



senior adult programs

SUPERSTAR SENIORS

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



Prizes will be brought in for you to "bid" on. Everyone receives a numbered paddle; the auctioneer will hold up an item and tell you how many pennies it costs to bid on that item. This is a fun, competitive game. Let the bidding begin!



senior adult programs

SPONSORED BY



THURSDAY, AUGUST 10TH
2:30-4:00 PM

FREE RIDGELAND RECREATIONAL CENTER



FREE ENTRY

REGISTRATION REQUIRED
AT 769-235-9579 OR
NEELEY.JONES@RIDGELANDMS.ORG



Ridgeland Recreational Center
(Located inside Old Trace Park)
137 Old Park Trail
Ridgeland, MS 39157
601.856.6876
facebook.com/ridgelandsuperstarsseniors
Neeley Jones
Senior Adult Coordinator
769.235.9579
neeley.jones@ridgelandms.org



IMPORTANT :

No programs on Tuesday, August 8th due to our facility being a voting precinct.

NOTES & NEURONSTM

WORKSHOP



Notes & Neurons is a fun, laugh-out-loud brain health class instructed by Certified Dementia Practitioner, Karen Poteat.

This highly interactive program combines mindfulness, music, movement, and a variety of targeted cognitive activities designed to keep the whole brain as active and healthy as possible. Participants will also learn how aging affects the brain and how they can take control of some of the factors that can lead to cognitive changes so they can continue to live their best lives.

Space is limited.
Registration required
at 769.235.9579 or
neeley.jones@ridgelandms.org

Tuesdays & Wednesdays
in August
2:30-3:30 pm
Ridgeland Rec Center
located in Old Trace Park
\$10/class



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BIRTHDAY BINGO



THURSDAY, AUG. 24TH
2:00-4:00 PM

Everyone over the age of 50 is welcome to join us to play bingo and help us celebrate those who have a birthday in August. You do not have to have a August birthday to attend, it is a just a fun way to incorporate cake!

Covenant Caregivers will be sponsoring this month's event! Registration is required due to limited space!



WEEKLY PROGRAMS

Exercise

\$15/month

Monday, Wednesday, Friday

9 AM - 10 AM,

10 AM - 11 AM *This class is full, but you can join the waitlist*

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. The health benefits include improved flexibility, strength, balance, coordination, and endurance. Martial arts can help improve memory and focus by keeping the brain active.

Seated Yoga

\$5/class

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

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

Instructor: Lisa Newman

This is an extension of the chair yoga that focuses on standing poses and floor 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.

Complete Mix *This class is full, but you can join the waitlist*

\$15/month

Mondays and Wednesdays 1:30 PM - 2:15 PM

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

Led by Bob Shirley

Men are welcome to join the group in person and everyone is invited to watch the recording on Facebook @RidgelandMensBible.

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. Membership is limited, for information contact President Pam Stephens at pstephens_jam1@comcast.net.

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.

Birthday Bingo

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

4th Thursday of each month unless stated otherwise.

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



senior adult programs

AUGUST

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 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	1 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Notes & Neurons	2 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 Notes & Neurons	3 10-11 Martial Arts 1:30-2:15 Complete Mix	4 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
7 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	8 No Programs- Election Day 	9 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 Notes & Neurons	10 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4 Penny Auction	11 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
14 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	15 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Notes & Neurons	16 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 Notes & Neurons	17 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	18 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
21 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	22 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Notes & Neurons	23 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 Notes & Neurons	24 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo	25 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
28 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	29 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Notes & Neurons	30 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 Notes & Neurons	31 10-11 Martial Arts 1:30-2:15 Complete Mix	1 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

SPECIAL THANK YOU TO OUR SPONSORS:

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Landmark Lifestyles

Madison County Journal
Mayor Gene McGee
Northpark
Renasant Bank

St. Catherine's Village
The Orchard
Visit Ridgeland

SUPERSTAR OF THE MONTH:



Debra Sawyer

Favorite activity at RRC: Martial Arts for seniors - taught by Andy Dillon. He instructs us simple ways to defend and/or escape an attacker.

Favorite thing about the Ridgeland Senior Adult Program: The wide variety of things to do. Neeley has offered pickleball and painting. I love the variety.

Favorite job ever held: Accounting Department of Standard Life Insurance Co. It's good to enjoy your job and better to enjoy the people you work with. The company has been closed for 30 years and we still stay in touch.

What are you looking forward to most this fall? I always look forward to the cooler temperatures, changing of the leaves and knowing that the holidays and family gatherings will soon be here.

Where is the best place you've traveled and why? Curacao, the Netherlands. A scuba diving trip to experience the beautiful coral reefs and marine life; another part of God's creation.

UPCOMING PROGRAMS:



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SAFE DRIVING COURSE

Thursday, September 7th
12-4 pm

Ridgeland Rec Center

\$20 for AARP members

\$25 for non AARP members

Refreshing your driving skills could reduce your auto insurance costs. Join us as LeAnn Henderson of Vintage Travelers leads this program.

Bring your driver's license and AARP number if applicable.

Limited space available, must RSVP by August 24th.
Register at 769-235-9579 or
neeley.jones@ridgelandms.org.



JOIN US FOR PICKLEBALL

THURSDAY, SEPTEMBER 14TH & 21ST, 2023
8:30 AM - 11:30 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 2 day clinic. Participants must be able to attend both days to register. 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. It's easy to learn and has a friendly group of people following the sport.

PICKLEBALL CLINIC REQUIREMENTS:

For ages 50+
\$20 - covers entire clinic
Pickleball paddle
Tennis shoes, towel, water & lawnchair

****The clinic will be rescheduled 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
Vintage Travelers
601.331.8478
vintagetravelers23@gmail.com



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