



senior adult programs

# SUPERSTAR SENIORS

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

Ridgeland Recreation and Parks presents



## 2023 SENIOR ADULT VALENTINE LUNCHEON

TUESDAY, FEBRUARY 7TH

12 NOON

COLONIAL HEIGHTS BAPTIST CHURCH  
444 NORTHPARK DRIVE, RIDGELAND



Enjoy a nice lunch, fellowship, and special entertainment by OneWay Quartet, a progressive Southern Gospel quartet.



TICKETS ARE \$10 AND CAN BE PURCHASED AT THE RIDGELAND RECREATIONAL CENTER AND RIDGELAND CITY HALL. LIMITED TICKETS AVAILABLE. FOR MORE INFO CALL 601.856.6876.



### RRC CLOSINGS:

Tuesday, February 7th,  
(join us for our Valentine's Luncheon!)

&

Monday, February 20th for President's Day.

## BIRTHDAY BINGO

### THURSDAY, FEBRUARY 23RD 2:00-4:00 PM

Everyone over the age of 50 is welcome to join us to play bingo and help us celebrate those who have a birthday in February. You do not have to have a February birthday to attend, it is a just a fun excuse to have a piece of cake!

Home Care Hospice will be sponsoring this month's event!

Registration is required due to limited space!



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

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



# 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](mailto: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 - must RSVP

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

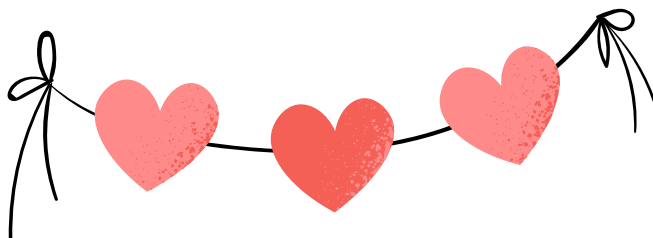
FREE - Must sign up in advance, space is limited.

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.

# February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 11:30 Garden Club (meeting at Martinston's Garden Center) 1-3 Artmakers 1:30-2:15 Complete Mix	<b>1</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>2</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>3</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>6</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>7</b> <b>NO PROGRAMS TODAY!</b> <b>Join us for our Valentine's Luncheon!</b>	<b>8</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>9</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>10</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>13</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>14</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	<b>15</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>16</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>17</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>20</b> <b>RCC CLOSED</b>	<b>21</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	<b>22</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>23</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo	<b>24</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>27</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>28</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmakers 1:30-2:15 Complete Mix	<b>1</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>2</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>3</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga



## SPECIAL THANK YOU TO OUR SPONSORS:

Bicycle Revolution  
Digiostrategies  
Green Oaks  
Landmark Lifestyles

Madison County Journal  
Mayor Gene McGee  
Northpark  
Renasant Bank

St. Catherine's Village  
The Orchard  
Visit Ridgeland

## SUPERSTAR OF THE MONTH:



**Sue Sautermeister**

**Favorite activity at RCC:** Exercise because there are excellent instructors.

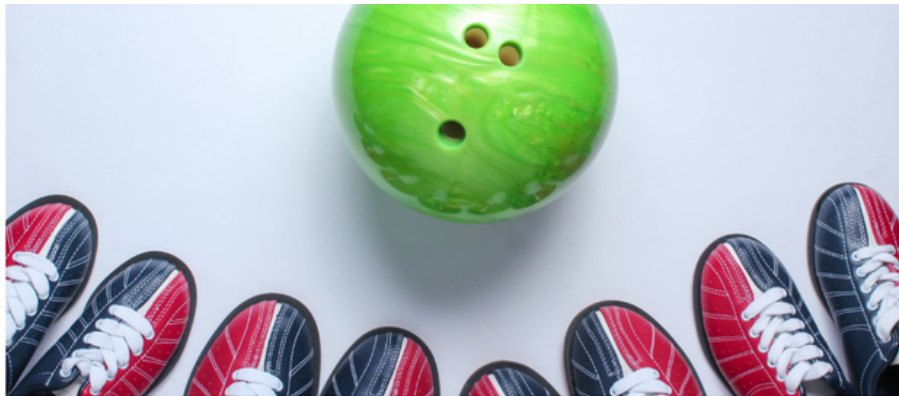
**Favorite job ever held:** Teaching elementary, junior high, college students as well as you workers.

**Do you have a Valentine? How did you meet? How long have they been your special someone?** I met Rainer at a college party. It was 59 years ago.

**Advice you would like to give a 30 year old?** Excel at what you like best.

**Where is the best place you've traveled and why?** Geneva, Switzerland was where Rainer and I married so his German family could come. Several in my family were in Europe teaching and traveling so this was the best place for all of us.

## SAVE THE DATE:



## BOWLING

FRIDAY, MARCH 31ST, 1:00-3:00 PM

FANNIN LANES BOWLING ALLEY

1145 OLD FANNIN RD., BRANDON

**\$10 - INCLUDES SHOE RENTAL - CASH ONLY**

Must register to Neeley by Friday, March 24th at 769-235-9579

or [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org)