



senior adult programs

SUPERSTAR SENIORS

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

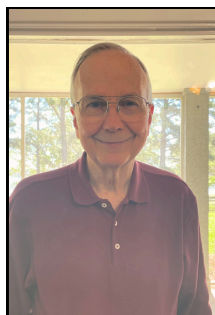
IMPORTANT :

NO PROGRAMS on Friday, May 3rd for Century Ride event prep. Looking for VOLUNTEERS this day at 10:30 AM to help make sandwiches! This usually takes about 2 hours, but you can leave whenever you need to!

NO PROGRAMS on Monday, May 27th for Memorial Day.

SUPERSTAR OF THE MONTH:

Jim Mitchell



Favorite activity at RRC:

Senior Fit Exercise Class

Favorite job ever held:

Mortgage Banking

Favorite dish from a

Ridgeland restaurant:

Gumbo at

Fat Tuesday's

Advice you would give a 30 year old: Do your best EVERY day!

Where is the best place you've traveled & why?

Colorado Rockies in the summer (because of weather)

What are you looking forward to most this summer: Traveling to Florida

SCAM STOPPERS



THURSDAY, MAY 9TH
9:30 AM
RIDGELAND REC CENTER



Join us as the MS State Board of Contractors presents a Scam Stopper program that educates senior citizens on hiring licensed contractors and avoiding scams. This seminar provides insightful information about construction-related scams and how you can better protect yourself when hiring a contractor. Topics address education and awareness; how to verify a license, documentation and references; how to spot common scams; as well as a range of other tips and practices.

Registration required to neeley.jones@ridgelandms.org
or 769.235.9579

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
769.235.9579
neeley.jones@ridgelandms.org

BIRTHDAY BINGO

THURSDAY, MAY 23rd
2:30-4:30 PM - * NEW TIME! *

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!

St. Catherine's Village 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 Millsaps

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 Millsaps

This is an extension of the chair yoga that focuses on standing poses and floor poses for strength and balance.

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.

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 unless stated otherwise- 2:30 PM

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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MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	2 10-11 Martial Arts 1:30-2:15 Complete Mix	3 10:30 Sandwich Volunteers NO PROGRAMS
6 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	7 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	8 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	9 9:30 Scam Stoppers 10-11 Martial Arts 1:30-2:15 Complete Mix	10 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
13 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	14 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	15 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	16 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	17 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
20 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	21 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	22 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	23 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Bingo	24 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
27 NO PROGRAMS Memorial Day	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 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Penny Auction	31 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

SPECIAL THANK YOU TO OUR SPONSORS:

Digiostrategies
Green Oaks
Landmark Lifestyles

Madison County Journal
Mars Marketing
Mayor Gene McGee
Northpark

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

UPCOMING PROGRAMS:



WATERMELON DOOR HANGER WORKSHOP

Thursday, June 13th,
2:30 - 4:00 pm
Ridgeland Recreational Center

Let's kick off summer with a craft workshop sponsored by Summerhouse Beau Ridge! We will be making the most adorable watermelon door hangers! No artistic talent needed!! Spots will fill up quick! **Cost is only \$20!**

Register at 769-235-9579 or email neeley.jones@ridgelandms.org.
Limited space available!

MEET THE EXERCISE INSTRUCTOR:

Which class do you teach and what do you love most about it: I teach Monday and Friday Exercise class which is a blend of cardio, strength, balance and toning. I also teach Monday and Friday Seated Yoga and Standing Yoga. I love helping people stay fit and healthy.

How many years have you taught exercise, how long have you taught at the RRC: I have taught exercise and fitness classes since 1982. I have been at RRC since the Fall of 2023 and thoroughly enjoy it. Currently, I teach Pilates, Reformer Pilates, Yoga, Senior classes of all kinds and do personal training.

When you are not teaching exercise what do you like to do: I absolutely love being outdoors. I am usually outside in my plantroom, digging in the dirt or walking the dogs. Other favorites are going to outdoor art and crafts festivals and outdoor music events. I love spending time with my daughter and grand-dog!

What are you looking forward to most this summer: The hummingbirds are my delight and I can not wait for their arrival each year. I love warm weather in general and I look forward to being outside.

Favorite hobbies: Working crossword puzzles, playing piano or drums, singing, dancing, dumpster diving, horseback riding and petting dogs!



Martha Millsaps