SEPTEMBER 2021

SENIOR SPIRIT

A Publication of The Ray Hopkins Mauldin 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.

The Elderberries Drama Club Presents…

BARNEY CLEANS UP MAULBERRY RFD

THURSDAY, NOV 4, 2021– 11:30

LUNCH PROVIDED AT NO COST FOLLOWING THE SHOW.

After a roaring good time with the folks of Maulberry RFD, we will have lunch compliments of the City of Mauldin. The old characters you know and love from Mayberry will be transformed into the Mauldin Characters who have their own flair while imitating their counterparts (of course The Sheep will be there). Come see how we work out recreating the old favorite show with our typical Mauldin spin!

SIGN UP ONLINE OR THROUGH THE OFFICE

THANKSGIVING LUNCH

Wednesday, Nov 24- -11:30

Catered by Stoddard's; we will be feasting on Turkey and Dressing, Green Beans, Scalloped Potatoes, Cranberry Sauce, Rolls, Pecan or Apple Pie with Sweet and Unsweet Tea.

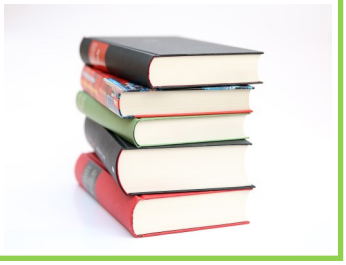
CHRISTMAS LUNCH

Wednesday, Dec 22—11:30

Stoddard's is catering; Baked Chicken Breast, Baked Ham, Green Peas, Mashed potatoes and Gravy, Rolls, Cheese Cake with Sweet and Unsweet Tea.

NEED VOLUNTEER LIBRARIAN

Come in once or twice a week to shelve books at your leisure.
Organize by author's last name.
Stack duplicate books in storage to be taken to the "Friends of the Library"
Keep scrapbooks in chronological order
Keep reference books on bottom shelf of front wall



GAMETIME

Mondays from 12:00-4:00 -Downstairs Game Room—EVERYONE WELCOME!
Billiards, Ping-Pong, Checkers, Chinese Checkers, Backgammon, Sequence, Skip–Bo Dice, Scrabble, Catch Phrase, Rummikub, Tri-Ominos, Rack-O, Parcheesi, Inside Moves, Aggravation, Pictionary, Flippin Birds, and more. You may bring your own game to share with the group.
Bring your friends, your happy face and have a good time playing.
You deserve it! No need to sign up– just show up

MEDICARE SEMINARS

Tues, Sept 21—George Wood

Tues. Sept 28—Judy

MEDICARE BASICS AND OUT OF POCKET COSTS

Join us to learn Medicare basics and ways to protect yourself from unexpected out of pocket medical expenses. Find out how you can pay yourself for the prescriptions you take and get reimbursed for hospital co-pays without spending down your budget, as well as learn about the new Health Matching Account that reimburses you up to 50% of your medical expenses and the new Pet program that reimburses you for your pet's medical needs and care."

SIGN UP ONLINE OR THROUGH THE OFFICE FOR BOTH SEMINARS

BUNKO

Tues. Sept 14 and Thur. Sept 30—12:45pm

Bunko is a fast paced, easy to learn dice game. It's so much fun to play.
There is no cost and we will no longer be playing for cash prizes.
We will have a break between sessions. Come meet new people and have a great time playing.

SIGN UP ONLINE OR THROUGH THE OFFICE.

SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Additional Tai Chi class added Thursday's at 9:30 am. Begins September 9		1 9:00 CARDIO 9:00 MAH JONGG 10:00 CORNHOLE 11:00 BEG IPHONE 12:00 POKER 12:15 CHAIR YOGA 1:00 KNIT/ CROCHET 1:30 PICKLEBALL	2 10:30 BIBLE STUDY 11:00 BEG IPHONE 11:30 YOGA 12:30 PHASE 10 1:00 PICKLEBALL	3 9:00 APPLE FESTIVAL 9:00 CARDIO 10:30 PICKLEBALL 12:30 NO BINGO TODAY 12:30 DOMINOES 1:00 BRIDGE
6 CLOSED FOR LABOR DAY	7 9:30 T'AI CHI 10:00 BEG M J 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 1:00 L.D. 1 / 2:15 L.D. 2	8 9:00 CARDIO 9:00 MAH JONGG 10:00 JAMTIME 10:00 CORNHOLE 12:00 POKER 12:15 CHAIR YOGA 1:00 KNIT/ CROCHET 1:30 PICKLEBALL	9 9:30 TAI CHI 10:00 CHAUTAUGUA 10:30 BIBLE STUDY 11:30 YOGA 12:30 PHASE 10 1:00 PICKLEBALL	10 9:00 CARDIO 10:30 PICKLEBALL 12:30 BINGO 12:30 DOMINOES 1:00 BRIDGE
13 9:00 CARDIO/ CANASTA 10:00 ART 10:30 CORNHOLE 10:00 HAND & FOOT 12:00 PINOCHLE 12:00 GAMETIME * 12:15 YOGA 1:00 BRIDGE 2:00 **NEW** INTRO TO L. D.	14 8:00 JOCASSEE 9:30 T'AI CHI 10:00 BEG M J 11:00 WOLF 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 12:45 BUNKO 1:00 L..D. 1 / 2:15 L.D. 2	15 9:00 CARDIO 9:00 MAH JONGG 10:00 CORNHOLE 12:00 POKER 12:15 CHAIR YOGA 1:00 KNIT/ CROCHET 1:00 SAXOPHONE 1:30 PICKLEBALL	16 9:30 TAI CHI 10:30 BIBLE STUDY 11:30 YOGA 12:30 PHASE 10 1:00 PICKLEBALL	17 9:00 CARDIO 10:30 PICKLEBALL 12:30 BINGO 12:30 DOMINOES 1:00 BRIDGE
20 9:00 CARDIO/CANASTA 10:00 ART 10:30 CORNHOLE 10:00 HAND & FOOT 12:00 PINOCHLE 12:00 GAMETIME * 12:15 YOGA 1:00 BRIDGE 2:00 INTRO TO L. D.	21 8:00 JOCASSEE 9:30 T'AI CHI 10:00 BEG M J 11:30 YOGA 12:30 DOMINOES 12:30 MAH JONGG 1:00 L..D. 1 / 2:15 L.D. 2	22 9:00 CARDIO 9:00 M J 10:00 JAMTIME 10:00 CORNHOLE 12:00 POKER 12:15 CHAIR YOGA 1:00 KNIT/ CROCHET 1:30 PICKLEBALL	23 9:30 TAI CHI 9:45 YOGA BOOK CLUB 10:30 BIBLE STUDY 11:30 YOGA 12:30 PHASE 10 1:00 PICKLEBALL	24 9:00 HANDS & HEARTS 9:00 CARDIO 10:30 PICKLEBALL 12:30 BINGO 12:30 DOMINOES 1:00 BRIDGE
27 9:00 CARDIO/CANASTA 10:00 ART 10:30 CORNHOLE 10:00 HAND & FOOT 12:00 PINOCHLE 12:00 GAMETIME * 12:15 YOGA 1:00 BRIDGE 2:00 INTRO TO L. D.	28 9:30 T'AI CHI 10:00 BEG M J 11:30 YOGA 12:30 MAH JONGG 12:30 DOMINOES 1:00 L.D. 1 / 2:15 L.D. 2	29 9:00 CARDIO 9:00 MAH JONGG 9:30 HAGOOD MILL 10:00 CORNHOLE 11:00 ADV IPHONE 11:00 BOOK SOCIAL 12:00 POKER 12:15 CHAIR YOGA 1:00 KNIT/ CROCHET 1:30 PICKLEBALL	30 9:30 TAI CHI 10:30 BIBLE STUDY 11:00 ADV IPHONE 11:30 YOGA 12:30 PHASE 10 12:45 BUNKO 1:00 PICKLEBALL	Fitness Center is Open Mon—Fri 8:30am — 3:45pm

COLOR PSYCHOLOGY

Tuesday, October 5—11:00 am

Suzanne Underwood—former Interior Designer, Showroom Designer, Floral and Jewelry Designer will enlighten us as to how color effects our lives. What colors make you hungry, sad, lazy, trustworthy or powerful? What colors do you want in your bedroom? How about which colors to fill your wardrobe with? Come learn the Psychology of Colors.

SIGN UP ONLINE OR THROUGH THE OFFICE

COPD & ASTHMA SEMINAR

Tues. Nov 2- 11:00am

Dan O'Harra became a respiratory therapist in 1979. He has worked in all areas of Critical Care and Emergency Services. In 2009, he became an employee at Prisma Health in the Pulmonary Disease lab as well as Pulmonary Rehabilitation. He retired in July 2021. Dan has a passion for education and improved quality of life for pulmonary patients. Dan will explain COPD and Asthma at the layman's level including such topics as what makes these two conditions different and why, the similarities in treatment and therapy options, and will be happy to take questions at any time during this presentation.

