



February 2017

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## ***Lowcountry Senior Center programs offered at Bees Landing Recreation Center in West Ashley***

*The City of Charleston Recreation Department and Lowcountry Senior Center have teamed up to bring senior center programming to West Ashley. Programs are offered at Bees Landing Recreation Center located at 1580 Ashley Gardens Boulevard, in the Grand Oaks subdivision. Register in person at Bees Landing or by calling (843) 402-4571. Please register for programs in advance.*

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### **"Blades of Thunder"**

Lieutenant Colonel Larry Dandridge, USA, Retired and author of *Blades of Thunder* speaks about his book and the need for a Fisher House Charleston and its future, as well as, the Helicopter War in Vietnam. Mr. Dandridge wrote his book *Blades of Thunder* to help raise money for Fisher House Charleston, "a comforting, homelike environment where family members can stay, free of charge and added stress, while their veteran is undergoing treatment." To date he has raised over \$60,000! **Wednesday, February 22, 2 pm.** Free. Register in advance.

### **Directions to Bees Landing**

**From Hwy 61 N/Glenn McConnell Pkwy:** Turn left onto Bees Ferry Road. At the second traffic light, turn right onto Grand Oaks Blvd. Turn left onto Ashley Gardens Blvd. At the traffic circle, take the first right to Bees Landing Recreation.

**From Ravenel, Hwy 17/Savannah Hwy:** Turn left on Bees Ferry Road. Drive approximately 8 miles and turn left onto Grand Oaks Blvd. Turn left onto Ashley Gardens Blvd. At the traffic circle, take the first right to Bees Landing Recreation.

### **Waring Senior Center**

A groundbreaking ceremony was held on January 23 for the Louis Waring Jr. West Ashley Senior Center on the Bon Secours St. Francis campus. The new senior center is a joint project between Roper St. Francis and the City of Charleston. A joint committee of city and county council members selected RSF's bid to run the new Senior Center's programs and the city will own the building.

Former Charleston City Councilman Louis Waring Jr. is the namesake for the new center. During his time on council, Mr. Waring was instrumental in helping Bon Secours St. Francis Hospital move from the peninsula to West Ashley.

For more information about the Waring Senior Center, please contact Elizabeth Bernat, Director of Senior Services, RSF, at [elizabeth.bernat@rsfh.com](mailto:elizabeth.bernat@rsfh.com) or (843) 606-7877. Elizabeth is available to speak to community groups about the new senior center or other topics.

### **Holiday Closings**

Bees Landing Recreation Center and the Mary Utsey building are closed Monday, February 20.

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**Acoustic Music Group**

Do you enjoy playing a musical instrument or singing? Join a fun jam session with other musicians and vocalists. All levels are encouraged to attend. **Thursdays, 10:30 am–12:30 pm.** Free.

**Pickleball**

A racquet sport, which combines elements of badminton, tennis, and table tennis. Games are fun and social and not played at a competitive level. **Mondays, Wednesdays and Fridays, 10:30 am–12:30 pm.** Free.

**Pickleball Lessons for Beginners**

Pickleball is both fun and good exercise. Lessons for beginners are offered on **Wednesdays, 9:30–10:30 am.** Please wear comfortable tennis shoes and clothing. Please register for lessons. Free.

**Bridge**

Enjoy a game of bridge. Please call Barbara Halloran at (843) 367-0505 to make a reservation to play. **Wednesdays, 9:30 am–12 pm and Fridays, 1–3:30 pm.** Free. Not for beginners.

**Mah Jongg**

Mah Jongg is a game of skill, strategy, and calculation and involves a degree of chance. This game is played all over the world. Not for beginners. **Tuesdays, 1–3 pm.**

**Canasta**

A game of the Rummy, join in on this fun card game! **Fridays, 11:15 am–1:30 pm.** Free. Please call (843) 402-4571 to register.

**The Lunch Bunch**

Have a social lunch out with friends! Everyone meets at the restaurant and pays separately. **Advance reservations are very important and required.** Please call Bees Landing Recreation Center at (843) 402-4571 by the Monday before the Lunch Bunch outing to sign up for lunch.

- **Wednesday, February 8, 1 pm:** Nakato: 1734 Sam Rittenberg Blvd.
- **Wednesday, February 22, 1 pm:** The Original Ms. Rose's: 1090 Sam Rittenberg Blvd.

**Movie Matinee**

Enjoy an afternoon watching a good movie with popcorn! Free. Please register in advance. **Movies begin at 3 pm.**

- **Thursday, February 9** *Deep Water Horizon* (PG-13) Starring Mark Wahlberg, & Kurt Russell.
- **Thursday, February 23:** *The Legend of Tarzan* (PG-13) Starring Alexander Skarsgard & Samuel L. Jackson.

**Learn to Play Mah Jongg**

Learn how to play Mah Jongg. **Tuesdays, 3:30–4:30 pm.** Please call (843) 402-4571 to register for February lessons. Free.

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**Mailing List**

If you would like to receive this newsletter, please call Bees Landing at (843) 402-4571 and ask to have your name and/or email address added to the mailing list.

