Lourie Center Class Descriptions - November 2026

EVENTS / SPECIAL CLASSES

Lourie Nights
Each Tuesday in October:
4:00 pm - 7:00 pm
Open to the Public - Members may RSVP here or at the front desk. Guests are welcome with a signed waiver.

Thanks to support from the South Carolina Department on Aging and Central Midlands Council of Governments, Lourie Nights is expanding to weekly! Every Tuesday, the Lourie Center will stay open until 7 PM, giving our members and guests more time for fitness, fun, and connection. Check with the front desk as more classes will be announced as details become available.

Every Tuesday:
- Gym open until 7 PM
- Tai Chi: 4:30-5:30
- Yoga with Olivia: 5:30-6:30 (Exception: Nov. 3rd)

November 3rd:
- Book Club: 4:30 – 5:30
- What Am I Eating & Why?: 5:30-6:30
- Zumba: 5:30–6:30 PM

November 10th:
- To be announced!

November 17th:
- What Am I Eating & Why?: 5:30-6:30
- Body Sculpt with Vicki: 5:30-6:30

November 24th:
- Big Prize Bingo: 5:30-6:30

Lourie Lecture Series:
Open to the Public - Additional Fee Required
Register online at seniorresourcesinc.org or by clicking here. Series include:

South Carolina's Revolutionary Story: Independence Was Fought Here
Wednesday, Nov. 4th, 11:00 a.m - 2:00 p.m
Join us for the final Lourie Lecture of the season as we discover South Carolina's pivotal role in the American Revolution and learn about some of the battlefields being preserved and prepared for visitors by these organizations including Hanging Rock, Hobkirk's Hill and Blackstock. Join representatives from the SC American Revolution Sestercentennial Commission, the American Battlefield Trust, and the SC Battleground Preservation Trust for a lively discussion of our state's Revolutionary past and plans to commemorate it. Q&A session following the discussion. Tickets are $10 for members or $15 for non-members or guests. Lunch tickets are also available.

Medicare Consulting Service
Nov. 4th / 9:00 am – 12:00 pm
Open to the Public
Financial services advisor offering assistance with retirement income planning and creation of tax free legacy through specialized insurance products and services.

True Wellness Pharmacy
Nov. 6th / 11:00 am -12:00 pm
Open to the Public

Hearing Life Event
Nov. 13th / 10:00 am - 12:00 pm
Open to the Public
Free hearing tests and hearing care education. Goodies and refreshments provided. Signup sheets are in the lobby.

EDUCATION

Bridging the Digital Gap with Mike Ward
Mondays 1:00 pm – 2:30 pm
Fridays 9:30 am - 11:00 am
Base Membership
Join us for a supportive series focusing on practical everyday skills without the confusion. You will receive step- by-step printed guides and hands-on practice in every session, ensuring you leave each class with skills you can use immediately. Whether you want to protect your privacy or simply feel more capable with your device, this class provides a patient environment where no one is left behind. Please note: Masterclasses focus on specific devices only.

Session Schedule:

- **Nov. 2 - iPhone Masterclass: Camera, Photo Management & Sharing:** Unlock the full potential of your iPhone camera. Learn simple techniques for framing, lighting, organizing photos, searching pictures by people and places, and easy sharing memories.
- **Nov. 6 - Android Masterclass: Voice Assistants, Maps, Calendar & Daily Tools:** Use Google Assistant for easy hands-free assistance throughout your day. Learn turn-by-turn navigation with Google Maps, organizing your daily schedule in Google calendar, setting timers, and taking quick notes.
- **Nov. 9 - iPhone Masterclass: Voice Assistants, Maps, Calendar & Daily Tools:** Transform your iPhone into a helpful daily assistant. Learn hands-free voice commands with Siri, schedule appointments and reminders, navigate with Apple Maps, and use everyday tools like flashlight and notes.
- **Nov. 13 - Android Master Class: Privacy, Scam Prevention, Storage and Cloud Backup:** Keep your Android phone secure and running smoothly. Learn to spot and avoid text/call scams, manage app permissions with Google Play Protect, clean up device storage, and safeguard your photos and contacts.
- **Nov. 16 - iPhone Master Class: Privacy, Scam Prevention, Storage & Cloud Backup:** Protect your iPhone and personal data from digital scams, phishing, and unwanted calls. Discover how to manage iCloud storage, review app permissions, create strong passwords, and ensure regular system backups.

SOCIALS AND GAMES

BINGO Party
Thursdays 12:30 pm - 2:00 pm
Base Membership
Enjoy a friendly group activity and win small prizes at our weekly BINGO games. Snacks provided.

