

JULY 2025



senior adult
programs

SUPERSTAR SENIORS

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

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.

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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 *Taking a summer break in July*

\$5/class

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

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

New Beginner class starts on August 4

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
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 10-11 Martial Arts 1:30-2:15 Complete Mix	2 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	3 10-11 Martial Arts 1:30-2:15 Complete Mix	4  No Programs Independence Day
7 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	8 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	9 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	10 10-11 Martial Arts 1:30-2:15 Complete Mix	11 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
14 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	15 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	16 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	17 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	18 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 1-2 Dessert Picnic
21 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	22 9-10 Men's Bible 10-11 Martial Arts 10:30 Hospice Seminar 1:30-2:15 Complete Mix	23 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	24 9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	25 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
28 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	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 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	31 10-11 Martial Arts 1:30-2:15 Complete Mix	1 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, July 24th
9:30 - 10:30 AM, FREE**

This month we will have Legacy Hospice 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!



AARP Active & Ageless August

Stay sharp, stay social, stay cool - all August long with AARP!



Monday, August 4th & Tuesday, August 5th :

Join us for exercise and extra perks! All participants will receive a FREE cooling towel, courtesy of AARP. Stay active, stay cool, and start your August off right 🏃☀️

Tuesday, August 12th , 2-4 PM :

🍷🌟 Sip & Secure: A Brew-tiful Social Security Celebration 🌟🍷

CW Organics Tea Room, 103 W Washington Street, #B4, Ridgeland

Put on your pearls and party hats - it's time for tea! Join us for a charming afternoon of laughter, light bites, and a fun excuse to dress up and celebrate together.

Sponsored by AARP, this event is completely free - just bring your fabulous self!

Registration is required & limited space available

Friday, August 15th , 2-4 PM :

🎳 Spare Time Bowling Club, Fannin Lanes, 1145 Old Fannin Road, Brandon

Thanks to AARP, your game is on the house—no charge to play! Grab your friends, lace up your shoes, and roll into fun! Registration required! 🎉

Friday, August 22nd , 12:30-3 PM :

🀄 AARP Mah Jongg Tournament, Ridgeland Recreational Center 🀄

Lunch & Fellowship at 12:30 PM | Tournament Begins at 1:00 PM

Join us for an exciting afternoon of strategy, fun, and friendly competition at our AARP-sponsored Mah Jongg Tournament! We'll kick things off at 12:30 with lunch and fellowship, giving players a chance to fuel up and connect before the tiles start clacking.

The tournament will follow a bracket-style format featuring three rounds:

- ◆ Round 1 – 8 tables of competitors
- ◆ Round 2 – Winner from each table advance
- ◆ Final Round – Final two players face off for the championship title!

Even if you strike out early, the fun doesn't stop - stay and enjoy dessert as we cheer on the final players and crown our Mah Jongg champion! All levels of players are welcome - come for the game, stay for the community! Registration required & space is limited, bring \$5 cash for the jackpot!