

MAY 2025



senior adult programs

SUPERSTAR SENIORS

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

"PICCADILLIES" PICKLEBALL 101

THURSDAY, MAY 1ST & 8TH
8:30 AM - 11:30 AM
RIDGELAND TENNIS CENTER
201 MCCLELLAN DRIVE, RIDGELAND

Pickleball: Fastest growing sport - especially for those over 50!

BEGINNER PICKLEBALL CLINIC REQUIREMENTS:

For ages 50+

\$20 - covers entire clinic

Must bring your own:

Pickleball paddle, Tennis shoes, towel, water & lawnchair

The clinic will be rescheduled on inclement weather days

REGISTRATION REQUIRED! SPACE IS LIMITED!



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JOIN US FOR A

Ladies' Spring Tea

WEDNESDAY, MAY 14TH
2:15 in the afternoon

RIDGELAND RECREATIONAL CENTER

DRESS CODE:

- ✦ DRESS IN YOUR SPRING BEST!
- ✦ THINK FLOWERY, FASCINATORS, AND FABULOUS!

SPECIAL HIGHLIGHTS:

- ✦ BRING YOUR OWN TEA CUP - SHOW OFF YOUR PERSONAL STYLE WITH YOUR MOST BEAUTIFUL TEA CUP.
- ✦ PRIZES FOR BEST DRESSED & PRETTIEST TEA CUP!

THIS EVENT IS PROUDLY SPONSORED BY



LET'S CELEBRATE THE SEASON IN STYLE.
WE CAN'T WAIT TO SEE YOU THERE!

RSVP to Neeley at 769.235.9579

IMPORTANT!

No programs on Friday, May 2nd for Century Ride prep! We are looking for volunteers to make sandwiches from 9-10 this morning, May 2nd, if you would like to sign up!

No programs on Monday, May 26th for Memorial Day.

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.

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 & Vickie White

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 & Vickie White

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

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

\$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.

Men's Community Coffee & Bible Time

FREE

Tuesdays 9 AM - 10 AM

Lead by Randy Assink

Gather together to grow in faith, deepen out friendships and support one another.

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 Joanne Pearson at joanhp19@gmail.com.

Mah Jongg

FREE - Must sign up in advance.

3rd Thursday of the month 9:30 AM - 11:30 AM

Tile based matching game. Please let Neeley know if you have an American Mah Jongg set that 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.

The Breakfast Bingo Club

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

4th Thursday (unless stated otherwise) 9:30 AM

Everyone is invited to play bingo and enjoy breakfast with friends.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 No Programs City Holiday	29 9-10 Men's Bible 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 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	1 8:30 Pickleball 101 at RTC 10-11 Martial Arts 1:30-2:15 Complete Mix	2 9 AM - Sandwich Making Volunteers! Sign up with Neeley if you would like to help. No Programs for Century Ride Prep
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 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 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 8:30 Pickleball 101 at RTC 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	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 2:30 Ladies' Spring Tea	15 9:30-11:30 Mah Jongg 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	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 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	22 9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	23 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
26 No Programs Memorial Day	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

The BREAKFAST BINGO CLUB

Thursday, May 22nd
9:30 - 10:30 AM, FREE

This month we will have Summerhouse Beau Ridge as our sponsor. Come join us for a light breakfast, coffee & a fun game of bingo! The last game is an optional "cover all" game, everyone puts in \$1, winner takes the jackpot!



Ridgeland Senior Adult Programs
& P.E.O Chapter Y present

Intermediate Mah Jongg Workshop

Tuesday, June 24th, 9:30 - 11:30 am

Ridgeland Rec Center

\$25 for the class



Mah Jongg 201: Next-Level Strategies & Play

****For those that already know how to play Mah Jongg****

- Advanced Strategies: Learn how to refine your gameplay and think several moves ahead.
- Master the Blind Pass: Understand when and how to use this important tactic to your advantage.
- Stopping the Charleston: Discover techniques for managing or halting the Charleston phase of the game.
- Playing with 2 Players
- Playing with 3 Players

Registration required to Neeley
at 769.235.9579 or
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