoney Landing Road, Moncks Corner  
 Mondays, Wednesdays, & Fridays  
 9—10 a.m.

Isle of Palms Recreation Center

28th Avenue, Isle of Palms  
 Mondays, Wednesdays, & Fridays  
 3—4 p.m.

## BLUES BASH 2012

The Lowcountry Blues Bash returns to the center! The Blues Bash is an annual festival featuring 12 days of more than 40 acts in over 20 venues across the Lowcountry. Joins us as we welcome Eddie Shaw and the Wolf Gang. Eddie Shaw has played with the Muddy Waters Band and Howlin' Wolf. A rare opportunity to hear classic Chicago blues at the center! **Monday, February 13, 6–8 p.m.** Tickets are \$10 for members and nonmembers and may be purchased in advance at the center. Seating is limited.

## SAVVY SHOPPING

In today's economy, you can never have too many shopping and saving tips. "Charleston Savvy Shopper is all about finding great local deals and helping you spend your money wisely." Receive tips and insights as well as helpful consumer advice. Join Ms. Shannon Brigham, Charleston Savvy Shopper, featured columnist with The Post and Courier on **Thursday, January 26, 12:30–1:30 p.m.** Free for members, \$5 for nonmembers.

## GRIEF & COPING

Grieving is a process that takes time and many individuals grieve in different ways. Ms. Elena Bell, MSW, Medical University of South Carolina, presents "Coping With Grief: Theory and Practice." Join in this ongoing discussion. Learn more about what grief looks like along with different theories on coping. In addition, have your questions addressed. **Wednesday, January 25, 5–6 p.m.** Free for members, \$5 for nonmembers.

## GENEALOGY TREE

Charleston is filled with families who have been here for centuries. There are many genealogical resources available at the Charleston County Public Library in Special Collections and the South Carolina Room. Learn about bringing old records to life and how historians, researchers, students, and genealogists utilize them. Dr. Nicholas Butler, Ph.D., Manager, The Charleston Archive, visits the center on **Thursday, February 2, 12:30–1:30 p.m.** Free for members, \$5 for nonmembers.

## FENG SHUI

It is a new year and a perfect time to de-clutter and organize your home! You know what they say: "out with the old and in with the new." This is a basic principle of feng shui that can be applied any time of the year; however, make it a 2012 resolution. Danielle Kovach Gilbert, feng shui architect, shares several ways to use de-cluttering and organization to recharge and revitalize your life. **Friday, January 20, 2–3:30 p.m.** Free for members, \$5 for nonmembers.

## CHANGES OF AGING

"Changes of Aging and How to Make the Best of Them!" Join Dr. William Simpson, Jr., MD, Emeritus Professor of Family Medicine, MUSC, in this three-part series on **Wednesdays, January 25, February 8, and 22, 2–3:30 p.m.** Aging is a process and may come in stages and many forms. Some signs you expect, others you may not. Join in the discussion and bring your questions. Free for members, \$5 for nonmembers.

## LIVING WELL

*With Heart Disease, Arthritis, Diabetes, Asthma, COPD, Chronic Pain, and Others*

Don't let your health stop you! Join this innovative workshop designed specifically for people with ongoing health conditions. Includes the book *Living a Healthy Life with Chronic Conditions*. Free for members and nonmembers. A \$15 donation is appreciated but not required.

### Lowcountry Senior Center

Tuesdays, January 17–February 21  
12:30–3 p.m.

### Mt. Pleasant Hospital, Room 2116

Tuesdays, January 17–February 21  
3:30–5 p.m.

## MATTER OF BALANCE

This award-winning program features:

- ♦ Exercises for strength and balance
- ♦ Tools to screen your environment for fall hazards
- ♦ Safety tips on how to manage yourself if you experience a fall and much more!

Thursdays, January 26–March 15, 10 a.m.–12 p.m. Free for members and nonmembers. A \$10 donation is appreciated but not required.

## EARLY BIRD HOOPING

Wake-up and hoop! Hula-hooping for exercise is fun and guaranteed to make you smile. Taught by Carol Wiggins. **Thursdays in January and February, 8:15-9:00 a.m.** Free for members and \$2 for nonmembers per class. Hula-hoops are provided.

