

## Ray W. Hopkins Mauldin Senior Center



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

[www.mauldinseniorcenter.com](http://www.mauldinseniorcenter.com)

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

### Center Hours:

**Monday- Friday**  
**8:00 AM to 4:00 PM**



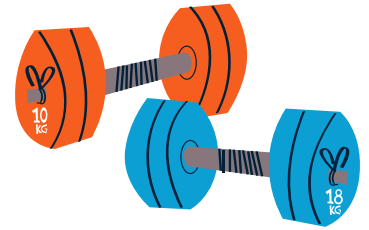
### Upcoming Events:

- Trip to SC Botanical Garden (Clemson) & Lunch @ Ruby Tuesday on 5/13. \$5 per person. Sign up & pay by 5/6.
- The Senior Center will be **closed Monday, May 25th** for Memorial Day.
- Memorial Day Potluck on 5/20 @ 11am. Sign up at Front Desk.

# ***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 @ 11:00
- Canasta: Mondays @ 9:00
- Cardio: Mondays, Wednesdays, & Fridays @ 9:00
- Cribbage: Mondays & Fridays @ 9:30
- Cornhole: Mondays & Wednesdays @ 10:00
  - Ladies - Mondays @ 10:00
- Crochet/Knitting: Mondays @ 12:30
- Dominoes: Mondays, Tuesdays, & Fridays @ 12:00
- Euchre: Tuesdays @ 1:30pm
- Hand, Foot, & Elbow: Monday & Wednesdays @ 10:00
- Hooks, Needles & Yarn: 3<sup>rd</sup> Thursday @ 1:00
- 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 @ 10:00, Tuesdays @ 12:30 – 3:30, Wednesdays @ 9:00
- Phase 10: Mondays & Fridays @ 10:00
- Photography Class: 1st & 3rd Tuesdays @ 10:00am
- Pickleball: Wednesdays @ 1:30, Thursdays @ 1:00, Fridays @ 10:30
  - Beginner Pickleball: Wednesdays 1:30-2:30, Thursdays 1-2:00, Fridays 2-3:45 (Court Near Stage)
- Pinochle: Mondays @ 12:00
- Poker: Wednesdays @ 11:30
- Rummikub: Mondays, 12-2:00
- Tai Chi Chih: Tuesdays & Thursdays @ 9:30
- Yoga: Mondays @ 12:15, Tuesdays @ 11:30, Thursdays @ 11:30
  - Chair Yoga: Wednesdays @ 12:15





## FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Center Hours:</b> <b>Mon-Fri</b> <b>8:00am - 4:00pm</b></p>				9:00 - Cardio <b>1</b> 10:30 - Pickleball 2-3:45 - Beginner Pickleball (Court next to stage)
9:00 - Cardio <b>4</b> 10:00 - Cornhole 12:15 - Yoga 1:30 - Intro to L.D. 2:40 - Low Beginner L.D.	9:30 - T'ai Chi Chih <b>5</b> <b>10:30 - Walk it Out (Senior walking program - meet at Front Desk)</b> 11:30 - Yoga 1:00 - Improver 1 L.D. 2:15 - Improver 2 L.D.	9:00 - Cardio <b>6</b> 10:00 - Cornhole 12:15 - Chair Yoga 1:30 - Pickleball 1:30-2:30 - Beginner Pickleball (Court next to stage)	9:30 - T'ai Chi Chih <b>7</b> <b>10:30 - Walk it Out (Senior walking program - meet at Front Desk)</b> 11:30 - Yoga 1:00 - Pickleball 1:00-2:00 - Beginner Pickleball (Court next to stage)	9:00 - Cardio <b>8</b> 10:30 - Pickleball 2-3:45 - Beginner Pickleball (Court next to stage)
9:00 - Cardio <b>11</b> 10:00 - Cornhole 12:15 - Yoga 1:30 - Intro to L.D. 2:40 - Low Beginner L.D.	9:30 - T'ai Chi Chih <b>12</b> <b>10:30 - Walk it Out (Senior walking program - meet at Front Desk)</b> 11:30 - Yoga 1:00 - Improver 1 L.D. 2:15 - Improver 2 L.D.	9:00 - Cardio <b>13</b> 10:00 - Cornhole 12:15 - Chair Yoga 1:30 - Pickleball 1:30-2:30 - Beginner Pickleball (Court next to stage)	9:30 - T'ai Chi Chih <b>14</b> <b>10:30 - Walk it Out (Senior walking program - meet at Front Desk)</b> 11:30 - Yoga 1:00 - Pickleball 1:00-2:00 - Beginner Pickleball (Court next to stage)	9:00 - Cardio <b>15</b> 10:30 - Pickleball 2-3:45 - Beginner Pickleball (Court next to stage)
9:00 - Cardio <b>18</b> 10:00 - Cornhole 12:15 - Yoga 1:30 - Intro to L.D. 2:40 - Low Beginner L.D.	9:30 - T'ai Chi Chih <b>19</b> <b>10:30 - Walk it Out (Senior walking program - meet at Front Desk)</b> 11:30 - Yoga 1:00 - Improver 1 L.D. 2:15 - Improver 2 L.D.	9:00 - Cardio <b>20</b> 10:00 - Cornhole 12:15 - Chair Yoga 1:30 - Pickleball 1:30-2:30 - Beginner Pickleball (Court next to stage)	9:30 - T'ai Chi Chih <b>21</b> <b>10:30 - Walk it Out (Senior walking program - meet at Front Desk)</b> 11:30 - Yoga 1:00 - Pickleball 1:00-2:00 - Beginner Pickleball (Court next to stage)	9:00 - Cardio <b>22</b> 10:30 - Pickleball 2-3:45 - Beginner Pickleball (Court next to stage)
<p><b>MEMORIAL DAY</b> We are <b>CLOSED</b> today!</p>	9:30 - T'ai Chi Chih <b>26</b> <b>10:30 - Walk it Out (Senior walking program - meet at Front Desk)</b> 11:30 - Yoga 1:00 - Improver 1 L.D. 2:15 - Improver 2 L.D.	9:00 - Cardio <b>27</b> 10:00 - Cornhole 12:15 - Chair Yoga 1:30 - Pickleball 1:30-2:30 - Beginner Pickleball (Court next to stage)	9:30 - T'ai Chi Chih <b>28</b> <b>10:30 - Walk it Out (Senior walking program - meet at Front Desk)</b> 11:30 - Yoga 1:00 - Pickleball 1:00-2:00 - Beginner Pickleball (Court next to stage)	9:00 - Cardio <b>29</b> 10:30 - Pickleball 2-3:45 - Beginner Pickleball (Court next to stage)



