

APRIL 2022



SUPERSTAR SENIORS

senior adult programs

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



EXERFIT

WITH CERTIFIED TRAINER LISA NEWMAN

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

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

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

**MUST BRING YOUR
OWN WALKING
POLES**

RCC will be closed on April 15th in observance of Good Friday. Happy Easter, everyone!



Drawing Workshop

**Instructor: Ila Hallmark
501.269.4522**

**\$75
THURSDAYS IN APRIL
10 AM - 12 NOON**

Ridgeland Recreational Center
137 Old Park Trail
Ridgeland, MS 39157

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.

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.



**Ridgeland Recreational Center
137 Old Park Trail
Ridgeland, MS 39157
601.856.6876
Facebook: Ridgeland Senior Adult Programs
Neeley Jones, Senior Adult Coordinator
neelej.jones@ridgelandms.org
769.235.9579**

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

PAX Hospice sponsors the event on Thursday, April 28th 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.





April 2022

MON	TUE	WED	THU	FRI
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	29 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmaker Allies 1:30-2:15 Dance Aerobics	30 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 The Gardner's Gym	31 10-11 Martial Arts 1:30-2:15 Dance Aerobics	1 9-12 Mixed Media Art 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 1:30-3 Creative Collage
4 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 1:30-4:30 Mixed Media Art 2:30-3:30 Tap 6 Line Dancing	5 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmaker Allies 1-3 Introduction to Beading 1:30-2:15 Dance Aerobics	6 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 EXERFIT	7 10-11 Martial Arts 10-12 Drawing Workshop 1:30-2:15 Dance Aerobics	8 9-12 Mixed Media Art 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
11 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 1:30-4:30 Mixed Media Art 2:30-3:30 Tap 6 Line Dancing	12 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmaker Allies 1:30-2:15 Dance Aerobics	13 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 EXERFIT	14 10-11 Martial Arts 10-12 Drawing Workshop 1:30-2:15 Dance Aerobics	15  RCC Closed
18 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 1:30-4:30 Mixed Media Art 2:30-3:30 Tap 6 Line Dancing	19 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmaker Allies 1:30-2:15 Dance Aerobics	20 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 EXERFIT	21 10-11 Martial Arts 10-12 Drawing Workshop 1-4 Bridge 1:30-2:15 Dance Aerobics	22 9-12 Mixed Media Art 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
25 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 1:30-4:30 Mixed Media Art 2:30-3:30 Tap 6 Line Dancing	26 9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmaker Allies 1:30-2:15 Dance Aerobics	27 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 EXERFIT	28 10-11 Martial Arts 10-12 Drawing Workshop 1:30-2:15 Dance Aerobics 2-4 Birthday Bingo 	29 9-12 Mixed Media Art 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF



senior adult programs



The Ridgeland Tappers performed at The Orchard Continuing Care Retirement Community last month.

SPECIAL THANK YOU TO OUR SPONSORS:

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NorthPark
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The Orchard
Pax Hospice
The Radio People - US 96.3,
Mix 98.7, Y101, 93.5 The Legend,
102.1 The Box, & Blues 93.1
Rogers, Ainsworth & Williams, PLLC
Waggoner Engineering

SUPERSTAR OF THE MONTH: Linda McManus

Favorite activity at RCC:

I've been participating in exercise classes here for at least fifteen years, so I consider the Rec Center my home away from home. Everyone is so welcoming here and I truly enjoy the comradery experienced with my exercise groups. The instructors are helpful, informative and encouraging to me as I enhance my health and stamina gained through regular exercise. I continue to battle osteoarthritis, but as long as I attend my classes, I'm able to do more as well as enjoy life more.



What are you looking forward to most this spring?

Gardening and growing plants from cuttings and seeds is what I look forward to each and every spring. I find this activity most satisfying as well as rewarding. The weather in spring, really makes me want to get out and move. I find so much satisfaction and love of nature in the outdoors.

Where is the best place you've traveled and why?

In August 2019, my husband and I enjoyed an Alaskan cruise, which was my favorite trip and chance of a lifetime. Seeing the glaciers and other natural wonders was just amazing. I wish everyone could experience this joy.

UPCOMING PROGRAMS:



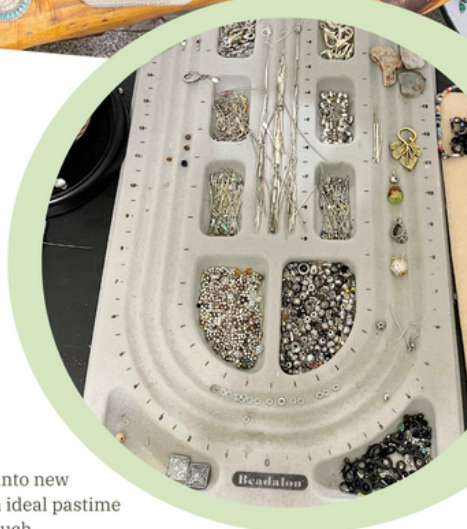
INTRODUCTION TO THE WORLD OF BEADING

WITH INSTRUCTOR
CAROL ANN VEST

Come and explore Carol Ann's collection as we discuss a potential new program to the Ridgeland Senior Adult Program.

Beading is a wonderful hobby for a creative flair, making fun creations that you can even sell to friends, and reduce stress. With beading, you can take old jewelry or vintage pins and recycle them into new pieces that you love. Stringing beads is an ideal pastime full of fun and comes without spending much.

Stop by and see us for our informative "fun" shop on Tuesday, April 5th, 1 pm
Ridgeland Recreational Center, 137 Old Park Trail, Ridgeland



Mixed Media Art with Brooks Evans

Mondays: 1:30-4:30
Fridays: 9:00-12:00
\$75 fee covers the month of April.
Come and go as you please.
Supplies to bring:

1. Two stretched canvas from Walmart (any size.)
2. A starter set of acrylic paints and brushes.

Optional: a set of oil paints and brushes
I will help you create mixed media Easter pieces, plein air landscapes, portraits, abstracts, and any ideas you have wanted to try!

MEMORY IN MOTION Program with Certified Instructor Lisa Newman

Wednesdays, May 4th - 25th

2:30-3:30 pm

Ridgeland Recreational Center

\$10/class

Great for brain health, these lifestyle exercises encourage posture, strength and memory.

