

## 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](http://MauldinRecreation.com)—Click on “Senior Center” tab.

Follow us on Facebook @ Ray W. Hopkins Mauldin Senior Center

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



### Upcoming Events:

- Center will be **closed Monday, November 11th** in honor of Veterans Day.
- Senior Center will be **closed Thursday, November 28th** through **Friday, November 29th**. Happy Thanksgiving to all!
- Trip to the Festival of Trees **11/22**. We will be leaving the center at 11:45am. **Sign up by 11/15.**
- Trip to the Holiday Fair at the Greenville Convention Center. **Sign up by 11/8**



# **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:** 3rd Wednesdays @ 10:00
- **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><b>Center Hours: Mon-Fri 8:00am- 4:00pm</b></p>				9:00- Cardio <b>9:30- Humana Info Table</b> 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
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.	<b>4</b> <b>9:30- No T'ai Chi Chih</b> 10:00 -Mah Jongg <b>10:00- No Camera Club</b> 10-12: Jam Time <b>11:30 - No Yoga</b> 12:00- Dominoes <b>1:00- No Improver 1 L.D.</b> <b>2:15- No Improver 2 L.D.</b>	<b>5</b> 9:00 -Cardio 9:00 -Mah Jongg 10:00 -Hand & Foot 10:00-Cornhole 11:30 -Poker 12:15- Chair Yoga <b>1:00- Mocktail "Sip &amp; Paint"</b> 1:00- Ukulele 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball	<b>6</b> 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	<b>7</b> 9:00- Cardio <b>9:30- Humana Info Table</b> 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
<b>11</b> 	<b>12</b> 9:30- T'ai Chi Chih 10:00 -Mah Jongg 10-12: Jam Time 11:30 -Yoga 12:00-Dominoes 1:00-Improver 1 L.D. 2:15- Improver 2 L.D.	<b>13</b> 9:00 -Cardio 9:00 -Mah Jongg <b>10:00- Wellcare Medicare Plans Presentation</b> 10:00 -Hand & Foot 10:00 -Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00 -Ukulele 1:00- Knitting <b>1:00- Apple Pie Competition</b> 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball	<b>14</b> 9:30- T'ai Chi Chih 10:00 -Open Jam Time <b>10:00- Estate Planning Edward Jones Presentation: Sign up at Front Desk by 11/8</b> 10:30- Bible Study 11:30- Yoga 1:00 -Pickleball 1-2:00- Beginner Pickleball <b>1:00-3- Cards for Kindness</b>	<b>15</b> 9:00- Cardio <b>9:30- Humana Info Table</b> 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
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9:00- Cardio 9:00- Canasta <b>9:30- Oak Street Health Info. Table</b> 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 <b>1:00- Candy Apple Bar</b> 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D.	<b>25</b> 9:30- T'ai Chi Chih 10:00 -Mah Jongg <b>10:30 -TDG Financial: Taking the Mystery out of Estate Planning</b> 10-12: Jam Time <b>11:30 - No Yoga</b> 12:00-Dominoes 1:00- Improver 1 L.D. 2:15- Improver 2 L.D.	<b>26</b> 9:00 -Cardio 9:00 -Mah Jongg 10:00 - Hand & Foot 10:00 -Cornhole 11:30 -Poker <b>12:15- No Yoga</b> 1:00 -Ukulele 1:00- Knitting 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball	<b>27</b> <p><i>HAPPY Thanksgiving</i></p> 	<b>28</b> <p><i>HAPPY Thanksgiving</i></p> 
<b>29</b> 9:00- Cardio 9:00- Canasta <b>9:30- Oak Street Health Info. Table</b> 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 <b>1:00- Candy Apple Bar</b> 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D.	<b>25</b> 9:30- T'ai Chi Chih 10:00 -Mah Jongg <b>10:30 -TDG Financial: Taking the Mystery out of Estate Planning</b> 10-12: Jam Time <b>11:30 - No Yoga</b> 12:00-Dominoes 1:00- Improver 1 L.D. 2:15- Improver 2 L.D.	<b>26</b> 9:00 -Cardio 9:00 -Mah Jongg 10:00 - Hand & Foot 10:00 -Cornhole 11:30 -Poker <b>12:15- No Yoga</b> 1:00 -Ukulele 1:00- Knitting 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball	<b>27</b> <p><i>HAPPY Thanksgiving</i></p> 	<b>28</b> <p><i>HAPPY Thanksgiving</i></p> 

# Voting



## Announcements

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.
- All Game Room Activities will resume on November 12th.

**There will be no exercise classes in the Gymnasium Tuesday, November 5th due to General Election Day.**





# Holiday Fair at the Greenville Convention Center

**Friday, December 6th - Leaving at 9:00am**

The Greenville Convention Center has been producing Holiday Fair for 55 years, one of the most successful holiday markets in the Southeast drawing more than 375 vendors from around the country. Local artisans and crafters are featured alongside purveyors of gifts for everyone on the shopping list.

Limited Space! Sign up and pay at the front desk of the Senior Center by **11/8**. \$8 entry fee.



## Trip to the Festival of Trees



**Friday, November 22nd.  
Leaving center at 11:45am**

**Enjoy the magic of Christmas at the Festival of Trees!**

The 39th annual Festival of Trees will bring the 2024 holiday season to life starting on November 22. Every year, local florists, schools and organizations sponsor and decorate over 50 trees. You can see them on display at two hotels in downtown Greenville. Take the opportunity to experience the magic of the holidays with your loved ones!

Limited space! Please sign up at the front desk by **Friday, November 15th**



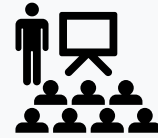
# UPCOMING EVENTS



## SENIOR CENTER ACTIVITIES

- **11/6: Mocktail “Paint and Sip” . Presented by Humana at 1:00**
- **11/13: Apple Pie Competition at 1:00**
- **11/18: Air Dry Clay Sculpting at 1:00**
- **11/20: Air Dry Clay Painting Continued at 1:00**
- **11/25: Candy Apple Bar at 1:00**

## INFORMATIVE PRESENTATIONS



- **11/13: Wellcare Medicare Plans Presentation at 10:00**
- **11/14: Estate Planning- Edward Jones Presentation at 10:00**
- **11/19: Dear Retirement “Navigating through Social Security, Medicare and Long-Term Care” at 10:00**
- **11/21: Heartland Hospice Presentation: Grief during the Holidays at 10:00**
- **11/25: Oak Street Health Info. Table at 9:30**
- **11/26: TDG Financial: Taking the Mystery out of Estate Planning at 10:30**

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, November 14th, 1-3PM**



Cards for Kindness will be making Christmas cards for Meals on Wheels in Greenville. So, bring your holiday spirit to make others happy with the delightful designs you will be creating with your Christmas cards.

All materials are supplied.

## Helping Hands Program

**Thursday, November 21st, 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:**

**RAY W. HOPKINS MAULDIN SENIOR CENTER**