

SEPTEMBER 2024



senior adult programs

SUPERSTAR SENIORS

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

Ridgeland Recreation & Parks presents

MAYOR'S FUN WALK 2024

**WEDNESDAY, OCTOBER 2ND
9:00 AM
NORTHPARK'S CENTERCOURT**

Schedule:

- 9:00 AM Program Begins
- 9:30 AM Walk with Mayor Gene McGee
- 9:40 AM Visit Sponsor Booths
- 9:50 AM Entertainment, Food, Door Prizes

- *Special Event for our Senior Adult Program for those 50+
- *Registration required to participate
- *No cost to register
- *First 150 registrants receive a free t-shirt
- *Contact Neeley to register, neeley.jones@ridgelandms.org

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

Ridgeland Recreational Center
137 Old Trace Park
Ridgeland, MS 39157
601.856.6876
facebook.com/ridgelandsuperstarseniors/

Important:

No programs on Monday, September 2nd in observance of Labor Day.

Ridgeland City Garden Club will return from summer break on Tuesday, September 3rd.

BIRTHDAY BINGO



**THURSDAY, SEPT 26
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!

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



FREE ENTRY

REGISTRATION REQUIRED
AT 769-235-9579 OR
NEELEY.JONES@RIDGELANDMS.ORG



SPONSORED BY
TH TRADITIONS HEALTH
Never Alone

**THURSDAY,
OCTOBER 10TH
2:30-3:30 PM**

RIDGELAND REC CENTER

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.

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.

Mah Jongg - *Beginning in October*

FREE - Must sign up in advance.

3rd Thursday of the month 9 AM - 11 AM

Tile based matching game. Please let Neeley know if you have a Mah Jongg set you can bring!

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.



senior adult programs

SEPTEMBER

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day NO PROGRAMS	3 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	4 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	5 10-11 Martial Arts 1:30-2:15 Complete Mix	6 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
9 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	10 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Beg. Mah Jongg	11 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	12 9 Halloween Craft 10-11 Martial Arts 1:30-2:15 Complete Mix	13 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
16 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	17 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Beg. Mah Jongg	18 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	19 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	20 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
23 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	24 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Beg. Mah Jongg	25 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	26 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Bingo	27 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
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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: Martial Arts/Taekwondo class and 10:00 exercise class. An added "plus" is socializing with fellow members.

Favorite dishes from a Ridgeland restaurant: Grilled redfish at Krilakis, shrimp fajitas at Mojitos, and grilled salmon at Amerigo.

Favorite job ever held: I've had an interesting and successful career working in criminal court, grand juries, medical review panels and arbitrations for many years. I've also done volunteer work with the animal shelter helping to find dogs a forever home which is very rewarding.

What are you looking forward to most this fall: Spending time with family and friends and planning our next vacation.

Advice you would give a 30 year old: Choose an occupation that you love & it will never feel like work.

Where is the best place you've ever traveled and why: I've traveled to several countries with work and on vacation, and my most memorable was backpacking for a month in Europe with my brother.



Sandy Mueller

Introducing our newest monthly program,

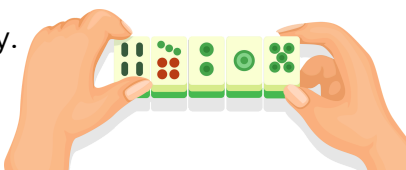
Mah Jongg

Mah Jongg is played among four players, and is a tile matching game with a simple set of rules. The goal of the game is to remove all tiles from play by matching identical pairs.

This program will meet every 3rd Thursday from 9-11 am and our first game will meet on October 17th.

Reservations are required and if you have a tile set, please bring it with you!

** Must already know how to play.



HALLOWEEN CRAFT

door hanger workshop

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Thursday, September 12th
9:00 AM
Ridgeland Recreational Center

Get in the Halloween spirit with our Halloween craft sponsored by SummerHouse Beau Ridge. Only **\$20** to make - supplies included. Register to Neeley at 769.235.9579 or neeley.jones@ridgelandms.org. Limited spots available.

