



# Cornwall Manor's Wellness Calendar

## September 2022



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