

DECEMBER 2021



senior adult programs

# SUPERSTAR SENIORS

The latest news and updates from Ridgeland's Senior Adult Programs



Photo by Mississippi Free Press

## RCC CLOSED:

December 23

December 24

December 31



### RIDGELAND RECREATIONAL CENTER

137 Old Trace Park  
Ridgeland, MS 39157  
601.856.6876

### NEELEY JONES

Senior Adult Coordinator  
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Ridgeland Senior Adult Programs

### BALANCE & FALL-PROOF YOUR LIFE CLASS

This 4 week program will begin on January 4th and meet every Wednesday during the month of January from 2:30-3:30 pm.

Whether you're 65 or 85, a daily exercise program involving specific fall prevention exercises is important. Your muscles have lost some mass and your joints may be stiff, but you can control slow, low intensity movement to help ease the discomfort you experience daily. If you have had a history of falling, now is the perfect time to exercise and regain your balance with more control than ever.

This class will teach the latest in fall prevention, balance exercises and total body strengthening. Fitness expert and personal trainer, Lisa Newman, will be your instructor and give you one on one attention. This program is \$40/month and \$10/class and signups begin December 1 at 9 AM.

### IMPORTANT

This month the Ridgeland Garden Club meeting is for members only at Reservoir Pointe on Tuesday, December 7 at 11:30!

*Tap Dancing will be moving to Wednesdays starting in January.*

To all of our Superstar Seniors,

My first month as the new Senior Adult Coordinator has come and gone. What a wonderful community we have here at the Ridgeland Recreational Center! You ALL are the most welcoming group of friends and our program is a hidden gem! Speaking of friends, the **Ridgeland Senior Adult Programs** now has a Facebook page (you can access it even if you are not on Facebook at [facebook.com/ridgelandsuperstarseniors](https://facebook.com/ridgelandsuperstarseniors)). I encourage you to give us a "like"! The exercise instructors will be off the week after Christmas so there will be no regularly scheduled group exercises, but you will see a few fun activities in their place for those of you that will be in town! I wish you and your families a very Merry Christmas!

- Neeley

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**DECEMBER 2021**Interested in joining a program? Call 601.856.6876  
or email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).

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## WEEKLY PROGRAMS

### Exercise

\$15/month

Monday, Wednesday, Friday

9 AM - 10 AM, 10 AM - 11 AM

Instructors: Lisa Newman & Rita Latham

Certified instructors lead participants through a series of cardiovascular and strength training exercises specifically designed to improve flexibility and health in senior adults.

### Line Dance

\$10/class or \$40/month

Mondays at 6 PM

Instructor: Darlene Epple

Learn a wide variety of line dances while exercising in a fun way, no partner needed.

### Martial Arts for Seniors

\$10/month

Tuesdays and Thursdays 10 AM - 11 AM

Instructor: Andy Dillon

Learn age and physically appropriate traditional martial arts and practical self-defense techniques.

### Restoration & Relaxation Gentle Yoga

\$5/class or \$30 for 6 (30 minute) classes

Mondays and Fridays 11 AM - 11:30 AM

Instructor: Lisa Newman

This class trains breathing and focuses your mind.

### Yoga for Flexibility, Fitness & Fun

\$10/class or \$60 for 6 (1 hour class) classes

Mondays and Fridays 11:30 AM - 12 PM

Instructor: Lisa Newman

Standing poses for strength and balance.

### Senior Fit

\$15/month

Mondays and Wednesdays 12:30 PM - 1:15 PM

Instructor: Sally Holly

Improve balance, flexibility, and strength through stretching and light weights for those recovering from recent illness, surgery, or neurological diseases.

### The Complete Mix

\$15/month

Mondays and Wednesdays 1:30 PM - 2:15 PM

Instructor: Sally Holly

Intermediate circuit type exercise combining low impact cardio, balancing, stretching and strengthening exercises.

### Men's Bible Study

FREE

Tuesdays 9 AM - 10 AM

Men are welcome to join the group in person and everyone is invited to watch the recording on Facebook @RidgelandMensBible.

### Men's Agape Coffee Group

FREE

Wednesdays 9:30 AM - 11:30 AM

A group of men who meet together for coffee, friendship & good conversation.

### Painting Pals

FREE

Tuesdays 1 PM - 3 PM

All mediums and artistic levels are welcome to join for friendship and encouragement. Come when you can, leave when you must. Bring your own supplies.

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## MONTHLY PROGRAMS

### Ridgeland Garden Club

\$20/year

1st Tuesday of the month 11:30 AM - 1:00 PM

A monthly meeting for those who love nature and gardening. Fun and educational programs served with a nice lunch.

