

Madison's Retirement Program, March 2019

Mon	Tue	Wed	Thu	Fri
				1 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
4  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	5 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	6 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	7 11:30 Sit/Fit Exercise  1:00 Bridge	8 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
11  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	12 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	13 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone 1:00 Canasta	14 Fish Fry 11:00am-1:00pm Madison Square Center for the Arts, \$5	15 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
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25  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	26 10:00 am TRIAD 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	27 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	28 11:30 Sit/Fit Exercise	29 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes

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

Fish Fry, Thursday, March 14, 11:00am-1:00pm, Madison Square Center for the Arts, \$5 per person, Entertainment by BIG EARL, Fish prepared by Penn's, Enjoy Going Fishing and Taking Photos are the Photo Booth, Sponsors: Natchez Trace Memorial Park, St. Catherine's, Sunnybrook Estates, Compassus Hospice & Palliative Care, BankFirst, Community Bank,

Humana, Merit Health, Origin Bank, Tickets are required and can be purchased at Madison Community Center, 7454 Old Canton Rd, and Madison the City Chamber of Commerce, Main St, by Friday, March 8.

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, March 26, 10:00 am, Madison Justice Complex, Speaker is Shavonnda Orr, Reaching Others Outreach
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