SIGN UP ONLINE OR THROUGH THE OFFICE

TECHNOLOGY with JUST CALL BILL

Wed. Sept. 1 and Thurs. Sept. 2 —11:00 am– Beginner iPhone Workshop

iPhone Beginners

The class is for new iPhone users or those needing a refresher.

You will learn the following:

- *Basic operation and navigation of your phone, Settings, Siri, Set up your Medical ID & In Case of Emergency (ICE) contact, Contacts, Email, Texting, and more!*

Wed. Sept. 29 and Thur. Sept 30—11:00 am- Advanced iPhone Workshop

iPhone Advanced

This class is designed to build upon the information you learned in the beginner class or for those seniors who are a little more tech savvy with their iPhone.

You will learn the following:

- Multi-tasking on your phone, Facetime, Calendar, Camera & Photos, Apps and iCloud, and more!

SIGN UP ONLINE OR THROUGH THE OFFICE

Bill Vicary will be offering monthly seminars and workshops throughout the year.

Keep checking for new workshops.

Contact Bill at

864.621.0224 or www.justcallbill.net

PLEASE JOIN BURROUGHS|ELIJAH ATTORNEYS FOR A COMPLIMENTARY

Virtual Zoom Seminar

ESTATE PLANNING + ELDER LAW SEMINAR

Thursday, Sept 9

11:00 am

PROBATE WORKSHOP

Thursday, Sept 23 -3:00 pm

Zoom seminar registration is required.

Call 864-501-3205 or email ***bbenedict@burroughselijah.com***

to get your meeting ID and password to join us on Zoom.

BURROUGHS|ELIJAH ATTORNEYS

Retirement today is far different – and potentially more rewarding – than it was a generation ago. When you retire, what areas of life will be most important to you?

A recent report from Edward Jones and Age Wave, titled *Four Pillars of the New Retirement*, identified these four key "pillars" of a rewarding retirement:

- **Having good physical/mental health** – You can always take steps to maintain your health, such as getting a regular exercise and eating properly.

- **Having close connections to family and friends** – It's important to keep up your relationships with family and friends, before and after you're retired.

- **Having a sense of purpose in life** – Those with a higher sense of purpose have a happier life, according to the *Four Pillars* report. By volunteering, you'll not only help others but also yourself.

- **Being financially secure** – If you haven't yet retired, you can bolster your finances by contributing as much as possible to your investment accounts.

Try to take a holistic approach to retirement. When you do, your days as a retiree can be greatly fulfilling.

Dustin Shirah, AAMS®, Financial Advisor/Edward Jones, Member SIPC

Contact us by phone 864-234-7840 or email: dustin.shirah@edwardjones.com

THE WOLF: Life and Legend

Ecology and Behavior

Presented by the California Wolf Center

Speaker: Frank Capolupo, Outreach Coordinator

Tuesday, September 14—11:00 am

Join the California Wolf Center as we dispel myths about wolves, evaluate the ecological need for these top predators, and take a close look at the need for coexistence as wolves return to our rural communities. The presentation includes the recent history of wolves in North America, the ecological value of the wolf, and what we as an organization are doing to recover the species today, through education, conservation, and research.

Speaker Frank Capolupo has many years of experience in nonprofit education and outreach. His passion for wolf recovery is undeniable and he is a critical part of the California Wolf Center education and outreach team, helping spread the truth about wolves.

Fridays at 12:30 pm
We are playing upstairs in the Multipurpose room.
Every Friday except holidays and special occasions

CANDY BARS & SUCH!!!

Candy bars, packs of crackers, nuts and other snacks will be our Bingo prizes instead of you bringing $3.00 each week. The center will provide the snack prizes for each game won along with 2 "Cover All" prizes and your choice of a Candy Bar for the "Good-bye" game.

No Need to sign up. This is a drop-in event

HANDS & HEARTS changing to HELPING HANDS

Last Friday of every month at 9:00 am

Once a month we meet in the Multi Purpose Room upstairs to stuff, sew and pack the items we make for the Children's Oncology Department of Prisma Hospital. Among those items are surgery hats, surgery dolls, chemo pillows and stuffed animals. Our very own Betty Evans will lead this group as we do our part to give back to the community. After we work, we will discuss the upcoming activities for the next month while we snack on some refreshments.

