

JANUARY
2026



TOWN OF CORNWALL SENIOR COMMUNITY

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070



Mon	Tue	Wed	Thu	Fri
<u>CLASS FEES:</u> TAI CHI, GENTLE YOGA & POWER TRAINING \$5		<u>FREE CLASSES:</u> SILVER FOXES FLEXIBLE SENIORS		1 NEW YEAR'S DAY HOLIDAY MUNGER COTTAGE CLOSED
2 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>				
5 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	6 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	7 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	8 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	9 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
12 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	13 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	14 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	15 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	16 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
19 MARTIN LUTHER KING DAY MUNGER COTTAGE CLOSED	20 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	21 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	22 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	23 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
26 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	27 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	28 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	29 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	30 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>