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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:

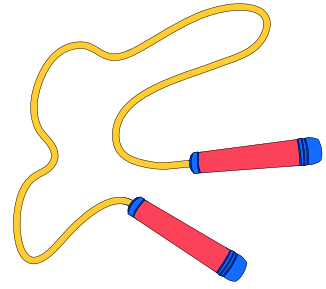
- Center will be closed **Thursday, July 4th** in honor of Independence Day!
- Lunch Day at Stax Omega Diner **Thursday, July 25th.** Meet at restaurant as there will be no bus transportation. Please sign up by 7/18.



# ***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
- **Book Club:** 3rd Thursday @ 10:00
- **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:** 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:** Tuesdays @ 10 and Wednesdays @ 9
- **Phase 10:** Fridays @ 10
- **Pickleball:** Wednesdays @ 1:30, Thursdays @ 1, Fridays @ 10:30
  - \* **Beginner Pickleball:** Wednesday 1:30- 2:30, Thursday 1-2:00, Friday 2- 3:45
- **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





# July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>9:00- Cardio 9:00- Canasta <b>9:30- Humana Info Table</b> 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>2</b></p> <p>9:30- T'ai Chi 10:00 -Mah Jonng 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><b>3</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 1:30-2:30- Beginner Pickleball</p>	<p><b>4</b></p> <p><b>Closed</b></p> <p><b>HAPPY 4th of July</b></p>	<p><b>5</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 2:00-3:45- Beginner Pickleball</p>
<p><b>8</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>9</b></p> <p>9:30- T'ai Chi 10:00 -Mah Jonng 10-12:- Jam Time 11:30 -Yoga 12:00- Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p><b>10</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 1:30-2:30- Beginner Pickleball</p>	<p><b>11</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 1-2:00- Beginner Pickleball <b>2:00- Oak Street Health Group- Snow Cone Social</b></p>	<p><b>12</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 2:00-3:45- Beginner Pickleball</p>
<p><b>15</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>16</b></p> <p>9:30- T'ai Chi 10:00 -Mah Jonng 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><b>17</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 1:30-2:30- Beginner Pickleball</p>	<p><b>18</b></p> <p>9:30- T'ai Chi 10:00 -Open Jam Time 10:30- Bible Study 10:00- Book Club 11:30- Yoga 1:00 -Pickleball 1-2:00- Beginner Pickleball</p>	<p><b>19</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 2:00-3:45- Beginner Pickleball</p>
<p><b>22</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>23</b></p> <p>9:30- T'ai Chi 10:00 -Mah Jonng 10-12- Jam Time 11:30 -Yoga 12:00-Dominoes 1:00- Beginner L.D. 2:15- Improver L.D.</p>	<p><b>24</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 1:30-2:30- Beginner Pickleball</p>	<p><b>25</b></p> <p>9:30- T'ai Chi 10:00 -Open Jam Time 10:00- Bunco <b>10:00- Heartland Hospice Presentation</b> 10:30- Bible Study 11:30- Yoga <b>12:00- Lunch Day at Stax Omega Diner</b> 1:00 -Pickleball 1-2:00- Beginner Pickleball</p>	<p><b>26</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 7/19.</b> 12:30 -Dominoes 2:00-3:45- Beginner Pickleball</p>
<p><b>29</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>30</b></p> <p>9:30- T'ai Chi 10:00 -Mah Jonng 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><b>31</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 1:30-2:30- Beginner Pickleball</p>	<p><b>Center Hours: Mon-Fri 8:00am-4:00pm</b></p>	

# Lunch Day

**Lunch Day** at Stax Omega Diner Thursday, July 25th.

Please sign up at the center by **7/18**. Members plan to meet at the diner, as there will be no bus transportation to this lunch. Thank you!



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**Stax Omega Diner is located at:** 72 Orchard Park Dr, Greenville, SC 29615

## Bible Study News



Due to unforeseen circumstances, the Bible Study on Prayer will not begin until July 11, 2024. There's plenty of time to consider joining us from 10:30am- Noon on Thursdays in the upstairs multi-purpose room. There's plenty of space and we'd love for you to be a part of this study.



## Birthday and Pizza Bingo

**Meet in the Multi-Purpose room at 12:30**

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



**FOLLOW US ON FACEBOOK:**

**RAY W. HOPKINS MAULDIN SENIOR CENTER**