

**OCTOBER 2024**



senior adult programs

# SUPERSTAR SENIORS

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

RIDGELAND SENIOR ADULT PROGRAMS'

## penny auction



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!

**THURSDAY,  
OCTOBER 10TH  
2:30-3:30 PM**

**RIDGELAND RECREATIONAL CENTER**



**FREE ENTRY**

REGISTRATION REQUIRED  
AT 769-235-9579 OR

[NEELEY.JONES@RIDGELANDMS.ORG](mailto:NEELEY.JONES@RIDGELANDMS.ORG)

Ridgeland Recreation & Parks  
presents

## MAYOR'S FUN



**WEDNESDAY, OCTOBER 2ND  
9:00 AM**

**NORTHPARK'S CENTERCOURT**

Schedule:

- 9:00 AM Program Begins
- 9:30 AM Walk with Mayor Gene McGee
- 9:40 AM Visit Sponsor Booths
- 9:50 AM Entertainment, Food, Door Prizes

- \*Special Event for our Senior Adult Program for those 50+
- \*Registration required to participate
- \*No cost to register
- \*First 150 registrants receive a free t-shirt
- \*Contact Neeley to register, [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org)

**Neeley Jones**  
Senior Adult Programs Coordinator  
769.235.9579  
[neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org)

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



**Important:**

No programs on Wednesday, October 2nd.  
Join us for the Mayor's Fun Walk event!

# WEEKLY PROGRAMS

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

\$15/month

Monday, Wednesday, Friday

9 AM - 9:45 AM,

10 AM - 10:45 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**

\$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.

# 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).

## **Mah Jongg**

FREE - Must sign up in advance.

3rd Thursday of the month 9 AM - 11 AM

Tile based matching game. Please let Neeley know if you have a American Mah Jongg set that you can bring!

## **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.



senior adult programs

# OCTOBER

## 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	<b>2</b>  9 am NorthPark Centercourt  NO PROGRAMS	<b>3</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>4</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>7</b> 9-9:45 Exercise 10-10:45 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 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing	<b>8</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Beg. Mah Jongg	<b>9</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>10</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30 Penny Auction	<b>11</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>14</b> 9-9:45 Exercise 10-10:45 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 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing	<b>15</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Beg. Mah Jongg	<b>16</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>17</b> 9-11 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>18</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>21</b> 9-9:45 Exercise 10-10:45 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 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing	<b>22</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Beg. Mah Jongg	<b>23</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>24</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Bingo	<b>25</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>28</b> 9-9:45 Exercise 10-10:45 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 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing	<b>29</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>30</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>31</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>1</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

## SPECIAL THANK YOU TO OUR SPONSORS:

Brain Waves  
Digiostrategies  
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:

**Favorite activity at RRC:** The 10:00 exercise class & the two yoga classes are great! The workouts are thorough and really helpful in maintaining a healthy lifestyle.

**Favorite dishes from a Ridgeland restaurant:** Redfish Veronica at Kathryn's, Chicken Florentine at Amerigo's

**Favorite job ever held:** Senior Educational Consultant for the Southeast Comprehensive Center - a federally funded regional center that assisted southeastern states (AL, GA, LA, MS & SC) in implementing federal education laws and regulations.

**What are you looking forward to most this fall:** Our upcoming fall trip to Europe! Dave and I will be traveling around Austria and southern Germany.

**Advice you would give a 30 year old:** Develop & maintain a healthy lifestyle including time with family & friends, exercise, good nutrition, and fun hobbies. Also, consistently contribute to a savings account to ensure stress-free financial security for retirement.

**Where is the best place you've ever traveled and why:** Switzerland! Dave & I hiked the mountain paths around the Matterhorn. What an incredible, but humbling experience to be surrounded by mountains, with no one else around, other than the two of us. Magnificent!



**Debbie Meibaum**

## Monthly Mah Jongg

3rd Thursdays, from 9-11 AM



## BIRTHDAY BINGO

**THURSDAY, OCT 24  
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!

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

