



Lourie Center June 2024

Building Hours, Computer Lab, Cardio and Strength Training Equipment Rooms:
Mondays-Thursdays 9 am-4 pm, Fridays 9 am-2 pm
***CLOSED THURSDAY JULY 4 for INDEPENDENCE DAY.**

SUMMER 2024 WATER CLASSES AT MAXCY GREGG POOL, May 28-August 31

Participants for ALL water classes must be pre-registered and pre-paid members, no exceptions.

Mondays, Tues, Weds, 1:45-2:45 PM: Walk with Ease with Winifred (May 20-June 27)

MEETS OFFSITE: Columbia Fitness Club Indoor Walking Track, 1306 Hampton St, Columbia

Monday	9-10:	Strong to the Bone with Joan
	10-11:	Multi-Level Yoga with Juliet
	10-11:	Circuit Training with Vicki
	11-12:	Zumba Gold with Lisa
	12-1:	(HUGS) Leeza's Care Connection Lunch and Learn Meeting-June 3
	2-3:	Healthy Choices Watch Party
Tuesday	9-10:	Strong to the Bone with Joan
	10-11:	Advanced Cardio Aerobics with Vicki
	10-11:	Beginning Pilates with Joan
	11-12:	Advanced Pilates with Vicki
	12-1:	Lunch & Learn: Probate Realities with Lawyer Lisa, June 11
	12-1:	The Cooking Classroom with Maegan- June 4, 18
	1:30-2:30 :	Aging Resources You Need to Know About, SC Dept. on Aging, June 11
	1-2:	SC Gardening, Plants, and Flowers Group - June 18
	12:30-1:30:	Balance for Falls Prevention with Bill-April 16-June 25 (no class June 4)
	2:30-3:30:	Beginning Tai Chi with Bill (2 PM social time)
Wednesday	9-10:	Muscles in Motion: Strength and Sculpt Class with Winifred
	9:30-10:30:	BINGOcize® with Chante, April 3-June 12
	9-12:	Medicare Consulting with Jerry-June 5 (drop-in or by appt.)
	10-11:	Your Happy Spine and Back with Barbara
	11-12:	Zumba Gold with Luz, May 1-June 26
	12-1:	Intermediate/Advanced Tai Chi with Bill
	12:15-1:15:	Salsa Dance Classes with Jose, April 3-June 19
	2:30	GAMES DAY! The Price is Right with Oak Street Health, June 19
Thursday	9-10:	Strong to the Bone with Joan
	10-11:	Advanced Cardio Aerobics with Vicki
	10-11:	Beginning Pilates with Joan
	11-12:	Advanced Pilates with Vicki
	11:30-12:30:	Lunch & Learn: What is Vertigo? Dizzy No Moore Physical Therapy, June 27
	11:30-12:30	Discussion with a Pharmacist: Over-the-Counter Medications. June 6
	12:30-2:	BINGO Party with Maggie
	1-2:	Beginning Tai Chi with Bill (12:30 social time)
Friday	9-10:	Arthritis Exercise with Chante
	10-11:30:	Boosting Our Brain Power! with Marsha, April 19 - June 21
	12-1:	Coffee and Conversation, Craft Circle with Maggie
	10-11:	Gentle Stretch Chair Yoga with Winifred
	11-12:	Zumba Gold with Lisa
	12-1:	Yoga (Yin with Winifred, June 7, 14, 21) (Restorative with Laura June 28)

- BASE MEMBERSHIP \$ 10/month, \$ 100/year
- PLUS MEMBERSHIP \$ 20/month, \$ 200/year
- PREMIUM MEMBERSHIP \$ 35/month, \$ 350/year
- OPEN TO THE PUBLIC– REGISTRATION MAY BE REQUIRED

JUNE 2024

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

BUILDING SCHEDULE

Thursday July 4, Closed for Independence Day holiday.

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

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.

GAMES DAY: The Price is Right

Third Wednesday of Each Month

June 19, 1-2 PM

Let's Play! Join Oak Street Health, where it's all fun and games. Enjoy board games, card games and more. Light refreshments will be served.

All Members.

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.

SUMMER WATER FITNESS CLASSES MEET AT MAXCY GREGG POOL

SCHEDULE:

MONDAYS:

Aqua Zumba - 9 AM

Deep Water - 10 AM

TUESDAYS:

Shallow Water Aqua Fit - 9 AM

Deep Water Aqua Fit - 10 AM

WEDNESDAYS:

Shallow Water Aqua Fit - 9 AM

Deep Water Aqua Fit - 10 AM

THURSDAYS:

Shallow Water Aqua Fit - 9 AM

Deep Water Aqua Fit - 10 AM

FRIDAYS:

No classes

SATURDAYS:

Aqua Zumba - 9 AM

**You must pre-register for all classes
at Louriecentersc.com**

WATER CLASS PROGRAM FEE:

BASE LEVEL MEMBERSHIP

\$30/MONTH

PLUS OR PREMIUM MEMBERSHIP

\$10/MONTH

Water classes are a benefit of Lourie Center membership. Participants for ALL water classes must be pre-registered active members with a monthly water class pass.

No exceptions.

