

Mauldin
SOUTH CAROLINA

February 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

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UPSTATE SENIOR CONCERT BAND

WEDNESDAY, FEBRUARY 7TH

2 PM-3PM

IN THE GYM

***CHAIR YOGA WILL MEET UPSTAIRS
THAT DAY.**

***NO PICKLEBALL THAT 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: Tuesdays & Thursdays, 10-Noon
- 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

FEBRUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	Early Voting 2-12 to 2-23 In Game Room All Game Room activities will be Upstairs!!		1 All upstairs and Game Room activities cancelled due to early voting and remodeling upstairs. Gym and Fitness Room will be open. 11:30- Yoga 1:00 -Pickleball	2 All upstairs and Game Room activities cancelled due to early voting and remodeling upstairs. Gym and Fitness Room will be open. 8:30-10:30: Blood Pressure Checks-Downstairs 9:00- Cardio 10:30- Pickleball
9:00- Cardio 9:00- Canasta 10:00- Art Group, Cornhole, Hand & Foot 10:00-Medicare Townhall 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..	6 AARP will be in upstairs multi-purpose room doing taxes. 9:30- T'ai Chi 10:00- Beg. Mah Jongg 10:00-Jam Time 11:30 -Yoga 12- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	7 9:00 -Cardio 9:00- Mah Jongg 10:00- Hand & Foot 10:00- Cornhole 11:30- Poker 12:15- Chair Yoga-Upstairs! 1:00- Ukulele 1:00 - Knitting 2-3: CONCERT in GYM 1:30 NO Pickle Ball	8 9:30- T'ai Chi 10:00 -Open Jamtime 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball	9 9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge 12:30- BINGO 12:30 -Dominoes
This week: All Game Room Activities will be upstairs! 12 9:00- Cardio 9:00- Canasta 10:00- Art Group, Cornhole, Hand & Foot- Upstairs 10:00-Medicare & Social Security 11:30 -Bridge 12:00 -Pinochle & Rummikub- Upstairs 12-4:00 - Open Game Time- Upstairs 12:15-Yoga 12:30 -Crochet 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D..	13 AARP will be in upstairs multi-purpose room doing taxes. 9:30- T'ai Chi 10:00 -Beg. Mah Jongg 10:00-Jam Time- Fire Place Room 11:30 -Yoga 12:00- Dominoes- Upstairs 1:00- Beginner L.D. 2:15- Improver L.D.	HAPPY Valentines DAY 14 9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand & Foot- Upstairs 10:00-Cornhole 11:30 -Poker- Upstairs 12:15- Chair Yoga 1:00- Ukulele 1:30 -Pickle Ball	15 9:30- T'ai Chi 10:00 -BUNCO!- 10:00- Open Jam Time-Fireplace Room 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	16 9:00-Cardio 10:00- Phase 10- Upstairs 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30 -BINGO 12:30 -Dominoes- Upstairs
This week: All Game Room Activities will be upstairs! 19 9:00- Cardio 9:00- Canasta 10:00- Art Group, Cornhole- Men's & Ladies Hand & Foot- Upstairs 11:30 -Bridge 12:00 -Pinochle & Rummikub- Upstairs 12-4:00 - Open Game Time- Upstairs 12:15-Yoga 12:30 -Crochet 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D..	20 AARP will be in upstairs multi-purpose room doing taxes. 9:30- T'ai Chi 10:00 -Beg. Mah Jongg 10:00-Jam Time- Fire Place Room 11:30 -Yoga 12:00- Dominoes- Upstairs 1:00- Beginner L.D. 2:15- Improver L.D.	21 9:00 -Cardio 9:00 -Mah Jongg 10:00 - Hand & Foot- Upstairs 10:00 -Cornhole 11:30 -Poker- Upstairs 12:15- Chair Yoga 1:00 -Ukulele 1:00-Knitting 1:30 -Pickle Ball	22 9:30- T'ai Chi 10:00 -Open Jamtime-Fire Place Room 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball 1:00-3-Helping Hands	23 9:00-Cardio 10:00- Phase 10- Upstairs 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30-BINGO 12:30 -Dominoes- Upstairs
26 9:00- Cardio 9:00- Canasta 10:00-Cornhole, Art Group, 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..	27 AARP will be in upstairs multi-purpose room doing taxes. 9:30- T'ai Chi 10:00 - Beg. Mah Jongg 10:00-Jam Time 11:30 -Yoga 12:00-Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	28 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	29 9:30- T'ai Chi 10:00 -Open Jamtime 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball	Center Hours: Mon-Fri 8:00am - 4:00pm



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 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 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
Mutt's BBQ
February 8th
@ 11:30
for a time of fellowship and good food!

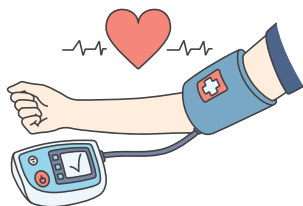
Located at: 214 East Butler Road
Mauldin, SC 29662
Phone: 864-254-9997



BUNCO is BACK!!

BUNCO will be meeting on the
First & Third Thursdays of each month.
February BUNCO: 1st & 15th

Come join your friends for a good time!



Blood Pressure Checks

Friday, February 2nd
8:30-10:30

Medicare Townhall

Monday-February 5th
10 AM

Open Forum: Ask any questions you have at that time and Jamie from AMERILIFE will be here to answer them.



Medicare & Social Security Information Meeting

Monday, February 12th
10 AM



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, February 15th, 1-3 PM

Cards for Kindness makes cards for children, seniors, hospitals, Veteran's locations, Meals on Wheels, shelters, and more. In February, we will be making birthday and Valentines Day cards for adults, teens and children. Come join in & encourage someone by making a card to brighten their day!



All materials are supplied.



Helping Hands Program

Thursday, February 22nd, 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