

# MARCH 2022



## senior adult programs

Ridgeland Recreational Center  
137 Old Park Trail  
Ridgeland, MS 39157  
601.856.6876  
Facebook: Ridgeland Senior Adult Programs

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769.235.9579

### MARCH WORKSHOPS:



#### The Gardener's Gym Workout Program

Wednesdays, March 9th-30th, 2:30-3:30 pm  
with Certified Instructor Lisa Newman  
\$10/class

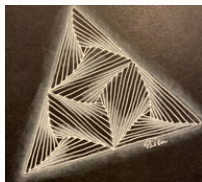
Join us as we prepare for a great and safe season working in our yards this spring!

We 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 10th, 1-3 pm  
Instructor - Suzanne Lien  
\$30 – supplies are included

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.



# SUPERSTAR SENIORS

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



## NEW WEEKLY PROGRAM: DANCE AEROBICS

Tuesdays and Thursdays, 1:30 - 2:15 PM

\$15/month

with Certified Instructor Sally Holly

A great aerobic exercise option for senior adults is dance and it provides multiple health benefits:

1. Provides great cardio
2. Improves balance & posture
3. Improves flexibility
4. Low impact
5. Challenges your mind and memory
6. Offers a creative and artistic outlet
7. Creates social opportunities
8. FUN!

If you are apprehensive to try dancing, especially if you have never done it before, just remember that there is no wrong way to dance. It's all about having fun!

Headbands and legwarmers are not required!

## BIRTHDAY BINGO

Everyone is invited to attend to play, win prizes and eat cake to celebrate all of the birthdays this month! Come be a part as St. Catherine's Village sponsors the event on Thursday, March 24th from 2-4 pm. Must sign up in advance.



# WEEKLY PROGRAMS

## Exercise

\$15/month

Monday, Wednesday, Friday

9 AM - 10 AM, 10 AM - 11 AM

Instructors: Lynda Assink, 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.

## Dance Aerobics

\$15/month

Tuesdays and Thursdays 1:30 - 2:15

Instructor: Sally Holly

Improves the heart and lungs as well as balance and posture. Low impact cardio, fun-intensity while challenging your mind and memory!

## 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.

## 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. 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.

## 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.

## 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.





# March 2022



Mon	Tue	Wed	Thu	Fri
<p>9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;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> <p style="text-align: right;"><b>28</b></p>	<p>9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmaker Allies 1:30-2:15 Dance Aerobics</p> <p style="text-align: right;"><b>1</b></p>	<p>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</p> <p style="text-align: right;"><b>2</b></p>	<p>10-11 Martial Arts  1:30-2:15 Dance Aerobics</p> <p style="text-align: right;"><b>3</b></p>	<p>9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;R 11:30-12 Yoga FFF</p> <p style="text-align: right;"><b>4</b></p>
<p>9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;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> <p style="text-align: right;"><b>7</b></p>	<p>9-10 Men's Bible 10-11 Martial Arts  1-3 Artmaker Allies 1:30-2:15 Dance Aerobics</p> <p style="text-align: right;"><b>8</b></p>	<p>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 2:30-3:30 The Gardener's Gym</p> <p style="text-align: right;"><b>9</b></p>	<p>10-11 Martial Arts  1-3 Zentangle 1:30-2:15 Dance Aerobics</p> <p style="text-align: right;"><b>10</b></p>	<p>9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;R 11:30-12 Yoga FFF</p> <p style="text-align: right;"><b>11</b></p>
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senior adult programs



"Back Row Girls" of The Complete Mix

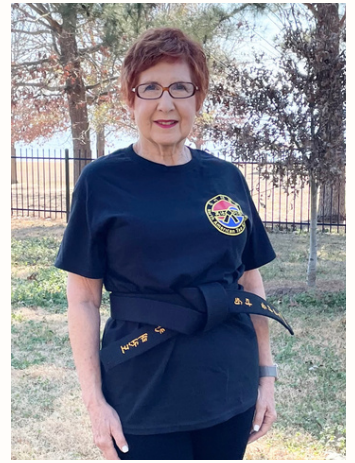
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## SUPERSTAR OF THE MONTH: Lynda Jungkind

### Favorite memory or activity at RCC:

Tap Dancing and Tae Kwon Do are my favorite activities. My favorite memory is earning my black belt in Tae Kwon Do this past October 2021 with four other classmates. We have been on this journey together for the past 4+ years and have formed a sisterhood of love and support, helping each other, encouraging each other. We are now working towards our second degree in Tae Kwon Do.



### Favorite dish from a Ridgeland restaurant:

Goat cheese and walnut salad topped with Salmon from Amerigo's. I could eat that every day.

### What are you looking forward to most this spring?

I am hoping that my husband and I, along with two other couples, can finally take our trip to Florida this spring. We have pushed it back the last two years because of Covid. I am ready for long walks on the beach.

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

Two things: 1. If you love what you do and do what you love, you will never work a day in your life.  
 2. Don't sweat the small stuff. Everything is small stuff!

## UPCOMING WORKSHOPS:



senior adult programs



## EXERFIT

WITH CERTIFIED TRAINER  
LISA NEWMAN

**WEDNESDAYS,  
 APRIL 6TH - 27TH  
 2:30 - 3:30 PM**

**\$10/CLASS  
 OR  
 \$40/MONTH**

**MUST BRING YOUR  
 OWN WALKING  
 POLES**

- Better posture
- More overall total body conditioning
- Enhances stability
- Increases fat burning to help you lose weight

Research shows that this low impact, full body sport strengthens the upper body and core, decreases stress on the hips and knees, increases your heart rate and burns 20% more calories than simply walking.

Nordic Pole Walking has also recently been investigated as a potential rehabilitation modality for conditions such as Parkinson's disease, type 2 diabetes, chronic obstructive pulmonary disease and fibromyalgia, post-acute coronary syndrome or congestive heart failure, and orthopedic issues such as arthritis and peripheral neuropathies.

Exerstriding is one of the best ways to get more fitness out of walking!

To sign up email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) or call 769.235.9579.

## 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.

\$75

**THURSDAYS IN APRIL  
 10 AM - 12 NOON**

Ridgeland Recreational Center  
 137 Old Trace Park  
 Ridgeland, MS 39157

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.

## Creative Collage WITH CINDY MERCER

**Friday, April 1st  
 1:30 - 3:00 pm**

**\$5 - Supplies are included**

Enjoy a creative afternoon making a 5x7 framed collage.

