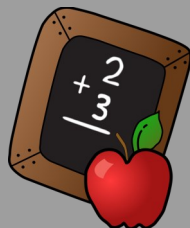


SEPTEMBER
2023



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/CARDIO
TRAINING \$5**

FREE CLASSES:

**SILVER FOXES
FLEXIBLE SENIORS**



1

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

**4 CLOSED FOR THE LABOR DAY
HOLIDAY**



5

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

6

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

7

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

8

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

11

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

12

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

13

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

14

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

15

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

18

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

19

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

20

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

21

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

22

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

25

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

26

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

27

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

28

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

29

**POWER TRAINING 9:00 AM
FLEXIBLE SENIORS 10:30 AM
SENIOR DINING PROGRAM 11:30 AM
GOLDEN AGE CLUB MEETING 1:00 PM**