## FOR CAREGIVERS

### POWERFUL TOOLS

Taking care of you is important, especially while helping aging parents or other family members. It can be a challenge physically, emotionally, and financially. With *Powerful Tools for Caregivers*, learn ways to manage your role in caring for family members, locate resources, and meet others facing these same challenges. This is a six-week workshop. Free for members and nonmembers. A \$10 donation is requested to cover the cost of the book, but not required. A minimum of 10 participants are needed for this class to take place.

### Lowcountry Senior Center

Mondays, January 23–March 5,  
(no class February 13)  
4–5:30 p.m.

## HEALTHY LIVING

### WITH DIABETES

Take control of your health! *Healthy Living with Diabetes* is designed for people with Type 2 diabetes. Learn to better manage your symptoms and blood glucose, balance food, exercise, medication, stress, and gain support from others with diabetes. This six-week class is free for members, \$10 for nonmembers. Participants are required to have a copy of the book *Living A Healthy Life with Chronic Conditions* which may be purchased for \$15 from the center. A minimum of 10 participants are needed.

### Lowcountry Senior Center

Mondays, January 23–February 27  
11:30 a.m.–2 p.m.

# *Exercise Schedule*

*Member Cost Per Class / Nonmember Cost Per Class*

Mon	Tue	Wed	Thu	Fri	Sat
9–10 a.m. Fit & Firm/Lev III Enhance Fitness Free / Members Only	11 a.m.–12 p.m. Sit & Fit/Lev I Enhance Fitness Free / Members Only	9–10 a.m. Fit & Firm/Lev III Enhance Fitness Free / Members Only	9-9:45 a.m. Tai Chi \$35 / \$45	8 a.m. Walking Club Free / Members Only	9–10 a.m. Zumba \$10 / \$25
11 a.m.–12 p.m. Sit & Fit/Lev I Enhance Fitness Free		11 a.m.–12 p.m. Sit & Fit/Lev I Enhance Fitness Free	11 a.m.–12 p.m. Sit & Fit/Lev I Enhance Fitness Free / Members Only	10-11 a.m. Dancercise Free / \$2	10:10-10:50 a.m. Zumba Gold \$10 / \$25
2–3 p.m. Level II Enhance Fitness Free		2–3 p.m. Level II Enhance Fitness Free	12–1 p.m. Chair Yoga \$20 / \$25	11 a.m.–12 p.m. Sit & Fit/Lev I Enhance Fitness Free	11 a.m.–12 p.m. Relaxation Yoga \$20 / \$25
3:15–4:15 p.m. Fit & Firm/Lev III Enhance Fitness Free		3:15–4:15 p.m. Fit & Firm/Lev III Enhance Fitness Free	2–3 p.m. Level II Enhance Fitness Free	12:30–1:30 p.m. Yoga \$20 / \$25	
			5:45–6:45 p.m. Zumba \$10 / \$25		

**There are no exercise classes  
January 2, 14, & 16**

## PHYSICAL FITNESS

### Core Workout

Designed to strengthen core and improve functional fitness. Not recommended for people with chronic low back pain, carpal tunnel, or shoulder injuries. Exercises are executed on the floor with an exercise tube for resistance. **Wednesdays, February 1–22, 10:15–10:45 a.m.** \$10 for members, \$15 for nonmembers.

### Balance Boot Camp

A fitness program designed to improve your balance, coordination, agility, and core strength. For all levels. Participants are assessed before and after to identify balance improvements. **Mondays, February 20–April 9, 1–2 p.m.** \$20 for members, \$25 for nonmembers.

### Arthritis Foundation: Exercise

The Arthritis Foundation’s Exercise Program covers gentle exercises, strengthening, endurance, and relaxation techniques. This class meets twice a week. **Tuesdays and Thursdays, January 17–February 23, 1–2 p.m.** Free for members, \$5 for nonmembers. A minimum of 10 participants are needed for the class to take place.

### Personal Trainer

A personal trainer can help enhance your exercise program and increase your fitness level. Sarah Flowers, Certified Personal Trainer, is accepting appointments at the center. Please call Sarah directly at 843-514-0164. Individuals, \$40 per hour and 2 people, \$60 per hour. Gold Members only.

## MEN'S BREAKFAST CLUB

Various speakers featuring interesting topics. Breakfast included: \$2 for members, \$5 for nonmembers. Thank you to our breakfast sponsor: Chick-fil-A James Island.

**Thursday, January 12, 8:30–9:30 a.m.**

Charleston author, Brad Cowther, speaks about his book, "The Ninth Man," a modern day mystery about a fictitious secret diary kept by a Yankee spy aboard the Hunley.

