

JANUARY 2025



senior adult
programs

SUPERSTAR SENIORS

The latest news and updates from
Ridgeland's Senior Adult Program

New Year. New Programs - Come join us!

Beginner Tap Dancing
Mondays, 3:30-4:15 PM
\$5/ class

Instructor: Monica Russell
Beginning tap dance instruction
This group performs at Ridgeland events and
nursing homes



The **BREAKFAST BINGO CLUB**

Fourth Thursdays, 9:30-10:30 AM
FREE

Our first game will take place on January 23rd with The Mind Center as our sponsor. Come join us for a light breakfast, coffee & a fun game of bingo! The last game is an optional "cover all" game, everyone puts in \$1, the winner takes the jackpot!

Men's Community Coffee & Bible Time
Tuesdays, 9-10 AM (Beginning January 7)
FREE

Led by Randy Assink
Gather together grow in faith, deepen our friendships and support one another

Please register with Neeley if you would like to join any of these programs!

Neeley Jones
Senior Adult Programs Coordinator
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Ridgeland Recreational Center
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Ridgeland, MS 39157
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facebook.com/ridgelandsuperstarseniors/

No programs :
January 20th for
Martin Luther King Jr. Day

WEEKLY PROGRAMS

Exercise

\$15/month

Monday, Wednesday, Friday

9 AM - 9:45 AM,

10 AM - 10:45 AM

Instructors: Lynda Assink, Rita Latham & Martha Millsaps
Certified instructors lead participants through a series of cardiovascular and strength training exercises specifically designed to improve flexibility and health in senior adults.

Line Dancing

\$10/class or \$40/month

Mondays at 6 PM

Instructor: Darlene Epple

Learn a wide variety of line dances while exercising in a fun way, no partner needed.

Martial Arts for Seniors

\$10/month

Tuesdays and Thursdays 10 AM - 11 AM

Instructor: Andy Dillon

Learn age and physically appropriate traditional martial arts and practical self-defense techniques. The health benefits include improved flexibility, strength, balance, coordination, and endurance. Martial arts can help improve memory and focus by keeping the brain active.

Seated Yoga

\$5/class

Mondays and Fridays 11 AM - 11:30 AM

Instructor: Martha Millsaps

This is a great beginner class where basic poses will be taught with a focus on breathing and focusing your mind.

Standing Yoga

\$5/class

Mondays and Fridays 11:30 AM - 12 PM

Instructor: Martha Millsaps

This is an extension of the chair yoga that focuses on standing poses and floor poses for strength and balance.

Senior Fit

\$15/month

Mondays and Wednesdays 12:30 PM - 1:15 PM

Instructor: Sally Holly

Improve balance, flexibility, and strength through stretching and light weights for those recovering from recent illness, surgery, or neurological diseases.

Men's Community Coffee & Bible Time

FREE

Tuesdays 9 AM - 10 AM

Lead by Randy Assink

Gather together to grow in faith, deepen out friendships and support one another.

Complete Mix

\$15/month

Mondays and Wednesdays 1:30 PM - 2:15 PM

Tuesdays and Thursdays 1:30 PM - 2:15 PM

Instructor: Sally Holly

Our most challenging program that we offer, intermediate circuit type exercise combining low impact cardio, balancing, stretching and strengthening exercises.

Tap Dancing

\$5/class

Intermediate - Mondays 2:30 PM - 3:15 PM

Beginner - Mondays 3:30 PM - 4:15 PM

Instructor: Monica Russell

Beginning to intermediate tap dance instruction. This group performs at Ridgeland events and nursing homes.

MONTHLY PROGRAMS

Ridgeland City Garden Club

\$20/year

1st Tuesday of the month 11:30 AM - 1:00 PM

A monthly meeting (September - May) for those who love nature and gardening. Fun and educational programs served with a nice lunch. Membership is limited, for information contact President Peggy Peterson at peggybpeterson@gmail.com.

Mah Jongg

FREE - Must sign up in advance.

3rd Thursday of the month 9:30 AM - 11:30 AM

Tile based matching game. Please let Neeley know if you have an American Mah Jongg set that you can bring!

Bridge

\$1

3rd Thursday of the month 1 PM - 4 PM

A team trick taking game played with a standard 52 playing card deck. Must sign up in advance.

The Breakfast Bingo Club

FREE - Must sign up in advance, space is limited.

4th Thursday (unless stated otherwise) 9:30 AM

Everyone is invited to play bingo and enjoy breakfast with friends. Must sign up in advance.

JANUARY

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Our January Mah Jongg Workshop is full, but if you would like to sign up for our next session on March 11 & 18 from 9:30 AM -12 PM for \$55, contact Neeley.</p>		<p>1</p>  <p>NO PROGRAMS</p>	<p>2</p> <p>10-11 Martial Arts 1:30-2:15 Complete Mix</p>	<p>3</p> <p>9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga</p>
<p>6</p> <p>9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:15 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing</p>	<p>7</p> <p>9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix</p>	<p>8</p> <p>9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix</p>	<p>9</p> <p>10-11 Martial Arts 1:30-2:15 Complete Mix</p>	<p>10</p> <p>9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga</p>
<p>13</p> <p>9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:15 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing</p>	<p>14</p> <p>9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:40 Mah Jongg WS</p>	<p>15</p> <p>9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix</p>	<p>16</p> <p>9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix</p>	<p>17</p> <p>9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga</p>
<p>20</p> <p>NO PROGRAMS</p>	<p>21</p> <p>9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Mah Jongg WS</p>	<p>22</p> <p>9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix</p>	<p>23</p> <p>9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix</p>	<p>24</p> <p>9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga</p>
<p>27</p> <p>9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:15 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing</p>	<p>28</p> <p>9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Mah Jongg WS</p>	<p>29</p> <p>9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix</p>	<p>30</p> <p>9:30-10:30 Electronic Caregiver Seminar 10-11 Martial Arts 1:30-2:15 Complete Mix</p>	<p>31</p> <p>9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga</p>

SPECIAL THANK YOU TO OUR SPONSORS:

Brain Waves
Digiostrategies
Explore Ridgeland
Green Oak
Madison County Journal

Mars Marketing
Mayor Gene McGee
Member's Exchange
Northpark
Priority One Bank

Professional Eye Care
Renasant Bank
St. Catherine's Village
Summerhouse Beau Ridge
The Orchard



FALL PREVENTION & HOME SAFETY PRESENTATION

PRESENTED BY ED GRACE
WITH ELECTRONIC CAREGIVER

THURSDAY, JANUARY 30, 2025
9:30-10:30 AM
RIDGELAND REC CENTER

NO CHARGE, BUT PLEASE REGISTER!

- Snacks & door prizes provided
- Overcome mistakes that lead to pain and discomfort
- Protect yourself from unattended medical emergencies

Sign up at neeley.jones@ridgelandms.org or 769.235.9579

RIDGELAND RECREATION AND PARKS PRESENTS



2025 senior adult VALENTINE'S



luncheon

**TUESDAY,
FEBRUARY 11, 2025
12 NOON**

**COLONIAL HEIGHTS
BAPTIST CHURCH
444 NORTHPARK DRIVE**

**lunch, door prizes &
entertainment by Bridgid Ferguson**

TICKETS ARE \$10 AND CAN BE PURCHASED AT
THE RIDGELAND RECREATIONAL CENTER OR
RIDGELAND CITY HALL. LIMITED TICKETS AVAILABLE.
FOR MORE INFORMATION CALL 769.235.9579



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