NUTRITION & WELLNESS

Healthy Choices Watch Party

Mondays 2-3 PM

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

June 3: Healthy Aging: Plant-Forward Nutrition

June 10: The Environment and Modern Agriculture

June 17: Growing Community Roots, Future of Food

June 24: Rethinking Food Waste, Our Carbon Footprint

All Members.

Brain Health and Resources with the SC Dept. on Aging

Second Tuesday of Each Month! 1-2 PM

Open to the public.

- June 11 (1:30-2:30 PM) Aging Resources You Need to Know About, with Lindsey Wooley.

Helping U Grow Strong (HUGS)

A Caregiver Connection Lunch and Learn Meeting

First Monday of Each Month!

June 3, 12-1 PM

Everybody is welcome! The Leeza's Care Connection HUGS team of caring ambassadors who have walked the path of family caregiving and are available to share their wisdom with others new to the journey. Whether you are a caregiver and looking for support, an experienced caregiver, or interested in becoming a HUGS Ambassador, this is the group for you!

SC Gardening, Plants, and Flowers Group

Third Tuesday of Each Month

June 18, 1-2 PM

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

The Cooking Classroom-Educational Classes and Cooking Demonstrations with Maegan

First, Third, and Fifth Tuesdays, 12-1 PM

June 4, 18

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.

All Members.

Lunch & Learn

Presentations on Aging, Health, and Wellness

All members.

TUESDAY June 11, 12-1 PM - Probate Realities: What to Expect and How to Prepare.

LawyerLisa Associate Attorney Thomas Hughes will cover the procedure, associated fees, timelines, potential conflicts, and cautionary aspects related to public information. Lunch provided. Open to the public.

Register at lawyerlisa.com

Thursday June 27 11:30 AM-12:30 PM

“What Exactly IS Vertigo and Can it be Treated?”

Please join Rhonda Moore, Physical Therapist with over 12 years of experience in treating patients with vertigo and imbalance, to discuss this topic. Information will be provided on what vertigo is, why it occurs, how it is treated, and education on balance. Dizzy No Moore Physical Therapy.

Lunch provided with advance registration.

Boosting Our Brain Power! with Marsha

Fridays 10 – 11:30 AM

April 19 – June 21

Join us and start boosting your Cognitive Abilities with a fun and fascinating 10-week program featuring brain games, memory fitness, nutrition for brain health, laughter, and the latest information, resources, education, and research in brain science.

All members.

EDUCATION

Walk-In Medicare Consultations with Jerry

First Wednesdays of Each Month! 9 AM-12 PM

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

Open to the public.

Over-the-Counter Medications

Thursday June 6, 11:30 AM-12:30 PM

Roni Garrison, PharmD, Prisma Health Richland will lead a discussion of over-the-counter medications used for cough and cold, seasonal allergies, pain, and fever, including cautions for comorbidities that may be present in the older adult population.

AARP Smart Driver Class with Desiree

Tuesday June 18, 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.
TO REGISTER WITH AARP, Call: 1-800-350-7025.
Open to the public.

FITNESS & MOVEMENT

Walk with Ease with Winifred
Mondays, Tues, Thursdays 1:45-2:45 PM
May 20-June 27

MEETS OFFSITE: Columbia Fitness Club Indoor Walking Track, First Baptist Church of Columbia, 1306 Hampton St, Columbia, SC 29201

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 sward@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

Zumba Gold *with Luz
Wednesdays 11 AM- 12 PM
May 1-June 26

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, 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 Vicki
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 12:30-1:30 PM

April 16-June 25 (no class June 4)

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 sward@seniorresourcesinc.org.

Beginning Tai Chi with Bill
Tuesdays 2:30-3:30 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

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. An all-abilities introduction to GYROTONIC® method.

Premium membership

Salsa Dance Classes with Jose
Wednesdays 12:15-1:15 PM
April 3-June 19

A 12-week class in the basics of salsa dance. You will learn the basic movements of Latin Dance and the fundamentals of Salsa to get you out onto the dance floor.

This includes basic steps, basic turns, and movement around the floor. The class will involve dancing in partnership and individual dancing as well.

No previous dance experience is required.

All members welcome.

BINGOcize® with Chante
Wednesdays 9:30-10:30 AM
April 3-June 12

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..

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

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 sward@seniorresourcesinc.org.

Gentle Stretch Yoga (Chair Class) with Winifred
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

Yin Yoga with Winifred (Floor Class)
Fridays 12-1 PM, June 7, 14, 21

Slow-paced with asanas (postures) that are held for longer periods of time than in other styles. In Yin Yoga the focus is on stretching, with props used to either deepen or ease the stretch.

Premium membership

Restorative Yoga with Laura (Floor Class)
Fridays 12-1 PM, June 28

Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching and bringing the nervous system into a state of healing.

Premium membership

COMING UP IN JULY!

American Sign Language with David
Mondays 10-11 AM
July 8-September 16

Southern Grooveline Line Dancing with Karen
Wednesdays 2-4 PM
July 10-September 11

Walk With Ease
Thursdays, 9- 10 AM
July 11-August 16

Energy Healing Basics with Endia
Dates and Times TBD