


RAY HOPKINS SENIOR CENTER
POST OFFICE BOX 249
MAULDIN SOUTH CAROLINA 29662

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MAULDIN, SC



PICKLE BALL
The gym floor is finished and we are playing pickleball again.
Tues., Wed., and Thurs, from 1:00 to 3:45 and Fridays from 10:30 to 3:45

IN-HOUSE MOVIE
Thurs. Jan 3- 12:30 pm
WEST SIDE STORY
A classic masterpiece with Natalie Wood sets the ageless Story of Romeo and Juliet against a backdrop of gang warfare in the 1950's.
 SIGN UP ON THE BOARD.

FIVE FORKS HEARING
Tues. Jan 22 - 11:00 am
Rodney Bunch will be talking about hearing loss and the risk it may pose with regard to short-term memory loss. A study done by Johns Hopkins Hospital shows the correlation between hearing loss and memory loss. The hope is to bring renewed awareness to the importance of staying on top of good hearing healthcare as we age. SIGN UP ON THE BOARD.

CIRCULATION NATION
Tues. Jan 29 - 11:00 am
Circulation Nation is a unique rejuvenation studio serving clients in Greer, SC. (Off Pelham Rd. and I-85) In our experience, wellness starts with circulation. The newest innovation in health and fitness - Whole Body Hydration, Vibration, Detoxification, and Rejuvenation - allows those who struggle with traditional workouts or have physical limitations. We offer a cutting-edge hydrogen-enriched water system, and vibration platforms; which have been shown to improve flexibility, decrease cellulite, improve coordination, and much more. Our far-infrared saunas help in furthering gentle detoxification, and our other products (like the Wearable Neuro-tech socks and insoles we will be demonstrating during the presentation) aid in the whole rejuvenation process. SIGN UP ON THE BOARD.


 **JANUARY 2019**
SENIOR SPIRIT
A Publication of The Ray Hopkins Senior Center

Center Hours
Mon - Fri
8:30 am -
4:00 pm

203 Corn Road, Greenville SC 29607 * 864-234-3488 * Mailing Address: P O Box 249, Mauldin SC 29662

TASTE OF OUR TOWN
Wed. Jan 16
12:00 noon
Cost: \$8.50
Caesars Mediterranean
We will be having Lasagna, Greek salad and dessert. Balance due & RSVP-Tues, Jan 8.

SILVER STAR- BILL FIELDS
Born and educated in Appalachia Va. He married Roberta and had one daughter. They now have 2 grandchildren who live in Colorado. After serving in the Army he went into accounting.
Upon his wife's passing, he was encouraged to attend the Mauldin Senior Center. Now, you can find Bill playing bingo, bunko and pool here at the center.
This jokester is anxiously awaiting the addition of the elevators and new restrooms as part of our upcoming renovations.



SWAMP RABBITS HOCKEY
Mon, Feb 4 (\$ Due Jan 29) and Thurs, March 21 (\$ Due March 12) ** Cost: \$16.00 pp-per game
Vans will leave the center at 6:00 pm for 7:00 games
The Swamp Rabbits take on the Atlanta Gladiators on Feb 4 and the Kansas City Mavericks on March 21. We will let you off at the door with seating close to the entrance and restrooms. Come support our local hockey team! SIGN UP IN THE OFFICE.

AARP TAX PREPARATION
Free income tax assistance will be offered on Thursdays, starting February 7th through AARP Tax-Aide. Appointments will be taken by calling our office.(234-3488) This service is offered to low and middle income senior tax payers. If you, your spouse, or any of your dependents are under the age of 65, you must bring Health Insurance information for each person on your return. NEW FOR THIS YEAR: If you are filing a married joint return, both spouses have to be here. You must bring your social security card, driver's license or state ID.
 **WE WILL START TAKING APPOINTMENTS ON WEDNESDAY, JANUARY 2.**

DREAM TRIPS 2019
Trip 1: North Myrtle Beach
May 20-22
Trip 2: Golden Isles of Georgia
St Simon's, Jekyll and Sea Island
June 17-June 19
Trip 3: Outer Banks of NC
Sept 9-12
Trip 4: Charleston SC
Oct 23-25
Trip 5: Opryland /Nashville TN
Dec 16-18

Who doesn't want to travel?. Stop by the office and pick up a pizza box of "Dream Trips 2019". Inside there are fliers for some of our upcoming 2019 trips.

9/11- WE WILL NEVER FORGET ** Tuesday, Jan 8 - 11:00 am
A firefighter and 9/11 survivor, Billy Martin, will be here to give a special presentation looking back at the tragedy that took place in New York. There will be a time for questions and answers at the end of the presentation.
SIGN UP ON THE BOARD


SEWING CLASS Cost: \$15.00
January 16 –10:00 - project will be a sweatshirt embellished with a Button Snowman. SIGN UP IN THE OFFICE.

