



Cornwall Manor Wellness Schedule July 2022



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