
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:

- Lunch & Learn - Dear Retirement: Medicare **Tuesday, December 3rd.**
- Holiday Fair at the Greenville Convention Center **Friday, December 6th.**
- Center will be closed **Tuesday, December 24th** and **Wednesday, December 25th.** Happy Holidays!



REGULARLY SCHEDULED ACTIVITIES

- **Art Group:** Mondays, 10-Noon
- **Bible Study:** Thursdays, 10:30-Noon
- **Bingo:** Fridays @ 12:30
- **Book Club:** Every 3rd Thursday of the month @ 10
- **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 @ 9:30
- **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 |
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| <p>9:00- Cardio 2</p> <p>9:00- Canasta</p> <p>9:30- Cribbage</p> <p>10:00- Art Group, Cornhole, Hand & Foot.</p> <p>10:00- Fall Risk Assessments - FYZICAL Therapy & Balance</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 3</p> <p>10:00 -Mah Jonng</p> <p>10:00- Camera Club</p> <p>10-12: Jam Time</p> <p>11:00 - Dear Retirement: Medicare Lunch & Learn</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 4</p> <p>9:00 -Mah Jongg</p> <p>10:00 -Hand & Foot</p> <p>10:00-Cornhole</p> <p>10:00- Wellcare Medicare Plans Presentation.</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>1:00- Hot Chocolate & Donut Social: Molina Health.</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 5</p> <p>10:00- Open Jam Time</p> <p>10:00- Bunco</p> <p>10:00- Identity Theft Presentation by Western & Southern Life</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 6</p> <p>9:00- Holiday Fair Trip</p> <p>9:30- Cribbage</p> <p>10:00-Phase 10</p> <p>10:00- Humana Info Table</p> <p>10:30- Pickleball</p> <p>11:30-Bridge</p> <p>12:30- Bingo Cancelled</p> <p>12:30 -Dominoes</p> <p>2:00-3:45- Beginner Pickleball</p> |
| <p>9:00- Cardio 9</p> <p>9:00- Canasta</p> <p>9:30- Cribbage</p> <p>10:00- Art Group, Cornhole, Hand & Foot.</p> <p>10:00- DIY Ornament Painting</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>1:00 -Savvy Seniors - Scams Presentation</p> <p>1:00 - Upstate Therapy Dogs Visit</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 10</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>1:00 - Cards for Kindness</p> | <p>9:00 -Cardio 11</p> <p>9:00 -Mah Jongg</p> <p>10:00 -Hand & Foot</p> <p>10:00-Cornhole</p> <p>11:00- Lunch with Lionel</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 12</p> <p>10:00- Open Jam Time</p> <p>10:00 - Grief During the Holidays: Heartland Hospice Presentation</p> <p>10:30 -Bible Study</p> <p>11:30 - NO YOGA</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p> | <p>9:00- Cardio 13</p> <p>9:30- Cribbage</p> <p>10:00-Phase 10</p> <p>10:00- Humana Info Table</p> <p>10:30- Pickleball</p> <p>11:30- Bridge</p> <p>11:30- Christmas Potluck Bingo. Sign up by 12/6.</p> <p>12:30- Bingo</p> <p>12:30 -Dominoes</p> <p>2:00-3:45- Beginner Pickleball</p> |
| <p>9:00- Cardio 16</p> <p>9:00- Canasta</p> <p>9:30- Cribbage</p> <p>10:00- Art Group, 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. Christmas Potluck</p> <p>2:40- Low Beginner L.D. Christmas Potluck</p> | <p>9:30- T'ai Chi Chih 17</p> <p>10:00 -Mah Jonng</p> <p>10:00- Camera Club</p> <p>10-12: Jam Time</p> <p>11:30 -Yoga</p> <p>12:00-Dominoes</p> <p>1:00-Improver 1 L.D. Christmas Potluck</p> <p>2:15- Improver 2 L.D. Christmas Potluck</p> | <p>9:00 -Cardio 18</p> <p>9:00 -Mah Jongg</p> <p>9:30- Info Table: Family Focus Insurance Group</p> <p>10:00 -Hand & Foot</p> <p>10:00 -Cornhole</p> <p>10:30- Gardening Club Clean-Up Day</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 19</p> <p>10:00 -Open Jam Time</p> <p>10:00- Bunco</p> <p>10:00- Book Club</p> <p>10:30- Bible Study</p> <p>11:30- Yoga</p> <p>1:00 -Pickleball</p> <p>1:00- Mocktail Sip & Paint</p> <p>1-2:00- Beginner Pickleball</p> | <p>9:00- Cardio 20</p> <p>9:30- Cribbage</p> <p>10:00-Phase 10</p> <p>10:00- Humana Info Table</p> <p>10:30- Pickleball</p> <p>11:30- Bridge</p> <p>12:30- BINGO</p> <p>12:30 -Dominoes</p> <p>1:00- Blood Pressure Checks: Prisma Health</p> <p>2:00-3:45- Beginner Pickleball</p> |
| <p>9:00- Cardio 23</p> <p>9:00- Canasta</p> <p>9:30- Cribbage</p> <p>10:00-Cornhole, Art Group, 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- NO LINE-DANCING</p> <p>2:40- NO LINE-DANCING</p> | <p>24</p> <p><i>Closed</i></p> <p><i>Merry Christmas</i></p> | <p>25</p> <p><i>Closed</i></p> <p><i>Merry Christmas</i></p> | <p>26</p> <p>9:30- T'ai Chi Chih</p> <p>10:00 -Open Jam Time</p> <p>10:30- Bible Study</p> <p>11:30- NO YOGA</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p> | <p>9:00-Cardio 27</p> <p>9:30- Cribbage</p> <p>10:00- Phase 10</p> <p>10:00- Humana Info Table</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 30</p> <p>9:00- Canasta</p> <p>9:30- Cribbage</p> <p>10:00- Cornhole, Art Group, 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- NO LINE DANCING</p> <p>2:40- NO LINE DANCING</p> | <p>31</p> <p>9:30- T'ai Chi Chih</p> <p>10:00 -Mah Jonng</p> <p>10:00- Camera Club</p> <p>10-12: Jam Time</p> <p>11:30 - NO YOGA</p> <p>1:00- NO LINE-DANCING</p> <p>2:15- NO LINE-DANCING</p> | | | <p>Center Hours:</p> <p>Mon-Fri</p> <p>8:00am-</p> <p>4:00pm</p> |

