

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

PRSR.T. STD.
U.S. Postage
PAID
PERMIT NO. 49
MAULDIN, SC



JUNE 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

Wednesday, June 12 – 12:00

Cost: \$8.50

BADA BING

We will be having baked ziti, Greek salad, rolls and dessert.

Deadline to sign up is Tuesday, June 4. Money is due by Tuesday, June 4. SIGN UP IN THE OFFICE

Our community service group (Teddy Bears) needs poly-fil, basic colors of cotton thread, and cotton fabric appropriate for children. The supplies will be



transformed into surgery hats, surgery dolls, chemo pillows, teddy bears, dogs and other various stuffed animals to comfort children at the Greenville Health System (Prisma)

CONSTRUCTION CORNER

In June we hope to see the flooring and decking begin in the elevator room along with a three week project of bricking that new addition as well. The roof work should also take place during this time. Toward the end of June, the handicap ramp and sidewalk should be installed. Thank you for your patience during this exciting time.

DOGGIE DAY

Wed., June 5 – 11:00 am

Bring your furry family member to our bi-annual Doggie Day. It



is held in the courtyard where we will have water, toys and treats for all the dogs, along with drinks and treats for their humans as well. There is no cost for this event, but many photo opportunities. Bring your well mannered, vaccinated, leashed dog to the courtyard and then let them run wild playing with their furry friends. SIGN UP ON THE BOARD

MOTION IS LOTION

Exercising and Being Active with Arthritis!

Tues., June 25 – 11:00 am

When it comes to the general aches and pains we experience, there is often one common culprit, arthritis. Although people know it by many different names (Uncle Arthur, degenerative joint disease, osteoarthritis, degenerative osteoarthritis) over 51 million adults suffer from this diagnosis. Although the exact cause of osteoarthritis (OA) for most people is unknown there is a high correlation between age, obesity, prior injuries, abnormal mechanical loading and genetics and the onset of symptoms. Join Wes with GroupHAB for a info. packed hour. SIGN UP ON THE BOARD.

DREAM TRIPS 2019

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 fliers of "Dream Trips 2019".

GREENVILLE DRIVE BASEBALL GAME

Monday, June 10- vans will depart at 6:15 pm

Cost: \$11.00 Money due by June 4

It's summertime and there's no better way to celebrate than an All-American Baseball game. Join us to see the Greenville Drive take on the Hickory Crawdads at Flour Field in beautiful downtown Greenville. Don't forget about the hot dogs and ice cream. Do the 7th inning Stretch to Sweet Caroline and enjoy the game. Our seats are under the shelter and close to the restrooms and food. SIGN UP IN THE OFFICE

IN-HOUSE MOVIE

Thursday, June 6
12:30 pm

THE UPSIDE

Two mismatched New Yorkers from opposite backgrounds bond as an ex con is hired to be the caretaker for an affluent quadriplegic. The pair form an unlikely friendship while they show each other how to live life to the fullest. SIGN UP ON THE BOARD.

KNITTING GROUP 2ND & 4TH WEDNESDAY FROM 1:00 – 3:00

IPHONE PART 1, 2 AND 3

Thursdays, June 6, June 13, June 20 – 1:30 pm

There is no cost for this series.

Sponsored by Brookdale Senior Living Solutions

iPhone for Seniors (3 part series)

Part 1

Introduction to your iPhone-buttons, accessories, Wi-Fi, common Apps, and more

Part 2

Understanding your cell bill, phone scams, ICE contact and more

Part 3

Settings, calling, clock and more

This is a series of classes. SIGN UP IN THE OFFICE to attend all three classes.

TECHNOLOGY Q & A SESSION

Thursday, June 27- 1:30 pm

Are you confused with various types of technology? Us too! Here is your chance to ask the questions you need answers to. Bill Vicary will be here to lead us through this jungle. Don't miss this opportunity! SIGN UP ON THE BOARD

SEWING CLASS

Wed. June 19 – 10:00 am

Cost: \$15.00

We will be making a summer fabric necklace with bead pendant and matching small purse with Yo Yo trim on the pocket.

SIGN UP IN THE OFFICE

JEWELRY CLASS

Monday, June 10 – 12:00

Cost: \$5.00

Thelma will guide us in creating a color block elastic bracelet to match the necklace we made in May. You don't have to have attended the May class to come to this one. Thelma will not be teaching class in July. Classes will resume in August. **SIGN UP IN THE OFFICE.**

THERE IS NO TAI CHI ON TUE- DAY, JUNE 25 AND 27 OR

JULY 2.

NO YOGA ON WED. JUNE 26 & THURS. JUNE 27

KAYAK THE FRENCH BROAD

Tuesday, July 23- Vans will leave the center at 9:00 am
Cost: \$45.00 pp bring your lunch or buy it from the food truck.

