



senior adult programs

SUPERSTAR SENIORS

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

FALL RISK & BALANCE SCREENS

WITH



WEDNESDAY, MARCH 26TH

1:30 PM

RIDGELAND REC CENTER



RISK ASSESSMENT & STRATIFICATION

Screening for fall risk in older adults.

- Discuss risk factors and other medical issues
- Balance testing using well documented functional outcome tools
- Gait and vision assessment
- Blood Pressure testing



RISK REDUCTION

Counseling about falls and how to prevent them.

- Address modifiable risk factors, like home safety
- Provide education on the medical risk factors linked to falls
- Referral to physician for identified medical/medication issues and recommendation for intervention
- Work with health care professionals and the community to address fall risk factors

REGISTRATION REQUIRED to Neeley at neeley.jones@ridgelandms.org or 769.235.9579.

Complimentary screenings and Nothing Bundt Cakes will be provided.

Neeley Jones
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THE CHATEAU RIDGELAND

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

This month we will have Chateau Ridgeland 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, winner takes the jackpot!

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.

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 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.

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.



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MARCH

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 11:30 Garden Club 1:30-2:15 Complete Mix	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 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	11 9-10 Men's Bible 9:30-12 Mah Jongg WS 10-11 Martial Arts 1:30-2:15 Complete Mix	12 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	13 10-11 Martial Arts 1:30-2:15 Complete Mix	14 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
17 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	18 9-10 Men's Bible 9:30-12 Mah Jongg WS 10-11 Martial Arts 1:30-2:15 Complete Mix	19 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	20 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	21 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
24 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	25 9-10 Men's Bible 9:30 Flower Arranging WS 10-11 Martial Arts 1:30-2:15 Complete Mix	26 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 1:30 Elite's Fall & Balance Assessment	27 9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	28 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
31 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	1 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	2 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	3 10-11 Martial Arts 1:30-2:15 Complete Mix	4 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

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