

MAY
2025

Mother's Day

TOWN OF CORNWALL SENIOR COMMUNITY

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070

Mon	Tue	Wed	Thu	Fri
	CLASS FEES: TAI CHI, GENTLE YOGA, GENTLE CHAIR YOGA & CARDIO/POWER TRAINING \$5 PER CLASS	FREE CLASSES: SILVER FOXES FLEXIBLE SENIORS	1 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	2 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
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 HOTSY TOTS GROUP 11:00 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> LINE DANCING 1:00 PM
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 HOTSY TOTS GROUP 11:00 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> <u>QUILTING GROUP 11:30 PM</u> 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> LINE DANCING 1:00 PM
19 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	20 POWER TRAINING 9:00 AM HOTSY TOTS GROUP 11:00 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> LINE DANCING 1:00 PM
26 MEMORIAL DAY MUNGER COTTAGE CLOSED	27 POWER TRAINING 9:00 AM HOTSY TOTS GROUP 11:00 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 SENIOR DINING PROGRAM 11:30 AM LINE DANCING 1:00 PM