

Madison's Retirement Program, November 2016

Mon	Tue	Wed	Thu	Fri
	1 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	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 TRIAD 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 closed	23 closed	24 	25 closed
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	30 11:30 am Exercise/Shape and Tone		

Men's Coffee, Mondays at 9:30 am, no charge. Exercise Shape & Tone Classes are for flexibility, toning, and strengthening using weights and other equipment and is heart healthy; classes are Mondays & Wednesdays at 11:30 am, \$10 per month. Sit/Be Fit Exercise is a low impact chair class, classes are Tuesdays and Thursdays at 11:30 am, \$10 per month. YOGA classes are Fridays at 9:00 am, \$5 per month. Crochet/Knitting, Tuesdays, 10:00 am. Bible Study is non-denominational. TRIAD'S speaker is Dave Jesiolowski, OneSouth Financial Group. John Malone will teach Dance Lessons, Tuesday's, 1:00 pm, \$5 per class, Swing Dance, Country, Tango, Waltz and other dances. Covenant Care Givers is sponsoring a Christmas Party on Friday, Dec 2 at 11:00 am, at the Community Center, reservations are required by Monday, November 28, please contact Tona Becker, 601-317-9756 for reservations and information on Ireland.

