

JANUARY
2025



TOWN OF CORNWALL SENIOR COMMUNITY
FOR ADDITIONAL INFORMATION PLEASE CONTACT:
LAURA & PHYLIS AT 845-534-2070



Mon	Tue	Wed	Thu	Fri
<p><u>CLASS FEES:</u> TAI CHI, GENTLE YOGA & POWER TRAINING \$5</p>	<p><u>FREE CLASSES:</u> SILVER FOXES FLEXIBLE SENIORS</p>	<p>1 NEW YEAR'S DAY HOLIDAY MUNGER COTTAGE CLOSED</p>	<p>2 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</p>	<p>3 DROP-IN & PAINT 9:15 AM—11:15 AM 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 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 CORNWALL SHUTTERBUGS 12:30 PM</p>	<p>7 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM</p>	<p>8 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>9 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</p>	<p>10 DROP-IN & PAINT 9:15 AM—11:15 AM 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>13 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 CORNWALL SHUTTERBUGS 12:30 PM</p>	<p>14 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM</p>	<p>15 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>16 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</p>	<p>17 DROP-IN & PAINT 9:15 AM—11:15 AM 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 MARTIN LUTHER KING DAY MUNGER COTTAGE CLOSED</p>	<p>21 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM</p>	<p>22 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>23 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</p>	<p>24 DROP-IN & PAINT 9:15 AM—11:15 AM 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>27 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</p>	<p>28 POWER TRAINING 9:00 AM QUILTING GROUP 11:30 PM</p>	<p>29 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</p>	<p>30 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</p>	<p>31 DROP-IN & PAINT 9:15 AM—11:15 AM POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> LINE DANCING 1:00 PM</p>