

JANUARY-MARCH 2024

**Not all classes require advance registration. Unless noted otherwise, to register, call 803.252-7734 X 302 or email sbenjamin@seniorresourcesinc.org.*

MEMBERSHIP LEVELS

BASE MEMBERSHIP (formerly ASSOCIATE)

\$ 10/month, \$ 100/year

(2024) Free to City of Columbia resident seniors.

PLUS MEMBERSHIP (formerly GYM)

\$ 20/month, \$ 200/year

Access to Strength Room, Cardio Room, Fitness Consultation with Certified Fitness Trainer.

PREMIUM MEMBERSHIP (formerly FULL FITNESS)

\$ 35/month, \$ 350 /year

*Price freeze through January for existing members to renew up to one year.

EVENTS

Membership Drive and Open House

Thursday January 25, 10 AM - 2 PM

Open to the public.

NUTRITION & WELLNESS

Healthy Choices Watch Party

Mondays 2-3 PM

January 8, 22, 29

Science-based educational videos to help promote a healthier, more sustainable food system, leading to improved personal and planetary health.

- January 8- The Power of Nutrition in Disease Prevention (37 minutes)
- January 22- Growing Community Roots (22 minutes), Future of Food (25 minutes)
- January 29-Healthful Eating (35-45 minutes) and Micronutrient Rainbow (11.5 minutes)

All Members.

SC Gardening, Plants, and Flowers Group

with Joy

Mondays 1-2 PM

If you are interested in the world of plants, flowers, and gardens, please join Joy and friends from the Richland County Master Gardener Association for some fun learning and social activities.

- January 22-Meet & Greet and "Color in the Winter Garden" Presentation
- March 4- Propagation, Linda Hughes
- March 11- Orchids, Alleene Smith

- March 18- Field Trip to Sandhill Children's Garden, Carolina Yard, and the Compost Garden

- March 25- TBD

All Members.

The Cooking Classroom-Educational Classes and Cooking Demonstrations

with Maegan

Tuesdays 11 AM -12 PM

January 16–March 26

Chef Maegan Horton, a graduate of Johnson and Wales, culinary professional with over 14+ years in the food service industry, and owner of Chefs for Seniors, will show you how to put together nutritious and flavorful meals, soups, snacks, and desserts with a mixture of educational classes and cooking demonstrations. No class March 12.

All Members.

The Mindfulness Meditation Program

with Bill

Wednesdays 2:30-3:30 PM

January 18- March 21

This 10-week program will address body awareness, ways to reduce chronic or recurrent pains, self-induced behavior modification, progressive muscle relaxation, and mindfulness-based stress reduction.

All Members.

Lunch and Learn:

Presentations on Aging, Health, and Wellness

Third Thursdays 11:30 AM -12:30 PM

Lunch provided. Advance registration required.

- January 18- Decluttering Workshop with Rhonda, Sponsored by Pathway Hospice
- February 15- Dementia Conversations with Sharlette, Wildewood Downs
- March 14- Brain Health and Memory with Amber, The Blake at Woodcreek Farms

First Aid and CPR Class

Monday March 18, 10 AM- 3 PM

Instructors: Stanley and Carol Leaks, Business Dynamics Group, LLC.

This American Safety and Health Institute (ASHI) class covers Adult, Child, and Infant CPR along with use of the AED. The First Aid course covers the basics an immediate responder would need to know to assist a victim of an accident or illness. \$55 per person, pay at class. Advance registration, maximum 20.

All members.

SOCIAL & GAMES

BINGO Party

with Maggie

Thursdays 12:30-2 PM

Enjoy a friendly group activity and win small prizes at our weekly BINGO games. Snacks provided.

All members.

Fun Activities with Oak Street Health

Thursday Wednesdays 1-2 PM

January 17, February 21 (2:30-3:30 PM), March 20

All Members

Inspiration Workshop

with Liz

Fridays 10-11:30 AM

January 5-March-30.

Join in on a fun and easy hands-on activity each week designed to jump start your whole-brain thinking and creativity.

All members.

