

Your 12-Month Senior Wellness Calendar

A YEAR OF HEALTHY HABITS IN RIDGELAND, MS

Each month of this calendar centers on one area of wellness, with a few simple goals to track. Pick one or two wellness goals, then check off weekly habits as you go. This way, you don't need to follow every piece of advice all at once. Small, consistent steps add up over the year.



Daily habits to track in every month:



Moved 30 minutes



Drank 40 ounces of water



Slept seven to nine hours

January – Movement & Balance

Start the year on steady footing. Cold, damp mornings make good balance a priority.

- ☐ Add two short balance moves, such as heel-to-toe walking or standing from a chair without using your hands
- ☐ Take a 10-minute indoor walk instead when the weather turns icy

- ☐ Set one simple health goal for the year and write it down



Local Tip: On chilly days, the Ridgeland Recreational Center on the Ross Barnett Reservoir offers daily activities for seniors in a warm indoor setting.

February – Heart Health

February is American Heart Month, a good time to give your heart extra attention.

- ☐ Aim for at least 150 minutes of moderate activity across the week, such as brisk walking
- ☐ Add more vegetables, whole grains, and lean proteins to your plate

- ☐ Ask your doctor about your blood pressure and cholesterol numbers



Local Tip: Walk the 1-mile lighted loop at Friendship Park on Lake Harbour Drive.

March – Preventive Healthcare

Spring is a natural time to catch up on appointments and screenings.

- ☐ Schedule your annual wellness visit and any screenings you are due for
- ☐ Book dental, vision, and hearing checks if it has been a year or more

- ☐ Bring a written list of questions and current medications to each appointment



Local Tip: Use a walk along the paved Natchez Trace Multi-Use Trail to talk through your health goals with a friend.

April – Nutrition

As fresh produce comes back in season, build meals around color and variety.

- ☐ Fill half your plate with fruits and vegetables at two meals a day
- ☐ Try one new nutrient-rich recipe this month

- ☐ Keep easy, healthy snacks like nuts, yogurt, and cut fruit within reach



Local Tip: Pack a healthy lunch and enjoy it at a shaded table in Freedom Ridge Park on West School Street.

May – Spend Time Outdoors

Mild spring weather makes May one of the best months to be active outside.

- ☐ Take a walk outdoors at least four days a week
- ☐ Try a gentle new activity, such as gardening or chair yoga
- ☐ Invite a neighbor or friend to join you for exercise



Local Tip: The waterfront paths and benches at Old Trace Park on the Ross Barnett Reservoir make an easy, scenic outing for regular walks.

June – Hydration

As temperatures climb, staying hydrated becomes a daily priority.

- ☐ Drink water throughout the day, aiming for at least five 8-ounce glasses unless your doctor advises otherwise
- ☐ Keep a filled water bottle where you will see it

- ☐ Add water-rich foods like melon, cucumber, and broth-based soups to your fridge



Local Tip: Plan outdoor walks for the cooler early morning, and carry water with you on the local trails, like those at Old Trace Park.

July – Staying Cool

Central Mississippi summers are hot and humid, so plan around the heat.

- ☐ Move outdoor activity to early morning or evening
- ☐ Wear light clothing and take breaks in the shade or indoors
- ☐ Know the signs of heat-related illness, such as dizziness and confusion



Local Tip: On the hottest days, choose an indoor option like the Ridgeland Recreational Center rather than the usual parks and trails.

August – Rest & Sleep

Good sleep supports memory, mood, and energy at any age.

- ☐ Aim for seven to nine hours of sleep each night
- ☐ Keep a regular bedtime and a cool, dark room

- ☐ Limit screens and caffeine in the evening



Local Tip: An easy evening stroll around the neighborhood can help you wind down before bed.

September – Cognitive Wellness

Keep your mind active with regular challenges and learning activities.

- ☐ Do a puzzle, read, or play a card game a few times a week
- ☐ Learn something new, such as a hobby, language, or instrument

- ☐ Connect, move, and learn a little each day



Local Tip: Visit a local library or community class to keep learning alongside others.

October – Social Connection

Cooler fall weather brings more chances to gather with others.

- ☐ Make plans with family or friends at least once a week
 - ☐ Reach out to someone you have not spoken with in a while
 - ☐ Join a club, faith group, or volunteer effort
-  *Local Tip: Fall events around Ridgeland are an easy way to spend time with neighbors.*

November – Gratitude & Mental Health

The holiday season is a good time to care for emotional well-being.

- ☐ Write down one thing you are grateful for each day
 - ☐ Talk with a doctor or counselor if sadness or worry lingers
 - ☐ Stay connected with loved ones, especially if you feel lonely
-  *Local Tip: Share a meal with family or friends, whether at home or in a community dining room.*

December – Year-End Health Review

Close the year by getting organized for the year ahead.

- ☐ Review your full medication list with your doctor or pharmacist, including vitamins and supplements
 - ☐ Keep moving through the holidays with short daily walks
 - ☐ Confirm you are up to date on flu and other recommended vaccinations
-  *Local Tip: Bundle up for a mild-weather walk, or stay active indoors on cooler days.*

This calendar should not replace medical advice. Talk with your doctor before changing your exercise, diet, medication, or health routine, especially if you have an ongoing condition.

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