












# Madison's Retirement Program, November 2018

Mon	Tue	Wed	Thu	Fri
			1 11:30 Sit/Fit Exercise  1:00 Bridge	2 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
5  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	6 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	7 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	8 11:30 Sit/Fit Exercise  1:00 Bridge	9 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
12  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone 1:00 pm AARP Driving Class	13 10:00 am TRIAD 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	14 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone 1:00 Canasta	15 11:30 Sit/Fit Exercise	16 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
19  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	20 <b>CLOSED</b>	21 <b>CLOSED</b>	22 	23 <b>CLOSED</b>
26  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	27 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	28 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	29 11:30 Sit/Fit Exercise	30 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes

**Activities are held at the Madison Community Center, 7454 Old Canton Rd.**

**Shape and Tone/Sit and Fit classes are taught by Bridget Schultz**

**Yoga classes are taught by Gretchen Mahan.**

**Dance lessons are taught by John Malone**

**For additional information contact Tona Becker, 601-317-9756 or [tonabecker@comcast.net](mailto:tonabecker@comcast.net)**

**Men's Coffee meets every Monday at 9:30 am; no charge, donuts and coffee provided**

**Dance Lessons  
Tuesdays at 1:00 pm  
\$5 per class**

**Shape and Tone Exercise  
Mondays and Wednesdays  
11:30 am, \$10 per month  
Classes are for flexibility, toning, and strengthening using weights and other equipment & is heart healthy**

**Sit and Fit Exercise  
Tuesdays and Thursdays  
11:30 am, \$10 per month  
A Low Impact Chair Class**

**AARP Driving Class to reduce your insurance premiums, Monday, November 12, 1:00 pm, Community Center, 7454 Old Canton Rd, Madison, taught by Lisa Garforth, Community Educator Madison Fire Department, \$15 for members, \$20 for non-members, contact Tona Becker, 601-317-9756 or [tbecker@madisonthecitychamber.com](mailto:tbecker@madisonthecitychamber.com)**

**TRIAD-The Right Information and Direction- Tuesday, November 13, 10 am, Madison Justice Complex, speaker is Shirlean Smith, Medicare Division, SHIP Program**

**Crochet and Knitting**, Tuesdays at 10:00 am, learn to knit or crochet

**Bible Study** is non-denominational

**Yoga**, Fridays, 9:00 am, \$5 per month

**Bowling**, Fridays, 12:30 pm, Fannin Lanes