BUNKO—Tues Jan 8 & Thur. Jan 24– 12:30 pm

\$1.00 when you sign up in the office and \$1.00 when you play. no snacks.

JEWELRY MAKING CLASSES
Monday, Jan 14 – 12:00 noon
Cost: \$5.00
Thelma will show us how to make a button bracelet to fit anyone. SIGN UP IN THE OFFICE

LADIES TEA



Thursday, Jan 17 –2:00 ** Cost: \$3.00

Bob Gecy , publisher /editor / owner, of the Simpsonville Sentinel, will talk to us about the process of collecting and publishing the local news. This would be a great time to ask questions about the newspaper business and local happenings. Let us know if you want cake or fruit when you SIGN UP IN THE OFFICE.

ELDERBERRIES DRAMA CLUB NEEDS YOU!

Monday, Jan 14– 10:00 am

We are starting a new year and need some fresh ideas and personalities to join the interesting ones we already have. Do you have what it takes to have fun while entertaining your peers? We will meet to discuss any ideas we have for the upcoming year and reserve dates for shows and practices. Come join the fun!

CARDIO EXERCISE-(Silver Sneakers Approved)

Mon., Wed., and Fridays at 9:00 am ** Cost: \$1.00- (Silver Sneakers-free)

A safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. No need to sign up in advance. Just show up, pay your money and enjoy getting fit.

YOGA- (Silver Sneakers Approved) ** Cost: \$2.00 -(Silver Sneakers- free)

Mondays- 1:30pm; Tuesdays, 11:30am; Thursdays, 10:00am

Grab your mat for some stretching, breathing and restorative relaxation. Class starts seated on the floor with some focused breathing and gentle warmup poses. We move to hands and knees (bring a blanket for extra knee padding if you like) and then up to standing. We reach up for the sky, down for the earth and inward for peace. Each class ends with a wonderful relaxation back on the floor.

CHAIR YOGA-(Silver Sneakers Approved)

Wednesdays- 12:00 pm - Cost: \$2.00 (Silver Sneakers- free)

Not sure if you want to take off your shoes or get down on the floor? Join our Chair Yoga class instead. All stretches are done seated in a chair or standing next to a chair. Every pose can be modified if you prefer to stay seated the entire time. We work with relaxing breathing, gentle stretches, self massage and a guided relaxation that's just right for everyone. No mats needed.

TAI CHI- (Silver Sneaker Approved)

Tuesdays – 10:15 am & Thursdays-11:15- Cost: \$2.00 (Silver Sneakers- free)

Tai Chi Chin activates, and balances our natural energy (called Chi). The 19 gentle movements and one pose are easy to learn and have been shown to promote balance, flexibility, stamina, increase physical energy, inner calm and improve health and well being. Starts back Jan 17

LINE DANCING ** Monday's – 2:45 pm ** Cost \$2.00

Line dancing is a form of exercise for body and mind. Studies prove line dancing reduces the risk of Dementia! Line dancing also improves stamina, flexibility, balance, muscle tone, coordination, and is a great stress buster and energy booster. Many people start a class to learn a party dance and continue because they have fun and love music and meeting new people. Classes will continue through the end of June. There will be no classes in July and August but will start back on Sept 9.

VITALITY ** Tues, Jan 15 - 11:00 am

As the new year begins join Evergreen Family Chiropractic for our 10 ways to increase vitality seminar. Learn simple things to add to your routine that will increase your enjoyment in 2019. From the best ways to exercise, the why's and how much of water consumption and much more. Sign up on the board

BINGO AT MSC

DIRTY BINGO- Fri. Jan 4 – 12:30 pm- Bring a gift valued at \$3.00 to suit a man or woman with your name on the outside

EGYPTIAN BINGO- Fri. Jan 18 – 12:30- Dress in your Egyptian attire and bring \$3.00 to play.

COVERED DISH MUSIC BINGO- Tues. Jan 22- 12:30- Bring a dish to share with 6-8 people and \$3.00 to play.

SPEEDY BINGO- Wed. Jan 30 – 12:30- Bring \$3.00 to play.

SIGN UP FOR ALL BINGOS ON THE BOARD.

NEW MEMBER ORIENTATION ** Wed. Jan 9–11:00am

If you have joined the Senior Center recently, you need to come hear all the details about how this center works. We are meeting to explain the “How’s and Why’s” of our senior program. Suzanne will explain the different activities and programs and how to get involved. There will be a time for questions and answers, along with a tour of our facilities and a chance to meet some senior adults who are already active with our program. Refreshments served. Please sign up on the board so we know how to prepare. Looking forward to seeing you there!

