

SEPTEMBER 2025



senior adult
programs

SUPERSTAR SENIORS

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



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



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/ridgelandssuperstarseniors/

IMPORTANT:

No programs on Monday, September 1st
in observance of Labor Day holiday.

Our Line Dancing class is moving to
Tuesdays from 2:30-3:30 pm!

Be sure and register for the Mayor's Fun
Walk event by September 19th!

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

Instructor: Monica Russell

Beginning to intermediate tap dance instruction. This group performs at Ridgeland events and nursing homes.

Line Dancing

\$5/class

Tuesdays 2:30 - 3:30 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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SEPTEMBER

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY No Programs	2 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	3 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	4 10-11 Martial Arts 1:30-2:15 Complete Mix	5 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
8 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	9 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing 2:30 Tailgate Party	10 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	11 10-11 Martial Arts 1:30-2:15 Complete Mix	12 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
15 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	16 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	17 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	18 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	19 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
22 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	23 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	24 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1 Pumpkin Door Hanger WS 1:30-2:15 Complete Mix	25 9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	26 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
29 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	30 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	1  9 Mayor's Fun Walk Event @ Northpark's Centercourt No regularly scheduled programs today!	2 10-11 Martial Arts 1:30-2:15 Complete Mix	3 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

This month we will have Covenant Caregivers 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!



MAYOR'S FUN WALK



2025

Wednesday, October 1st
9:00 AM
Northpark's Centercourt

Schedule:

8:30 AM Late Registration
9:00 AM Program Begins
9:15 AM Walk with Mayor Gene McGee
9:30 AM Visit Sponsor Booths
9:45 AM Entertainment, Treats, Door Prizes



Life is SWEET

*Special event for our Senior Adult Program for those 50+

*Registration required to participate

*No cost to register

*First 150 registrants will receive a free t-shirt

How's Your Hearing?

Untreated hearing loss can take a toll on your quality of life. The longer you put off getting treatment, the more likely you are to face negative health consequences.

PEOPLE WITH HEARING LOSS



Have three times the risk of falling¹



May be more likely to develop dementia²



Are at a greater risk of experiencing depression and social anxiety³



Can struggle to communicate and become socially isolated

Join us for an informational session about the signs of hearing loss and treatment options. Dr. Carrie Tilley Snyder, audiologist and owner of Home Hearing Healthcare, along with Dr. Anna Scarbrough, will share their knowledge and experience in treating patients and answer your questions.

Following the presentation, they will be offering free hearing screenings and a video otoscopy to check your ears.

Hearing Health Seminar
Tuesday, October 28 at 9:30 a.m.
Ridgeland Recreation Center
(inside Old Trace Park)



If you have questions prior to this event, please call our office at (601) 351-5433. We look forward to seeing you there!



Carrie Tilley Snyder, Au.D.
Owner/Audiologist



Anna Scarbrough, Au.D.
Audiologist



**HOME HEARING
HEALTHCARE**

www.homehearinghealthcare.com

1 Johns Hopkins Medicine. (2012). Hearing loss linked to three-fold risk of falling. https://www.hopkinsmedicine.org/news/media/releases/hearing_loss_linked_to_three_fold_risk_of_falling
2 Lin FR, Metter EJ, O'Brien EJ, Resnick SM, Zonderman AB, Ferrucci L. Hearing Loss and Incident Dementia. Arch Neurol. 2011;68(2):214-220. doi:10.1001/archneurol.2010.362
3 Meuser, SJ et al. (2014). Hearing loss and depression in older adults. J Am Geriatr Soc. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC377361/>

To register for this event,
email neeley.jones@ridgelandms.org
or text/call 769.235.9579.

LUNCH & LEARN

Wednesday, October 15th, 11 AM-12:15 PM

Join us for a Lunch & Learn with agent David Wickens with Humana to explore insurance plans options and get answers to your questions - all while enjoying a meal together. Must RSVP to Neeley at 769.235.9579 or at neeley.jones@ridgelandms.org by Monday, October 13.

Humana