

**JANUARY 2022**



**senior adult programs**

# SUPERSTAR SENIORS

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



**RCC CLOSED:**  
Monday, January 17th for Martin Luther King, Jr. Day  
*Pictured left: Ridgeland Tappers performing at The Orchard Continuing Care Retirement Home.*

**RIDGELAND RECREATIONAL CENTER**

137 Old Trace Park  
Ridgeland, MS 39157  
601.856.6876

**NEELEY JONES**

Senior Adult Coordinator  
neeley.jones@ridgelandms.org  
769.235.9579  
Facebook:  
Ridgeland Senior Adult Programs

**NEW MONTHLY PROGRAM - BIRTHDAY BINGO**



Ridgeland Senior Adult Programs will host a "Birthday Bingo" event celebrating all of the birthdays each month.

Everyone is invited to attend to play, win prizes and eat cake! Come be a part as The Orchard Continuing Care Retirement Home sponsors the event on Thursday, January 27th. Must sign up in advance, space is limited.

**FEBRUARY 7TH**



**12 NOON**

## 2022 SENIOR ADULT VALENTINE LUNCHEON



**HIGHLANDS PRESBYTERIAN CHURCH**  
1160 HIGHLAND COLONY PKWY, RIDGELAND



Enjoy lunch and special entertainment by the National WWII Museum's Victory Belles, a delightful vocal trio serenading audiences with the music of the 1940s.

**TICKETS ARE \$10 AND CAN BE PURCHASED AT RIDGELAND RECREATIONAL CENTER AND RIDGELAND CITY HALL. LIMITED TICKETS AVAILABLE. FOR MORE INFO CALL 601.856.6876.**

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**ORCHARD**

# 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

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

## Tap Dancing

\$5/class

Wednesdays 2:30 PM - 3:15 PM

Instructor: Monica Russell

Beginning to intermediate tap dance instruction. This group performs at Ridgeland events and nursing homes.

Interested in joining a program?

Call 601.856.6876 or email

[neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).

## Men's Bible Study

FREE

Tuesdays 9 AM - 11 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 and good conversation.

## Artmaker Allies

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.

# 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

3rd and 4th Thursday of the month 1 PM - 3 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.

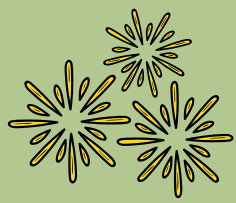
This group will not meet during the month of January!

## Birthday Bingo

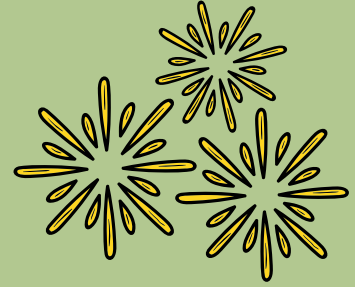
FREE - Must sign up in advance, space is limited.

Date of program can be found on monthly calendar.

Everyone is invited to play bingo, win prizes and eat cake in celebrating all of the birthdays each month.



# January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 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 6 Line Dancing	<b>4</b> 9-11 Men's Bible 10-11 Martial Arts 11:30 Garden Club  1-3 Artmaker Allies	<b>5</b> 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 2:30-3:30 Tap 2:30-3:30 Balance & Fallproof	<b>6</b> 10-11 Martial Arts 10-12 Drawing Workshop	<b>7</b> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
<b>10</b> 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 6 Line Dancing	<b>11</b> 9-10 Men's Bible 10-11 Martial Arts  1-3 Artmaker Allies	<b>12</b> 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 2:30-3:30 Tap 2:30-3:30 Balance & Fallproof	<b>13</b> 10-11 Martial Arts 10-12 Drawing Workshop  1-3 Zentangle Open Session	<b>14</b> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
<b>17</b>  RRC Closed	<b>18</b> 9-10 Men's Bible 10-11 Martial Arts  1-3 Artmaker Allies 3:30 Travel Group Meeting	<b>19</b> 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 2:30-3:30 Tap 2:30-3:30 Balance & Fallproof	<b>20</b> 10-11 Martial Arts 10-12 Drawing Workshop 1-3 Bridge	<b>21</b> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
<b>24</b> 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 6 Line Dancing	<b>25</b> 9-10 Men's Bible 10-11 Martial Arts  1-3 Artmaker Allies	<b>26</b> 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 2:30-3:30 Tap 2:30-3:30 Balance & Fallproof	<b>27</b> 10-11 Martial Arts 10-12 Drawing Workshop 1-3 Bridge 2-4 Birthday Bingo	<b>28</b> 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
<b>31</b> 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 6 Line Dancing				



