

**JANUARY 2026**



senior adult  
programs

# **SUPERSTAR SENIORS**

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

## **STRETCH AND STRENGTHEN**

**Wednesday, January 21**

**11 AM - 12:15 PM**

**Ridgeland Rec Center**

"Stretch and Strengthen" with Bryant Physical Therapy, demoing thorough joint and soft tissue relief and health services.

Learn mobility tips that last a lifetime! Q&A with our therapists also about holistic health, nutrition, training, joint/soft tissue health, and pain relief etc!

Dr. Alyssa, PT, Holistic Health Practitioner, Integrative Nutrition Health Coach and Dr. Kimberly, PT, Certified Clinical Instructor

**Bryant**  
**Physical Therapy**  
**& Wellness**

## **LUNCH & LEARN**

**WITH**

Financial Advisor, Kayla Soukup, AAMS



**A Guide for Seniors:  
Avoiding Scams & Fraud**

**WEDNESDAY, JANUARY 28**

**11:00 AM - 12:15 PM**

**RIDGELAND REC CENTER**

Registration required at 769.235.9579 or  
neeley.jones@ridgelandms.org.  
Lunch provided, limited space available.

**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/**

## **IMPORTANT:**

The Ridgeland Recreational Center will  
resume programs on Monday, January 5th.

No programs will take place on Martin  
Luther King, Jr. Day on January, 19th.

# 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 2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 12:45-1:15 PM

Instructor: Sally Holly

Low impact, energizing movement combining dance, tai chi, yoga & martial arts - wear grippy socks or barefoot- no shoes!



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programs

# JANUARY

## 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>  No Programs this week	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
<b>5</b> 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	<b>6</b>  10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	<b>7</b>  9-9:45 Exercise 10-10:45 Exercise 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>  9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>12</b> 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	<b>13</b>  10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix	<b>14</b>  9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>15</b>  9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>16</b>  9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>19</b>  No Programs Martin Luther King Jr Day	<b>20</b>  10-11 Martial Arts 1:30-2:15 Complete Mix	<b>21</b>  9-9:45 Exercise 10-10:45 Exercise 11 Bryant PT & Wellness 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>22</b>  9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>23</b>  9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>26</b> 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	<b>27</b>  10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix	<b>28</b>  9-9:45 Exercise 10-10:45 Exercise 11 Scam Lunch & Learn 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>  9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga

## 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 Golden Gamers: *Where the Fun Never Gets Old!*

Join us for laughter, friendly competition, and classic games that you know and love! Whether you're a seasoned player or just looking for some good company, there's a seat at the table for you.

**For this pop up, we will be playing **Bunco** on **Thursday, February 12th** from **2:30-4:00 pm**. **AARP Mississippi** will be sponsoring this event and bringing cookies! Registration required to Neeley.**  
Text 769-235-9579 or email [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).



RIDGELAND RECREATION AND PARKS  
PRESENTS

**2026 SENIOR ADULT  
VALENTINE LUNCHEON**

**TUESDAY, FEBRUARY 10TH  
12 NOON**

**COLONIAL HEIGHTS  
BAPTIST CHURCH  
444 NORTHPARK DRIVE**

*lunch, door prizes &  
entertainment by the*

**VICTORY  
BELLES**

TICKETS WILL GO ON SALE ON DECEMBER 15.  
THEY ARE \$10 (CASH OR CHECK ONLY) AND CAN BE PURCHASED  
AT RIDGELAND CITY HALL OR THE RIDGELAND REC CENTER.  
LIMITED TICKETS AVAILABLE.  
FOR MORE INFORMATION CALL 769.235.9579.

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