


JULY
2025



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	1 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	2 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	3 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	4 CLOSED FOR INDEPENDENCE DAY 
7 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	8 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	9 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	10 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	11 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
14 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	15 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	16 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	17 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	18 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
21 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	22 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	23 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	24 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	25 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
28 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	29 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	30 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	31 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	CLASS FEES: TAI CHI, YOGA & POWER TRAINING/CARDIO TRAINING \$5 PER CLASS