WE ARE IN NEED OF NEW, 100% COTTON, CHILDREN'S PRINT FABRIC

SIGN UP ONLINE OR THROUGH THE OFFICE.

EVERGREEN CHIROPRACTIC

Tuesday, Oct 12—11:00 am

Stretch to a Healthier You!

"Our upcoming info session will be centered around stretching. The benefits that come from maintaining a regular stretching routine, how regular that routine should be, the different types of stretching, and what to avoid doing. We will be providing visual aids, demonstrating different modifications, and introducing tools to help you establish a routine that keeps your body and mind happy. Please join us to learn and interact with our friendly and knowledgeable team, and maybe even break a sweat! Stretching is vital for living a full and healthy life and it is never too late to start!"

SIGN UP ONLINE OR THROUGH THE OFFICE

AARP SAFE DRIVING WORKSHOP

October 26, Tuesday—12:00—4:00
Members—$20.00, Non-members- $25.00
Please bring a check to pay the instructor the day of the workshop.

New Introduction to Line Dancing Class Begins Monday, September 13.

Pam Frey will be starting a new Introduction to Line Dancing class on Monday, Sept 13 at 2:00 pm
This class is required in order to enter Beginner Line Dancing. Beginner Line Dancing is required to enter the Improver Line Dancing Class (formally Beginner Line Dancing 2)
She will show you the basic steps and then build upon them as you progress. Therefore, this class is not a drop-in class. You will need to register since the lessons progress from week to week.

SIGN UP ONLINE OR THROUGH THE OFFICE

NOTICE

We are now signing up online for activities that require a solid attendance number. These include Day Trips, Guest Speakers, Dramas, Concerts, Bunko, Helping Hands (Teddy Bears) and Holiday Lunches among other items. If you don't uses a computer, just call us and we will enter you into the computer.

The re-occurring activities are now on a drop-in basis. They are Exercise Classes, Bingo, Cornhole, Pickleball, Gametime, JamTime, Art, All Card Games, All Table Top Games, Knit/Crocheting, and more. Thank you for your patience!

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CHAUTAUGUA -HISTORY ALIVE SERIES

Thursday, Sept 9—10:00– DRIVE YOUR CAR AND MEET US THERE

Free Admission

Outside at the Mauldin Cultural Center

Bring a bag chair/ lawn chair for this outdoor performance

Hedy Lamarr performed by Judith Kalaora

Who would have believed that "The Most Beautiful Woman in the World," Hollywood star Hedy Lamarr, was a genuine ceiling-crasher scientist whose groundbreaking invention revolutionized modern communication, and made your cell phone, GPS, and Wi-Fi possible? But there's no law that says an inventor can't be beautiful.

She was the scintillating adolescent in Ekstase; the cunning wife who wrenched herself free from a dead marriage to a Nazi munitions mogul, the beautiful refugee who fled the Nazis to become a Hollywood movie siren, the Mark Zuckerburg-esque twenty-something brash enough to believe her inventions would upend the world. Perhaps the most important thing Hedy Lamarr reinvented was herself.

For all the girls, women, and anyone ever told they cannot do math, understand science, or change the universe, Hedy Lamarr will inspire you to continue your pursuit to reinvent your world.

No need to sign up, just show up.

SAXOPHONE GALA

Wednesday, Sept. 15-1:00pm ** There is no cost for this event

Local Saxophonist, Lawrence Jamison, will be playing some of our favorite hits from the 40's, 50's and 60's as well as a few sing-a-longs. There are therapeutic benefits of saxophone music and it's a good way to meet new friends. The atmosphere will be festive in the multipurpose room upstairs

SIGN UP ON-LINE OR THROUGH THE OFFICE.

JamTime

Starts Sept 8

The 2nd and 4th Wednesday of each month

from 10:00—11:00—in the downstairs game room.

Bring your acoustic instruments and join us for some lively tunes while connecting with some like-minded people. For creative fun, bring a song or two that you can play. We will meet every other Wednesday to give us time to ready ourselves for the next gathering and possibly a performance at the Center.

See you soon.

This is a dop-in event. No need to sign up

ATTENTION: We need your help.

Silver Sneakers

Renew Active

Silver and Fit

Fit and Active

If you have any of these benefits on your Insurance Plan, please let us know so we can subsidize our fitness classes and continue to offer these classes at no charge.

There are colored, half sheet forms in the downstairs lobby and the upstairs office.

Thank you very much!