

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

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

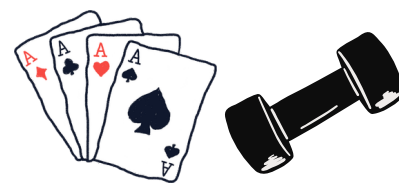


Upcoming Events:

- Center will be **closed** **Monday, 9/7** for **Labor Day.**
- **NC Apple Festival** on **Friday, September 4.**
- **Titanic the Musical** on **Thursday, September 24.**

REGULARLY SCHEDULED ACTIVITIES

- Art Group: Mondays, 10-Noon
- Bible Study: Thursdays, 10:30-Noon
- Bingo: Fridays @ 12:30
- Bridge: Mondays & Fridays @ 11:15
- 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: 3rd Thursday @ 1:00
- Jam Time: Tuesdays & Thursdays, 10-Noon
- Knitting: 2nd & 4th Wednesdays @ 1:00
- Line Dancing:
 - Intro to Line Dancing: Mondays @ 1:30
 - Beginner Line Dancing: Mondays @ 2:40
 - High Beginner Line Dancing: Tuesdays @ 1:00
 - Improver 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: Every Other Tuesday @ 10:00
- 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 Next to Stage)
- Pinochle: Mondays @ 12:00
- Poker: Wednesdays @ 11:30
- Rummikub: Mondays, 12-2:00
- Tai Chi Chih: Tuesdays & Thursdays @ 9:30
- Walk it Out: Tuesdays & Thursdays @ 10:30
- Yoga: Mondays @ 12:15, Tuesdays @ 11:30, Thursdays @ 11:30
 - Chair Yoga: Wednesdays @ 12:15



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
 - Beginner Line Dancing: Mondays @ 2:40
 - High Beginner Line Dancing: Tuesdays @ 1:00
 - Improver Line Dancing: Tuesdays @ 2:15
- Pickleball: Wednesdays @ 1:30, Thursdays @ 1:00, Fridays @ 10:30
- Walk it Out: Tuesdays & Thursdays @ 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





ACTIVITY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 - Mah Jongg 10:00 - Photography Class. Sign up at front desk or phone. 10:00-12:00 - Jam Time 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre	2 9:00 - Mah Jongg 10:00 - Hand, Foot & Elbow 11:30 - Poker	3 10:00 - Jam Time 10:00-2:00 - Part 2 -RAD Women's Self Defense Class by Mauldin PD. 10:30 - Bible Study	4 8:30 - NC Apple Festival Trip 9:30 - Cribbage 10:00 - Phase 10 11:15 - Bridge 12:00 - Dominoes 12:30 - NO Bingo
7 HAPPY LABOR DAY! We are CLOSED today!	8 10:00 - Mah Jongg 10:00-12:00 - Jam Time 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre	9 9:00 - Mah Jongg 10:00 - Hand, Foot & Elbow 11:30 - Poker 2:15 - Alan Kan Keyboardist Concert in Gym	10 10:00 - Jam Time 10:30 - Bible Study 1:00 - Women's Book Club	11 9:30 - Cribbage 10:00 - Phase 10 11:15 - Bridge 12:00 - Dominoes 12:30 - Birthday Bingo!!
14 9:00 - Canasta 9:30 - Cribbage 10:00 - Art Group, Hand, Food & Elbow, Phase 10 11:15 - Bridge 12:00 - Upstate Therapy Dogs 12:00 - Pinochle, Rummikub, Dominoes 12:30 - Crochet/Knitting	15 10:00 - Mah Jongg 10:00 - Photography Class. Sign up at front desk or phone. 10:00-12:00 - Jam Time 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre	16 9:00 - Mah Jongg 10:00 - Hand, Foot & Elbow 11:30 - Poker 1:30 - Movie Day "Going in Style". Sign up at front desk or phone.	17 10:00 - Jam Time 10:30 - Bible Study 1:00 - Cards for Kindness (First Responders) 1:00 - "Wills and Trusts" by Financial Education Partnership. Sign up at front desk or phone.	18 9:30 - Cribbage 10:00 - Phase 10 11:15 - Bridge 12:00 - Dominoes 12:30 - Bingo!!
21 9:00 - Canasta 9:30 - Cribbage 10:00 - Art Group, Hand, Food & Elbow, Phase 10 11:15 - Bridge 12:00 - Pinochle, Rummikub, Dominoes 12:30 - Crochet/Knitting	22 10:00 - Mah Jongg 10:00-12:00 - Jam Time 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre	23 9:00 - Mah Jongg 10:00 - Hand, Foot & Elbow 11:30 - Poker	24 10:00 - Jam Time 10:30 - Bible Study 1:00 - Create for Children 5:45 - Titanic the Musical Trip	25 9:30 - Cribbage 10:00 - Phase 10 11:15 - Bridge 12:00 - Dominoes 12:30 - Bingo!!
28 9:00 - Canasta 9:30 - Cribbage 10:00 - Art Group, Hand, Food & Elbow, Phase 10 11:15 - Bridge 12:00 - Pinochle, Rummikub, Dominoes 12:30 - Crochet/Knitting	29 10:00 - Mah Jongg 10:00 - Photography Class. Sign up at front desk or phone. 10:00-12:00 - Jam Time 12:00 - Dominoes 12:30 - Mah Jongg 1:30 - Euchre	30 9:00 - Mah Jongg 10:00 - Hand, Foot & Elbow 11:00 - "Navigating Medicare, Tax Strategies, and Income Planning" Lunch & Learn. Sign up at front desk or phone. 11:30 - Poker	CENTER HOURS: MON-FRI 8:00am - 4:00pm	



FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 - T'ai Chi Chih 10:30 - Walk it Out 11:30 - Yoga 1:00 - High Beginner L.D. 2:15 - Improver L.D.	2 9:00 - Cardio 10:00 - Cornhole 12:15 - Chair Yoga 1:30 - Pickleball 1:30-2:30 - Beginner Pickleball (Court next to stage)	3 9:30 - T'ai Chi Chih 10:30 - Walk it Out 11:30 - Yoga 1:00 - Pickleball 1:00-2:00 - Beginner Pickleball (Court next to stage)	4 9:00 - Cardio 10:30 - Pickleball 2:00-3:45 - Beginner Pickleball (Court next to stage)
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14 9:00 - Cardio 10:00 - Cornhole 12:15 - Yoga 1:30 - Intro to L.D. 2:40 - Beginner L.D.	15 9:30 - T'ai Chi Chih 10:30 - Walk it Out 11:30 - Yoga 1:00 - High Beginner L.D. 2:15 - Improver L.D.	16 9:00 - Cardio 10:00 - Cornhole 12:15 - Chair Yoga 1:30 - Pickleball 1:30-2:30 - Beginner Pickleball (Court next to stage)	17 9:30 - T'ai Chi Chih 10:30 - Walk it Out 11:30 - Yoga 1:00 - Pickleball 1:00-2:00 - Beginner Pickleball (Court next to stage)	18 9:00 - Cardio 10:30 - Pickleball 2:00-3:45 - Beginner Pickleball (Court next to stage)
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PHOTO GRAPHY CLASS

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

Share your photos on a large screen, along with other like minded people.

Socialize with photographers from all skill levels.



