



# Cornwall Manor Wellness Schedule October 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Located in the Manypenny Recreation Room (lower level of Zerr Chapel)</i></p> <p><i>*Wellness classes are currently only open to Cornwall Manor residents*</i></p>					1 9a-12p –Band Together	2
3	4 9a-12p –Band Together 12:30-1:30 p–Bocce	5 10:30-12 p–Bible Study 1-2:30 p–Ladies Wii Bowl 3-4 pm–Tai Chi	6 9a-12p –Band Together 12:30-1:30 p–Bocce 3-4 p –Maureen Gettle	7 2 p-3 p–Line Dancing	8 9a-12p –Band Together	9
10	11 9a-12p –Band Together 12:30-1:30 p–Bocce	12 10:30-12 p–Bible Study 1-2:30 p–Ladies Wii Bowl 3-4 pm–Tai Chi	13 9a-12p –Band Together 12:30-1:30 p–Bocce 3-4 p –Maureen Gettle	14 2 p-3 p–Line Dancing	15 9a-12p –Band Together	16
17	18 9a-12p –Band Together 12:30-1:30 p–Bocce	19 10:30-12 p–Bible Study 1-2:30 p–Ladies Wii Bowl 3-4 pm–Tai Chi	20 9a-12p –Band Together 12:30-1:30 p–Bocce 3-4 p –Maureen Gettle	21 2 p-3 p–Line Dancing	22 9a-12p –Band Together	23
24 31	25 9a-12p –Band Together 12:30-1:30 p–Bocce	26 10:30-12 p–Bible Study 1-2:30 p–Ladies Wii Bowl 3-4 pm–Tai Chi	27 9a-12p –Band Together 12:30-1:30 p–Bocce 3-4 p –Maureen Gettle	28 2 p-3 p–Line Dancing	29 9a-12p –Band Together	30