## ACTIVITY SCHEDULE

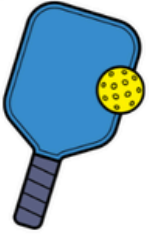


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Center Hours: Mon-Fri 8:00am - 4:00pm</b></p>				<p><b>1</b></p> <p>9:30 - Cribbage 10:00 - Phase 10 11:00 - Bridge 12:00 - Dominoes <b>12:30 - BIRTHDAY &amp; Derby Day BINGO!</b></p>
<p>9:00 - Canasta <b>4</b> 9:30 - Cribbage 10:00 - Art Group, Hand, Foot &amp; Elbow, Phase 10 11:00 - Bridge 12:00 - Pinochle, Rummikub, Dominoes 12:30 - Crochet/Knitting</p>	<p>10:00 - Mah Jongg 10-12 - Jam Time <b>5</b> <b>10:00 - Photography Class. Sign up at Front Desk or Phone.</b> <b>11:00 - "Name That Tune" &amp; Lunch from Mutt's by Malcolm Family Care House. Sign up by 4/28!</b> 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre</p>	<p>9:00 - Mah Jongg <b>6</b> 10:00 - Hand, Foot &amp; Elbow 11:30 - Poker</p>	<p>10-12 - Jam Time <b>7</b> 10:30 - Bible Study</p>	<p><b>8</b></p> <p>9:30 - Cribbage 10:00 - Phase 10 11:00 - Bridge 12:00 - Dominoes <b>12:30 - Bingo</b> <b>1:00 - Blood Pressure Checks by Prisma Health</b></p>
<p>9:00 - Canasta <b>11</b> 9:30 - Cribbage 10:00 - Art Group, Hand, Foot &amp; Elbow, Phase 10 11:00 - Bridge 12:00 - Pinochle, Rummikub, Dominoes 12:30 - Crochet/Knitting</p>	<p>10:00 - Mah Jongg <b>12</b> 10-12 - Jam Time <b>11:00 - "Effective Strategies to Maximize Retirement Savings &amp; Create a Sustainable Income" Lunch &amp; Learn. Sign up by 5/11.</b> 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre</p>	<p><b>9:15 - Field trip to SC Botanical Garden followed by lunch @ Ruby Tuesday. Sign up &amp; pay \$5 by 5/6.</b> <b>13</b> 9:00 - Mah Jongg 10:00 - Hand, Foot &amp; Elbow 11:30 - Poker 1:00 - Knitting</p>	<p>10-12 - Jam Time <b>14</b> 10:30 - Bible Study</p>	<p>9:30 - Cribbage <b>15</b> 10:00 - Phase 10 <b>10:00 - "Protecting Your Money" by MTC Federal Credit Union. Sign up at Front Desk or Phone.</b> 11:00 - Bridge 12:00 - Dominoes <b>12:30 - Bingo</b></p>
<p>9:00 - Canasta <b>18</b> 9:30 - Cribbage 10:00 - Art Group, Hand, Foot &amp; Elbow, Phase 10 11:00 - Bridge 12:00 - Pinochle, Rummikub, Dominoes 12:30 - Crochet/Knitting</p>	<p><b>19</b> 10:00 - Mah Jongg 10-12 - Jam Time <b>10:00 - Photography Class. Sign up at Front Desk or Phone.</b> 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre</p>	<p><b>20</b> 9:00 - Mah Jongg 10:00 - Hand, Foot &amp; Elbow <b>11:00 - Memorial Day Pot Luck. Sign up at Front Desk or phone.</b> 11:30 - Poker</p>	<p>10-12 - Jam Time <b>21</b> 10:30 - Bible Study <b>1:00 - "Elder Care" by Financial Education Partnership. Sign up at Front Desk or phone.</b> 1:00 - Hooks, Needles, &amp; Yarn <b>1:00 - Cards for Kindness</b></p>	<p><b>22</b></p> <p>9:30 - Cribbage 10:00 - Phase 10 11:00 - Bridge 12:00 - Dominoes <b>12:30 - Bingo</b></p>
<p><b>MEMORIAL DAY</b> <b>25</b> We are <b>CLOSED</b> today!</p>	<p><b>26</b> 10:00 - Mah Jongg 10-12 - Jam Time 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre</p>	<p><b>27</b> 9:00 - Mah Jongg 10:00 - Hand, Foot &amp; Elbow 11:30 - Poker 1:00 - Knitting</p>	<p>10-12 - Jam Time <b>28</b> 10:30 - Bible Study <b>1:00 - Create for Children</b></p>	<p><b>29</b></p> <p>9:30 - Cribbage 10:00 - Phase 10 11:00 - Bridge 12:00 - Dominoes <b>12:30 - Bingo</b></p>

# MAULDIN SENIOR CENTER



## Fitness & Activity Descriptions



**Art Group:** A creative session where members develop artistic skills and show off their talents from jewelry making, acrylics, sketching, watercolors, among other arts.

**Bible Study:** Join a group of likeminded people with reading, interpreting, and applying Scripture to know God, to grow spiritually, and live according to biblical principles.

**Bingo:** A game of chance where players match randomly drawn numbers onto a pre-printed grid on a card to complete a specific pattern and then shout "Bingo!"

**Canasta:** A card game resembling rummy, using 2 packs. It is usually played by 2 pairs of partners, and the aim is to collect sets.

**Cardio:** A low-impact, high-energy session designed to improve heart health, stamina, and joint mobility through music-driven movement. This class features safe, adaptable exercises like dancing, marching, and light step routines, often incorporating strength training for a full-body workout. This class is suitable for all fitness levels, including chair-based options for limited mobility.

**Chair Yoga:** A gentle, accessible form of yoga that adapts traditional poses using a chair for seated or supported standing exercises. It focuses on improving flexibility, strength, and mental clarity through mindful movement and breathing.

