

What's Next?

Senior Adventures in Learning and Travel (SALT), LLC

Welcome to the best source for adventure, fun, and learning in the Grand Strand area! Under the leadership of Kelli Barker and Carol Osborne, SALT offers educational enrichment and social interaction to community members through online and in-person courses and clubs, and local, regional, national, and international excursions. See below for the complete lineup for our spring season, which begins **February 5** and ends **May 17**. After information and netiquette guidelines, you will find courses and clubs listed alphabetically by title within each subject category. Following this part of the catalog, which includes title, instructor, description, materials needed (if any) and material fees payable to instructor, schedule, and course fees, you will find the same courses (title and instructor only this time) organized by day and time in the At-a-Glance section. The next section lists the local excursions and the national and international tours that are now open for registration. Instructor bios can be found on the website. We hope that you will join us for what promises to be a fantastic array of enrichment opportunities. Spice up your life with SALT!

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Registration Guidelines

In order to take classes at SALT, you must purchase a membership first. The membership fee for the spring season is \$20. Registration will open in January through our website, wmsalt.com. Click on "Get Started" in the upper right-hand corner of your screen, select the membership, go to your cart and enter your payment information. Then you can click on "Courses" or "Excursions" and select the ones you want, add them to your cart, and once you have finished, click on the cart in the upper right-hand corner of your screen and check out.

Membership fees help pay our basic costs: insurance, licenses, web maintenance, etc. Plus, we know our members enjoy being part of a special community of lifelong learners. Classes vary in length from 1-3 hours and in duration from 1 to 15 weeks; therefore, members may register for upcoming classes at any point in the semester. However, we ask that you register at least one week before a course begins. Otherwise, the class may be cancelled due to under-enrollment since we "call" classes one week out. If we cancel a class, you will receive a refund. No refunds will be issued if you drop a class, whether this drop comes before or during the class. If there are extraordinary circumstances (such as a hospitalization or death in the family), you may appeal this rule. Decisions about refunds will be made on a case-by-case basis.

You are registered as soon as you receive your completed registration form. Be sure to mark your calendar for the first class meeting. You may join a class that has already begun for the full course fee, pending the instructor's approval. You will receive an email with a link to your class's Zoom meeting the day before the class is held. All you need to do beforehand is to download the free Zoom app to your device. Then you can click on the link and join the meeting five minutes before the class is scheduled to begin. **All online instructors have been told to end their classes ten minutes before the hour so there will be no overlap in the meetings.**

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Each individual attending an online class must be registered as a member of SALT and as a member of the class. **Even if you are using the same device as a friend or spouse, each of you is responsible for enrolling and making full payment before attending a session.** We appreciate your cooperation. Please recognize that we have no outside funding at this time, and every time you “cheat the system,” which isn’t hard under these circumstances, you are making it less likely that we can continue offering a lifelong learning program to the community.

Technology and Netiquette

If you need assistance downloading the Zoom app, please let us know. For our classes that are offered online, we are including a few guidelines to ensure that all members and instructors have a positive experience.

1. **Mute yourself** unless you are speaking. This will improve the sound quality for everyone in the class. Use only one device to log on, or you will create a feedback screech sure to annoy everyone.
2. Unless there is a pressing reason not to do so, turn your **camera on**. Socialization is so much easier when we can see one another’s faces. However, if you do not have a camera on your device or you are having a really bad hair day, you can still participate without being “present” visually.
3. Try to keep your device still during the class. When you have your camera on, others may find your movements distracting if you walk around your house, fidget with your controls, or interact with others in your home. You can always **turn the camera off** if you need to excuse yourself during class. Remember that everyone else can see what you are doing if it’s on—so please, no bathroom visits during class with the camera rolling! And be mindful of where your camera is pointed. We would rather see your face than other parts of your body!
4. Use the **chat feature** to communicate with the instructor and the rest of the class. You can direct your comments to the teacher or to everyone.
5. Log in to each class **on time**. Late arrivals are distracting for the instructor and the other students in your class.
6. As in all lifelong learning classes, **be polite** even if you disagree with the opinions of your classmates. We want our classes to be safe spaces where members can benefit from open and civil discourse. If you experience any impropriety within the program, from instructors or other members, report your concerns to wnsalt22@gmail.com as soon as possible. Also, be considerate of others and refrain from dominating discussion or talking over other students.

Courses and Clubs

In addition to our online courses, we also offer some in-person classes and clubs (F2F). The organizers of the dining, gaming, and sports clubs will let participants know the location before each meeting. The in-person classes will be held at the Joseph Bethea United Methodist Church, 350 W. Perry Rd. in Myrtle Beach. (The church is near the intersection of Carolina Forest Blvd and 501, and we meet in the building behind the church.)

Arts, Crafts, and Photography

Creative Crafting, Kelli Barker and Leslie Graves

Creative crafting is creating something from nothing. Let's get together and have fun making discoveries, connecting, transforming and exploring our creative talents. We will be using shells, polymer clay, recycled tin cans, paints, markers and much, much more. Come play with us!

Wednesday, noon-2 p.m., 2/21, 3/20, 4/17, 5/15, \$40, F2F (Bethea United Methodist Church)

Suz Mole Alcohol Ink & Resin Pour Class (see local excursion section) 3/18 & 3/22

Suz Mole Fused Glass Yard Birds Class (see local excursion section) 4/26 & 4/27

Suz Mole Fused Glass Class (see local excursion section) 5/3

Suz Mole Painting & Alcohol Ink Class (see local excursion section) 2/15

Tangling for the Zen of It, Ellen Jampole

Learn tangles (patterns) and relax as you draw them. Tangles are called “doodles” by some but are much more than that. The instructor will email patterns weekly. You will learn and practice the tangle during class time, then on your own afterwards. You'll need paper and a pencil for the class.

