



senior adult programs

# SUPERSTAR SENIORS

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



## SENIOR HOUSING 101

Finding the right solution for your care needs.

Making the move to a senior living community can be overwhelming. Knowing your options can make this process much easier. Join us as Landmark Lifestyles, Ridgeland's newest assisted living facility, discusses the different types of care available and the benefits of each one.

Tuesday, March 14th  
2:30 - 2:30 pm

Ridgeland Recreational Center  
137 Old Park Trail, Ridgeland



Registration Required:  769-235-9579  neeley.jones@ridgelandms.org

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

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

## Intro to the Zentangle Method Friday, March 23rd

1:00-3:00 PM

\$30

The Zentangle Method is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. It is especially suited to folks who would love to do something artistic but don't think they have the ability. Suzanne Lien is a certified Zentangle teacher and will guide you step by step.

All supplies are included in the price which is \$30. Two hour class with a short break. Students will leave with a completed Zentangle drawing and enough supplies to create more at home. Visit [zentangle.com](http://zentangle.com) for more info on this unique art form.



# 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 - 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.

# MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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
<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> 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmakers 1:30-2:15 Complete Mix	<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 2:30-3:30 Senior Housing 101	<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> 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 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 1-3 Zentangle Art
<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>29</b> 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>30</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>31</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 1-3 Bowling at Fannin Lanes



## 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:



**Jo Dillon**

**Favorite activity at RRC:** My favorite activity is Tae Kwon Do! I love the instructor!

**Favorite thing about the Ridgeland Senior Adult Program:** My favorite thing is enjoying friends and building strength in mind, body and soul while gazing out at the water!

**Favorite job ever held:** My favorite job is being a wife and mother.

**Advice you would like to give a 30 year old?** Keep God in the center of your life! Everything you do, do for the Honor and Glory of God.

**Where is the best place you've traveled and why?** The beach is my favorite spot. I love the walks or just looking out at the gulf. Enjoy being with friends and family.

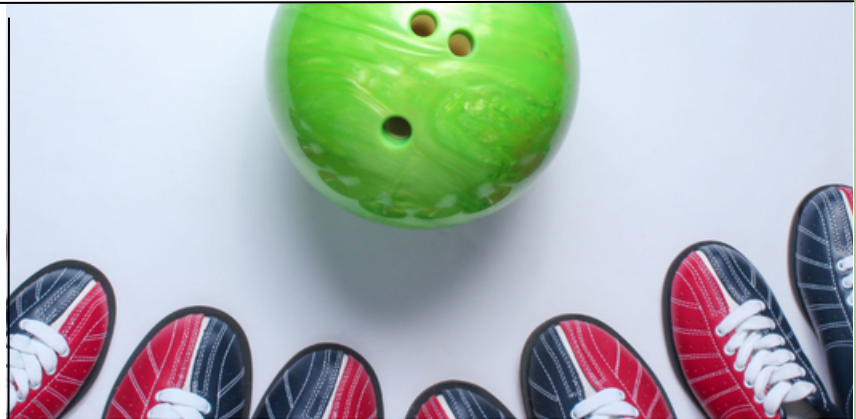
## BIRTHDAY BINGO



**THURSDAY, MARCH 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 March. You do not have to have a March birthday to attend, it is a just a fun way to incorporate cake! AegisTherapies will be sponsoring this month's event! Registration is required due to limited space!

 **The Waterford**  
therapies on Highland Colony



## 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)