

Mauldin
SOUTH CAROLINA

January 2024

Ray Hopkins Mauldin Senior Center



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.

Center Hours
Monday - Friday
8:00 AM to 4:00
PM

Follow us on Facebook @ Ray W. Hopkins Mauldin Senior Center

UPCOMING HOLIDAYS

The Center will be
CLOSED on:

**Monday, January 1st for
New Year's Day**

&

**Monday, January 15th for
Martin Luther King, Jr. Day**



REGULARLY SCHEDULED ACTIVITIES

- Art Group: Mondays, 10-Noon
- Bible Study: Thursdays, 10:30-Noon
- Bingo: Fridays @ 12:30
- Bridge: Mondays & Fridays @ 11:30
- Bunco: First & Third Thursdays @ 10:00
- Canasta: Mondays @ 9
- Cardio: Mondays, Wednesdays, & Fridays @ 9
- Cornhole: Mondays & Wednesdays @ 10; Ladies-Mondays@10
- Cribbage: Fridays @ 10
- Crochet: Mondays @ 12:30
- Dominoes: Tuesdays @ 12, Fridays @ 12:30
- Game Time: Mondays, Noon - 4
- Gardening Club: 2nd & 4th Wednesdays @ 10:30
- Hand & Foot: Monday & Wednesdays @ 10
- Jam Time: Thursdays, 10-Noon
 - * Beginner Jam Time: Thursdays @ 9
- Knitting: 2nd & 4th Wednesdays @ 1
- Line Dancing:
 - * Intro to Line Dancing: Mondays @ 1:30
 - * Low Beginner Line Dancing: Mondays @ 2:40
 - * Beginner Line Dancing: Tuesdays @ 1
 - * Improver Line Dancing: Tuesdays @ 2:15
- Mah Jongg: Wednesdays @ 9
 - * Beginner Mah Jongg: Tuesdays @ 10
- Phase 10: Fridays @ 10
- Pickleball: Wednesdays @ 1:30, Thursdays @ 1, Fridays @ 10:30
- Pinochle: Mondays @ 12
- Poker: Wednesdays @ 11:30
- Rummikub: Mondays, 12-2
- T'ai Chi: Tuesdays & Thursdays @ 9:30
- Ukulele: Wednesdays @ 1
- Yoga: Mondays @ 12:15, Tuesdays @ 11:30, Thursdays @ 11:30
 - * Chair Yoga: Wednesdays @ 12:15

January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Center CLOSED! 	2 UPSTAIRS CLOSED FOR PAINTING! 9:30- T'ai Chi 10:00 - (Downstairs Game Room) Beg. Mah Jongg 11:30 -Yoga 12:00- Dominoes 1:00- NO LINE DANCING 2:15- NO LINE DANCING	3 9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand & Foot 10:00-Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00- Ukulele 1:30 -Pickle Ball	4 9:00 Beg. Jam Time 9:30 -T'ai Chi 10:00 -Open Jamtime 10:00: BUNCO! 10:30- Bible Study Holiday Lunch 11:30- Yoga 1:00 -Pickleball	5 9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge 12:30- BINGO 12:30 -Dominoes
8 9:00- Cardio 9:00- Canasta 10:00- Art Group, Cornhole- Men's & Ladies Hand & Foot 11:30 -Bridge 12:00 -Pinochle & Rummikub 12-4:00 - Open Game Time 12:15-Yoga 12:30 -Crochet 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D..	9 9:30- T'ai Chi 10:00- Beg. Mah Jongg 11:00: Photo Organizing 11:30 -Yoga 12- Dominoes Noon: Lunch & Learn- Medicare Updates 1:00- Beginner L.D. 2:15- Improver L.D.	10 9:00 -Cardio 9:00- Mah Jongg 10:00- Hand & Foot 10:00- Cornhole 11:30- Poker 12:15- Chair Yoga 1:00- Ukulele 1:00 - Knitting 1:30 -Pickle Ball	11 9:00- Beginner Jam Time 9:30- T'ai Chi 10:00 -Open Jamtime 10:30- Bible Study 11:30-Lunch Day @ Maverick Biscuit 11:30- Yoga 1:00 -Pickleball	12 9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge 12:30- BINGO 12:30 -Dominoes
15 Center CLOSED! 	16 9:30- T'ai Chi 10:00 -Beg. Mah Jongg 11:30 -Yoga Noon-2: Blood Pressure Screening 12:00- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	17 9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand & Foot 10:00-Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00- Ukulele 1:30 -Pickle Ball	14 9:00 - Beg. Jam Time 9:30- T'ai Chi 10:00 -BUNCO 10:00- Open Jam Time 10:30 -Bible Study 11:30 -Yoga 1:00 -Pickleball 1:00-2:00-Oak Street Health-Special Activity 1:00-3:00- Cards for Kindness	19 9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30- BINGO 12:30 -Dominoes
22 9:00- Cardio 9:00- Canasta 10:00- Art Group, Cornhole- Men's & Ladies Hand & Foot 10:00-Medicare: Donut Hole 11:30 -Bridge 12:00 -Pinochle & Rummikub 12-4:00 - Open Game Time 12:15-Yoga 12:30 -Crochet 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D..	23 9:30- T'ai Chi 10:00 -Beg. Mah Jongg 11:30 -Yoga 12:00- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	24 9:00 -Cardio 9:00 -Mah Jongg 10:00 - Hand & Foot 10:00 -Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele 1:00-Knitting 1:30 -Pickle Ball	25 9:00- Beg. Jam Time 9:30- T'ai Chi 10:00 -Open Jamtime 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball 1:00-3-Helping Hands	26 9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30-BINGO 12:30 -Dominoes
29 9:00- Cardio 9:00- NO Canasta 10:00-Cornhole NO Art Group NO Hand & Foot 11:30 - NO Bridge 12:00 - NO Pinochle NO Rummikub 12-4:00 - NO Open Game Time 12:15-Yoga 12:30-NO Crochet 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D..	30 9:30- T'ai Chi 10:00 -NO Beg. Mah Jongg 11:30 -Yoga 12:00-NO Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	31 9:00 -Cardio 9:00 - NO Mah Jongg 10:00 - NO Hand & Foot 10:00 -Cornhole 11:30 - NO Poker 12:15- Chair Yoga 1:00 - NO Ukulele 1:30 -Pickle Ball	<div> <p>Attention Please</p> <p>Please Note: 01-22 to 01-26 All Game Room Activities will be moved upstairs due to early voting!!</p> </div>	
			<div> <p>1-29 to 2-2: UPSTAIRS CLOSED DUE TO REMODELING!! GAME ROOM CLOSED DUE TO EARLY VOTING!!</p> </div>	



