

RAY HOPKINS SENIOR CENTER
POST OFFICE BOX 249
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SEPTEMBER 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

CONSTRUCTION CORNER

In September, we should see finishing touches on the ceilings and doors as well as final grading outside. The most exciting progress will hopefully be the installation of the elevator. The upstairs bathrooms should be finished and the downstairs bathrooms will follow close behind. All construction is on schedule and should be complete very soon.

IN-HOUSE MOVIE

Thur. Sept 12–12:30

THE COMMAND

Based on a true story, this film recounts the 2000 K-141 Kursk submarine disaster. It tells the story of the Russian nuclear submarine as it's sinking to the bottom of the Barents Sea and the sailors fighting to survive in it. **SIGN UP ON THE BOARD**

FLAT ROCK-TURN OF THE SCREW

Wed. Oct 30 – vans will depart at 12:00 noon

Cost: 44:00 due by Tues. Oct 1

A chilling and suspenseful psychological thriller just in time for the Fall. One governess, two children, and two ghosts. Who's real? Disclaimer: Turn on all your lights when you get home. We will stop for dinner after the show. **SIGN UP IN THE OFFICE.**

INTRODUCTION TO AIRBRUSHING

Wed. Sept 11 & 25—Oct 9 & 23 – 10:00am in game room ** No cost for this event Scott Pinkham is an airbrush artist introducing us to airbrushing. In September, he will be teaching and mentoring those interested in learning this new craft. You don't need any supplies other than a 100% cotton T-shirt for the first class. Scott will show different types of airbrushes, the history and simple techniques before you have an opportunity to put your name on the t-shirt so you can see where you started. **SIGN UP IN THE OFFICE.**

FREE ESTATE PLANNING ASSISTANCE ** Thurs. Sept 12 – starting at 10:00 am

Have you moved here from another state? Do you have a Will but have not looked at it in the last five to ten years? What about a Living Will? Are your children bugging you to update your estate planning documents? Do you have an adult child with special needs? Attorney Alex Evans from Burroughs/Elijah will be here on Thursday, September 12th between the hours of 10:00 a.m. and 3:00 p.m.. He will be doing 30-minute one-on-one appointments to go over existing documents you bring with you, answer questions you may have concerning estate planning matters, etc. N Walk-ins! **SIGN UP ON THE BOARD IN ADVANCE.**

TASTE OF OUR TOWN

Wed. Sept 11 –

12:00 noon

Cost : \$8.50

SMOKEY DREAMS

Pulled pork BBQ served with slaw and baked beans along with buns and dessert.

MONEY IS DUE AND

THE DEADLINE TO

SIGN UP IS TUESDAY,

Sept 3. **SIGN UP IN**

THE OFFICE.

We will be
CLOSED FOR

LABOR DAY

Monday, Sept 2

BRIGHT STAR presented by MILL

TOWN PLAYERS in Pelzer

Thur. Oct 3 – Vans will leave the center at 6:30 pm

Cost: \$12.00 due by Tues. Sept 17

Bright Star tells a sweeping tale of love and redemption set against the rich backdrop of the American South in the 1920s and '40s. Propelled by an ensemble of onstage musicians and dancers, the story unfolds as a rich tapestry of deep emotion, beautiful melodies, and powerfully moving performances. **SIGN UP IN THE OFFICE**

DREAM TRIPS

Trip 5: Opryland /Nashville TN

Dec 16–18

This trip is full but you can add your name to the waiting list.

Brookgreen Gardens at

Pawley's Island

NIGHT OF A THOUSAND CANDLES

Fri. Dec 6 and Sat Dec 7

Festival of Trees at Ripley's Aquarium & Young's Pecans.

Detailed flier in office

OUR HOURS ARE MONDAY- FRIDAY FROM 8:30 – 4:00

THE DOORS TO THE CENTER WILL NOT BE OPEN UNTIL 8:30 AM

AND WILL BE CLOSED AT 4:00 PM

Thank you for your understanding!

THE COVE

Monday, Dec 9- vans will leave the center at 7:30 am SHARP

Cost: \$48.00- Due by Tues. Nov 5

SeniorSalt Carol Sings at The Cove are a wonderful opportunity for senior adults to gather for a morning of worship and fellowship centered around the joyful singing of beloved Christmas Carols, and hearing an inspiring devotional thought from God's Word. A delicious buffet-style meal in the dining room will follow. Guests are welcome to view The Cove's inspiring displays of memorabilia from Billy and Ruth Graham's life and ministry, shop in Ruth's Attic Bookstore at The Cove, tour the Visitors Center, or simply relax and fellowship together. **SIGN UP IN THE OFFICE.**

SEWING

Wed, Sept 18 – 10:00 am

Cost: \$15.00

We will be making a Tote Bag and hanging kitchen towel. All materials provided. You may bring your sewing machine or use ours. SIGN UP IN THE OFFICE



JEWELRY CLASS

Mon. Sept 9–12:00

Cost: \$5.00

Thelma will show us how to make a double strand pearl bracelet. All materials provided. SIGN UP IN THE OFFICE.

