



Cornwall Manor Wellness Schedule December 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Located in the Manypenny Recreation Room (lower level of Zerr Chapel)</i> <i>*Wellness classes are currently only open to Cornwall Manor residents*</i></p>			<p>1</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p> <p>3-4 p -Maureen Gettle</p>	<p>2</p> <p>2p–3p—Line Dancing</p>	<p>3</p> <p>9a-12p –Band Together</p>	<p>4</p>
<p>5</p>	<p>6</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p>	<p>7</p> <p>9:15-11 a—Cleaning 11:00-12 p—Bible Study 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>8</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p> <p>3-4 p -Maureen Gettle</p>	<p>9</p> <p>2p–3p—Line Dancing</p>	<p>10</p> <p>9a-12p –Band Together</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p>	<p>14</p> <p>9:15-11 a—Cleaning 11:00-12 p—Bible Study 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>15</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p> <p>3-4 p -Maureen Gettle</p>	<p>16</p> <p>2p–3p—Line Dancing</p>	<p>17</p> <p>9a-12p –Band Together</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p>	<p>21</p> <p>9:15-11 a—Cleaning 11:00-12 p—Bible Study 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>22</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p> <p>3-4 p -Maureen Gettle</p>	<p>23</p> <p>2p–3p—Line Dancing</p>	<p>24</p> <p>9a-12p –Band Together</p>	<p>25</p> 
<p>26</p>	<p>27</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p>	<p>28</p> <p>9:15-11 a—Cleaning 11:00-12 p—Bible Study 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>29</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p> <p>3-4 p -Maureen Gettle</p>	<p>30</p> <p>2p–3p—Line Dancing</p>	<p>31</p> <p>9a-12p –Band Together</p> 	