
Ray W. Hopkins Mauldin Senior Center

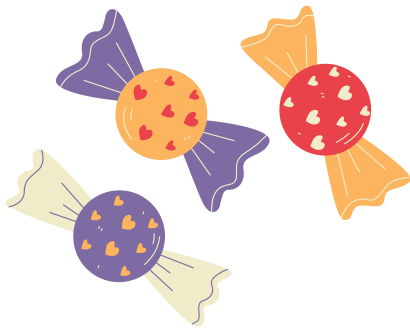


203 Corn Road, Greenville, SC 29607 • 864-234-3488 • Mailing Address: P.O. Box 249, Mauldin, SC 29662

MauldinRecreation.com-Click on "Senior Center" tab.

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

Center Hours:
Monday - Friday
8:00 AM to 4:00 PM

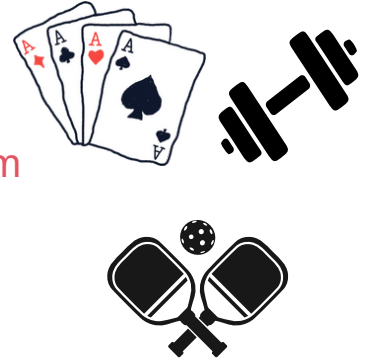


Upcoming Events:

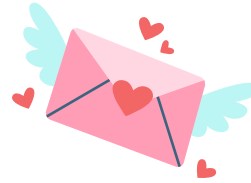
- AARP Tax Aide - Will be every Tuesday starting 2/4 and ending on 4/29
- Super Bowl Potluck 2/7 at 11:00
- Lunch Day at Runway Cafe Monday 2/17



REGULARLY SCHEDULED ACTIVITIES



- **Art Group:** Mondays, 10-Noon
- **Art Instruction:** First and Third Tuesdays 10:00am – 12:00pm
- **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
- **Cribbage:** Mondays & Fridays @ 10
- **Crochet:** Mondays @ 12:30
- **Dominoes:** Tuesdays @ 12, Fridays @ 12:30
- **Euchre:** 4th Tuesday of the Month @ 1:30
- **Game Time:** Mondays, Noon - 4
- **Hand, Foot, & Elbow:** 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
- **Yoga:** Mondays @ 12:15, Tuesdays @ 11:30, Thursdays @ 11:30
 - * **Chair Yoga:** Wednesdays @ 12:15



