

**FEBRUARY 2025**



senior adult  
programs

# SUPERSTAR SENIORS

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

RIDGELAND RECREATION AND PARKS PRESENTS



**2025**  
**senior adult**  
**VALENTINE'S**  
**luncheon**



**TICKETS**  
**\$10**

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

**COLONIAL HEIGHTS**  
**BAPTIST CHURCH**  
**444 NORTHPARK DRIVE**

**lunch, door prizes &**  
**entertainment by Bridgid Ferguson**

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/**



NEW TIME FOR  
*Line Dancing!*

**TUESDAYS AT 2:30 PM**

Join us for a fun, energizing  
class with Instructor Darlene  
Epple, where you'll learn a  
variety of line dances while  
getting a great workout —  
no partner required!

**\$10/CLASS**

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](mailto: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.



senior adult programs

# FEBRUARY

## 2025

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

# The BREAKFAST BINGO CLUB

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



This month we will have Visiting Angels as our sponsor. Come join us for a light breakfast, coffee & a fun game of bingo! The last game is an optional "cover all" game, everyone puts in \$1, the winner takes the jackpot!

## UPCOMING PROGRAMS:

### FLOWER ARRANGING WORKSHOP

Join us for an morning of flowers and friendly conversation!



**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
- Must register with Neeley at 769.235.9579 or neeley.jones@ridgelandms.org

senior adult programs

and

**P.E.O. Chapter Y  
 Mississippi**  
 presents

# Beginner Mah Jongg Workshop

tuesdays  
**March  
 11th & 18th**  
**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\*\***