



# Cornwall Manor Wellness Schedule August 2022



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 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 3p-3:30pm—Meditation 4p-4:30 pm—Meditation</i>	4 <i>11:45a-12:45 p-Chair Yoga</i>	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 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 3p-3:30pm—Meditation 4p-4:30 pm—Meditation</i>	11 <i>11:45a-12:45 p-Chair Yoga</i>	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 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</i>	18 <i>11:45a-12:45 p-Chair Yoga</i>	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 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 3p-3:30pm—Meditation 4p-4:30 pm—Meditation</i>	25 <i>11:45a-12:45 p-Chair Yoga</i>	26 <i>9a-12p –Band Together  1p-3p—SG Darts</i>	27
28	29 <i>9a-12p –Band Together 12:30-1:30 p—Bocce</i>	30 <i>9:15-11 a—Cleaning 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</i>	31 <i>9a-12p –Band Together 12p-2p—SG Wii Bowling* 3p-3:30pm—Meditation 4p-4:30pm—Meditation</i>	<i>*ROOM RESERVED FOR SENIOR GAMES WII BOWLING. NO OTHER ACTIVITIES DURING THIS TIME</i>		