

**JANUARY 2023**



senior adult  
programs

# SUPERSTAR SENIORS

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



## IMPORTANT:

The RRC will be closed Monday, January 2nd  
for New Years and  
January 16th in observance  
of Martin Luther King, Jr. Day.

### **Beginner Tap Dancing Led by Monica Russell Mondays from 2:30-3:30 pm**

If you have ever wanted to try tap dancing,  
now is the time! Starting on Monday, January  
9th, the tap dancing class will start with the  
very basic steps and learn new choreography.

The Ridgeland Tappers perform at Ridgeland  
events and local nursing homes.



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

**Neeley Jones  
Senior Adult Coordinator  
769.235.9579  
[neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org)**

### **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.

During this classroom safety workshop, we  
will discuss further opportunities where you  
can bring your gun for hands on training.

Registration required at 769-235-9579 or  
[Neeley.jones@ridgelandms.org](mailto:Neeley.jones@ridgelandms.org).



### **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.

# 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

\$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

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

Led by Bob Shirley

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

## 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.

# JANUARY

## 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  RCC CLOSED	<b>3</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmakers 1:30-2:15 Complete Mix 2:30-3:30 New Year, New You	<b>4</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>5</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>6</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>9</b> 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	<b>10</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	<b>11</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>12</b> 8-12 Gun Safety Workshop 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>13</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>16</b>  RCC CLOSED	<b>17</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	<b>18</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>19</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>20</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>23</b> 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	<b>24</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmakers 1:30-2:15 Complete Mix	<b>25</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>26</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo	<b>27</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>30</b> 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	<b>31</b> 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	9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga



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## SUPERSTAR OF THE MONTH:



**Dottie Freeman**

**Favorite activity at RCC:** I like the Senior Fit exercise class & Sally with her humor and singing from time to time with music makes exercise fun. I also enjoy the fellowship with friends.

**Favorite job ever held:** Actually had two, State Board of Health and Belk Customer Service

**What are you looking forward to most in 2023?** More exercise, fellowship with friends, hope to make new friends, also try to be more kind & helpful

**Advice you would like to give a 30 year old?** Be kind to yourself and others. The Bible says "Love your neighbors as yourself".

**Where is the best place you've traveled and why?** I have not traveled much, but I have traveled to Pennsylvania for family and to Arkansas to see my granddaughter, her husband, and great-granddaughter.

**BIRTHDAY  
BINGO**



**THURSDAY,  
JANUARY 26th  
2:00-4:00 PM**



Come join in on the fun on **Thursday, January 26th from 2-4 pm**. St. Catherine's Village will be sponsoring the event!  
**Must sign up in advance.**



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**VALENTINE LUNCHEON**  
**TUESDAY, FEBRUARY 7, 2023, 12 NOON**  
**HIGHLANDS PRESBYTERIAN CHURCH**

Tickets are \$10 and are available for purchase at the Ridgeland Recreational Center or at Ridgeland City Hall. Enjoy a nice lunch with entertainment. Limited tickets available.