

**MARCH
2023**



TOWN OF CORNWALL SENIOR COMMUNITY CENTER

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070

Mon	Tue	Wed	Thu	Fri
<u>CLASS FEES:</u> TAI CHI, GENTLE YOGA & POWER TRAINING \$5	<u>FREE CLASSES:</u> SILVER FOXES FLEXIBLE SENIORS	1 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	2 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	3 POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
6 TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	7 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	8 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	9 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	10 POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
13 TAI CHI 9:30 AM SILVER FOXES 10:45 AM SENIOR DINING PROGRAM 11:30 AM BRIDGE GROUP 12:00 PM	14 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	15 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	16 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	17 POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
20 TAI CHI 9:30 AM SILVER FOXES 10:45 AM SENIOR DINING PROGRAM 11:30 AM BRIDGE GROUP 12:00 PM	21 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	22 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	23 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	24 POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
27 TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	28 POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	29 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	30 CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	31 POWER TRAINING 9-9:45 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> <u>GOLDEN AGE CLUB MEETING 1:00 PM</u>

