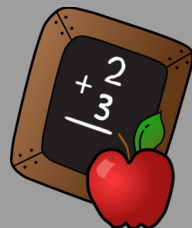




SEPTEMBER
2024



TOWN OF CORNWALL SENIOR COMMUNITY CENTER

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070

Mon	Tue	Wed	Thu	Fri	
<p>2 CLOSED FOR THE LABOR DAY HOLIDAY</p> 	<p>3 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p>4 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>5 GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p>6 DROP-IN & PAINT 9:15-11:15 AM POWER TRAINING 9:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> FLEXIBLE SENIORS 10:30 AM LINE DANCING 1:00 PM</p>	
<p>9 GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM</p>	<p>10 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p>11 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM CORNWALL SHUTTERBUGS 12:30 PM</p>	<p>12 GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p>13 DROP-IN & PAINT 9:15-11:15 AM POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM</p>	
<p>16 GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM</p>	<p>17 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p>18 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM CORNWALL SHUTTERBUGS 12:30 PM</p>	<p>19 GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p>20 DROP-IN & PAINT 9:15-11:15 AM POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM</p>	
<p>23 GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM</p>	<p>24 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p>25 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM CORNWALL SHUTTERBUGS 12:30 PM</p>	<p>26 GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p>27 DROP-IN & PAINT 9:15-11:15 AM POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM</p>	
<p>30 GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM</p>			<p>CLASS FEES: TAI CHI, GENTLE YOGA & POWER/CARDIO TRAINING \$5</p>	<p>FREE CLASSES: SILVER FOXES FLEXIBLE SENIORS</p>	