

# 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

Lynda M. Assink  
Senior Adult  
Coordinator

P. O. Box 217

Ridgeland, MS  
39157

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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](mailto: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](http://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



**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 9, 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.



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: \_\_\_\_\_

# OCTOBER 2021

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				1 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
4 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 6:00 Line Dancing	5 9:00 Men's Bible 10-11 Martial Arts <b>11:30 GARDEN CLUB</b>  1:00-3:00 Painting Pals	6 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	7 10-11 Martial Arts 10-12 Ila's Art Class (this class is full)	8 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
11 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	12 9:00 Men's Bible  10-11 Martial Arts 1:00-3:00 Painting Pals	<b>13 MAYOR'S FUN WALK AT NORTH PARK</b>  <b>No programs today!</b>	14 10-11 Martial Arts 10-12 Ila's Art Class (this class is full)	15 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
18 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 6:00 Line Dancing	19 9:00 Men's Bible  10-11 Martial Arts 1:00-3:00 Painting Pals	20 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	21 10-11 Martial Arts 10-12 Ila's Art Class (this class is full)	22 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
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# 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

### 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  
Staffers  
Academy of Kung Fu  
Dean & Dean Associates  
Mills, Scanlon, Dye &  
Pittman