

Madison's Retirement Program, May 2019

Mon	Tue	Wed	Thu	Fri
		1 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	2 11:30 Sit/Fit Exercise  1:00 Bridge	3 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
6  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	7 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	8 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone 1:00 pm Canasta	9 11:30 Sit/Fit Exercise  1:00 Bridge	10 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
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27 Memorial Day Closed	28 10:00 am TRIAD Luncheon 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	29 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	30 11:30 Sit/Fit Exercise	31 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

Household Hazardous Waste Disposal Day, May 25, 8:00 am-12 noon, Madison Central High School, go to www.madisonthecity.com for a list of acceptable and unacceptable items.

Save the Date, June 13, BARBECUE and BINGO, Lunch Event, Details Coming

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, \$12 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, \$12 per month
A Low Impact Chair Class

**TRIAD-The Right Information and Direction-Tuesday, May 28, 10:00 am, Madison Justice
Complex, a luncheon will be provided after the program, call Tona Becker, 601-317-9756, to make a
reservation**

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

Bible Study is non-denominational

Yoga, Fridays, 9:00 am, \$10 per month

Bowling, Fridays, 12:30 pm, Fannin Lanes