



senior adult programs

# SUPERSTAR SENIORS

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



## IMPORTANT:

The RRC will be closed on Tuesday, November 8th for Election Day, Friday, November 11th for Veteran's Day, & Thursday and Friday, November 24th & 25th for Thanksgiving.

### Medicare Educational Workshop Humana. Thursday, November 3rd

2:30 p.m.

If you're newly eligible to Medicare or turning 65 please join us for an educational workshop. The more you know, the more prepared you'll be to evaluate benefits and costs, and choose the plan that's right for you.

#### We'll talk about:

- Medicare Parts A, B, C and D
- When you can enroll
- Medicare options
- Eligibility

Humana Sales Representative, Josh Errington, will have additional one on one consultations available afterwards. Bring your questions. Bring your friends. Refreshments will be provided. This workshop is free to all. Register to [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) or 601.856.6876.



## Angel Craft Workshop

WITH CINDY MERCER

Wednesday, November 30th

2:30 - 3:30 pm

Ridgeland Recreational Center

\$25 - Supplies are included

Enjoy a fun, creative afternoon making an abstract angel just in time for Christmas. We will have several different fabrics and yarn to choose from for you to make your own unique, one-of-a-kind design.

Registration required. Sign up at 769.235.9579 or [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).

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

Neeley Jones  
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769.235.9579  
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## BIRTHDAY BINGO



Everyone is invited to play bingo, win prizes and eat cake to celebrate all of the birthdays this month! Come join in on the fun on **Thursday, November 10th from 2-4 pm**. This month Pax Hospice will be sponsoring the event! Must sign up in advance.

# 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

\$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.

# NOVEMBER

## 2022

MON

TUE

WED

THU

FRI

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 Madison Garden Center) 1-3 Artmakers 1:30-2:15 Complete Mix <b>1</b>	8-9:30 Pickleball (Make up) 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix <b>2</b>	10-11 Martial Arts 1:30-2:15 Complete Mix 2:30 Humana Seminar <b>3</b>	9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga <b>4</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>8</b> ELECTION DAY NO PROGRAMS TODAY!	<b>9</b> 9-10 Exercise (Hinds PT Students will be in attendance) 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>10</b> 10-11 Martial Arts 10-12 Drawing Workshop 1:30-2:15 Dance Aerobics 2-4 Birthday Bingo	<b>11</b> VETERANS DAY NO PROGRAMS TODAY!  Thank you to all of our Veterans for your service!
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>18</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>21</b>	9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmakers 1:30-2:15 Complete Mix <b>22</b>	9-10 Exercise 10-11 Exercise  NO SENIOR FIT OR COMPLETE MIX TODAY! <b>23</b>	<b>24</b> NO PROGRAMS TODAY HAPPY THANKSGIVING! 	<b>25</b> NO PROGRAMS TODAY HAPPY THANKSGIVING!
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 1-3 Artmakers 1:30-2:15 Complete Mix <b>29</b>	9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Angel Craft <b>30</b>	10-11 Martial Arts 1:30-2:15 Complete Mix <b>1</b>	9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga <b>2</b>

### SAVE THE DATE:

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.

## 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:



**Monica Russell**

**Favorite activity at RCC:** Tap of course and also Complete Mix with Sally!

**Favorite job ever held:** Library Assistant in college. My profession was insurance claims adjusting, but I loved the library!

**What are you looking forward to most this fall?** Thanksgiving! My family gathers for turkey and all the trimmings. I am in charge of the meal and do most of it, but I now have help with the turkey and ham as my future son-in-law is a grill master and smokes the meats!

**Advice you would like to give a 30 year old?** Don't stay in a job that does not make you happy! Life is too short!

**Where is the best place you've traveled and why?** Eastern Carribean Cruise. The whole family was all together with no technology distractions. Food was great, scenery was great and the weather was great!

**Favorite dish of Thanksgiving and recipe:** Cornbread Dressing: Crumble one 8x8" pan of cornbread into a big bowl. Add 1 cup of each celery and onion sauteed in 1 stick of butter. Add 2 cans of cream of chicken soup, 1 carton chicken broth, and 1 box StoveTop Stuffing. Add poultry seasoning and pepper to taste - no salt! Add 4 beaten eggs. Mix and bake at 350 degrees for 45 minutes. Makes 1 large foil pan. Double for 2 pans. Can freeze uncooked!

## SCENES FROM THE MAYOR'S FUN WALK EVENT ON OCTOBER 12TH

