

**MARCH
2026**



TOWN OF CORNWALL SENIOR COMMUNITY CENTER

**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 <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM | 3 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM | 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 PM 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 <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM | 10 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM | 11 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM | 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 | 13 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> |
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| 30 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 | 31 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM | FREE CLASSES: SILVER FOXES FLEXIBLE SENIORS | | CLASS FEES: TAI CHI, GENTLE YOGA & POWER/CARDIO TRAINING \$5 |