10 AM - 12 PM
Every Other Tuesday.

with

Bob Buurman

Professional Photographer

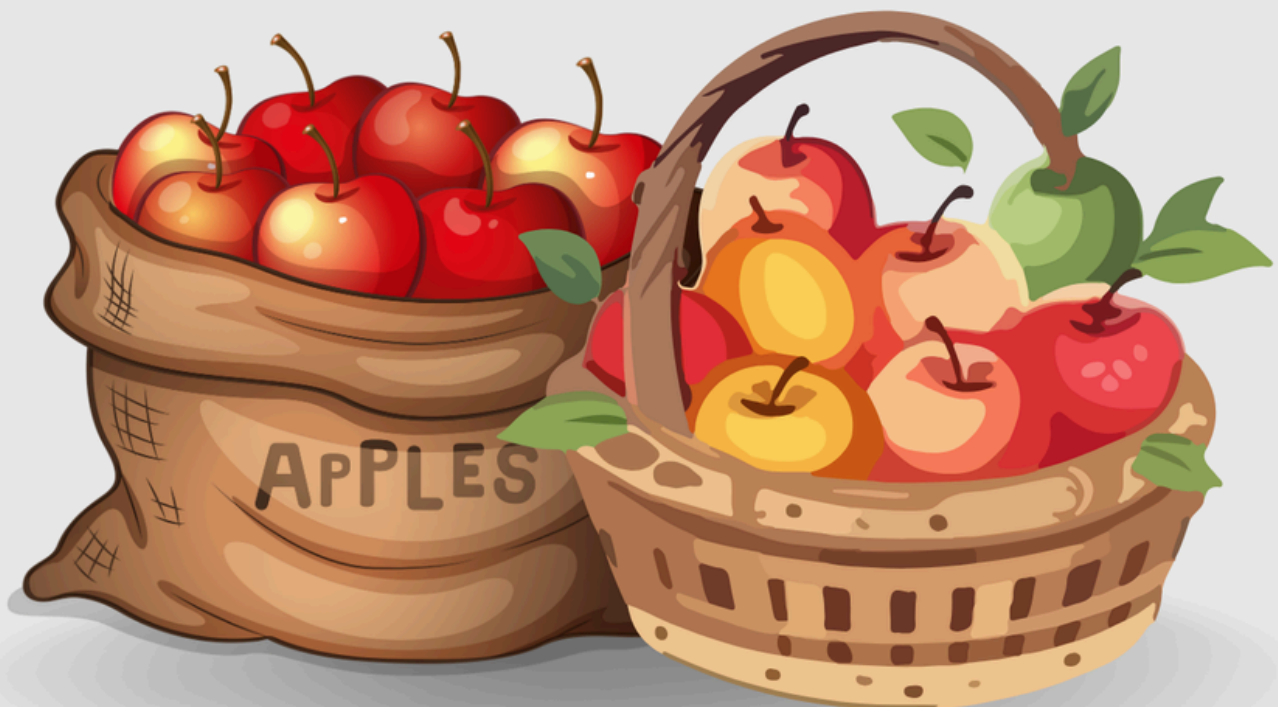


NC Apple Festival

Hendersonville, NC

FRIDAY, SEPTEMBER 4TH

MEET AT SENIOR CENTER @ 8:30 AM. BUS WILL LEAVE BY 8:45 AM. ARRIVE AROUND 10 AM. BUS WILL LEAVE FESTIVAL AROUND 1:45/2:00 PM. WILL ARRIVE BACK AT SENIOR CENTER BETWEEN 3:00-3:30 PM.



Happy **LABOR DAY**

— S E P T E M B E R 7 —

WE WILL BE
closed

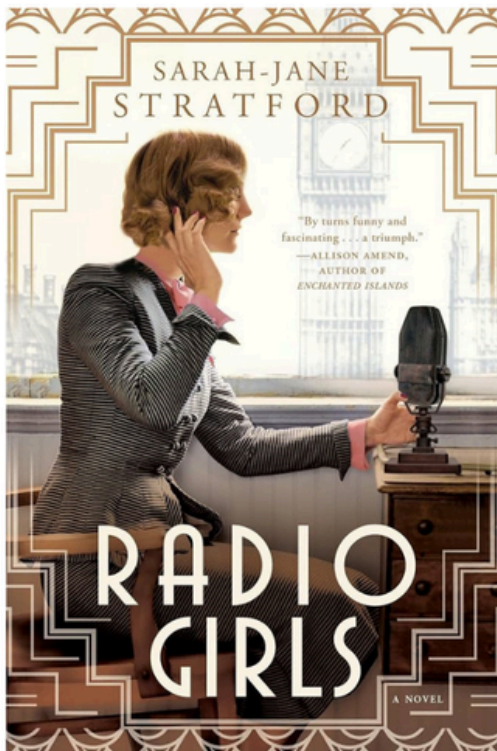


We honor and appreciate the hard work,
dedication, and commitment that build
our future every day.

