

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

OCTOBER 2021

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Please join
Men's Bible
on Facebook
Tuesdays,
9:00 a.m.

RidgelandMens
Bible

(You do not have
to join Facebook
to view this
program.)



RIDGELAND
recreation & parks

RIDGELAND CITY GARDEN CLUB, TUESDAY, OCTOBER 5, 2021,

11:30 A.M. "Getting Ready for Blue Birds" presented by Marcia Lockett from Wild Birds Unlimited will be our program for this month. Come and enjoy learning about bluebirds! For more information on the Ridgeland Garden Club, please contact Pam Stephens at pStephens_Jam1@comcast.net

ACTIVE AGING WEEK, OCTOBER 4-10, 2021

Active Aging Week is presented by Humana and organized by International Council on Active Aging. Humana will be here on Monday, October 4, 10:00 a.m. Exercise Class and on Friday, October 8, at our Yoga classes, to help us celebrate this week.

Ridgeland Recreation & Parks invites you to the



MASKS
are encouraged
and appreciated.



Wednesday, October 13, 2021

Location: NORTHPARK

Schedule:

9:00 am Late registration
9:30 am Walk with the Mayor
10:00 am Visit Sponsor Booths
10:15 am Entertainment!
Goody Bags with T-shirts!
Door Prizes!

**Get Ready,
Get Fit,
Get Healthy!!**



Visit www.ridgelandms.org for a registration form or print page 2 of this newsletter. Call 601-856-6876 for more information.

Our entertainment for our MFW will be Ridgeland Taekwondo Group and our Ridgeland Tap Dancers! Come and enjoy the fun! Please note: T-shirts are only available to those who attend the MFW!

NO PROGRAMS AT THE RRC ON WEDNESDAY, OCTOBER 13, 2021. COME TO THE MFW!!

See you in October! Lynda Assink, Senior Adult Coordinator, RR&P