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Line dancing, clogging and partner dancing classes take place at the Mary Utsey building: 1350 Orange Grove Road. Please see page 3 for directions.

Space is limited, please register in advance by calling: (843) 402-4571

**Beginner Line Dancing**

This class includes easy to learn, basic line dances. Line dancing involves learning a short series of choreographed steps that are repeated throughout the song. It's great exercise for your mind and body! Led by instructor Carol Wiggins. **Mondays, 12:30–1:30 pm.** Free. No class February 20.

**Intermediate Line Dancing**

This class includes more difficult choreography and dance experience is recommended. In addition to dancing in lines, you will be introduced to dancing in a circle or even with a partner. Led by instructor Carol Wiggins. **Mondays, 1:30–2:30 pm.** Free. No class February 20.

**Beginner Clogging**

Have fun learning this true American folk dance led by Carol Wiggins. No partner or dance experience required. Comfortable flat shoes or tennis shoes are recommended. **Tuesdays, 12:30–1:30 pm.** Free.

**Beginner Western Partner Dancing**

Learn easy partner dances as Carol Wiggins leads a class featuring couples and turns. No partner required. **Tuesdays, 1:30–2:30 pm.** Free.

**Fitness Classes Schedule**

**Enhance Fitness:** A low-intensity, non-impact exercise class which includes basic aerobic and toning exercises. **Tuesdays, Thursdays & Fridays: 2–3 pm.** Free.

**Sit & Fit:** Exercise in a chair. Recommended for those who are unsteady, use assistive devices to walk, lose balance during exercise, or had a recent fall. **Tuesdays and Thursdays, 12:45 - 1:45 pm.** Free.

**Pilates:** Improve flexibility, build strength, and develop control and endurance in the whole body. Places emphasis on alignment, breathing, and improving coordination and balance. **Tuesdays, 6:30 pm.** \$5 per class.

**Gentle Yoga:** Designed to gently work the body to relax and increase flexibility and strength, as well as calming the mind and increasing the ability to focus. **Tuesdays and Thursdays, 9 am.** \$5 per class.

**Kripalu Yoga:** A form of Hatha Yoga. Inner focus, meditation and standard yoga poses. **Wednesdays, 6:30 pm and Saturdays, 10 am.** \$5 per class.

**Tai Chi:** A graceful and low impact exercise focusing on balance and gentle movements.. **Mondays and Wednesdays, 10 am.** \$5 per class.

**Spinning:** High energy, low-impact workout that gets your heart pumping. **Mondays, 8:30 am.** \$5 per class.

**Zumba Fitness:** Fusion of Latin and International music that creates a dynamic and exciting fitness. **Mondays and Wednesdays, 6:30 pm. Saturdays, 9 am.** \$5 per class.

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### **SC Aquarium Trip**

Leading the way to connect people with water, wildlife and wild places, join us for a fun-filled trip to the South Carolina Aquarium and also enjoy lunch at a Rutledge Cab Company. Bus departs the Bees Landing Recreation Center at 9:15 am to head to the aquarium and departs from the restaurant to head back home by 1 pm. Lunch is not included in the cost. **\$35 per person. Wednesday, March 22.** This is a Bees Landing Recreation Center trip, please call (843) 402-4571 for more information or to register.



### **Watercolors**

A four-week class for beginner and intermediate watercolor painting. Learn the fundamentals of watercolors with artist Hannah Heyward. Perfect for those not familiar with art and wanting to try something new or those wanting to brush up their skills. All supplies are included in the price. **Wednesdays, February 15–March 8, 10 am–12 pm. \$70 per person payable to the City of Charleston.**

*Pre-registration is very important.* You can register and pay by calling or stopping by Bees Landing Recreation Center (843)402-4571. A minimum number of participants are needed for the class to be held.

**Classes take place at the Mary Utsey Building: 1350 Orange Grove Road.**

### **Book Club**

Join our book club led by librarian Rick Pelletier, Charleston County Public Library. Books are available at the Cynthia Graham Hurd/St. Andrews Regional Library. Limited number of copies available. Free.

- **Monday, February 6, 1–2:30 pm:** *Our Man in Charleston* by Christopher Dickey.
- **Monday, March 6, 1–2:30 pm:** *Our Man in Charleston* by Christopher Dickey

### **Oyster Roast**

The Friends' of the Lowcountry Senior Center Annual Oyster Roast Fundraiser will be at Bowens Island Restaurant: 1870 Bowens Island Road.



Live music by the Sweetgrass Band. Fun for the whole family and open to the public.

Tickets: Adults are \$30 in advance, \$40 at the door. Children ages 6–12 are \$15 in advance, \$25 at the door. Children ages 5 and under are free. Tickets are on-sale and are available for purchase at the Lowcountry Senior Center or by calling (843) 990-5555.

Price includes oysters, hot dogs, and sodas. Cash bar for beer and wine. Shucking oysters into a container to take home will not be allowed. All ticket proceeds benefit the Friends of the Lowcountry Senior Center. Spend a fun Sunday afternoon with us!

**Sunday, March 5, 2–5 pm**

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