



senior adult programs

SUPERSTAR SENIORS

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


LUNCH & LEARN

WITH BRAIN WAVES

NEUROFEEDBACK

FOR THE TREATMENT OF:

- ADHD ANXIETY
- BIPOLAR
- COGNITIVE DECLINE
- DEPRESSION INSOMNIA
- MEMORY LOSS OCD
- POST-COVID BRAIN FOG
- PTSD TINNITUS



**NOT FEELING LIKE YOURSELF...
NEUROFEEDBACK**
CAN DIMINISH UNWANTED SYMPTOMS AND GET YOU FEELING LIKE "YOU" AGAIN



**TRAIN YOUR BRAIN...
NEUROFEEDBACK**
VIDEOS AND FUN GAMES ARE USED TO STRENGTHEN AREAS OF YOUR BRAIN NEEDING A "TUNE-UP"

**WEDNESDAY,
AUGUST 21ST
11:00 AM
RIDGELAND REC CENTER**



senior adult programs

Registration required at 769.235.9579 or
neeley.jones@ridgelandms.org.
Limited space available.



Interest Survey:

Spanish 101 class-
Thursday mornings from 10 AM-12 PM

Each class would be \$15/class
(paid ahead monthly, \$60/month) and you
would need to purchase a \$15 book
before classes began.

If interested let Neeley know.
Will start a new class with enough interest!



senior adult programs

and
P.E.O. Chapter Y
Mississippi
presents

Beginner Mah Jongg Workshop



tuesdays
**September
10, 17, & 24**

2:30-4:30 pm

\$15/lesson

(paid in full at first class)

Ridgeland Rec Center 

Must register to Neeley at
769.235.9579 or
neeley.jones@ridgelandms.org.
Limited space available!

**Need to be able to
attend ALL LESSONS**



Tap Dancing Class Resumes

Monday, August 5th the Ridgeland Tappers
will begin back after taking a break in July.

2:30-3:15 pm - Intermediate Tap

3:30-4:15 pm - Beginner Tap

The beginner class has openings!

Neeley Jones
Senior Programs Coordinator
769.235.9579
neeley.jones@ridgelandms.org

Ridgeland Recreational Center
(Located inside Old Trace Park)
Ridgeland, MS 39157
601.856.6876

facebook.com/ridgelandssuperstarsseniors

WEEKLY PROGRAMS

Exercise *This class is full, but you can join the waitlist*

\$15/month

Monday, Wednesday, Friday

9 AM - 9:45 AM,

10 AM - 10:45 AM

Instructors: Lynda Assink, Rita Latham & 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 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

Intermediate - Mondays 2:30 PM - 3:15 PM

Beginner - Mondays 3:30 PM - 4:15 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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AUGUST

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 9-9:45 Exercise 10-10:45 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	30 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	31 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	1 10-11 Martial Arts 1:30-2:15 Complete Mix	2 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
5 9-9:45 Exercise 10-10:45 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 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing	6 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	7 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	8 10-11 Martial Arts 1:30-2:15 Complete Mix	9 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
12 9-9:45 Exercise 10-10:45 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 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing	13 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	14 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	15 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	16 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
19 9-9:45 Exercise 10-10:45 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 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing	20 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	21 9-9:45 Exercise 10-10:45 Exercise 11 Lunch & Learn 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	22 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Bingo	23 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
26 9-9:45 Exercise 10-10:45 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 Int. Tap 3:30-4:15 Beg. Tap 6 Line Dancing	27 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	28 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	29 10-11 Martial Arts 1:30-2:15 Complete Mix	30 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

SPECIAL THANK YOU TO OUR SPONSORS:

Brain Waves
Digiostrategies
Explore Ridgeland
Green Oak
Madison County Journal

Mars Marketing
Mayor Gene McGee
Member's Exchange
Northpark
Priority One Bank

Professional Eye Care
Renasant Bank
St. Catherine's Village
Summerhouse Beau Ridge
The Orchard

SUPERSTAR OF THE MONTH:

Favorite activity at RRC: My very favorite is the Monday, Wednesday, Friday exercise classes with Rita and Martha. A close second is engaging with other members during and after class.

Favorite dish from a Ridgeland restaurant: My favorite restaurant is Amerigo. My favorite dish is Veal Parmesan, with Alfredo sauce and topped with their special cheese. If you like eggplant, request it to be added.

Favorite job ever held: At 35 years old I opened my own CPA practice, which proved to be a good career choice. It gave me the opportunity to earn based on my ability.

What are you looking forward to most this fall: Football, cool weather, and a trip to Rochester, New York with Paula, my daughter, to visit relatives and friends.

Advice you would give a 30 year old: Be prepared, be flexible, be happy, be honest, and treat people fairly.

Where is the best place you've ever traveled and why: Vancouver, British Columbia, with Paula and my wife, Kiki, and visiting Butchart Gardens which are spectacular.



Paul Shelton

BIRTHDAY BINGO



**THURSDAY, AUGUST 22
2:30-4:30 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!

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



WITCH CRAFT

door hanger workshop



**Thursday, September 12th
9:00 AM**

Ridgeland Recreational Center

Get in the Halloween spirit with our "witch craft" workshop sponsored by Summerhouse Beau Ridge.

No artistic talent needed, limited spots available!

Only \$20 to make this adorable door hanger.

Register to Neeley at 769.235.9579

or neeley.jones@ridgelandms.org.

