

NOVEMBER

2025



TOWN OF CORNWALL SENIOR COMMUNITY

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

LAURA & PHYLIS AT 845-534-2070

Mon	Tue	Wed	Thu	Fri
3 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	4 MUNGER COTTAGE CLOSED  ELECTION DAY	5 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	6 GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	7 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
10 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	11 MUNGER COTTAGE CLOSED VETERANS DAY	12 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	13 GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	14 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
17 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	18 POWER TRAINING 9:00 AM HOTSY TOTS GROUP 11:00 AM QUILTING GROUP 11:30 PM	19 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	20 GENTLE YOGA 8:30 AM CARDIO TRAINING 10:00 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	21 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
18 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	19 POWER TRAINING 9:00 AM HOTSY TOTS 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 <u>SENIOR DINING PROGRAM 11:30 AM</u> QUILTING GROUP 11:30 AM BRIDGE, MAHJONG, CARDS 12:00 PM	22 POWER TRAINING 9:00 AM FLEXIBLE SENIORS 10:30 AM <u>SENIOR DINING PROGRAM 11:30 AM</u>
24 GENTLE YOGA 9:00 AM TAI CHI 9:30 AM SILVER FOXES 10:45 AM <u>SENIOR DINING PROGRAM 11:30 AM</u> BRIDGE GROUP 12:00 PM	25 POWER TRAINING 9:00 AM HOTSY TOTS GROUP 11:00 AM QUILTING GROUP 11:30 PM	26 GENTLE CHAIR YOGA 10:30 AM KNITTING GROUP 12:30 PM	27  MUNGER COTTAGE CLOSED THANKSGIVING DAY	28 MUNGER COTTAGE CLOSED THANKSGIVING HOLIDAY