

**APRIL  
2026**

*hello*  
**SPRING**

**TOWN OF CORNWALL SENIOR COMMUNITY CENTER**

**FOR ADDITIONAL INFORMATION PLEASE CONTACT:  
LAURA & PHYLIS AT 845-534-2070**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**CLASS FEES:**

**TAI CHI, GENTLE YOGA  
& POWER TRAINING/  
CARDIO TRAINING \$5**



**1**  
GENTLE CHAIR YOGA 10:30 AM  
KNITTING GROUP 12:30 PM

**2** GENTLE YOGA 8:30 AM  
CARDIO TRAINING 10:00 AM  
SENIOR DINING PROGRAM 11:30 AM  
QUILTING GROUP 11:30 AM  
BRIDGE, MAHJONG, CARDS 12:00 PM

**3**  
POWER TRAINING 9:00 AM  
FLEXIBLE SENIORS 10:30 AM  
SENIOR DINING PROGRAM 11:30 AM

**6** GENTLE YOGA 8:30 AM  
TAI CHI 9:30 AM  
SILVER FOXES 10:45 AM  
SENIOR DINING PROGRAM 11:30 AM  
BRIDGE GROUP 12:00 PM

**7**  
POWER TRAINING 9:00 AM  
HOTSY TOTSY GROUP 11:00 AM  
QUILTING GROUP 11:30 AM

**8**  
GENTLE CHAIR YOGA 10:30 AM  
KNITTING GROUP 12:30 PM

**9** GENTLE YOGA 8:30 AM  
CARDIO TRAINING 10:00 AM  
SENIOR DINING PROGRAM 11:30 AM  
QUILTING GROUP 11:30 AM  
BRIDGE, MAHJONG, CARDS 12:00 PM

**10**  
POWER TRAINING 9:00 AM  
FLEXIBLE SENIORS 10:30 AM  
SENIOR DINING PROGRAM 11:30 AM

**13** GENTLE YOGA 8:30 AM  
TAI CHI 9:30 AM  
SILVER FOXES 10:45 AM  
SENIOR DINING PROGRAM 11:30 AM  
BRIDGE GROUP 12:00 PM

**14**  
POWER TRAINING 9:00 AM  
HOTSY TOTSY GROUP 11:00 AM  
QUILTING GROUP 11:30 AM

**15**  
GENTLE CHAIR YOGA 10:30 AM  
KNITTING GROUP 12:30 PM

**16** GENTLE YOGA 8:30 AM  
CARDIO TRAINING 10:00 AM  
SENIOR DINING PROGRAM 11:30 AM  
QUILTING GROUP 11:30 AM  
BRIDGE, MAHJONG, CARDS 12:00 PM

**17**  
POWER TRAINING 9:00 AM  
FLEXIBLE SENIORS 10:30 AM  
SENIOR DINING PROGRAM 11:30 AM

**20** GENTLE YOGA 8:30 AM  
TAI CHI 9:30 AM  
SILVER FOXES 10:45 AM  
SENIOR DINING PROGRAM 11:30 AM  
BRIDGE GROUP 12:00 PM

**21**  
POWER TRAINING 9:00 AM  
HOTSY TOTSY GROUP 11:00 AM  
QUILTING GROUP 11:30 AM

**22**  
GENTLE CHAIR YOGA 10:30 AM  
KNITTING GROUP 12:30 PM

**23** GENTLE YOGA 8:30 AM  
CARDIO TRAINING 10:00 AM  
SENIOR DINING PROGRAM 11:30 AM  
QUILTING GROUP 11:30 AM  
BRIDGE, MAHJONG, CARDS 12:00 PM

**24**  
POWER TRAINING 9:00 AM  
FLEXIBLE SENIORS 10:30 AM  
SENIOR DINING PROGRAM 11:30 AM

**27** GENTLE YOGA 8:30 AM  
TAI CHI 9:30 AM  
SILVER FOXES 10:45 AM  
SENIOR DINING PROGRAM 11:30 AM  
BRIDGE GROUP 12:00 PM

**28**  
POWER TRAINING 9:00 AM  
HOTSY TOTSY GROUP 11:00 AM  
QUILTING GROUP 11:30 AM

**29**  
GENTLE CHAIR YOGA 10:30 AM  
KNITTING GROUP 12:30 PM

**30** GENTLE YOGA 8:30 AM  
CARDIO TRAINING 10:00 AM  
SENIOR DINING PROGRAM 11:30 AM  
QUILTING GROUP 11:30 AM  
BRIDGE, MAHJONG, CARDS 12:00 PM

**FREE CLASSES:**  
**SILVER FOXES**  
**FLEXIBLE SENIORS**