

OCTOBER 2025



senior adult
programs

SUPERSTAR SENIORS

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



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

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/

Introducing our newest program:



Every 2nd and 4th Tuesday, 12:45 - 1:15 PM

Instructor: Sally Holly

\$5/ class - your first class is free!

Move & Groove is 30 minutes of low impact, energizing movement. The class will combine dance, tai chi, yoga & martial arts. Participants will be moving in rhythmic motions designed to stretch and invigorate. You will be encouraged to move at your own pace and range of motion.

Participants should wear comfortable workout clothing and "grippy socks" or barefoot - no shoes!

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 -769.235.9579 or at neeley.jones@ridgelandms.org by Monday, October 13.

Humana.

IMPORTANT:

No regularly scheduled programs on
Wednesday, October 1 - Join us at the
Mayor's Fun Walk at Northpark!

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. 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.

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 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 (Sept - 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.

Move & Groove

\$5/class

Every 2nd & 4th Tuesday, 12:45-1:15 PM

Instructor: Sally Holly


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30 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
6 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	7 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	8 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	9 10-11 Martial Arts 1:30-2:15 Complete Mix	10 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
13 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	14 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	15 9-9:45 Exercise 10-10:45 Exercise 11-12 Lunch & Learn 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	16 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	17 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
20 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	21 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	22 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	23 9:30-10:30 Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	24 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
27 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	28 9:30 Hearing Screening 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix 2:30-3:30 Line Dancing	29 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	30 10-11 Martial Arts 1:30-2:15 Complete Mix	31 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, October 23rd
9:30 - 10:30 AM, FREE**



This month we will have Pax 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!

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



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, Matter EJ, O'Brien RJ, Resnick SM, Zonderman AB, Ferrucci L. Hearing Loss and Incident Dementia. Arch Neurol. 2016;68(2):214-220. doi:10.1001/archneurol.2016.362
3 Menec, D. 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.

DECOUPAGE oyster shell ORNAMENT CRAFT WORKSHOP WITH TH TRADITIONS HEALTH *Never Alone™*



**Wednesday, November 12th, 11-12:30
FREE**

Registration required at
769-235-9579 or
neeley.jones@ridgelandms.org.

We will have other designs available or if you have a certain patterned napkin that you would like to use bring it with you!
Limited space available!



SPARE TIME

BOWLING
CLUB

**Tuesday, November 18th
2-4 PM, \$8.25**

Fannin Lanes, 1145 Old Fannin Road

Join us for a fun afternoon of bowling - all levels welcome
Register by Monday, November 17th to Neeley.