

AUGUST 2026



senior adult
programs

SUPERSTAR SENIORS

THE LATEST NEWS AND UPDATES FROM RIDGELAND'S SENIOR ADULT PROGRAM

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

Register to neeley.jones@ridgelandms.org or 769.235.9579. Space is limited.



-Friday, August 7th, 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. Be sure to bring your official 2026 National Mah Jongg League card.

-Tuesday, August 11th, 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 will be provided by AARP.



-Tuesday, August 18th, 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. The \$20 fee for the informative class includes this too.

-Friday, August 28th, 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 just for fun.

Neeley Jones

Senior Programs Coordinator

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Ridgeland Recreational Center

(located inside of Old Trace Park)

137 Old Trace Park,
Ridgeland, MS 39157

[facebook.com/](https://facebook.com/ridgelandsuperstarseniors/)

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Important:

The Ridgeland Tappers will resume classes on Monday, August 4th.

Save the date for our Mayor's Fun Walk event - Wednesday, September 30th at 9 AM at Northpark!

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: 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

3rd Thursday of the month 9:30 AM - 11:30 AM

FREE - for those who know how to play and complete The Charleston. Must sign up in advance.

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
3 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	4 10-11 Martial Arts 1:30-2:15 Complete Mix	5 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	6 10-11 Martial Arts 1:30-2:15 Complete Mix	7 9-9:45 Exercise 9:30-12:30 MahJonggWS 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
10 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	11 9:30-12:30 Two Gun Tactical 10-11 Martial Arts 1:30-2:15 Complete Mix	12 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	13 10-11 Martial Arts 1:30-2:15 Complete Mix	14 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
17 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	18 9:30-11 Two Gun Tactical 10-11 Martial Arts 1:30-2:15 Complete Mix	19 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	20 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	21 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga
24 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	25 10-11 Martial Arts 1:30-2:15 Complete Mix	26 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	27 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	28 9-9:45 Exercise 10-10:45 Exercise 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30-3 Mah Jongg Tournament
31 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	1 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	2 9-9:45 Exercise 10-10:45 Exercise 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	3 10-11 Martial Arts 1:30-2:15 Complete Mix	4 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 Program Corner

3rd Thursday, monthly Mah Jongg & Bridge Games Thursday, August 20th



This month, our Mah Jongg game is proudly sponsored by The Oaks Residence, the newly opened luxury assisted living facility in Madison County. They will provide snacks for players to enjoy between games.

Our bridge game will be sponsored by Oak Street Health, who will be providing cookies for players to enjoy during an afternoon of bridge and fellowship.



The BREAKFAST BINGO CLUB

Thursday, August 27th
9:30-11 AM, FREE



This month we will have SummerHouse Beau Ridge 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!



Wednesday, September 30th

9 AM at Northpark's Centercourt

Mayor Gene McGee will lead a light walk with participants.

- No set distance - walk as much or as little as you want
- Must register to receive a t-shirt
- Enjoy refreshments, vendor booths and entertainment
- Door prizes will be given
- There is no admission charge for this event.

Sign up online here:



Instructor Feature

Thank you, Lynda Assink!

Congratulations, Lynda, on your well deserved retirement! Thank you for the years of dedication and encouragement you've shared with everyone in your Monday & Friday exercise classes! You've inspired so many through your kindness and commitment, and your presence will be greatly missed. We wish you all the happiness and relaxation you deserve in this next chapter.