**Thursday, February 9, 8:30–9:30 a.m.**

Warren Pepper, veteran television journalist and columnist with the Post & Courier talks with the breakfast club.

## HOME & GARDEN

### Sustainable Gardening Series

Mr. Homer Mitchell, Jr., Clemson Master Gardener and current landscape gardener, presents a variety of topics that focus on sustainability for your garden and lawn. Learn tips and techniques to improve your garden's health in harmony with nature. Free for members, \$5 for nonmembers.

**Thursday, January 12, 12:30–1:30 p.m.**

*Easy Composting Systems.*

**Thursday, February 9, 12:30–1:30 p.m.**

*Preparing for Spring Plantings.*

## HEALTH & WELLNESS

### Chair Yoga

Enjoy the many benefits of Yoga while staying seated in a chair. Improve your mind, body and soul with gentle stretching while practicing relaxing breathing techniques. Instructed by Linda Shoyer. **Thursdays, in January and February, 12–1 p.m.** \$20 for members, \$25 for nonmembers per month. Linda also leads Relaxation Yoga on Saturday mornings. See the exercise calendar on page 5.

### Blood Pressure Checks

Free blood pressure checks are available for members in the screening room on the following dates:

- **Thursday, January 5, 9:30-10:30 a.m.**
- **Friday, January 20, 10:30-11:30 a.m.**
- **Thursday, February 2, 9:30-10:30 a.m.**
- **Friday, February 17, 10:30-11:30 a.m.**

### Arthritis Tai Chi

The Arthritis Foundation's Tai Chi Program uses Sun style Tai Chi. This six-week class consists of agile steps and exercises that may improve mobility, balance, and relaxation. Give it a try on **Tuesdays, February 7–March 13, 3:30-4:30 p.m.** \$20 for members, \$25 for nonmembers. A minimum of 10 participants are needed for the class to take place.

### Tai Chi

Tai Chi is a system of movements designed to improve physical fitness and heighten mental awareness. Improve your health, increase flexibility, and work on your balance, through these gentle movements. Each week builds upon the previous week, increasing in difficulty. Instructed by Reggie Westbrook. **Thursdays, in January and February, 9–9:45 a.m.** \$35 for members, \$45 for nonmembers per month.

## COMPUTER CLASSES

Each course consists of four classes and a workbook for you to keep. Courses are \$5 for members, \$10 for nonmembers. Please register in advance. Please note that some courses have pre-requisites. If you have already taken a specific course and would like to take the same course again, please inquire about availability at the front desk.

### Very Basic Computer Workshop

*This is a great class for beginners  
No experience necessary*

10:30 a.m.—12 p.m., Tuesdays/Thursdays  
January 17, 19, 24, 26

### Introduction to Internet & Email

*Pre-requisites: Very comfortable using the mouse.*

3—4:30 p.m., Mondays/Wednesdays  
January 23, 25, 30, February 1

3—4:30 p.m., Mondays/Wednesdays  
February 13, 15, 20, 22

### Advanced Internet and E-mail

*Pre-requisites: Basic Computer Workshop &  
Introduction to Internet and Email.*

10:30—12:30 p.m., Mondays/Wednesdays  
January 23, 25, 30, February 1

### Basic Microsoft Word

*Pre-requisites: comfortable using the mouse.*

10:30 a.m.—12 p.m., Mondays/Wednesdays  
February 13, 15, 20, 22

### Computer Assistance

Having trouble figuring out how to do something on the computer? Computer assistance is available from volunteers in the computer during the week. This service is for members only. Please check with the computer lab and the front desk for times that are posted.

## MEDICARE INFORMATION

### I-CARE Counseling

Have questions about Medicare? Speak to one of our trained volunteer I-CARE counselors who have been trained to help with Medicare, Medicaid, prescription drug plans, and insurance fraud. Appointments available on **Tuesdays in January and February, 10 a.m.—12 p.m.** Free for members and nonmembers.

### My Medicare Matters

Learn to navigate the Medicare maze with a course designed by the National Council on Aging and the Benefits to Access Coalition. This computer-based course enables you to learn more about Medicare by surfing specific credible websites guided by trained instructors. **Thursday, February 2, 10 a.m.—12 p.m.** Free. Members only.

## SOCIAL TECHNOLOGY

Stay connected! This series explores the social aspects of the Internet and explains the latest communication trends. Free for members, \$5 for nonmembers.

