

Superstar Seniors

FEBRUARY 2018



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

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The RRC

CLOSED

Monday,
February 19,
for legal
holiday.

Bridge Game
Thursday,
February 22,
1:00-4:00 p.m.

RIDGELAND CITY GARDEN CLUB, TUESDAY, FEBRUARY 6, 2018, 11:30 A.M.

"Soil Prep, Shrubs, Ornamentals, and Turf Grasses" will be our program this month. John Malanchak, Master Gardener will be our speaker.

BEGINNING BASIC AND INTERMEDIATE OIL PAINTING CLASS, THURSDAYS, February 15—March 8, 9:00-11 A.M., COST: \$65

This is a class for those who would like to learn new skills or master a technique. Instruction will be given on painting a still life from a live set-up. Your instructor is Lyn Isonhood. As a classically trained artist, Lyn has been painting professionally for 15 years. To see examples of Lyn's work, visit www.lynisonhood.com. Call or email me to register and receive a list of supplies needed for class.*

BALANCE AND FALL-PROOF YOUR LIFE/TAI-CHI CLASS, WEDNESDAYS, February 21—March 14, 11:00 A.M.—12:00 P.M., COST: \$10/CLASS

This is a 4 week beginning exercise program that progress thru a series of balance and training activities. It will teach the latest in fall prevention, balance exercises, and total body strengthening. Tai-chi is an ancient practice proven to help with balance, reduce pain, and improve your mental/physical well-being. This is safe, easy to learn and suitable for every fitness level. Call or email me to register.*

Ridgeland Recreation & Parks presents
Monday, February 12th at 5:00 p.m.

Special Entertainment



*Brad
Ackland*

Tickets are \$5 and can be
purchased at
Ridgeland Recreational Center and

BOOK SIGNING AT THE WATERFORD, FEBRUARY 22 AT 3:00 P.M.

Ramona Machado, local author of **Cuba, My (twice) Betrayed Generation**, will speak about his book and experiences as a member of the Cuban underground during the Bay of Pigs crisis, at the Waterford on Highland Colony Parkway.

Coming in March! Horticultural Therapy with Garden Mama and Donna Yowell. All information will be posted in March newsletter.

See you in February, Lynda Assink, Senior Adult Coordinator

RIDGELAND

recreation & parks

Weekly Programs

Exercise - \$10/month, Monday, Wednesday, Friday, Instructors: Lynda Assink, Lisa Newman, and Rita Latham, 9:00 - 10:00 a.m., 10:00 a.m. - 11:00 a.m.

Line Dance Class - \$10/class or \$40/month, Mondays, Instructor: Darlene Eple, Beginners at 6:00 – 7:00 p.m. Advanced—5:00—6:00 p.m.

Men's Bible Study - (Free) Tuesdays, 9:00 - 10:30 a.m.

Men's Agape Coffee Group - (Free) A group of men who meet together for coffee, friendship, and good conversation, Wednesdays, 9:30 - 11:30 a.m.

Martial Arts for Seniors—Tuesday & Thursdays, 10-11 a.m., Cost: \$10/month

Painting Pals - (Free) Tuesdays, 1:30—3:00 p.m.

Restoration & Relaxation Gentle Yoga—\$30 for 6 (30-minute) classes or \$8/class, Instructor: Lisa Newman, Monday and Fridays, 11:00 —11:30 a.m.

Yoga for Flexibility, Fitness, and Fun—\$30 for 6 (30-minute) classes or \$8/class, Instructor: Lisa Newman, Monday and Fridays, 11:30—12:00 p.m.

Fitness for Everyone—\$10/month, Instructor: Sally Holly, Tuesdays and Thursdays, 9:00-10:00a.m.

Senior Fit—\$10/month, Instructor: Sally Holly, Mondays and Wednesdays, 12:30 p.m.—1:15 p.m.

The Complete Mix—\$10/month, Instructor: Sally Holly, Monday and Wednesdays, 1:30-2:30 p.m.

Tap Dancing—\$5/class, Instructor: Sally Holly, Mondays, 2:30—3:30 p.m., and on Thursdays, 5:30 p.m.

Bi-Monthly Programs:

Thread, Yarn, Crochet & Coffee Group (Free) 2nd and 4th Mondays, 1:30 - 3:00 p.m.

Monthly Programs:

Bridge - (Free) 3rd & 4th Thursday, 1:00.—4:00 p.m.

Garden Club - \$20/year, 1st Tuesday of the month, September—May, 11:30 - 1:00 p.m.

FEBRUARY 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts 5:30 Tap Dancing	2 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
5 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 2:30-3:30 Tap Dancing 6:00 Line Dancing	6 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 11:30 GARDEN CLUB 1:30-3:00 Painting Pals	7 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix	8 9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts 5:30 Tap Dancing	9 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30—12 Yoga FFF
12 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 1:30-3:00 Thread, Yarn, Crochet & Coffee 2:30-3:30 Tap Dancing 6:00 Line Dancing 5:00 VALENTINE'S BANQUET	13 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 1:30-3:00 Painting Pals	14 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11/12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix	15 *9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts 5:30 Tap Dancing	16 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
19 HOLIDAY!!	20 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 1:30-3:00 Painting Pals	21 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise *11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix	22 9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts 1-4 Bridge 5:30 Tap Dancing	26 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
29 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 1:30-3:00 Thread, Yarn, Crochet & Coffee 2:30-3:30 Tap Dancing 6:00 Line Dancing	30 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 1:30-3:00 Painting Pals	31 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix	* New class begins	

SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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Lynda McMahan Assink
Senior Adult Coordinator

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