

**APRIL 2023**



senior adult  
programs

# SUPERSTAR SENIORS

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



## Spring Flowers Painting Workshop

WITH ARTIST CINDY MERCER

Friday, April 28th

1:00 - 3:00 pm

Ridgeland Recreational Center

**\$20 - Supplies are included**

Enjoy a fun, creative afternoon painting a step by step  
painting of a bouquet of flowers on an 8x10 canvas.  
No artistic talent needed!

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

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

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



### IMPORTANT:

Starting in April, both Seated & Standing  
Yoga will be offered on Wednesdays  
from 11:00-11:30 and 11:30-12:00.

The Ridgeland Recreational Center will  
be closed on Monday, April 24th.



## BIRTHDAY BINGO



**THURSDAY, APRIL 27TH**  
**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 April. You do  
not have to have a April birthday to attend, it  
is a just a fun way to incorporate cake!  
Visiting Angels will be sponsoring this  
month's event! Registration is required due  
to limited space!



# 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, Wednesdays 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, Wednesdays 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.

# APRIL

## 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 11:30-1 Garden Club 1-3 Artmakers 1:30-2:15 Complete Mix	<b>5</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	<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
<b>10</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>11</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	<b>12</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	<b>13</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>14</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<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	<b>19</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 CPR Training	<b>20</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>21</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>24</b> HOLIDAY - NO PROGRAMS TODAY!	<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	<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	<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 1-3 Spring Painting Class

## CPR / HEIMLICH MANEUVER SAFETY COURSE

### Wednesday, April 19th, 2:30 - 3:30 PM

Join Ridgeland Fire Fighter and owner of Bell Life Safety, Nathan Bell, as he gives a CPR and Heimlich Maneuver safety course. The class is free for those who would just like to learn and \$3 for those who would like a certification card. Registration required to Neeley.

## SPECIAL THANK YOU TO OUR SPONSORS:

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Landmark Lifestyles

Madison County Journal  
Mayor Gene McGee  
Northpark  
Renasant Bank

St. Catherine's Village  
The Orchard  
Visit Ridgeland

## SUPERSTAR OF THE MONTH:



**Jan Heusel**

**Favorite activity at RRC:** I really enjoy the Complete Mix classes, four days a week. Sally is a great instructor and keeps me moving.

**Favorite thing about the Ridgeland Senior Adult Program:** My favorite thing is being part of a welcoming, fun, friendly group of seniors. And Neeley, a non-senior, is a perfect coordinator for the programs offered.

**Favorite job ever held:** My favorite job is the one I have now - being a grandma. Back in my younger days I loved being a kindergarten teacher.

**Advice you would like to give a 30 year old?** My advice to all ages is to enjoy and make the best of each day. Be kind always and hug your kids every day!

**Where is the best place you've traveled and why?** I love the Ozark mountains, hills really. Beautiful any time of year, and not too far away for easy travel.

**What are you looking forward to most this spring?** I'm looking forward to sitting on my pollen free porch enjoying the flowers I worked so hard to plant.



## JOIN US FOR PICKLEBALL

*Pickleball: Fastest growing sport - especially for those over 50!*

**WEDNESDAYS IN MAY  
8:30 AM - 10:00 AM  
RIDGELAND TENNIS CENTER  
201 MCCLELLAN DRIVE, RIDGELAND**

Have you been curious about the latest craze called Pickleball? Join Cheryl Truong, Central MS Pickleball and USA Pickleball Ambassador for a 5 week clinic. Pickleball is a hybrid of tennis, ping-pong and badminton that's played on a court roughly half the size of a singles tennis court. The whiffle-type ball used is lighter than a tennis ball, and players are armed with a shorter, lighter paddle that's only slightly bigger than one used for ping-pong. It's easy to learn and has a friendly group of people following the sport.

### PICKLEBALL CLINIC REQUIREMENTS:

For ages 50+  
\$5 per class  
Pickleball paddle  
Tennis shoes, towel & water

*\*\*The clinic will be cancelled on inclement weather days\*\**

### REGISTER FOR OUR "PICCADILLIES" PICKLEBALL CLINIC:

Neeley Jones  
Ridgeland Sr. Adult Programs  
769.235.9579  
neelej.jones@ridgelandms.org

or

LeAnn Henderson  
Vintage Travelers  
601.331.8478  
vintagetravelers23@gmail.com