
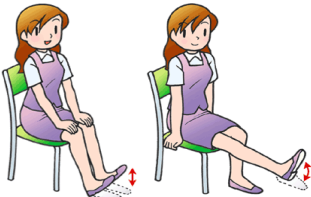


**RIDGELAND RECREATION PARKS'
VIRTUAL SENIOR ADULT WEEKLY CLASSES**

Programs will be posted on Ridgeland Recreation Parks' Facebook page
unless otherwise indicated.

<https://www.facebook.com/RidgelandRecreationandParks>

MAY 18-22, 2020




PROGRAM	DESCRIPTION	DAY/DATE/TIME
	<p>A fun and <u>interactive workout</u> for senior adults that will make an hour of total body exercise fly by! Class format consists of:</p> <ul style="list-style-type: none"> Stretching - (seated in chair) Cardio - (seated or standing) Strength training - equipment needed -light weights Cool Down - (seated in chair) <p>Personal Trainer, Lisa Newman is your instructor.</p>	<p>Monday & Wednesday, May 18 & 20 10:00 a.m.</p> <p><u>This is a ZOOM CLASS</u></p> <p>Please contact Lynda at 601-856-6876 or email lynda.assink@ridgelandms.org if you wish to join.</p> <p>Meeting ID will be emailed/texted to you before class.</p>
	<p>This exercise class is appropriate for beginners.</p> <p>Proper alignment will be the main focus as improving balance, flexibility, and strength.</p> <p>Equipment: a sturdy chair, hand weights, resistance band and resistant tubing, ball, and 2 paper plates.</p> <p>Personal Trainer, Sally Holly is our instructor.</p>	<p>Monday May 18, 2020 12:30 p.m.</p> <p>RR&P FACEBOOK LIVE</p>

**RIDGELAND RECREATION PARKS'
VIRTUAL SENIOR ADULT WEEKLY CLASSES**

Programs will be posted on Ridgeland Recreation Parks' Facebook page
unless otherwise indicated.

<https://www.facebook.com/RidgelandRecreationandParks>



MAY 18-22, 2020

 <p>THE COMPLETE MIX</p>	<p>This is an intermediate exercise class. This is the perfect exercise mix. It is a combination of stretching, balancing, strengthening, and low impact cardio all rolled into one! Personal Trainer, Sally Holly is our instructor.</p>	<p>Monday, May 18, 2020 1:30 p.m. RR&P FACEBOOK LIVE</p>
 <p>MARTIAL ARTS FOR SENIOR ADULTS</p>	<p>Learn age appropriate traditional martial arts. This week Andy will emphasize self-defense techniques. Andy Dillon, a 4th degree black belt, is your instructor.</p>	<p>Tuesday, May 19, 2020 10:00 a.m. RR&P FACEBOOK LIVE!</p>
 <p>BEGINNING CONVERSATIONAL SPANISH</p>	<p>Dinorah Nations is your instructor. View this short video of Beginning Conversational Spanish class. This is an interactive and dynamic course that teaches the basics of Spanish grammar and gives practical thematic vocabulary. Participants may purchase the book, <u>Spanish with a Mission</u> through Amazon.</p>	<p>Wednesday, May 20, 2020 11:30 a.m.</p>

**RIDGELAND RECREATION PARKS'
VIRTUAL SENIOR ADULT WEEKLY CLASSES**

Programs will be posted on Ridgeland Recreation Parks' Facebook page
unless otherwise indicated.

<https://www.facebook.com/RidgelandRecreationandParks>
MAY 18-22, 2020

READING AT HOME	What is your favorite book that you have been reading?	Thursday, May 21, 2020
	Send me an email with the title of your book, a short	This will be posted on Thursday
	summary, and why you liked it! Or if you wish, you may	at 10:00 a.m.
	send a brief video of yourself describing your favorite	
	book to lynda.assink@ridgelandms.org	
VIRTUAL SENIORS' SHOWCASE	Send a picture of your latest project to Lynda at	Pictures will be posted
	lynda.assink@ridgelandms.org . It can be art,	Friday, May 22, 2020
	woodwork, crochet, needlepoint, gardening, etc.	
	Beauty does the heart good!	
	We will post it on our Ridgeland	
	Facebook page. It will inspire all of us!	