

**APRIL 2026**



senior adult programs

# SUPERSTAR SENIORS

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



**The Golden Gamers:**  
*Where the Fun Never Gets Old!*  
**Thursday, April 2nd**  
**Mexican Train Dominos**  
**2:30-4:30 AM, FREE**

Sponsored by **Wound Management Specialists.**

Registration required - text 769-235-9579 or [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org).

## PROGRAM SPOTLIGHT:

**Yoga for Seniors - your first class is free!**

**Seated Yoga, Mon & Fri, 11-11:30 AM, \$5/ class**

Improve flexibility, mobility, and relaxation with gentle yoga movements performed entirely from a chair. Perfect for beginners or those who prefer a seated workout, this class focuses on stretching, breathing, and light strengthening in a safe & supportive environment.

**Standing Yoga, Mon & Fri, 11:30 - 12 Noon, \$5/ class**

This is an extension of the Seated Yoga class, some participants choose to stay for both. This gentle yoga class incorporates standing poses and floor work to build strength, balance, & flexibility. Movements are slow and accessible, with modifications offered to suit all ability levels. Perfect for seniors looking to stay active and improve overall wellness.

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## 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 2<sup>nd</sup> at 5 pm - race will be live-streamed

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



## IMPORTANT:

No programs will take place on Friday, April 3<sup>rd</sup> for Good Friday and Friday, May 1st for Century Ride Prep.

Looking for volunteers to make sandwiches on Friday, May 1<sup>st</sup> from 9-10 AM - sign up with Neeley if you are interested!

## 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, Michelle Clark & Deb Sims

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 helping to 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

A gentle yoga class performed entirely from a chair that focuses on stretching, breathing, and light movement to improve flexibility, mobility, and relaxation.

### Standing Yoga

\$5/class

Mondays and Fridays 11:30 AM - 12 PM

Instructor: Martha Millsaps & Vickie White

A gentle yoga class that uses standing poses and floor exercises to build strength, balance, and flexibility with modifications for all ability levels.

**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!



senior adult programs

# APRIL

## 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</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>31</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>1</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>2</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2:30-4:30 Mexican Train	<b>3</b> No Programs - Good Friday
<b>6</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>7</b> 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	<b>8</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>9</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>10</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>13</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>14</b> 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix 2:30 Fascinator Craft WS	<b>15</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>16</b> 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	<b>17</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>20</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>21</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>22</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>23</b> 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>24</b> 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
<b>27</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>28</b> 10-11 Martial Arts 12:45-1:15 Move & Groove 1:30-2:15 Complete Mix	<b>29</b> 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	<b>30</b> 10-11 Martial Arts 1:30-2:15 Complete Mix	<b>1</b> 9-10 Sandwich Making Volunteers No Regularly Scheduled Programs - Century Ride Prep

## SPECIAL THANK YOU TO OUR SPONSORS:

AARP Mississippi

Bulldog Construction

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HomeWell Care Services

Humana

Centerwell Home Health

GoShine Car Wash

Mayor Gene McGee

Green Oak Floral

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

### Monthly Mah Jongg & Bridge Games

**Thursday, April 16th - Regularly Scheduled Monthly Games**



This April, our monthly Mah Jongg and Bridge games are proudly sponsored by *AARP Mississippi* in recognition of *Fraud Prevention Awareness Month*.

While you enjoy friendly competition and great company, we'll also be highlighting helpful tips and resources to help protect yourself from scams. Mah Jongg players will receive a boxed lunch to eat together or take with you on the go. Bridge players will have an array of sweet treats to enjoy while they play bridge and enjoy fellowship!

Register to Neeley at [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) or text 769.235.9579.

### *The* BREAKFAST BINGO CLUB

**Thursday, April 23rd**

**9:30-11 AM, FREE**



This month we will have Vital Caring 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!

Register to Neeley at [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) or 769.235.9579.



### **Bunco with The Golden Gamers: Where the Fun Never Gets Old!** **Tuesday, May 12th, 9:30-11 AM**

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, we will be playing *Bunco* and *AARP Mississippi* will be sponsoring this event and bringing cookies!

Register to Neeley at [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) or text 769.235.9579.

