

Madison's Retirement Program, December 2016

Mon	Tue	Wed	Thu	Fri
			1 11:30 Sit/Fit Exercise  1:00 Bridge	2 9:00 am YOGA 11:00 am Christmas Party, Sponsored by Covenant Care Givers
5 9:30 am Magnolia Men's Coffee  11:30 am Exercise/Shape and Tone	6 11:30 am Sit/Fit Exercise 1:00 <i>Dance Lessons</i>	7 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	13 11:30 am Sit/Fit Exercise 1:00 <i>Dance Lessons</i>	14 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 11:30 am Sit/Fit Exercise 1:00 <i>Dance Lessons</i>	21 11:30 am Exercise/Shape and Tone 1:00 Canasta	22 closed	23 closed
26 closed	27 11:30 am Sit/Fit Exercise	28 11:30 am Exercise/Shape and Tone	29 11:30 Sit/Fit Exercise	30 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes

Men's Coffee, Mondays at 9:30 am, no charge. Exercise Shape/Tone Classes are for flexibility, toning, and strengthening using weights and other equipment and is heart healthy; classes are Mondays & Wednesdays at 11:30 am, \$10 per month. Sit/Fit Exercise is a low impact chair class, classes are Tuesdays and Thursdays at 11:30 am, \$10 per month. YOGA classes are Fridays at 9:00 am, \$5 per month. Crochet/Knitting, Tuesdays, 10:00 am. Bible Study will not meet until January. TRIAD's lunch is Tuesday, January 24, the meeting will begin at 10:00 am and lunch will be served at 11:00 am, call Tona to make a reservation. John Malone will teach Dance Lessons, Tuesday's, 1:00 pm, \$5 per class, Swing Dance, Country, Tango, Waltz and other dances. Covenant Care Givers is sponsoring a Christmas Party on Friday, Dec 2 at 11:00 am, at the Community Center, reservations are required by Monday, November 28, please contact Tona Becker, 601-317-9756 for reservations and information on Ireland.