**Skype:** Learn what Skype is. Find out how more and more people use it for communication, no matter where you are located. **Friday, January 13, 9—10 a.m.**

**Facebook:** Learn about Facebook. Find out how to connect to family and friends, share photos and create a simple facebook page. **Friday, February 10, 9—10 a.m.**



Become a fan on our Facebook page!



Follow us on Twitter!

## IT'S ACADEMIC

### Lowcountry Scholars

Intellectual topics presented by engaging speakers from the local academic community. Speakers present at 1:30 p.m. and 2:30 p.m. respectively. Free for members, \$5 for nonmembers.

**Wednesday, January 18, 1:30–3:30 p.m.**

- ♦ Dr. Scott Poole, College of Charleston, Associate Professor, Department of History, discusses “Monsters in America: the history of America, one fear, one monster at a time.”
- ♦ *Speaker To Be Announced.*

**Wednesday, February 15, 1:30–3:30 p.m.**

- ♦ Dr. Al Lovvorn, The Citadel, Assistant Professor, School of Business Administration presents, “Assessing a Presidential Transition: Bill Clinton’s Inaugural Year.”
- ♦ *Speaker To Be Announced.*

### Early American History

Explore topics surrounding early American history. Dr. Sandy Slater, College of Charleston, Department of History, discusses “Gender Diversity in Early America.” **Wednesday, February 1, 1:30-2:30 p.m.** Free for members, \$5 for nonmembers.

### Great Decisions

Dr. Jack Porter, The Citadel, Department of Political Science, leads this popular foreign policy discussion group. Suggested reading materials are available at the front desk. Free for members, \$5 for nonmembers.

- ♦ **Tuesday, January 24, 2–3:30 p.m.**  
*Making Sense of Multilateralism*
- ♦ **Tuesday, February 28, 2–3:30 p.m.**

## EDUCATIONAL

### Ancient Art History

Explore the world of ancient art history with Dr. Michael Haga, Assistant Dean, College of Charleston, School of the Arts. Examine the world’s visual heritage in the context of social, cultural, and intellectual history. Free for members, \$5 for nonmembers.

- ♦ **Thursday, January 19, 2–3 p.m.**

*Creating a Dynasty: Augustus*

- ♦ **Thursday, February 16, 2–3 p.m.**

*The Colosseum: Showcase for Spectacle*

### Independent Transportation Network

Car, bus, moped, bicycle? How do you get to the places where you want to go? What happens when you can no longer drive? Studies have shown that safe, efficient, and reliable transportation is a vital element in successful aging in place. Learn more about ITN *Charleston Trident*— the “dignified transportation” services provided to seniors and the visually impaired on **Wednesday, February 29, 1:30–2:30 p.m.** Free for members, \$5 for nonmembers.

### Pet Helpers

Pets of all kinds can be cathartic and great companions. Find out more about Pet Helpers of James Island with Erica Marcus, Volunteer & Off-site Adoption Coordinator, **Tuesday, January 24, 10–11 a.m.** Free for members, \$5 for nonmembers.

### Hearing Health

Learn more about hearing health from Michelle Dressler-Lomano, M.Aud., Audiologist with Lowcountry Hearing Healthcare. **Tuesday, January 31, 10:00-11:00 a.m.** Free for members and \$2 for nonmembers.

## Games at the Center

Games are free for members and \$2 for nonmembers

Mon	Tue	Wed	Thu	Fri	Sat
10 a.m.—1 p.m. Advanced Pinochle	9:30—11:30 a.m. Mah Jongg	9:30 a.m.—12:30 p.m. Advanced Bridge  11 a.m.—1 p.m. Play Chess	11 a.m.—1 p.m. Canasta  2—5 p.m. Bridge Intermediate & Advanced	10—11 a.m. Chess Lessons Jan. 6—Feb. 24  12—3 p.m. Scrabble	9:30 a.m.—12:30 p.m. Bridge for Fun Members Only

Please register for games at the center by calling 762-9555.

## SOCIAL EVENTS & MOVIES

### Welcome Session

This is an informative orientation to the Lowcountry Senior Center. It is open to both new and longstanding members. Learn more about the center operations as well as upcoming programs and events. **Fridays, January 6 & February 3, 9—10 a.m.**

### Veterans Social Group

We are privileged to have so many Veterans as members of our senior center. They represent all branches of our military, who have proudly served our great country. This group is for Veterans to get together. **Fridays, January 27 and February 24, 2:30—3:30 p.m.** Nonmembers may accompany a member.

