



senior adult programs

SUPERSTAR SENIORS

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



IMPORTANT :

No programs on Monday, September 4th for Labor Day.

I'd like to welcome our newest instructor, Martha Millsaps, to our team. Her first day with us will be Friday, September 8th and she will lead our Monday & Friday 10 AM Exercise, Yoga classes and will be adding a Mat Pilates class on Fridays.

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
Must bring your own:

Pickleball paddle, Tennis shoes, towel, water & lawnchair

****The clinic will be rescheduled on inclement weather days****



**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**

BRAINERCISE™ NO SWEAT REQUIRED

Brainercise is an interactive class that teaches participants how to make good brain health choices as they age. This ongoing series features a variety of activities designed by a Cognitive Health Specialist to help optimize physical, emotional, and cognitive health.

There will be a different educational focus for each class and participants are encouraged to submit topics to be discussed in future classes. Brainercise is appropriate for independent seniors who want to be proactive about aging well. **Preregistration is needed to ensure there are enough class supplies for everyone.**

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

Every Wednesday
2:30-3:30 pm

Ridgeland Rec Center
(Located in Old Trace Park)

\$10/class,
\$30 annual supply fee due 2nd class



senior adult programs



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now offering mat pilates

with instructor martha millsaps
fridays, 12-12:30 pm
\$5/class



Pilates is popularly known as a core-focused workout, but it's actually a whole-body exercise. Pilates works with your breath, targeting your smaller and deeper stabilizing muscles. It supports your joints through a balance of strength, mobility, and flexibility. This is a great extension class behind yoga because it targets all muscles that yoga might have missed. Floor exercises will be involved.

Must register at 769.235.9579 or neeley.jones@ridgelandms.org.

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, and Martha Millsaps
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

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 *Starts Sept. 8th*

\$5/class

Mondays and Fridays 11 AM - 11:30 AM

Instructor: Martha Millsaps

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

Standing Yoga *Starts Sept. 8th*

\$5/class

Mondays and Fridays 11:30 AM - 12 PM

Instructor: Martha Millsaps

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

Mat Pilates *Starts Sept. 8th*

\$5/class

Fridays 12 PM - 12:30 PM

Instructor: Martha Millsaps

Pilates is popularly known as a core-focused workout, but it's actually a whole-body exercise. Pilates works with your breath, targeting your smaller and deeper stabilizing muscles. It supports your joints through a balance of strength, mobility, and flexibility. Great extension class behind yoga because it targets all muscles that yoga might have missed.

Floor exercises will be involved.

Brainercise

\$10/class

Wednesdays 2:30 PM - 3:30 PM

Instructor: Karen Poteat

A highly interactive brain health class to help participants reduce stress, develop a more positive outlook, and engage in a myriad of activities that provide effective, whole-brain cognitive stimulation. \$30 Annual Supply Fee is due by 2nd class.

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 Peggy Peterson at peggybpeterson@gmail.com.

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.



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SEPTEMBER

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	29 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	30 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	31 10-11 Martial Arts 1:30-2:15 Complete Mix	1 9-10 Exercise 10-11 Exercise
4 No Programs- Labor Day	5 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	6 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	7 10-11 Martial Arts 12-4 AARP Safe Driving 1:30-2:15 Complete Mix	8 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
11 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	12 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	13 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	14 8:30-10 Pickleball - RTC 10-11 Martial Arts 1:30-2:15 Complete Mix	15 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
18 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	19 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	20 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	21 8:30-10 Pickleball - RTC 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	22 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
25 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	26 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	27 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	28 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo	29 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates

SPECIAL THANK YOU TO OUR SPONSORS:

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 Mayor Gene McGee
 Northpark
 Renasant Bank

St. Catherine's Village
 The Orchard
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SUPERSTAR OF THE MONTH:



Pam Smith

Favorite activity at RRC: The Complete Mix is my favorite class. It is a real challenge, in a good way! We must keep moving or we won't be able to!!


Favorite job ever held: I was a math teacher. The classes I taught at the college level were the most fun - yes, I said teaching math is fun!

What are you looking forward to most this fall? I am looking forward to a trip I'm taking with my brothers in September to visit our cousins in Texas. I love being with my family.

Where is the best place you've traveled and why? The most interesting place I traveled to is China. Standing on the Great Wall was a peak experience while there. God bless the USA! We are truly blessed to live in America.

BIRTHDAY BINGO

THURSDAY, SEPT. 28TH
 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 this month. You do not have to have a birthday this month to attend, it is just a fun way to incorporate cake! Oak Street Health will be sponsoring this month's event! Registration is required due to limited space!

RIDGELAND RECREATION AND PARKS
 PRESENTS

MAYOR'S FUN WALK



2023

CELEBRATING 30 YEARS

WEDNESDAY OCTOBER 11TH
 9:00 AM

NORTH PARK'S CENTERCOURT

SCHEDULE:

- 8:30 AM LATE REGISTRATION
- 9:00 AM PROGRAM BEGINS
- 9:30 AM WALK WITH MAYOR GENE MCGEE
- 9:45 AM VISIT SPONSOR BOOTHS
- 10:00 AM ENTERTAINMENT, FOOD, DOOR PRIZES

- *SPECIAL EVENT FOR OUR SENIOR ADULT PROGRAM FOR THOSE 50+
- *REGISTRATION REQUIRED TO PARTICIPATE
- *NO COST TO REGISTER
- *FIRST 150 REGISTRANTS WILL RECEIVE A FREE T-SHIRT
- *WEAR YOUR PEARLS FOR THE 30TH ANNIVERSARY
- *CONTACT NEELEY TO REGISTER, NEELEY.JONES@RIDGELANDMS.ORG



BALLROOM DANCING CLINIC

EVERY TUESDAY AT 2 PM
 IN OCTOBER 2023
 \$10/CLASS



Classes will be held at
Gotham Dance Club
 707 Beau Pre Drive, Ridgeland
 next to Kroger

No partner needed, each class you will learn a different style of dance.
 Space is limited, must register to 769-235-9579 or
 neeley.jones@ridgelandms.org.

MFW Registration forms are available at the Ridgeland Rec Center or send me an email and I will send you the form.