



senior adult programs

SUPERSTAR SENIORS

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

IMPORTANT :

No programs on the following days:
December 25 - January 1st

Programs will resume on January 2nd.



OLD TIME CHRISTMAS IN RIDGELAND

CHRISTMAS TREE LIGHTING

Plaza at Old Town Crossing
November 30 • 6:00 p.m.

CHRISTMAS ON THE GREEN

Ridgeland City Hall
December 1 • 5:30 - 8:00 p.m.

CHRISTMAS PARADE

Old Town Ridgeland
December 2 • 1:00 p.m.

As usual, our Superstar Seniors are very involved in the Ridgeland Recs and Parks' Christmas events. On Friday's Christmas Tree Lighting, our Ridgeland Tappers will perform at the ceremony. New to this year's events will be Mark & Jan Heusel as Santa & Mrs. Claus for all three events! Come show your support to these Superstars!!

**Ridgeland Recreational Center
(Located inside Old Trace Park)
137 Old Park Trail
Ridgeland, MS 39157
601.856.6876
facebook.com/ridgelandsuperstarsseniors**

**Neeley Jones
Senior Adult Coordinator
601.853.2011
neelejones@ridgelandms.org**

LOOKING AHEAD:

Early 2024 Exercise Payments:

You can either choose to prepay for your January and February monthly exercise programs to Neeley in the next few weeks or you can continue to pay monthly by check mailed to:

**Ridgeland Recs & Parks
PO Box 217
Ridgeland, MS 39158**

No payments will be taken at the Ridgeland Rec Center while Neeley is out.

BIRTHDAY BINGO

**THURSDAY, DECEMBER 14TH
2:00-4:00 PM**



Everyone over the age of 50 is welcome to join us to play bingo and help us celebrate those who have a birthday this month. You do not have to have a birthday this month to attend, it is a just a fun way to incorporate cake!

Homecare Hospice will be sponsoring this month's event! Registration is required due to limited space!

WEEKLY PROGRAMS:

Exercise

\$15/month

Monday, Wednesday, Friday

9 AM - 10 AM, *This class is full, but you can join the waitlist*

10 AM - 11 AM

Instructors: Lynda Assink, Rita Latham, and 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.

Line Dancing

\$10/class

Mondays at 6 PM

Instructor: Darlene Epple

Learn a wide variety of line dances while exercising in a fun way, no partner needed.

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.

Seated Yoga

\$5/class

Mondays and Fridays 11 AM - 11:30 AM

Instructor: Martha Millsaps

This is a great beginner class where basic chair 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 seated yoga that focuses on standing poses and floor poses for strength and balance.

Mat Pilates

\$5/class

Fridays 12 PM - 12:30 PM

Instructor: Martha Millsaps

Pilates is popularly known as a core-focused workout, but it's actually a whole-body exercise. Pilates works with your breath, targeting your smaller and deeper stabilizing muscles. It supports your joints through a balance of strength, mobility, and flexibility. Great extension class behind yoga because it targets all muscles that yoga might have missed. Floor exercises will be involved.

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.

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

Mondays 2:30 PM - 3:15 PM

Instructor: Monica Russell

Beginning to intermediate tap dance instruction. This group performs at Ridgeland events and nursing homes.

Men's Bible Study

FREE

Tuesdays 9 AM - 10 AM

Led by Bob Shirley

Men are welcome to join the group in person and everyone is invited to watch the recording on Facebook @RidgelandMensBible.

MONTHLY PROGRAMS:

Ridgeland 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.

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.

Birthday Bingo

FREE - Must sign up in advance, space is limited.

4th Thursday of each month unless stated otherwise.

Everyone is invited to play bingo, win prizes and eat cake in celebrating all of the birthdays each month.



senior adult programs

DECEMBER

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Tap 6 Line Dancing	28 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	29 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	30 9:30 Christmas Crafts 10-11 Martial Arts 1:30-2:15 Complete Mix	1 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
4 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	5 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	6 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	7 10-11 Martial Arts 1:30-2:15 Complete Mix	8 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
11 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	12 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	13 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	14 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo	15 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
18 9-10 Exercise 10-11 Exercise (NO YOGA) 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 6 Line Dancing	19 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	20 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	21 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	22 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
25 	26	27	28	29

SPECIAL THANK YOU TO OUR SPONSORS:

Bicycle Revolution
Digiostrategies
Green Oaks
Landmark Lifestyles

Madison County Journal
Mars Marketing
Mayor Gene McGee
Northpark
Oak Street Health

Renasant Bank
St. Catherine's Village
The Orchard
Visit Ridgeland

SUPERSTAR OF THE MONTH:



**Margaret
Bowers**

Favorite activity at RRC: The Complete Mix class with Sally Holly. Sally makes this class so much fun that I look forward to exercising and love the music!

Favorite thing about Ridgeland Senior Adult Programs: Mingling with other seniors and making new friends.

Favorite job ever held: CEO at the VA Medical Center in Jackson, MS and trying to make a difference for our Veterans.

Advice you would like to give a 30 year old: Find out what works for yourself to relieve stress daily and practice that everyday! Don't let stress prevent you from "stopping to smell the roses" everyday!

Favorite Christmas tradition: Attending the Christmas Eve Candlelight Service at my parents' church with all of my family together.

Where is the best place you've traveled and why? Italy, I have been 3 times and still haven't seen all the historical wonders yet!

Ridgeland Recreation and Parks presents

2024 SENIOR ADULT VALENTINE LUNCHEON

TUESDAY, FEBRUARY 13TH
12 NOON

COLONIAL HEIGHTS BAPTIST CHURCH
444 NORTH PARK DRIVE, RIDGELAND



with entertainment by
ANDREW ISHEE



Tickets are \$10 and can be purchased at
Ridgeland City Hall. Limited tickets available.
For more information call 601.853.2011.

NEW PROGRAM COMING:

Beginner Tap:

Starting on January 8th, we will be offering a Beginner Tap class on Mondays from 3:30-4:15 pm led by our wonderful Tap Instructor, Monica Russell. Each class will be \$5.

If you have ever wanted to give tap a try, especially after their special performance at the Mayor's Fun Walk, now is your time!

Eventually, this group will merge with our current Tap class that meets on Mondays at 2:30 pm and performs at Ridgeland events.

If you would like to sign up, contact Neeley at neeley.jones@ridgelandms.org.

