



senior adult programs

# SUPERSTAR SENIORS

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



## IMPORTANT:

There will be no regularly scheduled programs on October 12th - Join us for the Mayor's Fun Walk!!



### COME FLY WITH THE NATCHEZ TRACE BANDITS R.C. CLUB

**Thursday, October 20, 3 pm**

Have you ever wanted to be a pilot? Come see why we're so excited about Radio-control flying. See our display of airplanes (including home-made & 3-D printed), helicopters & drones.

- Learn the basics: aileron, elevator, rudder & throttle
- Witness amazing aerobatic flying on video.
- Do some flying yourself on a simulator

It's free!! Call 601.856.6876 or email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) to register.

Ridgeland Recreation and Parks presents  
**MAYOR'S FUN WALK 2022**

Wednesday, October 12, 2022 at 9 am  
Ridgeland Recreational Center

Schedule:

9:00 am	Program begins
9:30 am	Walk with Mayor Gene McGee
10:00 am	Visit sponsor booths
10:30 am	Entertainment, food, door prizes

Registration required to [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).

FREE ENTRY, PRIZES, FREE T-SHIRT

**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](mailto:neeley.jones@ridgelandms.org)**

## 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, October 27th from 2-4 pm**. This month Covenant Caregivers 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

Instructors: 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

Instructors: 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

\$15/month

Mondays and Wednesdays 1:30 PM - 2:15 PM **This class is full**

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

# OCTOBER

2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>26</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>27</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmakers 1:30-2:15 Dance Aerobics 3:30-5 Intermediate Bridge	<b>28</b> 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 The Complete Mix 2:30-3:30 Women's Bible	<b>29</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>30</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>3</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>4</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmakers 1:30-2:15 Complete Mix	<b>5</b> Pickleball 8-9:30 (at RTC) 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Women's Bible	<b>6</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>7</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
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<b>17</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>18</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix 3:30-5 Intermediate Bridge	<b>19</b> Pickleball 8-9:30 (at RTC) 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Women's Bible	<b>20</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix 3 Natchez Trace Bandits	<b>21</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>24</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>25</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmakers 1:30-2:15 Complete Mix 3:30-5 Intermediate Bridge	<b>26</b> Pickleball 8-9:30 (at RTC) 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:30 Women's Bible	<b>27</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Birthday Bingo	<b>28</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>31</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>1</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmakers 1:30-2:15 Complete Mix	<b>2</b> 9-10 Exercise 9:30 Men's Agape Coffee 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>3</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30 Humana Seminar	<b>4</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga



## 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:



**Carol Brasfield**

**Favorite activity at RCC:** I love my Senior Fit class with Instructor Sally Holly. My Physical Therapist recommended these classes and I not been disappointed. The bridge lessons with Jonie Varner are also quite enjoyable!

**Favorite job ever held:** I loved teaching first grade. It is a milestone year in learning to read. The children love their teacher and try hard to please her.

**What are you looking forward to most this fall?** Looking forward to football, sweater weather and Thanksgiving.

**Advice you would like to give a 30 year old?** I would say appreciate the small things and to be present in the moment.

**Where is the best place you've traveled and why?** My favorite place to go is New York City. I absolutely love walking in Central Park.

**Favorite dish from a Ridgeland restaurant?** My favorite restaurant is Sal & Phil's. I love all of their seafood!

## UPCOMING PROGRAMS:

**Learn about Medicare at an educational workshop**  
**Ridgeland Recreational Center | 137 Old Park Trail, Ridgeland**  
**Thursday, November 3rd | 2:30 p.m.**

**Humana**

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, and what they cover
- When you can enroll
- Medicare options
- Eligibility

Find out more about Medicare. 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.