
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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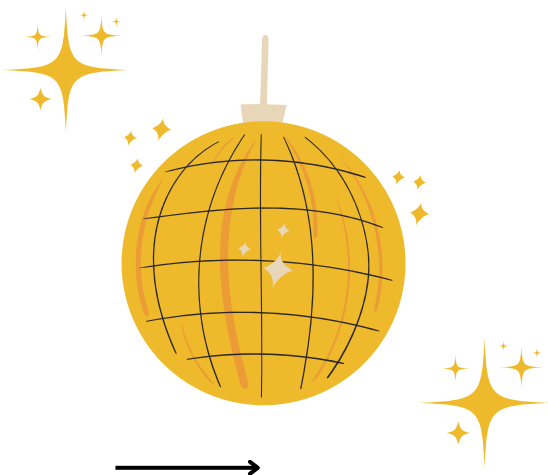
Center Hours:

Monday – Friday

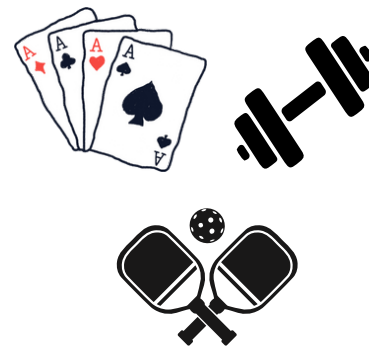
8:00 AM to 4:00 PM

Upcoming Events:

- Senior Center will be closed Wednesday, January 1st. Happy New Year!
- A new Intro to Line Dancing class will start on Monday, February 3rd at 1:30pm. New members may enroll until February 10th.



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 @ 9:00
- **Cardio:** Mondays, Wednesdays, & Fridays @ 9:00
- **Cornhole:** Mondays & Wednesdays @ 10; Ladies-Mondays @ 10:00
- **Cribbage:** Mondays & Fridays @ 10:00
- **Crochet:** Mondays @ 12:30
- **Dominoes:** Tuesdays @ 12, Fridays @ 12:30
- **Game Time:** Mondays, Noon - 4
- **Hand, Foot, & Elbow:** Monday & Wednesdays @ 10:00
- **Jam Time:** Tuesdays & Thursdays, 10-Noon
- **Knitting:** 2nd & 4th Wednesdays @ 1:00
- **Line Dancing:**
 - * **Intro to Line Dancing:** Mondays @ 1:30
 - * **Low Beginner Line Dancing:** Mondays @ 2:40
 - * **Improver 1 Line Dancing:** Tuesdays @ 1:00
 - * **Improver 2 Line Dancing:** Tuesdays @ 2:15
- **Mah Jongg:** Tuesdays @ 10, Wednesdays @ 9:00
- **Phase 10:** Fridays @ 10:00
- **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 @ 12:00
- **Poker:** Wednesdays @ 11:30
- **Rummikub:** Mondays, 12-2
- **T'ai Chi Chih:** Tuesdays & Thursdays @ 9:30
- **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>1</p> <p><i>Happy New Years</i></p> <p>WE ARE CLOSED TODAY</p>	<p>2</p> <p>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</p>	<p>3</p> <p>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!! 12:30 -Dominoes 2:00-3:45- Beginner Pickleball</p>
<p>6</p> <p>9:00- Cardio 9:00- Canasta 9:30- Sweet Louise Home Care Info Table 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.</p>	<p>7</p> <p>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.</p>	<p>8</p> <p>9:00 -Cardio 9:00 -Mah Jongg 9:30- Humana Info. Table 10:00 -Hand & Foot 10:00-Cornhole 10:30- "Coastal Critters" Live Animals Program by Roper Mountain Science Center. (Sign up at Front Desk or phone) 11:30 -Poker 12:15- Chair Yoga 1:00- Knitting 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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 1:00- Blood Pressure Checks 2:00-3:45- Beginner Pickleball</p>
<p>13</p> <p>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 1:00- Savvy Seniors "Scams" Presentation (Sign up at Front Desk or phone) 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D.</p>	<p>14</p> <p>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.</p>	<p>15</p> <p>9:00 -Cardio 9:00 -Mah Jongg 9:30- Humana Info. Table 10:00- Enlightened Home Care Presentation (Sign up at Front Desk or phone) 10:00 -Hand & Foot 10:00 -Cornhole 11:30 -Poker 12:15- Chair Yoga 1:00- Bingo presented by Wellcare (Sign up at Front Desk or phone) 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball</p>	<p>16</p> <p>9:30- T'ai Chi Chih 10:00 -Open Jam Time 10:00- Bunco 10:30- Bible Study Fellowship 11:30- Yoga 1:00- Western & Southern Life Presentation (Sign up at Front Desk or phone) 1:00 -Pickleball 1-2:00- Beginner Pickleball 1-3:00- Cards for Kindness</p>	<p>17</p> <p>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</p>
<p> WE ARE CLOSED TODAY</p> <p>20</p>	<p>21</p> <p>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.</p>	<p>22</p> <p>9:00 -Cardio 9:00 -Mah Jongg 9:30- Humana Info. Table 10:00 - Hand & Foot 10:00 -Cornhole 10:00- Greenville Water Presentation (Sign up at Front Desk or phone) 11:30 -Poker 12:15- Chair Yoga 1:00- Upstate Therapy Dogs 1:00- Knitting 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball</p>	<p>23</p> <p>9:30- T'ai Chi Chih 10:00 -Open Jam Time 10:30- Bible Study 11:30- Yoga 1-3:00- Helping Hands 1:00 -Pickleball 1-2:00- Beginner Pickleball</p>	<p>24</p> <p>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</p>
<p>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 1:00- Griswold Home Care Presentation (Sign up at Front Desk or phone) 1:30- Intro 1 to L.D. 2:40- Low Beginner L.D.</p> <p>27</p>	<p>28</p> <p>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.</p>	<p>29</p> <p>9:00 -Cardio 9:00 -Mah Jongg 9:30- Humana Info. Table 10:00 - Hand & Foot 10:00 -Cornhole 11:00- SC Thrive "Senior Resources" Lunch & Learn. Sign up by 1/24. 11:30 -Poker 12:15- Chair Yoga 1:30 -Pickle Ball 1:30-2:30- Beginner Pickleball</p>	<p>30</p> <p>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</p>	<p>31</p> <p>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</p>