Tuesday, 2-4 p.m., 2/6-2/27, \$40, online (Zoom)

Tuesday, 2-4 p.m., 3/5-3/26, \$40, online (Zoom)

Tuesday, 2-4 p.m., 4/2-4/23, \$40, online (Zoom)

Tuesday, 2-4 p.m., 4/30-5/14, \$30, online (Zoom)

Watercolor, Cindra Marshall

This semester, SALT is teaming with local artist, Cindra Marshall, to offer three different watercolor workshops, open to beginners or advanced artists. Cindra brings joy and knowledge to her classes, generously sharing all her tips and tricks. All supplies will be provided, along with coffee and other beverages. You should bring your own lunch each day. We must have ten students enrolled for these workshops to go forward, so we hope many of you will take this opportunity to enjoy two full days of art and socialization with Cindra.

Wed/Fri, 9:30 a.m.-4:30 p.m., 3/13 & 3/15, \$198, F2F (Bethea United Methodist Church)

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Wed/Fri, 9:30 a.m.-4:30 p.m., 4/10-4/12, \$198, F2F (Bethesda United Methodist Church)

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Wed/Fri, 9:30 a.m.-4:30 p.m., 5/8-5/10, \$198, F2F (Bethesda United Methodist Church)

Clubs and Discussions

Breakfast Club, Kelli Barker

Start your day off right by enjoying a wonderful breakfast with your SALT friends. We will break bread together at different locations up and down the Grand Strand. Come expecting to meet some wonderful new friends, enjoy some wonderful conversations while enjoying a tasty breakfast. What more could you ask for? Hoping you'll join us in 2024.

Tuesday, 8:30-9:30 a.m., 2/6, 3/5, 4/2, 5/7, \$10, F2F

Chew the Fat, Ellen Jampole

Chew the fat means to talk informally, in a friendly manner. Join us for conversation and laughter as we respond to videos or articles about popular culture/current events, discuss things our "home" states are famous for, and many other topics depending on which rabbit holes we fall into. There may be a guest speaker to talk about a topic of interest to at least me, but I hope you as well. Coffee, tea, or beverage of choice and mid-morning snacks are welcomed along with four-legged household members.

Monday, 10-11 a.m., 2/5-5/13, \$35, online (Zoom)

Difficult Circumstances Book Club, Kofie Montgomery

We will read and discuss books about child protagonists who find themselves in difficult circumstances (foster care; non-traditional family unit; hearing, sight, or movement impaired; etc.).

Tuesday, 6-7 p.m., 2/20, 3/19, 4/16, \$10, online (Zoom)

Dining Club Central, Kofie Montgomery

Join your SALT friends on the second Tuesday of the month for dinner at locally owned restaurants located from Conway to Myrtle Beach's Restaurant Row to Murrells Inlet. Members need to RSVP by the date indicated.

Tuesday, 5-7 p.m., 2/13, 3/5, 4/9, 5/14, \$10, F2F

Dining Club North, Polly Putorti

Students will have the opportunity to get together to meet people, build friendships, and enjoy a meal together.

Thursday, 5-7 p.m., 2/15, 3/21, 4/18, 5/16, \$10, F2F

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Fun with Friends, Frankie Harris

You will play two online games each week. One game will be played individually, and the other one will be a team game. You'll choose from over 75 board and/or trivia games that have been adapted to be played online. You'll play for an hour every week. If you like to laugh and have fun, this is the club for you. What a great way to exercise your brain, socialize, and make new friends!

Wednesday 5-6 p.m., 2/7-5/15, \$25, online (Zoom)

Global Cuisines, Carol Osborne

We will enjoy some good meals and good conversation together while sampling foods from other lands.

Tuesday 5-7 p.m., 2/27, 3/26, 4/23, \$10, F2F

Lunch Bunch, Kris Szepanski

We will gather at different eating establishments monthly to chat and enjoy each other's company.

Wednesday, 1-3 p.m., 2/7, 3/6, 4/3, 5/1, \$10, F2F

Sports Club, Kofie Montgomery

Gather with other SALT members to play mini golf or shoot pool here on the Grand Strand.

Friday, 1-3 p.m., 2/16, 3/1, 3/22, 4/5, 4/19, 5/3, \$20, F2F

Walking Club, Kelli Barker

Let's make every effort to focus on a healthier you in 2024. Begin your day with a nice morning walk with a wonderful group of SALT friends. Our walks are filled with conversation, laughs and on occasion we even stop for breakfast afterwards.

Tuesday, 8-9 a.m., 2/27, 3/26, 4/30, 5/28, \$10, F2F

Dance, Film, Music, Theatre

Behind the Scenes of Broadway, Jason Milliren

This course will take a look behind the scenes of how live theater works, how it creates the magic, and how it makes money. Through discussions and storytelling, you will learn what it is like to step on the big stage, what it is like to peek behind the curtains, and what it takes to be a producer. There will be discussions on the history of live theater as well as the transformations and acceptances of theater in society in the past and the present. You will learn how technology has changed live productions. We will talk about the differences between plays and musical theater. Finally, to round this course out, a variety of theater genres will be discussed such as high school productions, regional theater, National Tours, and of course Broadway. So, get your tickets now and sign up for Behind the Scenes of Broadway.

Wed/Fri, 11 a.m.-noon, 2/7-3/8, \$50, F2F (Bethesda United Methodist Church)

Fitness, Health, and Safety

Gentle Exercises to Sweat By, Ellen Jampole

Come have fun and conversation while strengthening; increasing stamina, balance, and flexibility; stretching; and cardio moves geared specifically to seasoned adults. You will need light weights (cans or bottles of water are fine), a hand towel or two, a pillow such as a bed pillow, a broom stick or mop

handle, and a hard chair. You should adapt whatever we are doing to meet your body's abilities/needs and rest as needed. Bring water to drink.

