

# 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

MAY 2021

Lynda M. Assink  
Senior Adult  
Coordinator

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39157

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dms.org



Mask  
Encouraged



RRC

CLOSED

Monday,

May 31, 2021

for a legal  
holiday.



## RIDGELAND GARDEN CLUB, TUESDAY,

MAY 4, 11:30—1:00 P.M. Garden Club will meet at the Ridgeland Recreational Center. “Yard Swap” will be our program this month. Bring plants, vases, and/or yard art to swap! We will have a catered lunch by George’s @ Reservoir Pointe. (Members Only). If you did not sign-up at the last meeting, please contact Joy Ellis to make your reservations.



## CELL PHONE CLASS, PRESENTED BY HU-

MANA, THURSDAYS, MAY 6, 13, 20, 27, 10:00 A.M. –11:00 A.M. If you have questions about your cell phone and/or android, and need answers, then this is the class for you! Janice Posey and her Humana friends will be here to give you free technical support. Class size is limited! \*Please call or email to sign-up.



## MEN’S BIBLE, TUESDAYS, 9:00 A.M.—9:45

A.M., RIDGELAND RECREATION & PARKS’  
FACEBOOK LIVE Men’s Bible will be finishing up their study “God the Son’s Comings” this month. You are welcome to come or tune into RR&P Facebook Live.

## THREAD, YARN, CROCHET, & COFFEE, MON-

DAYS, MAY 10 & 24, 1:30-3:00 P.M. Bring your own needle work (needlepoint, cross-stitch, crochet, knitting) the second and fourth Mondays of each month. Come and enjoy a relaxing afternoon of needlework and meeting new friends.



TO ALL EXERCISE CLASSES! All classes will be meeting at the RRC! 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.

See you in May!

Lynda M. Assink  
Senior Adult Coordinator  
Ridgeland Recreation & Parks

## Weekly Programs

**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**—\$30 for 6 (30-minute) classes or \$5/class, Instructor: Lisa Newman, Monday and Fridays, 11:00 —11:30 a.m.

**Yoga for Flexibility, Fitness, and Fun**—\$30 for 6 (30-minute) classes or \$5/class /class, Instructor: Lisa Newman, Monday and Fridays, 11:30—12:00 p.m.

Program Price for both yoga classes: \$60 for 6 or \$10/class (1 hour) classes

**Senior Fit** —\$15/month, Instructors: Lisa Newman and Tee Land, Mondays and Wednesdays, 12:30 p.m.—1:15 p.m.

**The Complete Mix**—\$15/month, Instructors: Lisa Newman & 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.

## Monthly Programs:

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

# MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	4 9-9:45 Men's Bible (FB LIVE) 10-11 Martial Arts 10-11:30 Painting Pals <b>11:30 RIDGELAND GARDEN CLUB</b>	5 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix	6 10-11 Martial Arts <b>10-11 CELL PHONE CLASS</b>	7 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R &R 11:30-12 Yoga FFF
10 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 <b>1:30-3:00 Thread, Yarn, Crochet</b> 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	11 9-9:45 Men's Bible (FB LIVE) 10-11 Martial Arts 10-11:30 Painting Pals	12 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix	13 10-11 Martial Arts <b>10-11 CELL PHONE CLASS</b>	14 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
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31  <b><u>HOLIDAY!</u></b>				

# SUPERSTAR SENIORS

RIDGELAND



recreation & parks

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**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 Mississipp-  
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  
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Dean & Dean Associates  
Pax Hospice  
Mills, Scanlon, Dye &  
Pittman  
Chateau Ridgeland