

FEBRUARY
2023



TOWN OF CORNWALL SENIOR COMMUNITY CENTER

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070

Mon

Tue

Wed

Thu

Fri

♥ **HAPPY**
Valentine's
DAY ♥



1

GENTLE CHAIR YOGA 10:30 AM
KNITTING GROUP 12:30 PM

2

CARDIO TRAINING 10:00 AM
SENIOR DINING PROGRAM 11:30 AM
QUILTING GROUP 11:30 AM
BRIDGE, MAHJONG, CARDS 12:00 PM

3

POWER TRAINING 9-9:45 AM
FLEXIBLE SENIORS 10:30 AM
SENIOR DINING PROGRAM 11:30 AM

6

TAI CHI 9:30 AM
SILVER FOXES 10:45 AM
SENIOR DINING PROGRAM 11:30 AM
BRIDGE GROUP 12:00 PM

7

POWER TRAINING 9:00 AM
HOTSY TOTSY GROUP 11:00 AM
QUILTING GROUP 11:30 AM

8

GENTLE CHAIR YOGA 10:30 AM
KNITTING GROUP 12:30 PM

9

CARDIO TRAINING 10:00 AM
SENIOR DINING PROGRAM 11:30 AM
QUILTING GROUP 11:30 AM
BRIDGE, MAHJONG, CARDS 12:00 PM

10

POWER TRAINING 9-9:45 AM
FLEXIBLE SENIORS 10:30 AM
SENIOR DINING PROGRAM 11:30 AM

13 TAI CHI 9:30 AM

SILVER FOXES 10:45 AM
SENIOR DINING PROGRAM 11:30 AM
BRIDGE GROUP 12:00 PM

14

POWER TRAINING 9:00 AM
HOTSY TOTSY GROUP 11:00 AM
QUILTING GROUP 11:30 AM



15

GENTLE CHAIR YOGA 10:30 AM
KNITTING GROUP 12:30 PM

16

CARDIO TRAINING 10:00 AM
SENIOR DINING PROGRAM 11:30 AM
QUILTING GROUP 11:30 AM
BRIDGE, MAHJONG, CARDS 12:00 PM
GOLDEN AGE CLUB MEETING 1:00 PM

17

POWER TRAINING 9-9:45 AM
FLEXIBLE SENIORS 10:30 AM
SENIOR DINING PROGRAM 11:30 AM

20

**PRESIDENT'S DAY
MUNGER COTTAGE
CLOSED**

21

POWER TRAINING 9:00 AM
HOTSY TOTSY GROUP 11:00 AM
QUILTING GROUP 11:30 AM

22

GENTLE CHAIR YOGA 10:30 AM
KNITTING GROUP 12:30 PM

23

CARDIO TRAINING 10:00 AM
SENIOR DINING PROGRAM 11:30 AM
QUILTING GROUP 11:30 AM
BRIDGE, MAHJONG, CARDS 12:00 PM

24

POWER TRAINING 9-9:45 AM
FLEXIBLE SENIORS 10:30 AM
SENIOR DINING PROGRAM 11:30 AM

27

TAI CHI 9:30 AM
SILVER FOXES 10:45 AM
SENIOR DINING PROGRAM 11:30 AM
BRIDGE GROUP 12:00 PM

28

POWER TRAINING 9:00 AM
HOTSY TOTSY GROUP 11:00 AM
QUILTING GROUP 11:30 AM



CLASS FEES:

**TAI CHI, GENTLE YOGA
& POWER TRAINING \$5
ZUMBA: \$3**

FREE CLASSES:

**SILVER FOXES
FLEXIBLE SENIORS**