











# Madison's Retirement Program, February 2018

Mon	Tue	Wed	Thu	Fri
			1 11:30 Sit/Fit Exercise  1:00 Bridge	2 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
5  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	6 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise <b>1:00 Dance Lessons</b>	7 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone 1:00 Canasta	8 11:30 Sit/Fit Exercise  1:00 Bridge	9 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
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**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](mailto:tonabecker@comcast.net)**

**St. Paddy's Day Dance and Lunch, Thursday, March 15, 11-1, Madison Square Center for the Arts, DJ's Mike and Lisa Day, Lunch catered by Mama Hamil's, Photo Booth, Door prizes, Wear Green, \$5 per person, Sponsors- Merit Health, St. Catherines, Sunnybrook Estates, Amada Senior Care, Beau Ridge, Compassus Hospice & Palliative Care**

**Pinterest Project Class is \$10, Wednesday, February 28, 1:00 pm**

**Spots are still available for Tour of the New England States, call Tona Becker for additional information, 601-317-9756**

**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, \$10 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, \$10 per month  
A Low Impact Chair Class

**TRIAD-The Right Information and Direction- UMMC Volunteer Coordinator, Marsha Burton, is the speaker, Madison Justice Complex, Madison**

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

**Bible Study** is non-denominational

**Yoga**, Fridays, 9:00 am, \$5 per month

**Bowling**, Fridays, 12:30 pm, Fannin Lanes