

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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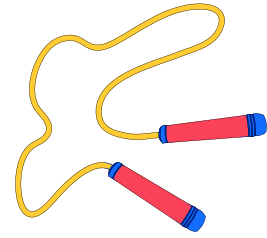
**Center
Hours
Monday –
Friday
8:00 AM to
4:00 PM**

Upcoming Events:

- Reminder that Gameroom will be closed 10/17-11/11 due to Early Voting. All game room activities will be held upstairs during this time.
- Candy Cauldron Activity **Wednesday, October 16th at 1:00**. Bring your favorite candy and take home a bag of assorted treats! Please sign up by Wednesday, October 9th.
- Pumpkin Painting **Thursday, October 31st at 1:00**. Please sign up by Thursday, October 24th.



REGULARLY SCHEDULED ACTIVITIES



- **Art Group:** Mondays, 10-Noon
- **Bible Study:** Thursdays, 10:30-Noon
- **Bingo:** Fridays @ 12:30
- **Bridge:** Mondays & Fridays @ 11:30
- **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 Chi 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
<p>Center Hours: Mon-Fri 8:00am-4:00pm</p>	<p>9:30- T'ai Chi Chih 1</p> <p>10:00 -Mah Jonng</p> <p>10-12- Camera Club</p> <p>11-12:30- Lunch & Learn: Home Health Care & Life Insurance Planning.</p> <p>11:30 -Yoga</p> <p>12:00- Dominoes</p> <p>1:00- Improver 1 L.D.</p> <p>2:15- Improver 2 L.D.</p>	<p>9:00 -Cardio 2</p> <p>9:00- Mah Jonng</p> <p>10:00- Hand & Foot</p> <p>10:00- Cornhole</p> <p>11:30- Poker</p> <p>12:15- Chair Yoga</p> <p>1:00- Ukulele</p> <p>1:30- Pickleball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>9:30- T'ai Chi Chih 3</p> <p>10:00 -Open Jamtime</p> <p>10:30- Bible Study</p> <p>11:30- Yoga</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p>	<p>9:00- Cardio 4</p> <p>9:30-Humana Info Table.</p> <p>10:00-Phase 10</p> <p>10:00- Cribbage</p> <p>10:30- Pickleball</p> <p>11:30-Bridge</p> <p>12:30- Birthday BINGO!!</p> <p>12:30 -Dominoes</p> <p>2:00-3:45- Beginner Pickleball</p>
<p>9:00- Cardio 7</p> <p>9:00- Canasta</p> <p>10:00- Art Group, Cribbage, Cornhole, Hand & Foot.</p> <p>11:30 -Bridge</p> <p>12:00 -Pinochle & Rummikub</p> <p>12-4:00 - Open Game Time</p> <p>12:15-Yoga</p> <p>12:30 -Crochet</p> <p>1:30- Intro 1 to L.D.</p> <p>2:40- Low Beginner L.D.</p>	<p>9:30- T'ai Chi Chih 8</p> <p>10:00 - Mah Jonng</p> <p>10-12: Jam Time</p> <p>10-12- Camera Club</p> <p>11:30 -Yoga</p> <p>12:00- Dominoes</p> <p>1:00- Improver 1 L.D.</p> <p>2:15- Improver 2 L.D.</p>	<p>9:00 -Cardio 9</p> <p>9:00 -Mah Jonng</p> <p>10:00 -Hand & Foot</p> <p>10:00-Cornhole</p> <p>10:00- Lunch & Learn : Center Well Primary Care - Medicare Updates for 2025.</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>1:00- Ukulele</p> <p>1:00- Knitting</p> <p>1:30 -Pickle Ball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>9:30- T'ai Chi Chih 10</p> <p>10:00- Open Jam Time</p> <p>10:30 -Bible Study</p> <p>11:30 -Yoga</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p>	<p>9:00- Cardio 11</p> <p>9:30- Humana Info Table.</p> <p>10:00-Phase 10</p> <p>10:00- Cribbage</p> <p>10:30- Pickleball</p> <p>11:30- Bridge</p> <p>12:30- BINGO</p> <p>12:30 -Dominoes</p> <p>2:00-3:45- Beginner Pickleball</p>
<p>9:00- Cardio 14</p> <p>9:00- Canasta</p> <p>10:00- Art Group, Cribbage, Cornhole, Hand & Foot.</p> <p>11:30 -Bridge</p> <p>12:00 -Pinochle & Rummikub</p> <p>12-4:00 - Open Game Time</p> <p>12:15-Yoga</p> <p>12:30 -Crochet</p> <p>1:30- Intro 1 to L.D.</p> <p>2:40- Low Beginner L.D.</p>	<p>9:30- T'ai Chi Chih 15</p> <p>10:00 -Mah Jonng</p> <p>10-12: - Jam Time</p> <p>11:30 -Yoga</p> <p>12:00- Dominoes</p> <p>1:00- Improver 1 L.D.</p> <p>2:15- Improver 2 L.D.</p>	<p>9:00 -Cardio 16</p> <p>9:00 -Mah Jonng</p> <p>10:00 - Hand & Foot</p> <p>10:00 -Cornhole</p> <p>10:00- Caring Hearts in Home Care Presentation</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>1:00- Candy Cauldron Activity. Please sign up by 10/9.</p> <p>1:30 -Pickle Ball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>9:30- T'ai Chi Chih 17</p> <p>10:00 -Open Jamtime</p> <p>10:30- Bible Study</p> <p>11:30- Yoga</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p> <p>1:00-3- Cards for Kindness</p>	<p>9:00-Cardio 18</p> <p>9:30- Humana Info Table.</p> <p>10:00- Phase 10</p> <p>10:00 -Cribbage</p> <p>10:30 -Pickleball</p> <p>11:30-Bridge</p> <p>12:30 -BINGO</p> <p>12:30 -Dominoes</p> <p>2:00-3:45- Beginner Pickleball</p>
<p>9:00- Cardio 21</p> <p>9:00- Canasta</p> <p>10:00- Art Group, Cribbage, Cornhole, Hand & Foot.</p> <p>11:30 -Bridge</p> <p>12:00 -Pinochle & Rummikub</p> <p>12-4:00 - Open Game Time</p> <p>12:15- No Yoga</p> <p>12:30 -Crochet</p> <p>1:30- Intro 1 to L.D.</p> <p>2:40- Low Beginner L.D.</p>	<p>9:30- T'ai Chi Chih 22</p> <p>10:00 - Mah Jonng</p> <p>10:00- Dear Retirement Presentation: Medicare Updates/Changes.</p> <p>10-12- Jam Time</p> <p>10-12-Camera Club</p> <p>11:30 -No Yoga</p> <p>12:00-Dominoes</p> <p>1:00- Improver 1 L.D.</p> <p>2:15- Improver 2 L.D.</p>	<p>9:00 -Cardio 23</p> <p>9:00 -Mah Jonng</p> <p>10:00 -Hand & Foot</p> <p>10:00 -Cornhole</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>1:00 -Ukulele</p> <p>1:00- Knitting</p> <p>1:30 -Pickle Ball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>9:30- T'ai Chi Chih 24</p> <p>10:00 -Open Jamtime</p> <p>10:30- Bible Study</p> <p>11:30- Yoga</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p> <p>1:00- Helping Hands</p>	<p>9:00-Cardio 25</p> <p>9:30- Humana Info Table.</p> <p>10:00- Phase 10</p> <p>10:00 -Cribbage</p> <p>10:30 -Pickleball</p> <p>11:30-Bridge</p> <p>12:30- Halloween Bingo!! Please sign up by Friday, Oct. 18th.</p> <p>12:30 -Dominoes</p> <p>2:00-3:45- Beginner Pickleball</p>
<p>9:00- Cardio 28</p> <p>9:00- Canasta</p> <p>9:30- Oak Street Health Info. Table</p> <p>10:00- Art Group, Cribbage, Cornhole, Hand & Foot.</p> <p>11:30 -Bridge</p> <p>12:00 -Pinochle & Rummikub</p> <p>12-4:00 - Open Game Time</p> <p>12:15-Yoga</p> <p>12:30 -Crochet</p> <p>1:30- Intro 1 to L.D.</p> <p>2:40- Low Beginner L.D.</p>	<p>9:30- T'ai Chi Chih 29</p> <p>10:00 -Mah Jonng</p> <p>10:00- Sweet Louise Home Care Info Table.</p> <p>10-12- Jam Time</p> <p>11:30 -Yoga</p> <p>12:00-Dominoes</p> <p>1:00- Improver 1 L.D.</p> <p>2:15- Improver 2 L.D.</p>	<p>9:00 -Cardio 30</p> <p>9:00 -Mah Jonng</p> <p>10:00 -Hand & Foot</p> <p>10:00 -Cornhole</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>1:00 -Ukulele</p> <p>1:30 -Pickle Ball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>9:30- T'ai Chi Chih 31</p> <p>10:00 -Open Jamtime-</p> <p>10:30- Bible Study</p> <p>11:30- Yoga</p> <p>1:00- Pumpkin Painting. Please sign up by 10/31.</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p>	<p>DON'T FORGET</p> <p>Game Room will be closed 10/17 - 11/11 due to Early Voting and General Election Day.</p> <p>All Game Room activities will be held upstairs!</p>