10 AM Exercise Class

**RIDGELAND**



recreation & parks

senior adult  
programs

## SPECIAL THANK YOU TO OUR SPONSORS:

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The Orchard  
The Radio People - US 96.3,  
Mix 98.7, Y101, 93.5 The Legend,  
102.1 The Box, & Blues 93.1

## JANUARY WORKSHOPS - SIGN UP AT 601.856.6876

### Zentangle Open Session Thursday, January 13th, 1-3 PM Instructor: Suzanne Lein, FREE

Open to those who have participated in Zentangle workshops this past year. Gather for a tangling time together where everyone can work on their own projects in a supportive, creative atmosphere. Bring your own Zentangle supplies and whatever you are currently tangling. There is no charge for this class; it is Suzanne's gift to all of her past students. Let's start off the new year by being good to ourselves and making beautiful art.

### Balance and Fall Proof Wednesdays in January, 2:30-3:30 PM Instructor: Lisa Newman, \$10/class

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.

## SUPERSTAR OF THE MONTH: SANDRA HOLMES

**Favorite memory at RCC:** The Mayor's Fun Walk with the music, prizes and hearing Instructor Sally Holly sing.

### Favorite job ever held:

I'm currently an usher at Fellowship Bible Church. I previously worked 32 years for Packard Electric which is G-M.

**Advice you would like to give a 30 year old:** Go to college, keep a job, love the Lord, save your money, and buy a house early.

### Recipe you would like to share:

Budget Bytes' Sweet Potato Cornbread, Bake at 425 for 15 minutes  
Ingredients: 1 lb sweet potato, 1 1/2 c yellow cornbread, 1 c flour, 1/2 c sugar, 1 Tbsp baking powder, 1 tsp salt, 1/2 tsp cinnamon, .5 tsp ground nutmeg, 2 large eggs, 1/2 c sour cream, 3/4 c milk, 2 Tbsp cooking oil. Instructions: Peel sweet potato and cut into 1 inch cubes. Boil in water until they are tender with fork (about 10 min.). In a separate bowl, mix all dry ingredients well and set aside. Drain sweet potatoes and mash a large bowl. Add sour cream, milk and oil, and whisk until combined. Add the eggs and whisk until combined again. Mix sweet potato mixture and dry ingredients together - it is okay if the mixture is a little lumpy, be sure not to over mix. Pour in well oil coated muffin tins up to the top. Bake for about 15 minutes, or until the center is puffed, the top is golden brown, and it's slightly cracked around the edges. Serve with butter.



## Drawing Workshop

Instructor: Ila Hallmark, 501.269.4522

Learning to draw is not only the foundation of the visual arts, but the first step towards self discovery.

This class is for those who know how to paint, but would like to learn more skills in drawing.

The class will help you to improve your "seeing skills". Then, you will be more confident to apply pencil, charcoal, oils, pastels, etc. on a surface to express your ideas. We will reinforce and reuse the Principals of Drawing and explore the Principals of Design.

THURSDAYS IN JANUARY  
10 AM - 12 NOON

\$75

for the 4 week,  
2 hour workshop

Materials needed for the workshop:

- Pencils: 2B, 3B, 5B, 2H or package of "general" from Michael's
- 1 sharpener
- 1 pink pearl eraser
- 1 kneaded rubber eraser
- 1 package charcoal vine soft
- 2 charcoal squares (Char-Kole #13)
- 1 sketch canson pad 11x14
- 1 clipboard

If you have some of the items and want to experiment with other papers, feel free to bring them.

Also, please bring one of your previous works.