

Madison's Retirement Program, November 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
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18  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	19 10:00 TRIAD 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	20 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone 1:00 pm Canasta	21 11:30 Sit/Fit Exercise	22 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
25  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	26 CLOSED	27 CLOSED	28 HAPPY THANKSGIVING 	29 CLOSED

AARP Driving Class, Monday, January 6, 2020, 1:00 – 4:00 pm, Madison Community Center, \$15 for members, \$20 for non-members, reservations required, refreshments served. Instructor, Lisa Garforth, Madison's Community Educator, Madison Fire Department

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, November 19, 10:am, Madison Justice Complex,
Speaker is Alan Hoops with Madison the City speaking on The Village Development in Madison.**

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