

NOVEMBER 2025



senior adult
programs

SUPERSTAR SENIORS

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

Ridgeland Senior Adult Programs
& P.E.O Chapter Y present

Beginner Mah Jongg Workshop

Thursday, November 6th
9:30 am - 1:30 pm
Ridgeland Rec Center
\$50 for the class



Lunch will be provided by



Limited space available!
Registration required to Neeley
at 769.235.9579 or
neeley.jones@ridgelandms.org

FREE FLU SHOT

with your
Red, White & Blue Medicare Card

**Monday, November 3rd
12-2:30 PM
Ridgeland Rec Center**

Stop by anytime to receive a free
flu shot from Saver Express
Pharmacy in Ridgeland.

Register to Neeley by
Friday, October 31st.



IMPORTANT:

No programs on Tuesday, November 11th
for Veteran's Day or on Thursday,
November 27th and Friday,
November 28th. Happy
Thanksgiving!



Neeley Jones
Senior Adult Programs Coordinator
769.235.9579
neeley.jones@ridgelandms.org

Ridgeland Recreational Center
137 Old Trace Park
Ridgeland, MS 39157
601.856.6876
facebook.com/ridgelandsuperstarseniors/

WEEKLY PROGRAMS

Exercise *This class is full, but you can join the waitlist*

\$15/month

Monday, Wednesday, Friday

9 AM - 9:45 AM,

10 AM - 10:45 AM

Instructors: Lynda Assink, Rita Latham & Martha Millsaps

Certified instructors lead participants through a series of cardiovascular and strength training exercises specifically designed to improve flexibility and health in senior adults.

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. Martial arts can help improve memory and focus by keeping the brain active.

Seated Yoga

\$5/class

Mondays and Fridays 11 AM - 11:30 AM

Instructor: Martha Millsaps & Vickie White

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: Martha Millsaps & Vickie White

This is an extension of the chair yoga that focuses on standing poses and floor poses for strength and balance.

Senior Fit *This class is full, but you can join the waitlist*

\$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.

Tap Dancing

\$5/class

Intermediate - Mondays 2:30 PM - 3:15 PM

Beginner - Mondays 3:30 PM - 4:15 PM

Instructor: Monica Russell

Beginning to intermediate tap dance instruction.

This group performs at events and nursing homes.

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.

MONTHLY PROGRAMS

Ridgeland City Garden Club

\$20/year

1st Tuesday of the month 11:30 AM - 1:00 PM

A monthly meeting (Sept - May) for those who love nature and gardening. Fun and educational programs served with a nice lunch. Membership is limited, for information contact Joanne Pearson at joanhp19@gmail.com.

Mah Jongg

FREE - Must sign up in advance.

3rd Thursday of the month 9:30 AM - 11:30 AM

Tile based matching game. Please let Neeley know if you have an American Mah Jongg set that you can bring!

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.

The Breakfast Bingo Club

FREE - Must sign up in advance, space is limited.

4th Thursday (unless stated otherwise) 9:30 AM

Everyone is invited to play bingo and enjoy breakfast with friends.

Move & Groove

\$5/class

Every 2nd & 4th Tuesday, 12:45-1:15 PM

Instructor: Sally Holly



Low impact, energizing movement combining dance, tai chi, yoga & martial arts - wear grippy socks



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NOVEMBER

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12-2:30 Flu Shots 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:15 Int. Tap 3:30-4:15 Beg. Tap	4 10-11 Martial Arts 11:30 Garden Club (at Madison Garden Center) 1:30-2:15 Complete Mix	5 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	6 9:30-1:30 Beginner Mah Jongg WS 10-11 Martial Arts 1:30-2:15 Complete Mix	7 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
10 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:15 Int. Tap 3:30-4:15 Beg. Tap	11  No Programs Happy Veteran's Day	12 9-9:45 Exercise 10-10:45 Exercise 11-12:30 Oyster Craft 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	13 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	14 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
17 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:15 Int. Tap 3:30-4:15 Beg. Tap	18 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Bowling - Fannin Lanes	19 9-9:45 Exercise 10-10:45 Exercise 11-12 Lunch & Learn 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	20 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	21 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
24 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:15 Int. Tap 3:30-4:15 Beg. Tap	25 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix	26 9-9:45 Exercise 10-10:45 Exercise	27  No Programs - Happy Thanksgiving!	28 →

SPECIAL THANK YOU TO OUR SPONSORS:

Explore Ridgeland
Bulldog Construction
HomeWell Care Services
Humana
Centerwell Home Health
GoShine Car Wash
GreenOak

Mayor Gene McGee
Mars Marketing
Members Exchange
Northpark
Priority One Bank
Dean & Dean Architects
Keesler Federal

Professional Eye Care
Renasant Bank
St. Catherine's Village
Summerhouse Beau Ridge
The Orchard
The Radio People
Chateau Ridgeland

The BREAKFAST BINGO CLUB

**Thursday, November 13th
9:30 - 10:30 AM, FREE**

This month we will have AARP Mississippi as our sponsor. Come join us for a light breakfast, coffee & a fun game of bingo! The last game is an optional "cover all" game, everyone puts in \$1, winner takes the jackpot!

AARP[®]
Mississippi



SPARE TIME

BOWLING
CLUB

**Tuesday, November 18th
2-4 PM, \$8.25**

Fannin Lanes, 1145 Old Fannin Road

Join us for a fun afternoon of bowling - all levels welcome. Register by Monday, November 16th to Neeley. Below is a picture of our last bowling outing sponsored by AARP Mississippi.



DECOUPAGE

oyster shell
ORNAMENT

CRAFT WORKSHOP
WITH



TRADITIONS HEALTH

Never Alone™



**Wednesday, November 12th, 11-12:30
FREE**

Registration required at

769-235-9579 or

neeley.jones@ridgelandms.org.

We will have other designs available or if you have a certain patterned napkin that you would like to use bring it with you!
Limited space available!