

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

NOVEMBER 2021

Lynda M. Assink
Senior Adult
Coordinator

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39157

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RRC

CLOSED

Thursday,

NOVEMBER 11,

Thursday

NOVEMBER 25,

Friday,

NOVEMBER 26,

FOR A LEGAL
HOLIDAYS!



RIDGELAND CITY GARDEN CLUB, TUESDAY, NOVEMBER 2, 2021, 11:30 A.M.

The program for November meeting is: Garden Trivia, presented by Peggy Peterson, Vice President of the Ridgeland City Garden Club. Please contact Pam Stephens at pstephens_jam1@comcast.net for more information on the Ridgeland City Garden Club.

PLEASE NOTE: WEDNESDAY, NOVEMBER 17, 2021 EXERCISE CLASSES WITH MRS. RITA

Physical Therapy Students will be here from Hinds Community College to participate in her classes. All students have been vaccinated.

Ornish Group will not meet this month.

HOLIDAY ZENTANGLE, THURSDAY, NOVEMBER 4, 1-3:00 P.M., COST: \$30

In this class we will use variations of familiar tangles (and some new ones) to create beautiful holiday designs that can be used on Christmas cards, gift tags and more. We will also learn how to make and decorate a paper gift box, perfect for candy or a small gift. Paper, embossing tools and new pens are included as well as instructional handouts. Please note previous Zentangle experience is helpful, but not required. For those who have taken previous Zentangle classes, please bring your Zentangle pens, pencils and tiles. If you have any colored pencils, markers, Gelly Roll pens or even a small watercolor set then bring those, too. This is a two hour class with a 15 minute break. Class size is limited to 12.



A NOTE FROM YOUR NEW SENIOR ADULT COORDINATOR, NEELEY JONES

Hi everyone! I am so excited to join the Ridgeland Recreation and Parks team as the new Senior Adult Coordinator! I know you will all miss Lynda very much, but I look forward to taking her successful program and grow its reach to more citizens in our area. With the activities that I have in mind, I plan to strengthen relationships and bring unity. I look forward to getting to know each one of you!

See you in November!

Neeley Jones, Senior Adult Coordinator, RR&P

I know you will give Neeley the support and encouragement that you have given me through the years. Thanks so much! Lynda Assink

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. This group is taking a break, will start back soon!

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.

NOVEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 9:00 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:00-3:00 Painting Pals	3 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	4 10-11 Martial Arts 1-3 P.M. HOLIDAY ZENTANGLE	5 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
8 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	9 9:00 Men's Bible 10-11 Martial Arts 1:00-3:00 Painting Pals	10 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	11 HOLIDAY!!	12 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
15 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	16 9:00 Men's Bible 10-11 Martial Arts 1:00-3:00 Painting Pals	17 9:30 Men's Agape Coffee Group 9-10 Exercise PT students will be here for Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30—2:15 The Complete Mix	18 10-11 Martial Arts	19 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
22 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	23 9:00 Men's Bible 10-11 Martial Arts 1:00-3:00 Painting Pals	24 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise No Senior Fit or The Complete Mix Class today!	25 HOLIDAY!!	26 HOLIDAY!!
29 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	30 9:00 Men's Bible 10-11 Martial Arts 1:00—3:00 Painting Pals			

SUPERSTAR SENIORS

RIDGELAND



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Lynda McMahan Assink
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