



#### **Charleston County Media Contact**

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### **WEST ASHLEY SENIORS GO "UP, UP & AWAY" ON FEBRUARY 29**

Website: <http://seniorcenter.charlestoncounty.org>

Seniors, get ready for some fun on Wednesday, Feb. 29, when the West Ashley Senior Services Coordinating Committee hosts a free event to introduce a wide variety of activities available to seniors in the West Ashley area.

The free event, called "Up, Up & Away," will be held from 4-7 p.m. at Charles Towne Landing in Founders Hall (1500 Old Towne Road). Several instructors currently teaching classes in the West Ashley area will be on hand to demonstrate their specialties and create opportunities for attendees to participate in activities of their choice.

#### **Highlights of the Feb. 29 event are:**

- Activities
  - Zumba Gold
  - Bridge and various card games
  - Pilates
  - Chair fitness
  - Ballroom and/or line dancing
  - Yoga
  - Bocci Ball
- Entertainment by *The West Ashley Area Mass Choir*
- Refreshments

Charleston County Councilmembers [Colleen Condon](#) and [Judge Vic Rawl](#), and [Charleston City Councilmember Aubry Alexander](#) will be present to talk to citizens about the proposed West Ashley Senior Center facility.

[County Councilmember Condon](#) says, "We encourage everyone to come out on Feb. 29 to share in this opportunity and have fun participating in the activities being offered now and in the future in West Ashley."

[City Councilmember Alexander](#) says, "We are excited about the continuing efforts to make the Senior Center in West Ashley a reality. The importance of this event is to demonstrate the existing activities that are already available to seniors in our area."

For more information on the Feb. 29 event, contact Dave Harris with the West Ashley Senior Services Coordinating Committee by phone at (843) 725-9006 or by email at [exptour@comcast.net](mailto:exptour@comcast.net). Information on the proposed senior center, upcoming events, news and survey results can be found at <http://seniorcenter.charlestoncounty.org>.