

Madison's Retirement Program, February 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 1:00 Medicare 101 Basics Seminar	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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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

Fish Fry, Thursday, March 14, 11:00am-1:00pm, Madison Square Center for the Arts, \$5 per person, Entertainment by BIG EARL, Fish prepared by Penn's, Enjoy Going Fishing and Taking Photos are the Photo Booth, Sponsors: Natchez Trace Memorial Park, St. Catherine's, Sunnysbrook Estates, Compassus Hospice & Palliative Care, BankFirst Financial Services

Tickets are required and can be purchased at Madison Community Center, 7454 Old Canton Rd, and Madison the City Chamber of Commerce, Main St, by Friday, March 8.

Medicare Basics 101 Seminar, Monday, February 4, 1:00 pm, Madison Community Center, 7454 Old Canton Rd, Lunch, Understanding the ABCDs of Medicare so you are prepared as you turn 65. Contact 601-503-6165 to register.

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, February 26, Madison Justice Complex,

Speaker is Lee Thigpen, Mission First

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