


**JULY
2026**



TOWN OF CORNWALL SENIOR COMMUNITY CENTER

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

Mon	Tue	Wed	Thu	Fri
<p>FREE CLASSES: SILVER FOXES FLEXIBLE SENIORS</p>	<p>CLASS FEES: TAI CHI, YOGA & POWER TRAINING/CARDIO TRAINING \$5 PER CLASS</p>	<p>1 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM</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 CLOSED FOR INDEPENDENCE DAY</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</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 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u></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</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 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u></p>
<p>20 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>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 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u></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 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u></p>