



senior adult programs

# SUPERSTAR SENIORS

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

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*



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.



### 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).

**Neeley Jones**  
**Senior Adult Programs Coordinator**  
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**Ridgeland Recreational Center**  
**137 Old Trace Park**  
**Ridgeland, MS 39157**  
**601.856.6876**  
**[facebook.com/ridgelandsuperstarseniors/](https://facebook.com/ridgelandsuperstarseniors/)**

## IMPORTANT:

No programs on Tuesday, February 10th for our Valentine Luncheon or on Monday, February 16th on President's Day.

# 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 - for those who know how to play and complete The Charleston. 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

For experienced bridge players. 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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# FEBRUARY

## 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</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>3</b> 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	<b>4</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>5</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>6</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>9</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>10</b> 12 Valentine Luncheon at Colonial Heights  No Regularly Scheduled Programs	<b>11</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>12</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30 Bunco	<b>13</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>16</b>  No Programs President's Day	<b>17</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>18</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>19</b> 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>20</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>23</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>24</b> 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix	<b>25</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>26</b> 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>27</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

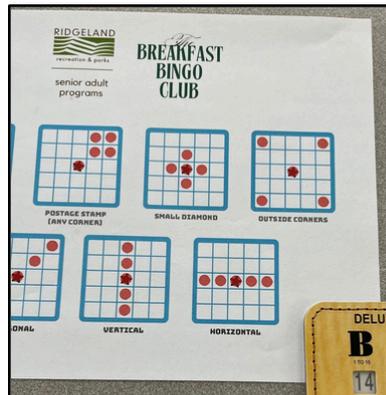
Professional Eye Care  
Renasant Bank  
St. Catherine's Village  
Summerhouse Beau Ridge  
The Orchard  
The Radio People  
Chateau Ridgeland

## The BREAKFAST BINGO CLUB

**Thursday, February 26th**  
**9:30 - 10:30 AM, FREE**

**CHATEAU RIDGELAND**  
SKYACTIVE LIVING

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



RIDGELAND recreation & parks  
senior adult programs  
**SPARE TIME**  
**BOWLING**  
CLUB

**Thursday, March 12th**  
**2:30 - 4:30 PM, \$8.25**  
**Fannin Lanes, 1145 Old Fannin Rd**

Join us for a fun afternoon of bowling  
- all levels are welcome.

Please register by Monday, March 9<sup>th</sup>  
to 769-235-9579 or  
[neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org)