Wednesday, 9-10 a.m. 2/7-2/28, \$20, online (Zoom)

Wednesday, 9-10 a.m., 3/6-3/27, \$20, online (Zoom)

Wednesday, 9-10 a.m., 4/3-4/24, \$20, online (Zoom)

Wednesday, 9-10 a.m., 5/1-5/15, \$15, online (Zoom)

History, Government, and Politics

Homelessness in Horry County, Sara Brallier and Stephanie Southworth

Sara Brallier, Ph.D., and Stephanie Southworth, Ph.D., professor and assistant professor, respectively, in the Department of Sociology at Coastal Carolina University, have written several articles and have co-authored a book based on their six years of research on homelessness in Horry County, S.C. The book, titled *Homelessness in the 21st Century: Living the Impossible American Dream*, uses data from more than 250 interviews and field notes and identifies barriers including a lack of affordable housing, the stigmatization of homelessness, inadequate access to healthcare and gainful employment, and difficulty accessing available social services. They will share their research with SALT and answer any questions you may have about the topic.

Wednesday, 10-11 a.m., 3/20, \$5, online (Zoom) awaiting confirmation; will appear online soon

Personal Growth and Skills

American Sign Language Continuation, Jason Milliren

This course is designed for students who have completed beginner ASL or who have some basic understanding of ASL. Students will continue to expand their vocabulary as well as their communication skills which will lead to conversational signing. New students will be accepted and may be pushed along faster. No textbook required.

Wed/Fri, 10-11 a.m., 2/7-3/8, \$50, F2F (Bethea United Methodist Church)

Bust Out of The Winter Blues! Amy Hess

With the December holidays over, many of us are feeling less than jolly as we face a lack of sunlight and shorter days. Join Licensed Professional Counselor Associate Amy Hess for an interactive, blues-busting class where you'll learn how to feel more energized, motivated, and bright through the dark days of winter. In this interactive class, find ways to improve your mood and get out of the winter cycle of low energy and cabin fever. Discover why winter can be so challenging for our mental health and learn tips and tricks to thrive. We will explore the signs and symptoms of the winter blues and the difference between feeling a little down and having more serious depression with seasonal pattern (formerly known as seasonal affective disorder). Amy Hess is the owner and lead counselor of Shine Counseling Center, where she assists people of all ages with a variety of concerns including grief, depression, anxiety, and life changes. Amy graduated from Liberty University with a Master degree in school counseling and continued with clinical coursework to become licensed as a clinical counselor.

Tuesday, 1-2 p.m., 2/13, \$5, online (Zoom)

Interview with Sally Hare, Kelli Barker & Carol Osborne

Join Kelli and Carol for an interview with Dr. Sally Z. Hare, Distinguished Professor Emerita of Coastal Carolina University, in a conversation about her new book, *The ElderGarten: A Field Guide for the Journey of a Lifetime*. Sally writes that there are more old people than ever on the planet – but fewer Elders, and there has never been a time that wisdom and leadership and integrity are more needed. This non-linear journey of a lifetime begins early in life – and invites us into becoming fully who we are and to use our gifts in service of the planet. Elder is not about age, but about the time of Life when one’s hidden wholeness becomes visible. Elder means to live with integrity, undivided between the inner Self and the outer world: soul and role are connected in a seamless flow. The journey requires resilience and commitment – and Sally shares the practices she has discovered to build that strength. Sally envisions The ElderGarten as the field for learning to be an Elder. She knows that books are the thin places that invite her into the space between the real and the imaginal, so why not a field guide that shows the way to The ElderGarten?

Tuesday, noon-1 p.m., 2/13, Free, online (Zoom)

Self-Guided Art Therapy: Creative Techniques & Exercises for Calm and Coping, Amy Hess

Art therapy is a creative way to tap into your innermost thoughts, feelings, and dreams. It can be a great outlet to express frustration, anger, loss, anxiety, and sadness. In this class, you’ll learn techniques you can do in your own home, providing you with a unique way to gain insight, find calm, cope with life challenges, fight stress, and improve self-esteem. Students will learn and practice art therapy techniques in this fun-filled class using several mediums. If you can, please bring a canvas and paper as well as your favorite art supplies such as paints, colored pencils, watercolors, and/or crayons. In her counseling practice, Licensed Professional Counselor Associate (LPC-A) Amy Hess uses and teaches art therapy techniques to her clients and has found it can be impactful and enjoyable. Amy graduated from Liberty University with a Master’s degree in school counseling and continued with clinical coursework to become licensed as a clinical counselor. She is the owner and lead counselor of Shine Counseling Center, where she uses and teaches art therapy techniques to her clients and has found it to be impactful and enjoyable.

Tuesday, 11 a.m.-noon, 3/19, \$5, online (Zoom)

Science, Math, Nature, and the Environment

What is AI and How Can I Use It?, Connie Wolfe and Bill Wolfe

Come learn about the exciting world of AI (Artificial Intelligence). It is about to change our lives. This is a beginner course in AI. We will explore several ways to use AI. Then take the leap and use this amazing technology!

Friday, 10-11 a.m., 4/8-4/15, \$10, online (Zoom)

Special Events and Classes

An Interview with Greg Rowles, Kelli Barker & Carol Osborne

Before our excursion to the new Greg Rowles Legacy Theatre, we will offer a free interview with Greg. You can sign up as soon as we finalize the date and time.

TBA

I'm Just another Dot in the World: Yayoi Kusama, Contemporary Japanese Artist, Desma Barker & Sharon Inci

Join Desma Barker and Sharon Inci, all the way from Istanbul, Turkey, as they discuss one of the most successful living female artists and the queen of polka dots, Yayoi Kusama. Desma and Sharon have both had the joy of visiting her exhibits and are very intrigued by her work. Yayoi's life is a testament to the healing power of art as well as a study in human resilience. Today she reigns as one of the most unique and famous contemporary female artists, operating from her self-imposed home in a mental hospital.

