

# Madison's Retirement Program, December 2018

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p> 9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>4</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p><b>1:00 Dance Lessons</b></p>	<p>5</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>6</p> <p>11:30 Sit/Fit Exercise</p> <p></p> <p>1:00 Bridge</p>	<p>7</p> <p>9:00 am YOGA</p> <p></p> <p>12:30 pm Bowling, Fannin Lanes</p>
<p>10</p> <p> 9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>11</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p><b>1:00 Dance Lessons</b></p>	<p>12</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>13</p> <p>11:30 Sit/Fit Exercise</p> <p></p> <p>1:00 Bridge</p>	<p>14</p> <p>9:00 am YOGA</p> <p></p> <p>12:30 pm Bowling, Fannin Lanes</p>
<p>17</p> <p> 9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>18</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p><b>1:00 Dance Lessons</b></p>	<p>19</p> <p>11:30 am Exercise/Shape and Tone</p>	<p>20</p> <p>11:30 Sit/Fit Exercise</p>	<p>21</p> <p>9:00 am YOGA</p> <p></p> <p>12:30 pm Bowling, Fannin Lanes</p>
<p>24</p> <p><b>closed</b></p>	<p>25</p> <p></p> <p><b>Merry Christmas</b></p>	<p>26</p> <p><b>closed</b></p>	<p>27</p> <p><b>closed</b></p>	<p>28</p> <p><b>closed</b></p>
<p>31</p> <p><b>closed</b></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 [tbecker@madisonthecitychamber.com](mailto:tbecker@madisonthecitychamber.com)**

**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, \$10 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, \$10 per month  
A Low Impact Chair Class

**Crochet and Knitting**, Tuesdays at 10:00 am, learn to knit or crochet  
**Bible Study** will not meet in December it will resume January 2, 2019  
**Yoga**, Fridays, 9:00 am, \$5 per month  
**Bowling**, Fridays, 12:30 pm, Fannin Lanes