

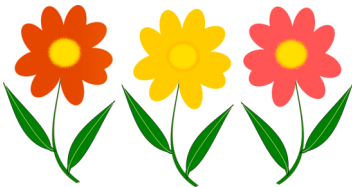
**MAY**  
**2023**

*Mother's Day*

**TOWN OF CORNWALL SENIOR COMMUNITY**

**FOR ADDITIONAL INFORMATION PLEASE CONTACT:**

**LAURA & PHYLIS AT 845-534-2070**

Mon	Tue	Wed	Thu	Fri
<b>1</b> TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>2</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>3</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>4</b> CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>5</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
<b>8</b> TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>9</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>10</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>11</b> CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>12</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
<b>15</b> TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>16</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>17</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>18</b> CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> <u>QUILTING GROUP 11:30 PM</u> BRIDGE, MAHJONG, CARDS 12:00 PM	<b>19</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
<b>22</b> TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	<b>23</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM	<b>24</b> GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	<b>25</b> CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 PM BRIDGE, MAHJONG, CARDS 12:00 PM	<b>26</b> POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> <u>GOLDEN AGE CLUB MEETING 1:00 PM</u>
<b>29</b> <b>MEMORIAL DAY</b> <b>MUNGER COTTAGE</b> <b>CLOSED</b>	<b>31 OC SENIOR HEALTH FAIR AT</b> <b>ORANGE COUNTY PARK 10AM-2PM</b> POWER TRAINING 9:00 AM HOTSY TOTSY GROUP 11:00 AM QUILTING GROUP 11:30 PM			<b>CLASS FEES:</b> <b>TAI CHI, GENTLE YOGA</b> <b>&amp; POWER TRAINING \$5</b> <b>ZUMBA: \$3</b>
		<b>FREE CLASSES:</b> <b>SILVER FOXES</b> <b>FLEXIBLE SENIORS</b>		