### Afternoon Tea & Desserts

Join us for a pleasant social hour! Hot tea is provided and participants bring a dessert to share. **Tuesdays, January 3 and 17, and February 7 and 21, 3—4 p.m.** Free. Nonmembers may accompany a member.

### Jersey Talk

Get together with others from the New York/New Jersey area. Participants are welcome to bring a favorite snack to share. **Wednesday, February 1, 2:30—3:30 p.m.** Free for members, \$5 for nonmembers.

### The Birthday Potluck

Every month the Lowcountry Senior Center celebrates the birthdays of our members with a special lunch. Come wish “happy birthday” to our center friends with a potluck lunch. This is also a great way to meet new people and make new friends! Please bring a covered dish to share that is table-ready to serve along with serving utensils. Please note that the center’s kitchen is unavailable for use. **Fridays, January 27 and February 24, 1—2 p.m.** Nonmembers may accompany a member.

### Movie Matinee

Enjoy a good movie on the big screen! Current releases are chosen and are subject to change. A \$1 donation is appreciated. Movies begin at **2:30 p.m.** Please register in advance.

- ♦ **January 3:** *Midnight In Paris* (PG-13)  
Starring Owen Wilson & Rachel McAdams
- ♦ **January 17:** *The Help* (PG)  
Starring Emma Stone
- ♦ **February 7:** *I Don't Know How She Does It* (PG-13)  
Starring Sarah Jessica Parker
- ♦ **February 21:** *Moneyball* (PG-13)  
Starring Brad Pitt

## *After 5 at the Center*

### Zumba!

This Latin-inspired exercise class combines simple dance steps and zesty music. An energizing exercise program. **Thursdays, January and February, 5:45–6:45 p.m. No class September 1.** \$10 for members, \$25 for nonmembers per month. Also offered on Saturday mornings. \$15 for members for both Thursday & Saturdays.

### Ballroom Dancing

Learn the great ballroom dances. Partners not required. Instructed by Linda Scott. **Wednesdays, January and February, 5:45–6:45 p.m.** \$36 for members, \$41 for nonmembers per month. Also offered on Tuesday mornings, 9:30-10:30 a.m.

### Beginner Line Dancing

Learn the basics of popular line dances in our beginner class. Led by Jackie Hughes instructors. **Tuesdays, January 3–February 7, and February 14–March 20, 5–5:30 p.m.** \$10 for members, \$15 for nonmembers.

### Line Dancing

Learn classic and fun line dances set to country music. Led by Jackie Hughes. **Tuesdays, January 3–February 7, and February 14–March 20, 5:45–6:45 p.m.** \$20 for members, \$25 for nonmembers.

### Lowcountry Investment Club

The Lowcountry Investment Club studies and invests \$30 per month in stocks that are voted on by the club. Non-club members may attend as observers. **Wednesdays, January 18 and February 15, 4:30–5:30 p.m.** Free for members, \$5 for nonmembers. An initial investment of \$50 is required.

### Wine Club

Join the wine club for a relaxing evening of wine tasting and socializing with friends new and old. The month of January features Finger Lakes New York wines. The month of February features red wines that are loved.

The wine club meets on **Thursdays, January 26 and February 23, 5:30–7 p.m.** In general, there is no charge for members or nonmembers to attend; however, participants take turns purchasing the wines to be tasted each month as well as snacks. Please register in advance at the front desk.

### Singles Night

Get out of the house for a night! This is a great way to meet new people and have fun! Everyone is responsible for their own transportation and cost of their dinner. Everyone meets at the restaurant unless noted otherwise.

- ♦ **January 12, 5:30 p.m.:**  
Boulevard Diner, James Island  
1978 Maybank Highway
- ♦ **January 26, 5:30 p.m.:**  
Poogan's Porch, Historic Charleston  
72 Queen Street
- ♦ **February 9, 5:30 p.m.:**  
Charleston Crab House, James Island  
145 Wappoo Creek Drive
- ♦ **February 23, 5:30 p.m.:**  
Athens Restaurant, James Island  
1939 Maybank Highway

Pre-registration is very important in order to make dining reservations. Please visit the center or call 762-9555 to pre-register.

