

**JUNE 2022**



senior adult programs

# SUPERSTAR SENIORS

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

**NO PROGRAMS ON TUESDAY, JUNE 7TH** for Election Day due to our building being a voting precinct.

## RENAISSANCE ZENTANGLE

Friday, June 10th, 1-3 pm

Instructor Suzanne Lien, 601.214.4393

\$30 – supplies are included

Let's journey back in time and explore the works of Leonardo da Vinci and Michelangelo. Then we will use similar techniques found in these masters' drawings with tan Renaissance Zentangle tiles, black and brown pens and more to create our own beautiful art. Please bring your black Zentangle pens and graphite pencils to class as well.

## PROGRAM SPOTLIGHT:

### 9 AM & 10 AM Exercise Class-RED Shirt Friday

If you have ever attended an exercise class on a Friday, chances are everyone was wearing a red! RED is an acronym that stands for Remember Everyone Deployed. Red is more than just a color on Fridays, it is a reminder to take the time every Friday to remember our troops and veterans!



*Pictured is a few of our 9 AM Exercise participants wearing their red!*

## SUPERSTAR OF THE MONTH:

### Darlene Epple



**Favorite activity at RCC:** I have been teaching line dance (all levels) since the summer of 2011. My favorite memories are the wonderful friends I have made by teaching these classes.

**Favorite job ever held:** My favorite job is teaching line dance classes. These classes offer exercise, great fellowship, stimulation for your brain & are fun!

**Advice you would like to give a 30 year old?** Get on your feet and join an exercise class - preferably a line dance class!

**Where is the best place you've traveled and why?** Two favorites - Hawaiian cruise for 10 days of activities on the ship and 6 days of touring several Hawaiian Islands. Papa Hungary to visit my son who is in the Air Force and his family also visited Budapest & Vienna.

**Favorite dish from a Ridgeland restaurant?**

Beef tips from Koestler Prime & Salmon from Caet.

**Ridgeland Recreational Center**

137 Old Park Trail

Ridgeland, MS 39157

601.856.6876

[facebook.com/ridgelandsuperstarseniors](https://www.facebook.com/ridgelandsuperstarseniors)

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Senior Adult Coordinator

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## BIRTHDAY BINGO

Everyone is invited to play bingo, win prizes and eat cake to celebrate all of the birthdays this month!

Come join in on the fun on

Thursday, June 23rd 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 Dancing

\$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.

## Seated Yoga

\$5/class

Mondays, Wednesdays and Fridays 11 AM - 11:30 AM

Instructors: Lisa Newman and Sally Holly

This is a great beginner class where basic poses will be taught with a focus on breathing and focusing your mind.

## Standing Yoga

\$5/class

Mondays, Wednesdays and Fridays 11:30 AM - 12 PM

Instructors: Lisa Newman and Sally Holly

This is an extension of the chair yoga that focuses on 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. *This group is taking a break during the the month of June and will resume July 11th.*

## 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.

## Artmakers

FREE

Tuesdays 1 PM - 3 PM

All mediums (painting, drawing, scrapbooking, beading, knitting, etc) 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 (September - May) 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. Must sign up in advance.

## 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. Find them on Facebook at Ornish Cohort 21. *This group is taking a break for the summer and will resume in the fall with interest.*

## Birthday Bingo

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

4th Thursday of each month. Everyone is invited to play bingo, win prizes and eat cake in celebrating all of the birthdays each month. Must sign up in advance.



MON

TUE

WED

THU

FRI

30  MEMORIAL DAY- NO PROGRAMS TODAY!	31 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Dance Aerobics	1 8-9:30 Pickleball - RTC 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	2 10-11 Martial Arts 1:30-2:15 Dance Aerobics	3 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
6 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	7  ELECTION DAY- NO PROGRAMS TODAY!	8 8-9:30 Pickleball - RTC 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	9 10-11 Martial Arts 1:30-2:15 Dance Aerobics	10 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 1-3 Zentangle
13 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	14 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Dance Aerobics	15 8-9:30 Pickleball - RTC 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	16 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Dance Aerobics	17 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
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27 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	28 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Dance Aerobics	29 8-9:30 Pickleball - RTC 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix	30 10-11 Martial Arts 1:30-2:15 Dance Aerobics	1 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga



senior adult programs

All programs are located at the Ridgeland Recreational Center (137 Old Park Trail), except for Pickleball which is held at the Ridgeland Tennis Center (201 McClelland Drive).



## SPECIAL THANK YOU TO OUR SPONSORS:

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Pax Hospice

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Mix 98.7, Y101, 93.5 The Legend,  
102.1 The Box, & Blues 93.1  
Rogers, Ainsworth & Williams, PLLC  
Waggoner Engineering



**WEDNESDAYS IN JUNE**  
**8 AM - 9:30 AM**  
**RIDGELAND TENNIS CENTER**  
**201 MCCLELLAN DRIVE, RIDGELAND**



*Pickleball: Fastest growing sport - especially for those over 50!*

Have you been curious about the latest craze called Pickleball? Join Cheryl Truong, Central MS Pickleball and USA Pickleball Ambassador for a 5 week clinic. Pickleball is a hybrid of tennis, ping-pong and badminton that's played on a court roughly half the size of a singles tennis court. The whiffle-type ball used is lighter than a tennis ball, and players are armed with a shorter, lighter paddle that's only slightly bigger than one used for ping-pong. Pickleball doesn't require as much running back and forth as tennis does so it is easier on the knees. It's easy to learn and has a friendly group of people following the sport.

### PICKLEBALL CLINIC REQUIREMENTS:

For ages 50+  
\$4 court fee per day  
Pickleball paddle  
Tennis shoes, towel & water

**\*\*The clinic will be cancelled on inclement weather days\*\***

### REGISTER FOR OUR "PICCADILLIES" PICKLEBALL CLINIC:

Neeley Jones  
Ridgeland Sr. Adult Programs  
769.235.9579  
neeley.jones@ridgelandms.org

or

LeAnn Henderson  
New Directions for Over 55  
601.200.6698  
lehenderson@stdom.com