



Cornwall Manor Wellness Schedule May 2022



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---|--|------------------------------------|-----|
| 1 | 2 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 3 <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> | 4 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 5 <i>11:45a-12:45 p-Chair Yoga 2p–3p—Line Dancing</i> | 6 <i>9a-12p –Band Together</i> | 7 |
| 8 | 9 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 10 <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> | 11 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 12 <i>11:45a-12:45 p-Chair Yoga 2p–3p—Line Dancing</i> | 13 <i>9a-12p –Band Together</i> | 14 |
| 15 | 16 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 17 <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> | 18 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 19 <i>11:45a-12:45 p-Chair Yoga 2p–3p—Line Dancing</i> | 20 <i>9a-12p –Band Together</i> | 21 |
| 22 | 23 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 24 <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> | 25 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 26 <i>11:45a-12:45 p-Chair Yoga 2p–3p—Line Dancing</i> | 27 <i>9a-12p –Band Together</i> | 28 |
| 29 | 30 <i>9a-12p –Band Together 12:30-1:30 p–Bocce</i> | 31 <i>:15-11 a—Cleaning 11:00-12 p—Bible Study 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</i> | | | | |