



**DECEMBER  
2024**



**TOWN OF CORNWALL SENIOR COMMUNITY CENTER**

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



Mon	Tue	Wed	Thu	Fri
<p><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 CORNWALL SHUTTERBUGS 12:30 PM</p>	<p><b>3</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p><b>4</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p><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 PM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p><b>6</b> DROP-IN &amp; PAINT 9:15 AM—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><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 CORNWALL SHUTTERBUGS 12:30 PM</p>	<p><b>10</b> POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM <b>HOTSY TOTSY HOLIDAY CONCERT 2:00 PM</b></p>	<p><b>11</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p><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 PM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p><b>13</b> DROP-IN &amp; PAINT 9:15 AM—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><b>16</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 CORNWALL SHUTTERBUGS 12:30 PM</p>	<p><b>17</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p><b>18</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p><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 PM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p><b>20</b> DROP-IN &amp; PAINT 9:15 AM—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><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 CORNWALL SHUTTERBUGS 12:30 PM</p>	<p><b>24 CLOSED FOR CHRISTMAS EVE</b></p> 	<p><b>25 CLOSED FOR CHRISTMAS DAY</b></p> 	<p><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 PM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p><b>27</b> DROP-IN &amp; PAINT 9:15 AM—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><b>30</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 CORNWALL SHUTTERBUGS 12:30 PM</p>	<p><b>31</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p><b>FREE CLASSES: SILVER FOXES FLEXIBLE SENIORS</b></p>		<p><b>CLASS FEES: TAI CHI, GENTLE YOGA &amp; POWER TRAINING \$5 ZUMBA: \$3</b></p> 