

NOVEMBER 2024



senior adult
programs

SUPERSTAR SENIORS

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

LUNCH & LEARN

WITH

**BRANTON
SCHAFFHAUSER**
WEALTH MANAGEMENT GROUP OF
RAYMOND JAMES

**YEAR END
TAX PLANNING
STRATEGIES**

**TUESDAY, NOVEMBER 19
11:00 AM
RIDGELAND REC CENTER**



Registration required at 769.235.9579 or
neeley.jones@ridgelandms.org.
Lunch provided, limited space available.

Christmas Craft with Artist Cindy Mercer



TUESDAY, NOVEMBER 26TH
1-3 PM
\$20 - SUPPLIES INCLUDED

CINDY MERCER WILL LEAD US THROUGH
AN EASY, STEP-BY-STEP PAINTING
ON A 16X20 CANVAS.
MUST REGISTER BY 11/19.

Neeley Jones
Senior Adult Programs Coordinator
769.235.9579
neeley.jones@ridgelandms.org

Ridgeland Recreational Center
137 Old Trace Park
Ridgeland, MS 39157
601.856.6876
facebook.com/ridgelandsuperstarseniors/

No programs on:

Tuesday, November 5 - Election Day
Monday, November 11 - Veteran's Day
OR
Thursday and Friday, November 28 & 29
for Thanksgiving holidays

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.

Mah Jongg

FREE - Must sign up in advance.

3rd Thursday of the month 9:30 AM - 11:30 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

NOVEMBER

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 9-9:45 Exercise 10-10:45 Exercise 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	29 10-11 Martial Arts 1:30-2:15 Complete Mix	30 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	31 10-11 Martial Arts 1:30-2:15 Complete Mix	1 9-9:45 Exercise 10-10:45 Exercise
4 9-9:45 Exercise 10-10:45 Exercise 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	5  11:30 Garden Club at Madison Garden Center NO PROGRAMS	6 9-9:45 Exercise 10-10:45 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 9-9:45 Exercise 10-10:45 Exercise
11  NO PROGRAMS	12 10-11 Martial Arts 1:30-2:15 Complete Mix	13 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	14 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Bingo	15 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
18 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	19 10-11 Martial Arts 11-12 Lunch & Learn 1:30-2:15 Complete Mix	20 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	21 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	22 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
25 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	26 10-11 Martial Arts 1-3 Christmas Craft 1:30-2:15 Complete Mix	27 9-9:45 Exercise 10-10:45 Exercise	28  NO PROGRAMS	29 NO PROGRAMS

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: Senior Fit provides our group the specific exercises to help maintain a healthy lifestyle for our age group. Our instructor, Sally, is very knowledgeable and provides added information as to what each exercise accomplishes and suggests useful things to do in our daily life to assist in maintaining good health.

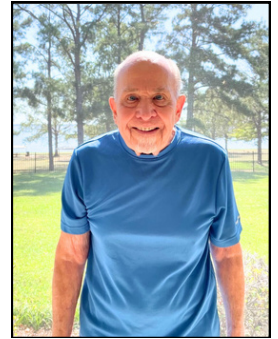
Favorite dish from a Ridgeland restaurant: Any steak off the menu at Koestler Prime. Great dining atmosphere and every steak is of high quality and prepared to perfection.

Favorite job ever held: As a C.P.A. with 40 years experience in business, primarily as a CFO or Controller, I had many challenges and rewarding opportunities. My favorite and most rewarding job was at a Community College teaching accounting at night to part-time students who held full time jobs or responsible for households. Their dedication and commitment was inspiring.

Favorite Thanksgiving dish: Plump, baked hen with southern cornbread dressing with giblets gravy and cranberry.

Advice you would give a 30 year old: Make a honest effort to achieve balance in life. Your spiritual, family, and financial needs can be measured and periodically adjusted to stay on track.

Where is the best place you've ever traveled and why: Philippine Islands while enlisted in the United States Air Force. Once in a lifetime chance to live in a foreign country with the opportunity to learn in detail about the geography, culture, & lifestyles of people with totally different perspectives.



Jerry Jeffress

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!

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

Introducing our scarecrow, Ms. Sippi!

She can be found at the Ridgeland Wildflower Field and Art Park - Wildflower Trails of Mississippi next to Seabrook Paint Jackson Street. She is showing off a few programs that we offer - exercise, bingo, mah jongg, crafts and our annual Mayor's Fun Walk event!

The Explore Ridgeland's Ridgeland Scarecrow Trail is on display through the end of November so stop on by and enjoy a stroll on the trail!

