

**JUNE 2023**



senior adult programs

# SUPERSTAR SENIORS

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

## 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.

Register by July 5th to 769.235.9579 or neeley.jones@ridgelandms.org

Two Games + Shoes  
**\$10**



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



senior adult programs



## PATRIOTIC PAINTING WORKSHOP

Friday, June 23rd, 1-3 pm  
Ridgeland Rec Center

No charge, but registration required  
Limited space available

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 neeley.jones@ridgelandms.org.



## BIRTHDAY BINGO

**THURSDAY, June 22ND**  
**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 June. You do not have to have a June birthday to attend, it is a just a fun way to incorporate cake!

Kare-In-Home 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 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.

# 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.

## 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.



# JUNE

## 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</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>30</b> 9-10 Men's Bible 10-11 Martial Arts 11:30 Garden Club 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
<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 2:30-3:30 Tap 6 Line Dancing	<b>6</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>7</b> 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>8</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>9</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<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 2:30-3:30 Tap 6 Line Dancing	<b>13</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>14</b> 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>15</b> 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>16</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<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 2:30-3:30 Tap 6 Line Dancing	<b>20</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>14</b> 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>22</b> 10-11 Martial Arts 1:30 -2:15 Complete Mix 2-4 Birthday Bingo	<b>23</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 1-3 Patriotic Painting
<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 1:30-2:15 Complete Mix	<b>28</b> 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>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

## 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

## RIDGELAND RECREATION & PARKS' UPCOMING EVENTS:

### FATHER CHILD *Fishing* TOURNAMENT

SATURDAY, JUNE 10

@ OLD TRACE PARK, RIDGELAND

8:00 TO 10:00 A.M.

BRING YOUR OWN FISHING POLE AND FISHING BAIT.

## Celebrate America

★ BALLOON GLOW ★

Friday, June 30, 2023

5:00 p.m.

at Northpark

Come out and show your patriotism! Ridgeland Recreation and Parks will partner with the MS Championship Balloon Fest for a spectacular evening.

- Over 15 hot air balloons will inflate and light up the evening sky.
- Enjoy good food, fun, and entertainment
- Fireworks display
- Kid's Corner • open from 5:00 – 8:00 p.m. \$5.00 wrist band to enter
- There is no admission charge for the main event.



## SUPERSTAR OF THE MONTH:



**Bob Shirley**

### **Favorite activity at RRC:**

Tuesday Morning Men's Bible Study

### **Favorite job ever held:**

Farm Bureau Federation - helping farmers and ranchers make a better life and a better living for themselves

### **Advice you would like to give a 30 year old?**

1. Faith in the one true God
2. Biblical family
3. Truly Christian Church

### **What are you looking forward to most this summer?**

Teaching Bible

### **Where is the best place you've traveled and why?**

Africa to visit family in different culture.