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- 6:00PM** starting **October 21st through November 2nd**.

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

- **October 17th through October 18th:** Voting Equipment set-up. **All Game Room activities will be upstairs during this time.**
- **October 21st through November 2nd:** Early Voting will be taking place. **All Game Room activities will be held upstairs during this time.**
- General Election Day will be **November 5th, 8:30am- 6:00pm**: **All Game Room activities will be held upstairs during this time.**



Additional Information



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**



October Activities



Please be sure to sign up for these activities at the front desk!

- Wednesday, October 16th- Candy Cauldron Activity @ 1:00. Please sign up by Wednesday, October 9th.
- Friday, October 25th- Halloween Bingo @ 12:30. Please sign up by Friday, October 18th.
- Thursday, October 31st- Pumpkin Painting @ 1:00. Please sign up by Thursday, October 24th.



Upcoming Informational Presentations



Please be sure to sign up for these activities at the front desk!

- 10/1: Lunch & Learn: Home Health Care & Life Insurance Planning @ 11-12:30
- 10/9: Lunch & Learn: Medicare Updates for 2025 by Center Well @ 10:00
- 10/16: Caring Hearts in Home Care Presentation @ 10:00
- 10/22: Dear Retirement Presentation: Medicare Updates/Changes @ 10:00
- 10/29: Sweet Louise Home Care Info Table @ 10:00



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.

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, October 17th , 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, October 24th , 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 assemble.

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:

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