

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

AUGUST 2021

Lynda M. Assink
Senior Adult
Coordinator

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

We will continue our study "Death, Resurrection, Heaven, and Hell—What does the Bible say?" You are welcome to come in person or join on Facebook Live at [RidgelandMensBible](#).

ST. CATHERINE'S BINGO & PRIZES, THURSDAY, AUGUST 19, 2021,

1:30 P.M. Please come and join us for a fun time of Bingo and Prizes! Cynthia Armstrong, from St. Catherine's Village, will be here to call our Bingo game and give away prizes. Light snacks and coffee will be provided. * Call or email to sign-up!



ORNISH SUPPORT GROUP, 4TH TUESDAY, AUGUST

24, 2021, AT 11:30 A.M. Are you looking for a healthy diet support group? Then look no further—come and join monthly meeting of the Ornish Group!

BRIDGE, THURSDAY, AUGUST 26, 2021, 1-4 P.M., COST: \$1 (for

Bridge prizes) *Sign up for a fun Bridge game! I will let you know by Monday before Bridge day on Thursday—the number of tables we have for Bridge.

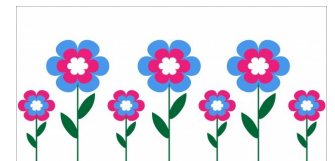
See you in August!

Lynda M. Assink,
Senior Adult Coordinator, RR&P

COMING IN SEPTEMBER!!

RIDGELAND CITY GARDEN CLUB, Tuesday, **September 7, 2021, 11:30 a.m., Cost: \$20/yearly** **dues**

The objective of our club is to provide education and to promote the love of gardening, landscape and floral design and to encourage civic beautification and environmental responsibility. If you are interested in anything relating to gardening, horticulture, flower arranging, the environment and more, then we are the club for you! If you are interested in attending any of our meetings or becoming a member, please contact Pam Stephens at pStephens_jam1@comcast.net



AARP SAFETY DRIVING PROGRAM—Date in September to be announced soon!

ZENTANGLE ART PROGRAM—Date in September to be announced soon!

SAVE THE DATE!—MAYOR'S FUN WALK, WEDNESDAY, OCTOBER 13, 2021

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, 1:00 p.m.—3:00 p.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, 1:30-2:15 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.

AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	3 9:00 Men's Bible 10-11 Martial Arts 1:00-3:00 Painting Pals	4 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30—2:15 The Complete Mix	5 10-11 Martial Arts 10-12 Ila's Art Class (this class is filled)	6 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
9 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-3:00 Thread, Yarn, Crochet 1:30-2:15 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	10 9:00 Men's Bible 10-11 Martial Arts 1:00-3:00 Painting Pals	11 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30—2:15 The Complete Mix	12 10-11 Martial Arts 10-12 Ila's Art Class (this class is filled)	13 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
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