
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.

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Center Hours

**Monday -
Friday
8:00 AM to
4:00 PM**



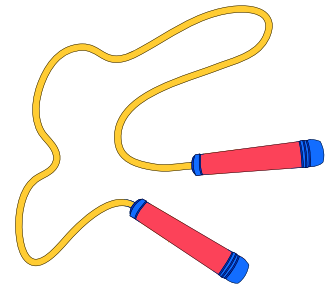
Upcoming Events:

- AARP last day at the center will be **Tuesday, April 9th** for taxes.
- Lunch Day at Bridgeway Station **Thursday, April 11th**. Sign up by **Friday, April 5th**.



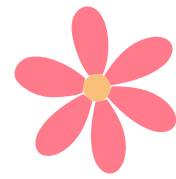
REGULARLY SCHEDULED ACTIVITIES

- **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
- **Camera Club:** 1st, 3rd, & 5th Tuesdays @ 10- Noon
- **Cribbage:** Mondays & Fridays @ 10
- **Crochet:** Mondays @ 12:30
- **Dominoes:** Tuesdays @ 12, Fridays @ 12:30
- **Game Time:** Mondays, Noon - 4
- **Gardening Club:** 3rd Wednesdays @ 10:00
- **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





April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00- Cardio 9:00- Canasta 10:00- Art Group, Cribbage, Cornhole, 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..</p>	<p>2</p> <p>AARP will be in upstairs multi-purpose room doing taxes.</p> <p>9:30- T'ai Chi 10:00- Beg. Mah Jongg 10-12: Jam Time 11:30 -Yoga 12- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p>3</p> <p>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: Pickleball</p>	<p>4</p> <p>9:30- T'ai Chi 10:00-Bunco 10:00 -Open Jam time 10:30- Bible Study 11:30- Yoga 12:00 -Pickleball 1:00-Oak Street Health- Spring Themed Bingo!</p>	<p>5</p> <p>9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge 12:30- Birthday BINGO!! 12:30 -Dominoes</p>
<p>8</p> <p>9:00- Cardio 9:00- Canasta 10:00- Art Group, Cribbage, Cornhole, 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.</p>	<p>9</p> <p>AARP will be in upstairs multi-purpose room doing taxes.</p> <p>9:30- T'ai Chi 10:00 -Beg. Mah Jongg 10-12: Jam Time 11:30 -Yoga 12:00- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p>10</p> <p>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</p>	<p>11</p> <p>9:30- T'ai Chi 10:00- Open Jam Time 10:30 -Bible Study 11:30 -Yoga 11:30- Lunch Day @ Bridgeway Station. Meet at center by 11:30 1:00 -Pickleball</p>	<p>12</p> <p>9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30- Bridge 12:30- BINGO 12:30 -Dominoes</p>
<p>15</p> <p>9:00- Cardio 9:00- Canasta 10:00- Art Group, Cribbage, Cornhole, 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.</p>	<p>16</p> <p>9:30- T'ai Chi 10:00 -Beg. Mah Jongg 10:00- Camera Club 10:00- Head, Heart & Hustle Presentation by United Way 10-12: Jam Time 11:30 -Yoga 12:00- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p>17</p> <p>9:00 -Cardio 9:00 -Mah Jongg 10:00 - Hand & Foot 10:00 -Cornhole 10:00- Gardening Club 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele 1:00-Knitting 1:30 -Pickle Ball</p>	<p>18</p> <p>9:30- T'ai Chi 10:00 -Open Jamtime 10:00-Bunco 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball 1:00-3- Cards for Kindness</p>	<p>19</p> <p>9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30 -BINGO 12:30 -Dominoes</p>
<p>22</p> <p>9:00- Cardio 9:00- Canasta 10:00-Cornhole, Cribbage, 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..</p>	<p>23</p> <p>9:30- T'ai Chi 10:00 - Beg. Mah Jongg 10-12: Jam Time 11:30 -Yoga 12:00-Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p>24</p> <p>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</p>	<p>25</p> <p>9:30- T'ai Chi 10:00 -Open Jamtime 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball 1:00- Helping Hands</p>	<p>26</p> <p>9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30- Pizza Bingo!! Please sign up by Friday, April 19th. 12:30 -Dominoes</p>
<p>29</p> <p>9:00- Cardio 9:00- Canasta 10:00-Cornhole, Cribbage, Art Group, Hand & Foot. 11:00- Social Security + Medicare Updates Presentation 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.</p>	<p>30</p> <p>9:30- T'ai Chi 10:00 - Beg. Mah Jongg 10:00- Camera Club 10-12: Jam Time 11:30 -Yoga 12:00-Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>			<p>Center Hours: Mon-Fri 8:00am- 4:00pm</p>

Tax Season

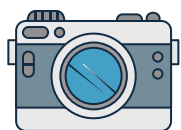
The last day for taxes will be **Tuesday, April 9th**. The AARP will be using the upstairs Multi-Purpose Room. **All activities scheduled for the Multi-purpose room on Tuesdays will be moved to the Fire Place Room.**

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.

Camera Club Returning on Tuesday, April 16th!



Moderator: Steve West

Award Winning Artist/Photographer

Would you like to learn how to: Produce attention-grabbing photos or use the rules of composition/design? Utilize free and low-cost photo enhancement apps, for both Smart phones and advanced cameras?

Share your photos on a large screen, along with other like-minded people. Socialize with photographers from all skill levels!

Camera club will be meet on the 1st, 3rd, and 5th Tuesday of the month @ 10AM- 12PM in the Multi-Purposes Room!

What you will need: Smart Phone and/or more advanced DSLR or Mirrorless Digital Camera; flash drive and home computer.



Gardening Club is Back!



Do you like to garden?

The gardening club is starting back **Wednesday, April 17th!** Join them in updating the outside sitting area and plant spring vegetables!

They will be meeting every 3rd Wednesday of each month at **10:00 AM** in the fireplace room/outside patio.

Wear your comfortable gardening clothes, bring gloves, and any gardening tools you want to use.

The goal of the club is to make the outside sitting area a beautiful place to lounge and socialize.

Lunch Day:

Lunch Day at Bridgeway Station Food Hall on **Thursday, April 11th**. The deadline to sign up for riding the bus will be end of the day **Friday, April 5th**. Members who plan on riding the bus please be at the center by 11:30 AM. Members that are interested in lunch but not in riding the bus may meet us there.



Bridgeway Station is Located at: 1000 Via Corso Ave.
Simpsonville, SC 29681

Educational Series:

All taking place in upstairs Multi-Purpose Room on:



- **April 4th:** Oak Street Health- Spring Themed Bingo @ 1:00
- **April 16th:** Head, Heart, & Hustle Presentation by United Way @ 10:00
- **April 29th:** Social Security + Medicare Updates Presentation @ 11:00

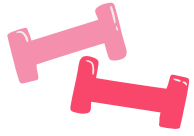
Friday Birthday and Pizza Bingo

Meet in the Multi-Purpose room at 12:30



- **Friday, April 5th:** We will be celebrating members whom have a birthday this month ! Join us for a good game a bingo and cupcakes!
- **Friday, April 26th:** We will be having Pizza Bingo!! Pizza will be \$6 per person. Please sign up at the front desk by Friday, April 19th.

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





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, April 18th, 1-3PM



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

All materials are supplied.

Helping Hands Program

Thursday, April 25, 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:

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