



senior adult programs

# SUPERSTAR SENIORS

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

No Programs on Labor Day, September 5th.

Our Tuesday/Thursday Aerobics Class will be changing to a Complete Mix class and we are accepting new participants!

Stay tuned for a new Aerobics class time & instructor.

### Zentangle "Nature Tangles" Class

September 16th, 1-3 pm

Instructor: Suzanne Lien, Certified Zentangle Teacher

\$20 for the two hour class

Let's have fun with tangles that can represent natural elements such as rain, flowers, flowing water, plants and bugs. We will learn how to combine these tangles into a drawing that brings to mind a magical garden. Then we will explore how to draw on objects such as rocks, seashells and even faux pumpkins for Fall decorating.

Please bring your pens, pencils and blending tools. Suzanne will provide paper & instructional handouts to take home. Register at [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).



### Intermediate Bridge Workshop

FREE

Instructor: Jonie Varner

Tuesdays in Sept. & Oct. from 3:30 - 5 pm

This workshop will be a continuation of our Beginner Bridge Workshop. This workshop will take place on Tuesdays in September and October (except on Sept. 6 and Oct. 4) from 3:30 - 5 pm. Thank you to all of our wonderful participants and we look forward to many more bridge players for our monthly bridge game - the 3rd Thursday of each month from 1-4 pm.

### Women's Bible Study - Aging with Grace

FREE

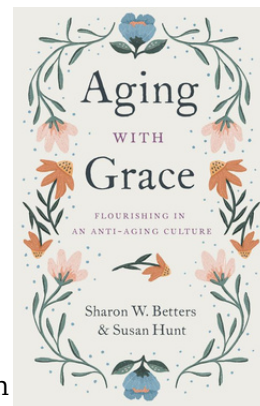
With Minister Debbie Upchurch

Wednesdays in September & October

2:30 - 3:30 pm

Whatever season of life you're in, God has equipped you to flourish—to live in the transforming power and beauty of his grace. As we age, we can easily lose sight of this message as cultural ideals glorifying youth take center stage. Bring your bible and a copy of "Aging with Grace" as we meet for this 8 week study.

Register at [601.856.6876](tel:601.856.6876) or [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).



### Scams Targeting Seniors & Tech Help

Monday, September 12th, 2:30 - 3:30 pm

Free learning event hosted by Girl Scout Troup 3336

September is National Preparedness Month and Girl Scout Troup 3336 want to share information that they learned from the Jackson FBI Unit on scams that are being conducted right here in our community - specifically those to senior adults.

There will also be time after the infosection for one on one questions for any technology questions you may have on your phone, ipad or laptop computer.

Register at [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) or [601.856.6876](tel:601.856.6876).

**Ridgeland Recreational Center**

**137 Old Park Trail**

**Ridgeland, MS 39157**

**601.856.6876**

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

**Neeley Jones**

**Senior Adult Coordinator**

**769.235.9579**

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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, September 22nd from 2-4 pm. This month Landmark Lifestyles will be sponsoring the event! Must sign up in advance.



**LANDMARK Lifestyles**  
ASSISTED LIVING & MEMORY CARE

# 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 and Fridays 11 AM - 11:30 AM

Instructors: Lisa Newman

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 and Fridays 11:30 AM - 12 PM

Instructors: Lisa Newman

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

## Senior Fit *This class is full, but you can join the waitlist*

\$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.

## Complete Mix

\$15/month

Mondays and Wednesdays 1:30 PM - 2:15 PM *This class is full*

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

Instructor: Sally Holly

Our most challenging program that we offer, 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.

