



Mauldin
SOUTH CAROLINA

MARCH 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 Follow us on Facebook @ Ray W. Hopkins Mauldin Senior Center
Monday - Friday
8:00 AM to 4:00
PM



Center Closed:

Friday, March 29th

**In observance of Good
Friday**

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



MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Center Hours: Mon-Fri 8-4				1 9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge 12:30- BINGO 12:30 -Dominoes
4 9:00- Cardio 9:00- Canasta 10:00- Art Group, Cornhole, Hand & Foot 11:00-Medicare: Health Plans 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..	5 AARP will be in upstairs multi-purpose room doing taxes. 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.	6 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	7 9:30- T'ai Chi 10:00-Bunco 10:00 -Open Jamtime 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball	8 9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge 12:30- BINGO 12:30 -Dominoes
11 9:00- Cardio 9:00- Canasta 10:00- Art Group, 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..	12 AARP will be in upstairs multi-purpose room doing taxes. 9:30- T'ai Chi 10:00 -Beg. Mah Jongg 10-12: Jam Time 11:30 -Yoga 12-2: Blood Pressure Checks 12:00- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	13 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	14 9:30- T'ai Chi 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	15 9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30 -BINGO 12:30 -Dominoes
18 9:00- Cardio 9:00- Canasta 10:00- Art Group, Cornhole- Men's & Ladies Hand & Foot 11:00-Prescription Drug Coverage 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..	19 AARP will be in upstairs multi- purpose room doing taxes. 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.	20 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	21 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-Helping Hands	22 9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30-BINGO 12:30 -Dominoes
25 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..	26 AARP will be in upstairs multi- purpose room doing taxes. 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.	27 ALL Upstairs activities will be held downstairs today 9:00 -Cardio 9:00 -Mah Jongg- downstairs 10:00 -Hand & Foot 10:00 -Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele- downstairs 1:00-Knitting - downstairs 1:30 -Pickle Ball	28 9:30- T'ai Chi 10:00 -Open Jamtime 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball	29 Closed Today! GOOD FRIDAY

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.



BLOOD PRESSURE CHECKS

Tuesday, March 12th
NOON-2 PM

LUNCH

Meet your friends at
Olive Tree Pizza & Grill
for a time of fellowship
and good food!



Located at: 411 West Butler Road
Mauldin, SC 29662
Phone: 864-284-9050



Educational Series:

11 AM Upstairs Fire Place Room on:

March 4th: Not satisfied with your current health care plan? Learn how to find a better one.

March 18th: Prescription Drugs too expensive? Learn how you may qualify for extra help.

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, March 14th

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, March 21st, 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