Women's Book Club



Please “check out” our Women’s
Book Club gathering on
**Thursday, September 10th from
1:00pm – 2:00pm in the Library.**



We will be discussing the book,
“Radio Girls” by Sarah-Jane
Stratford. It is a historical
fiction novel based in 1926
London about a woman who
gets a job at the BBC &
uncovers a dangerous political
conspiracy.



UPSTATE THERAPY DOGS

Monday,
September 14th
@ 12:00 PM



Come meet a few of these
amazing dogs & give them some
belly rubs while you're at it!



MOVIE DAY

"Going in Style"

Action/Comedy PG-13

1 hour 36 minutes

*Starring Morgan Freeman,
Michael Caine, & Alan Arkin*

"Desperate to pay their bills and support their loved ones, lifelong pals risk it all by robbing the bank that absconded with the pension money that they earned from working there for years."

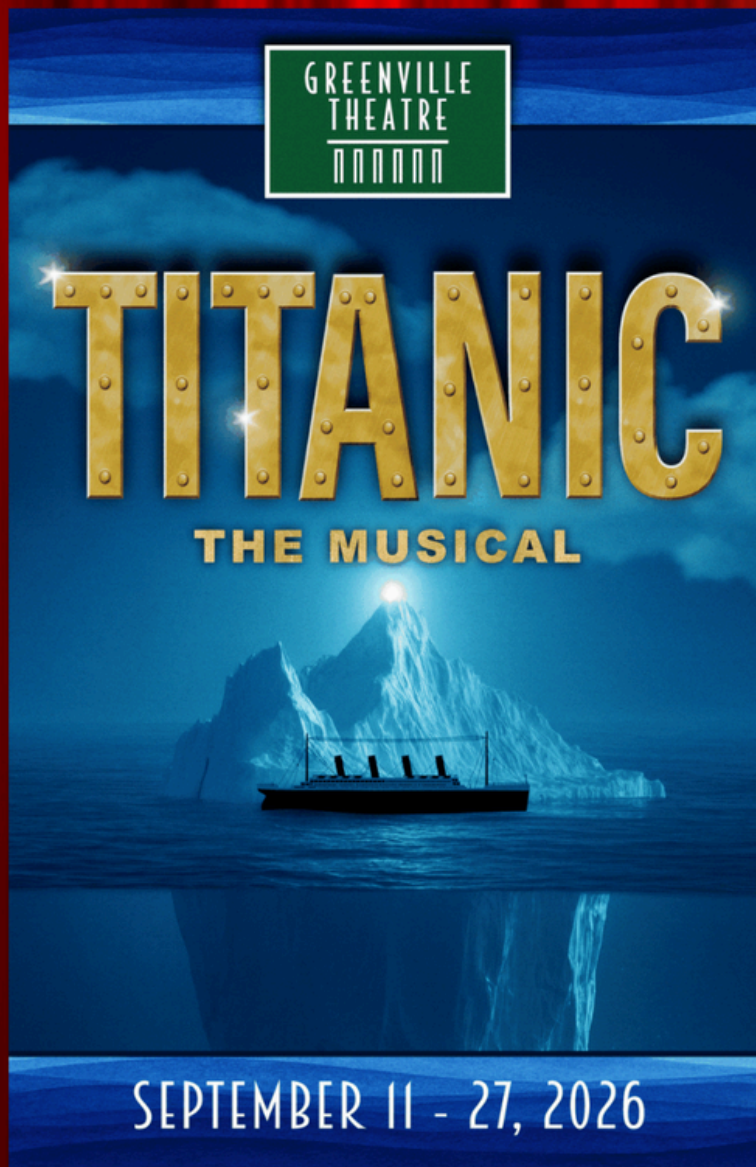
**Wednesday, September
16th @ 1:30 PM**

**Upstairs in the multi-purpose
room**

Please Sign Up at the Front Desk or by Phone!

