



senior adult
programs

SUPERSTAR SENIORS

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

The BREAKFAST BINGO CLUB

& Christmas Party

SPONSORED BY **HomeWell**
CARE SERVICES

Bring an ornament for the ornament swap
before we start our festive bingo game.

Wear your Christmas pajamas!

THURSDAY, DECEMBER 11TH

9:30-11 AM

RIDGELAND REC CENTER

Registration required to Neeley.
Text 769-235-9579 or email
neeley.jones@ridgelandms.org.

NEW POP-UP PROGRAM SERIES

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
Mexican Train on Tuesday, December 16th
from 2:30-4:30 pm.** The Alzheimer's
Association will be sponsoring this event
and bringing Mexican chips & dips!

Registration required to Neeley.
Text 769-235-9579 or email
neeley.jones@ridgelandms.org.



IMPORTANT:

The Ridgeland Recreational Center will be
closed from Christmas Eve through
New Year's Week.

We will resume classes on Monday,
January 5th, 2026.

We wish everyone a Merry Christmas and
Happy New Year!

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/ridgelandssuperstarseniors/

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 or barefoot- no shoes!



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DECEMBER

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	3 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	4 10-11 Martial Arts 1:30-2:15 Complete Mix	5 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
8 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	9 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix	10 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	11 9:30 Breakfast Bingo & Ornament Swap Party 10-11 Martial Arts 1:30-2:15 Complete Mix	12 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
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22 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	23 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix	24 No Programs - Merry Christmas and Happy New Year! Classes will resume on Monday, January 5th!	25	26
29	30	31	1	2

SPECIAL THANK YOU TO OUR SPONSORS:

Explore Ridgeland
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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



Tuesdays, December 9th and 23rd

12:45-1:15 PM

\$5/class - first time is free

Come join us for our newest monthly program with Instructor Sally Holly. Move & Groove is 30 minutes of low impact, energizing movement. This class combines dance, tai chi, yoga & martial arts. Participants will be moving in rhythmic motions designed to stretch and invigorate and encouraged to move at your own pace and range of motion. Participants should wear comfortable workout clothing and **“grippy socks” or barefoot - no shoes!**

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.