

# 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

APRIL 2021

Lynda M. Assink  
Senior Adult  
Coordinator

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Mask  
Encouraged!



RIDGELAND  
  
recreation & parks

**A BIG THANKS TO HUMANA!** A big thanks to Humana and Janice Posey for purchasing blocks, straps, fruit, and water for Yoga. Humana provided water/bananas to our Step it Up with AJ Walking Class. We appreciate Humana being a sponsor for Ridgeland Recreation & Parks!

**RIDGELAND GARDEN CLUB, TUESDAY, APRIL 6, 11:30—1:00 P.M.** Lisa Newman, Personal Trainer and Fitness Expert, will be our speaker. Her topic is “The Gardener’s Gym.” She will demonstrate healthy and safe body mechanics while gardening.

*Stay Strong*



**TECHNOLOGY 101, RIDGELAND RECREA-**



**TION & PARKS FACEBOOK LIVE, THURSDAY, APRIL 8, 10:00-11:00 A.M.** Technology can be overwhelming, but also very beneficial. Find out more about the basics of computers and the internet and how smartphones and tablets work. Janice Posey, with Humana, will be giving this basic information on our Ridgeland Recreation & Parks Facebook Live.

**BINGO WITH CYNTHIA ARMSTRONG, THURSDAY, APRIL 22, 10:00-11:00 A.M.** Cynthia, from St. Catherine’s, will be here to call our Bingo game and give out prizes. \*You must register by email/phone.



**STEP IT UP WITH AJ! – A WALKING FITNESS CLASS, TUESDAYS & THURSDAYS, MARCH 23—APRIL 29, 1:30-2:30 P.M., COST: \$15** Please come and join our new walking class! It’s not too late to join. 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.

**TO ALL EXERCISE CLASSES!** If you have been staying safe at home and would like to come back to a class that you previously attended (before COVID) - \*please email or call. Seating is limited.

**MEN’S BIBLE, TUESDAYS, 9:00 A.M.—9:45 A.M., RIDGELAND RECREATION & PARKS’ FACEBOOK LIVE** Please tune in and watch this informative and inspirational study of God’s word.

See you in April, 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.

# APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10-11 Martial Arts <b>1:30-2:30 Step It Up w/AJ</b>	2 9-10 Exercise 10-11 Exercise <b>9:45—10:30 Lisa's Zoom Exercise Class</b> 11-11:30 Yoga R &R 11:30-12 Yoga FFF
5 9-10 Exercise 10-11 Exercise <b>9:45—10:30 Lisa' Zoom Exercise</b> 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	6 9-9:45 Men's Bible (FB LIVE) 10-11 Martial Arts 10-11:30 Painting Pals <b>11:30 RIDGELAND GARDEN CLUB</b> 1:30-2:30 Step It Up w/AJ	7 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise <b>9:45-10:30 Lisa's Zoom Exercise Class</b> 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix	8 10-11 Martial Arts <b>10-11 Technology 101 (RR&amp;P FB LIVE)</b>  1:30-2:30 Step It Up w/AJ	9 9-10 Exercise 10-11 Exercise <b>9:45—10:30 Lisa's Zoom Exercise Class</b> 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
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**Lynda McMahan Assink**  
**Senior Adult Coordinator**

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pi

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