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00- Cardio 3</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-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>3:00- Safety Awareness & Basic Self-Defense Class</p>	<p>AARP will be upstairs in the multi-purpose room 4</p> <p>9:30- T'ai Chi Chih</p> <p>10:00 -Mah Jongg</p> <p>10:00- Art Instruction</p> <p>10-12: Jam Tlme</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 5</p> <p>9:00 -Mah Jongg</p> <p>10:00 -Hand & Foot</p> <p>10:00-Cornhole</p> <p>11:00- TDG Financial: Lunch & Learn (Sign up by 1/31)</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>1:30 -Pickle Ball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>6</p> <p>9:30- T'ai Chi Chih</p> <p>10:00 -Open Jam time</p> <p>10:00- Bunco</p> <p>10:00- Art Instruction</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 7</p> <p>9:30- Cribbage</p> <p>9:30- Humana Info. Table</p> <p>10:00-Phase 10</p> <p>10:30- Pickleball</p> <p>11:30-Bridge</p> <p>11:00 - Super Bowl Potluck - (Sign up by 2/3)</p> <p>12:30- Birthday Bingo</p> <p>12:30 -Dominoes</p> <p>2:00-3:45- Beginner Pickleball</p>
<p>9:00- Cardio 10</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>12:30 -Jacobi Capital- Lunch & Learn: "Social Security" (Sign up by 2/3)</p> <p>1:30- Intro 1 to L.D.</p> <p>2:40- Low Beginner L.D.</p>	<p>AARP will be upstairs in the multi-purpose room 11</p> <p>9:30- T'ai Chi Chih</p> <p>10:00 -Mah Jongg</p> <p>10-12: Jam Time</p> <p>11:30 -Yoga</p> <p>12:00- Dominoes</p> <p>1:00 - Movie Day - Meet the Parents</p> <p>1:00- Improver 1 L.D.</p> <p>2:15- Improver 2 L.D.</p>	<p>9:00 -Cardio 12</p> <p>9:00 -Mah Jongg</p> <p>10:00 -Hand & Foot</p> <p>10:00-Cornhole</p> <p>10:00-Balance Class: FYZICAL Therapy & Balance (Sign up by 2/7)</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>1:00- Knitting</p> <p>1:30 -Pickle Ball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>13</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 -Yoga</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p>	<p><i>HAPPY Valentine's Day</i> 14</p> <p>9:00- Cardio</p> <p>9:30- Cribbage</p> <p>10:00-Phase 10</p> <p>10:30- Pickleball</p> <p>11:30- Bridge</p> <p>12:30- Valentine's Day Bingo</p> <p>12:30 -Dominoes</p> <p>1:00- Blood Pressure Checks</p> <p>2:00-3:45- Beginner Pickleball</p>
<p>9:00- Cardio 17</p> <p>9:00- Canasta</p> <p>9:30- Cribbage</p> <p>10:00- Art Group, Cornhole, Hand & Foot.</p> <p>10:45- Lunch at Runaway Cafe - (Sign up 2/10)</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>AARP will be upstairs in the multi-purpose room. 18</p> <p>9:30- T'ai Chi Chih</p> <p>10:00 -Mah Jongg</p> <p>10:00- Art Instruction</p> <p>10-12: Jam Tlme</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 19</p> <p>9:00 -Mah Jongg</p> <p>10:00 -Hand & Foot</p> <p>10:00 -Cornhole</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>1:30 -Pickle Ball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>20</p> <p>9:30- T'ai Chi Chih</p> <p>10:00 -Open Jam Time</p> <p>10:00- Bunco</p> <p>10:00- Art Instruction</p> <p>10:30- Bible Study</p> <p>11:30- Yoga</p> <p>1:00- Cards for Kindness</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p>	<p>9:00- Cardio 21</p> <p>9:30- Cribbage</p> <p>9:30- Humana Info. Table</p> <p>10:00-Phase 10</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 24</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-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>AARP will be upstairs in the multi-purpose room. 25</p> <p>9:30- T'ai Chi Chih</p> <p>10:00 -Mah Jongg</p> <p>10-12: Jam Tlme</p> <p>11:30 -Yoga</p> <p>12:00-Dominoes</p> <p>1:30 -Euchre</p> <p>1:00- Improver 1 L.D.</p> <p>2:15- Improver 2 L.D.</p>	<p>9:00 -Cardio 26</p> <p>9:00 -Mah Jongg</p> <p>10:00 - Hand & Foot</p> <p>10:00 -Cornhole</p> <p>11:30 -Poker</p> <p>12:15- Chair Yoga</p> <p>12:30- Mocktail Sip & Paint (sign up by 2/24)</p> <p>1:00- Knitting</p> <p>1:30 -Pickle Ball</p> <p>1:30-2:30- Beginner Pickleball</p>	<p>27</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- Yoga</p> <p>1-3:00- Helping Hands</p> <p>1:00 -Pickleball</p> <p>1-2:00- Beginner Pickleball</p>	<p>9:00-Cardio 28</p> <p>9:30- Cribbage</p> <p>10:00- Phase 10</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>Center Hours:</p> <p>Mon-Fri</p> <p>8:00am-</p> <p>4:00pm</p>



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 from 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.



SAFETY AWARENESS & BASIC SELF-DEFENSE

Instructor: Richard R. Berndt SSH/CSHO/SHEP

Monday, February 3rd at 3:00 in the Fireplace Room.



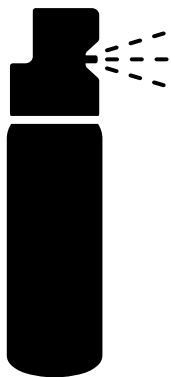
Course Description:

This class is designed for beginners interested in emergency preparedness and basic self-defense techniques.

Course Goals:

This course's goals are to make the class aware of potential safety hazards in a variety of situations. To demonstrate specific self-defense techniques for one's protection and how to create a safe environment.

