

# Rediscover yourself!

LOWCOUNTRY  
SENIOR  
CENTER



**Who wants to be defined by age? Not us!** The Lowcountry Senior Center is youthful, energetic and most of all, FUN. The center is a reflection of the diverse interests and passions of our members who are age 50+. With a fitness center and over 250 programs per month, including evening classes, there is something for everyone.

**A sample of our programs**

Art Classes

Salsa

Yoga

Wine Club

Visit the Lowcountry Senior Center and be pleasantly surprised!



Located next to the James Island County Park at 865 Riverland Drive, Charleston  
(843) 762-9555 • [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org)