

Superstar Seniors

JULY 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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The Ridgeland
Recreational
Center

Closed

Friday

July 3, 2020

for a legal
holiday.



Thank you for your patience and positive attitudes as we journey through this time of Covid-19. We are cleaning the bathrooms and mopping the floors every day. We also clean the chairs, counters, door knobs, etc., after each class. Our cleaning service also provides a disinfectant fogger each week. Our goal is to keep everyone safe.

1. **Masks are highly and strongly recommended. (You may take your mask off while exercising).**
2. **Please use the hand sanitizer stations frequently.**
3. **Please practice social distancing (6' apart).**
4. **Stay home if you are sick.**

All Exercise Classes:

1. Lisa will continue her Zoom Exercise & Fitness Class that meets on Mondays and Fridays, 10:00—11:00 a.m. *Contact me if you wish to join her class. Class fee is \$15/month.
2. **We will now sign-up once and pay monthly.** *Please contact me to sign-up for the exercise class you wish to join. Classes are limited to 15. The first 15 to sign-up will be able to attend.
3. Our fee for all exercise and fitness classes will be **\$15/month**. This is the first time we have ever changed our fee for our classes. This way, we will be able to continue to pay our wonderful instructors and keep our programs going.
4. Fitness for Everyone meets only on Thursday will be \$10/month.
5. Please bring your own water.
6. We will have exercise equipment on the kitchen counter. We will clean the equipment after each use. (For better safety, you may still bring your own).
7. Right now, we are offering the 9:00 a.m. Exercise Class on Monday, Wednesday, and Friday. We will resume the 10:00 a.m. class when we have enough (more than 5) participants call or email me to register.

Temporarily, Painting Pals is meeting on Tuesday mornings at 10:00 a.m.

Due to social distancing, cleaning, hand contact, floor contact, etc., we are not able to have all of our classes at this time. We will add as soon as it is safe to do so.

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

Weekly Programs

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

***Exercise** - \$15/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, 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, 2:45 p.m.—3:45 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 1—\$15/month, Instructor: Sally Holly, Mondays and Wednesdays, 12:30 p.m.—1:15 p.m.

***The Complete Mix**—\$15/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 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.

JULY 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| | | 1 9 :30 Men's Agape Coffee Group 9-10 Exercise w/Rita 11:30-12:30 Zoom Beg. Spanish 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 | 3 HOLIDAY! |
| 6 9-10 Exercise 10-11 Lisa's Zoom Class 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 10-11 Martial Arts 10-11:30 Painting Pals | 8 9 :30 Men's Agape Coffee Group 9-10 Exercise w/Rita 11:30-12:30 Zoom 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 | 10 9-10 Exercise 10-11 Lisa's Zoom Class |
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RIDGELAND



recreation & parks

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Lynda McMahan Assink
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