

**JUNE
2025**



TOWN OF CORNWALL SENIOR COMMUNITY CENTER

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070

Mon	Tue	Wed	Thu	Fri
2 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	3 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	4 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	5 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	6 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
9 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	10 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM <u>HOTSY TOTSY PERFORMANCE 2:00 PM</u>	11 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	12 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	13 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
16 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	17 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	18 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	19 CLOSED FOR JUNETEENTH HOLIDAY	
23 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	24 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	25 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	26 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	27 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM
30 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				CLASS FEES: TAI CHI, YOGA & POWER TRAINING/CARDIO TRAINING \$5 PER CLASS

FREE CLASSES:

SILVER FOXES

FLEXIBLE SENIORS