Exciting News!

The upstairs will be getting New Flooring and Painted!

There will be several things going on at the center the next couple of months that will result in changes to and cancellation of activities. The upstairs will be getting painted and new flooring! The center will also be a site for early voting and tax services, thus resulting in schedule changes. Please look at the dates below and note the changes and cancellations to activities.

-Upstairs Painting: Tuesday, January 2nd. The upstairs will be closed that day.
Beginner Mah Jongg will be in the downstairs Game Room.

-Upstairs Flooring: January 29th to February 2nd. ALL upstairs and Game Room activities are cancelled for the week.
The Fitness Room and Gym will remain open all week.

Early Voting schedule for the Senior Center: Early voting will take place in the Game Room.

- January 18th & 19th:** Voting Equipment set-up. All Game Room Activities will be upstairs.
- January 22nd to January 26th:** Early Voting. All Game Room Activities will be upstairs.
- January 29th to February 2nd:** Early Voting. **NO GAME ROOM OR UPSTAIRS ACTIVITIES THIS WEEK!**
- February 8th & 9th:** Equipment set-up. Game Room Activities will be upstairs.
- February 12th to February 22nd:** Early Voting. Game Room Activities will be upstairs.

Tax Season

AARP will be at the center doing taxes on **Tuesdays**, starting **February 6th**. The last day will be Tuesday, **April 9th**. They will be using the upstairs Multi-Purpose Room. **All activities scheduled for the Multi-purpose room on Tuesdays will be moved to the Fire Place Room.**

Anyone wanting AARP to do their taxes will need to **call 864-335-5011 to make an appointment**. There are 5 locations to get your taxes done at this year. You may pick any of the 5 to go to. There will be forms in the office you may pick up in advance of getting your taxes done.

Get fit & stay active in 2024!

Fitness and Workout

Join us for a variety of fun and fitness activities to keep you healthy and moving! All classes are designed around your individual fitness goals.

Fitness Classes

- Cardio: Mondays, Wednesdays, and Fridays at 9:00
- Tai-Chi: Tuesdays & Thursdays @ 9:30
- Yoga: Mondays @ 12:15, Tuesdays @ 11:30, Thursdays @ 11:30.
- Chair Yoga: Wednesdays @ 12:15

Fun Activities

- Line Dancing:
 - Intro to Line Dancing-
 - Low Beginner Line Dancing- Mondays @ 2:40
 - Beginner Line Dancing- Tuesdays @ 1:00
 - Improver Line Dancing- Tuesdays @ 2:15
- Pickleball: Wednesdays @ 1:30, Thursdays @ 1:00, Fridays @ 10:30

FITNESS ROOM OPEN MONDAY-FRIDAY 8 AM TO 4 PM

5 Benefits of Fitness

- Build strength and improve your balance
- Boost your metabolism
- Improve your cardiovascular health
- Enhance your mental health
- Enjoy a more active lifestyle





New
INTRO to Line Dancing Classes start
Monday, February 5th
1:30-2:30!

