

Superstar Seniors

NOVEMBER 2020

R I D G E L A N D R E C R E A T I O N A N D P A R K S

Lynda M. Assink
Senior Adult
Coordinator

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dms.org



RRC

CLOSED

Tuesday,
November 3,
for Election Day.

Wednesday,
November 11, for
a holiday.

The RRC

CLOSED

Wednesday-
Friday,
November 25-27
for Thanksgiving.

RIDGELAND

recreation & parks

RIDGELAND CITY GARDEN CLUB, NOVEMBER 3, 2020, 11:30 A.M.

AT GARDEN WORKS The Garden Club will meet at Garden Works, 651 Hwy. 51, in November. Jerry Palmer will be our guest speaker. His topic will be "House Plants—prepping for winter, leaving them outdoors or bringing them in, etc.," Please join us!

ART POURING CHRISTMAS ORNAMENTS, TUESDAY, NOVEMBER 17, 2020, 1:30—3:00 P.M., Cost: \$25

Learn how to make beautiful Christmas ornaments to give to your friends and family this Christmas! Learn the simple technique of "art pouring" from Patti Betts and go home with 6 beautiful ornaments! Class size is limited to 6 participants. Social distancing and masks will be required. Sign-up by Wednesday, November 11, 2020. All supplies included in the cost.



*Please email/or call for a supply list for the above workshop.

A big welcome to Tee Land and Nancy Dinkins, our new exercise instructors! We are glad to have you!

Lynda Assink, Senior Adult Coordinator, RR&P



DUE TO COVID-19, SOME PROGRAMS ARE CANCELLED FOR A BRIEF TIME.

Weekly Programs

Beginning Conversational Spanish - Wednesdays, 11:30 a.m.—12:30 p.m., Instructor: Dinorah Nations, Cost: \$65 for 4 classes.

Exercise - \$15/month, Monday, Wednesday, Friday, Instructors: Lynda Assink, Lisa Newman, and Rita Latham, 9:00 - 10:00 a.m., 10:00 a.m. - 11:00 a.m.

Line Dance Class - \$10/class or \$40/month, Mondays, Instructor: Darlene Epple, Beginners at 6:00 – 7:00 p.m. Advanced—5:00—6:00 p.m.

Day-time Beginning Line Dance Class—\$10/class, Wednesdays, Instructor: Darlene Epple, 2:30 p.m.—3:30 p.m.

Men's Bible Study - (Free) Tuesdays, 9:00 - 10:30 a.m.

Men's Agape Coffee Group - (Free) A group of men who meet together for coffee, friendship, and good conversation, Wednesdays, 9:30 - 11:30 a.m.

Martial Arts for Seniors—Tuesday & Thursdays, 10-11 a.m., Cost: \$10/month

Painting Pals - (Free) Tuesdays, 1:30—3:00 p.m.

Restoration & Relaxation Gentle Yoga—\$35 for 6 (30-minute) classes or \$8/class, Instructor: Lisa Newman, Monday and Fridays, 11:00 —11:30 a.m.

Yoga for Flexibility, Fitness, and Fun—\$35 for 6 (30-minute) classes or \$8/class /class, Instructor: Lisa Newman, Monday and Fridays, 11:30—12:00 p.m.

Program Price for both yoga classes: \$55 for 6 (1 hour) classes

Senior Fit 1—\$15/month, Instructor: Tee Land, Mondays and Wednesdays, 12:30 p.m.—1:15 p.m.

The Complete Mix—\$15/month, Instructor: Tee Land, Nancy Dinkins, Monday and Wednesdays, 1:30-2:30 p.m.

Tap Dancing—Intermediate class - \$5/class, Instructor: Monica Russell, Nancy Dinkins, 2:30—3:30 p.m.

Monthly Programs:

Garden Club - \$20/year, 1st Tuesday of the month, September—May, 11:30 - 1:00 p.m.

NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	3 ELECTION DAY! (No classes) 11:30-Garden Club will meet at Garden Works	4 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 11:30-12:30 Zoom Beg. Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 Beginning Line Dancing	5 9– 10:30 Acrylic Painting Workshop 10-11 Martial Arts	6 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class
9 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	10 10-11 Martial Arts 10-11:30 Painting Pals	11 HOLIDAY!!	12 10-11 Martial Arts	13 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class
16 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	17 10-11 Martial Arts 10-11:30 Painting Pals	18 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class 11:30-12:30 Zoom Beg. Spanish 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix 2:30-3:30 Beginning Line Dancing	19 9– 10:30 Acrylic Painting Workshop 10-11 Martial Arts	20 9-10 Exercise 10-11 Exercise 10-11 Lisa's Zoom Exercise Class
23 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	24 10-11 Martial Arts 10-11:30 Painting Pals	25 NO PROGRAMS!!	26 HOLIDAY!!	27 NO PROGRAMS!
30 9-10 Exercise 10-11 Exercise 10-11 Lisa' Zoom Exercise 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing				

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recreation & parks

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Lynda McMahan Assink
Senior Adult Coordinator

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