

**MAY 2023**



senior adult programs



## "PICCADILLIES" PICKLE BALL CLINIC

REGISTRATION NOW CLOSED

FOR THOSE THAT REGISTERED, WE'LL SEE YOU ON THE PICKLE BALL COURTS!

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

### PICKLEBALL CLINIC REQUIREMENTS:

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

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

Ridgeland Recreational Center  
Located inside Old Trace Park  
137 Old Park Trail  
Ridgeland, MS 39157  
601.856.6876  
facebook.com/ridgelandsuperstarsseniors  
Neeley Jones  
Senior Adult Coordinator  
769.235.9579  
neeley.jones@ridgelandms.org

# SUPERSTAR SENIORS

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



## IMPORTANT :

No programs on Friday, May 5, but I am looking for volunteers to help make sandwiches for RR&P's Century Ride at 9 AM at RRC! Sign up with Neeley.

## BIRTHDAY BINGO



THURSDAY, MAY 25TH  
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 May. You do not have to have a May birthday to attend, it is a just a fun way to incorporate cake!

Landmark Lifestyles will be sponsoring this month's event! Registration is required due to limited space!



LANDMARK *Lifestyles*  
ASSISTED LIVING & MEMORY CARE



*Pictured here are the winners from our March Bingo game*

# 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 and floor 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.



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# MAY

## 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</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>2</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 1-3 Artmakers 1:30-2:15 Complete Mix	<b>3</b> 8:30 Pickleball - RTC 9-10 Exercise 10-11 Exercise 11 Seated Yoga 11:30 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>4</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>5</b> NO PROGRAMS  Looking for volunteers to help make sandwiches for Century Ride - 9 am at RRC
<b>8</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>9</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	<b>10</b> 8:30 Pickleball - RTC 9-10 Exercise 10-11 Exercise 11 Seated Yoga 11:30 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>11</b> 10-11 Martial Arts 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
<b>15</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>16</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	<b>17</b> 8:30 Pickleball - RTC 9-10 Exercise 10-11 Exercise 11 Seated Yoga 11:30 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>18</b> 10-11 Martial Arts 1-4 Bridge 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
<b>22</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>23</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Ornish Group 1-3 Artmakers 1:30-2:15 Complete Mix	<b>24</b> 8:30 Pickleball - RTC 9-10 Exercise 10-11 Exercise 11 Seated Yoga 11:30 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>25</b> 10-11 Martial Arts 1:30 -2:15 Complete Mix 2-4 Birthday Bingo	<b>26</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>29</b>  NO PROGRAMS TODAY in observance of Memorial Day	<b>30</b> 9-10 Men's Bible 10-11 Martial Arts 1-3 Artmakers 1:30-2:15 Complete Mix	<b>31</b> 8:30 Pickleball - RTC 9-10 Exercise 10-11 Exercise 11 Seated Yoga 11:30 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>1</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>2</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:



**Janice Kotalik**

**Favorite activity at RRC:** The exercise classes & bingo

**Favorite thing about the Ridgeland Senior Adult Program:** Meeting other seniors and the fellowship. I have made some good friends.

**Favorite job ever held:** Not a paying job, but begin Chaplain of my chapter in the Christian Motorcycles Association.

**Advice you would like to give a 30 year old?** Don't stress so much. Laugh when you can. Life doesn't need to be so hard. We're only here for a short time.

**Where is the best place you've traveled and why?** Road trip to Las Vegas. The trip was so much fun and was able to see so much of the country. Las Vegas was awesome with all of the sights to see.

**What are you looking forward to most this summer?** Riding my motorcycle and going to Gillette, Wyoming.

## UPCOMING PROGRAMS:



senior adult programs



LANDMARK Lifestyles  
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### PATRIOTIC PAINTING WORKSHOP

Friday, June 23rd, 1-3 pm

Ridgeland Rec Center

No charge, but registration required

Join us as Nathalie Tolar, Activities and Engagement Director with Landmark Lifestyles leads a step by step painting class of an American flag. **Sponsored by Landmark Lifestyles.**

Must register to Neeley at 769-235-9579 or [neelejones@ridgelandms.org](mailto:neelejones@ridgelandms.org).



### SPARE TIME BOWLING CLUB

**Thursday, July 13, 2-4 pm**

Fannin Lanes  
1145 Old Fannin Rd

Join us for a fun afternoon of bowling - all levels are welcome.

REGISTRATION COMING SOON!

Two Games  
+ Shoes  
**\$10**