We will rent one person kayaks which come with paddles and jackets. It is a 3 hour, self guided trip. There will be at least two people who have extensive river experience.

This is an easy float trip down a slow moving river. You must be able to swim. If you are looking for an easy adventure, this is the one!
SIGN UP IN THE OFFICE.

Money due by July 16

FURMAN MUSIC- Two Dates

Thursday, June 27- vans leave the center at 6:30pm

Cost: \$3.00 pp- Money due by Tues. June 18

This is our patriotic concert by the lake. *O Beautiful for Spacious Skies* with The Greenville Choral Choir and the Lakeside Concert Band.

The other concert will be **Thursday, July 11** with Matt Olsen Quintet, Matt Olsen director.

Money due by Tuesday, July 2 You may sign up for either in the office.

Bring your bag chair coolers, drinks, snacks etc. Rain location for both concerts is McAlister Auditorium. **SIGN UP IN THE OFFICE.**

NEW ART CLASSES

Meet our new instructor- Jo Johnston

Jo grew up in North Carolina. She began working as a freelance illustrator and then became the ad director for a furniture company. After advertising, Jo pursued her fine arts interests. She has exhibited works throughout the Carolinas and was selected for publication in 2013. She is currently teaching art classes and working on painted paper collages.

Drawing Class

First Wednesday of every month at 1:00 – 2:45 ** Cost: \$4.00

Explore tips and techniques for creating drawings with graphite pencils. Learn to use shape, line and value to make expressive drawings that can stand alone or become the foundation for other media. Paper is provided.

Please bring your pencils. **SIGN UP IN THE OFFICE**

Watercolor Class

Third Wednesday of every month at 1:00 – 2:45 ** Cost: \$4.00

Enjoy the fun and manage the frustration of painting with watercolor. Classes will feature encouraging techniques for creative brushwork, color mixing, and special effects. Patterns may be available in a different subject for each class. Paper provided. Please bring your watercolors and brushes.

SIGN UP IN THE OFFICE

GREENVILLE DRIVE BASEBALL GAME

Monday, June 10- vans will depart at 6:15 pm

Cost: \$11.00 Money due by June 4

It's summertime and there's no better way to celebrate than an All-American Baseball game. Join us to see the Greenville Drive take on the Hickory Crawdads at Flour Field in beautiful downtown Greenville Our seats are under the shelter and close to the restrooms and food. **SIGN UP IN THE OFFICE**

LAKE JOCASSEE PONTOON TOUR AND PICNIC LUNCH

Thursdays, June 13 & July 18 \$ due by June 4 for 1st trip

Cost: \$30.00 for the Pontoon Tour (Check or Cash) * \$3.25 for the park entrance (Cash Only)

We will leave at 8:00 am for a 10:00 am pontoon tour of beautiful Lake Jocassee. Every tour of Lake Jocassee is uniquely special. After the tour we will head to the picnic shelter for a yummy lunch. We will provide the fried chicken, drinks and paper products. Bring your favorite dish to share with 6-8 people. **SIGN UP IN THE OFFICE.**

HEALTHY BRAIN ** Tuesday, June 11 – 11:00 am

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and ways to incorporate these recommendations into a plan for healthy aging. Presented by Jessica Drotleff with Wren Hospice - guest facilitator for The Alzheimer's Association. **SIGN UP ON THE BOARD.**

TROUBLE HEARING ON THE PHONE

Tuesday, June 18—11:00

Do you have trouble hearing on the phone? If so please join us to learn about a solution that will help you, at NO cost!!!

Brandi Bishop with Clear Captions will be here to answer questions. **SIGN UP ON THE BOARD.**

BINGO AT MSC

Friday, June 7- SPEEDY BINGO- Bring \$3.00 to play

Friday June 14- SUMMER BINGO- Bring \$3.00 to play
Thursday, June 20 – COVERED DISH BINGO-12:30- Bring a dish to share with 6-8 people and \$3.00 to play.

Friday, June 28- DIRTY BINGO- Bring a wrapped or bagged gift valued at \$3.00 suitable for a man or woman. Put your name on the outside of the package.