### Bridge

\$1

4th Thursday of the month 1 PM - 4 PM

A team trick taking game played with a standard 52 playing card deck.

### Thread, Yarn, Crochet & Coffee

FREE

2nd & 4th Mondays of each month 1:30 PM

Learn how to crochet and work on your own projects. This group is taking a break, will start back soon!

### Ornish Group

FREE

4th Tuesday of each month 11:30 AM

Participants all have a common goal of reversing their heart disease and improving their well-being. This group will not meet during the month of December!



# December 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 9:30 Men's Agape Coffee 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 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 Complete Mix 2:30-3:30 Tap 6 Line Dancing	7 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club (members only meeting at Reservoir Pointe) 1-3 Painting Pals	8 9:30 Men's Agape Coffee 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	9 10-11 Martial Arts  2- Secret Santa Holiday Party (must turn in Secret Santa form by November 24)	10 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 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 Complete Mix 2:30-3:30 Tap NO LINE DANCING	14 9-10 Men's Bible 10-11 Martial Arts 1-3 Painting Pals	15 9:30 Men's Agape Coffee 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	16 10-11 Martial Arts	17 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
20 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 Complete Mix 2:30-3:30 Tap NO LINE DANCING	21 9-10 Men's Bible 10-11 Martial Arts 1-3 Painting Pals	22 9:30 Men's Agape Coffee 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	23  <i>Merry Christmas</i>  RRC Closed	24    RRC Closed
27 1-2 Walkout Workout (weather permitting, group walk on Ridgeland's multi-use trails)	28 1-3 Painting Pals	29 10-11 Checkers & Conversation	30	31  <i>HAPPY New Year</i>  RRC Closed

← No regularly scheduled group exercises this week →

Programs to look forward to in early 2022:

Birthday Bingo, Balance and Fall Proof, Rock Painting, Trivia & Zentangle

Is there another program that you would like to see added?

Please make suggestions to Neeley.



Valentine's Luncheon  
February 7th, 2022

RIDGELAND

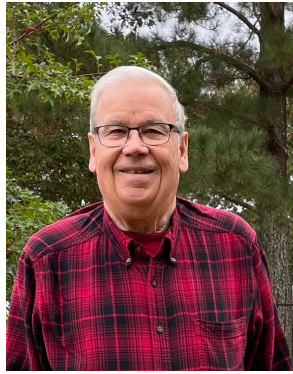


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## SUPERSTAR OF THE MONTH: NOEL JACOBS

**Favorite activity at RCC:** I look forward to every Monday, Wednesday, and Fridays. I enjoy the 9 AM group exercise led by the instructors. The exercise classes are FAMILY to me!

**Favorite job ever held:** Working at Ingalls Shipbuilding as a Purchasing Agent in the 70's and 80's.

### Advice you would like to give a 30 year old:

Save as much money you can and don't touch it until you retire. It is amazing how quick retirement comes!

### Recipe you would like to share:

Impossible Pie - Super Easy - The Hillbilly Kitchen (Youtube)  
The easiest pie to make - it takes less than 5 minutes to prepare. Mix all ingredients in a blender and pour in a pie dish. It makes its own crust!  
Bake at 350 degrees for 50-60 minutes. The hardest part is waiting for it to cool so you can eat it!

#### Ingredients:

4 large eggs  
1 cup white granulated sugar  
1/4 tsp. salt  
1/4 tsp. baking powder  
1/2 cup all-purpose or gluten free flour  
2 cups whole milk  
6 tbsp. melted butter - room temp  
2 tsp pure vanilla extract  
1 cup shredded coconut  
Butter to coat baking dish

## Ridgeland Mens Bible - Seven Dispensations Study Coming Up - Tuesdays at 9 AM

We will be starting the study on the Seven Dispensations that describes how God deals with his creation for certain periods of time in the Old and New Testament. The Dispensations recognized in Scripture are innocence, conscience, government, promise, law, grace and millennial kingdom.

To sign up, contact Neeley at 601.856.6876 or email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).

## PROGRAM OF THE MONTH:

### MARTIAL ARTS FOR SENIOR ADULTS

**Tuesdays & Thursdays, 10 - 11 AM**

**\$10/month**

Learn age and physically appropriate traditional martial arts and practical self-defense techniques. This program is easy to perform and enjoyable for mature adults with slow, low impact movements - that are keyed to each individual's capabilities. "It's never too late!!"

Instructor Andy Dillon, 4th Degree Black Belt with North America Tae Kwon Do and has practiced and instructed for more than 20 years.

If you are interested in joining this program, contact Neeley at 601.856.6876 or [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).

