

Madison's Retirement Program, January 2019

Mon	Tue	Wed	Thu	Fri
	1 	2 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	3 11:30 Sit/Fit Exercise  1:00 Bridge	4 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
7  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	8 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	9 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone 1:00 Canasta	10 11:30 Sit/Fit Exercise  1:00 Bridge	11 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
14  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	15 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	16 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone 1:00 Canasta	17 11:30 Sit/Fit Exercise	18 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
21  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	22 10:00 am TRIAD Lunch 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	23 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	24 11:30 Sit/Fit Exercise	25 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
28  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	29 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	30 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	31 11:30 Sit/Fit Exercise	

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

****Shape/Tone and Sit/Fit Exercise price has increased to \$12 per month, Yoga \$10 per month**

**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**

Men's Coffee meets every Monday at 9:30 am; no charge, donuts and coffee provided

TRIAD-The Right Information and Direction- Lunch, Entergy is the speaker, programmable thermostats, call 601-317-9756 to make a reservation for lunch

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