



senior adult programs

# SUPERSTAR SENIORS

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



## IMPORTANT :

No programs on the following days:

- Tuesday, Nov. 7 - Election Day
- Friday, Nov. 10 - Veteran's Day
- Thursday & Friday, Nov. 23 & 24 for Thanksgiving holiday

## Dementia Simulation Experience

Friday, November 3

1:30 PM

No charge,

but registration required



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.

**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**

## 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.



## BIRTHDAY BINGO

**THURSDAY, NOVEMBER 9TH**

**2:00-4:00 PM**



**CLINE INSURANCE**

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! Cline Insurance 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.

## 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](mailto: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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# NOVEMBER

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</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 6 Line Dancing	<b>31</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>1</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>2</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>3</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates 1:30 Dementia Simulator
<b>6</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	<b>7</b> Garden Club at 11:30 at Martinson's Garden Works  <b>Election Day,            No Programs</b>	<b>8</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>9</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Bingo	<b>10</b>  <b>No Programs in            observance of            Veteran's Day</b>
<b>13</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>14</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>15</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>16</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>17</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>20</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>21</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>22</b> 9-10 Exercise 10-11 Exercise	<b>23</b>  <b>HAPPY            Thanksgiving</b>  No Programs	<b>24</b>  No Programs
<b>27</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>28</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>29</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>30</b> 9:30 Christmas Crafts 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>1</b> 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:

Bicycle Revolution  
Digiostrategies  
Green Oaks  
Landmark Lifestyles

Madison County Journal  
Mars Marketing  
Mayor Gene McGee  
Northpark  
Oak Street Health

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

## SUPERSTAR OF THE MONTH:



**Judy  
Thompson**

**Favorite activity at RRC:** 10 AM Exercise three times a week, Garden Club, and Mayor's Fun Walk

**Favorite thing about Ridgeland Senior Adult Programs:** In both activities, I am benefitting both mentally and physically. I have made great friends and enjoy the support I have from everyone here.

**Favorite job ever held:** Guidance Counselor at a Catholic girls school - Cabrini High School in New Orleans

**Advice you would like to give a 30 year old:** Financial advice - start saving and investing early in life. It will pay off big time as you near retirement.

**Favorite Thanksgiving dish and recipe:** Call a caterer, order the needed dishes, pick them up, serve them warm

**Where is the best place you've traveled and why?** San Ignacio Lagoon in Baja, Mexico where gray whales (40 feet long, 40 tons), come up to be petted and let their babies come up to be petted. It changed the way I look at the world.



## OLD TIME CHRISTMAS IN RIDGELAND

### CHRISTMAS TREE LIGHTING

Plaza at Old Town Crossing  
November 30 • 6:00 p.m.

### CHRISTMAS ON THE GREEN

Ridgeland City Hall  
December 1 • 5:30 - 8:00 p.m.

### CHRISTMAS PARADE

Old Town Ridgeland  
December 2 • 1:00 p.m.

## LOOKING AHEAD:

### Early 2024 Exercise Payments:

You can either choose to pre-pay for your January and February programs to Neeley in the next few weeks or you can continue to pay monthly by check mailed to:

**Ridgeland Recs & Parks**

**PO Box 217**

**Ridgeland, MS 39158**

No payments will be taken at the Ridgeland Rec Center while Neeley is out.

### SAVE THE DATE:

2024 Valentine's Luncheon  
Tuesday, February 13th, 12 NOON  
Colonial Heights Baptist Church  
Tickets will be on sale in  
December.



As usual, our Superstar Seniors are very involved in the Ridgeland Recreation and Parks' Christmas events. On Friday's Christmas Tree lighting, our Ridgeland Tappers will perform at the ceremony.

New to this year's events will be Mark & Jan Heusel as Santa and Mrs. Claus for all three events!  
Come show your support to these Superstars!!