



# Mount Pleasant

SOUTH CAROLINA

## Town of Mount Pleasant Thomasena Stokes-Marshall Senior Center

*The mission of the Mount Pleasant Senior Center is to enhance the quality of life for senior citizens, by being a community focal point which promotes and encourages wellness through comprehensive recreational educational and social opportunities.*



Geared towards those 50 and older, the Senior Services Center offers a variety of recreational, cultural and creative arts programs, in addition to providing health, wellness, educational and social activities. Fitness Room with state-of-the-art strength & cardiovascular equipment, group exercise rooms, café, member lounge, card room, educational classroom, library, and screened porch.

### ONGOING PROGRAM LISTINGS INCLUDE:

- Exercise classes: Zumba, Yoga, Strength Training, Pilates, Barre Fitness, NIA, Dancing, and more
- Social/Educational programs: Lunch & Learn Health talks, Language instruction, Potluck lunch, and more
- Computer: Wireless Internet, classes, and technology lab
- Arts & Crafts: Painting, Member Art Gallery, Rughooking, Quilting, Scrapbooking, and Jewelry-Making
- Wellness: Personal training, Massage Therapy, Physical Therapy consultations, Blood pressure checks, and Speech therapy consultations
- Member Services: Senior Advocate, Legal Consultations, Financial Planning consultations, Notary, and more