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.



At 1:00PM we will meet back up at the drop off location to go to lunch at Stax Omega Diner.



Christmas Potluck Bingo

Join your friends for a time of fellowship, food, & fun.

Bring a covered dish, dessert, or finger food to share.

Friday, December 13th

11:30-12:30: Lunch

12:30-2:30: Bingo



Please sign up at the Senior Center to participate by **Friday, December 6th.**



UPCOMING EVENTS



SENIOR CENTER ACTIVITIES

- **12/4: Hot Chocolate & Donut Social with Molina Health at 1:00**
- **12/6: Holiday Fair Trip at 9:00**
- **12/9: Upstate Therapy Dogs Visit at 1:00**
- **12/13: Christmas Potluck Bingo at 11:30. Bingo to follow at 12:30. Sign up by 12/6.**

INFORMATIONAL PRESENTATIONS



- **12/2: Heartland Hospice Presentation: Grief during the Holidays at 10:00**
- **12/3: Dear Retirement Lunch & Learn at 11:00**
- **12/4: Wellcare Medicare Plans Presentation at 10:00**
- **12/5: Identity Theft Presentation at 10:00**
- **12/0: Savvy Seniors- Scams Presentation at 10:00**
- **12/11: Lunch with Lionel**

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

Tuesday, December 10th, 2024

1:00 - 3:00pm



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

No Helping Hands for this month!

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