

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

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 **SEPTEMBER 2020**
SENIOR SPIRIT
A Publication of The Ray Hopkins Senior Center

Center Hours
Mon–Fri
8:30–4:00

203 Corn Road, Greenville SC 29607 * 864-234-3488 * Mailing Address: P O Box 249, Mauldin SC 29662
MauldinRecreation.com – Click on “Senior Center” tab.

Here we go... Opening Tuesday, Sept 8
Phase 1 will consist of Exercise Classes in the gym.

Please read the following carefully :

A few things to keep in mind as you contemplate your return to the Mauldin Senior Center
We can have 5 people per 1,000 square feet in the building so we will be using the gym for all activities which will consist solely of Exercise Classes during phase 1. The downstairs doors will be the only ones open and there will be no public access to the upstairs areas.

When you arrive, staff will check your temperature and ask you several questions.

- Have you, or has a person you have been in close contact with, been diagnosed with COVID-19 within the last 14 days? (Close contact is defined as six feet or less for more than 10 minutes.)
- Have you experienced any cold-or flu-like symptoms in the last 72 hours (including fever, shortness of breath, cough, sore throat, or difficulty breathing)?

You will be issued a mask which are mandatory. You must wear the mask to travel through the building. When you are exercising you may take the mask off if you are 6 feet away from another person. Please replace the mask to travel back through the building.

- Traffic flows to the right as you enter the facility and to the left as you leave the facility
- You will see green arrows leading you into and throughout the facility to the right
- You will see blue arrows leading you throughout the facility to the exits.
- Group Exercise classes will be limited but we are not limiting the number of classes you may take.
- Class schedule has been modified to fit COVID–19 guidelines
- Classes will have larger gaps in between any two classes
- You will be required to call the office to sign up for classes.
- The Fitness Center is available with limited usage???
- You must wipe down all equipment before and after each use
- There are bottles of liquid hand sanitizers around the entire facility. Please clean your hands often.
- Water fountains will **ONLY** be open to refill a water bottle
- No coffee or other beverages will be available and the kitchen will be closed. Please bring your own thermos.

EXERCISE CLASSES

This applies to Cardio Exercise, Yoga, Chair Yoga and Tai Chi
Due to the restrictions per class, you must call at least 24 hours in advance and it must be confirmed with a call back before you are admitted to the class.
We will fill the first class, then overflow students will be assigned to the second class.

MONSTER CREATION STATION

It's Free! Be one of the people who want to make a difference! Join us in the lobby downstairs at our “Monster Creation Station”. We want you to express your creativity and help us show how to put a happy perspective on this “Monster of a Year!”

Inspiration and gloves provided

Zero Calories and Gluten Free

There will be two tables set up with one chair per table (social distancing, of course). You will have an opportunity to create a monster with a variety of materials at your disposal. It's a fun way to acknowledge the difficult times and show your support and encouragement to those of us who need a smile. Let's make this a blessing to others. Your masterpieces will be on display in the lobby during Phase 1.

Better than sitting at home!



IT'S BEEN A **MONSTER** OF A YEAR!

There are two kinds of monsters...the ones that are evil and even violent (power, greed and prejudice, etc.) and the kind that live in our heads. We can fight the first ones but the second ones are more dangerous. Violence plagues us. It's in homes, streets, communities, cities, states, countries. This lack of peace threatens our routine existence. Life is unfair and we have grown to know this is a fact. It's a shame that we have to worry when we go to plays, sporting events or out to dinner with our friends. It's sad that we don't even have those opportunities at this point but no storm lasts forever. The enjoyable days of fun and relaxation have turned into cautiously checking our surroundings and having a lingering anxiety in the back of our minds. The biggest monsters in the world should not be the human mind. We have the power to control some of the conditions that effect us daily.

People talk about how we need to change in order to make the world a better place, but few want to make the effort to make that change. We are inviting you back to the center to join us in influencing others to live the good life. Often it's what we make it and we choose to make it positive.

Our Senior Center Monsters you will meet may seem silly to some but it's a happy reminder that the power to control our lives lie within us.

Often we have the power to turn this.....



Into this.....



with our outlook and attitude. Join us at The Ray

Hopkins Mauldin Senior Center to set the pace for our community.

Let's be an example of taking adversity and making it a positive!

SEND US YOUR MASK PHOTO

You know how hard it is to recognize people with the masks on. We want to guess who you are! Email us a photo of you wearing your mask. You can send your picture to kbrown@mauldinrecreation.com by tapping the email address button on your phone or typing in the email address. (If that doesn't work, ask your grandkids 😊)

You can also mail them to us at Mauldin Senior Center, PO Box 249, Mauldin SC 29662. We need to receive them by Sept 16th.

We will put the photos in the next newsletter for you to vote on who you recognize. Let's have fun with this!



LIBRARY BOOKS

Having been at home for months, we are sure you have read all of the books you have, maybe several times. For sanitary reasons we cannot accept books for our library nor can we loan books at this point. We are looking forward to a time when we can. Please make you book donations to the Mauldin Library or Friends of the Library at the Merovan Center.

Zoom Class - continues!!

Adabelle Rychtarik is inviting you to a scheduled Zoom meeting - T'ai Chi Chih for current students (students familiar with the practice)

Topic:Thursdays, 1:05pm, TCC practice for one hour. The class is free. We are all learning Zoom together as we practice TCC!

Join Zoom Meeting

[https://us02web.zoom.us/j/3984817778?](https://us02web.zoom.us/j/3984817778?pwd=am5GRnFzSjFVRkpvaDUxMiRkdk9tQT09)

[pwd=am5GRnFzSjFVRkpvaDUxMiRkdk9tQT09](https://us02web.zoom.us/j/3984817778?pwd=am5GRnFzSjFVRkpvaDUxMiRkdk9tQT09)

SEPTEMBER 2020

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7 	8 11:30 Yoga 1:00 Line Dancing Beg 1 2:30 Line Dancing Beg 2	9 9:00 Cardio Exercise 10:30 Cardio Exercise 12:00 Chair Yoga	10 11:30 Yoga	11 9:00 Cardio Exercise 10:30 Cardio Exercise
14 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Yoga	15 11:30 Yoga 1:00 Line Dancing Beg 1 2:30 Line Dancing Beg 2	16 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Chair Yoga	17 11:30 Yoga	18 9:00 Cardio Exercise 10:30 Cardio Exercise
21 9:00 Cardio Exercise 10:30 Cardio Exercise ? 12:00 Yoga	22 11:30 Yoga 1:00 Line Dancing Beg 1 2:30 Line Dancing Beg 2	23 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Chair Yoga	24 11:30 Yoga	25 9:00 Cardio Exercise 10:30 Cardio Exercise
28 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Yoga	29 11:30 Yoga 1:00 Line Dancing Beg 1 2:30 Line Dancing Beg 2	30 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Chair Yoga		