

JUNE 2025



senior adult
programs

SUPERSTAR SENIORS

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

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

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/



Brunch & Learn

Hospice Evaluation Reenactment with



Tuesday, July 22nd, 10:30-11:30 AM
Ridgeland Rec Center

**Are you curious about how hospice care can
support patients and families in their time of need?**
**Tradition's Health invites you to a special Brunch
and Learn session where we'll dive into real-world
hospice evaluation scenarios.**

Role-Playing Scenarios

Experience real-life situations where hospice care decisions are made. Our team will reenact different scenarios to illustrate how we assess patient needs and guide families through the process.

Interactive Discussions

Participate in Q&A sessions with hospice experts. Bring your questions and concerns about hospice care.

Complimentary Brunch

Enjoy a delicious brunch while learning more about hospice care and its impact.

At this engaging event, Tradition's Health team will role-play different hospice evaluation scenarios offering valuable insights into:

**Identifying
Hospice Needs**

**Navigating Family
Conversations**

**Personalized Care
Planning**

**What to
Expect**

**Don't miss out on this unique opportunity to learn
from experts in the field to deepen your
understanding of hospice care!**

To Register: ☎ 769.235.9579
✉ neeley.jones@ridgelandms.org

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

New Beginner class starts in August

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.



JUNE 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 2 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 | 3  No Programs Election Day | 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 | 10 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix | 11 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix | 12 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 | 17 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix | 18 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 | 19 9:30-11:30 Mah Jongg 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 | 24 9-10 Men's Bible 9:30-11:30 Mah Jongg WS 10-11 Martial Arts 1:30-2:15 Complete Mix | 25 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix | 26 9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix | 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
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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, June 26th
9:30 - 10:30 AM, FREE

This month we will have The Orchard 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!

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ORCHARD

DESSERT PICNIC



FRIDAY, JULY 18TH,
1 PM RIDGELAND REC CENTER

JOIN US FOR A SWEET GATHERING WHERE EVERYONE EXCHANGES THEIR FAVORITE DESSERT! EACH TREAT NEEDS TO BE ACCOMPANIED BY A SIGN TO SHARE WHAT IT IS, A COPY OF THE RECIPE, AND A SERVING UTENSIL. A BOX WILL BE PROVIDED SO YOU CAN TAKE HOME A DELICIOUS SAMPLING. TO REGISTER, CONTACT NEELEY AT 769.235.9579 OR EMAIL AT NEELEY.JONES@RIDGELANDMS.ORG.

Your Park. Your Choice.

Pickleball courts, regulation baseball/
softball fields, full-size soccer fields,
special events area, trails, and more!



VOTE JUNE 3!