LINE DANCING CLASS

updates

A new Intro to Line Dancing class will start on Monday, February 3rd at 1:30PM. New members may enroll until February 10th.

No new students will be accepted after that date.

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

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

Class Schedule

Monday Class Times:

1:30: Intro 1 to Line-Dancing

2:40: Low Beginner Line-Dancing

Tuesday Class Times:

1:00: Improver 1 Line-Dancing

2:15: Improver 2 Line-Dancing

ART INSTRUCTION

Steve West

About Instructor

INSTRUCTOR: AWARD WINNING ARTIST/TEACHER STEVE WEST

- **MASTER OF ARTS DEGREE IN ART EDUCATION AND CERTIFICATION IN EDUCATIONAL ADMINISTRATION**
- **30 YEARS CLASSROOM ART TEACHER IN FLORIDA AND NORTH CAROLINA**
- **2 YEARS DISTRICT ART SPECIALIST FOR VOLUSIA COUNTY SCHOOLS (DAYTONA BEACH AREA)**
- **3 SEMESTERS ADJUNCT ART INSTRUCTOR AT CALDWELL COMMUNITY COLLEGE (HUDSON, NC)**

**WHEN: FIRST AND THIRD TUES. EACH MONTH, STARTING FEBRUARY 4, 2025
10:00AM - 12:00PM**

WHERE: FIREPLACE ROOM

SUPPLIES: FOR THE FIRST CLASS, PLEASE BRING SOFT LEAD PENCILS, AS EBONY OR REGULAR #2 LEAD PENCILS, KNEADED RUBBER ERASER, COPY MACHINE PAPER



FIRST PROJECT:

DRAWING A HUMAN HEAD

**FUTURE TOPICS: HUMAN BODY, STILL LIFE,
PERSPECTIVE, CALLIGRAPHY, WATERCOLOR
PAINTING, ETC.**

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, January 16th, 1-3PM



We will be making Valentine cards for Meals on Wheels in Greenville. So, bring your loving spirit to make others happy with the delightful designs. Your creativity and kindness will surely brighten someone's day!

All materials are supplied.

Helping Hands Program

Thursday, January 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 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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