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**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:**

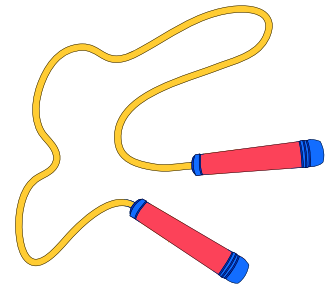
- Day trip to Hendersonville, NC. **Tuesday, May 7th.** Please sign up at the center by **Friday, May 3rd.**
- Center will be closed **Monday, May 27th** in honor of Memorial Day.
- Early voting will be taking place at the center **May 28th to June 7th.**



# **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:** 1st and 3rd 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:** 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





# May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Center Hours: Mon-Fri 8:00am-4:00pm</b></p>		<p><b>1</b></p> <p>9:00 -Cardio 9:00- Mah Jongg 10:00- Hand &amp; Foot 10:00- Cornhole 11:30- Poker 12:15- Chair Yoga 1:00- Ukulele 1:30: Pickleball</p>	<p><b>2</b></p> <p>9:30- T'ai Chi 10:00 -Open Jam Time 10:00-Bunco 10:30- Bible Study <b>11:30- NO YOGA</b> 1:00 -Pickleball <b>1:00- Oak Street Health Activity: Mother's Day Cards</b></p>	<p><b>3</b></p> <p>9:00- Cardio 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge <b>12:30- Birthday BINGO!!</b> 12:30 -Dominoes</p>
<p><b>6</b></p> <p>9:00- Cardio 9:00- Canasta 10:00- Art Group, Cribbage, Cornhole, Hand &amp; Foot. 11:30 -Bridge 12:00 -Pinochle &amp; 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><b>7</b></p> <p><b>9:00- Day Trip to Hendersonville. Arrive at the center by 9 AM.</b> <b>9:30- No T'ai-Chi Today.</b></p> <p>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.</p>	<p><b>8</b></p> <p>9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand &amp; Foot 10:00-Cornhole 10:30- Gardening Club 11:30 -Poker 12:15- Chair Yoga 1:00- Ukulele 1:00- Knitting 1:30 -Pickle Ball</p>	<p><b>9</b></p> <p><b>9:30- No T'ai-Chi Today.</b></p> <p>10:00- Open Jam Time 10:30 -Bible Study 11:30 -Yoga 1:00 -Pickleball</p>	<p><b>10</b></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><b>13</b></p> <p>9:00- Cardio 9:00- Canasta 10:00- Art Group, Cribbage, Cornhole, Hand &amp; Foot. 11:30 -Bridge 12:00 -Pinochle &amp; 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><b>14</b></p> <p>9:30- T'ai Chi 10:00 -Beg. Mah Jongg <b>10:00- Mens Pancake Breakfast. Sign up by Tuesday 5/7.</b> 10-12:- Jam Time <b>10:30- Presentation: Outsmart the Scam.</b> 11:30 -Yoga 12:00- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p><b>15</b></p> <p>9:00 -Cardio 9:00 -Mah Jongg 10:00 - Hand &amp; Foot 10:00 -Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele 1:30 -Pickle Ball</p>	<p><b>16</b></p> <p>9:30- T'ai Chi 10:00 -Open Jam Time 10:00- Bunco 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball <b>1:00-3- Cards for Kindness</b></p>	<p><b>17</b></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><b>20</b></p> <p>9:00- Cardio 9:00- Canasta 10:00-Cornhole, Cribbage, Art Group, Hand &amp; 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><b>21</b></p> <p>9:30- T'ai Chi 10:00 - Beg. Mah Jongg 10-12- Jam Time 10-12-Camera Club <b>10:30-Social Security/ Taxes/Retirement Protection Presentation.</b> 11:30 -Yoga 12:00-Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p><b>22</b></p> <p>9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand &amp; Foot 10:00 -Cornhole 10:30- Gardening Club 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele 1:00- Knitting 1:30 -Pickle Ball</p>	<p><b>23</b></p> <p><b>All gameroom activites will be held upstairs today</b></p> <p>9:30- T'ai Chi 10:00 -Open Jamtime 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball <b>1:00- Helping Hands</b></p>	<p><b>24</b></p> <p><b>All gameroom activites will be held upstairs today</b></p> <p>9:00-Cardio 10:00- Phase 10 10:00 -Cribbage 10:30 -Pickleball 11:30-Bridge <b>12:30- Pizza Bingo!! Please sign up by Thursday, May 16th.</b> 12:30 -Dominoes</p>
<p><b>27</b></p> <p><b>Closed Today</b></p>	<p><b>28</b></p> <p><b>All gameroom activites will be held upstairs today</b></p> <p>9:30- T'ai Chi 10:00 - Beg. Mah Jongg 10-12-Jam Tlme 11:30 -Yoga 12:00-Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p><b>29</b></p> <p><b>All gameroom activites will be held upstairs today</b></p> <p>9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand &amp; Foot 10:00 -Cornhole <b>11:00- Ladies Tea. Sign up by Wednesday 5/22</b> 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele 1:30 -Pickle Ball</p>	<p><b>30</b></p> <p><b>All gameroom activites will be held upstairs today</b></p> <p>9:30- T'ai Chi 10:00 -Open Jamtime- 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball</p>	<p><b>31</b></p> <p><b>All gameroom activites will be held upstairs today</b></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>



