



senior adult programs

# SUPERSTAR SENIORS

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

Ridgeland Recreation and Parks presents

## 2024 SENIOR ADULT VALENTINE LUNCHEON

TUESDAY, FEBRUARY 13TH, 12 NOON  
COLONIAL HEIGHTS BAPTIST CHURCH  
444 NORTHPARK DRIVE, RIDGELAND



with entertainment by  
**ANDREW ISHEE**

Tickets are \$10 and can be purchased at  
Ridgeland City Hall. Limited tickets available.  
For more information call 601.853.2011.



### IMPORTANT :

Exercise Class

Payment Information:

Mail checks to:

Ridgeland Recreation & Parks

P.O. Box 217

Ridgeland, MS 39158

No class on Monday, February 19th  
for President's Day

**Ridgeland Recreational Center  
(Located inside Old Trace Park)**

**137 Old Park Trail  
Ridgeland, MS 39157**

**601.856.6876**

**facebook.com/ridgelandsuperstarsseniors**

## BIRTHDAY BINGO

**THURSDAY, FEBRUARY 22ND  
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!

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

• T • H • E •  
**ORCHARD**

# 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 & Martha Milsaps  
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 and Fridays 11 AM - 11:30 AM

Instructor: Martha Milsaps

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

Instructor: Martha Milsaps

This is an extension of the chair 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 Milsaps

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 City 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. Must sign up in advance.



senior adult programs

# FEBRUARY

## 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</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 2:30-3:15 Tap 3:30-4:15 Beg. Tap 6 Line Dancing	<b>30</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>31</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>1</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>2</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>5</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 2:30-3:15 Tap 3:30-3:15 Beg. Tap 6 Line Dancing	<b>6</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	<b>7</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>8</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>9</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>12</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>13</b> NO PROGRAMS  12 Valentine's Luncheon	<b>14</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>15</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>16</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>19</b> NO PROGRAMS  President's Day	<b>20</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>21</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>22</b> 10-11 Martial Arts 1:30 -2:15 Complete Mix 2-4 Birthday Bingo	<b>23</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>26</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 2:30-3:15 Tap 3:30-4:15 Beg. Tap 6 Line Dancing	<b>27</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>28</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>29</b> 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:



**Nero Walker**

**Favorite activity at RRC:** Men's Bible Study every Tuesday at 9 am. Mr. Bob Shirley is an excellent bible teacher.

**Favorite job ever held:** Wire System Telephone Installer while serving in the US Army 1977-1997.

**Do you have a Valentine? How did you meet. How long have they been your special someone?** Yes, her name is Thursa Walker. We met through a friend we both knew. 22 years, we have been married.

**Advice you would give a 30 year old:** If married, stay married. If not, ask God to send that special person your way.

**Where is the best place you've traveled and why?** Karlsruhe, Germany, it was a beautiful, clean place. This is where I accepted Jesus Christ as my Lord and Savior, love family. If you haven't accepted Jesus Christ as Lord and Savior, please do.

## MEET THE EXERCISE INSTRUCTOR:

**Which class do you teach and what do you love most about it:** I teach the 9:00 AM class on Mondays and Fridays. I love the people in the class. It is the sweetest group of folks!

**How many years have you taught exercise, how long have you taught at the RRC:** I have taught totally about 35 years, 25 years at the Ridgeland Recreational Center.

**Favorite job ever held:** Senior Adult Coordinator for RR&P 😊

**When you are not teaching exercise what do you like to do:** I love taking taekwondo class at the RRC. I also love to have coffee & long walks with friends. I enjoy my part-time job for Income Tax Services. Most of all, I love my Bible Study Group (Women's) at church and teaching children on Wednesday nights.

**What are you looking forward to most this spring:** I'm looking forward to a long weekend trip with my husband and watching my new grandson, Ethan grow!

**Where is the best place you've ever traveled and why?** Maui, Hawaii was the best trip! It's a lush & green paradise! The weather, food, & atmosphere was perfect.



**Lynda Assink**