

JULY 2024



senior adult programs

SUPERSTAR SENIORS

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



VETERANS' COFFEE & LEARN

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.



Ridgeland Tappers Update:



St. Catherine's Village

After their month long patriotic tour, the group will be taking a "summer break" during the month of July.

They will be resuming on Monday, August 5th if anyone is interested in joining - the beginner class meets on Mondays at 3:30 pm! Contact Neeley if you would like to give it a try!



Jackson Veteran's Home



Highland Home



The Orchard

Ridgeland Recreational Center
(Located inside Old Trace Park)
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 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 - Taking a break during the month of July

\$5/class

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

Beginner - 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 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.

JULY

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9-10 Exercise 10-11 Exercise (NO YOGA) 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	2 9-10 Men's Bible 10-11 Martial Arts 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  No Programs	5  No Programs
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 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	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 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 9 Veteran's Coffee 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 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 2:30-4:30 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 6 Line Dancing	30 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	31 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	1 10-11 Martial Arts 1:30-2:15 Complete Mix	2 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

SPECIAL THANK YOU TO OUR SPONSORS:

Brain Waves
Digiostategies
Explore Ridgeland
Green Oak
Madison County Journal

Mars Marketing
Mayor Gene McGee
Member's Exchange
Northpark
Priority One Bank

Professional Eye Care
Renasant Bank
St. Catherine's Village
Summerhouse Beau Ridge
The Orchard

SUPERSTAR OF THE MONTH:

Carol Richardson



Favorite activity at RRC: For a year I've enjoyed 9:00 exercise on Monday, Wednesday & Friday at Old Trace Park. This hour strengthens the body; and the smiles nourish the soul. Good stuff!

Favorite job ever held: Baptist Hospital, Labor and Delivery for forty years... in two different positions.

Favorite 4th of July memory or tradition: Being with family and friends in many places... parks, homes, traveling.

Favorite dish from a Ridgeland restaurant: A good entrée salad is always my favorite. There are many Ridgeland restaurants that have various versions of this. One of my favorite places is Trace Grill. Good food, good staff, smiling faces!

Advice you would give a 30-year-old: Choose a vocation/profession/trade. Become the best in the field. But always know, that's what you DO, not who YOU ARE. I was so fortunate to have this instilled in me by 30 years old.

Where is the best place you've ever traveled and why? The best is reaching my destination where the smiles of family and friends greet me. Recently, I've traveled to Arizona twice and to North Carolina. God, Faith, Family & Friends 🦋

BIRTHDAY BINGO



**THURSDAY, JULY 25TH
2:30-4:30 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!

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



Ridgeland Recreation and Parks presents

CELEBRATE AMERICA BALLOON GLOW

JUNE 28, 2024

STARTS AT 5 P.M.

FIREWORKS AT 9:15 P.M.

MUSIC BY:



**HEADLINER
DRAKE MILLIGAN**



DJ TRIX



SOUNDCHECK THE BAND



TEMPERANCE BABCOCK