

AUGUST 2025



senior adult
programs

SUPERSTAR SENIORS

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



Get ready to tap into something fun!

A new **Beginner Tap Class** kicks off on August 4 at 3:30 pm - perfect for anyone who's been curious to try. This group will meet every Monday at 3:30-4:15 pm and is led by Monica Russell.

Then on August 13, we'll get movin' and groovin' with a brand-new **Line Dancing Group** on Wednesdays from 2:45-4 pm with Darlene Epple.

Both classes are just \$5 per session - no experience needed!



The Ridgeland Tappers

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RIDGELAND SENIOR ADULT PROGRAM
PRESENTS

RECIPES & RIVALRIES:

**A SENIOR
TAILGATE PARTY**



Sponsored by

HomeWell
CARE SERVICES

**TUESDAY
SEPT
9**



**2:30-4:00 PM
RIDGELAND REC CENTER**

LET'S KICK OFF FOOTBALL SEASON
WITH GREAT FOOD, FAVORITE
RECIPES, & TEAM SPIRIT!

EVERYONE BRINGS THEIR FAVORITE TAILGATE
APPETIZER / DESSERT DISH AND A PRINTED RECIPE TO
SHARE. DON'T FORGET TO WEAR YOUR FAVORITE
TEAM COLORS OR JERSEY!

RSVP TO NEELEY AT
769.235.9579



MAYOR'S FUN

WALK



2025

Save the Date for our Mayor's Fun Walk event on
Wednesday, October 1 at Northpark!
Registration will open in August - stay tuned!

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.

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.

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.

Tap Dancing

\$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.

Line Dancing ****New class starts August 13****

\$5/class

Wednesdays 2:45 - 4 PM

Instructor: Darlene Epple

Learn a wide variety of line dances while exercising in a fun way, no partner needed.

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 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 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
4 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	5 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	6 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	7 10-11 Martial Arts 1:30-2:15 Complete Mix	8 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
11 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	12 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 AARP Tea Party at CW Organics	13 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:45-4 Line Dancing	14 10-11 Martial Arts 1:30-2:15 Complete Mix	15 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 2-4 AARP Bowling at Fannin Lanes
18 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	19 9-10 Men's Bible 10-11 Martial Arts 10:30 Hospice Seminar 1:30-2:15 Complete Mix	20 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:45-4 Line Dancing	21 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	22 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-3 AARP Lunch/ Mah Jongg Tournament
25 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	26 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	27 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:45-4 Line Dancing	28 9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	29 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, August 28th
9:30 - 10:30 AM, FREE**



LANDMARK Lifestyles
ASSISTED LIVING & MEMORY CARE

This month we will have Landmark Lifestyles 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!