**Cribbage:** A 2-4 player card game (usually two) where the goal is to be the first to score 121 points, tracked by pegging on a wooden board. Players form combinations of cards—like 15s, pairs, and runs—during play and within their hands to gain points.

**Cornhole:** A game where players or teams toss fabric bean bags at a raised, angled board with a 6-inch hole, aiming for 3 points in the hole or 1 point on the board. Teams of one or two compete, usually in "cancellation" scoring, to be the first to reach 21 points.

**Crochet/Knitting:** Join a group of people that love to crochet and/or knit. Create some great connections, and maybe even learn something new! Crochet is a versatile needlework technique that creates fabric by interlocking loops of yarn or thread using a single, handheld hooked needle. Knitting is the craft of creating fabric by interlocking loops of yarn using two needles.

**Dominoes:** A classic tile-based game played with a set of 28 rectangular "bones" each divided into two ends with 0-6 pips (spots). Players aim to score points by matching identical numbers on the ends of tiles, forming chains, and emptying their hands. The first player to 150 points or to empty their hand in a round, wins.

**Euchre:** A fast paced, 4 player trick taking card game played in 2 teams of 2, using a 24-card deck (9s through Aces). The objective is to win at least 3 out of 5 tricks in a round to reach 10 points first.

**Hand, Foot, & Elbow:** A fast-paced Rummy style card game for 2-8 players, similar to Canasta. Using 5-9 decks, players aim to score points by melding sets of cards (books) from their “hand”, “foot” and “elbow”.

**Jam Time:** A group of people that love music and want to share that with others. Whether it’s an acoustic guitar, a cajon box drum, fiddle, or just your voice, a good time will be had by all!

**Line Dancing:** A choreographed, partnerless dance form where participants stand in lines or rows, all facing the same direction, executing a repeating sequence of steps in unison to music.

**Mah Jongg:** A 4 player, 19th century Chinese tile-based game of skill, strategy, & luck, often compared to Rummy. Players draw & discard tiles to form specific sets.

**Phase 10:** A rummy-type card game for 2-6 players, where the goal is to be the first to complete 10 specific, challenging sequences (phases). The game involves collecting sets (cards of the same value) or runs (cards in numerical order).

**Photography Class:** Award winning artist/teacher, Steve West, will teach you how to produce attention-grabbing photographs, use the rules of good composition/design, use free and/or inexpensive photo enhancement apps for both smart phones and more advanced cameras, in an environment of other photographers from all skill levels.

**Pickleball:** A paddle sport combining elements of tennis, badminton, and ping-pong, played on a 20'x44' court (similar to badminton) with a lowered 34-inch net. Using solid paddles and a perforated plastic ball, 2 or 4 players compete in games usually played to 11 points.

**Pinochle:** A 4-player, 48-card trick-taking and melding game, often played in partnerships, where teams aim to score points by forming card combinations (melds) and winning tricks.

**Poker:** Utilizing a 52-card deck, players aim to win chips (the "pot") by forming the strongest hand or forcing opponents to fold. Key actions include betting, calling, raising, or folding.

**Rummikub:** A fast-paced tile-based game for 2-4 players that combines elements of Rummy and Mahjong. Players aim to be the first to clear their rack by placing numbered tiles (in four colors) in sets of "runs" (consecutive numbers, same color) or "groups" (same number, different colors), often manipulating existing sets on the table to make new plays.

**T'ai Chi Chih:** A mindfulness-moving meditation consisting of 19, often-repeated movements and one pose, designed to circulate, balance, and activate the body's internal energy (chi).

**Walk it Out:** A senior walking program. We meet up at the Front Desk and walk on the track around the baseball fields, enjoy the sunshine and each other’s company.

**Yoga:** An ancient, holistic practice originating in India that unites the mind, body, and spirit through physical postures (asanas), breathing techniques (pranayama), and meditation (dhyana).

# SC Botanical Garden Trip



Wednesday, May 13<sup>th</sup>

\$5 per person.

