

OCTOBER 2026



senior adult
programs

SUPERSTAR SENIORS

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



**BOO-TIFUL
DOOR
HANGER
WORKSHOP**

HOSTED AND SPONSORED BY

SUMMERHOUSE[™]
BEAU RIDGE

650 HIGHLAND COLONY PKWY, RIDGELAND
OCT 8TH, 1:30PM

Enjoy an afternoon of painting,
decorating and spending time with
friends. All supplies are provided.

While you're here, take the
opportunity to tour the beautiful
SummerHouse Beau Ridge
community and learn more about
the amenities and lifestyle.

No charge for the craft, but seating
is limited. Register to 769.235.9579
or neeley.jones@ridgelandms.org.

Neeley Jones
Senior Programs Coordinator
769.235.9579
neeley.jones@ridgelandms.org

Ridgeland Recreational Center
(located inside of Old Trace Park)
137 Old Trace Park,
Ridgeland, MS 39157
[facebook.com/
ridgelandsuperstarseniors/](https://facebook.com/ridgelandsuperstarseniors/)



After the Shot: What Happens Next
Wednesday, October 28
2-4 PM, at Two Gun Tactical,
287 Hwy 51, Ridgeland
\$20

A practical follow-up for responsible firearm owners covering what to expect after a defensive shooting, understanding your legal rights, interacting with law enforcement, and what to say, and what not to say, in the immediate aftermath. Sponsored by AARP Mississippi.

**Refuse to be a Victim &
Gun Safety Workshop at Two Gun Tactical**

Wednesday, November 4th,
9:30 AM-12:30 PM &
Thursday, November 5th,
9:30-11:30 AM

\$35 covers both sessions
Lunch will be provided on day 1 by
AARP Mississippi

Owner and retired LT COL from USAF, John White will conduct an informative gun safety class as well as other personal safety tips, lunch will be provided by AARP.

Day two of the session, we'll put our knowledge into action during the shooting range portion. Must attend the first session in order to participate in this class.

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: Donna Ahlrich, Martha Millsaps, Martha

Millsaps, Michelle Clark & Deb Sims

Certified instructors lead participants through a series of cardiovascular and strength training exercises specifically designed to improve balance, mobility, and flexibility 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

Fridays 11:30 AM - 12 PM

Instructor: 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
28 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated 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	29 10-11 Martial Arts 1:30-2:15 Complete Mix	30 9 Mayor's Fun Walk at Northpark No regularly scheduled programs today!	1 10-11 Martial Arts 1:30-2:15 Complete Mix	2 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
5 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated 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	6 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	7 9-9:45 Strong&Steady 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	8 10-11 Martial Arts 1:30-2:15 Complete Mix 1:30 Halloween Door Hanger Craft at Summerhouse Beau Ridge	9 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
12 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated 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	13 10-11 Martial Arts 1:30-2:15 Complete Mix	14 9-9:45 Strong&Steady 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	15 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	16 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
19 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated 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	20 10-11 Martial Arts 1:30-2:15 Complete Mix	21 9-9:45 Strong&Steady 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	22 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	23 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
26 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2:30-3:15 Int. Tap 3:30-4:14 Beg. Tap	27 10-11 Martial Arts 1:30-2:15 Complete Mix	28 9-9:45 Strong&Steady 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix 2-4 Two Gun Tactical WS	29 10-11 Martial Arts 1:30-2:15 Complete Mix	30 9-9:45 Strong&Steady 10-10:45 Strong&Steady 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, October 15th

This month, our Mah Jongg game is proudly sponsored by Home Instead and will provide snacks for players to enjoy between games.



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



The BREAKFAST BINGO CLUB

Thursday, October 22nd
9:30-11 AM, FREE

This month we will have Covenant Caregivers 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!



Upcoming Special Programs

DRIED FLORAL ART ON CANVAS *Workshop*



Friday, November 13
12:30-2 pm

\$25 - supplies will be provided

Celebrate the season with a relaxing afternoon of creativity as you design your own dried floral art on canvas. Using beautiful dried flowers and natural elements, you'll create a one-of-a-kind piece perfect for adding a little autumn charm to your home.

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