

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

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



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 are required to wear your mask to enter the Senior Center! You must wear your 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 are required to call the office to sign up for classes. (See front page)**
- **You must wipe down your 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.**



OCTOBER 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.

***WE'RE OPEN!!! Phase 1 will consist of Exercise Classes in the gym.***

### EXERCISE CLASSES

Due to the restrictions limiting us to 22 people per class (20 for Line Dancing), we have changed the sign up procedure.  
Cardio Exercise, Yoga and Chair Yoga: Call the office on Friday to sign up for the next week. Cardio Exercise will have an “Overflow” class at 10:30 if we have enough to make a class.  
Introduction to Line Dancing will begin Monday, Oct 5<sup>th</sup> at 1:30. Call the office to sign up.  
Line Dancing Beginner 1 & Beginner 2 are full unless a participant drops out.  
**Social Distancing rules apply. Please bring your own mask. We will issue you one if need be. Bring your own beverages. Water Fountains are closed except for the bottle filler.**

**THIS IS THE LAST NEWSLETTER MAILED IN PAPER FORM!**

In an effort to reduce mailing costs, we will no longer be able to mail newsletters to your mailboxes. Please sign up for the newsletter via email or you may check the “City of Mauldin” website by clicking on the Senior Center tab. You may call the office to inquire about the particular activity of interest to you or you may always pick one up while you are here.

**IMPORTANT NOTICE**

**We apologize for any inconvenience!**

### TECHNOLOGY WORKSHOPS ON-LINE

Bill Vicary with “Just Call Bill” has developed virtual (Zoom) programming using PowerPoint presentations and is offering a new program titled:

#### Tech Connect

During the COVID crisis many families have become isolated and cannot see their family and friends. Learn how technology can help you connect better to your family and friends, as well as other great ways to utilize your technology more effectively, safely and have a little fun!

**Instructions to participate:** Call the office to reserve your space and for more information. You will receive an invitation link .

What you will need for a Zoom video conferencing.

1. **Equipment:** You can Zoom on a desk or laptop computer, tablet and smart phone.
2. **Audio & Camera:** Your equipment has audio (sound-speak & listen) and a camera. Make sure you have the setting turn on.
3. **Reservations: Please call the office to reserve your spot. Invitation:** Once you RSVP, you will receive an email with an invitation for the Zoom meeting. In the invitation there will be a link to the Zoom class.

**Zoom Class:** Click on the link to the Zoom in the invitation at the day and time of the scheduled class. Come join the fun and become a Boomer Zoomer!

# Who are these masked persons?



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## SEND IN YOUR VOTES

Give us your best guess and put the name beside the number. Send it to [kbrown@mauldinrecreation.com](mailto:kbrown@mauldinrecreation.com) or call us with your best guess. The winners name will be posted in our next newsletter. It's time to play again. Let's have fun with this!

## HOW'S YOUR LIFE STORY COMING ALONG?

It's still a good time to start if you haven't already. If you have...Congratulations! Remember to write down all the memories as they come to you. They don't have to be in order, just record them! When we open for this type of activity, we will have a group meeting to cover all the basics of organization, flow, writing an opening and closing and many other details. This is a chance to record a historical event in your life and in the life of our country and world. Future generations will appreciate first hand knowledge of what our view was like during quarantine. Your Life Story is as unique as you are and your family wants to know what events created the person they know today.

Don't miss this opportunity!



## 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=am5GRnFzSjFVRkpvaDUxMjRkdk9tQT09)

[j/3984817778?pwd=am5GRnFzSjFVRkpvaDUxMjRkdk9tQT09](https://us02web.zoom.us/j/3984817778?pwd=am5GRnFzSjFVRkpvaDUxMjRkdk9tQT09)

## OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:30 Yoga	2 9:00 Cardio Exercise 10:30 Cardio Exercise?
5 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Yoga 1:30 Intro to Line Dancing	6 11:30 Yoga 1:00 Line Dancing Beg 1 2:30 Line Dancing Beg 2	7 9:00 Cardio Exercise 10:30 Cardio Exercise 12:00 Chair Yoga	8 11:30 Yoga	9 9:00 Cardio Exercise 10:30 Cardio Exercise?
12 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Yoga 1:30 Intro to Line Dancing	13 11:30 Yoga 1:00 Line Dancing Beg 1 2:30 Line Dancing Beg 2	14 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Chair Yoga	15 11:30 Yoga	16 9:00 Cardio Exercise 10:30 Cardio Exercise?
19 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Yoga 1:30 Intro to Line Dancing	20 11:30 Yoga 1:00 Line Dancing Beg 1 2:30 Line Dancing Beg 2	21 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Chair Yoga	22 11:30 Yoga	23 9:00 Cardio Exercise 10:30 Cardio Exercise?
26 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Yoga 1:30 Intro to Line Dancing	27 11:30 Yoga 1:00 Line Dancing Beg 1 2:30 Line Dancing Beg 2	28 9:00 Cardio Exercise 10:30 Cardio Exercise? 12:00 Chair Yoga	29 11:30 Yoga	30 9:00 Cardio Exercise 10:30 Cardio Exercise?