Followed by Lunch @ Ruby Tuesday

Sign up & pay by 5/6

**\*\*Because we had such a huge interest in this trip, we're going again! If you attended the last trip, please allow other members who were not able to go, to sign up first. If there are still spaces available, we will allow members from the previous trip to sign up starting 5/1.\*\***



**MEMORIAL**




**POTLUCK**



SIGN UP SHEET AT FRONT DESK





Join us for a refreshing...

# Walk it Out

A perfect way to boost your mood, move your body, and connect with your community!

**MAULDIN  
SENIOR CENTER**

**TUES. & THURS. @  
10:30AM STARTING IN  
MAY. MEET AT UPSTAIRS  
FRONT DESK. WE'LL BE  
WALKING THE TRACK  
OUTSIDE OF THE  
SENIOR CENTER!**



**WALK,  
BREATHE,  
RECHARGE**

*All ages and  
fitness levels are  
welcome*

Come walk your way to better health—physically, mentally, and emotionally. Let's take steps together toward a healthier, happier you!

# LINE DANCING CLASS

*updates*

A new Introduction to Line Dancing class will start on Monday, June 1st at 1:30- 2:30PM. New members may enroll until June 8th.

No new students will be accepted after that date.

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

You may email Pam Frey, the instructor, at [nanafrey05@gmail.com](mailto:nanafrey05@gmail.com) to sign up.

## DANCE

### Monday Class Times:

1:30: Intro to Line Dancing  
2:40: Low Beginner Line Dancing

### Tuesday Class Times:

1:00: Improver 1 Line Dancing  
2:15: Improver 2 Line Dancing

# PHOTOGRAPHY CLASS

*Steve West*

## About Instructor

**INSTRUCTOR: AWARD WINNING ARTIST/TEACHER STEVE WEST**

### Learn how to:

- Produce attention-grabbing photos
- Use the rules of good composition/design
- Use free and/or inexpensive photo enhancement apps, for both smart phones and more advanced cameras

Share your photos on a large screen, along with other like-minded people. Socialize with photographers from all skill levels.

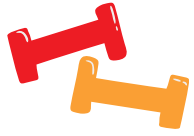


**WHEN: FIRST AND THIRD TUESDAYS OF EACH MONTH, FROM 10:00AM - 12:00PM**

**WHERE: MULTI-PURPOSE ROOM (Upstairs)**

**SUPPLIES: SMART PHONE AND/OR MORE ADVANCED DSLR OR MIRRORLESS DIGITAL CAMERA; TRAVEL DRIVE AKA FLASH DRIVE; HOME COMPUTER**

Get fit & stay active in 2026!



# 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 @ 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: Mondays @ 1:30
  - Low Beginner Line Dancing: Mondays @ 2:40
  - Improver 1 Line Dancing: Tuesdays @ 1:00
  - Improver 2 Line Dancing: Tuesdays @ 2:15
- Pickleball: Wednesdays @ 1:30, Thursdays @ 1:00, Fridays @ 10:30

Fitness Room open Monday-Friday, 8:00am-3:45pm.

### 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 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**





## Cards for Kindness

**Thursday, May 21st @ 1:00pm**

Our cards will be given to Prisma Health Systems volunteer administrator for distribution for all floors for birthday cards. So please come ready to make humorous, colorful and delightful cards to cheer the patients at the hospital. If you wish to purchase supplies at Hobby Lobby, Michaels or Scrapbook.com, please contact Donna Konrad at rockwell78@verizon.net.

**Cards for Kindness truly appreciate the effort and thoughtfulness you have put into creating cards.**



## Helping Hands Program

**Thursday, May 28th @ 1:00pm**

Welcome to our new program called Create for Children. The program is designed to make small stuff animals like dogs, cats, frogs and dinosaurs for the Prisma Children's Cancer Center and other Children's floors.