Lourie Nights - Book Club
November 3rd / 4:30 - 5:30 pm
Book information to be announced.
Open to the Public

Lourie Nights - Big Prize BINGO!
November 24th / 5:30 - 6:30 pm
Open to the Public

ARTS & CULTURE

Art Class with Kay
Thursdays
Beginner's Class 11:00 am – 1:00 pm
Intermediate Class 1:00 pm - 3:00 pm
Base Membership
Join this acrylic painting class as we collaborate on a stunning large acrylic painting project. Students will learn to co-create, paint and have fun while creating and painting both paint individual works of art and form a larger, cohesive masterpiece.

NUTRITION AND WELLNESS

The Cooking Classroom with Maegan
November 2nd, 16th & 30th
12:00 pm – 1:00 pm
Base Membership
Chef Maegan Horton, a culinary professional 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 fun educational classes and cooking demos.

What am I Eating and Why the Heck am I Eating It? Led By Donna Mack
November 11th & 25th / 11:00 am - 12:00 pm
Base Membership

Lourie Nights - What am I Eating and Why the Heck am I Eating It? With Donna Mack
November 3rd & 17th / 5:30 pm - 6:30 pm
Open to the Public

"What am I eating..?" will feature the preparation and sharing of a plant based food or meal while sharing information on how to incorporate more nutrient dense foods into your diet and the amazing benefits you will experience. Engage your mind and awaken your taste buds with whole foods seasoned with healing herbs and healthy fats minimizing the use of salt and sugar.

FITNESS AND MOVEMENT LIMITED SERIES

Golden Hearts: Interval Training with Vicki
Mondays 11:15 am
Base Membership
This safe and effective 30-minute exercise class is designed especially for beginners and those seeking a chair-based workout. Participants will move through structured intervals including 4 minutes of cardio, 3 minutes of resistance training, and two back-to-back 2-minute core segments, followed by a longer stretching period to finish. The use of a chair makes this class accessible and appropriate for all fitness levels while supporting strength, balance, and overall mobility.

Barre Class with Olivia
Mondays 12:00 pm – 1:00 pm
Base Membership
Discover a fun, low-impact workout designed to improve strength, balance, posture, flexibility, and overall functional fitness for everyday life. Barre combines elements of Pilates, yoga, and strength training through controlled movements that help build muscular endurance, support bone health, enhance core stability, and promote joint-friendly mobility. This format offers a unique complement to traditional fitness classes by emphasizing posture, balance, coordination, and mind-body awareness while remaining accessible to a wide range of fitness levels. Whether participants are looking to improve confidence

in movement, maintain independence, or simply enjoy a fresh and engaging workout experience, Barre provides an effective full-body exercise option in a welcoming and supportive environment. Hybrid floor and chair class.

Balance for Falls Prevention with Bill
Starting November 17th!
Tuesdays 12:30 pm - 1:30 pm
Base Membership – Advance registration required.
All abilities are welcome. The primary goal of this class is to teach adults the importance of fall prevention and develop an action plan to reduce/prevent falls. Students will reduce their fear of falling and learn falls are preventable. This class improves flexibility, stability, confidence, mobility, balance, and coordination.

Yoga with Olivia
Lourie Nights - Tuesdays 5:30- 6:30 pm
Open to the Public
Join Olivia for a grounding, breath-centered yoga class. Through mindful movement, gentle strengthening, balance practice, and a full-body stretch from head to toe, you'll build mobility, body awareness, and a stronger mind-body connection. Options are offered to support different abilities and experience levels. Leave feeling refreshed, steady, clear-headed, and more at home in your body.

SilverSneakers Classic with Donna
Tuesdays & Thursdays 11:00 am – 12:00 pm
Base Membership
SilverSneakers Classic is a beginner-friendly, low-impact fitness program designed for seniors, focusing on strengthening muscles and increasing range of motion for daily activities, often using a chair for support and incorporating exercises with handheld weights, elastic tubing, and a soft ball.

Dance with Donna (Ballet)
Wednesdays 11:00 am – 12:00 pm
Base Membership
All classes will include full body warm-up, deconstruction of movement vocabulary with focus on technical execution, center floor work, traveling steps and short drilling sequences. Each class will end with mild stretching, some of which may be done on the floor however students are welcome to modify as needed. (Modern technique includes floor warm-up exercises. Students are welcome to bring mats if they feel they need one.) Students should dress in non-restrictive clothing that they are comfortable in. A dance shoe/sneaker may be worn however other options are gripper socks, dance sandal or barefoot.