## MUSIC & DANCE

### Intro to Movement

Simply for beginners. Learn introductory clogging, simple line dances, and gentle hula hooping. Led by Carol Wiggins. Flat leather-soled or tennis shoes suggested. **Mondays, in January and February, 4:30–5:15 p.m.** \$5 for members, \$10 for nonmembers per month. No class Jan. 2, 16

### Clogging

Learn more advanced and progressive clogging led by Carol Wiggins. Clogging is a true American folk dance. Flat leather-soled or tennis shoes suggested. **Mondays, in January and February, 5:15–6 p.m.** \$5 for members, \$10 for nonmembers per month. No class Jan. 2 or 16.

### Ballroom Dancing

Learn the great ballroom dances. Partners are not required. Instructed by David Roland. **Tuesdays, in January and February, 9:30–10:30 a.m.** \$36 for members, \$41 for nonmembers per month.

### Beginner Shag

Learn the history of the dance and basic steps. For beginners and all levels who want to brush-up. Instructed by Normandie Updyke. **Fridays, in January and February, 2–3 p.m.** \$20 for members, \$25 for nonmembers per month.

### Shag

Learn advanced and progressive steps. This class is for more experienced levels. Instructed by Normandie Updyke. **Thursdays, in January and February, 4:30–5:30 p.m.** \$20 for members, \$25 for nonmembers per month.

### Line Dancing

Learn many classic and fun line dances. Led by Jackie Hughes. **Thursdays, January 5–February 9, and February 16–March 22, 10–11 a.m.** \$20 members, \$25 for nonmembers. This class is also offered on Tuesday evenings.

### Beginner Tap Dance

A fun beginner tap class. Instructed by Judy Bennett with Trudy's School of Dance. **Tuesdays, January 3–February 7, and February 14–March 20, 1–2 p.m.** \$35 for members, \$45 for nonmembers per session.

### Tapercise Advanced

A high energy tap class for the more experienced. Instructed by Judy Bennett with Trudy's School of Dance. **Tuesdays, January 3–February 7, and February 14–March 20, 12–1 p.m.** \$35 for members, \$45 for nonmembers per session.

### Chorus

New or experienced singers are welcome! The Chorus is directed by Paula Carl. **Wednesdays, in January and February, 12:45–1:45 p.m.** Free. Members only.

### Lowcountry Pipers

For beginners and those who have some knowledge in recorder playing. **Mondays, in January and February 1:30–2:30 p.m.** Free for members, \$5 per class for nonmembers.

### The Olde Pipes Consort

For more advanced recorder players. The Olde Pipes Consort is led by Hillyer Rudisill. **Mondays, in January and February, 3–4 p.m.** Free. Members only.

## CREATIVE & LANGUAGE ARTS

### Art Basics

Discover the basics of art utilizing drawing and water-based paints. This class is for beginners and all levels. Learn basics while using different mediums. Materials are included; however, please bring pencils and a few brushes for use. Led by artist Hannah Heyward. **Thursdays, January 19–February 9, 9–11 a.m.** \$40 for members, \$45 for nonmembers.

### Watercolors

Learn basic watercolor technique. Explore, light, shadow, and color. This class is for all levels. Beginners are encouraged. Led by artist Charles Parnelle. A supply list is available at the front desk. **Mondays, January 9–February 6, 2:00–4:00 p.m. (no class January 16)** \$40 for members, \$45 for nonmembers.

### Drawing

Learn values and scale while utilizing soft pencil and charcoal drawing on various types of paper. Create sketches with dramatic shading. Special attention is given to perspective. This class is for all levels. Led by artist Charles Parnelle. A supply list is available at the front desk. **Thursdays, January 12–February 2, 11:00 a.m.–1:00 p.m.** \$40 for members, \$45 for nonmembers.

### Knitting for Beginners

Learn how to do simple and basic knitting techniques. Create a scarf or a holiday gift. This fun class is for all levels. Led by Alice Veyera. A supply list is available at the front desk. **Fridays, January 20–February 10, 11:30 a.m.–12:30 p.m.** Free for members, \$5 for nonmembers.

### Women's Writing Group

Welcome to a new, unique and exciting offering: a Women's Writing Group. Share your stories in a respectful and supportive environment, for all levels of expertise. No previous experience is required. Led by women writers, Joyce A. Newberry and Linda Canteley Slonim. **Thursdays, January 5, 19, February 2 and 16, 1:30–3:30 p.m.** Free for members, \$5 nonmembers.

