

NOVEMBER
2023



TOWN OF CORNWALL SENIOR COMMUNITY CENTER

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

Mon	Tue	Wed	Thu	Fri
	<p>CLASS FEES:</p> <p>TAI CHI, GENTLE CHAIR YOGA & POWER/CARDIO TRAINING \$5</p>	<p>1</p> <p>GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>2</p> <p>CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p>3</p> <p>POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM</p>
<p>6</p> <p>TAI CHI 9:30 AM SILVER FOXES 10:45 AM SENIOR DINING PROGRAM 11:30 AM BRIDGE GROUP 12:00 PM</p>	<p>7</p> <p>MUNGER COTTAGE CLOSED ELECTION DAY</p>	<p>8</p> <p>GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>9</p> <p>CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p>10</p> <p>MUNGER COTTAGE CLOSED VETERANS DAY</p>
<p>13</p> <p>TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM</p>	<p>14</p> <p>POWER TRAINING 9:00 AM HOTSY TOSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p>15</p> <p>GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>16</p> <p>CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p>17</p> <p>POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM</p>
<p>20</p> <p>TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM</p>	<p>21</p> <p>POWER TRAINING 9:00 AM HOTSY TOSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p>22</p> <p>GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>23</p> <p>MUNGER COTTAGE CLOSED THANKSGIVING DAY</p>	<p>24</p> <p>MUNGER COTTAGE CLOSED THANKSGIVING HOLIDAY</p>
<p>27</p> <p>TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM</p>	<p>28</p> <p>POWER TRAINING 9:00 AM HOTSY TOSY GROUP 11:00 AM QUILTING GROUP 11:30 PM</p>	<p>29</p> <p>GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>30</p> <p>CARDIO TRAINING 10:00 AM SENIOR DINING PROGRAM 11:30 AM QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM</p>	<p>FREE CLASSES:</p> <p>SILVER FOXES FLEXIBLE SENIORS</p>