

Madison's Retirement Program, September 2019

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Closed</p> <p>Labor Day</p>	<p>3</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>4</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>5</p> <p>11:30 Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>6</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>9</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>10</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>11</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 pm Canasta</p>	<p>12</p> <p>11:30 Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>13</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>16</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>17</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>18</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p> <p>1:00 pm Canasta</p>	<p>19</p> <p>11:30 Sit/Fit Exercise</p>	<p>20</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>23</p> <p>9:00 am Sky/warn Spotter Weather Class</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>24</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p> <p>6:00 pm Sky/warn Spotter Weather Class</p>	<p>25</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>26</p> <p>11:30 Sit/Fit Exercise</p>	<p>27</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>30</p>  <p>9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>				

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, September 24, 10:00 am, Madison Justice

Complex, Speaker is Mississippi Homeland Security, Civilian Response to Active Shooters

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

The Madison Fire Department and National Weather Service are offering a sky/warn/spotter class at Denson Robinson Public Works Department, Hwy 51 N, Madison. The class is an hour and half long and there is no charge.