Saturday, 10-11 a.m., 3/2, \$5, online (Zoom)

Inspiring People, Inspiring Stories, Kelli Barker & Carol Osborne

There are people among us, sometimes recognized, but often anonymous, who bring great joy or spread their love to others. This class will let you learn about (and perhaps meet) four of these individuals. We guarantee that you will leave inspired!

Tuesday, 11 a.m.-noon, 2/6-2/27, \$20, online (Zoom)

Travel Stories

9 Months Later..., Ellen Jampole

In August of 2023, Ellen and her husband Dan moved to Boquete, Chiriquí Province, Panama. Join Ellen for pictures and a conversation about what's happened, how they adjusted (or didn't), what the dry season is like, if they are still volunteering, who won the presidential election (assuming there is no run-off), and in general what life is like for them now. If you have questions you would like answered, after you have registered, please email Ellen (ellen.jampole@gmail.com) with your questions.

Wednesday, 2-3 p.m., 5/8, \$5, online (Zoom)

Costa Rica, Carol Osborne

Join Carol as she shares photos and information from her January tour of Costa Rica with Road Scholar.

Friday, 1-2 p.m., 2/23, \$5, online (Zoom)

Writing and Literature

Banned Young Adult Books, Kris Szepanski

We will read several young adult books that have been banned and discuss their merits.

Wednesday, 1-2 p.m., 2/14, 3/13, 4/17, 5/15, \$20, online (Zoom)

Cheer Up! Let's Read some Humor for a Change, Carol Osborne

February blues can be brutal. Let's counter the winter woes with some funny authors: Erma Bombeck (*If Life is a Bowl of Cherries, Why am I in the Pits?*), Nora Ephron (*I Feel Bad about my Neck*), David Sedaris (*Happy-Go-Lucky*), and Carl Hiaasen (*Squeeze Me*).

Tuesday, 10-11 a.m., 2/6-2/27, \$20, online (Zoom)

Faulkner's South, Carol Osborne

If you want to understand the South, read Faulkner. If you want to experience a master of the English language, an amazing crafter of sentences, and a genius in the stream-of-consciousness style, read

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Faulker. If you think you will need some help navigating his prose and his memorable narrators, this class is for you. We will begin with some classic short stories and his Nobel Prize speech, then go to progressively challenging novels: *As I Lay Dying*, *Light in August*, *The Sound and the Fury*, and *Absalom, Absalom!*

Tuesday, 10-11 a.m., 3/5-4/30, \$45, online (Zoom)

Local Excursions

We can take a minimum of 10 passengers and a maximum of 13 on each trip. Because room in the van is limited, especially if we reach the maximum number of passengers, participants are only allowed to bring one small backpack or purse on each trip. If you need to travel with additional items (e.g., walkers or wheelchairs), we ask that you drive separately (provided that there is room at the venue). If the cap of 13 van passengers is reached and you would like to drive and meet us at the destination, we will also add you to the roster (provided there is room at the venue). Email us at customerservice@wnsalt.com if you wish to drive separately. Please pay close attention to the activity level for each excursion:

Level 1: Easy—minimal level of physical activity, minimal walking and limited stairs or standing.

Level 2: Moderate—some walking and standing.

Level 3: Active—walking a mile or less, climbing stairs, standing for periods.

Level 4: Moderately Challenging—difficult or extensive walking, sometimes over uneven terrain, stairs, and/or standing for extended periods.

Level 5: Challenging—demanding programs for seasoned outdoor enthusiasts and/or extremely active adults.

Liability waivers should be printed out and signed and presented to Kelli or Carol at the start of the trip. (We will have copies with us if you do not have access to a printer.)

You will receive a full itinerary with departure times and locations (and **estimated** return times) at least two days before the date of the excursion. We depart from the Kohl's parking lot (corner of 544 and Bypass 17) for all trips. If we are going south, we will also stop at Litchfield Landing. If we are going west, we will also stop at University Commons (corner of 501 and University Blvd.). If we are going north, we will also stop at the Lowe's Foods on International Drive.

No refunds will be given unless we are able to fill the seat.

Thursday, Feb. 8, Tea and Art, Calabash, NC, \$75

Join us for a wonderful and relaxed afternoon at the Calabash Garden Tea Room. Feel free to come as you are or dress up in your Sunday best outfit and don't forget to wear one of your gorgeous hats to celebrate the special occasion! Our menu for the day will include a spring salad with a Secret Garden Salad Dressing, soup, and fresh baked scones served with lemon curd and clotted cream. You will also be served an assortment of tea sandwiches and yummy miniature desserts. Following our lovely tea, you will get an opportunity to visit several of the art galleries in Calabash which feature works by numerous local artists. Departure time 10:30 a.m. Activity Level 3.

Monday, Feb. 12, VIP Twelve 33 Distillery Tour, Little River, SC, \$55

Your VIP tour will begin with a complete tour of the Twelve 33 facility and an overview of the distilling process. This will allow you to see the entire "behind the scenes" operation of a Craft Distillery. You will be given a bird's eye view of the two beautiful stills (Bonnie & Clyde) as well as see other equipment used to create their special blend. Following the tour, you'll be admitted into their Hidden Speakeasy, where you'll be served your complete Twelve 33 Tasting Flight and one of their Signature Craft Cocktails. Departure time is noon. Activity Level 2.

