

# Superstar Seniors

JULY 2015



R I D G E L A N D R E C R E A T I O N A N D P A R K S

Lynda M. Assink  
Senior Adult  
Coordinator

\*601-856-6876

\*lynda.assink@ridgeland  
dms.org

## Bridge Game

Thursday,

July 23,

1:00-4:00 P.M.

Call to make  
your  
reservation.

The RRC will  
be closed on  
Friday, July 3,  
for a legal  
holiday.

July 4th



## VICKSBURG, MS ONE DAY TRIP—TUESDAY, SEPTEMBER 8, 2015

We will be going with St. Catherine's Village Senior Adults. A full day of one delightful activity after another is the agenda for the Vicksburg trip. First, the group will tour the Vicksburg Military Park and enjoy walking through the Cairo gunboat restoration. A delicious lunch at Anchuca, the 1830 home of Joseph Emory Davis who was Jefferson Davis' brother, will also include a tour of the home. After the lunch and home tour, the Old Depot is the next stop and its collections will fascinate the viewer. The Old Courthouse itself reminds the visitors of a time gone by and days where Vicksburg was under siege. No trip to Vicksburg would be worthwhile without some "down" time in downtown Vicksburg on Washington Street to visit some of the unique shops and to sip a mint julep or coffee at Hwy 61 Coffee Shop, if you so desire. (Alcoholic beverage cost is not included at the lunch.)

Taxes and gratuities are included for lunch; admissions to all tour sites and transportation are also included in the trip cost.

**Departure: 9:00 a.m. Return: 5:00 p.m.**

Pick-up at Renaissance in Ridgeland behind Barnes & Noble. Parking is available for the day in the same area.

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## VICKSBURG, MS—TUESDAY, SEPTEMBER 8, 2015

NAME \_\_\_\_\_

CELL # \_\_\_\_\_

ADDRESS \_\_\_\_\_

Email \_\_\_\_\_ Check# \_\_\_\_\_

Checks made payable to Avanti Travel, Inc.

Mail to Lynda Assink, P. O. Box 217, Ridgeland, MS 39158

Price: \$90; payment due by Friday, July 31, 2015

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## Coming in August!

AARP Safety Driving Course, Thursday, August 6, 10:00 A.M.—2:00 P.M..

Cost: \$15 (AARP members) \$20 (Non-members)

Lunch will be provided.

Sign-up by calling or emailing me at 601-856-6876 or  
lynda.assink@ridgelandms.org.

See you in July! Lynda Assink, Senior Adult Coordinator, RR&P



# JULY 2015

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<i>1</i> 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise	<i>2</i>  9-10 Fitness for Everyone	<i>3</i> <u><b>CLOSED</b></u>  <b>HOLIDAY!</b>
<i>6</i> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF  6:00 Line Dancing	<i>7</i> 9-10:30 Men's Bible 9-10 Fitness for Everyone  1:30-3:00 Painting Pals	<i>8</i> 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise	<i>9</i> 9-10 Fitness for Everyone	<i>10</i> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga for FFF
<i>13</i> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 1:30—3:00 Thread, Yarn, Crochet, & Coffee  6:00 Line Dancing	<i>14</i> 9-10:30 Men's Bible 9-10 Fitness for Everyone  1:30-3:00 Painting Pals	<i>15</i> 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise	<i>16</i>  9-10 Fitness for Everyone	<i>17</i> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga for FFF
<i>20</i> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF  6:00 Line Dancing	<i>21</i> 9-10:30 Men's Bible 9-10 Fitness for Everyone  1:30-3:00 Painting Pals	<i>22</i> 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise	<i>23</i> 9-10 Fitness for Everyone  <b>1-4 Bridge</b>	<i>24</i> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga for FFF
<i>27</i> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 1:30—3:00 Thread, Yarn, Crochet, & Coffee  6:00 Line Dancing	<i>28</i> 9-10:30 Men's Bible 9-10 Fitness for Everyone 1:30-3:00 Painting Pals	<i>29</i> 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise	<i>30</i> 9-10 Fitness for Everyone	<i>31</i> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga for FFF

# SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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Post Office Box 217  
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Phone: 601-853-2011

**Lynda McMahan Assink**  
**Senior Adult Coordinator**

## SPONSORS

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The Bike Crossing  
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The Bike Rack

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Mix 98.7, Y101, 100.9 The Legend

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### Achiever

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### RR&P Fan

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BankFirst Financial Services  
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Humana  
Madison Ace Hardware  
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Play It Again Sports  
Staffers, Inc.  
The Waterford