SilverSneakers Boom Muscle with Donna
Wednesdays at 1:00 pm – 2:00 pm
Base Membership
BOOM MUSCLE is an innovative solution to improving skill, function, and health. BOOM MUSCLE classes may be very appealing to both male and female participants as they focus on a variety of strength-based training techniques and movement patterns borrowed from popular sports and leisure activities for an action-packed class. MUSCLE is perfect for those who don't feel comfortable in dance-based, choreographed classes. There is no need to be an athlete to take this class and every participant can benefit from "upping the game" – whether on the court or in life! Participants may want to bring a mat as there are core based exercises on the floor.

Yin Yoga with Winfred (Floor class)
Wednesdays 2:00 pm – 3:00 pm
Premium Membership
Yin Yoga specifically targets the connective tissue of the body (ligaments, tendons and fascia) through long, slow holds of cooling

poses that allow the tissues to change over time. The Yin practice uses gravity paired with body weight to gradually expand the connective tissue, especially those surrounding the shoulders, spine and hips. Yin Yoga class all takes place sitting or lying on the mat rather than standing, making it appropriate for all levels.

FITNESS & MOVEMENT - ONGOING

Strong to the Bone
Mondays/Tuesdays/Thursdays
9:00 – 10:00 am
Premium Membership
All abilities welcome. Ideal for beginning to intermediate fitness. A low impact workout for improving posture, muscle tone, balance, and bone-strength. Chair optional.

Multi-Level Yoga with Juliet
Mondays 10:00 am – 11:00 am
Premium Membership
Stretching, postures, meditation, and breathing techniques are taught with modifications for those more experienced or with physical limitations.

Circuit Training with Vicki
Mondays 10:00 am – 11:00 am
Premium Membership
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. Modifications are available for each exercise for lower level accessibility.

Zumba Gold with Lisa
Mondays & Fridays 11:00 am – 12:00 pm
Premium Membership
An Intermediate level, low-impact workout with upbeat music and interval training sessions. Fast and slow rhythms and resistance training are combined to tone your body while burning fat.

Intermediate/Advanced Cardio Aerobics With Vicki
Tuesdays/Thursdays 10:00 am -11:00 am
Premium Membership
Get your high-energy cardio workout with strength-building. This class integrates cardio with dance by learning a new routine each week.

Beginning Pilates with Joan (Floor class)
Tuesdays & Thursdays 10:00 am – 11:00 am
Premium Membership
Low-impact mat exercises and stretches that promote core strength. Sit or lie with body weight, using gravity to stabilize your core.

Advanced Pilates with Vicki (Floor class)
Tuesdays & Thursdays 11:15 am – 12:00 pm
Premium Membership
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.

Beginning Tai Chi with Bill
Tuesdays 2:30 pm - 3:30 pm
Thursdays 1:00 pm - 2:00 pm
Premium Membership
Beginning to intermediate fitness. All abilities welcome. Slow, smooth body movements to achieve a state of relaxation of both body and mind. Improves muscle tone, flexibility, balance and coordination. Chair optional.

Muscles in Motion with Winifred
Wednesdays 9:00 am – 10:00 am
Fridays 9:00 am – 10:00 am
Premium Membership
This is an intermediate to advanced weight training class using medium to heavy hand weights and body weight. After a brief warm up to prepare muscles, we focus on building muscular strength of the entire body. The class incorporates both standing and seated exercises. The session is followed by a cool down and deep stretching session.

Your Happy Back and Spine with Barbara
Wednesdays 10:00 am – 11:00 am
Premium Membership
This chair class has you access deep muscle strength, greater flexibility, and ease of movement. In this class, you will create functional strength and space throughout the spine and joints. An all abilities introduction to exercise based on GYROTONIC® principles. *New students come ten minutes early (9:50) to the first class, for a brief instruction.

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

Restoration 101 with Winifred
Fridays 10:00 am – 11:00 am
Premium Membership
A very gentle yet deep chair stretching and balance class designed to release tight muscles and restore range of motion, aiding in our activities of daily living. All movements are aided by the use of a chair, either by sitting in it or using it for balance for standing movements. Modifications are available for those with physical limitations.

Restorative Yoga with Laura (Floor class)
Fridays 12:00 pm -1:00 pm
Premium Membership
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. Laura teaches an intermediate deep stretching class, along with restful and restorative poses and pranayama breathwork. The class is alignment based and is characterized by the use of props.

Arthritis Exercise
Fridays 9:00 am – 10:00 am
Free and open to all adults ages 60 +. Advanced registration required. Call 803.252-7734.
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.