

**MAY 2022**



**senior adult programs**

# SUPERSTAR SENIORS

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



Monday, Wednesday & Friday 11 AM Seated Yoga Class

**RRC WILL BE CLOSED**  
Friday, May 6th for  
Natchez Trace Century Ride  
and  
Monday, May 30th for  
Memorial Day

Changes to our Yoga Programs:

## *seated yoga & standing yoga*

New name changes for our yoga classes and we will be adding a Wednesday yoga class with Instructor Sally Holly.

### Seated Yoga

\$5/class

Mondays, Wednesdays & Fridays 11-11:30 AM

Instructors: Lisa Newman and Sally Holly

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

### Standing Yoga

\$5/class

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

Instructor: Lisa Newman and Sally Holly

This is an extension of the chair yoga that focuses on standing poses for strength and balance.

## **COME FLY WITH THE NATCHEZ TRACE BANDITS R.C CLUB** Wednesday, May 11, 2:30-4 pm Ridgeland Recreational Center

Have you ever wanted to be a pilot?  
Come see why we're so excited about Radio-control flying. See our display of airplanes (including home-made & 3-D printed), helicopters, & drones.  
--Witness amazing aerobatic flying on video.  
--Learn the basics: aileron, elevator, rudder & throttle  
--Do some flying yourself on a simulator

It's free!! Call 601.856.6876 or email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) today to register.



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

**Neeley Jones, Senior Adult Coordinator**  
[neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org)  
769.235.9579

## BIRTHDAY BINGO

Everyone is invited to play bingo, win prizes and eat cake to celebrate all of the birthdays this month!  
Come be a part as Humana sponsors the event on Thursday, May 26 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.

## 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 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.

## 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.





# may 2022



MON	TUE	WED	THU	FRI
<b>2</b> 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 2:30-3:30 Tap 6 Line Dancing	<b>3</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmakers & Beading 1:30-2:15 Dance Aerobics	<b>4</b> 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	<b>5</b> 10-11 Martial Arts 10-12 Drawing Workshop 1:30-2:15 Dance Aerobics	<b>6</b>  RCC Closed
<b>9</b> 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 2:30-3:30 Tap 6 Line Dancing	<b>10</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Dance Aerobics	<b>11</b> 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 2:30 Radio Control Flying	<b>12</b> 10-11 Martial Arts 1-3 Zentangle 1:30-2:15 Dance Aerobics	<b>13</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>16</b> 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 2:30-3:30 Tap 6 Line Dancing	<b>17</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Dance Aerobics	<b>18</b> 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	<b>19</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Dance Aerobics	<b>20</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>23</b> 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 2:30-3:30 Tap 6 Line Dancing	<b>24</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmakers 1:30-2:15 Dance Aerobics	<b>25</b> 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	<b>26</b> 10-11 Martial Arts 1:30-2:15 Dance Aerobics 2-4 Birthday Bingo 	<b>27</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>30</b>  RCC Closed	<b>31</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Dance Aerobics	<b>1</b> 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	<b>2</b> 10-11 Martial Arts 1:30-2:15 Dance Aerobics	<b>3</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga



senior adult programs



## SPECIAL THANK YOU TO OUR SPONSORS:

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102.1 The Box, & Blues 93.1  
Rogers, Ainsworth & Williams, PLLC  
Waggoner Engineering

## SUPERSTAR OF THE MONTH: Dave Nelsen

### Favorite activity at RCC:

I've been active since January in the Exercise and Yoga classes and the first thing that comes to mind is the people. They're a great group of people whom I admire for their determination.

### Favorite job ever held:

I was involved in purchasing for Siemens for 32 years. However, when I was with Tube-Alloy in Houma, LA, I was a member of a team that began a new venture in military work which was very exciting and new.

### Favorite dish from a Ridgeland restaurant:

-Beef tips from Ely's  
-Filet mignon from MM Shapley's & Koestler Prime  
-Fried shrimp from Sal & Phil's

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

Traveling to Ireland for a 2 week trip, hopefully 3rd times a charm, as we have had to cancel twice because of Covid restrictions.

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

Italy - artwork and historial churches  
Switzerland - sheer beauty and hiking in the alps  
Germany - very diverse country, landscapes and history



## THE WORLD OF BEADING

WITH INSTRUCTOR  
CAROL ANN VEST

**Tuesday, May 3rd, 1-3 pm**  
**Ridgeland Recreational Center**  
**137 Old Park Trail, Ridgeland**  
**\$10**

Bring any old necklaces that you need repairing or that you would like to recycle into something new or bring a completely new set of beads that you would like to work with!

Carol Ann will teach you everything that you need to know to be successful in jewelry making. The workshop is just \$10 and you will walk away with a "new to you" piece of jewelry.

Call 601.856.6876 or email  
neeley.jones@ridgelandms.org to sign up!



## "Renaissance" Zentangle Class

**Thursday, May 12, 1-3 pm**

**Instructor Suzanne Lein, 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.

