

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

JULY 2021

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RRC

CLOSED

MONDAY

JULY 5, 2021

for a

legal holiday.



CELEBRATE AMERICAN BALLOON GLOW, FRIDAY, JULY 2, 2021, 5:00 P.M. AT NORTHPARK Mississippi Championship Balloon Fest will inflate balloons and light up the night. There will be food vendors, music, a children's fun area and fireworks! Entertainment will be provided by Dialogue, the Blues Boyz, and the Victory Belles. Fireworks are scheduled for 9:15 p.m. Enjoy an evening of patriotism and celebration!

MOVIE IN THE PARK, THURSDAY, JULY 15, 2021 Grab a blanket or your lawn chairs to join us for our Movie in the Park at Freedom Ridge Park. We will be showing *Toy Story*. Movie will be shown at dusk.

MEN'S BIBLE, TUESDAYS, 9:00 A.M.

The next study will be "Death, Resurrection, Heaven, and Hell—What does the Bible say?" You are welcome to come or tune into RR&P Facebook Live.

ZENTANGLE ART CLASS, THURSDAY, JULY 15, 2021, 10:00 A.M.—12:00 P.M., COST: \$30 (SUPPLIES INCLUDED)

The Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. All supplies are included in the price. (This is not a spiritual class.) It is a drawing method class. It is especially suited to folks who would love to do something artistic but don't think they have the ability. This will be a 2-hour class. Students will leave with a completed Zentangle drawing and their art supplies to take home. You can also visit zentangle.com for more information on this art form. We must have 5 participants in order for the class to make.

*Sign-up by calling or emailing me.

ORNISH SUPPORT GROUP, 4TH TUESDAY, JULY 27, 2021, AT 11:30 A.M. This is a healthy diet and lifestyle support group, originally started by the Jackson Heart Clinic. If you are interested in a healthy diet and lifestyle, please come join us. Coffee and water will be provided.

BRIDGE, THURSDAY, JULY 22, 2021, 1-4 P.M., COST: \$1 (for Bridge prizes) We must have 8 players in order to have this program. *Please contact me by phone or email to sign-up. I will let you know by Monday before Bridge day on Thursday—if we have enough players. Everyone will be responsible to find their own sub if they need to cancel.

PAINTING PALS, TUESDAYS, WEEKLY, 1:00 P.M.—3:00 P.M. Painting Pals will begin meeting back at their regular time on Tuesday afternoon. Is it hard for you to paint and/or draw at home? Bring your own supplies and enjoy painting with friends, overlooking the beautiful reservoir.

See you in July!
Lynda M. Assink,
Senior Adult Coordinator, RR&P

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

Yoga for Flexibility, Fitness, and Fun—\$60 for 6 (1 hour) classes or \$10/class. Instructor: Lisa Newman, Monday and Fridays, 11:00—12:00 p.m.

Senior Fit —\$15/month, Instructors: Sally Holly, Mondays and Wednesdays, 12:30 p.m.—1:15 p.m.

The Complete Mix—\$15/month, Instructor: Sally Holly, 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.

Thread, Yarn, Crochet & Coffee—Free, 2nd and 4th Mondays of each month, 1:30 p.m.—3:00 p.m.

Bridge—4th Thursday of the month, \$1.00, 1:00 p.m.—4:00 p.m.

Ornish Group—4th Tuesday of the month—11:30 a.m.

JULY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10-11 Martial Arts	2 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R &R 11:30-12 Yoga FFF BALLOON GLOW @ NORTH PARK
5 HOLIDAY!!	6 9:00 Men's Bible 10-11 Martial Arts 1:00-3:00 Painting Pals	7 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	8 10-11 Martial Arts	9 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
12 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 1:30-3:00 Thread, Yarn, Crochet 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	13 9:00 Men's Bible 10-11 Martial Arts 1:00-3:00 Painting Pals	14 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	15 10-11 Martial Arts 10-12 ZENTANGLE ART CLASS MOVIE IN THE PARK! Freedom Ridge @ dusk	16 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
19 9-10 Exercise 10-11 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	20 9:00 Men's Bible 10-11 Martial Arts 1:00-3:00 Painting Pals	21 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	22 10-11 Martial Arts 1-4 Bridge	23 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
26 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 1:30-3:00 Thread, Yarn, Crochet 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	27 9:00 Men's Bible 10-11 Martial Arts 11:30 Ornish Group Meeting 1:00—3:00 Painting Pals	28 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	29 10-11 Martial Arts	30 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF

SUPERSTAR SENIORS

RIDGELAND



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