Crafty Coffee and Craft Project Circle

with Maggie

Fridays 12-1 PM

A place for handcrafters and interested friends to gather with their knitting, stitching, crochet, jewelry-making, etc. Bring your current project and enjoy the crafty company! Coffee and tea provided.

All members.

Bird Watching Walk

with John

Friday March 22, 8-9 am

With local birding expert and photographer John Tjaarda! Meet at the Lourie Center and we will walk through Maxcy Gregg Park and identify the bird communities there. Dress for the weather. Bring your bird guide, camera, binoculars if desired.

All members.

ARTS & CULTURE

2024 Travel Expo with Laura

Wednesday January 24, 11 AM-12:30 PM

The Lourie Center and Premier World Discovery invite you to add travel and adventure to your life by exploring the wonders of the world. Join travel representative Laura Driggers, who will share itineraries for the 2024 trips!

- Alaska Inside Passage Cruise-July 2024

- Landscapes & Lighthouses of Coastal Maine-October 2024
 - New Orleans Holiday- December 2024
- Open to the public.

Fine Art Classes with Alicia

Thursdays 1-3 PM

All skill levels of artistic talent will enjoy ample studio time and an insightful exploration of art media such as colored pencil, painting, collage, mixed media, drawing, and more! Offered as four to ten-week sessions throughout the year.

Supplies not included.

- Afternoon Tea: Art History and Painting
January 18, 25, February 1, 8, and 15
 - Narrative Collage: Paper, Scissors, Words-GO!
February 22, 29, March 7, 14, 28, (*no class March 21*)
 - At the Market: Contemporary Watercolor
April 4, 11, 18, 25, May 2
- All members.

Fun Cultural Outing with Bill Patterson and Friends

Saturday March 16, 10 AM - 2 PM

Tour the Olympia Mill Village Historical Museum and have lunch at J's Corner Restaurant. For more info, call Bill at 803-730-3089 or email wpatters@yahoo.com.

All members. Advance registration.

Columbia Classical Ballet Outreach Performances At the Koger Center.

- Peter & the Wolf, Thursday March 21, 10 AM
- Peter & the Wolf, Friday March 22, 10 AM

Discount senior tickets are \$5 each. Call Dina Taylor at 803-394-9617 or cbedoutreach@gmail.com to reserve your tickets.

Open to the public.

EDUCATION

AARP Tax Aide Service

Mondays 9 AM-3 PM and Fridays 9 AM-1 PM

February 2- April 15, 2024.

The AARP Tax-Aide Program provides free simple tax return preparation for low to moderate income seniors. For appointments, call the Tax Aide hotline at 803-250-6652 after January 1.

Open to the public.

Technology Tips Tuesday

Tuesdays 2:30 - 3:30 PM

January 23, February 20, March 19.

A Fast Forward Technology expert will provide older adults with technology tips and training in today's tech world. This hands-on class will get you familiar with the latest trends, become confident in using your own technology (including tips and programs on discounted technology needs for seniors!), and how to have fun and be safe along the way.

All Members.

AARP Smart Driver Class

with Desiree

Tuesday March 12, 10 AM - 2 PM

This course is packed with useful information to refresh your driving skills, safety issues, and knowledge of the laws and rules of the road.

Advance registration required. \$20 AARP members, \$25 non-AARP members, payable directly to the instructor.

Open to the public.

Walk-In Medicare Consultations

with Jerry

First Wednesdays 9 AM-12 PM

January 3, February 7, March 6.

Joining Medicare, AHA, or have questions about your current policy? Jerry can help!

Open to the public.

Consumer Technology

with Mike

Wednesdays 1-2:30 PM

March 6-May 22.

Designed for older adults that want a guide to consumer technology. Learn about phones, computers, tablets, televisions, surround sound systems, car electronics, Bluetooth, Wi-Fi, routers, cameras, security systems, websites. You will also learn practical tips on how to troubleshoot your own technology problems.

All Members.

Beginning Spanish

with Ursula

Thursdays 1-2 PM

January 18-March 21.

Learn basic vocabulary and begin to speak in Spanish. Explore Spanish-speaking cultures. Beginners welcome.

All members.

