

# 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

FEBRUARY 2021

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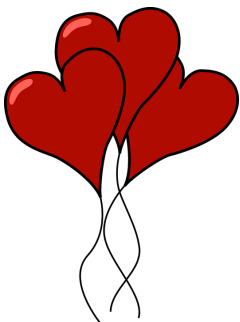
THE RRC

CLOSED

Monday,

February 15,

for a legal holiday.



RIDGELAND  
  
recreation & parks

## **RIDGELAND SENIOR ADULT VALENTINE BANQUET - CANCELED**

While great strides have been made by State and CDC health officials to combat COVID-19, it still remains a health risk to senior adults and those with compromised immune systems. Therefore, in the interest of our senior adults, Ridgeland Recreation & Parks has made the decision to cancel our Senior Adult Valentine Banquet this year. We will look forward to a extra-special Valentine's Banquet next year!

## **RIDGELAND GARDEN CLUB, TUESDAY, FEBRUARY 2, 2021, 11:30**

**A.M.** We will be meeting this month at the Garden Works on Hwy. 51, in Ridgeland. Everyone will need to wear a mask and maintain social distancing. The staff at Garden Works will be giving our presentation.

## **MEN'S BIBLE ON FACEBOOK LIVE, TUESDAYS, BEGINNING FEBRUARY 9, 2021, 9:00 A.M.—9:45 A.M.**

Men's Bible will be continuing their discussion on "GOD THE SON'S COMINGS!" Tune into Ridgeland Recreation & Parks' Facebook Live!

## **COMING IN MARCH!**

## **YOGA CLASSES RESUMING IN MARCH PENDING SIGN-UP!**

Below are 2 Yoga classes that will begin in March.

\*Please call or email me to sign-up.

**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.



## **STEP IT UP WITH AJ! – A WALKING FITNESS CLASS, TUESDAYS & THURSDAYS, MARCH 23—APRIL 29, 1:30-3:30**

**P.M., COST: \$15** This is a 6 week class to get you in shape for Spring! Walking is the safest and most natural activity for health and fitness. Your instructor is Ashley Jones. Ashley has her BS in Health and Recreation. She will begin the class with a warm-up/stretching, followed by 15-25 minutes of walking outside on the trail (or inside when the weather does not permit.) After the walk, participants will engage in strengthening and toning exercises. The class will end with a cool down/stretching. Must have at least 8 participants in order to have the class.

"Let us always meet each other with [smile](#), for the smile is the beginning of love." — Mother Teresa HAPPY VALENTINE'S DAY!

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

## 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** —\$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.

**Lisa's Zoom Exercise Class**—\$20/month, Monday, Wednesday, & Fridays, 10-11 a.m.

## Monthly Programs:

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

\*Due to COVID-19, these classes are currently postponed until a later date.

# FEBRUARY 2021

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>1 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</p>	<p>2 <b>No Men's Bible</b> 10-11 Martial Arts 10-11:30 Painting Pals <b>11:30</b> <b>RIDGELAND</b> <b>GARDEN CLUB</b></p>	<p>3 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix</p>	<p>4 10-11 Martial Arts</p>	<p>5 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class</p>
<p>8 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</p>	<p>9 <b>9-9:45 Men's Bible (FB LIVE)</b> 10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>10 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix</p>	<p>11 10-11 Martial Arts</p>	<p>12 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class</p>
<p>15 <b>HOLIDAY!!</b></p>	<p>16 <b>9-9:45 Men's Bible (FB LIVE)</b> 10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>17 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix</p>	<p>18 10-11 Martial Arts</p>	<p>19 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class</p>
<p>22 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</p>	<p>23 <b>9-9:45 Men's Bible (FB LIVE)</b>  10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>24 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix</p>	<p>25 10-11 Martial Arts</p>	<p>26 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class</p>

# SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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**Lynda McMahan Assink**  
**Senior Adult Coordinator**

## SPONSORS

### Champion

Omega Electric  
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The Radio People – US 96.3,  
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Fleet-Foot Ridgeland

### Achiever

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

### Spirit

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Pittman  
Chateau Ridgeland