



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. Pennies will be provided. Let the bidding begin!



SPONSORED BY



THURSDAY, APRIL 11TH
2:00-3:00 PM
FREE RIDGELAND RECREATIONAL CENTER



FREE ENTRY

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



Neeley Jones
Senior Adult Coordinator
769.235.9579
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



IMPORTANT :

This month the Ridgeland Garden Club will meet at Eudora Wetly Gardens on Tuesday, March 5th at 10 AM.

There will be NO PROGRAMS on Tuesday, March 12 with it being Election Day and our building being a voting precinct. Go vote!

BIRTHDAY BINGO



THURSDAY, MARCH 28
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!

Visiting Angels 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 & 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.

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

Advanced - Mondays 2:30 PM - 3:15 PM

Beginners - Mondays 3:30 PM - 4:15 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.

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

MARCH

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
4 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	5 9-10 Men's Bible 10-11 Martial Arts Garden Club (at Eudora Welty Gardens) 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	7 10-11 Martial Arts 1:30-2:15 Complete Mix	8 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
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 2:30-3:15 Tap 3:30-4:14 Beg. Tap	12 NO PROGRAMS Election Day	13 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	14 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
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 2:30-3:15 Tap 3:30-4:15 Beg. Tap	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	21 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
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 2:30-3:15 Tap 3:30-4:15 Beg. Tap	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	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

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St. Catherine's Village

Sullivan Electric
The Bike Crossing
The Orchard
The Radio People
Whataburger

SUPERSTAR OF THE MONTH:



Lynn Hunt

Favorite activity at RRC: I enjoy the fellowship of everyone and Sally Holly is a great instructor for the Senior Fit Class. Every exercise she has us do is what physical therapists would do. Keeps all the joints moving as well as balance. And she does a great job on the Complete Mix which is a little more cardio.

Favorite job ever held: Legal Secretary and Office Manager

Favorite dish from a Ridgeland restaurant: The grits at Zea

What are you looking forward to most this spring: Looking forward to see what plants and trees sprout after the late freeze and then the drought and excessive heat of this past year.

Advice you would give a 30 year old: Listen to older people. They have a lot of life experiences and wisdom that will benefit you as you go through your own life if you will just really listen. Try to learn from their experiences.

Where is the best place you've traveled and why? Love the US Rockies and the Canada Rockies. There is something beautiful to see no matter where you travel.

MEET THE EXERCISE INSTRUCTOR:

What class do you teach and what do you love most about it: Senior Fit & Complete Mix - I love the people in my classes! I enjoying knowing we are all in this together working to stay healthy and strong!

How many years have you taught exercise, how long have you taught at the RRC: I have been teaching fitness over 43 years. I have been at RRC for 9 years - and love every minute!

When you are not teaching exercise what do you like to do: I usually am playing catch up with housework and yard work - hahaha! When that's done I like to go junkin', mosiacs, and enjoying my yard.

Favorite job ever held: Teaching the seniors programs at RRC! My favorite job has always been teaching fitness, more than music or the legal field! I am fortunate that I can continue teaching fitness!

Where is the best place you've traveled and why? Coming home! The very best travel experience I have had was landing in Atlanta after living in Europe for a year. GOD BLESS AMERICA!



Sally Holly