



# Cornwall Manor Wellness Schedule June 2022



| Sun  | Mon  | Tue  | Wed  | Thu   | Fri                                 | Sat       |
|--|--|--|--|---|-------------------------------------|-----------|
| <p><i>The Manypenny Recreation Room is located on the lower level of Zerr Chapel</i></p> |  |  | <p>1<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p>  | <p>2</p>                                    | <p>3<br/>9a-12p –Band Together</p>  | <p>4</p>  |
| <p>5</p>   | <p>6<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p>  | <p>7<br/>9:15-11 a—Cleaning<br/>1-2:30 p—Ladies Wii Bowl<br/>3-4 pm—Tai Chi</p>  | <p>8<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p>  | <p>9<br/>11:45a-12:45 p-Chair<br/>Yoga</p>  | <p>10<br/>9a-12p –Band Together</p> | <p>11</p> |
| <p>12</p>  | <p>13<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p> | <p>14<br/>9:15-11 a—Cleaning<br/>1-2:30 p—Ladies Wii Bowl<br/>3-4 pm—Tai Chi</p> | <p>15<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p> | <p>16<br/>11:45a-12:45 p-Chair<br/>Yoga</p> | <p>17<br/>9a-12p –Band Together</p> | <p>18</p> |
| <p>19</p>  | <p>20<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p> | <p>21<br/>9:15-11 a—Cleaning<br/>1-2:30 p—Ladies Wii Bowl<br/>3-4 pm—Tai Chi</p> | <p>22<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p> | <p>23<br/>11:45a-12:45 p-Chair<br/>Yoga</p> | <p>24<br/>9a-12p –Band Together</p> | <p>25</p> |
| <p>26</p>  | <p>27<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p> | <p>28<br/>9:15-11 a—Cleaning<br/>1-2:30 p—Ladies Wii Bowl<br/>3-4 pm—Tai Chi</p> | <p>29<br/>9a-12p –Band Together<br/>12:30-1:30 p—Bocce</p> | <p>30<br/>11:45a-12:45 p-Chair<br/>Yoga</p> |                                     |           |