Thursday, Feb. 15, Suz Mole Painting & Alcohol Ink Class, Pawleys Island, SC, \$65

Suz Mole, for the last several decades, has been making functional and sculptural one-of-a-kind glass art. Her glass art has been exhibited and sold in art galleries and contemporary craft stores across the United States. Her joy-filled pieces of art offer unique, whimsical imagery that emphasizes love, laughter, and color. Suz's workshops are fun and interactive and are designed for all levels of participants; no glass cutting required. Departure time is 10:15 and the class lasts from 11 a.m. to approximately 2:30 p.m. Bring your own lunch. Class limited to 8 participants. Activity Level 2.

Saturday, Feb 17, Cabaret Matinee, Coastal Carolina University, Conway, SC \$32 (The van is full, but if you would like to drive yourself, the cost is \$27. Send us a check by February 5.)

Join us for this daring, provocative, and exuberantly entertaining musical that explores the life of Bohemian Berlin at the close of the 1920s. Set inside a scintillating nightclub, the Master of Ceremonies performs cleverly crafted songs as sociopolitical commentary while daring romances unfold: Cliff, a young American writer, begins an affair with English singer Sally Bowles, as Fräulein Schneider, proprietor of a boarding house, tentatively falls in love with a kind Jewish fruit seller, Herr Schultz. Lunch (on your own) prior to the show. Departure time is 1:15 p.m. Activity Level 2.

Thursday, Feb. 22, Ripley's Aquarium Visit with Shark Dissection, Myrtle Beach, SC, \$55

Let's explore Ripley's Aquarium where you'll get the opportunity to glide on a 330-moving path beneath the Dangerous Reef. At Ripley's you can touch stingrays, hermit crabs and even jellies. You will witness a world of eels and see many colorful fish and poison predators too. You'll get the chance to explore Ripley's Penguin Playhouse, a new 5,500-square foot expansion. The new addition includes a brand-new Ocean Wonders gallery with eight new tanks, housing new species of fish from all over the world. Following our visit to the aquarium, we'll dive into one of Ripley's classrooms for an in-depth study of sharks, including a dissection, performed in groups of participants. You'll learn all about the shark's external and internal anatomy. Lunch afterwards (on your own) at Broadway at the Beach. Departure time 9:45 a.m. Activity Level 4.

Monday, Feb 26, Behind the Scenes of WPDE with Ed Piotrowski, Conway, SC, \$25

Who doesn't want to see what goes on behind the scenes of your local television station? Ed Piotrowski, Chief Meteorologist with WPDE NewsChannel 15 (ABC), will give us a tour of the station. Ed has spent nearly 33 years broadcasting in the coastal Carolinas. He has been nominated for an Emmy seven times, was named Best Weathercaster in the Carolinas by Radio News Association of the Carolinas twice, and has been named Best of the Beach 24 years in a row. In 2018, he was named Myrtle Beach's Citizen of the Year. Departure time is 10 a.m. Activity Level 3.

Monday, Feb. 26, No Rest for the Wicked, Riga-Tony's Murder Mystery, Myrtle Beach, SC \$65 (The van is full, but if you are willing to drive yourself, you can join us for \$60 if you send a check to 1412 Spruce Dr, Surfside Beach, SC 29575 by January 17.)

Join us for a fun time at this new venue in Myrtle Beach. Enjoy a 1930's mobster themed murder mystery, a wonderful Italian dinner, and a show to "die" for! Dinner included in the price. Departure time is 5:15 p.m. Activity Level 3.

Thursday, Feb. 29, Tours of Two Fire Departments, Myrtle Beach, SC, \$25

The Myrtle Beach Fire Department provides excellent fire suppression and protection services for the community 24/7. Let's take a behind-the-scenes tour and discover what it takes to be a firefighter and the sacrifices they make for us daily. During this tour, you'll have the opportunity to visit two local fire

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stations. Lunch (on your own) at Market Common following the tours. Departure time is 9:15 a.m. Activity Level 4.

Monday, March 4, Florence Historical Church Tour, Florence, SC, \$55

Florence is the home to numerous religious congregations that provide spiritual guidance and support to its residents. On this tour you'll get to browse just a few of the many historic churches in Florence. You'll learn more about the Pisgah United Methodist Church, founded in 1806, the St. John Episcopal Church Parish, which dates back to 1865, and the Central United Methodist Church, founded in 1870. Following our tour, we'll have lunch (on your own) at the Venus restaurant. Departure time is 8:30 a.m. Activity Level 4.

Monday, March 18, Charleston Tea Plantation/Angel Oak, Charleston, SC, \$75

The Charleston Tea Plantation is located on the historical Wadmalaw Island, which is in the heart of the Lowcountry of South Carolina. Charleston Tea Plantation teas are the only brand in the world made exclusively with 100 percent tea grown in America. You will enjoy a trolley ride through the tea fields, stopping at the greenhouse and ending with a tour of the factory and a visit to the plantation gift shop. This excursion will include a trip to the legendary Angel Oak Tree, which is more than 60 feet tall with a wide canopy. Lunch on your own at a local restaurant nearby. Departure time: 8:00 a.m. Activity Level: 4.

Monday & Friday, March 18 & 22, Suz Mole Alcohol Ink & Resin Pour Class, Pawleys Island, SC, \$65

Come join the fun and experiment at Suz! Home Studio in Pawleys Island! You'll have a fun-filled 2 half day classes learning how to combine these two mediums to create four stunningly colorful works of tile art for your home! These tiles can be used as coasters or hung as wall art in your home. Departure time is 9:15 and the workshop will last from 10 a.m. to 1 p.m. Bring your own lunch. Art supplies provided. Activity Level 2.

Thursday, March 21, Art Blossoms at the Columbia Museum of Art, Columbia, \$65

We have five more seats available; to register, send a check to 1412 Spruce Dr, Surfside Beach, SC 29575 by February 5.

