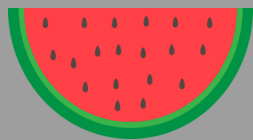


# AUGUST 2025



## TOWN OF CORNWALL SENIOR COMMUNITY CENTER

**FOR ADDITIONAL INFORMATION PLEASE CONTACT:**

**LAURA & PHYLIS AT 845-534-2070**

| Mon  | Tue   | Wed   | Thu   | Fri  |
|--|---|---|---|--|
| <p><u>CLASS FEES:</u><br/>TAI CHI, GENTLE YOGA<br/>&amp; POWER TRAINING/<br/>CARDIO TRAINING<br/>\$5 PER CLASS</p>                                     | <p><u>FREE CLASSES:</u><br/>SILVER FOXES &amp;<br/>FLEXIBLE SENIORS</p> |   |   | <p><b>1</b><br/>POWER TRAINING 9:00 AM<br/>FLEXIBLE SENIORS 10:30 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>LINE DANCING 1:00 PM</p>  |
| <p><b>4</b> GENTLE YOGA 8:30 AM<br/>TAI CHI 9:30 AM<br/>SILVER FOXES 10:45 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>BRIDGE GROUP 12:00 PM</p>  | <p><b>5</b><br/>POWER TRAINING 9:00 AM<br/>QUILTING GROUP 11:30 PM</p>  | <p><b>6</b><br/>GENTLE CHAIR YOGA 10:30 AM<br/>KNITTING GROUP 12:30 PM</p>  | <p><b>7</b> GENTLE YOGA 8:30 AM<br/>CARDIO TRAINING 10:00 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>QUILTING GROUP 11:30 PM<br/>BRIDGE, MAHJONG, CARDS 12:00 PM</p>  | <p><b>8</b><br/>POWER TRAINING 9:00 AM<br/>FLEXIBLE SENIORS 10:30 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>LINE DANCING 1:00 PM</p>  |
| <p><b>11</b> GENTLE YOGA 8:30 AM<br/>TAI CHI 9:30 AM<br/>SILVER FOXES 10:45 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>BRIDGE GROUP 12:00 PM</p> | <p><b>12</b><br/>POWER TRAINING 9:00 AM<br/>QUILTING GROUP 11:30 PM</p> | <p><b>13</b><br/>GENTLE CHAIR YOGA 10:30 AM<br/>KNITTING GROUP 12:30 PM</p> | <p><b>14</b> GENTLE YOGA 8:30 AM<br/>CARDIO TRAINING 10:00 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>QUILTING GROUP 11:30 PM<br/>BRIDGE, MAHJONG, CARDS 12:00 PM</p> | <p><b>15</b><br/>POWER TRAINING 9:00 AM<br/>FLEXIBLE SENIORS 10:30 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>LINE DANCING 1:00 PM</p> |
| <p><b>18</b> GENTLE YOGA 8:30 AM<br/>TAI CHI 9:30 AM<br/>SILVER FOXES 10:45 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>BRIDGE GROUP 12:00 PM</p> | <p><b>19</b><br/>POWER TRAINING 9:00 AM<br/>QUILTING GROUP 11:30 PM</p> | <p><b>20</b><br/>GENTLE CHAIR YOGA 10:30 AM<br/>KNITTING GROUP 12:30 PM</p> | <p><b>21</b> GENTLE YOGA 8:30 AM<br/>CARDIO TRAINING 10:00 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>QUILTING GROUP 11:30 PM<br/>BRIDGE, MAHJONG, CARDS 12:00 PM</p> | <p><b>22</b><br/>POWER TRAINING 9:00 AM<br/>FLEXIBLE SENIORS 10:30 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>LINE DANCING 1:00 PM</p> |
| <p><b>25</b> GENTLE YOGA 8:30 AM<br/>TAI CHI 9:30 AM<br/>SILVER FOXES 10:45 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>BRIDGE GROUP 12:00 PM</p> | <p><b>26</b><br/>POWER TRAINING 9:00 AM<br/>QUILTING GROUP 11:30 PM</p> | <p><b>27</b><br/>GENTLE CHAIR YOGA 10:30 AM<br/>KNITTING GROUP 12:30 PM</p> | <p><b>28</b> GENTLE YOGA 8:30 AM<br/>CARDIO TRAINING 10:00 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>QUILTING GROUP 11:30 PM<br/>BRIDGE, MAHJONG, CARDS 12:00 PM</p> | <p><b>29</b><br/>POWER TRAINING 9:00 AM<br/>FLEXIBLE SENIORS 10:30 AM<br/><u>SENIOR DINING PROGRAM 11:30 AM</u><br/>LINE DANCING 1:00 PM</p> |