Everyone is invited to play bingo, win prizes and eat cake to celebrate all of the birthdays this month!

Come be a part as Humana sponsors the event on Thursday, May 26 from 2-4 pm. Must sign up in advance.

**Changes to our Yoga Programs:**

**Seated Yoga**
- $5/class
- Mondays, Wednesdays & Fridays 11-11:30 AM
- Instructors: Lisa Newman and Sally Holly

This is a great beginners class where basic poses will be taught with a focus on breathing and focusing your mind.

**Standing Yoga**
- $5/class
- Mondays, Wednesdays & Fridays 11:30 AM - 12 PM
- Instructor: Lisa Newman and Sally Holly

This is an extension of the chair yoga that focuses on standing poses for strength and balance.

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**COME FLY WITH THE NATCHEZ TRACE BANDITS R.C CLUB**

**Wednesday, May 11, 2:30-4 pm**

**Ridgeland Recreational Center**

Have you ever wanted to be a pilot? Come see why we’re so excited about Radio-control flying. See our display of airplanes (including home-made & 3-D printed), helicopters, & drones.

---Witness amazing aerobatic flying on video.
---Learn the basics: aileron, elevator, rudder & throttle
---Do some flying yourself on a simulator

It’s free!! Call 601.856.6876 or email neeley.jones@ridgelandms.org today to register.

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**BIRTHDAY BINGO**

Everyone is invited to play bingo, win prizes and eat cake to celebrate all of the birthdays this month!

Come be a part as Humana sponsors the event on Thursday, May 26 from 2-4 pm. Must sign up in advance.

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**Ridgeland Recreational Center**

137 Old Park Trail
Ridgeland, MS 39157
601.856.6876
Facebook: Ridgeland Senior Adult Programs

Neeley Jones, Senior Adult Coordinator
neeley.jones@ridgelandms.org
769.235.9579
**WEEKLY PROGRAMS**

**Exercise**
$15/month  
Monday, Wednesday, Friday  
9 AM - 10 AM, 10 AM - 11 AM  
Instructors: Lynda Assink, Rita Latham & Lisa Newman  
Certified instructors lead participants through a series of cardiovascular and strength training exercises specifically designed to improve flexibility and health in senior adults.

**Line Dancing**
$10/class or $40/month  
Mondays at 6 PM  
Instructor: Darlene Epple  
Learn a wide variety of line dances while exercising in a fun way, no partner needed.

**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.

**Seated Yoga**
$5/class  
Mondays, Wednesdays and Fridays 11 AM - 11:30 AM  
Instructors: Lisa Newman and Sally Holly  
This is a great beginner class where basic poses will be taught with a focus on breathing and focusing your mind.

**Standing Yoga**
$5/class  
Mondays, Wednesdays and Fridays 11:30 AM - 12 PM  
Instructors: Lisa Newman and Sally Holly  
This is an extension of the chair yoga that focuses on standing poses for strength and balance.

**Senior Fit**
$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.

**The Complete Mix**
$15/month  
Mondays and Wednesdays 1:30 PM - 2:15 PM  
Instructor: Sally Holly  
Intermediate circuit type exercise combining low impact cardio, balancing, stretching and strengthening exercises.

**Dance Aerobics**
$15/month  
Tuesdays and Thursdays 1:30 - 2:15  
Instructor: Sally Holly  
Improves the heart and lungs as well as balance and posture. Low impact cardio, fun-intensity while challenging your mind and memory.

**MONTHLY PROGRAMS**

**Ridgeland Garden Club**
$20/year  
1st Tuesday of the month 11:30 AM - 1:00 PM  
A monthly meeting for those who love nature and gardening. Fun and educational programs served with a nice lunch.

**Bridge**
$1  
3rd Thursday of the month 1 PM - 4 PM  
A team trick taking game played with a standard 52 playing card deck. Must sign up in advance.

**Ornish Group**
FREE  
4th Tuesday of each month 11:30 AM  
Participants all have a common goal of reversing their heart disease and improving their well-being. Find them on Facebook at Ornish Cohort 21.

**Birthday Bingo**
FREE - Must sign up in advance, space is limited.  
4th Thursday of each month. Everyone is invited to play bingo, win prizes and eat cake in celebrating all of the birthdays each month. Must sign up in advance.
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**SPECIAL THANK YOU TO OUR SPONSORS:**
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Madison County Journal
Mayor McGee
NorthPark
Southern Farm Bureau Life Insurance Co.
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The Orchard
Pax Hospice
The Radio People - US 96.3, Mix 98.7, Y101, 93.5 The Legend, 102.1 The Box, & Blues 93.1
Rogers, Ainsworth & Williams, PLLC
Waggoner Engineering

**SUPERSTAR OF THE MONTH:**
Dave Nelsen

**Favorite activity at RCC:**
I've been active since January in the Exercise and Yoga classes and the first thing that comes to mind is the people. They're a great group of people whom I admire for their determination.

**Favorite job ever held:**
I was involved in purchasing for Siemens for 32 years. However, when I was with Tube-Alloy in Houma, LA, I was a member of a team that began a new venture in military work which was very exciting and new.

**Favorite dish from a Ridgeland restaurant:**
- Beef tips from Ely's
- Filet mignon from MM Shapley's & Koestler Prime
- Fried shrimp from Sal & Phil's

**What are you looking forward to most this spring?**
Traveling to Ireland for a 2 week trip, hopefully 3rd times a charm, as we have had to cancel twice because of Covid restrictions.

**Where is the best place you’ve traveled and why?**
Italy - artwork and historical churches
Switzerland - shear beauty and hiking in the alps
Germany - very diverse country, landscapes and history

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"Renaissance" Zentangle Class

**Thursday, May 12, 1-3 pm**
Instructor Suzanne Lein, 601.214.4393
$30 – supplies are included

Let's journey back in time and explore the works of Leonardo da Vinci and Michelangelo. Then we will use similar techniques found in these masters’ drawings with tan Renaissance Zentangle tiles, black and brown pens and more to create our own beautiful art.

Please bring your black Zentangle pens and graphite pencils to class as well.

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THE WORLD OF BEADING
WITH INSTRUCTOR CAROL ANN VEST

**Tuesday, May 3rd, 1-3 pm**
Ridgeland Recreational Center
137 Old Park Trail, Ridgeland
$10

Bring any old necklaces that you need repairing or that you would like to recycle into something new or bring a completely new set of beads that you would like to work with!

Carol Ann will teach you everything that you need to know to be successful in jewelry making. The workshop is just $10 and you will walk away with a "new to you" piece of jewelry.

Call 601.856.6876 or email neeley.jones@ridgelandms.org to sign up!