

**MAY
2026**

Mother's Day

TOWN OF CORNWALL SENIOR COMMUNITY

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

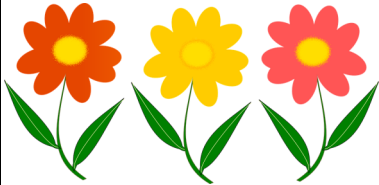
Mon

Tue

Wed

Thu

Fri



CLASS FEES:

**TAI CHI, GENTLE YOGA,
GENTLE CHAIR YOGA &
CARDIO/POWER
TRAINING \$5 PER CLASS**

FREE CLASSES:

**SILVER FOXES
FLEXIBLE SENIORS**

1

**POWER TRAINING 9:00 AM
FLEXIBLE SENIORS 10:30 AM
SENIOR DINING PROGRAM 11:30 AM**

4 GENTLE YOGA 8:30 AM

TAI CHI 9:30 AM

SILVER FOXES 10:45 AM

SENIOR DINING PROGRAM 11:30 AM

BRIDGE GROUP 12:00 PM

5

POWER TRAINING 9:00 AM

HOTSY TOTSY GROUP 11:00 AM

QUILTING GROUP 11:30 PM

6

GENTLE CHAIR YOGA 10:30 AM

KNITTING GROUP 12:30 PM

7 GENTLE YOGA 8:30 AM

CARDIO TRAINING 10:00 AM

SENIOR DINING PROGRAM 11:30 AM

QUILTING GROUP 11:30 PM

BRIDGE, MAHJONG, CARDS 12:00 PM

8

POWER TRAINING 9:00 AM

FLEXIBLE SENIORS 10:30 AM

SENIOR DINING PROGRAM 11:30 AM

11 GENTLE YOGA 8:30 AM

TAI CHI 9:30 AM

SILVER FOXES 10:45 AM

SENIOR DINING PROGRAM 11:30 AM

BRIDGE GROUP 12:00 PM

12

POWER TRAINING 9:00 AM

HOTSY TOTSY GROUP 11:00 AM

QUILTING GROUP 11:30 PM

13

GENTLE CHAIR YOGA 10:30 AM

KNITTING GROUP 12:30 PM

14 GENTLE YOGA 8:30 AM

CARDIO TRAINING 10:00 AM

SENIOR DINING PROGRAM 11:30 AM

QUILTING GROUP 11:30 PM

BRIDGE, MAHJONG, CARDS 12:00 PM

15

POWER TRAINING 9:00 AM

FLEXIBLE SENIORS 10:30 AM

SENIOR DINING PROGRAM 11:30 AM

18 GENTLE YOGA 8:30 AM

TAI CHI 9:30 AM

SILVER FOXES 10:45 AM

SENIOR DINING PROGRAM 11:30 AM

19

POWER TRAINING 9:00 AM

HOTSY TOTSY GROUP 11:00 AM

QUILTING GROUP 11:30 PM

20

GENTLE CHAIR YOGA 10:30 AM

KNITTING GROUP 12:30 PM

21 GENTLE YOGA 8:30 AM

CARDIO TRAINING 10:00 AM

SENIOR DINING PROGRAM 11:30 AM

QUILTING GROUP 11:30 PM

22

POWER TRAINING 9:00 AM

FLEXIBLE SENIORS 10:30 AM

SENIOR DINING PROGRAM 11:30 AM

25

**MEMORIAL DAY
MUNGER COTTAGE
CLOSED**

26

POWER TRAINING 9:00 AM

HOTSY TOTSY GROUP 11:00 AM

QUILTING GROUP 11:30 PM

27

GENTLE CHAIR YOGA 10:30 AM

KNITTING GROUP 12:30 PM

28 GENTLE YOGA 8:30 AM

CARDIO TRAINING 10:00 AM

SENIOR DINING PROGRAM 11:30 AM

QUILTING GROUP 11:30 PM

BRIDGE, MAHJONG, CARDS 12:00 PM

29

POWER TRAINING 9:00 AM

FLEXIBLE SENIORS 10:30 AM

SENIOR DINING PROGRAM 11:30 AM