

# 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

SEPTEMBER 2021

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RRC

CLOSED

MONDAY,

SEPTEMBER 6,

FOR A LEGAL  
HOLIDAY!



RIDGELAND  
  
recreation & parks

## RIDGELAND CITY GARDEN CLUB

After polling the Garden Club Officers and carefully considering the Covid data, the decision was made to cancel September's meeting on the 7th. Everyone stay healthy!!

## AARP SAFETY DRIVING PROGRAM

Due to the high number of COVID cases, AARP has postponed this program for now.

## ZENTANGLE ART PROGRAM, THURSDAY, SEPTEMBER 16, 2021, 10:00 A.M.—12:00 P.M., COST: \$30

"Beyond Basics: String Theory". This class is a continuation of what we have already learned and breaks down an integral part of Zentangle, the string. We will learn to create our own strings with confidence, add some new tangles and have fun! Previous Zentangle experience is not required to enjoy this class. Please bring your Zentangle kits and new tools will be added to them. New student kits will be provided for first time students, as well. \*Register for this class by calling or emailing me.

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

Anyone is welcome to join our Facebook Live page at [RidgelandMensBible](https://www.facebook.com/RidgelandMensBible). The study is "Death, Resurrection, Heaven, and Hell—What does the Bible say?"

BRIDGE, THURSDAY, SEPTEMBER 23, 2021, 1-4 P.M. COST: \$1 (for Bridge prizes) \*Sign up for a fun Bridge game! I will contact you by email the Monday before Bridge day on Thursday—and let you know the number of tables we are having for Bridge.

THREAD, YARN, & CROCHET is taking a break right now, but will resume in the coming months.

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

SAVE THE DATE!—MAYOR'S FUN WALK AT NORTH-PARK, WEDNESDAY, OCTOBER 13, 2021, 9:00 a.m.—11:00 a.m.



Entry form is on next page. T-shirts will be available for the first 150 participants who attend this event. Northpark opens to the public at 11:00 a.m.—after our event is over. Masks are encouraged and appreciated at Northpark!



**Wednesday, October 13, 2021 @ Northpark**

- Schedule:**
- 9:00** Late registration/visit sponsor booths
  - 9:30** Walk with the Mayor
  - 10:00** Visit Sponsor Booths
  - 10:15** Entertainment, Goody Bags & Door Prizes

**Entry Form**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Shirt Size:      S      M      L      XL      XXL

**Registration: Signature is needed on this form and** postmarked no later than Friday, October 8, 2021. T-shirts will be available to the first 150 registered participants present for the MFW. The registration form should be mailed to: Ridgeland Recreation & Parks, P.O. Box 217, Ridgeland, MS 39158 or you may drop it off at Ridgeland City Hall (Ridgeland Recreation & Parks Office) or the Ridgeland Recreational Center. COVID-19 safety is observed on an individual basis unless local mandates are issued. Masks are encouraged and appreciated!



In consideration of your acceptance of the race entry, I, for myself, my heirs, and executors, forever release, and/all rights, demands, claims, for damage and causes of suite action known or unknown that I may have against Ridgeland Recreation & Parks, and all participation in said walk, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in the walk. If I have a heart condition or high blood pressure, I certify that I have my physicians approval to participate in this event, with obligation or signature.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	2 10-11 Martial Arts	3 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
6 <b>HOLIDAY!!</b>	7 9:00 Men's Bible 10-11 Martial Arts  1:00-3:00 Painting Pals	8 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	9 10-11 Martial Arts	10 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
13 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	14 9:00 Men's Bible  10-11 Martial Arts 1:00-3:00 Painting Pals	15 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	16 10-11 Martial Arts 10-12 <b>ZENGTANGLE ART CLASS</b>	17 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
20 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:0-1:15 Senior Fit 1:30-2:15 The Complete Mix 2:30-3:30 Tap <u><b>NO</b></u> Line Dancing	21 9:00 Men's Bible  10-11 Martial Arts  1:00-3:00 Painting Pals	22 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	23 10-11 Martial Arts   <b>1-4 Bridge</b>	24 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
27 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 <u><b>NO</b></u> Line Dancing	28 9:00 Men's Bible  10-11 Martial Arts <b>11:30 Ornish Group Meeting</b> 1:00—3:00 Painting Pals	29 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	30  10-11 Martial Arts	

# 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

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BankPlus  
St. Dominic's  
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Professional Eyecare Associates

### Achiever

Craftsmen's Guild of  
Mississippi  
Bufkin Mechanical  
Renasant Bank  
SuperTalk Radio Mississip-  
pi

### Spirit

Burgers & Blues  
A Complete Flag Source  
The Orchard  
Mars Marketing  
Keesler Federal Credit  
Union  
Hydrowash of MS  
Rogers, Ainsworth & Wil-  
liams, PLLC  
Waggoner Engineering

### RR&P Fan

Parkway Development, Inc.  
Humana Insurance  
Madison Ace Hardware  
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Academy of Kung Fu  
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