



senior adult programs

SUPERSTAR SENIORS

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



IMPORTANT:

The RRC will be closed Friday, December 23rd through Monday, January 2nd for the holidays. We will open on Tuesday, January 3rd, 2023.

Gun Safety Workshop
Thursday, January 12th 8 AM - 12 NOON
Ridgeland Recreational Center
\$25 - Cash Only



Join Brad Harbour, owner of Action Firearms Training, in this basic fundamentals class learning the difference between the types, safety and the laws of Mississippi. Coffee and refreshments provided. Registration required at 769-235-9579 or Neeley.jones@ridgelandms.org.

BIRTHDAY BINGO & ORNAMENT SWAP CHRISTMAS PARTY

THURSDAY, DECEMBER 8th
2:00-4:00 PM

This month's Birthday Bingo program will also coordinate with our Christmas party! We will begin the afternoon with a Christmas ornament swap. Bring a new, UNWRAPPED ornament that you would like to exchange. After the ornament swap, we will enjoy refreshments and play bingo, win prizes and celebrate all of the birthdays this month! Come join in on the fun on **Thursday, December 8th from 2-4 pm**. The Orchard will be sponsoring the bingo event!

Must sign up in advance.

 ORCHARD

Ridgeland Recreational Center
137 Old Park Trail
Ridgeland, MS 39157
601.856.6876
[facebook.com/ridgelandsuperstarsseniors](https://www.facebook.com/ridgelandsuperstarsseniors)

Neeley Jones
Senior Adult Coordinator
769.235.9579
neeley.jones@ridgelandms.org



10 AM Exercise Class

WEEKLY PROGRAMS

Exercise

\$15/month

Monday, Wednesday, Friday

9 AM - 10 AM,

10 AM - 11 AM *This class is full, but you can join the waitlist*

Instructors: Lynda Assink, Rita Latham & Lisa Newman

Certified instructors lead participants through a series of cardiovascular and strength training exercises specifically designed to improve flexibility and health in senior adults.

Line Dancing

\$10/class or \$40/month

Mondays at 6 PM

Instructor: Darlene Epple

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

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.

Seated Yoga

\$5/class

Mondays and Fridays 11 AM - 11:30 AM

Instructor: Lisa Newman

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: Lisa Newman

This is an extension of the chair yoga that focuses on standing 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 *Taking a break during December*

\$5/class

Mondays 2:30 PM - 3:15 PM

Instructor: Monica Russell

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

Men's Bible Study

FREE

Tuesdays 9 AM - 10 AM

Men are welcome to join the group in person and everyone is invited to watch the recording on Facebook @RidgelandMensBible.

Men's Agape Coffee Group

FREE

Wednesdays 9:30 AM - 11:30 AM

A group of men who meet together for coffee, friendship and good conversation.

Artmakers

FREE

Tuesdays 1 PM - 3 PM

All mediums (painting, drawing, scrapbooking, beading, knitting, etc) and artistic levels are welcome to join for friendship and encouragement. Bring your own supplies.

MONTHLY PROGRAMS

Ridgeland 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 President Pam Stephens at pstephens_jam1@comcast.net.

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.

Ornish Group

FREE

4th Tuesday of each month 11:30 AM

Participants all have a common goal of reversing their heart disease and improving their well-being. Find them on Facebook at Ornish Cohort 21.

Birthday Bingo

FREE - Must sign up in advance, space is limited.

4th Thursday of each month unless stated otherwise.

Everyone is invited to play bingo, win prizes and eat cake in celebrating all of the birthdays each month. Must sign up in advance.

DECEMBER

december

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TH

F

28	29	30	1	2
9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Tap 6 Line Dancing	9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Angel Craft	10-11 Martial Arts 1:30-2:15 Complete Mix	9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
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9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix NO TAP TODAY 6 Line Dancing	9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmakers 1:30-2:15 Complete Mix	9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	10-11 Martial Arts 1:30-2:15 Dance Aerobics 2-4 Birthday Bingo & Ornament Swap Christmas Party 	9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
12	13	14	15	16
9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix NO TAP TODAY 6 Line Dancing	9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
19	20	21	22	23
9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix NO TAP TODAY 6 - Line Dancing	9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	10-11 Martial Arts 1:30 -2:15 Complete Mix	 RCC CLOSED
26	27	28	29	30
<p>RIDGELAND RECREATIONAL CENTER CLOSED THROUGH MONDAY, JANUARY 2ND.</p> <p>← WE WILL OPEN ON TUESDAY, JANUARY 3RD, 2023. →</p>				

SPECIAL THANK YOU TO OUR SPONSORS:

A Complete Flag Source	Madison County Journal	Pax Hospice
Bank Plus	Mayor McGee	The Radio People - US 96.3,
Bicycle Revolution	NorthPark	Mix 98.7, Y101, 93.5 The Legend,
Humana	Southern Farm Bureau Life Insurance Co.	102.1 The Box, & Blues 93.1
Hydrowash of MS	St. Catherine's Village	Rogers, Ainsworth & Williams, PLLC
Landmark Lifestyles	The Orchard	Waggoner Engineering

SUPERSTAR OF THE MONTH:



Larry Bishop

Favorite activity at RCC: My favorite activity is the 10 AM Senior Exercise class led by Lisa Newman and Rita Latham.

Favorite job ever held: I have been a licensed Architect since 1975 and practiced in my architectural firm, Bishop/Associates Architects PA, prior to retirement. By appointment from the Governor, I continue to serve on the MS State Board of Architecture.

What are you looking forward to most this Christmas? Spending time celebrating Christmas with family and friends.

Favorite holiday dish: My mother's dressing, which my wife, Donna, continues to prepare each year.

Advice you would like to give a 30 year old? Live so that when their children & grandchildren think of integrity and love, they think of them... make memories.

Where is the best place you've traveled and why? The Great Smoky Mountains, which my wife, Donna, and I spent our honeymoon & many yearly visits after we moved away from east Tennessee.

SAVE THE DATES:



TUESDAY, JANUARY 3RD

2:30-3:30 PM

Join Sally Holly for a program to get you back on track!

Learn to take back your health with smart food choices, ways to feel better, sleep better and.... possibly lose those holiday pounds.



senior adult programs



VALENTINE LUNCHEON

TUESDAY, FEBRUARY 7, 2023, 12 NOON

HIGHLANDS PRESBYTERIAN CHURCH

Tickets will be available for purchase beginning on Monday, December 12 at the Ridgeland Recreational Center or at Ridgeland City Hall.