# Day Trip

Hendersonville, NC

Sign up by Friday, May 3rd. And Arrive at the Center by 9AM Tuesday, May 7th.



## *Shopping Downtown*

### *Hendersonville.*

This welcoming town of Henderson, NC is the perfect place to spend an afternoon strolling, shopping, dining and exploring. You'll love how historic architecture blends seamlessly with modern stores, restaurants and artwork, and will feel like you've either stepped back in time or onto the set of a Hallmark movie!

## *Lunch at Mikes on Main Street*

Soda shop with 1950s decor, providing American breakfast & lunch fare, including sandwiches.





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**.

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

- **May 23rd & 24th:** Voting Equipment set-up. **All Game Room activities will be upstairs.**
- **May 28th to June 7th:** Early Voting will be taking place. **All Game Room activities will be held upstairs during this time.**



## **Line Dancing**

A new Intro to Line Dancing class will start on **Monday, June 3rd** at 1:30PM. New people may enroll until **June 10th**. No new students will be accepted after that date.

You may email Pam Frey, the instructor at **nanafrey05@gmail.com** to sign up.

**This is not a drop in class.** Each class builds on the instruction from the week before.



## **Ladies Tea**

This month on **Wednesday, May 29th** at **11:00 AM** we will be hosting a Ladies Tea.

This event is **\$5 per person**. You may sign up at the front desk of the center by **Wednesday, 5/22**.



**Come dressed in your best Sunday Hat!**



## Mens Pancake Breakfast

On Tuesday, May 14th we will be hosting Mens Pancake Breakfast at 10:00AM.

The cost will be \$5 per person and deadline to sign up is Tuesday, 5/7.

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## Friday Birthday and Pizza Bingo

Friday, May 3rd: We will be celebrating members whom have a birthday this month! Join us for a good game a bingo and cupcakes!

Friday, May 24th: We will be having Pizza Bingo!! Pizza will be \$6 per person. Please sign up at the front desk by Thursday, May 16th.

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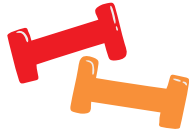


## Educational Series

### All taking place in the Multi-Purpose Room

- **May 2nd**: Oak Street Health will be here making Mother's Day Cards.
  - **May 14th**: Outsmart the Scam Presentation @ 10:30am.
  - **May 21st**: Social Security/Taxes/Retirement Protection Presentation @ 10:30am.
-

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, 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**