














Madison's Retirement Program, October 2018

Mon	Tue	Wed	Thu	Fri
<p>1</p>  9:30 am Magnolia Men's Coffee <p>11:30 am Exercise/Shape and Tone</p>	<p>2</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>3</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>4</p> <p>11:30 am Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>5</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>8</p>  9:30 am Magnolia Men's Coffee <p>11:30 am Exercise/Shape and Tone</p>	<p>9</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>10</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>11</p> <p>11:30 am Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>12</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>15</p>  9:30 am Magnolia Men's Coffee <p>11:30 am Exercise/Shape and Tone</p>	<p>16</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>17</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>18</p> <p>11:30 am Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>19</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>22</p>  9:30 am Magnolia Men's Coffee <p>11:30 am Exercise/Shape and Tone</p>	<p>23</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>24</p> <p>10:00 am Community Bible Study</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>25</p> <p>10:30-2:00 Flu Shots and Health Fair Madison Library</p> <p>11:30 am Sit/Fit Exercise</p>  <p>1:00 Bridge</p>	<p>26</p> <p>9:00 am YOGA</p>  <p>12:30 pm Bowling, Fannin Lanes</p>
<p>29</p>  9:30 am Magnolia Men's Coffee <p>11:30 am Exercise/Shape and Tone</p>	<p>30</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</p>	<p>31</p> <p>10:00 am Community Bible Study</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, tbecker@madisonthecitychamber.com

Flu Shots and Health Fair, Thursday, October 25, Madison Library, Madison Avenue, 10:30am-2:00pm

Men's Coffee meets every Monday at 9:30 am; no charge, donuts and coffee provided

AARP Driving Course to reduce your insurance premiums, Monday, November 12, 1:00 pm, Community Center, 7454 Old Canton Rd, Madison, \$15 for members, \$20 for non-members, contact Tona Becker, 601-317-9756 or tbecker@madisonthecitychamber.com

TRIAD-The Right Information and Direction- speaker is Mendal Kemp, Veterans Consultant Service Officer for Madison County, Tuesday, October 23, 10:00 am, Madison Justice Complex

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

Bible Study is non-denominational

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

Bowling, Fridays, 12:30 pm, Fannin Lanes

Dance Lessons

\$5 per class

Tuesday's, 1:00 pm

Shape and Tone Exercise

\$10 a month

Monday and Wednesday, 11:30 am

Sit and Be Fit Exercise

\$10 a month

Tuesday and Thursday, 11:30 am