

Superstar Seniors

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

JUNE 2021

Lynda M. Assink
Senior Adult
Coordinator

P. O. Box 217

Ridgeland, MS
39157

*601-856-6876

*lynda.assink@ridgelan
dms.org

RRC

CLOSED

Tuesday,

June 8, 2021

for voting.



RIDGELAND
recreation & parks

VETERANS MEMORY PARK DEDICATION, MONDAY, MAY 31, 2021, 11:00 A.M. AT RIDGELAND CITY HALL We will be honoring those who have served, past, present, and future. Special guests: Adjutant General Janson D. Boyles, Red River Pipes and Drums Band . Please email mike.mccollum@ridgelandms.org if you plan to attend.

MOVIE IN THE PARK, THURSDAY, JUNE 17, 2021 Grab a blanket or your lawn chairs to join us for our Movie in the Park at Freedom Ridge Park. We will be showing *Toy Story*. Movie will be shown at dusk.



YOU'RE INVITED TO OUR "KETCHUP"
(CATCH-UP) CLUB!

When: Thursday, June 10, 2021
Time: 12:00 noon



Bring your own lunch and join us for a informal gathering of friends, lunch, and fellowship! I'll provide coffee and water. *Please let me know if you are coming!

MEN'S BIBLE, TUESDAYS, 9:00 A.M. Men's Bible will be finishing their study of "God the Son's Comings" this month. Watch it on our Ridgeland Recreation & Parks' Facebook Live. The next study will be "Death, Resurrection, Heaven, and Hell—What does the Bible say?" This study will meet in-person at the Ridgeland Recreational Center.

See you in June!
Lynda M. Assink,
Senior Adult Coordinator
RR&P

COMING IN JULY! ZENTANGLE ART CLASS

The Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It is especially suited to folks who would love to do something artistic but don't think they have the ability. This will be a 2-hour class. You can also visit zentangle.com for more information on this art form.

Weekly Programs

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.

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, 10:00 a.m.—11:30 a.m.

Restoration & Relaxation Gentle Yoga—\$5/class or \$30 for 6 (30-minute) classes, Instructor: Lisa Newman, Monday and Fridays, 11:00 —11:30 a.m.

Yoga for Flexibility, Fitness, and Fun—\$60 for 6 (1 hour) classes or \$10/class. Instructor: Lisa Newman, Monday and Fridays, 11:00—12:00 p.m.

Senior Fit —\$15/month, Instructors: Sally Holly, Mondays and Wednesdays, 12:30 p.m.—1:15 p.m.

The Complete Mix—\$15/month, Instructor: Sally Holly, Monday and Wednesdays, 1:30-2:30 p.m.

Tap Dancing—Intermediate class - \$5/class, Instructor: Monica Russell, 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.

Thread, Yarn, Crochet & Coffee—Free, 2nd and 4th Mondays of each month, 1:30 p.m.—3:00 p.m.

JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9-9:45 Men's Bible (FB LIVE) 10-11 Martial Arts 10:00-11:30 Painting Pals	2 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix	3 10-11 Martial Arts	4 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R &R 11:30-12 Yoga FFF
7 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	8 VOTING! No programs today!	9 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix	10 10-11 Martial Arts 12:00 KETCHUP CLUB	11 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
14 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 1:30-3:00 Thread, Yarn, Crochet 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	15 NO Men's Bible 10-11 Martial Arts 10:00—11:30 Painting Pals Lynda on vacation— June 14-18	16 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix	17 10-11 Martial Arts MOVIE IN THE PARK! Freedom Ridge @ dusk	18 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
21 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	22 9:00 Men's Bible 10-11 Martial Arts 10:00—11:30 Painting Pals	23 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix	24 10-11 Martial Arts	25 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12:00 Yoga FFF
28 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1 1:30-3:00 Thread, Yarn, Crochet 1:30-2:30 The Complete Mix 2:30-3:30 Tap 6:00 Line Dancing	29 9:00 Men's Bible 10-11 Martial Arts 10:00-11:30 Painting Pals	30 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1 1:30—2:30 The Complete Mix		

SUPERSTAR SENIORS

RIDGELAND



recreation & parks

100 W. School Street
Post Office Box 217
Ridgeland, Mississippi 39158

Phone: 601-856-6876
Phone: 601-853-2011

Lynda McMahan Assink
Senior Adult Coordinator

SPONSORS

Champion

Omega Electric
Bicycle Revolution
The Radio People – US 96.3,
Mix 98.7, Y101, 100.9 The Legend

Superstar

C Spire
Corey Sullivan Electric
Madison County Journal
BankPlus
St. Dominic's
St. Catherine's Village
Professional Eyecare Associates

Achiever

Craftsmen's Guild of
Mississippi
Bufkin Mechanical
Renasant Bank
SuperTalk Radio Mississip-
pi

Spirit

Burgers & Blues
A Complete Flag Source
The Orchard
Mars Marketing
Keesler Federal Credit
Union
Hydrowash of MS
Rogers, Ainsworth & Wil-
liams, PLLC
Waggoner Engineering

RR&P Fan

Parkway Development, Inc.
Humana Insurance
Madison Ace Hardware
Staffers
Academy of Kung Fu
Dean & Dean Associates
Mills, Scanlon, Dye &
Pittman