### Who Are You? Life Stories

Explore who you are and how you came to be. Leave a written legacy recording life's precious memories. For all levels; no previous writing experience is needed. This ongoing six-week course is led by creative writing instructor, Lisa Chewning. **Wednesdays, February 1–March 7, 9:30–11:30 a.m.** \$27 for members, \$30 for nonmembers.

### The Poetry Hour

Discover the world of poetry with poet Richard Garcia. Awarded a fellowship from the National Endowment for the Arts, he has published numerous volumes of poetry. For all levels. **Wednesdays, January 4 and February 1, 1–2 p.m.** Free for members, \$5 for nonmembers per class.

### The Writing Circle

A fun group that supports writing at all levels. No experience necessary. Led by author, Kathleen Fox on the second Wednesday of each month. The fourth Wednesday of each month is led by group members. **Wednesdays, January 11 and 25, February 8 and 22, 2–4 p.m.** Free for members, \$5 nonmembers.

## CREATIVE ARTS

### Beginner Acrylic Painting

Learn basic drawing, perspective, and acrylic painting techniques. Works include landscapes and/or beachscapes. Led by artist Kim McDermott. Supply list is available at the front desk. **Saturdays, January 21–February 11, 9–11 a.m.** \$40 for members, \$45 for nonmembers.

## AARP TAX AIDE

AARP Tax Aides are available to assist with free tax preparation and counseling. Please bring all necessary forms and relevant documents with you. **Tuesdays, February 7–April 10, 8:30 a.m.–12:30 p.m.** Please call the senior center to make an individual appointment. Free for members and nonmembers.

## TRAVEL YOU CAN TRUST

### Valentines in Newberry

**February 14–15, 2012.** Visit one of South Carolina's charming historic cities. Newberry's Main Street has some of the best antique shops in the state. Take in the evening's musical Brigadoon, at the famed Opera House. Marvel at Cater & Holmes Orchids; recognized worldwide for their flowers! Includes round-trip motorcoach, 1 night lodging, dinner, admission to Brigadoon, stop at Carter & Holmes Orchids and gratuities. Double: \$545 members/\$565 non. **Reserve by January 20.**

### Best of California

**July 20-28, 2012.** Join us as we visit Napa Valley's gorgeous wine country, complete with winery visits and tastings, and then explore other don't-miss spots in Sunny California. Hearst Castle, Mission Santa Barbara, the J. Paul Getty Museum, and of course, Beverly Hills and Hollywood, are all on this incredible itinerary. Sunset strip here we come! Double rate \$2,549. Reservations based upon availability. This trip is offered by Collette Vacations.

### Brookgreen Gardens Springtime Tour

**April 5, 2012.** Enjoy a delightful day at Brookgreen Gardens. The spring season brings out beautiful flowers throughout the gardens. The sculpture garden is exquisite. Take in the sites along the creek excursion boat tour along the Waccamaw River. Includes round-trip motorcoach, admission to Brookgreen Gardens, Creek Excursion Boat Tour, and all gratuities. \$80 for members/\$100 for nonmembers. **Reserve by February 24.**

### South Pacific Wonders

**June 18–July 5, 2012.** This adventure to the South Pacific including Australia, New Zealand, and Fiji features cities of Cairns, Sydney, Queenstown, Auckland, Christchurch, and Nadi. See the Great Barrier Reef via catamaran, tour the Sydney Opera House, cruise the breathtaking Milford Sound. Take in gardens, works of art, and the tropical paradise of Fiji full of adventure. Double rate \$5639. This trip is offered by Collette Vacations. **Make your reservation by April 19.**

## FRIENDS OF THE CENTER

Mark your calendar! The Annual Friends Meeting is **January 13 at 1:30pm** at the senior center.

The *Friends of the Lowcountry Senior Center* is a 501c3 organization that assists in the financial support of the center. Membership fees cover less than one-third of the Center's operating costs.

The *Friends* are conducting their 2012 Annual Giving Campaign. Please pick up a donation envelop at the desk and support our efforts to reach our goal of \$20,000!

There are many easy ways to support the *Friends* fund raising efforts. This Winter direct your United Way donations to the Friends of the the Lowcountry Senior Center! Bi-Lo purchases are another way. Remember, 1% of all your purchases at BiLo will be donated to the *Friends* if you sign up each year. Bi-Lo booster cards can be found at the front desk. Piggy Banks are available at the front desk. Take one home and fill it up with all your loose change and return it to the Center. Those contributions go to capital improvements at the Center. Donations are tax deductible. Buy a brick! You can honor someone or give one in memory of a loved one. They are \$75. Forms are at the front desk.

