











Madison's Retirement Program, March 2020

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p> 9:30 am Magnolia Men's Coffee</p> <p>11:30 am Exercise/Shape and Tone</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></p> <p>1:00 Bridge</p>	<p>6</p> <p>9:00 am YOGA</p> <p></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>11:00am-1:00pm Senior Luau</p>	<p>13</p> <p>9:00 am YOGA</p> <p></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></p> <p>12:30 pm Bowling, Fannin Lanes</p>
<p>23</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 TRIAD</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</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></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>	<p>31</p> <p>10:00 am Crocheting, Knitting</p> <p>11:30 am Sit/Fit Exercise</p> <p>1:00 Dance Lessons</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

SENIOR SOCIAL LUAU, THURSDAY, MARCH 12, 11:00 A.M.-1:00 P.M. FIRST BAPTIST CHURCH MADISON, \$5 PER PERSON, PURCHASE TICKETS IN ADVANCE AT THE COMMUNITY CENTER AND MADISON THE CITY CHAMBER OF COMMERCE,

ALOHA SPONSORS ARE SUNNYBROOK ESTATES, NATCHEZ TRACE MEMORIAL PARK, MERIT HEALTH, ST. CATHERINES VILLAGE, PALM TREE SPONSORS ARE COMPASSUS HOSPICE & PALLIATIVE CARE, ORGIN BANK, HUMANA

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-Speaker, A Focused Brain

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