

Madison's Retirement Program, May 2016

Mon	Tue	Wed	Thu	Fri
<p>2</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>3</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit & Be Fit</p>  <p>12:30 pm /Line Dancing</p>	<p>4</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>5</p> <p>11:30 Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>6</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>9</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>10</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit & Be Fit</p>  <p>12:30 pm /Line Dancing</p>	<p>11</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 Canasta</p>	<p>12</p> <p>11:30 Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>13</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>16</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>17</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit & Be Fit</p>  <p>12:30 pm /Line Dancing</p>	<p>18</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 Canasta</p>	<p>19</p> <p>10:00 BINGO</p> <p>11:30 Sit/Fit Exercise</p>	<p>20</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>23</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>24</p> <p>10:00 TRIAD</p> <p>11:30 am Sit/Fit Exercise</p>  <p>12:30 pm /Line Dancing</p>	<p>25</p> <p>10:00 am Community Bible Study Lunch</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>26</p> <p>10:00 BUNKO</p> <p>11:30 Sit/Fit Exercise</p>	<p>27</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>30</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>31</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit & Be Fit</p>  <p>12:30 pm /Line Dancing</p>			

Men's Coffee and Doughnuts, Mondays, 9:30 am, no charge. Line Dancing is \$5 per month and is fun/fitness. Exercise Shape and 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 and Be 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 is non-denominational. TRIAD'S speaker is Paul Howell, Home Care Assistance. St. Catherine's Village is sponsoring BINGO, please come and bring your friends and neighbors, prizes and food. If you are interested in a trip to Ireland in March 2017 please contact Tona Becker, 601-317-9756 for information.