



senior adult  
programs

# SUPERSTAR SENIORS

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



Mary Camp

## SUPERSTAR OF THE MONTH:

**Favorite activity at RRC:** My 10 AM exercise class because I have made many friends and our class is like a family and supports each other.

**Favorite job ever held:** Teaching math (Geometry, Algebra, etc.) and Biology in grades 5 through 12 for 41 years in JPS and other private/public Mississippi/Arkansas schools. I have enjoyed seeing my students be successful after graduation.

**What are you looking forward to most this year?** I am looking forward to seeing my grandchildren learn and be successful in school/extra curricular activities.

**Where is the best place you've traveled and why:** Washington D.C./New York City. I saw all the history of our country from the Smithsonian, Washington Monument, Statue of Liberty, Tomb of the Unknown Soldier, etc. I think everyone needs to make a trip to these places if they can!



### IMPORTANT :

No programs on  
Monday, January 1st for New Years Day  
& Monday, January 15th  
for Martin Luther King Jr. Day!

Exercise Class  
Payment Information:

Mail checks to:  
Ridgeland Recreation & Parks  
P.O. Box 217  
Ridgeland, MS 39158

**Ridgeland Recreational Center  
(Located inside Old Trace Park)  
137 Old Park Trail  
Ridgeland, MS 39157  
601.853.2011  
facebook.com/ridgelandsuperstarsseniors**

### Beginner Tap:

Starting on January 8th, a new Beginner Tap class will meet every Monday from 3:30-4:15 pm led by Monica Russell for \$5/class.

This class will eventually merge into the existing tap group who perform at Ridgeland events. To sign up, email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).



**BIRTHDAY  
BINGO**  

**THURSDAY, JANUARY 25TH  
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 in January. You do not have to have a January birthday to attend, it is a just a fun way to incorporate cake! Oak Street Health 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 & Martha Milsaps  
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 or \$40/month

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. 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 Milsaps

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 Milsaps

This is an extension of the chair 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 Milsaps

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 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 President Peggy Peterson at [peggybpeterson@gmail.com](mailto: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. Must sign up in advance.



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# JANUARY

## 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  NO PROGRAMS  <i>New Year's Day</i>	<b>2</b>  9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	<b>3</b>  9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>4</b>  10-11 Martial Arts 1:30-2:15 Complete Mix	<b>5</b>  9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>8</b>  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 2:30-3:315 Tap 3:30-4:15 Beg. Tap 6 Line Dancing	<b>9</b>  9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>10</b>  9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>11</b>  10-11 Martial Arts 1:30-2:15 Complete Mix	<b>12</b>  9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>15</b>  NO PROGRAMS  <i>Martin Luther King Jr. Day</i>	<b>16</b>  9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>17</b>  9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>18</b>  10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>19</b>  9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>22</b>  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 2:30-3:15 Tap 3:30-4:15 Beg. Tap 6 Line Dancing	<b>23</b>  9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>24</b>  9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>25</b>  10-11 Martial Arts 1:30 -2:15 Complete Mix 2-4 Birthday Bingo	<b>26</b>  9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates
<b>29</b>  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 2:30-3:15 Tap 3:30-4:15 Beg Tap 6 Line Dancing	<b>30</b>  9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>31</b>  9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>1</b>  10-11 Martial Arts 1:30-2:15 Complete Mix	<b>2</b>  9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-12:30 Pilates

**SPECIAL THANK YOU TO OUR SPONSORS:**

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Landmark Lifestyles

Madison County Journal

Mars Marketing

Mayor Gene McGee

Northpark

Oak Street Health

Renasant Bank

St. Catherine's Village

The Orchard

Visit Ridgeland

Ridgeland Recreation and Parks presents

**2024 SENIOR ADULT  
VALENTINE LUNCHEON**

**TUESDAY, FEBRUARY 13TH**

**12 NOON**

**COLONIAL HEIGHTS BAPTIST CHURCH**

**444 NORTHPARK DRIVE, RIDGELAND**



with entertainment by

**ANDREW ISHEE**



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