

APRIL
2024

hello
SPRING

TOWN OF CORNWALL SENIOR COMMUNITY CENTER

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070

Mon	Tue	Wed	Thu	Fri
1 TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	2 ACTIVITIES CANCELLED DUE TO VOTING FOR THE PRIMARY ELECTIONS	3 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	4 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	5 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
8 TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	9 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 AM	10 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	11 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	12 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
15 TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	16 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 AM	17 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	18 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	19 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
22 TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	23 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 AM	24 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	25 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	26 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> <u>GOLDEN AGE CLUB MEETING 1:00 PM</u> LINE DANCING 1:00 PM
29 TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	30 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 AM	CLASS FEES: TAI CHI, GENTLE YOGA & POWER TRAINING/ CARDIO TRAINING \$5		FREE CLASSES: SILVER FOXES FLEXIBLE SENIORS