MEDICARE 101

Wed. Sept 18–11:00 am

The Carter Agency will be here to answer all of your Medicare questions. Sign up on the board.

KNITTING GROUP 2ND & 4TH WEDNESDAY FROM 12:00 – 3:00

ALL LEVELS WELCOME!

**DIGITAL PHOTO CLASS
FIELD TRIP**

Mon Sept 16- van will leave at 10:00 am

Cost: \$3.00

If you are in Steven Anschel's photo class you are welcome to go on the field trip to Glendale Park. Bring a bag lunch and drink for a picnic on site. SIGN UP IN THE OFFICE.

NEW MEMBER ORIENTATION

Thurs. Sept 26 – 11:00 am

Are you new to the center? Do you know someone who is or would like to get more involved? We are meeting to explain the "How's" and "Why's" of the 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 facility and a chance to meet some senior adults who are already active with our program. Please sign up so we will know how to prepare. Can't wait to see you there! SIGN UP ON THE BOARD.

LADIES MAKE-OVERS

Tues. Sept 24—11:00 am

Join us along with Synergy HomeCare in welcoming Sandra Johnston, a Mary Kay consultant, for a complimentary pampering session, including age defying products, spa satin hands and lips and a splash of color. Join us for a lovely afternoon of beauty tips and tricks! Refreshments will be provided! SIGN UP IN THE OFFICE.

\$0 cost DNA Cancer Screening

Tues. Sept 17–11:00 am

Early detection will save your life and the life of your loved ones! Come see if your Medicare covers 100% of the cost for this Pre-Cancer screening (most are 100% covered). It is a very simple test. Just a simple swab inside your cheeks. You worked hard for your Medicare, now it's time for your Medicare to work hard for you! Stop by and get the details and see if you are eligible. Sean Barrett is a HIP-PA certified Patient Intake Specialist. SIGN UP ON THE BOARD.

CONNECTED HEALTH PHARMACY

Need help to successfully manage your diabetes? Confused about what is healthy nutrition these days? Do you need help developing a plan that fits your lifestyle? Connected Health Pharmacy is offering a FREE Diabetes Intervention program that features small, interactive group sessions to help you get your health on the right track. SIGN UP ON THE BOARD

Four sessions: Understanding Diabetes- Mon Sept 23- 11:00 am

Understanding Nutrition- Fri. Sept 27 – 11:00 am

Action Planning Session- Wed. Oct 2 – 11:00 am

CBD and Hemp Oil Education- Fri Oct 4 – 11:00 am

HEALTH & RESOURCE FAIR

Thurs. Oct 10 – 10:00 am- 1:00pm- in the gym

Our goal is to provide an array of groups and organizations to inform and educate us on the services, options and products available. You will receive a bag to gather information and goodies. You will also receive a "Passport" in which you will collect stickers to qualify to win a door prize supplied by the vendors. Bring your family and friends to this FREE event. No need to sign up; just stop by any time between 10:00am & 1:00pm. Light refreshments served.

LADIES TEA ** Thurs. Sept 19–2:00 pm ** Cost: \$3.00

We will be serving hot tea and cake or fruit while enjoying Sara Loonie who will be here to kick off the season with stories from her book on the Underground Railroad. Let us know if you would like cake or fruit when you SIGN UP IN THE OFFICE.

BUNKO

Tues. Sept 10 & Thur. Sept 26– 12:30 pm

Bunko is an easy, fast paced dice game which is simple to learn and fun to play.

Pay \$1.00 when you sign up in the office and \$1.00 when you come to play.

AARP DRIVING CLASS NOVEMBER 18

AARP Smart Driving Class will be held Monday, Nov. 18, 2019 from 12:00- 4:00.

Cost: \$15.00 for AARP members and \$20.00 for non-members. Includes classroom instruction and workbook plus certificate of completion to be given to insurance carrier to secure a state mandated 3 year discount on auto insurance premium. SIGN UP IN THE OFFICE.

BINGO AT MSC

Fri. Sept 6 –SOMEKINDABINGO- 12:30– Bring \$3.00 to play

Fri. Sept 13. -DESSERT BINGO-12:30- Bring \$3.00 to play and a Dessert to share with 6-8 people

Tues. Sept 17–COVERED DISH BINGO- 12:30- Bring \$3.00 to play and a dish to share with 6-8 people.

Fri. Sept 20– FALL BINGO—BRING \$3.00 TO PLAY

SIGN UP FOR ALL BINGOS ON THE BOARD.