**Thanks** to all who made our first Zumbathon and Silent Auction a huge success! We raised over \$1100!

**Thanks** to all who supported the Belk's Charity Day Sale!

**SAVE THE DATE: February 19, 2-5 p.m.** for the Annual Oyster Roast at Bowen's Island!

## VOLUNTEER SPOTLIGHT

### CATHY MYERS



In June Cathy Myers and her husband relocated to Charleston from Illinois. He was transferred to Mt. Pleasant to open the new Trader Joes. Cathy immediately began volunteering at the senior center. What better place to meet new people than volunteering at the front desk of the center! She also is involved with the Friends helping with fundraising activities.

In her spare time, Cathy likes to exercise, read, and knit. People might not know that she loves to sing... a lot!

Cathy says that the four people that she would most like to invite to dinner are, "my Grandpa Harvey, Grandma Merna, Louis Armstrong, and Eleanor Roosevelt."

People who have most influenced Cathy's life are her family. She met her husband when they worked together for Vons Grocery Store in California. The person whom she admires most is her son. The best birthday gift that she ever received was her grandmother's wedding ring.

Cathy says that "the center has been a blessing for me. I have so enjoyed meeting all of the patrons and staff. I am reminded each time I come to volunteer how precious life is, and how much people make a difference in my life. I can't remember the last time I have smiled and had such a good time with everyone!!"

## CENTER INFORMATION

### Registering for Programs

Please register for all programs at least four days in advance or by the deadline. To register, please call, visit the center, or register by mail using the form on the last page. Fees are due at time of registration. Cash, check or credit card are accepted.

### Refunds and Cancellation Policy

Programs may be cancelled by the center if the minimum participation is not met by the deadline. If a program is cancelled, refunds are issued. Otherwise, the center observes a no-refund policy. The cancellation policies for trips vary. Please inquire at the time of registration for individual trips.

### Transportation

For information regarding transportation to the center, please call or visit the center.

### Holiday Hours

We will be closed the following dates:

**Saturday, December 31 & Monday, January 2**

**Saturday, January 14 & Monday, January 16**

### Resource File

Are you looking for resources within the community? The center has a resource file available to members and guests. If you have questions or need assistance locating services, please call the center.

### Computer Lab

Please treat the computer lab like a library. Be mindful of those working quietly and turn cell phones to vibrate or mute.

### Endorsements

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

## DIABETES TOPICS

Learn more about different topics relating to Diabetes as well as meet others who may have your same questions and experiences. Guest speakers visit the center on **Tuesdays, January 24 and February 28, 4–5 p.m.** Free for members and nonmembers.

Both Roper and St. Francis Hospitals have self-led Diabetes Groups:

#### Roper Hospital

Meet in Conference Room 1

Tuesdays, January & February, 3–4 p.m.

#### St. Francis Hospital

Meet in the Cafeteria

Thursdays, January 5, 19, and  
February 2, 16, 4–5 p.m.

## BRAIN FITNESS

*Brain Fitness* and *InSight* can help improve your memory through scientifically researched, computer-based exercises—that are also fun. Exercises are designed to speed up brain processing by using them for about 45 minutes for a total of 40 sessions. *InSight* challenges the visual areas of the brain; *Brain Fitness* challenges the auditory or hearing areas of the brain. The programs are self-paced. \$40 per series for members, \$60 for nonmembers.

Offered in partnership with Roper St. Francis Advantage, *Brain Fitness* and *InSight* are also available in the Advantage computer lab. To register specifically with RSF Advantage, call 402-CARE.



865 Riverland Drive  
 Charleston, SC 29412  
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 Fax: 843.762.7116

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**Lowcountry Senior Center—Program Registration Form**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Are you a member of the Lowcountry Senior Center?    Yes \_\_\_\_\_    No \_\_\_\_\_

Complete the form below and drop it off at the senior center’s front desk or mail to: Lowcountry Senior Center, 865 Riverland Drive, Charleston, SC 29412. Please include payment (if applicable). Do not send cash through the mail. We will mail you a receipt. Please call the senior center at 762-9555 with any questions.

	<i>Name of Program</i>	<i>Date of Program</i>	<i>Fee per Person</i>	<i>Total Enclosed</i>
1				
2				
3				
4				
5				
6				
7				
8				
	<b>TOTAL</b>			