SIGN UP ON THE BOARD FOR ALL BINGOS

BUNKO

Tuesday, June 11 and Thursday, June 27 – 12:30

Pay \$1.00 when you sign up and \$1.00 when you come to play. **SIGN UP IN THE OFFICE.**

LADIES TEA WILL RESUME ON THURS., SEPTEMBER 19

Mon	Tue	Wed	Thu	Fri
<p>3 9:00 EXERCISE 9:00 CANASTA 10:00 CORNHOLE 10:30 HAND & FOOT 11:00 RUG HOOKING 12:00 CHESS 12:00 PINOCHLE 1:00 PAINTING / BRIDGE 1:30 YOGA 1:30 INTRO LINE DANCE 2:45 LINE DANCING</p>	<p>4 9:00 KAYAKING 10:15 TAI CHI 11:00 BEG. MAH JONGG 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL</p>	<p>5 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 11:00 DOGGIE DAY 12:00 CHAIR YOGA 12:00 POKER 12:30 CROCHET 1:00 P-BALL 1:00 DRAWING 1:00 QUILT / PHASE 10</p>	<p>6 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 TAI CHI 12:30 CASUAL BRIDGE 12:30 MOVIE 1:00 RUMMY 1:00 P-BALL 6:30 MILL TOWN</p>	<p>7 9:00 EXERCISE 10:00 RUMMIKUB 10:00 BIRTHDAY PARTY 10:30 P-BALL 12:30 SPEEDY BINGO 12:30 DOMINOES 1:00 BRIDGE</p>
<p>10 9:00 EXERCISE 9:00 CANASTA 10:00 CORN HOLE 10:30 HAND & FOOT 12:00 CHESS 12:00 JEWELRY CLASS 12:00 PINOCHLE 1:00 PAINTING / BRIDGE 1:30 YOGA 1:30 INTRO LINE DANCING 2:45 LINE DANCING 6:15 BASEBALL</p>	<p>11 10:15 TAI CHI 11:00 HEALTHY BRAIN 11:00 BEG. MAH JONGG 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 12:30 BUNKO 1:00 P-BALL</p>	<p>12 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 12:00 TASTE OF TOWN 12:00 CHAIR YOGA 12:00 POKER / KNIT 12:30 CROCHET 1:00 PHASE 10 1:00 P-BALL</p>	<p>13 8:00 JOCASSEE 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 TAI CHI 12:30 CASUAL BRIDGE 1:00 RUMMY 1:00 P-BALL 1:30 IPHONE 2</p>	<p>14 9:00 EXERCISE 10:00 RUMMIKUB 10:30 P-BALL 12:30 DOMINOES 12:30 SUMMER BINGO 1:00 BRIDGE</p>
<p>17 8:00 GOLDEN ISLES 9:00 EXERCISE 9:00 CANASTA 10:00 PHOTO 10:00 CORN HOLE 10:30 HAND & FOOT 11:00 RUG HOOKING 12:00 PINOCHLE 12:00 CHESS 1:00 BRIDGE / PAINTING 1:30 YOGA</p>	<p>18 10:15 TAI CHI 11:00 BEG. MAH JONGG 11:30 YOGA 11:00 PHONE HEARING 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL</p>	<p>19 9:00 FOLD NEWS- LETTERS 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 10:00 SEWING 12:00 CHAIR YOGA 12:00 POKER 12:30 CROCHET 1:00 WATERCOLOR 1:00 P-BALL</p>	<p>20 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 TAI CHI 12:30 C D BINGO 12:30 CASUAL BRIDGE 1:00 RUMMY 1:00 P-BALL 1:30 IPHONE 3</p>	<p>21 9:00 EXERCISE 9:00 TEDDY BEARS 10:00 RUMMIKUB 10:30 P-BALL 11:00 T B SOCIAL 11:30 T B LUNCH 12:30 DOMINOES 1:00 BRIDGE</p>
<p>24 9:00 EXERCISE 9:00 CANASTA 10:00 CORN HOLE 10:30 HAND & FOOT 11:00 RUG HOOKING 11:30 MEN'S DAY 12:00 PINOCHLE 12:00 CHESS 1:00 BRIDGE / PAINTING 1:30 YOGA 1:30 INTRO LINE DANCE 2:45 LINE DANCING</p>	<p>25 10:15 NO TAI CHI 11:00 BEG. MAH JONGG 11:00 ARTHRITIS 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL</p>	<p>26 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 11:00 BOOK SOCIAL 12:00 NO CHAIR YOGA 12:00 POKER 12:30 CROCHET 1:00 P-BALL</p>	<p>27 10:00 NO YOGA 10:00 PHASE 10 11:00 BIBLE STUDY 11:15 NO TAI CHI 12:30 BUNKO 12:30 CASUAL BRIDGE 1:00 500 RUMMY 1:00 P-BALL 1:30 TECHNOLOGY Q & A 6:30 FURMAN MUSIC</p>	<p>28 9:00 EXERCISE 10:00 RUMMIKUB 10:30 P-BALL 12:30 DIRTY BINGO 12:30 DOMINOES 1:00 BRIDGE</p>

WE WILL BE CLOSED ON THURSDAY, JULY 4TH TO CELEBRATE INDEPENDENCE DAY!