If you've never seen art recreated in flowers, you don't want to miss this special exhibition of botanical beauty. The annual fundraising event features floral interpretations of famous works of art. Following our visit to the museum, we'll have lunch in Columbia. Lunch on your own. Departure time is 8:30 a.m. Activity Level 4.

Saturday, March 23, Charleston Festival of Houses and Gardens, Charleston, \$115 Full

This annual event sponsored by the Garden Club of Charleston, founded in 1922, is a popular tour of Charleston's private homes, gardens, and churches. Following our tour, we'll have lunch (on your own) in Charleston. Activity Level 5.

Monday, March 25, Lewis Ocean Bay Heritage Preserves & Workshop, Myrtle Beach, SC, \$45

Join Jim Luken, Ph.D., retired professor of biology, and learn more about how to identify and grow carnivorous plants. This trip will begin with a tour through the Lewis Ocean Bay Heritage Preserve to see Venus flytraps, pitcher plants, butterworts, sundews, etc. Following the trip to the preserve, Jim will provide a workshop showing how you how to grow your own carnivorous plants. Materials provided include starter sets of Venus flytraps and possibly pitcher plants. After your workshop, we'll stop for lunch (on your own). Departure time is 9:30 a.m. Activity Level 4.

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Thursday, March 28, Tour the Solid Waste Authority, Conway, SC, \$30

On this tour, you'll learn the importance of waste reduction and saving our landfill space by touring the recycling facility and the landfill. You will also get to tour the Materials Recycling Facility that sorts and processes recyclables from all over the county. Following our tour, we'll stop for lunch (on your own). Departure time is 8:15. Activity Level 4.

Saturday, March 30, The Carolina Cup, Camden, SC, \$120 (You must register before Feb. 1 to go on this trip. (If you weathered the 2023 trip, contact us prior to registration for a special rate this year!))

We've taken several trips to the National Steeplechase Museum in Camden, but this will be our second excursion to the actual Carolina Cup Steeplechase. This "rite of spring" draws over 30,000 visitors from around the world to enjoy the riveting sport of steeplechase horse racing. After all, this is the social event of South Carolina, or so the website says! Bring folding chairs, a dish to share, and your beverage of choice. Departure time is 8:30. Activity Level 4.

Monday, April 1, Mystery Trip, \$50

Do you trust Carol and Kelli to take you on a surprise adventure on April Fools Day? You are a brave soul! Departure time is 9 a.m. Activity Level 4.

Thursday, April 4, Amtrak Train From Florence, SC, to Fayetteville, NC, \$85

Deadline for registration for this trip is March 1.

Board the Amtrak train for an adventure that will take us to Fayetteville, North Carolina. When you disembark the train in Fayetteville, within walking distance, you will be able to visit the U.S. Army Airborne and Special Operations Museum. Enjoy a delicious lunch and an exceptional brew at the Huske Hardware Restaurant and Brewery Co., located in a building that has a rich 115 year-old history. The Huske is part of the National Register of Historic Places, built in 1903 by Benjamin R. Huske. We will board the train that same afternoon and make our way back to Florence. Lunch on your own. Departure time is 8:10 a.m. Activity Level 4.

Saturday, April 6, Azalea Festival, Wilmington, NC, \$65

The North Carolina Azalea Festival will celebrate its 75th anniversary in Wilmington this year. This annual springtime festival showcases the beauty of Wilmington's gardens, along with the history and culture of the region. The festival offers shopping and lots of food choices from more than 250 vendors along the streets of historic downtown. In addition, the festival offers plenty of entertainment, garden tours, historical home tours, etc. Bring a chair in a bag so we can rest and listen to the music. Departure time is 8:30 a.m. Activity Level 4.

Monday, April 8, Tacky Tourist Tour with Betsy Hannan, Florence and Hamer, SC, \$55

Put on your tackiest tourist shirts, hats, and shorts for this fun tour. Don't forget those tacky sunglasses too! Your day will be filled with lots of great laughs and stunning photo opportunities. You'll get the chance to stop at Buc-ee's (a chain of convenience stores known for their enormous gas station facilities, wide range of food and snack offerings and most of all, ultra clean restrooms). Buc-ee's is most popular for their Beaver Nuggets, Texas brisket barbecue (made in house daily), and fudge. Next, you'll be stopping at South of the Border, a hidden gem many travelers don't know about. This eclectic roadside attraction has something for everyone from snacks, amusement rides, and games to shopping and dining. Last but certainly not least, you'll have a tour of the Blenheim Ginger Ale Plant where you'll learn more about the top-quality ingredients it takes to make the distinctive Blenheim Ginger Ale spicy ginger flavor. You'll learn how their secret recipe and adding sparkling water and bottling it only in

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specially imported glass bottles maintains that distinctive flavor. Lunch on your own along the way. Departure time is 9:00 a.m. Activity Level 4.

Thursday, April 11, Seewee Shell Ring with Jim Luken, Awendaw, SC, \$50

Explore the mysterious Seewee shell ring with Jim Luken, Ph.D., retired professor of biology. Following a short hike, you will get to examine the large shell ring built by Native Americans about 2000 BC. Jim, author of *Coastal SC Fish and Game, History, Culture and Conservation*, (The History Press, Charleston SC), will explain the various theories that exist about the purpose of this structure. Following the exploration of the shell ring with Jim, we'll stop for lunch at the See Wee Restaurant in Awendaw. Lunch on your own. Departure time at 9:00 a.m. Activity Level 4.

Saturday, April 13, Lowcountry Cajun Festival, James Island County, Charleston, SC, \$70

Bringing Louisiana flare back to the Lowcountry, this festival offers the opportunity to enjoy Cajun and Creole foods and have an all-around ragin' Cajun good time! Get ready to savor jambalaya, alligator, etouffee, andouille sausage and some tasty crawfish in addition to Lowcountry favorites, seafood and good ole Southern barbecue. Bring a chair so we can sit and listen to zydeco music. Lunch on your own. Activity Level 4.

