

Madison's Retirement Program, October 2019

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 pm Canasta	10 11:30 Sit/Fit Exercise  1:00 Bridge	11 9:00 am YOGA  12:30 pm Bowling, Fannin Lanes
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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 1:00 Dance Lessons	30 10:00 am Community Bible Study 11:30 am Exercise/Shape and Tone	31 11:30 Sit/Fit Exercise	

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, October 22, Madison Justice Complex, 10:00 am

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