

Superstar Seniors

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

DECEMBER 2020

Lynda M. Assink
Senior Adult
Coordinator

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dms.org



RRC

CLOSED

December 24

to

January 1



RIDGELAND

recreation & parks

RIDGELAND GARDEN CLUB, TUESDAY, DECEMBER 1, 2020, 11:30

A.M. Ridgeland Garden Club will hold their December meeting at Reservoir Pointe, with lunch provided. This is the annual Christmas Party/luncheon for members only.

LET'S CELEBRATE CHRISTMAS! Join us on Ridgeland Recreation & Parks' Facebook Live. You do not have to be a member of Facebook to view these programs. Celebrate the season with our special Christmas programs below:

- **RIDGELAND TAP DANCERS, FRIDAY, DECEMBER 11, 2020 at 2:00 p.m.—Featured on RIDGELAND RECREATION & PARKS' FACEBOOK LIVE**
- **RIDGELAND LINE DANCERS CHRISTMAS PROGRAM, MONDAY, DECEMBER 14, 2020 at 2:00 p.m.—Featured on RIDGELAND RECREATION & PARKS' FACEBOOK LIVE**
- **MYSTERIES OF MELCHIZEDEK", TUESDAY, DECEMBER 8, 2020 , 9:00 A.M.—10:00 A.M.—Featured on RIDGELAND RECREATION & PARKS FACEBOOK LIVE** Listen to our Men's Bible Study, led by Bob Shirley, as he guides you through the Old and New Testament for a special Christmas message.

PICKLEBALL AT RIDGELAND TENNIS CENTER! This is a great game for senior adults. It is a game resembling tennis in which players use paddles and a perforated plastic ball. We have 4 new Pickleball courts. Call ahead (601-853-1115) and make your reservation to play. Cost is \$3/person to play for 1 1/2 hours!

STARTING IN JANUARY 2021!

BEGINNING ZOOM CONVERSATIONAL SPANISH, WEDNESDAYS, JANUARY 6, 13, 20, 27 2021, 11:00 A.M.—12:00 P.M. COST: \$65

Did you know that Bilingualism improves cognition and keeps the brain young? This is an interactive and dynamic course that teaches the basics of Spanish grammar and gives practical thematic vocabulary. Dinorah Nations is your instructor. In her teaching, Dinorah brings familiar Bible verses, and easy but meaningful Christian songs. Participants may purchase book, Spanish with a Mission, through Amazon. Cost of book is not included in the class price. If you do not wish to get a book, please specify as you register. To register, contact Dinorah at 601-497-7788 or email dinorah.nations@gmail.com.

Merry Christmas & Happy New Year!
Lynda M. Assink, Senior Adult Coordinator, RR&P

DUE TO COVID-19, SOME PROGRAMS ARE CANCELLED FOR now.

Weekly Programs

Beginning Conversational Spanish - Wednesdays, 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.

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—\$15/month, Instructor: Tee Land, Mondays and Wednesdays, 12:30 p.m.—1:15 p.m.

The Complete Mix—\$15/month, Instructor: Tee Land, Nancy Dinkins, Monday and Wednesdays, 1:30-2:30 p.m.

Tap Dancing—Intermediate class - \$5/class, Instructor: Monica Russell, Nancy Dinkins, 2:30—3:30 p.m.

Monthly Programs:

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

*Ridgeland Police Department was honored to be selected by Blessing Box Madison MS

as a location where these young women can continue their outreach. The Blessing Box is located in the foyer area of the Ridgeland Police Department and is accessible 24 hours a day, 7 days a week for anyone who has an immediate need for food or personal hygiene items. Blessing Box Madison MS was started several years ago by a couple of young adults from Madison County as a way to give back to the community who has blessed them. If you wish to provide a donation of non-perishable food items or sealed personal hygiene items, we will accept them at Ridgeland Police Department or message the Blessing Box Madison MS for answers to your questions. With caring hearts such as this in our community, we are sure to be successful.

DECEMBER 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| | 1 10-11 Martial Arts 10-11:30 Painting Pals | 2 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 11-12 Zoom Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 Beginning Line Dancing | 3 9- 10:30 Acrylic Painting Workshop 10-11 Martial Arts | 4 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class |
| 7 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 6:00 Line Dancing | 8 9:00—10:00 Men's Bible Study on RR&P Facebook LIVE 10-11 Martial Arts 10-11:30 Painting Pals | 9 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 11-12 Zoom Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 Beginning Line Dancing | 10 9- 10:30 Acrylic Painting Workshop 10-11 Martial Arts | 11 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 2:00 Tap Dancers on RR&P Facebook Live |
| 14 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 2:00 Line Dancers on RR&P Facebook Live 2:30-3:30 Tap 6:00 Line Dancing | 15 10-11 Martial Arts 10-11:30 Painting Pals | 16 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 11-12 Zoom Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 Beginning Line Dancing | 17 10-11 Martial Arts | 18 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class |
| 21 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 NO Tap NO Line Dancing | 22 NO Martial Arts 10-11:30 Painting Pals | 23 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 11-12 Zoom Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix NO LINE DANCING! | 24 HOLIDAY!! | 25 HOLIDAY!! |
| 28 | 29 | 30 | 31 HOLIDAY!! | 1 HOLIDAY!! |
| NO PROGRAMS THIS WEEK!!! | | | | |

SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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Lynda McMahan Assink
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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
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RR&P Fan

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