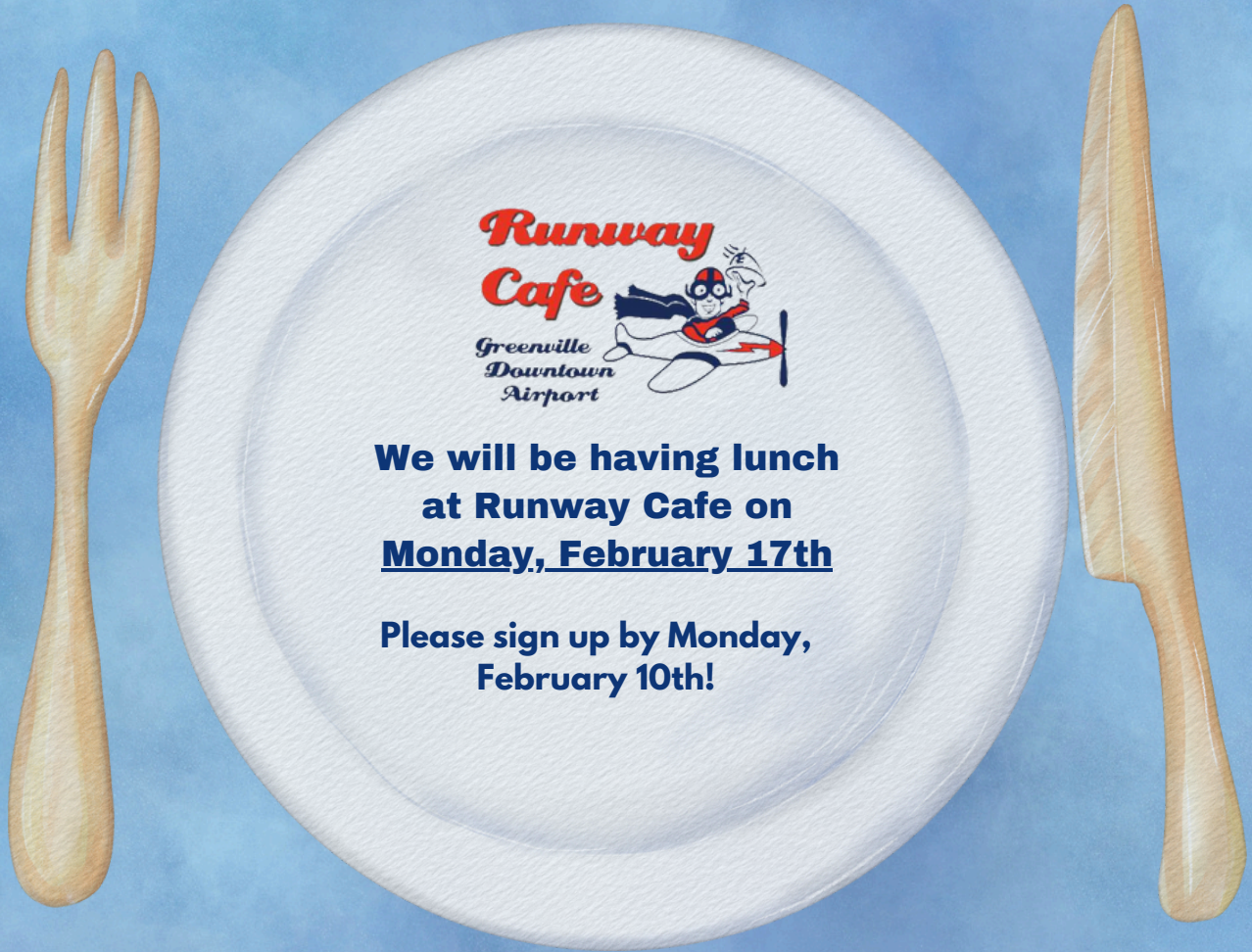
Course Outline:



- **Situational Awareness**
- **Types of Safety Emergencies**
- **Prevention and Preparedness**
- **Introduction to breakaway basics**
- **Hands on Techniques**
- **Conclusion and Questions**

Class size: 10 or less (Even Number of Students Required)

Class Duration: 1 Hour



AARP
Tax-Aide

AARP Tax-Aide will be here starting Tuesday, February 4th from 8:00am - 4:00pm

Regarding making appointments for tax assistance, you may call the Tax Appointment Line: 864-335-5011.

*****Please note that this line is not yet being monitored, that will start on January 24th!**

Get fit & stay active in 2025!



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

February 20th at 1:00

This month Cards for Kindness will be making birthday cards for children. Also, cute and interesting cards for others to use. Come join in & encourage someone by making a card.

All materials are supplied.



Helping Hands Program

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