

**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:**

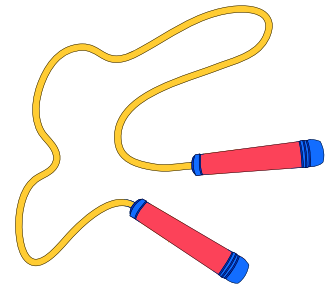
- Center will be closed **Wednesday, June 19th** in honor of Juneteenth.
- **Brunch Day** at Maverick Biscuit on **Thursday, June 27th** at **10:30 AM.** Meet at the restaurant, there will be no bus transportation.

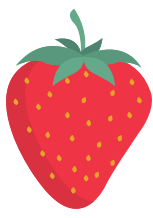


# ***REGULARLY SCHEDULED ACTIVITIES***

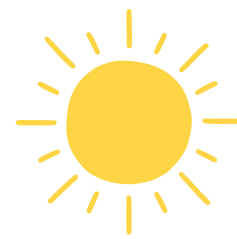
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- **Art Group:** Mondays, 10-Noon
- **Bible Study:** Thursdays, 10:30-Noon
- **Bingo:** Fridays @ 12:30
- **Bridge:** Mondays & Fridays @ 11:30
- **Bunco:** First & Third Thursdays @ 10:00
- **Canasta:** Mondays @ 9
- **Cardio:** Mondays, Wednesdays, & 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:** 2nd & 4th Wednesdays @ 10:30
- **Hand, Foot & Elbow:** 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
- **Advanced Ukulele:** Wednesdays @ 1
- **Yoga:** Mondays @ 12:15, Tuesdays @ 11:30, Thursdays @ 11:30
  - \* **Chair Yoga:** Wednesdays @ 12:15





# June 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Center Hours: Mon-Fri 8:00am- 4:00pm</b>				<b>31</b> 9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge 12:30-Bingo 12:30 -Dominoes
<b>All gameroom activities will be held upstairs today</b> <b>3</b> 9:00- Cardio 9:00- Canasta 10:00- Art Group, Cribbage, Cornhole, Hand, Foot & Elbow. 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.	<b>All gameroom activities will be held upstairs today</b> <b>4</b> 9:30- T'ai Chi 10:00 -Beg. Mah Jongg 10-12: Jam Time 10-12- Camera Club 11:30 -Yoga 12:00- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	<b>All gameroom activities will be held upstairs today</b> <b>5</b> 9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand, Foot & Elbow. 10:00-Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00- Ukulele 1:30 -Pickle Ball	<b>All gameroom activities will be held upstairs today</b> <b>6</b> 9:30- T'ai Chi 10:00- Open Jam Time 10:00- Bunco 10:30 -Bible Study 11:30 -Yoga 1:00 -Pickleball	<b>All gameroom activities will be held upstairs today</b> <b>7</b> 9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30- Bridge 12:30- Bingo 12:30 -Dominoes
<b>All gameroom activities will be held upstairs today</b> <b>10</b> 9:00- Cardio 9:00- Canasta 10:00- Art Group, Cribbage, Cornhole, Hand, Foot, & Elbow. 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.	<b>11</b> 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.	<b>12</b> 9:00 -Cardio 9:00 -Mah Jongg 10:00 - Hand, Foot & Elbow. 10:00 -Cornhole <b>11:00- Head, Heart and Hustle Presentation</b> 11:30 -Poker 12:15- Chair Yoga 1:00 - Adv. Ukulele 1:00- Knitting 1:30 -Pickle Ball	<b>13</b> 9:30- T'ai Chi 10:00 -Open Jam Time 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball <b>2:00- Oak Street Health- Ice Cream Social</b>	<b>14</b> 9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30 -Dominoes 12:30- Birthday Bingo!!
<b>17</b> 9:00- Cardio 9:00- Canasta 10:00-Cornhole, Cribbage, Art Group, Hand, Foot & Elbow 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..	<b>All gameroom activities will be held upstairs today</b> <b>18</b> 9:30- T'ai Chi 10:00 - Beg. Mah Jongg <b>10:30- AARP- Get to know your Smartphone Class</b> 10-12- Jam Time 10-12-Camera Club 11:30 -Yoga 12:00-Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	<b>19</b> <b>CLOSED</b> <b>Celebrate</b> <b>JUNE</b> <b>Tenth</b> <b>Freedom</b>	<b>All gameroom activities will be held upstairs today</b> <b>20</b> 9:30- T'ai Chi 10:00 -Open Jam Time 10:00- Bunco 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball	<b>All gameroom activities will be held upstairs today</b> <b>21</b> 9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge 12:30- Bingo 12:30 -Dominoes
<b>All gameroom activities will be held upstairs today</b> <b>24</b> 9:00- Cardio 9:00- Canasta 10:00-Cornhole, Cribbage, Art Group, Hand, Foot & Elbow. 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..	<b>25</b> 9:30- T'ai Chi 10:00 - Beg. Mah Jongg <b>10:30- AARP- Finding Information Online Class</b> 10-12-Jam Time 11:30 -Yoga 12:00-Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.	<b>26</b> 9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand, Foot and Elbow. 10:00-Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00 - Adv. Ukulele 1:00- Knitting 1:30 -Pickle Ball	<b>27</b> 9:30- T'ai Chi 10:00 -Open Jam Time 10:30- Bible Study <b>10:30- Brunch at Maverick Biscuit.</b> 11:30- Yoga 1:00 -Pickleball	<b>28</b> 9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge <b>12:30 -Pizza Bingo!!</b> <b>Please sign up by Friday, June 21st.</b> 12:30 -Dominoes



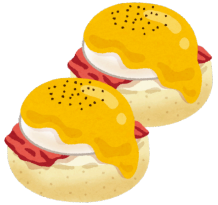
This month will be a site for early voting, thus resulting in schedule changes. Please look at the dates below and note the changes to activities. Early voting will be **M-F 8:30AM- 5:00PM** starting **May 28th through June 7th**. And again, **June 18th** through **June 24th**.

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

- **May 28th to June 7th:** Early Voting will be taking place. All Game Room activities will be held upstairs during this time.
- **June 10th:** Gameroom activities will be held upstairs
- **June 18th:** Gameroom activities will be held upstairs
- **June 24th:** Gameroom activities will be held upstairs

## Lunch Day:

**Brunch Day** at Maverick Biscuit on **Thursday, June 27th** at 10:30 AM. There will not be bus transportation so please plan accordingly to meet at the restaurant!



Maverick Bisuit is Located at: 306 N Main St, Mauldin, SC 29662

## Educational Series:

Located in Multi-Purpose Room:

- Head, Heart and Hustle Presentation by United Way: **Wednesday, June 12th** at **11:00am**.
- Getting to know your Smartphone: **Tuesday, June 18th** at 10:30am. Deadline to sign up will be **Tuesday, June 11th**.
- Finding Information Online: **Tuesday, June 25th** at 10:30am. Deadline to sign up will be **Tuesday, June 18th**.



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
- **T'ai-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, May 16th , 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, May 23rd, 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.



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**RAY W. HOPKINS MAULDIN SENIOR CENTER**