Mon	Tue	Wed	Thu	Fri
	1	2 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 11:30 DRAWING 12:00 CHAIR YOGA 12:00 POKER 12:30 CROCHET 1:00 P-BALL 1:00 QUILT / PHASE 10 2:00 DRAWING	3 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 NO TAI CHI 12:00 CASUAL BRIDGE 12:30 MOVIE 1:00 RUMMY 1:00 P-BALL	4 9:00 EXERCISE 10:00 BIRTHDAY PARTY 10:00 RUMMIKUB 10:30 P-BALL 12:30 DIRTY BINGO 12:30 DOMINOES 1:00 BRIDGE
7 9:00 EXERCISE 9:00 CANASTA 10:30 HAND & FOOT 11:00 RUG HOOKING 12:30 PINOCHLE 1:00 PAINTING / BRIDGE 1:30 YOGA 2:45 LINE DANCING	8 10:15 NO TAI CHI 11:00 BEG. MAH JONGG 11:00 9/11 SURVIVOR 11:30 YOGA 12:30 BUNKO 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL	9 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 11:00 ORIENTATION 12:00 CHAIR YOGA 12:00 POKER / KNIT 12:30 CROCHET 1:00 PHASE 10 1:00 P-BALL 2:00 COLORED PENCILS 1	10 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 NO TAI CHI 12:00 CASUAL BRIDGE 1:00 RUMMY 1:00 P-BALL	11 9:00 EXERCISE 10:00 RUMMIKUB 10:30 P-BALL 12:30 DOMINOES 1:00 BRIDGE
14 9:00 EXERCISE 9:00 CANASTA 10:00 CORN HOLE 10:00 DRAMA CLUB 10:00 PHOTO 10:30 HAND & FOOT 12:00 JEWELRY CLASS 12:30 PINOCHLE 1:00 PAINTING / BRIDGE 1:30 YOGA 2:45 LINE DANCING	15 10:00 LIFE STORY 10:15 NO TAI CHI 11:00 BEG. MAH JONGG 11:00 CHIROPRACTOR 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL	16 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 10:00 SEWING 12:00 TASTE OF TOWN 12:00 CHAIR YOGA 12:00 POKER 12:30 CROCHET 1:00 P-BALL 1:00 QUILT/ PHASE 10 2:00 COLORED PENCILS 2	17 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 TAI CHI 12:00 CASUAL BRIDGE 1:00 RUMMY 1:00 P-BALL 2:00 LADIES TEA	18 9:00 EXERCISE 10:00 RUMMIKUB 10:30 P-BALL 12:30 DOMINOES 12:30 EGYPTIAN BINGO 1:00 BRIDGE
21 CLOSED	22 10:15 TAI CHI 11:00 BEG. MAH JONGG 11:00 5 FORKS HEARING 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 12:30 C D MUSIC BINGO 1:00 P-BALL	23 9:00 NEWSLETTERS 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 11:00 BOOK SOCIAL 12:00 POKER / KNIT 12:00 CHAIR YOGA 12:30 CROCHET 1:00 P-BALL	24 10:00 YOGA 10:00 PHASE 10 11:00 BIBLE STUDY 11:15 TAI CHI 12:00 CASUAL BRIDGE 12:30 BUNKO 1:00 500 RUMMY 1:00 P-BALL	25 9:00 EXERCISE 9:00 TEDDY BEARS 10:00 RUMMIKUB 10:30 P-BALL 11:00 TB SOCIAL 11:30 TB LUNCH 12:30 DOMINOES 1:00 BRIDGE
28 9:00 EXERCISE 9:00 CANASTA 10:00 CORN HOLE 10:30 HAND & FOOT 11:30 MEN'S DAY 12:30 PINOCHLE 1:00 BRIDGE / PAINTING 1:30 YOGA 2:45 LINE DANCING	29 10:15 TAI CHI 11:00 BEG. MAH JONGG 11:00 CIRCULATION 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL	30 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 10:00 CHAIR YOGA 12:00 POKER 12:30 SPEEDY BINGO 12:30 CROCHET 1:00 P-BALL 1:00 QUILT/ PHASE 10	31 10:00 YOGA 10:00 PHASE 10 11:00 BIBLE STUDY 11:15 TAI CHI 12:00 CASUAL BRIDGE 1:00 500 RUMMY 1:00 P-BALL	All classes in Boxes are Silver Sneaker Certified. Enjoy!