

APRIL 2025



senior adult programs

SUPERSTAR SENIORS

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

LUNCH & LEARN

WITH



PONDERA
FINANCIAL GROUP

WEDNESDAY, APRIL 23

11:00 AM

RIDGELAND REC CENTER

- retirement planning
- estate planning
- social security education

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

SPARE TIME

BOWLING CLUB

Friday,
April 25, 2-4 pm
Fannin Lanes

1145 Old Fannin Rd

Join us for a fun afternoon of bowling - all levels are welcome.

Register by Monday, April 21st to 769-235-9579 or neeley.jones@ridgelandms.org



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/ridgelandssuperstarseniors/

Welcome, Vickie White !

Vickie will be joining us as our new Friday yoga instructor. Having first joined our program in 2022 for the Aerobics class, she has since been an active member of the beginner tap group for the past year. We invite you to join Vickie for Friday morning yoga! Please note that the first week in April she will be teaching on Wednesday instead of Friday!

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 & Vickie White

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 & Vickie White

This is an extension of the chair yoga that focuses on standing poses and floor poses for strength and balance.

Senior Fit *This class is full, but you can join the waitlist*

\$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 Joanne Pearson at joanhp19@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.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 11-11:30 Seated Yoga 11:30-12 Standing Yoga 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
7 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	8 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	9 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	10 10-11 Martial Arts 1:30-2:15 Complete Mix	11 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
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	15 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	16 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	17 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	18 No Programs Good Friday
21 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	22 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	23 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	24 9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	25 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 2 Bowling at Fannin Lanes
28 No Programs City Holiday	29 9-10 Men's Bible 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	1 8:30 Pickleball 101 at RTC 10-11 Martial Arts 1:30-2:15 Complete Mix	2 9 AM - Sandwich Making Volunteers! Sign up with Neeley if you would like to help. No Programs for Century Ride Prep

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

The BREAKFAST BINGO CLUB

Thursday, April 24th
9:30 - 10:30 AM, FREE

This month we will have St. Catherine's Village 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!



JOIN US FOR A

Ladies' Spring Tea

WEDNESDAY, MAY 14TH
2:15 in the afternoon

RIDGELAND RECREATIONAL CENTER

DRESS CODE:

- ★ DRESS IN YOUR SPRING BEST!
- ★ THINK FLOWERY, FASCINATORS, AND FABULOUS!

SPECIAL HIGHLIGHTS:

- ★ BRING YOUR OWN TEA CUP - SHOW OFF YOUR PERSONAL STYLE WITH YOUR MOST BEAUTIFUL TEA CUP.
- ★ PRIZES FOR BEST DRESSED & PRETTIEST TEA CUP!

THIS EVENT IS PROUDLY SPONSORED BY



LET'S CELEBRATE THE SEASON IN STYLE.
WE CAN'T WAIT TO SEE YOU THERE!

RSVP to Neeley at 769.235.9579

"PICCADILLIES" PICKLEBALL 101

THURSDAY, MAY 1ST & 8TH
8:30 AM - 11:30 AM
RIDGELAND TENNIS CENTER
201 MCCLELLAN DRIVE, RIDGELAND

*Pickleball: Fastest growing sport -
especially for those over 50!*

BEGINNER PICKLEBALL CLINIC REQUIREMENTS:

For ages 50+
\$20 - covers entire clinic
Must bring your own:
Pickleball paddle, Tennis shoes, towel, water & lawnchair

****The clinic will be rescheduled
on inclement weather days****

REGISTRATION REQUIRED! SPACE IS LIMITED!

