




Cornwall Manor Wellness Schedule November 2021



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