

**JUNE 2024**



senior adult programs

# SUPERSTAR SENIORS

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



## WATERMELON DOOR HANGER WORKSHOP

Thursday, June 13th,  
2:30 - 4:00 pm  
Ridgeland Recreational Center

Let's kick off summer with a craft workshop sponsored by Summerhouse Beau Ridge! We will be making the most adorable watermelon door hangers! No artistic talent needed!! Spots will fill up quick! **Cost is only \$20!**

Register at 769-235-9579 or email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org). Limited space available!

## THE RIDGELAND TAPPERS ARE GOING ON TOUR!



- JUNE 3 ST. CATHERINE'S VILLAGE
- JUNE 14 MS VETERANS HOME
- JUNE 17 HIGHLAND HOME
- JUNE 24 THE ORCHARD

*This tour is in memory of our special member, Vicki Hartman. Your smile and energy will be forever missed.*

## COME FLY WITH THE NATCHEZ TRACE BANDITS MODEL AVIATION CLUB

### Ridgeland Senior Adult Programs' Field Day

Thursday, June 6th, 10 AM - 12 PM  
At the NTB Flying Club - no physical address, contact Neeley for directions!

With an instructor backing you up on another radio (like a driver's ed teacher for a plane) we'll put you at the controls in the very first lesson!

FREE Event, but must RSVP to Neeley by Monday, June 3rd.



**Ridgeland Recreational Center**  
**(Located inside Old Trace Park)**  
**Ridgeland, MS 39157**  
**601.856.6876**  
**[facebook.com/ridgelandsuperstarsseniors](https://facebook.com/ridgelandsuperstarsseniors)**

**Neeley Jones**  
**Senior Adult Coordinator**  
**769.235.9579**  
**[neeley.jones@ridgelandms.org](mailto: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 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 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 - *Going on tour during the month of June, taking a break during the month of July***

\$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 unless stated otherwise- 2:30 PM

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

# JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</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>4</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>5</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>6</b> 10-11 Martial Arts 10-12 NT Bandits** (located off site) 1:30-2:15 Complete Mix	<b>7</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>10</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>11</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>12</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>13</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30 Door Hanger Craft	<b>14</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>17</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>18</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>19</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>20</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>21</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>24</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>25</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>26</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>27</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Bingo	<b>28</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga  Ridgeland Rec & Parks' Balloon Glow Event
<b>(July 1)</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 6 Line Dancing	<b>(July 2)</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>(July 3)</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>(July 4)</b>  No Programs	<b>(July 5)</b>  No Programs



## SPECIAL THANK YOU TO OUR SPONSORS:

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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:



**Irene Underwood**

**Favorite activity at RRC:** Complete Mix - exercising to music makes it so fun

**Favorite job ever held:** Hostess for the Governor's Mansion

**Favorite dish from a Ridgeland restaurant:** Amerigo's Salmon on Goat Cheese & Walnut Salad

**Advice you would give a 30 year old:** Never stress over the little stuff. Forgive & forget negative times in life and be thankful to God for whatever he sends your way.

**Where is the best place you've traveled and why?** Puerto Vallarta, Mexico for scenery & guacamole, White River, Arkansas for trout fishing, Texas for bluebonnet fields

**What are you looking forward to most this summer:** Boating, gardening, spending time with family and friends

BIRTHDAY  
**BINGO** 

**THURSDAY, JUNE 27TH**

**2:30-4:30 PM**

**\* NEW TIME! \***

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!

Oak St. Health will be sponsoring this month's event! Registration is required due to limited space!



**THURSDAY, JULY 18 AT 9:00 AM**

**RIDGELAND RECREATIONAL CENTER**  
(LOCATED INSIDE OF OLD TRACE PARK)

JOIN VISITING ANGELS AS THEY DISCUSS FINANCIAL ASSISTANCE FOR HOME CARE THROUGH THE VETERANS ADMINISTRATION (VA).  
REGISTER AT 769.235.9579 OR  
[NEELEY.JONES@RIDGELANDMS.ORG](mailto:NEELEY.JONES@RIDGELANDMS.ORG).

