

JUNE 2026



senior adult programs

SUPERSTAR SENIORS

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



**Mexican Train with
The Golden Gamers:
Where the Fun Never Gets Old!
Wednesday, June 3rd, 2-4 PM
FREE!**

For this pop up, we will be playing Mexican Train and HomeWell Care Services will be sponsoring this event and bringing snacks!

Register to Neeley at neeley.jones@ridgelandms.org or text 769.235.9579.



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Patriotic
**DOOR HANGER
CRAFT WORKSHOP**

FREE, all supplies are included
special thanks to

SUMMERHOUSE[®]
BEAU RIDGE

**JUNE 24TH FROM 2-4 PM
RIDGELAND REC CENTER**

Registration required:
769-235-9579 or email
neeley.jones@ridgelandms.org

The graphic is framed by a blue border with white stars. At the top, there is a banner with alternating red and white stripes and blue triangles with white stars. The text is centered and uses a mix of serif and sans-serif fonts. The SummerHouse logo features a stylized sun icon. The event details are highlighted in a red banner with white text. The registration information is at the bottom, flanked by small star icons.

IMPORTANT:

Our 9 & 10 AM Exercise classes have been rebranded to "Strong & Steady", but the classes remain exactly the same!

Our weekly tap group and monthly Move & Groove class will be taking a break for the summer - Stay tuned for the official start date!

WEEKLY PROGRAMS

Strong & Steady *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 *Taking a break during the summer*

\$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.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9-9:45 Strong&Steady 10-10:45 Strong&Steady 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 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 2-4 Mexican Train	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 Strong&Steady 10-10:45 Strong&Steady 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 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 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
15 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	16 10-11 Martial Arts 1:30-2:15 Complete Mix	17 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	18 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	19 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
22 9-9:45 Strong&Steady 10-10:45 Strong&Steady 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 1:30-2:15 Complete Mix	24 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2-4 Patriotic Door Craft	25 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	26 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
29 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	30 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	3  No Programs

SPECIAL THANK YOU TO OUR SPONSORS:

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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, June 18th- Regularly Scheduled Monthly Games



This month, our Mah Jongg game is proudly sponsored by Wellcare and they will provide a grab-and-go breakfast for players to enjoy in between games.

Our Bridge game will be sponsored by ACG Hospice, who will be providing cookies for players to enjoy during an afternoon of bridge and fellowship.

Register to Neeley at neeley.jones@ridgelandms.org or text 769.235.9579.

The BREAKFAST BINGO CLUB

Thursday, June 25th
9:30-11 AM, FREE

This month we will have St. Catherine's Village 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 or 769.235.9579.



RIDGELAND TAPPERS' SUMMER PATRIOTIC TOUR



Wishing our Ridgeland Tappers a great "tour" this summer in our community!
June 10 - Mississippi Veterans' Home
June 12 - St. Catherine's Village
June 17 - The Orchard