Monday, April 15, Magnolia Plantation & Gardens, Charleston, SC, \$120

Magnolia Plantation has been selected as one of "America's Most Beautiful Gardens"(Travel + Leisure Magazine), and is the only garden honored with this distinction in the state of South Carolina. Founded in 1676 by the Drayton family, Magnolia Plantation has survived the centuries and witnessed the history of our nation unfold before it from the American Revolution through the Civil War and beyond. It is the oldest public tourist site in the Lowcountry, and the oldest public gardens in America, opening its doors to visitors in 1870 to view the thousands of beautiful flowers and plants in its famous gardens. Join us on our trip to Magnolia Plantation to experience the beauty of its gardens and its rich history. This tour includes the nature tram tour, access to the Audubon Swamp Garden, Magnolia House tour, Slavery to Freedom cabins, a boxed lunch and free time to roam the gardens. Lunch is included in the price of this tour. Departure time is 8 a.m. Activity level 4.

Thursday, April 18, Airlie Gardens & North Carolina Arboretum, Wilmington, NC, \$60

Airlie's property has more than 67 acres of beautiful gardens, seasonal blooms, large live oaks, walking trails and historical structures. The garden has a collection of beautiful flowers, plants and trees including azaleas, tulips, camellias palms, ancient oaks, and southern magnolia trees. Your guided tour will also include more than a dozen gardens, including the Pergola and Minnie Evans Chapel. The North Carolina Arboretum covers seven acres of gardens and plants, dedicated to demonstrating the best plant species for southeastern North Carolina landscapes, horticultural techniques, aesthetic design, and research. We will have lunch in Wilmington following our tours. Lunch on your own. Departure time is 8 a.m. Activity Level 4.

Monday, April 22, Santee State Canal Park and Stony Landing House Tour, Moncks Corner, SC, \$65

Explore the deep history and nature of the low country. Old Santee Canal Park, a 195-acre park commemorating the building of the first true canal in America, opened in 1989. It showcases the area's extensive history and habitat. Among its attractions are the Stony Landing House, built in 1843, and four miles of boardwalks that meander through the backwaters of Biggin Creek and its surrounding swamp. The park's centerpiece is an interpretive center that chronicles the area's history as far back as 4000 B.C. Departing 8:00 a.m. Following our tour, we'll have lunch (on your own) in Moncks Corner. Activity Level 4.

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Thursday, April 25, Bald Head Island, NC, \$95

We will travel by van to Southport, hop on the ferry to Bald Head Island, and then enjoy an island-wide history tour. The Bald Head Island Historical Tour is a comprehensive, island-wide experience aboard a golf cart. Your trained guide will drive across the island while discussing four centuries of Bald Head Island's history. Themes include piracy, colonization, the U.S. Lighthouse Service, U.S. Life-Saving Service, and development of Bald Head into an island resort. Your admission to the Smith Island Museum of History is included, as is the opportunity to climb Old Baldy Lighthouse, with a bonus of a 10% discount in the Old Baldy Foundation gift shop. Lunch at the marina is on your own. **Please register by 3/14 so that we can purchase tickets for the island historical tour.** Departure time is 8 a.m. Activity Level 4.

Friday & Saturday, April 26 & 27, Fused Art (Yard Birds) with Suz Mole, Pawleys Island, SC, \$80

Suz, for the last several decades, has been making functional and sculptural one-of-a-kind glass art. Her glass art has been exhibited and sold in art galleries and contemporary craft stores across the United States. Her joy-filled pieces of art offer unique, whimsical imagery that emphasizes love, laughter, and color. Suz's workshops are fun and interactive and are designed for all levels of participants; no glass cutting required. Departure time each day is 10:15 a.m. and the workshops last until approximately 3:30 p.m., so bring your lunch. Class is limited to 8 participants. Activity Level 2.

Sunday, April 28, Mount Pleasant Blessing of the Fleet & Seafood Festival, Mount Pleasant, SC, \$65

Come join this Sunday festival that celebrates local shrimping and the commercial fishing industry. The local captains participate in a boat parade and ceremonial blessing of the fleet. You will enjoy live music, lots of delicious seafood, and shag dancing. Bring a chair in case you need to rest. Lunch on your own. Departure time is 8:30 a.m. Activity Level 4.

Monday, April 29, Artfields, Lake City, SC, \$40

The Artfields competition began in 2013 with a simple goal: honor the artists of the Southeast with a week's worth of celebration in the heart of a traditional Southern small town, Lake City. The competition and exhibits offer \$145,000 in cash prizes. Up to 400 works of art will be on display in locally owned venues, from renovated 1920s warehouses and professional art spaces to the library, history museum, Ronald E. McNair Life History Center, restaurants, and shops. We'll start our day visiting some of the large exhibit locations together and then we will park downtown where everyone will have plenty of time to wander around Lake City, have lunch, and view the artwork. Departure time is 9 a.m. Lunch on your own. Activity Level 4.

Thursday, May 2, Hasty Point, Waccamaw National Wildlife Refuge, Georgetown, SC, \$55

Jim Luken, Ph.D., retired professor of biology, will be your guide on a tour of Hasty Point, located in the Waccamaw National Wildlife Refuge in Georgetown. Hasty Point just recently opened up to the public, so you don't want to miss this opportunity. You'll explore the historic rice fields and a rice museum containing artifacts. Hasty Point offers lots of wildlife viewing and is rich in history. This location is an amazing site on the Great Pee Dee River. Lunch afterwards (on your own) in Georgetown. Departure time is 9:00 a.m. Activity Level 4.

