





Cornwall Manor's Wellness Calendar

November 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wellness Activities are located in the Manypenny Recreation Room - on the lower level of Zerr Chapel.</p>		<p>1</p> <p>9:15-11 a—Cleaning 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>2</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 3:30p-4:00pm—Meditation</p>	<p>3</p> <p>8a-4p—Wii Bowling League Play <i>*When Chair Yoga resumes., it will be scheduled from 11:30a—1:00p</i></p>	<p>4</p> <p>9a-12p—Band Together 12p-4p—Wii Bowling League Play</p>	<p>5</p>
<p>6</p> 	<p>7</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 2p-6p—Will Bowling League Play</p>	<p>8</p> <p>9:15-11 a—Cleaning 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>9</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 3:30p-4:00pm—Meditation</p>	<p>10</p> <p>8a-4p—Wii Bowling League Play <i>*When Chair Yoga resumes., it will be scheduled from 11:30a—1:00p</i></p>	<p>11</p> <p>9a-12p—Band Together 12p-4p—Wii Bowling League Play</p>	<p>12</p>
<p>13</p>	<p>14</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 2p-6p—Will Bowling League Play</p>	<p>15</p> <p>9:15-11 a—Cleaning 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>16</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 3:30p-4:00p—Meditation</p>	<p>17</p> <p>8a-4p—Wii Bowling League Play <i>*When Chair Yoga resumes., it will be scheduled from 11:30a—1:00p</i></p>	<p>18</p> <p>9a-12p—Band Together 12p-4p—Wii Bowling League Play</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 2p-6p—Will Bowling League Play</p>	<p>22</p> <p>9:15-11 a—Cleaning 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>23</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 3:30p-4:00p—Meditation</p>	<p>24</p> <p>8a-4p—Wii Bowling League Play</p> 	<p>25</p> <p>9a-12p—Band Together 12p-4p—Wii Bowling League Play</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 2p-6p—Will Bowling League Play</p>	<p>29</p> <p>9:15-11 a—Cleaning 1-2:30 p—Ladies Wii Bowl 3-4 pm—Tai Chi</p>	<p>30</p> <p>9a-12p—Band Together 12:30-1:30 p—Bocce 3:30p-4:00p—Meditation</p>			