You may e-mail Pam Frey, the instructor,
@ **nanafrey05@gmail.com** to enroll.
This is not a drop-in class. Each class builds on the
instruction from the week before.
Deadline to sign up is February 12th.



LUNCH DAY!

Meet your friends at
Maverick Biscuit
Thursday, January 11th
@ 11:30

for a time of fellowship and good food!

Located at: 306 North Main Street
Mauldin, SC 29662
Phone: 864-248-0648



Free Lunch & Learn

Want to know more about the Medicare updates?
Join Jamie McCabe from Amerilife to learn more & get your
questions answered.

Tuesday, January 9th @ NOON

Sign up at the Senior Center by Monday January 8th to have your lunch
provided.



BUNCO is BACK!!

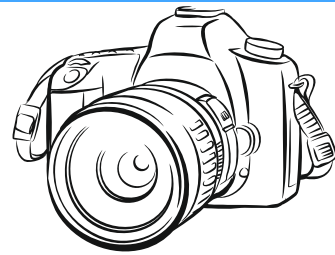
BUNCO will be meeting on the
First & Third Thursdays of each month.

Starting on
Thursday, January 4th
at 10 AM.

Come join your friends for a good time!

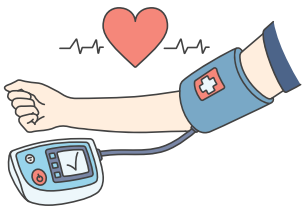


Organizing your printed photos class:



Tuesday, January 9th
11 AM

Description: Are your printed photos hiding in shoeboxes, closets, and old photo albums? You aren't alone! Hidden in those photo collections are the stories of your life and all worth sharing and preserving. Janice Thompson, from Upstate Photo Solutions, will share tips on ways to bring your photos and stories back into your life.



Blood Pressure Checks
Tuesday, January 16th
Noon-2 PM



The Upstate Senior Concert Band
will be performing in the gym on
Wednesday, February 7th, 2 PM- 3PM



Messiah Lutheran Food Pantry

Messiah Food Pantry, a ministry of the church,
is fully staffed by volunteers in partnership with
Harvest Hope Food Bank.

Messiah Food Pantry provides pantry staples and USDA subsidies to
clients in southern Greenville County.

IN NEED OF CANNED FOODS, SOUPS, PEANUT BUTTER, PASTAS & SAUCES.

A donation bin is located downstairs at the Senior Center.



Upstate Backpack Blessings

Upstate Backpack Blessings is a volunteer-based, donation-driven organization that
provides bags of food to 300+ students each week in 16 area elementary, middle and high
schools.

IN NEED OF INDIVIDUAL CEREALS, PEANUT BUTTER, & APPLESAUCE OR FRUIT CUPS.

A donation bin is located downstairs at the Senior Center.



The Homeless Period Project

Help homeless and school aged individuals have the basic necessities they need.

Product Donation Needs:

Day Pads
Overnight Pads
Panty Liners
Feminine Wipes
Tampons

A donation bin is located downstairs at the Senior Center.



Cards for Kindness

Thursday, January 18th 1-3 PM

Cards for Kindness makes cards for children, seniors, hospitals, Veteran's locations, Meals on Wheels, shelters, and more. In November will be making Holiday cards and winter scenes. Come join in & encourage someone by making a card.

All materials are supplied.



Helping Hands Program

Thursday, January 25th, 1-3 PM

Will be making cloth dolls and surgical hats to be donated to Prisma Children's Cancer Hospital.

This program is looking for ladies to cut & sew dolls & hats. Packages of fabric, pattern, and thread can be prepared for anyone who like to take one home and ensemble.



Bible Study

Thursday mornings: 10:30am-12pm

Join us as we study God's word together.

Any questions can be directed to:

Sallie Meyer @ 717-813-8002.



SilverSneakers is a fitness and wellness program offered at no additional cost to seniors 65+ on eligible Medicare plans that helps you get active, get fit, and connect with others.

If you have any of the below benefits on your insurance plan, let us know. We both benefit! You can earn rewards from your insurance and we get money to help subsidize our classes.

Don't forget to sign in on the sign in sheets , located on the downstairs entrance table, when you participate in a class.



FOLLOW US ON FACEBOOK:

RAY W. HOPKINS MAULDIN SENIOR CENTER