

**JULY 2026**



senior adult  
programs

# SUPERSTAR SENIORS

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



## RIDGELAND TAPPERS' PATRIOTIC TOUR



The Ridgeland Tappers went “on tour” last month to several nursing homes in the area. They even went “viral” on our Ridgeland Senior Adult Programs Facebook page with over 40,000 views and still climbing! Check it out if you have not seen it and give us a “follow”! They will be taking the remainder of the summer off, but classes will resume in August!

The group will perform this routine at this year’s Mayor’s Fun Walk event that will celebrate America’s 250<sup>th</sup> birthday on September 30th.

Stay tuned for more info!

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## SPARE TIME BOWLING CLUB

**Tuesday, July 7th, 2-4 PM**

**\$8.25**

**Fannin Lanes Bowling Alley**  
**1145 Old Fannin Rd.**

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

Register by Monday, July 6<sup>th</sup> to  
[neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) or  
text 769.235.9579.



### **IMPORTANT:**

No programs will take place on Friday,  
July 3rd as we celebrate Independence  
Day!



# 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.



senior adult programs

# JULY

## 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> 9-9:45 Strong&Steady 10-10:45 Strong&Steady  No Yoga  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>  9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2-4 Mexican Train	<b>2</b>  10-11 Martial Arts 1:30-2:15 Complete Mix	<b>3</b>   No Programs
<b>6</b> 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	<b>7</b> 10-11 Martial Arts 1:30-2:15 Complete Mix 2-4 Bowling at Fannin Lanes	<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 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	<b>14</b>  10-11 Martial Arts 1:30-2:15 Complete Mix	<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 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	<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 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	<b>28</b>  10-11 Martial Arts 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>31</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:

AARP Mississippi

Bulldog Construction

Explore Ridgeland

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 Game

#### Thursday, July 16th- Regularly Scheduled Monthly Games

This month, our Mah Jongg game is proudly sponsored by Pax Hospice and they will provide snacks for players to enjoy in between games.

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

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



### *The* BREAKFAST BINGO CLUB

Thursday, July 23rd

9:30-11 AM, FREE

This month we will have Pax Hospice and Highland Home as our sponsors. 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).



Highland Home  
RIDGELAND, MS

### AARP Active & Ageless August - Play Smart. Stay Safe. Live Well

Register to [neeley.jones@ridgelandms.org](mailto:neeley.jones@ridgelandms.org) or 769.235.9579. Space is limited.



#### -Friday, August 7<sup>th</sup>, 9:30 AM - 12:30 PM

Mah Jongg Refresh, Ridgeland Recreational Center, \$10

Have you learned to play Mah Jongg, but need a little refresh? Join us for this workshop to freshen up your skills, lunch will be provided by AARP.

#### -Tuesday, August 11<sup>th</sup>, 9:30 AM - 12:30 PM

Gun Safety & Refuse to be a Victim Workshop, \$20

Two Gun Tactical, 287 Hwy 51, Ridgeland

Owner and retired LT COL from the USAF, John White will conduct an informative gun safety class as well as other personal safety tips such as financial safety & social security, lunch is provided by AARP.



#### -Tuesday, August 18<sup>th</sup>, 9:30-11 AM,

Shooting range at Two Gun Tactical - this is an optional part 2 session following up our Gun Safety Workshop. You must attend the informative meeting session to participate in this class.

#### -Friday, August 28<sup>th</sup>, 12:30-3 PM

Annual Mah Jongg Tournament, Ridgeland Recreational Center, \$5 to play, winner takes jackpot.

We will begin with fellowship and lunch will be provided by AARP. The tournament will follow a bracket-style format featuring three rounds. Even if you strike out, the still continues in the next room.