

**FEBRUARY  
2026**



**TOWN OF CORNWALL SENIOR COMMUNITY CENTER**  
**FOR ADDITIONAL INFORMATION PLEASE CONTACT:**  
**LAURA & PHYLIS AT 845-534-2070**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

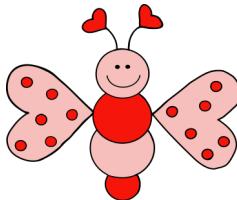
<b>2</b> GENTLE YOGA 8:30 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>3</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 AM	<b>4</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>5</b> GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>6</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
<b>9</b> GENTLE YOGA 8:30 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>10</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 AM	<b>11</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>12</b> GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>13</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
<b>16</b> PRESIDENT'S DAY MUNGER COTTAGE CLOSED 	<b>17</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 AM	<b>18</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>19</b> GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>20</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
<b>23</b> GENTLE YOGA 8:30 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>24</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 AM	<b>25</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>26</b> GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>27</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM



**FREE CLASSES:**

**SILVER FOXES**

**FLEXIBLE SENIORS**



**CLASS FEES:**

**TAI CHI, GENTLE YOGA**

**& POWER / CARDIO TRAINING**

**\$5**

**LINE DANCING \$6**

