

APRIL 2024



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



SCAM STOPPERS



THURSDAY, MAY 9TH
9:30 AM
RIDGELAND REC CENTER



Join us as the MS State Board of Contractors presents a Scam Stopper program that educates senior citizens on hiring licensed contractors and avoiding scams. This seminar provides insightful information about construction-related scams and how you can better protect yourself when hiring a contractor. Topics address education and awareness; how to verify a license, documentation and references; how to spot common scams; as well as a range of other tips and practices.

Registration required to neeley.jones@ridgelandms.org
or 769.235.9579

BIRTHDAY BINGO



THURSDAY, APRIL 25TH
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!

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



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

WEEKLY PROGRAMS

Exercise *This class is full, but you can join the waitlist*

\$15/month

Monday, Wednesday, Friday

9 AM - 10 AM

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 Millsaps

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 Millsaps

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

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.

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.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	3 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	4 10-11 Martial Arts 1:30-2:15 Complete Mix	5 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
8 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	9 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	10 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	11 10-11 Martial Arts 1:30-2:15 Complete Mix 2-3 Penny Auction	12 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
15 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	16 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	17 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	18 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	19 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
22 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	23 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	24 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	25 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo	26 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
29 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	30 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 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

SPECIAL THANK YOU TO OUR SPONSORS:

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Mars Marketing
Mayor Gene McGee
Northpark
Oak Street Health

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

SUPERSTAR OF THE MONTH:



Margy Thaxton

Favorite activity at RRC: My favorite activities at the Ridgeland Recreational Center are the Mon., Wed., and Fri., exercise classes led by Martha Millsaps and Rita Latham. The exercises keep our bodies in shape, and the friendships I've made there are priceless.

Favorite job ever held: I was a fifth-grade elementary school teacher for 25 years (Hinds Co. School District). I could not have done anything more rewarding with my life, and I am thankful for each child who walked through my classroom door.

Favorite dish from a Ridgeland restaurant: My favorite restaurant is Amerigo, and my favorite dishes there are the Flame-Grilled Salmon Filet and the Veal Piccata. Delizioso!

Advice you would give a 30 year old: Use your God-given talents! Don't let your own fears or anyone else tell you that you can't do what you know in your heart you can!

Where is the best place you've traveled and why? My husband and I love our MS Gulf Coast and travel there often. It is close by, beautiful, and there is so much to do & see. My dear friend and I are extremely excited for our upcoming trip to Italy in October. Europe will be a first for us. We decided to stop talking about it, and make our Italy dreams come true!

What are you looking forward to most this spring: I look forward to planting some flowers, grilling, & reading on the patio while listening to the soft trickles of my fountains. Just enjoy being outside!

MEET THE EXERCISE INSTRUCTOR:

Which class do you teach and what do you love most about it: I teach 2 classes on Wednesday - 9:00 and 10:00. The classes include cardio and strength and toning exercises. I love helping seniors stay fit and the fellowship.

How many years have you taught exercise, how long have you taught at the RRC: I have taught exercise classes for 30 years, & at the RRC probably 15 years. I teach yoga, pilates, cardio and strength and Enhanced Fitness for low mobility.

Favorite job ever held: I practiced as a CPA for many years and I owned a Christian Book Store. I loved being in the bookstore with my partner for 11 years. I love Christian books and music and it was fun helping people find good ones, but not financially profitable.

When you are not teaching exercise what do you like to do: I teach an Explorers Bible Study for women at my church and I love to study to teach and meet with the women. I have 3 children, 4 grands plus in-laws, and 5 great grands.

What are you looking foward to most this spring: This spring I hope to spend time with my children, grands and great grands, continue exercise classes, and maybe a trip to Missouri to visit family and also see a play in Memphis Orpheum Theatre.

Where is the best place you've traveled and why: I loved especially 2 of my trips - one was a cruise on the Dnipro River in Ukraine. My grandparents came from there. I also loved my trip to Isreal because that's where Jesus walked.



Rita Latham