

# Superstar Seniors

APRIL 2020

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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39157

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dms.org

The Ridgeland  
Recreational  
Center

CLOSED

MONDAY,

APRIL 27

for a legal  
holiday.

HAPPY  
EASTER

RIDGELAND  
  
recreation & parks

Please contact by calling 601-856-6876 or 601-853-2011/email me or go to [www.facebook.com/RidgelandRecreationandParks](http://www.facebook.com/RidgelandRecreationandParks) on current status of reopening in April.

**BEGINNING SPANISH WORKSHOP, WEDNESDAY, APRIL 1, 1-2:00 P.M. COST: \$15** Did you know that Bilingualism improves cognition and keeps the brain young? We are offering a Conversational Spanish Workshop for those who are interested in learning the Spanish language.

**RIDGELAND CITY GARDEN CLUB, TUESDAY, APRIL 7, 2020, 11:30 A.M.**

"Make and Take" will be our theme this month. Garden Club members will be creating their own masterpiece. There will be demonstrations and sharing of ideas. Come to the Ridgeland Recreational Center and enjoy making delightful garden crafts.

**ACRYLIC POURING ART CLASS, FRIDAY, APRIL 10, 1:30-3:00 P.M., COST: \$15 (SUPPLIES INCLUDED)** Whether you want to call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok. This form of abstract art uses acrylics with a runny consistency to create endless creative possibilities. Getting started is not difficult, making it a great art form for all skill levels. At its core fluid art allows you to learn a great deal about materials and is great for experimenting with color and technique. Instructor, Patti Betts, will help you get started. Each person will create an 8x8 canvas.

\*Please register for this class by calling or emailing.

**OIL PAINTING WORKSHOP, THURSDAY, APRIL 16, 9:00 A.M.—3:00 P.M., COST: \$50**

Learn to paint "Alla Prima!" Complete a painting during the class! This class focuses on the beginner and the intermediate student, using two different set-ups and instruction for each. Class begins with a live demonstration. Our instructor is Lyn Isonhood. To see examples of Lyn's work, visit [www.lynisonhood.com](http://www.lynisonhood.com). Bring your own lunch, canvases (9 X 12 and 11 X 14) and oil paints & brushes. Snacks will be provided. \*Deadline to register: call or email by Thursday, April 9th.

**IMPORTANT!—MONTHLY NEWSLETTER**

Our monthly newsletter will be going online in April! Here's how to access it: Go to [www.ridgelandms.org](http://www.ridgelandms.org). It will be on the front page of the website.

**BRIDGE GAME, THURSDAY, APRIL 23, 2020, 1-4:00 P.M., COST: \$1**

Come and join us for our Bridge game! \*Call or email before game day to reserve your spot.

**QUESTION?** Is anyone interested in a drawing class? \*Contact me by phone/email and let me know.

See you in April, Lynda Assink, Senior Adult Coordinator

## Weekly Programs

**Beginning Conversational Spanish** - Wednesdays, 11:30 a.m.—12:30 p.m., Instructor: Dinorah Nations, Cost: \$65 for 4 classes.

**Beginning Line Dancing**—Wednesdays, 2:30 p.m.—3:30 p.m., Instructor: Darlene Epple, Cost: \$10/class

\***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.

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

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

**Day-time Beginning Line Dance Class**—\$10/class, Wednesdays, Instructor: Darlene Epple, 2:30 p.m.—3:30 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**—\$35 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**—\$35 for 6 (30-minute) classes or \$8/class /class, Instructor: Lisa Newman, Monday and Fridays, 11:30—12:00 p.m.

Program Price for both yoga classes: \$55 for 6 (1 hour) classes

**Senior Fit 2**— A New Class!! \$10/month, Instructor: Sally Holly, Tuesdays and Thursdays, 12:30-1:15 p.m. This class will meet each month beginning the first Thursday.

**Senior Fit 1**—\$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.

**Beginning Tap Dancing**—\$5/class, Instructor: Sally Holly, Mondays, 3:30—4:30 p.m.

**Tap Dancing**—\$5/class, Instructor: Sally Holly, Mondays, Beginners 3:30-4:30 p.m., Intermediate 2:30—3:30 p.m.

**Yogilates**—\$10/class, or \$30/month Instructor Jean Powers, Thursdays, 4:00-5:00 p.m.

\*This class is filled.

## Bi-Monthly Programs:

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

**Bridge** - 3rd & 4th Thursday, 1:00.—4:00 p.m. Cost: \$1

## Monthly Programs:

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

# APRIL 2020

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		1 9:30 Men's Agape Coffee 9-10 Exercise 10-11 Exercise 11:30-12:30 Beg. Spanish <b>1-2:00 CONVERSATIONAL SPANISH WORKSHOP</b> 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 BEGINNING LINE DANCING	2 9-10 Fitness for Everyone 10-11 Martial Arts <b>12:30—1:15 SENIOR FIT 2 STARTS BACK</b> 4-5 Yogilates	3 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30—12 Yoga FFF
6 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 3:30-4:30 Beg. Tap 6:00 Line Dancing	7 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts <b>11:30 Garden Club NO SENIOR FIT 2 CLASS!</b> 1:30-3:00 Painting Pals	8 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11:30-12:30 Beg. Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 BEGINNING LINE DANCING	9 9-10 Fitness for Everyone 10-11 Martial Arts <b>12:30—1:15 Senior Fit 2</b> 4-5 Yogilates	10 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30—12 Yoga FFF <b>1:30-3:00 ACRYLIC POURING ART CLASS</b>
13 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 <b>1:30-3:00 Thread, Yarn, Crochet &amp; Coffee</b> 1:30-2:30 The Complete Mix 2:30-3:30 Tap 3:30-4:30 Beg. Tap 6:00 Line Dancing	14 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts <b>12:30—1:15 Senior Fit 2</b> 1:30-3:00 Painting Pals	15 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11:30-12:30 Beg. Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30- 3:30 BEGINNING LINE DANCING	16 9-10 Fitness for Everyone <b>9AM-3PM OIL PAINTING WORKSHOP</b> 10-11 Martial Arts <b>12:30—1:15 Senior Fit 2</b> 4-5 Yogilates	17 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
20 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 3:30-4:30 Beg. Tap 6:00 Line Dancing	21 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts <b>12:30—1:15 Senior Fit 2</b> 1:30-3:00 Painting Pals	22 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11:30-12:30 Beg Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 BEGINNING LINE DANCING	23 9-10 Fitness for Everyone 10-11 Martial Arts <b>12:30—1:15 Senior Fit 2</b> <b>1-4 BRIDGE</b> 4-5 Yogilates	24 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
27 <b>HOLIDAY!!</b>	28 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts <b>12:30—1:15 Senior Fit 2</b> 1:30-3:00 Painting Pals	29 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11:30-12:30 Beg Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 BEGINNING LINE DANCING	30 9-10 Fitness for Everyone 10-11 Martial Arts <b>12:30—1:15 Senior Fit 2</b> 4-5 Yogilates	

# SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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

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