Conversational Spanish

with Ursula

Thursdays 2-3 PM

January 18-March 21

Learn to converse in advanced Spanish and study Spanish-speaking cultures.

All members.

CONTINUING EDUCATION/LIFELONG LEARNING

Lourie Lectures February 2024

Offered as four-week sessions in February and October. Engaging weekly courses taught by academics and content experts. Topics explore the arts and humanities, science, culture, and more.

\$10 per course rate for Premium members

\$20 per course for Base members

\$30 per course for non-members.

Open to the public.

Media Literacy in the Age of the Internet

With Frank Baker

Mondays 11 AM-12 PM

February 5, 12, 19, 26

What is the antidote to misinformation and disinformation? Explore the modern-day conundrum of access to more information than ever before and the media's ability to manipulate that information.

Open to the public. \$10/\$20/\$30 per course.

Beginning Genealogy

With Sue Eleazer

Mondays 1-2 PM

February 5, 12, 19, 26.

This course will help you begin your family tree, with resources on planning, researching, and documenting.

Open to the public. \$10/\$20/\$30 per course.

Roots to Brews: Urban Agriculture

Tuesdays 1-2 PM

February 6, 13, 20, 27

Featuring Presentations and Behind-the-Scenes Tours of Urban Farm City Roots, and a Local Craft Brewery .

Open to the public. \$10/\$20/\$30 per course.

Ethnobotany: Conversations about Plants and People, Past and Present

With Gail Wagner

Wednesdays 11 AM-12 PM

February 7, 14, 21, 28.

A class on the relationships between plants and people, and exploration of how a person's worldview affects their relationship with nature.

Open to the public. \$10/\$20/\$30 per course.

The History of Columbia Neighborhoods: Colonial Columbia, Shandon/Old Shandon, Waverly, and Olympia Mill Village

Wednesdays 1-2 PM

February 7, 14, 21, 28.

This is the first of what we hope will be a continuing course about the founding of Columbia and its many neighborhoods.

Open to the public. \$10/\$20/\$30 per course.

FITNESS & MOVEMENT

Walk with Ease
with Winifred

Mondays, Tuesdays, Wednesdays, Thursdays, 2-3 PM,
March 4-April 11

Walk With Ease is a 40-minute group walk that includes a warm-up and a cool-down, health education, stretching and strengthening exercises, and motivational strategies.

Free and open to all adults ages 60 +. Advance registration is required. To register, call 803.252-7734 X 302 or email sbenjamin@seniorresourcesinc.org.

BINGOcize®
with Chante

Mondays 3-4 PM

January 22- March 25

Bingocize®, is a socially engaging group activity that combines light exercise, health education, and the widely popular game of BINGO!

Free and open to all adults ages 60 +. Advance registration is required. To register, call 803.252-7734 X 302 or email sbenjamin@seniorresourcesinc.org.

Multi-Level Yoga

with Juliet (Floor class)

Mondays 10 -11 AM

Yoga promotes health for the body and the mind. Stretching, postures, meditation, and breathing techniques are taught with modifications for those more experienced or with physical limitations.
Premium membership.

Strong to the Bone

with Joan

Mondays/Tuesdays/Thursdays 9-10 AM

All abilities welcome. Ideal for beginning to intermediate fitness. Chair optional.

A low impact workout for improving posture, muscle tone, balance, and bone-strength.

Premium membership

Circuit Training
with Vicki

Mondays 10 -11 AM

This is an intermediate/advanced, fast-paced class with rigorous interval training sequences of high-intensity exercises. Learn proper use of weights using full range of motion, correct alignment, technique, and form.

Premium membership

Zumba Gold
with Lisa

Mondays and Fridays 11 AM-12-PM

An Intermediate level, low-impact workout with interval training sessions. Fast and slow rhythms and resistance training are combined to tone your body while burning fat, and all to upbeat music.

Premium membership

Intermediate/Advanced Cardio Aerobics with Vicki
Tuesdays/Thursdays 10-11 AM

Get your high-energy cardio workout, strength-building, stretching, flexibility.

