

SEPTEMBER 2026



senior adult
programs

SUPERSTAR SENIORS

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



Wednesday, September 30
9:00 AM

Northpark's Centercourt

Schedule:

- 8:30 AM Late Registration
- 9:00 AM Program Begins
- 9:30 AM Walk with Mayor Gene McGee
- 9:45 AM Visit Sponsor Booths
- 10:00 AM Entertainment, Treats, Door Prizes



*Special event for our Senior Adult Program for those 50+

*Registration required to participate

*First 150 registrants will receive a free t-shirt

Register here:



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

Important:

We will no longer have Standing/Floor Yoga on Mondays - only offering our Seated Yoga class from 11-11:30! Fridays will still offer the 11:30 class!

No regularly scheduled programs on Monday, September 7th for Labor Day, or on Wednesday, September 30th - Join us for the Mayor's Fun Walk!

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 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
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 2:30-3:15 Int. Tap 3:30-4:15 Beg. Tap	1 10-11 Martial Arts 11:30 Garden Club 1:30-2:15 Complete Mix	2 9-9:45 Strong&Steady 10-10:45 Strong&Steady 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 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
7 Labor Day - No Programs	8 10-11 Martial Arts 1:30-2:15 Complete Mix	9 9-9:45 Strong&Steady 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	10 10-11 Martial Arts 1:30-2:15 Complete Mix	11 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
14 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	15 10-11 Martial Arts 1:30-2:15 Complete Mix	16 9-9:45 Strong&Steady 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	17 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	18 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
21 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	22 10-11 Martial Arts 1:30-2:15 Complete Mix	23 9-9:45 Strong&Steady 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	24 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	25 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
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 3:30-4:14 Beg. Tap	29 10-11 Martial Arts 1:30-2:15 Complete Mix	30 9 Mayor's Fun Walk at Northpark's Centercourt 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

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
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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 Orchard and will provide snacks for players to enjoy between games.



Our bridge game will be sponsored by Strategic Healthcare Solutions, 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 Visiting Angels 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!



Upcoming Special Programs

Boo-tiful Door Hanger Workshop Thursday, October 8th, 1:30 PM at SummerHouse Beau Ridge 650 Highland Colony Parkway



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 email neeley.jones@ridgelandms.org.

After the Shot: What Happens Next Wednesday, October 28 2-4 pm, at Two Gun Tactical, \$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



769.235.9579

[FACEBOOK.COM/RIDGELANDSUPERSTARSENIORS/](https://facebook.com/ridgelandsuperstarseniors/)