
Ray W. 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 **Monday, September 2** for Labor Day.
- Greenville County Election Voter Training held in the Fireplace Room starting **Monday 9/23 through Friday 10/18.**



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
- **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
 - * **Improver 1 Line Dancing:** Tuesdays @ 1
 - * **Improver 2 Line Dancing:** Tuesdays @ 2:15
- **Mah Jongg:** Tuesdays @ 10, Wednesdays @ 9
- **Phase 10:** Fridays @ 10
- **Pickleball:** Wednesdays @ 1:30, Thursdays @ 1, Fridays @ 10:30
 - * **Beginner Pickleball:** Wednesdays 1:30-2:30, Thursdays 1-2:00, Fridays 2-3:45
- **Pinochle:** Mondays @ 12
- **Poker:** Wednesdays @ 11:30
- **Rummikub:** Mondays, 12-2
- **T'ai Chih:** Tuesdays & Thursdays @ 9:30
- **Ukulele:** Wednesdays @ 1
- **Yoga:** Mondays @ 12:15, Tuesdays @ 11:30, Thursdays @ 11:30
 - * **Chair Yoga:** Wednesdays @ 12:15



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>CLOSED</p> 	9:30- T'ai Chi Chih 10:00 -Mah Jonng 10:00- Camera Club 10-12: Jam Time 11:30 -Yoga 12:00- Dominoes 1:00- Improver 1 L.D. 2:15- Improver 2 L.D.	9:00 -Cardio 9:00 -Mah Jongg 9:30- Humana Info. Table 10:00 -Hand & Foot 10:00-Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00- Ukulele 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball	9:30- T'ai Chi Chih 10:00 -Open Jam time 10:00- Bunco 10:00- Heartland Hospice Presentation 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball 1-2:00- Beginner Pickleball	9:00- Cardio 9:30- Humana Info. Table 10:00-Phase 10 10:00- Cribbage 10:30- Pickleball 11:30-Bridge 12:30- Birthday BINGO!! 2:00-3:45- Beginner Pickleball
9	10	11	12	13
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.	9:30- T'ai Chi Chih 10:00 -Mah Jonng 10-12: Jam Time 11:30 -Yoga 12:00- Dominoes 1:00- Improver 1 L.D. 2:15- Improver 2 L.D.	9:00 -Cardio 9:00 -Mah Jongg 9:30- Humana Info. Table 10:00 -Hand & Foot 10:00-Cornhole 10:00- Lunch & Learn presented by Center Well Primary Care- Living Healthy to 100. 11:30 -Poker 12:15- Chair Yoga 1:00- Ukulele 1:00- Knitting 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball	9:30- T'ai Chi Chih 10:00- Open Jam Time 10:30 -Bible Study 11:30 -Yoga 1:00 -Pickleball 1-2:00- Beginner Pickleball	9:00- Cardio 9:30- Humana Info. Table 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
16	17	18	19	20
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.	9:30- T'ai Chi Chih 10:00 -Mah Jonng 10:00- Camera Club 10:00- Bon Secours Health LifeWise Program Presentation. 10-12: Jam Time 11:30 -Yoga 12:00-Dominoes 1:00-Improver 1 L.D. 2:15- Improver 2 L.D.	9:00 -Cardio 9:00 -Mah Jongg 9:30- Humana Info. Table 10:00 -Hand & Foot 10:00 -Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball	9:30- T'ai Chi Chih 10:00 -Open Jam Time 10:00- Bunco 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball 1-2:00- Beginner Pickleball 1:00-3- Cards for Kindness	9:00- Cardio 9:30- Humana Info. Table 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
23	24	25	26	27
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..	9:30- T'ai Chi Chih 10:00 -Mah Jonng 10:00 Top Scams Currently in Play Presentation by First Carolina Bank. 10-12: Jam Time 11:30 -Yoga 12:00-Dominoes 1:00- Improver 1 L.D. 2:15- Improver 2 L.D.	9:00 -Cardio 9:00 -Mah Jongg 9:30- Humana Info. Table 10:00 -Hand & Foot 10:00 -Cornhole 10:00- Dear Retirement Presentation: Long Term Care, Social Security Maximization, Retirement Planning. 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele 1:00- Knitting 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball	9:30- T'ai Chi Chih 10:00 -Open Jam Time 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball 1-2:00- Beginner Pickleball 1:00- Helping Hands	9:00-Cardio 9:30- Humana Info. Table 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
30			<p>Greenville County Election Voter Training held in the Fireplace Room starting Monday 9/23 through Friday 10/18.</p>	<p>Center Hours: Mon-Fri 8:00am-4:00pm</p>





Line Dancing



A new Intro to Line Dancing class will start on **Monday, October 7th at 1:30PM**. New members may enroll until **October 14th**. No new students will be accepted after that date. Class ends on **January 27, 2025**.

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

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

Greenville County Election Voter Training

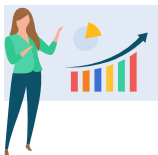


There will be Greenville County Election Voter Training here at the Senior Center starting **Monday 9/23** through **Friday 10/18**. The GCE Voter Training will be held in the **Fireplace Room** during this time.

Classes are Monday-Friday from **9:00a.m. - 11:00am** and again from **1:00pm-3:00pm**

Upcoming Informational Presentations

- **Humana Info. Table:** Every **Wednesday** and **Friday** @ 9:30
- **9/5:** Heartland Hospice Presentation @ 10:00am
- **9/11:** Lunch & Learn- Living Healthy to 100 presented by Center Well Primary Care @ 10:00am
- **9/17:** Bon Secours Health LifeWise Program Presentation @ 10:00am
- **9/24:** Top Scams Currently in Play Presentation by First Carolina Bank @ 10:00am
- **10:00-** Dear Retirement Presentation: Long Term Care, Social Security Maximization, Retirement Planning @ 10:00am



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 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, September 19th, 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, September 26th, 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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