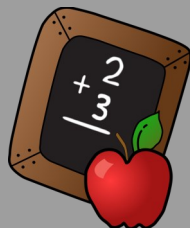


# SEPTEMBER



# 2025



## 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> CLOSED FOR THE LABOR DAY HOLIDAY 	<b>2</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>3</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>4</b> 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	<b>5</b> POWER TRAINING 9:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> FLEXIBLE SENIORS 10:30 AM
<b>8</b> 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	<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> 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	<b>12</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
<b>15</b> 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	<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> 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	<b>19</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
<b>22</b> 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	<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> 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	<b>26</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
<b>29</b> 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	<b>30</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM			
			<b>CLASS FEES:</b> TAI CHI, GENTLE YOGA/ GENTLE CHAIR YOGA & POWER TRAINING/CARDIO TRAINING \$5 PER CLASS	<b>FREE CLASSES:</b> SILVER FOXES FLEXIBLE SENIORS