



senior adult programs

SUPERSTAR SENIORS

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

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 9th to 769-235-9579 or neeley.jones@ridgelandms.org.



Tuesday, March 24th

12:45-1:15 PM

\$5/class - first time is free

Move & Groove is 30 minutes of low impact, energizing movement with Instructor Sally Holly. 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!

Neeley Jones
Senior Adult Programs Coordinator
769.235.9579
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Ridgeland Recreational Center
137 Old Trace Park
Ridgeland, MS 39157
601.856.6876
facebook.com/ridgelandssuperstarseniors/

The BREAKFAST BINGO CLUB

Thursday, March 26th

9:30-11 AM, FREE

This month we will have Legacy Hospice 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!



IMPORTANT:

No programs will take place on Tuesday, March 10th for Primary Elections.



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 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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MARCH

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	4 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	5 10-11 Martial Arts 1:30-2:15 Complete Mix	6 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
9 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	10 No Programs - Election Day	11 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	12 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30 Bowling at Fannin Lanes	13 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
16 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	17 10-11 Martial Arts 1:30-2:15 Complete Mix	18 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	19 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	20 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
23 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	24 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix	25 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	26 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	27 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
30 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	31 10-11 Martial Arts 1:30-2:15 Complete Mix	1 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	2 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30 Mexican Train	3 No Programs - Good Friday

SPECIAL THANK YOU TO OUR SPONSORS:

Explore Ridgeland
Bulldog Construction
HomeWell Care Services
Humana
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GreenOak

Mayor Gene McGee
Mars Marketing
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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!*

Thursday, April 2nd
Mexican Train Dominos
2:30-4:30 AM, FREE



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

For this pop up, **Wound Management Specialists** will be sponsoring this event. Registration required - text 769-235-9579 or neeley.jones@ridgelandms.org.



DIY Fascinator Craft Workshop

SPONSORED BY SUMMERHOUSE BEAU RIDGE

APRIL 14, 2026

2:30 PM

RIDGELAND RECREATIONAL CENTER

FREE

Join us for a fun afternoon making unique fascinators in preparation of the Kentucky Derby!

No plans for the Derby?
Join Summerhouse Beau Ridge for their party on May 2nd at 5 pm - race will be live-streamed

RSVP TO NEELEY AT 769.235.9579 OR
NEELEY.JONES@RIDGELANDMS.ORG

