

Madison's Retirement Program, February 2016

Mon	Tue	Wed	Thu	Fri
<p>1</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>2</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Tai Chi</p>  <p>12:30 pm /Line Dancing</p>	<p>3</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>4</p> <p>11:30 Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>5</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>8</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Share and Tone</p>	<p>9</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Tai Chi</p>  <p>12:30 pm /Line Dancing</p>	<p>10</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 Canasta</p>	<p>11</p> <p>11:30 Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>12</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>15</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>16</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Tai Chi</p>  <p>12:30 pm /Line Dancing</p>	<p>17</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 Canasta</p>	<p>18</p> <p>10:00 Birthday Day BINGO</p> <p>11:30 Sit/Fit Exercise</p>	<p>19</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>22</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise</p>	<p>23</p> <p>10:00 TRIAD</p> <p>11:30 am Tai Chi</p>  <p>12:30 pm /Line Dancing</p>	<p>24</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>25</p> <p>10:00 BUNKO</p> <p>11:30 Sit/Fit Exercise</p>	<p>26</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>29</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>				

Love Has Merit, A Valentine Social is planned for Saturday, February 13, 6-9pm, Madison Square Center for the Arts, \$10 per person, entertainment is provided by Gill Harris and the Big Band Theory sponsored by Merit Health, appetizers and punch will be served, RSVP by February 10 and to purchase tickets call, Tona Becker, 601-317-9756

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, Mondays & Wednesdays at 11:30 am, \$10 per month. Sit and Be Fit Exercise is a low impact chair class, Thursdays, \$5 per month. YOGA classes are Fridays at 9:00 am, \$5 per month. Crochet/Knitting, Tuesdays, 10:00 am. Tai Chi for Health, Tuesday's at 11:30 am, \$5 per month. Bible Study is non-denominational. Birthday BINGO is sponsored by MWG Senior Services and a birthday cake and refreshments will be provided. Everyone who has a birthday in February please come. TRIAD'S speaker is Martha House with Community Bank ***If you are interested in a trip to San Antonio, TX in April 2016 contact Tona Becker for additional information, 601-317-9756 or tonabecker@comcast.net***