


**JULY  
2024**



**TOWN OF CORNWALL SENIOR COMMUNITY CENTER**

**FOR ADDITIONAL INFORMATION PLEASE CONTACT:  
LAURA & PHYLIS AT 845-534-2070**

Mon	Tue	Wed	Thu	Fri
<b>1</b> GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>2</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM THERAPEUTIC CHAIR YOGA 2:00 PM	<b>3</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>4</b> <b>CLOSED FOR 4TH OF JULY</b> <b>5</b> 	POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> THERAPEUTIC CHAIR YOGA 11:30 AM
<b>8</b> GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>9</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>10</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>11</b> CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>12</b> DROP-IN & PAINT 9:15-11:15AM POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> THERAPEUTIC CHAIR YOGA 11:30 AM
<b>15</b> GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>16</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>17</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>18</b> CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>19</b> DROP-IN & PAINT 9:15-11:15AM POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> THERAPEUTIC CHAIR YOGA 11:30 AM
<b>22</b> GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>23</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>24</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>25</b> CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>26</b> DROP-IN & PAINT 9:15-11:15AM POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> THERAPEUTIC CHAIR YOGA 11:30 AM
<b>29</b> GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>30</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>31</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>FREE CLASSES:</b> <b>SILVER FOXES</b> <b>FLEXIBLE SENIORS</b>	<b>CLASS FEES:</b> <b>TAI CHI, YOGA &amp; POWER</b> <b>TRAINING/CARDIO</b> <b>TRAINING \$5 PER CLASS</b>