

Madison's Retirement Program, August 2016

Mon	Tue	Wed	Thu	Fri
1 9:30 am Magnolia Men's Coffee  11:30 am Exercise/Shape and Tone	2 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise	3 11:30 am Exercise/Shape and Tone	4 11:30 Sit/Fit Exercise  1:00 Bridge	5 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
8 9:30 am Magnolia Men's Coffee  11:30 am Exercise/Shape and Tone	9 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise	10 11:30 am Exercise/Shape and Tone 1:00 Canasta	11 11:30 Sit/Fit Exercise  1:00 Bridge	12 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
15 9:30 am Magnolia Men's Coffee  11:30 am Exercise/Shape and Tone	16 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise	17 11:30 am Exercise/Shape and Tone 1:00 Canasta	18 11:30 Sit/Fit Exercise	19 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
22 9:30 am Magnolia Men's Coffee  11:30 am Exercise/Shape and Tone	23 10:00 TRIAD 11:30 am Sit/Fit Exercise	24 11:30 am Exercise/Shape and Tone	25 11:30 Sit/Fit Exercise	26 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
29 9:30 am Magnolia Men's Coffee  11:30 am Exercise/Shape and Tone	30 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise	31 11:30 am Exercise/Shape and Tone		

Men's Coffee and Doughnuts, Mondays, 9:30 am, no charge. 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 will not meet in June, July & August. TRIAD'S speaker is Ed Grace, Medical Alert and Home Safety. *If you are interested in a trip to Ireland in March 2017 please contact Tona Becker, 601-317-9756 for information.*

Due to the parking lot behind the Community Center being under construction please park at Ridgecrest Baptist Church for the next several months.