

NOVEMBER

2026



TOWN OF CORNWALL SENIOR COMMUNITY

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070

Mon	Tue	Wed	Thu	Fri
2 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	3 MUNGER COTTAGE CLOSED  ELECTION DAY	4 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	5 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	6 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
9 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	10 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	11 MUNGER COTTAGE CLOSED VETERANS DAY	12 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	13 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
16 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	17 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	18 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	19 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	20 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
23 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	24 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	25 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	26 MUNGER COTTAGE CLOSED THANKSGIVING DAY 	27 MUNGER COTTAGE CLOSED THANKSGIVING HOLIDAY
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		CLASS FEES: TAI CHI, GENTLE CHAIR YOGA & POWER/CARDIO TRAINING \$5		FREE CLASSES: SILVER FOXES FLEXIBLE SENIORS