

Superstar Seniors

MARCH 2021

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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dms.org



Daylight Saving
time begins

Sunday,

March 14, 2021

RRC

CLOSED

MARCH 8—12

TO

REPLACE
FLOORING!



!! IMPORTANT ANNOUNCEMENT!! During the winter freeze, we had a pipe burst at the RRC. We had a significant amount of water damage to our floor. We will be cancelling all classes March 8-12, to replace our flooring.

LISA'S ZOOM EXERCISE CLASS WILL MEET ON MONDAY, WEDNESDAY, & FRIDAY, 9:45—10:30 A.M. *Please notice time change!!

RIDGELAND CITY GARDEN CLUB, TUESDAY, MARCH 2, 2021, 11:30 A.M.

We will meet at the Ridgeland Recreational Center this month. Carol Rives Stockett will be our speaker. Her topic will be "Planting Seeds and Garden Trivia".

YOGA CLASSES BEGIN MONDAY, MARCH 15, 11:00 A.M.

Below are 2 Yoga classes that will begin in March. *To register for this class you must call or email me. Class size is limited.

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, Instructor: Lisa Newman, Monday and Fridays, 11:30—12:00 p.m.

Program Price for both yoga classes: \$55 for 6 (1 hour) classes

STEP IT UP WITH AJ! – A WALKING FITNESS CLASS, TUESDAYS & THURSDAYS, MARCH 23—APRIL 29, 1:30-2:30 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 it's raining.) After the walk, participants will engage in strength and toning exercises. The class will end with a cool down/stretching. *Register by calling or emailing me.

BEGINNING SPANISH CLASS, WEDNESDAYS, MARCH 17—APRIL 7, 2021, 11:00 A.M.—12:00 P.M. COST: \$65 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.

COASTER ART CLASS, THURSDAY, MARCH 18, 2021, 10:00—11:30 A.M.

COST: \$15 and/or \$20 Have fun making beautiful coasters for your coffee table/end tables! See examples at the RRC.. Patti Betts is your instructor. Pick out your favorite paint colors and Patti will guide you as you make your own design. Price includes all materials and supplies (6 coasters). The price is \$20 for ones that include a case. This is an art class for everyone! Class size is limited to 6. Please register by contacting me!

Question? Is anyone interested in a BASIC ART DRAWING CLASS?

***Please let me know by email or phone if you would be interested in having this program.**

See you in March!

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.

***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, 10:00 a.m.—11:30 a.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, Monday and Wednesdays, 1:30-2:30 p.m.

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

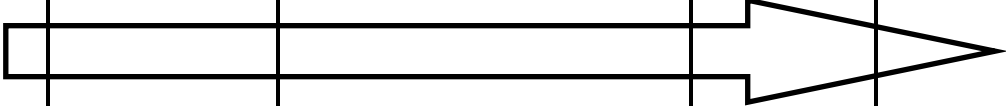
Lisa's Zoom Exercise Class—\$20/month, Monday, Wednesday, & Fridays, 10-11 a.m.

Monthly Programs:

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

*Due to COVID-19, this class is now meeting thru Ridgeland Recreation & Parks Facebook Live.

MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9-10 Exercise 10-11 Exercise 9:45—10:30 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 9-9:45 Men's Bible (FB LIVE) 10-11 Martial Arts 10-11:30 Painting Pals 11:30 RIDGELAND GARDEN CLUB</p>	<p>3 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 9:45-10:30 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 9:45—10:30 Lisa's Zoom Exercise Class</p>
<p>8 9:45—10:30 Lisa' Zoom Exercise RRC CLOSED FOR FLOOR RENOVATIONS</p>	<p>9</p>	<p>10 9:45—10:30 Lisa's Zoom Exercise Class</p>	<p>11</p>	<p>12 9:45—10:30 Lisa's Zoom Exercise Class</p>
				
<p>15 9-10 Exercise 10-11 Exercise 9:45—10:30 Lisa' Zoom Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 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>16 9-9:45 Men's Bible (FB LIVE) 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 9:45-10:30 Lisa's Zoom Exercise Class 11-12 Beginning Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix</p>	<p>18 10-11 Martial Arts 10-11:30 COASTER ART CLASS</p>	<p>19 9-10 Exercise 10-11 Exercise 9:45—10:30 Lisa's Zoom Exercise Class 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF</p>
<p>22 9-10 Exercise 10-11 Exercise 9:45—10:30 Lisa' Zoom Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 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 9-9:45 Men's Bible (FB LIVE) 10-11 Martial Arts 10-11:30 Painting Pals 1:30-2:30 Step It Up w/AJ</p>	<p>24 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 9:45-10:30 Lisa's Zoom Exercise Class 11-12 Beginning Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix</p>	<p>25 10-11 Martial Arts 1:30-2:30 Step It Up w/ AJ</p>	<p>26 9-10 Exercise 10-11 Exercise 9:45—10:30 Lisa's Zoom Exercise Class 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF</p>
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SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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Lynda McMahan Assink
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Mississippi Department of
Environmental Quality
Renasant Bank
SuperTalk Radio Mississip-
pi

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