

Superstar Seniors

AUGUST 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

Ridgeland, MS
39157

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Masks are
required at the
RRC!



Due to the recent spike in COVID-19 cases, we are making necessary decisions to keep everyone healthy and safe. As of now, the Governor's guidelines states 10 people or less for inside activities. As soon as the COVID 19 cases decline and the guidelines increase to 15 people, we will resume:

9-10 A.M. Exercise - Mondays, Wednesdays, Fridays

10-11 A.M. Exercise - Mondays, Wednesdays, Fridays

12:30—1:15 P.M. Senior Fit, Mondays, Wednesdays (Watch RR&P FB Live)

1:30-2:30 P.M. The Complete Mix, Mondays, Wednesdays (Watch RR&P FB LIVE)

LISA'S EXERCISE & FITNESS ZOOM CLASS, MONDAYS, WEDNESDAYS, FRIDAYS, AT 10:00 A.M., COST: \$20/MONTH

We've added another day of Lisa's Zoom Exercise & Fitness Class! This class now meets every Monday, Wednesday and Friday! She is giving a great workout that builds each week for optimum health and fitness. The great thing is you can do it in your own home and you don't have to wear a mask! She also videos some of the workouts and shares it by email to her participants. This way, they have an extra workout on hand. *To register, please call or email me. To pay for Lisa's class, make out your check to RR&P, and mail to:

RR&P
P. O. Box 217
Ridgeland, MS 39158

SENIOR FIT AND THE COMPLETE MIX, MONDAYS & WEDNESDAYS, AT 12:30 P.M. AND 1:30 P.M., CAN BE SEEN ON THE RIDGELAND RECREATION & PARKS' LIVE FACEBOOK PAGE.

Beginning Wednesday, August 5, we will have our Senior Fit Class and The Complete Mix Live on RR&P Facebook page. You do not have to be a member of Facebook to view these classes. These classes are free! Please come and join us!

"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."

Praying we all will find ways to "dance" during this time. Please call or email me if there's anyway I can help make this possible for you!

Hope to see you in August!

Lynda Assink
Senior Adult Coordinator
Ridgeland Recreation & Parks

* DUE TO COVID-19, SOME PROGRAMS ARE CANCELLED FOR A BRIEF TIME.

Weekly Programs

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

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 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.

Monthly Programs:

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

AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10-11 Lisa's Zoom Exercise Class</p> <p>2:30-3:30 Tap 3:30-4:30 Beg. Tap 6:00 Line Dancing</p>	<p>4 10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>5 9:30 Men's Agape Coffee Group 10-11 Lisa's Zoom Exercise Class 11:30-12:30 Zoom Beg. Spanish 12:30-1:15 FB LIVE Senior Fit 1 1:30—2:30 FB LIVE The Complete Mix 2:30-3:30 Beginning Line Dancing</p>	<p>6 10-11 Martial Arts</p>	<p>7 10-11 Lisa's Zoom Exercise Class</p>
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<p>24 10-11 Lisa's Zoom Exercise Class 12:30-1:15 FB LIVE Senior Fit 1 1:30-2:30 FB LIVE The Complete Mix 2:30-3:30 Tap 3:30-4:30 Beg. Tap 6:00 Line Dancing</p>	<p>25 10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>26 9:30 Men's Agape Coffee Group 10-11 Lisa's Zoom Exercise Class 11:30-12:30 Zoom Beg Spanish 12:30-1:15 FB LIVE Senior Fit 1 1:30—2:30 FB LIVE The Complete Mix 2:30-3:30 Beginning Line Dancing</p>	<p>27 10-11 Martial Arts</p>	<p>28 10-11 Lisa's Zoom Exercise Class</p>
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recreation & parks

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Lynda McMahan Assink
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