## 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.

## 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.

# SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 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	30 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Dance Aerobics 3:30-5 Beginner Bridge	31 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 T'ai Chi	1 10-11 Martial Arts 1:30-2:15 Complete Mix	2 9-10 Exercise 10-11 Exercise  NO YOGA TODAY!
5  No Programs- Closed for Labor Day	6 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmakers 1:30-2:15 Complete Mix	7 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 Women's Bible	8 10-11 Martial Arts 1:30-2:15 Complete Mix	9 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
12 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 2:30-3:30 Scam Session 6 Line Dancing	13 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix 3:30-5 Intermediate Bridge	14 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Women's Bible	15 10-11 Martial Arts 1-3 Bridge 1:30-2:15 Complete Mix	16 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 1-3 Zentangle Workshop 2 Travel Group Mtg
19 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	20 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix 3:30-5 Intermediate Bridge	21 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Women's Bible	22 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo 	23 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
26 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	27 9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmakers 1:30-2:15 Complete Mix 3:30-5 Intermediate Bridge	28 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Women's Bible	29 10-11 Martial Arts 1:30-2:15 Complete Mix	30 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

## PROGRAM SPOTLIGHT:

**ARTMAKERS**  
**TUESDAYS FROM 1-3 PM**  
**FREE**  
**RIDGELAND RECREATIONAL**  
**CENTER**  
**137 OLD TRACE TRAIL,**  
**RIDGELAND**



Artmakers is offered weekly as a part of Ridgeland's Senior Adult Programs. All art mediums (painting, drawing, scrapbooking, beading, knitting, etc.) and artistic levels are welcome to join for friendship and encouragement while working on your own project. Invite a friend; Bring your own supplies and come be Art-tastic!

To reserve a workspace or receive more information: call 769.235.9579 or email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).



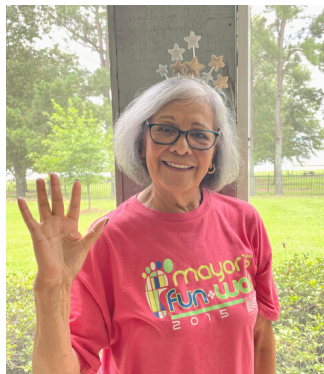
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Mix 98.7, Y101, 93.5 The Legend,  
102.1 The Box, & Blues 93.1  
Rogers, Ainsworth & Williams, PLLC  
Waggoner Engineering

## SUPERSTAR OF THE MONTH:



**Ila Hallmark**

**Favorite activity at RCC:** How can you pick your favorite child among your children? I am thankful to Lynda Assink, Sally Holly, Lisa Newman, Andy Dillon, Rita Latham and Neeley Jones for keeping the groups physically and mentally strong.

**Favorite job ever held:** I am old enough to have had 3 careers. Having my own painting studio has been a blessing.

**What are you looking forward to most this fall?** Looking forward for COOL weather

**Advice you would like to give a 30 year old?** Find a place where you can exercise your mind and body. Take care of yourself first, this way you can serve others.

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

Mexico - family, art and food

Italy - art

Spain - food and art

Amsterdam- art

Paris - family, art and food

Ireland - friends

Arkansas - friends, food and art

**Favorite dish from a Ridgeland restaurant?** I like Amerigo's crab cakes and Fratesi's Tiramisu. However, I will go where the "Back Row Girls" tell me to go!



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



Our October Pickleball Clinic is full. Thank you to all of those who have shown interest in this program and I will see you on the court in October.

For those that missed the registration window, stay tuned for another clinic that we offer in late spring of 2023.

## COME FLY WITH THE NATCHEZ TRACE BANDITS R.C. CLUB

**Thursday, October 20, 3 pm**

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.

-Learn the basics: aileron, elevator, rudder & throttle

-Witness amazing aerobatic flying on video.

-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) to register.





Ridgeland Recreation and Parks  
presents

# MAYOR'S FUN WALK

2022

Wednesday, October 12, 2022 at 9 am  
Ridgeland Recreational Center

**Schedule:**

9:00 am	Program begins
9:30 am	Walk with Mayor Gene McGee
10:00 am	Visit sponsor booths
10:30 am	Entertainment, food, door prizes

Registration required to  
[neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).

FREE ENTRY PRIZES FREE T-SHIRT

