



Cornwall Manor Wellness Center

Activities August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Located in the Manypenny Recreational Room—lower level of Zerr Chapel</i>		1 11:15 a –12 p— Gentle Str. 1-2 pm—Joan	2	3 10 a-11:30 a— Yoga	4	5
6	7	8 11:15 a –12 p— Gentle Str. 1-2 pm—Joan	9	10 10 a-11:30 a— Yoga	11	12
13	14	15 11:15 a –12 p— Gentle Str. 1-2 pm—Joan	16	17 10 a-11:30 a -- Yoga	18	19
20	21	12 11:15 a –12 p— Gentle Str. 1-2 pm—Joan	23	24 10 a-11:30 a -- Yoga	25	26
27	28	29 11:15 a –12 p— Gentle Str. 1-2 pm—Joan	30	31 10 a-11:30 a -- Yoga		