



senior adult
programs

SUPERSTAR SENIORS

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

BIRTHDAY BINGO & ORNAMENT SWAP CHRISTMAS PARTY

THURSDAY, DECEMBER 12TH
10 AM - 11 AM

This month's Birthday Bingo program will also coordinate with our Christmas party! We will begin the morning with a Christmas ornament swap. **Bring a new, UNWRAPPED ornament** that you would like to exchange.

After the ornament swap, we will enjoy cake, play bingo, win prizes and celebrate all of the birthdays this month!

Senior Care Locators/Homewell will be sponsoring this month's event! **Registration is required due to limited space!**

This will be our last Birthday Bingo before our bingo game is rebranded in January.. stay tuned!



City of Ridgeland Christmas Events:

Thursday, December 5th

Christmas Tree Lighting - 6 pm
featuring our own, the Ridgeland Tappers &
Santa & Mrs. Clause (Mark & Jan Heusel)

Friday, December 6th

Christmas parade - 6 pm
Christmas on The Green
at City Hall - 7:30-8:30 pm

More details can be found on the
Ridgeland Recreation & Parks
Facebook page.

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 :

December 24 -

January 1

Classes will resume on January 2

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 an 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.

Everyone is invited to play bingo, win prizes and eat cake in celebrating all of the birthdays each month.

DECEMBER

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	4 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	5 10-11 Martial Arts 1:30-2:15 Complete Mix	6 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
9 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 6 Line Dancing	10 10-11 Martial Arts 1:30-2:15 Complete Mix	11 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	12 10-11 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	13 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
16 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	17 10-11 Martial Arts 1:30-2:15 Complete Mix	18 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	19 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	20 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
23 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	24 ← NO PROGRAMS →	25  ← NO PROGRAMS →	26 ← NO PROGRAMS →	27 ← NO PROGRAMS →
30 ← NO PROGRAMS →	31 ← NO PROGRAMS →	1 	2 10-11 Martial Arts 1:30-2:15 Complete Mix	3 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

SPECIAL THANK YOU TO OUR SPONSORS:

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St. Catherine's Village
Summerhouse Beau Ridge
The Orchard

MEN'S Community Coffee & Bible Time

**New Men's Bible Study Begins:
Honoring the Past,
Embracing the Future**

We are excited to announce the launch of a new weekly Men's Bible Study group, led by Randy Assink. **This group will meet every Tuesday morning from 9-10 AM at the Ridgeland Recreational Center beginning on January 6th.**

This fresh opportunity for fellowship and spiritual growth comes at a time of change as we remember and honor the life of our previous leader, Bob Shirley. Bob's leadership and dedication to this group will always be cherished, and his impact continues to inspire us.

Under Randy's leadership, this new study will build on the strong foundation that Bob helped establish, as we gather together to grow in faith, deepen our friendships, and support one another. Whether you're a longtime member of the group or looking to join us for the first time, we welcome you to be a part of this new chapter in our journey.

Please register with Neeley if you would like to join.



&
**electronic
caregiver.**



FALL PREVENTION & HOME SAFETY PRESENTATION

PRESENTED BY ED GRACE
WITH ELECTRONIC CAREGIVER

**THURSDAY, JANUARY 30, 2025
9:30-10:30 AM
RIDGELAND REC CENTER**

NO CHARGE, BUT PLEASE REGISTER!

- Snacks & door prizes provided
- Overcome mistakes that lead to pain and discomfort
- Protect yourself from unattended medical emergencies

Sign up at neeley.jones@ridgelandms.org or 769.235.9579

SAVE THE DATE

senior adult **VALENTINE'S luncheon**



**TUESDAY,
FEBRUARY 11, 2025
12 NOON**

TICKETS WILL BE AVAILABLE FOR PURCHASE
BEGINNING ON MONDAY, DECEMBER 16.