Premium membership

Beginning Pilates
with Joan

Tuesdays/Thursdays 10-11 AM

Low-impact mat exercises and stretches that promote core strengthening of the body. Sit or lie with body weight as the main resistance, using gravity to stabilize your core.

Premium membership

Advanced Pilates
with Vicky

Tuesdays/Thursdays 11 AM-12 PM

Low-impact mat exercises and stretches that promote core strengthening of the body. Sit or lie with body weight as the main resistance, using gravity to stabilize your core.

Premium membership

Balance for Falls Prevention
with Bill

Tuesdays 1-2 PM
January 16-March 19
All skill levels. Beginners welcome! Chair optional.
Offered in ten-week sessions throughout the year.
Come experience the evolution of an ancient martial art to a contemporary healing art. The program is designed to educate on risk understanding while improving mobility, stamina, muscular strength, flexibility, and balance.
Free and open to all adults ages 60 +. Advance registration is required. To register, call 803.252-7734 X 302 or email sbenjamin@seniorresourcesinc.org.

Beginning Tai Chi
with Bill
Tuesdays 3-4 PM
Thursdays 1-2 PM
All abilities welcome. Ideal for beginning to intermediate fitness. Slow, smooth body movements to achieve a state of relaxation of both body and mind. Improves muscle tone, flexibility, balance and coordination. Chair optional.
Premium membership

Muscles in Motion
with Winifred
Wednesdays 9-10 AM
All abilities welcome. Chair optional.
A low-impact core strength class includes light cardio as a warm up, deep stretching, as well as some balance work, all using the chairs, weights, bands and yoga straps.
Premium membership

Your Happy Spine and Back (Chair Class)
with Barbara
Wednesdays 10-11 AM
An all abilities introduction to the GYROTONIC® method. Access deep muscle strength, greater flexibility, and ease of movement in this modified class that will help you create functional strength and space throughout the spine and joints.
Premium membership

Cardio Core
with Donna Tarifa
Wednesdays 11 AM-12 PM
This Intermediate strength class will include repetitive low-impact movements that utilize the large muscle groups of the body for warming up and cardiovascular

fitness. Following that, exercises focus on the core stability muscles, ending with a cool-down segment and a relaxing stretch & breathe segment.
Modifications for intensity are always introduced for students who may have health issues or physical limitations to consider.
Premium membership

Beginning Ballet for Older Adults
with Donna Tarifa
Wednesdays 12:30-1:30 PM
January 17-March 20
Did you know that dancing has been scientifically proven to improve cognition and brain health? This fun and friendly class will introduce you to the fundamentals of ballet through basic ballet positions, steps, and vocabulary, proper posture and body alignment with an emphasis on adaptive techniques for the older adult physique. No prior ballet experience is necessary. NO pointe shoes, NO jumping.
All members.

Intermediate/Advanced Tai Chi
with Bill
Wednesdays 12-1 PM
Slow, smooth body movements to achieve a state of relaxation of both body and mind. Improves muscle tone, flexibility, balance and coordination.
Chair optional.
Premium membership

Arthritis Exercise
with Chante
Fridays 9-10 am
Begins Friday January 5
All abilities welcome. Ideal for beginning to intermediate fitness. A group exercise program that includes a variety of exercises for the management of arthritis, keeping the muscles around affected joints strong, decreasing bone loss, joint swelling and pain.
Chair optional.
Free and open to all adults ages 60 +. Advance registration is required. To register, call 803.252-7734 X 302 or email sbenjamin@seniorresourcesinc.org.

Gentle Stretch Yoga (Chair Class)
with Donna Tarifa
Fridays 10-11 AM
Yoga to develop strength, stability, balance and range of motion. Breathing and relaxation to release tension

and restore a sense of well-being and confidence in moving through daily activities. Tarifa also employs principles of “Constructive Rest” which utilizes mental imagery and tactile aid to help release tension in muscles in various parts of the body. Taught with modifications for those more experienced or with physical limitations.

Premium membership.

Restorative Yoga
with Laura (Floor class)
Fridays 12-1 PM

Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching. The focus is on the release of mind-body tension and bringing the nervous system into a state of healing. Taught with modifications for those more experienced or with physical limitations.

Premium membership.