

**JULY 2023**



senior adult  
programs

# SUPERSTAR SENIORS

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

## Zentangle Lettering

July 21st  
1:00-3:00 p.m.  
Instructor:  
Suzanne Lien, CZT  
\$30



In this class we will explore enhanced lettering the Zentangle way. Letterforms and alphabets influenced the creation of the Zentangle Method. These fancy letters can be used in many ways: personalize a gift tag, make your own stationery, begin a note with an enhanced letter and, of course, create art! Bring any Zentangle supplies that you have and Suzanne will add to them for the class, including handouts and paper to take home. The cost is \$30 for the two hour class.

**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  
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.

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

Two Games  
+ Shoes  
**\$10**

## BIRTHDAY BINGO

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

St. Catherine's Village 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 ***Taking a break during the month of July***

\$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.

# JULY

## 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 6 Line Dancing	<b>4</b>  No Programs	<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 6 Line Dancing	<b>11</b> 9-10 Men's Bible 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 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 2-4 Bowling @ Fannin Lanes	<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 6 Line Dancing	<b>18</b> 9-10 Men's Bible 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>19</b> 9-10 Exercise 10-11 Exercise 11-11:30 Seated Yoga 11:3-120 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<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 1-3 Zentangle Lettering
<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 6 Line Dancing	<b>25</b> 9-10 Men's Bible 10-11 Martial Arts 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
<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 6 Line Dancing	<b>1</b> 9-10 Men's Bible 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 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	<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:

Bicycle Revolution  
Digiostrategies  
Green Oaks  
Landmark Lifestyles

Madison County Journal  
Mayor Gene McGee  
Northpark  
Renasant Bank

St. Catherine's Village  
The Orchard  
Visit Ridgeland

## UPCOMING PROGRAMS:



Prizes will be brought in for you to "bid" on. Everyone receives a numbered paddle; the auctioneer will hold up an item and tell you how many pennies it costs to bid on that item. This is a fun, competitive game. Let the bidding begin!

SPONSORED BY



THURSDAY,  
AUGUST 10TH  
2:30-4:00 PM

FREE RIDGELAND  
RECREATIONAL  
CENTER



FREE ENTRY

REGISTRATION REQUIRED  
AT 769-235-9579 OR  
NEELEY.JONES@RIDGELANDMS.ORG



## AARP SAFE DRIVING COURSE

Thursday, September 7th, 12-4 PM

Refreshing your driving skills could reduce your auto insurance costs. Join us as LeAnn Henderson of Vintage Travelers leads this program.

\$20 for AARP members

\$25 for non AARP members

Bring your driver's license and AARP number if applicable.



## SUPERSTAR OF THE MONTH:



Henry Fergus

**Favorite activity at RRC:** Exercise class where Sally leads us in workouts that are designed for groups our age and with our physical limitations.

**Favorite thing about the Ridgeland Senior Adult Program:** There is a feeling of family while working on similar physical needs. I enjoy meeting with our group and getting to know them on an individual basis. Thanks to the city of Ridgeland, Neeley & Sally for providing these opportunities.

**Favorite job ever held:** Petroleum Landman which is a people oriented profession.

**Where is the best place you've traveled and why?** Vacations in Destin with family and friends have always been special.