

Superstar Seniors

OCTOBER 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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Masks are
required at the
RRC!



Wednesday, October 28, 2020

Location:

Outside the Ridgeland Recreational Center at Old Trace Park

Schedule:

9:00 am Late registration
9:30 am Walk with the Mayor
10:00 am Visit Sponsor Booths
10:15 am Entertainment! Goody bags with T-Shirts, and Door Prizes!



**MASK
REQUIRED
IN GROUP
SETTING!**

To sign-up for this event—fill out the registration form on page 2. We will also need your signature on our COVID-19 waiver. (Page 3) You may drop both of these forms by Ridgeland City Hall or the Ridgeland Recreational Center—or you may mail to RR&P, P. O. Box 217, Ridgeland, MS 39158. Goody bags with t-shirts will **only be given/provided** to participants who are present at this event.

MONDAY, WEDNESDAY, FRIDAY EXERCISE CLASS, SENIOR FIT 1 (MONDAYS & WEDNESDAYS), AND THE COMPLETE MIX WILL RESUME IN OCTOBER!

We are so excited to begin these classes again! Those who previously attended these classes in July are welcome to come back. Everyone must wear a mask! We are maintaining our social distancing by placing the chairs 6' apart, so class size will be limited. Please stay home if you are feeling sick, running a fever, etc. Any new participants need to contact my office.*

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

We will continue to offer Lisa's Exercise & Fitness Zoom Class. You can do it safely in your own home. If you are interested in joining, please contact me.*

RIDGELAND CITY GARDEN CLUB, TUESDAY, OCTOBER 6, 2020, 11:30 A.M.

This month the meeting will take place at Garden Works. Contact Joy at flowerlad243@gmail.com for more information.

OIL PAINTING WORKSHOP, THURSDAY, OCTOBER 15, 2020, 9:00 A.M.—2:00 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 artist, Lyn Isonhood. Bring your own lunch, canvases (9 X 12 and 11 X 14) oil paints & brushes. *Please contact me to register for this class.

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



Location:

Ridgeland Recreational Center at Old Trace Park

Schedule:

9:30 am Walk with the Mayor
 10:00 am Visit Sponsor Booths
 10:15 am Entertainment, Food, Door Prizes

Entry Form

Name: _____ Age: _____ Gender: _____

Address: _____ City/State/Zip: _____

Email: _____ Phone: _____

Shirt Size: S M L XL XXL

Registration: Signature is needed on this form and the COVID-19 release form postmarked no later than Friday, October 16, 2020. T- shirts available to first 150 registered participants present for the MFW. Registrations should be mailed to: Ridgeland Recreation & Parks, P.O. Box 217, Ridgeland, MS 39158 or you may drop off your registration form to Ridgeland City Hall (Ridgeland Recreation & Parks Office) or Ridgeland Recreational Center.



In consideration of your acceptance of the race entry, I, for myself, my heirs, and executors, forever release, and/all rights, demands, claims, for damage and causes of suite action known or unknown that I may have against Ridgeland Recreation & Parks, and all participation in said walk, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in the walk. If I have a heart condition or high blood pressure, I certify that I have my physicians approval to participate in this event, with obligation or signature.

Signature: _____ Date: _____

MAYOR'S FUN WALK 2020

COVID-19 Waiver

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I further acknowledge that the City of Ridgeland and the organizers of the MFW event have put in place preventative measures to reduce the spread of the Coronavirus/Covid-19,

I further acknowledge that the City of Ridgeland and the organizers of MFW event cannot guarantee that I will not become infected with the Coronavirus/COVID-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to City of Ridgeland employees and/or event volunteers.

I voluntarily seek services provided by the City of Ridgeland and the organizer of the MFW event and acknowledge that I am increasing my risk of exposure to the Coronavirus/COVID-19. I acknowledge that I must comply with all set procedures to reduce the spread while attending the NTCR event.

I attest that:

*I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

*I have not traveled internationally within the last 14 days.

*I have not traveled to a highly impacted area within the United States of America in the last 14 days.

*I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.

*I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.

I hereby release and agree to the City of Ridgeland and the organizers and volunteers of the event harmless from, and waive on behalf of myself, heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs expenses and compensation for damage of loss to myself and/or property that may be caused by any act, or failure to act of the City of Ridgeland, the organizers, employees and/or volunteers of the MFW event. I understand that this release discharges the City of Ridgeland and the organizers of the MFW event from any liability or claim that I my heirs, or any personal representatives may have against the City of Ridgeland and the organizers of the MFW with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from the City of Ridgeland and the organizers of the MFW event. This liability waiver and release extends to the City of Ridgeland employees and all MFW organizers and volunteers.

Name (print)

Signature

Date

OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10-11 Martial Arts	2 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class
5 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 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	6 10-11 Martial Arts 10-11:30 Painting Pals 11:30-Garden Club will meet @Garden Works	7 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 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 Line Dancing	8 10-11 Martial Arts	9 <u>NO Classes</u> at the Rec Center! (Getting ready for Century Ride) 10-11 Lisa's Zoom Class
12 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 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	13 10-11 Martial Arts 10-11:30 Painting Pals	14 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 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	15 OIL PAINTING WORKSHOP 9am-2:00 p.m. 10-11 Martial Arts	16 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class
19 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 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	20 10-11 Martial Arts 10-11:30 Painting Pals	21 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 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	22 10-11 Martial Arts	23 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class
26 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 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	27 10-11 Martial Arts 10-11:30 Painting Pals	MAYOR'S FUN WALK 9:00 a.m.—Late Registration 9:30 a.m. Walk begins	29 10-11 Martial Arts	30 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class

SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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Post Office Box 217
Ridgeland, Mississippi 39158
Phone: 601-856-6876
Phone: 601-853-2011

Lynda McMahan Assink
Senior Adult Coordinator

SPONSORS

Champion

Omega Electric
Bicycle Revolution
The Radio People – US 96.3,
Mix 98.7, Y101, 100.9 The Legend

Superstar

C Spire
Corey Sullivan Electric
Madison County Journal
BankPlus
St. Dominic's
St. Catherine's Village
Professional Eyecare Associates
Fleet-Foot Ridgeland

Achiever

Craftsmen's Guild of
Mississippi
Bufkin Mechanical
Bicycle Revolution
Mississippi Department of
Environmental Quality
Renasant Bank
SuperTalk Radio Mississip-
pi

Spirit

Service Printers, Inc.
Neel-Schaffer, Inc.
Burgers & Blues
A Complete Flag Source
The Orchard
Mars Marketing
Trustmark National Bank
Keesler Federal Credit
Union
Hydrowash of MS
Rogers, Ainsworth & Wil-
liams, PLLC
Waggoner Engineering

RR&P Fan

The Waterford on Highland
Colony
Parkway Development, Inc.
Humana Insurance
Madison Ace Hardware
Love Irrigation
Staffers
Academy of Kung Fu
Dean & Dean Associates
Pax Hospice
Mills, Scanlon, Dye &
Pittman
Chateau Ridgeland