

OCTOBER 2023



senior adult programs

SUPERSTAR SENIORS

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



IMPORTANT :

No programs on Wednesday, October 11th.
Come out to the Mayor's Fun Walk!

Ridgeland Recreation and Parks Senior Adult Program received two awards at the Mississippi Recreation & Parks Association conference.

- Recreation Programming Award of Merit - Single Program for the 2022 Mayor's Fun Walk
- Recreation Programming Award of Merit - Program Series for the Ridgeland Senior Adult Program

This was made possible from all of the support that our program receives: on the city level from Mayor Gene McGee and staff, Board of Aldermen, Recs & Parks' Department Head John Sidney North, office staff and maintenance staff; our wonderful Senior Adult Program Instructors who are passionate about helping others learn new things and gain new strengths; and of course support from our community of participants who attend our programs and truly make the Ridgeland Rec Center such a great place to be! Our programs are very much a group effort. Thank you everyone!

Ridgeland Recreational Center
(Located inside Old Trace Park)
137 Old Park Trail
Ridgeland, MS 39157
601.856.6876
facebook.com/ridgelandsuperstarsseniors

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RIDGELAND RECREATION AND PARKS
PRESENTS

MAYOR'S FUN WALK

RIDGELAND 2023

CELEBRATING 30 YEARS

WEDNESDAY OCTOBER 11TH
9:00 AM
NORTHPARK'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

BIRTHDAY BINGO

THURSDAY, OCTOBER 26TH
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 a just a fun way to incorporate cake! Traditions Health 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, *This class is full, but you can join the waitlist*

10 AM - 11 AM

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

\$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

\$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

\$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.



senior adult programs

OCTOBER

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	3 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	4 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	5 10-11 Martial Arts 1:30-2:15 Complete Mix	6 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
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 Tap 6 Line Dancing	10 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix Sally's 70th Birthday Twist Party - 1 pm	11  No Programs - Join us at the Mayor's Fun Walk!	12 10-11 Martial Arts 1:30-2:15 Complete Mix	13 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
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 Tap 6 Line Dancing	17 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	18 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	19 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	20 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
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 Tap 6 Line Dancing	24 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	25 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	26 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo	27 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
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 Tap 6 Line Dancing	31 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	1 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Brainercise	2 10-11 Martial Arts 1:30-2:15 Complete Mix	3 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates 1:30-3:30 Dementia Simulator

SPECIAL THANK YOU TO OUR SPONSORS:

Bicycle Revolution
Digiostrategies
Green Oaks
Landmark Lifestyles

Madison County Journal
Mars Marketing
Mayor Gene McGee
Northpark

Renasant Bank
St. Catherine's Village
The Orchard
Visit Ridgeland

SUPERSTAR OF THE MONTH:



Faye Rice

Favorite activity at RRC: My 9:00 Exercise Class

Favorite thing about Ridgeland Senior Adult Programs: The many activities to keep us mentally and physically fit.

Favorite job ever held: The many things I have participated and served in at RRC for the last 25 years.

What are you looking forward to most this fall? Cooler weather & some rain

Where is the best place you've traveled and why? I flew for the first time to Charlotte, N.C. where my sister and her daughter's family lived. I could not hug my sister on the phone.

Faye just celebrated her 25th anniversary of being an active member in the Ridgeland Senior Adult Program. She attributes our program for keeping her healthy and at her best!

BRAINERCISE™
NO SWEAT REQUIRED

Every Wednesday

2:30-3:30 PM

\$10/class,

\$30 annual supply fee due 2nd class

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.

Dementia Simulator

Friday, November 3

1:30-3:30 PM

Join St. Catherine's Village as they bring an innovative hands-on learning experience that quickly builds empathy by simulating the deep sense of confusion associated with dementia and potential challenges that they may face when attempting to everyday items.

No charge, but registration is required.



Christmas Crafts with Artist Cindy Mercer

Thursday, November 30

9:30 - 11:30 AM

\$10

Not one, but TWO Christmas crafts will be made during this two hour workshop. One will be an ornament painting and one is a rolled paper Christmas tree craft, both will be done on 5x5 canvas panels. More colors will be offered than the ones shown. Limited space, sign up today at 769.235.9579 or at neeley.jones@ridgelandms.org.

