










# Madison's Retirement Program, May 2018

Mon	Tue	Wed	Thu	Fri
	1 10:00 am Crocheting, Knitting  11:30 am Sit/Fit Exercise  <b>1:00 Dance Lessons</b>	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  <b>1:00 Dance Lessons</b>	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  <b>1:00 Dance Lessons</b>	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  11:30 am Sit/Fit Exercise  <b>1:00 Dance Lessons</b>	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 <b>Closed</b>  <b>Memorial Day</b>	29 10:00 am Crocheting, Knitting  11:30 am Sit/Fit Exercise  <b>1:00 Dance Lessons</b>	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](mailto: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, \$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**- Tuesday, May 22, 10 am, Madison Justice Complex,  
Madison, Kendra Oakley with Humana Medicare is the speaker

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

**Bible Study** is non-denominational, Wednesdays, 10:00 am

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

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

**Keep Madison the City Beautiful Trash Bash, Saturday, May 12, 8am to 12 noon, Strawberry Patch Park, Walk the Walk to Keep Madison Clean, trash bags given out, and street assignments and areas to clean. Sponsors are First Baptist Church, Juniker Jewelry, Key Consultants, River Hills Bank, Collins, Barr and Hembree, Hopper Computer Consulting, Bear Creek Apparel**