Frida, May 3, Fused Glass Class (Dishes) with Suz Mole, Pawleys Island, SC, \$65

Suz, for the last several decades, has been making functional and sculptural one-of-a-kind glass art. Her glass art has been exhibited and sold in art galleries and contemporary craft stores across the United States. Her joy-filled pieces of art offer unique, whimsical imagery that emphasizes love, laughter, and

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color. Suz's workshops are fun and interactive and are designed for all levels of participants; no glass cutting required. Departure time is 10:15 a.m. and the class lasts until approximately 3:30 p.m. Bring your lunch. Class limited to 8 participants. Activity Level 2.

Monday, May 6, Waccamaw River with Jim Luken, \$105

Join Jim Luken, Ph.D., retired professor of biology, for a 4-hour boat ride along the Waccamaw River, framed by moss-laden oak and cypress trees, for an experience like no other. Stop at Sandy Island, a remote island you can only get to by boat, and see rice plantations, trunk gates, slave cabins, eagles, and osprey along the way. Departure time noon. Activity Level 3.

Tuesday, May 7, Greg Rowles Legacy Theatre, Myrtle Beach, SC, \$55

We will have dinner in North Myrtle Beach and then attend the 7:00 performance at the newest theatre on the Grand Strand. This venue "stands as a beacon of exceptional live entertainment offering diverse and captivating performances in an authentic way that truly is different every time you visit." We will be offering a free online interview with Greg in April. **Deadline for registration is March 1.** Departure time is 4:00 p.m. Activity Level 2.

Thursday, May 9, Darla Moore Botanical Garden & Workshop, Lake City, SC, \$85

A guide will lead us through this spectacular garden nestled among the fields of corn and soybeans in the rural Pee Dee region. The garden, a careful blend of exuberant plant displays, bounding meadows and enduring vistas of grey-green pines, is an innovative research center with educational and community outreach programs. Leave with your own container garden. Lunch included. Departure time is 8:30 a.m. Activity Level 4.

Monday, May 13, Hidden & Obvious Backyard Nature, Conway, SC, \$40

Jim Luken will help us identify some of nature's hidden and obvious gems in our backyard. We'll make several stops and explore several yards where Jim will share with us some of his vast knowledge of the flora and fauna of South Carolina. He will point out various plants and animals that thrive in our environment. Be sure to bring your camera to document your discoveries. We will stop for lunch (on your own). Activity Level 4.

Thursday, May 16, Waccamaw Lady, Pawleys Island, SC \$70

Come aboard for 2-2 ½ hour private river cruise along the historical Waccamaw River. We'll see rice plantations, trunk gates, slave cabins, moss-laden oaks trees, alligators, eagles, and osprey. Your guide, a local historian, will educate you on the history, mystery, and legends of the rice plantations. We will enjoy a nice lunch (on your own) in Pawleys Island. Activity level 2.

Overnight Regional Excursions

To register for the overnight excursions, we ask you to send the registration fee per person to SALT, 1412 Spruce Drive, Surfside Beach, SC 29575 by the deadline established for each trip. Please send your name and contact information, the trip that you wish to go on, and a check made out to SALT. Once we have enough participants who have committed with a deposit, we will book the venues.

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March 7-8, 2024, *Hamilton*, Columbia, SC, \$299 (We have filled one van, but intend to rent another, so we can take 10 more passengers. Send your checks now to insure a seat. Deadline January 19.)

We will travel to the Koger Center for the Arts in Columbia to see this Broadway sensation. This play has won Tony, Grammy, and Olivier Awards; the Pulitzer Prize for Drama; and an unprecedented special citation from the Kennedy Center Honors. We will stay overnight after the performance and explore some sights in Columbia the next morning before coming home. Meals not included. Prices based on double occupancy. Deadline January 19.

March 12-13, 2024, *Six, the Musical*, Charleston, SC, \$299

From Tudor queens to pop icons, the **SIX** wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a euphoric celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over! *SIX* has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (music and lyrics) and the Outer Critics Circle Award for Best Musical. The *SIX: LIVE ON OPENING NIGHT* Broadway album debuted at Number 1 on the Billboard cast album charts and surpassed 6 million streams in its first month. We will stay in Charleston overnight and explore a bit the next morning before coming back to the Grand Strand. Meals not included. Prices based on double occupancy. **Deadline January 19.**

April 23-24, 2024, *The Price is Right*, N. Charleston, SC, \$275

Come on down! You could be next! Yes, let's join the fun at the North Charleston Coliseum and Performing Arts Center as they host the interactive stage version of this famous daytime game show. Playing to nearly sold-out audiences for the last twenty years, *The Price is Right Live*™ has given away more than 15 million in cash and prizes. Will you be the lucky winner in April? We will explore Charleston and dine before the show, stay overnight, and return the next morning. Breakfast included, but all other meals are on your own. **Deadline February 29.**






National and International Tours for 2024 (2025 will be added soon)

All prices are per person, based on double occupancy and include airfare from Myrtle Beach (unless otherwise indicated). Brochures with full details can be found at wnsalt.com under "Excursions." In some cases, these prices are based on early registration and may go up \$200-\$300 if that early deposit is not made. Arrangements can be made to fly from another location if you are not located in Myrtle Beach.



Venice and the Italian Lakes
March 13-24, 2024, \$4675

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	<p>Athens & the Greek Islands, featuring Mykonos and Santorini April 30-May 8, 2024, \$4499</p>
	<p>Yellowstone & the Wild West June 21-28, 2024, \$3749</p>
	<p>Nova Scotia & the Canadian Maritimes July 20-29, 2024, \$4075</p>
	<p>Canadian Rockies & Glacier National Park August 14-21, 2024, \$3999</p>
	<p>Idaho's Resorts & Rivers September 18-25, 2024, \$3749</p>



Treasures of Ireland
October 22-31, 2024, \$4099



A Culinary Journey through Tuscany
November 5-14, 2024, \$4575