****Snacks & Drinks will be provided!****

Greenville Theatre Presents



THURSDAY, SEPTEMBER 24

Meet at Senior Center @ 5:45 PM. Leave by 6:00 PM. Lobby opens @ 6:30 PM. House opens @ 7:00 PM. Show starts @ 7:30 PM. Runtime is about 2 ½ hours with intermission. Arrive back at Senior Center around 10:30 PM.

LINE DANCING CLASS

updates



A new Intro to Line Dancing class will start on **Monday, October 5th at 1:30PM.**

New members may enroll until **October 12th.**

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 to Line Dancing

2:40 - Beginner Line Dancing

Tuesday Class Times:

1:00 - High Beginner Line Dancing

2:15 - Improver Line Dancing

BIBLE



Every
Thursday

STUDY

Do you struggle with forgiveness, anger, anxiety? Do you struggle with your prayer life? Do you want to know how to navigate the journey of life in an everchanging society? If you answered yes to any of these questions, then our next study is designed with you in mind.

Matthew
5-7

Beginning Thursday, September 10, we will begin a new series based on the Sermon on the Mount. These words of Jesus focus on ethical living with practical applications for daily life. Please join us as we learn what it means and how to live in God's Kingdom.

Praying to see you there.

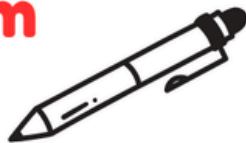
Upstairs
Multi-Purpose
Room

10:30 am



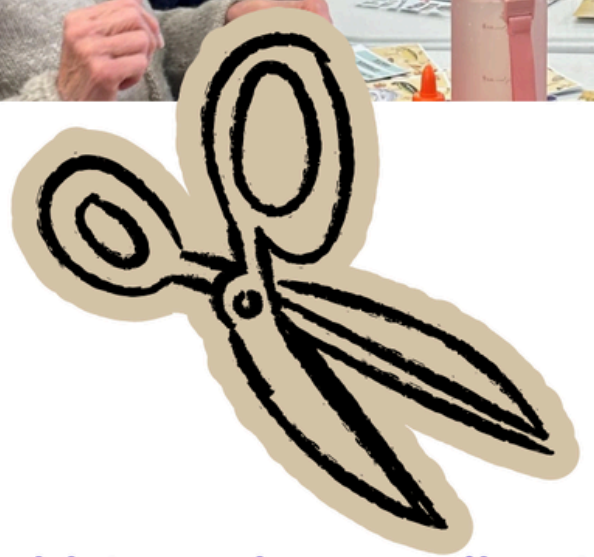
Cards for Kindness

Thursday, September 17th
@ 1:00pm



Please Join Us!

**We will be creating cards for
the First Responders with
the City of Mauldin.**



**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.**

Create for Children

Thursday, September 24th @ 1:00pm

Sewing skills helpful, but not necessary.

Join us as we 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!

Seeking Fabric Donations

We are looking for clean fabric with patterns, strips, and solids. No heavy wool, velvet or rough type fabrics. The fabric will be used to make small animals such as owls, dogs, cats, teddy bears and dolls with hospital gowns on them. The dolls use muslin fabric in light or dark colors. All other animals use printed patterns, strips and even solids to create these special gifts for Prisma Cancer Center for children. If you have any flat trims to embellish the animals, any colors, we would be interested.

If you would like to make a monetary donation, please e-mail Donna Konrad at rockwell78@verizon.net.

Thank you for helping put smiles on children's faces!!



Cards for Kindness

Thursday, September 17th @ 1:00pm

This month we will be creating cards for the First Responders with the City of Mauldin. 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, September 24th @ 1:00pm

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!



Bible Study

Thursday mornings: 10:30am-12pm

Beginning on Thursday 9/10, we will begin a new series based on the Sermon on the Mount from Matthew, chapters 5-7. The series focuses on ethical living with practical applications for daily life. Any questions can be directed to Sallie Meyer @ 717-813-8002.





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

A donation bin is located downstairs at the Senior Center.

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.



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RAY W. HOPKINS MAULDIN SENIOR CENTER