**Animal kits are available here at the Senior Center. All are welcome!**



## Bible Study

**Thursday mornings: 10:30am-12pm**

Any questions can be directed to:

**Sallie Meyer @ 717-813-8002.**



CITY OF  
MAULDIN  
CLEANUP DAY



MAY 2  
2026



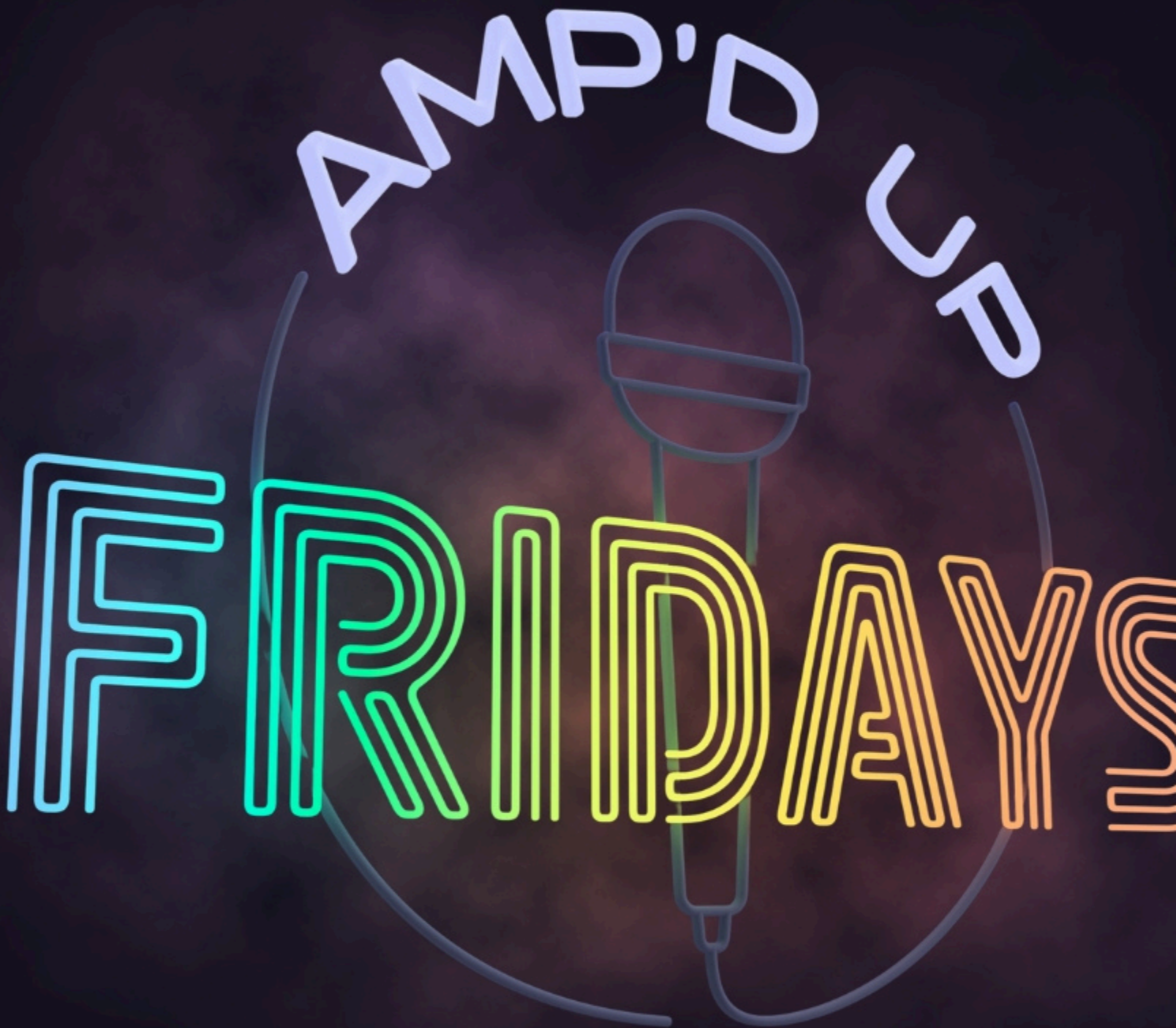
CHECK-IN BEGINS AT 8:30AM  
CLEANUP BEGINS AT 9:00AM

### What is the Cleanup Day?

A one-day, family-friendly event to beautify our community through trash & litter pick-up. Designated routes and supplies will be provided.

to register  
scan here





**Every Friday Night @ 6:30pm**

**May 29 - July 31**

**Mauldin Outdoor Amphitheater**

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**