**FALL YARD SALE
Sat. Nov 16 8:00 – 12:00**

Mon	Tue	Wed	Thu	Fri
2 CLOSED	3 10:00 TAI CHI 11:00 BEG. MAH JONGG 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL	4 9:00 EXERCISE 9:00 MAH JONGG 10:00 DRAWING 10:00 CORNHOLE 12:00 CHAIR YOGA 12:00 POKER 12:30 CROCHET 1:00 DRAWING 1:00 PHASE 10 / P-BALL	5 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 TAI CHI 12:30 CASUAL BRIDGE 1:00 P-BALL	6 9:00 EXERCISE 10:00 RUMMIKUB 10:30 P-BALL 12:30 SOMEKINDABINGO 12:30 DOMINOES 1:00 BRIDGE
9 7:00 OUTER BANKS 9:00 EXERCISE 9:00 CANASTA 10:00 CORNHOLE 10:30 HAND & FOOT 12:00 JEWELRY 12:00 PINOCHLE / CHESS 1:00 BRIDGE 1:30 YOGA 1:30 INTRO LINE DANCE 2:45 LINE DANCING	10 10:00 TAI CHI 11:00 BEG. MAH JONGG 11:30 YOGA 12:30 BUNKO 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL	11 9:00 EXERCISE 9:00 MAH JONGG 10:00 AIR BRUSH- down 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	12 ESTATE PLANNING 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 TAI CHI 12:30 MOVIE 12:30 CASUAL BRIDGE 1:00 P-BALL OUTER BANKS- RETURN	13 9:00 EXERCISE 10:00 RUMMIKUB 10:30 P-BALL 12:30 DESSERT BINGO 12:30 DOMINOES 1:00 BRIDGE
16 9:00 EXERCISE 9:00 CANASTA 10:00 PHOTO FIELD TRIP 10:00 CORN HOLE 10:30 HAND & FOOT- UP 11:00 RUG HOOKING 12:00 PINOCHLE / CHESS 1:00 BRIDGE 1:30 YOGA 1:30 NO-INTRO LINE DANCE 2:45 NO LINE DANCING	17 10:00 TAI CHI 11:00 CANCER SCREENING 11:00 BEG. MAH JONGG 11:30 YOGA 12:30 C D BINGO 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL	18 9:00 NEWSLETTERS 9:00 EXERCISE 9:00 MAH JONGG 10:00 WATERCOLOR 10:00 CORNHOLE 10:00 SEWING 11:00 MEDICARE TALK 12:00 CHAIR YOGA 12:00 POKER 12:30 CROCHET 1:00 WATERCOLOR 1:00 P-BALL	19 10:00 PHASE 10 10:00 YOGA 11:00 BIBLE STUDY 11:15 TAI CHI 12:30 CASUAL BRIDGE 1:00 P-BALL 2:00 LADIES TEA	20 9:00 EXERCISE 10:00 RUMMIKUB 10:30 P-BALL 12:30 FALL BINGO 12:30 DOMINOES 1:00 BRIDGE
23 9:00 EXERCISE 9:00 CANASTA 10:00 CORN HOLE 10:30 HAND & FOOT 11:00 DIABETES 12:00 PINOCHLE /CHESS 1:00 BRIDGE 1:30 YOGA 1:30 INTRO LINE DANCE 2:45 LINE DANCING	24 10:00 TAI CHI 11:00 MAKEOVERS 11:00 BEG. MAH JONGG 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 1:00 P-BALL	25 9:00 EXERCISE 9:00 MAH JONGG 10:00 CORNHOLE 10:00 AIR BRUSH- down 11:00 BOOK SOCIAL 12:00 CHAIR YOGA 12:00 POKER / KNIT 12:30 CROCHET 1:00 P-BALL	26 10:00 YOGA 10:00 PHASE 10 11:00 ORIENTATION 11:00 BIBLE STUDY 11:15 TAI CHI 12:30 BUNKO 12:30 CASUAL BRIDGE 1:00 P-BALL	27 9:00 EXERCISE 9:00 TEDDY BEARS 10:00 RUMMIKUB 10:30 P-BALL 11:00 NUTRITION 11:00 T B SOCIAL 11:30 T B LUNCH 12:30 DOMINOES 1:00 BRIDGE
30 9:00 EXERCISE 9:00 CANASTA 10:00 CORN HOLE 10:30 HAND & FOOT 11:30 MEN'S DAY 12:00 PINOCHLE /CHESS 1:00 BRIDGE 1:30 YOGA 1:30 INTRO LINE DANCE 2:45 LINE DANCING	<p>Starting on Tuesday Sept 3 – Tai Chi classes will begin at 10:00 in the gym instead of 10:15. This only affects the Tuesday Class.</p> <p>Thursday start time will remain at 11:15.</p>			