




Cornwall Manor Wellness Schedule January 2022



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> 
2	<p>3</p> <p>9a-12p –Band Together 12:30-1:30 p–Bocce</p>	<p>4</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>5</p> <p>9a-12p –Band Together 12:30-1:30 p—Bocce 3-4 p -Maureen Gettle</p>	<p>6</p> <p>2p—3p—Line Dancing</p>	<p>7</p> <p>9a-12p –Band Together</p>	8
9	<p>10</p> <p>9a-12p –Band Together 12:30-1:30 p—Bocce</p>	<p>11</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>12</p> <p>9a-12p –Band Together 12:30-1:30 p—Bocce 3-4 p -Maureen Gettle</p>	<p>13</p> <p>2p—3p—Line Dancing</p>	<p>14</p> <p>9a-12p –Band Together</p>	15
16	<p>17</p> <p>9a-12p –Band Together 12:30-1:30 p—Bocce</p>	<p>18</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>19</p> <p>9a-12p –Band Together 12:30-1:30 p—Bocce 3-4 p -Maureen Gettle</p>	<p>20</p> <p>2p—3p—Line Dancing</p>	<p>21</p> <p>9a-12p –Band Together</p>	22
23 30	<p>24 & 31</p> <p>9a-12p –Band Together 12:30-1:30 p—Bocce</p>	<p>25</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>26</p> <p>9a-12p –Band Together 12:30-1:30 p—Bocce 3-4 p -Maureen Gettle</p>	<p>27</p> <p>2p—3p—Line Dancing</p>	<p>28</p> <p>9a-12p –Band Together</p>	29