FEBRUARY 2025



senior adult programs

SUPERSTAR SENIORS

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

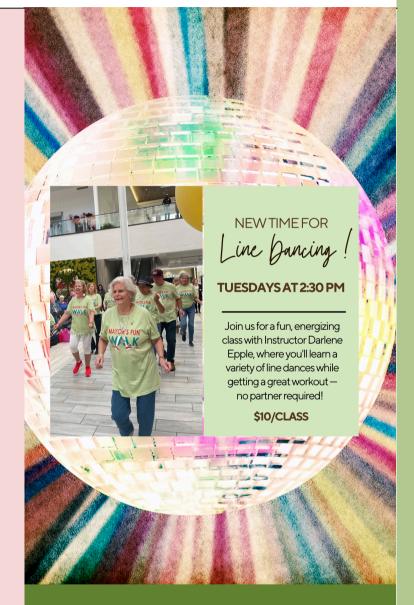


TICKETS ARE \$10 AND CAN BE PURCHASED AT THE RIDGELAND RECREATIONAL CENTER OR RIDGELAND CITY HALL. LIMITED TICKETS AVAILABLE. FOR MORE INFORMATION CALL 769.235.9579



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

Ridgeland Recreational Center 137 Old Park Trail (inside of Old Trace Park) Ridgeland, MS 39157 601.856.6876 facebook.com/ridgelandsuperstarseniors/



No programs :

Tuesday, February 11th for our Valentine Luncheon & Monday, February 17th for President's Day

WEEKLY PROGRAMS

Exercise This class is full, but you can join our 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

Tuesdays at 2:30 pm NEW TIME!

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.

Men's Community Coffee & Bible Time FREE

Tuesdays 9 AM - 10 AM Lead by Randy Assink Gather together to grow in faith, deepen out friendships and support one another.

Complete Mix *This class is full, but you can join our 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.

The Breakfast Bingo Club

FREE - Must sign up in advance, space is limited. 4th Thursday (unless stated otherwise) 9:30 AM Everyone is invited to play bingo and enjoy breakfast with friends. Must sign up in advance.



programs

FEBRUARY

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 9-10 Men's Bible 10-11 Martial Arts 11 Garden Club Mtg (at Eudora Welty Gardens) 12 Garden Club Lunch (at Rec Center) 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	5 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	6 10-11 Martial Arts 1:30-2:15 Complete Mix	7 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
10	11	12	13	14
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	12 Valentine's Luncheon at Colonial Heights NO REGULARLY SCHEDULED PROGRAMS	9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	10-11 Martial Arts 1:30-2:15 Complete Mix	9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
17	18	19	20	21
	9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
NO PROGRAMS				
24	25	26	27	28
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	9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

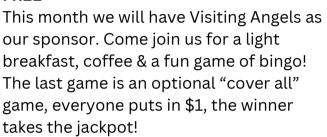
SPECIAL THANK YOU TO OUR SPONSORS:

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

LIVING ASSISTANCE SERVICES



Thursday, February 27th 9:30-10:30 AM FREE



UPCOMING PROGRAMS:

FLOWER ARRANGING WORKSHOP

Join us for an morning of flowers and friendly conversation!



recreation & parks senior adult programs



Beginner Mah Jongg Workshop



TUESDAY, MARCH 25TH

09:30 AM

Ridgeland Recreational Center

- Free & casual flower arranging workshop
 Chat with caring professionals from
- Traditions Health: Hospice & Palliative Care
 Bring your own small flower vase
- (we'll provide the flowers!)Relax, create, and enjoy a therapeutic experience
- A wonderful opportunity to connect and engage with others
 (Person
- Must register with Neeley at 769.235.9579 or neeley.jones@ridgelandms.org



March 11th & 18th

tuesdays

9:30 AM – 12 Noon

\$55 for the workshop, due first day of class (paid in full at first class)

Ridgeland Rec Center 🥊

Must register to Neeley at 769.235.9579 or neeley.jones@ridgelandms.org. Limited space available!

Need to be able to attend BOTH LESSONS