

NOVEMBER 2026



senior adult
programs

SUPERSTAR SENIORS

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



**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

Back by popular demand!!

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.

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/)

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

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
2 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	3 11:30 Garden Club at Madison Gardening Center Election Day - No regularly scheduled programs	4 9-9:45 Strong&Steady 9:30-12:30 Two Gun Tactical WS 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	5 9:30-11:30 Two Gun Tactical WS 10-11 Martial Arts 1:30-2:15 Complete Mix	6 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
9 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	10 10-11 Martial Arts 11:30-2:15 Complete Mix	11  No Programs	12 9:30 Breakfast Bingo 10-11 Martial Arts 1:30-2:15 Complete Mix	13 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga 12:30 Dried Floral WS
16 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	17 10-11 Martial Arts 1:30-2:15 Complete Mix	18 9-9:45 Strong&Steady 10-10:45 Strong&Steady 12:30-1:15 Senior Fit 1:30-2:15 Complete Mix	19 9:30-11:30 Mah Jongg 10-11 Martial Arts 1-4 Bridge 1:30-2:15 Complete Mix	20 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga
23 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	24 10-11 Martial Arts 1:30-2:15 Complete Mix	25 9-9:45 Strong&Steady 10-10:45 Strong&Steady	26  No Programs	27 No Programs
30 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	1 10-11 Martial Arts 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 2:30-4 Line Dancing	4 9-9:45 Strong&Steady 10-10:45 Strong&Steady 11-11:30 Seated Yoga 11:30-12 Standing Yoga

SPECIAL THANKYOUTOOURSPONSORS:

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, November 19th

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



The BREAKFAST BINGO CLUB

Thursday, November 12
9:30-11 AM, FREE

This month we will have The Orchard 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



CHRISTMAS LINE DANCE PARTY

STEP into the holiday spirit - led by Darlene Epple!

Put on your dancing shoes and join us for a festive Christmas Line Dance Party! Learn fun, easy-to-follow line dances set to some of your favorite Christmas tunes.

AMBA will be sponsoring the event with festive refreshments.

- No dance experience needed
- Christmas classics & holiday favorites
- Festive attire encouraged
- No charge for the event, just come ready to dance, laugh & have some holiday fun!

Contact Neeley at 769-235-9579 or
neelejones@ridgelandms.org to reserve your spot.

**THURSDAY
DEC. 3RD
2:30-4 PM**