

JUNE 2026



TOWN OF CORNWALL SENIOR COMMUNITY

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

Mon	Tue	Wed	Thu	Fri
1 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	2 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	3 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	4 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	5 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
8 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	9 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM <u>HOTSY TOTSY PERFORMANCE 2:00 PM</u>	10 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	11 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	12 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
15 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	16 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM <u>HOTSY TOTSY CONCERT 2:00 PM</u>	17 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	18 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	19 <p style="text-align: center;">CLOSED FOR JUNETEENTH HOLIDAY</p>
22 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	23 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	24 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	25 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	26 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
29 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	30 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM	<p style="text-align: center;">FREE CLASSES: SILVER FOXES FLEXIBLE SENIORS</p>		<p style="text-align: center;">CLASS FEES: TAI CHI, YOGA & POWER TRAINING/CARDIO TRAINING \$5 PER CLASS</p>