

Madison's Retirement Program, July 2019

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 1:00 Dance Lessons	3 11:30 am Exercise/Shape and Tone	4 Happy 4th 	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 1:00 Dance Lessons	10 11:30 am Exercise/Shape and Tone 1:00 pm Canasta	11 11:30 am Exercise/Shape and Tone  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 1:00 Dance Lessons	17 11:30 am Exercise/Shape and Tone 1:00 pm Canasta	18 11:30 am Exercise/Shape and Tone	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 1:00 Dance Lessons	24 11:30 am Exercise/Shape and Tone	25 11:30 am Exercise/Shape and Tone	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 1:00 Dance Lessons	31 11:30 am Exercise/Shape and Tone		

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

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, July 23, 10 am, Madison Justice Complex,
speaker is Flora Mayor, Les Childress
Crochet and Knitting, Tuesdays at 10:00 am, learn to knit or crochet
Bible Study is non-denominational will resume in September
Yoga, Fridays, 9:00 am, \$10 per month
Bowling, Fridays, 12:30 pm, Fannin Lanes