

Madison's Retirement Program, June 2019

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p> 9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>4</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>5</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>6</p> <p>11:30 Sit/Fit Exercise</p> <p></p> <p>1:00 Bridge</p>	<p>7</p> <p>9:00 am YOGA</p> <p></p> <p>12:30 pm Bowling, Fannin Lanes</p>
<p>10</p> <p> 9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>11</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>12</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 pm Canasta</p>	<p>13</p> <p>11:00 am Retiree Expo Barbecue and BINGO</p> <p>11:30 am Exercise/Shape and Tone</p> <p></p> <p>1:00 Bridge</p>	<p>14</p> <p>9:00 am YOGA</p> <p></p> <p>12:30 pm Bowling, Fannin Lanes</p>
<p>17</p> <p> 9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>18</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>19</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 pm Canasta</p>	<p>20</p> <p>11:30 Sit/Fit Exercise</p>	<p>21</p> <p>9:00 am YOGA</p> <p></p> <p>12:30 pm Bowling, Fannin Lanes</p>
<p>24</p> <p> 9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>25</p> <p>10:00 am TRIAD</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>26</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>27</p> <p>11:30 Sit/Fit Exercise</p>	<p>28</p> <p>9:00 am YOGA</p> <p></p> <p>12:30 pm Bowling, Fannin Lanes</p>

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

Retiree Expo, Barbecue and BINGO, Thursday, June 13, 11:00 am to 1:00 pm, Madison Square Center for the Arts, Sponsored by: St. Catherine's Village, Merit Health, St. Dominic's, Compassus Hospice, Covenant Caregivers, Humana, Natchez Trace Funeral Home, Origin Bank, Renasant Bank, WEE the People, Catered by Dickey's Barbecue, Food, Prizes, Fun, tickets are \$5 per person purchase in advance at The Community Center or Madison the City Chamber of Commerce

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, June 25, 10:00 am, Madison Justice

Complex, speaker is Reverend Eddie Spencer with Grace Place

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