

FEBRUARY 2022



senior adult programs

SUPERSTAR SENIORS

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



Ridgeland Men's Bible that meet on Tuesday mornings at 9 am

RCC CLOSED:

Monday, February 7th for our Valentine's Luncheon at Highlands Presbyterian Church

Monday, February 21st for Presidents' Day

RIDGELAND RECREATIONAL CENTER

137 Old Trace Park
Ridgeland, MS 39157
601.856.6876

NEELEY JONES

Senior Adult Coordinator
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769.235.9579
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Ridgeland Senior Adult Programs

Valentine Craft Workshop

Thursday, February 3rd, 1 - 3 PM
Ridgeland Recreational Center
137 Old Trace Park, Ridgeland
\$10 - Supplies are included



Join us as we make a "She Loves Me Knot" wreath.
Must sign up in advance, space is limited.
Sign up at 601.856.6876 or neeley.jones@ridgelandms.org.

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.



BIRTHDAY BINGO

Join us as we celebrate all of the February birthdays on Thursday, February 24th from 2-4. Everyone is invited to attend to play, win prizes and eat cake! Must sign up in advance.

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.

WEEKLY PROGRAMS

Exercise

\$15/month

Monday, Wednesday, Friday

9 AM - 10 AM, 10 AM - 11 AM

Instructors: Rita Latham & Lisa Newman

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

Mondays 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.

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 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 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 February, but hopes to start meeting again in March!

Birthday Bingo

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

Check each month's calendar for date.

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



February 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(January 31) 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	1 9-11 Men's Bible 10-11 Martial Arts 11:30 Garden Club (offsite at Martinson Garden Works, 650 Highway 51) 1-3 Artmaker Allies	2 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	3 10-11 Martial Arts 1-3 Valentine Craft - must sign up in advance	4 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
7  12 Valentine's Luncheon Highlands Presbyterian Church Tickets must be purchased in advance No programs today!	8 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmaker Allies	9 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	10 10-11 Martial Arts	11 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
14  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	15 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmaker Allies	16 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	17 10-11 Martial Arts 1-4 Bridge	18 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
21 RCC Closed	22 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmaker Allies	23 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	24 10-11 Martial Arts 2-4 Birthday bingo 	25 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
28 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	<p><i>Save the Dates</i></p> <p>Gardener's Gym Workout Program - Wednesdays, March 9th - 30th, 2:30-3:30 pm</p> <p>Zentangle Art on Black Tiles - Thursday, March 10th, 1-3 pm</p> <p>EXERFIT - Wednesdays, April 6th - 27th, 2:30-3:30 pm</p> <p>Ila's Drawing Workshop - Thursdays, April 7th-28th, 10 am-12 noon</p> <p>Memory in Motion - Wednesdays, May 4th - 25th, 2:30-3:30 pm</p> <p>Zentangle Renaissance Art - Thursday, May 12th, 1-3 pm</p>			



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SPECIAL THANK YOU TO OUR SPONSORS:

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NorthPark
Professional Eyecare Associates
Southern Farm Bureau Life Insurance Co.
St. Catherine's Village
Sullivan Electric
The Orchard
The Radio People - US 96.3,
Mix 98.7, Y101, 93.5 The Legend,
102.1 The Box, & Blues 93.1

SUPERSTAR OF THE MONTH: ANNE MOLLERE

Favorite activity at RCC: My favorite are the exercise classes. There are offerings for all levels of fitness and the instructors are wonderful.

Favorite job ever held:

Professional: Human Resource Consultant
Volunteer: Lay Eucharistic Minister for Episcopal Church.

Favorite holiday tradition: Family bundling up and riding around looking at Christmas lights in Ronnie's 1926 Model T Ford on Christmas Eve.

Advice you would like to give a 30 year old: Don't take yourself or life too seriously - be generous, be kind, do your best but always have a sense or humor.



UPCOMING WORKSHOPS:



The Gardener's Gym Workout PROGRAM

with Certified Instructor
LISA NEWMAN



WEDNESDAYS, MARCH 9TH - 30TH

2:30 - 3:30 PM

RIDGELAND RECREATIONAL CENTER

137 OLD TRACE PARK, RIDGELAND

\$10/ class



Will focus on the importance of safety when working in the yard, show safe body mechanics while gardening, utilize garden tools properly, and better balance when outdoors.



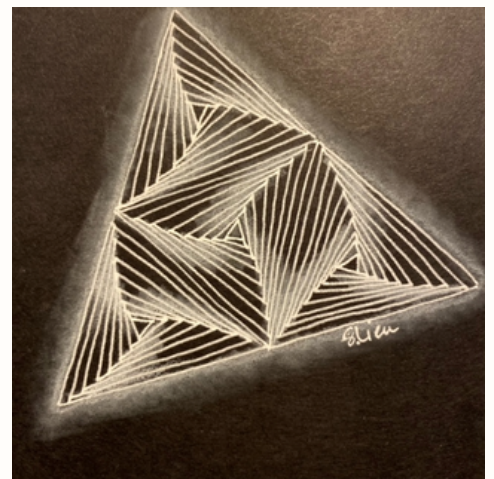
Zentangle on Black Tiles

Thursday, March 10, 1-3 pm

\$30 - supplies are included

Instructor - Suzanne Lien

In this class we will learn the fun technique of using white pens on black tiles. Students will learn how to work with gel pens, shade with white charcoal and play with layering techniques. Black tiles are dramatic and we will learn some new tangles that really "pop" when using this medium.



To sign up, call 601.856.6876 or email neeley.jones@ridgelandms.org.