

# Superstar Seniors

JUNE 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

P. O. Box 217

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39157

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dms.org

**WE'RE  
BACK!**

Opening, Monday  
June 8!

Household  
Hazardous  
Waste Day

At Holmes  
Community  
College

Saturday,  
June 20, 2020

**RIDGELAND**  
  
recreation & parks

We have been closed during this time of COVID-19 for your safety. I have missed all of you! Now that we are slowly getting back out and enjoying life, we will still need to keep some safety measures in place. Adhering to the Governor's guidelines, we are only allowed to host small classes ensuring social distancing. Please note some modifications may be in place. Some activities will have to wait a little while longer. We plan to open Monday, June 8, 2020.

△ Masks are highly and strongly recommended while visiting the center.

△ Hand sanitizer stations are set up at entrances, bathrooms, etc. Please use them frequently.

△ Stay at home if you are sick.

## MWF Exercise Class, Senior Fit 1, Fitness for Everyone and The Complete Mix

A. Lisa will continue to teach her Zoom Exercise and Fitness Class on Mondays and Fridays at 10:00 a.m. This class is for those who are not comfortable in coming to the center. To sign-up please email Lisa at [perfitbodytraining@gmail.com](mailto:perfitbodytraining@gmail.com). Cost: \$2/class (This class does not need to call to sign-up)

B. For 9:00 Exercise, Rita's Wednesday Class, Monday & Wednesday Senior Fit, The Complete Mix, and Fitness For Everyone classes - Each person **MUST** call the RR&P office **601-853-2011** and **sign-up weekly**—at least 24 hours before the class starts. Those wanting to attend Mondays class, need to call by the previous Friday. We can only safely have 15 in each class. To pay our instructors, **all exercise classes will be \$2 a class.**

You may pay when you come to class or mail your check to:

RR&P

P. O. Box 217,

Ridgeland, MS 39158 (Make checks payable to RR&P)

C. Note the time change on Wednesday, Rita's class will be at 9:00 and 10:30 a.m.

D. For now, none of our weights or equipment will be used. You may bring your own equipment - dumb bells, soup cans, tubing, etc.

E. Doors will be open 5 minutes before class begins. You will need to exit immediately after class and visit with each other outside - practicing your social distancing.

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- F. Bring your own water in a closed container.
- G. For now, no coffee will be served.
- H. Each person will be asked to sign a waiver of liability for COVID 19.
- I. For Line Dancing, call or text Darlene Epple at 601-927-1819. This class size is limited. Time changed to start at 2:45 p.m.
- J. Fitness for Everyone will only meet on Thursdays, at 9:00 a.m.
- K. For Tap Dancing, please text Sally Holly.
- L. For Men's Bible, please contact Bob Shirley.


At this time, we are not able to have all activities. We've had to arrange our schedule for cleaning, social distancing, and to prevent the spread of germs. Our goal is to keep everyone safe. Remember that everyone concerned is learning how to navigate these times, so please be patient and we will learn and grow together.

See you June 8th,

Lynda M. Assink, Senior Adult Coordinator, RR&P



# JUNE 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1	2		4	5
Getting ready for you!				
8 9-10 Exercise 10 –11 Lisa’s Zoom Exercise 12:30-1:00 Senior Fit 1:30 The Complete Mix 2:30 Tap 3:30 Beg. Tap 6:00 Line Dancing	9 9-10:30 Men’s Bible 10-11 Martial Arts	10 9-10 Rita’s Exercise <b>10:30-11:30</b> Rita’s Exercise 12:30-1:00 Senior Fit 1:30—2:30 The Complete Mix <b>2:45—3:45</b> Beginning Line Dancing	11 9:00 Fitness for Everyone 10-11 Martial Arts	12 9-10 Exercise 10 –11 Lisa’s Zoom Exercise
15 9-10 Exercise 10 –11 Lisa’s Zoom Exercise 12:30-1:00 Senior Fit 1:30 The Complete Mix 2:30 Tap 3:30 Beg. Tap 6:00 Line Dancing	16 9-10:30 Men’s Bible 10-11 Martial Arts	17 9-10 Rita’s Exercise <b>10:30-11:30</b> Rita’s Exercise 12:30 -Senior Fit 1:30 The Complete Mix <b>2:45—3:45</b> Beginning Line Dancing	18 9:00 Fitness for Everyone 10-11 Martial Arts 12:30—1:15	19 9-10 Exercise 10 –11 Lisa’s Zoom Exercise
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# SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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Ridgeland, Mississippi 39158  
Phone: 601-856-6876  
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**Senior Adult Coordinator**

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